THE VIEW from VINE

DECEMBER 2026

VINE
Adult Community Center

MEMBERSHIP LEVELS

Some programs require a certain membership level. Call (507) 387-1666 with questions.

SOCIAL (S)

- Educational Presentations
- Art Classes
- Social & Interest Groups
- Billiards Room

FITNESS BASIC (B)

- Walking Track
- Cardio Studio
- Trekking & Biking Groups
- Line Dancing & Ping Pong

FITNESS PREMIUM (P)

Social & Fitness Basic plus:

- Fitness Center
- Pool
- Exercise Classes

The VINE Adult Community Center (VACC) is open
Monday - Friday:
6 am - 7 pm
Saturday: 8 am - 2 pm

VINE is **closed December 24 & 25** for Christmas.



VINE
FAITH IN ACTION

VINE is redefining aging & promoting the wellbeing of aging adults through programming, services & community engagement.



KEEP MOVING & CONNECTING AT VINE

When the temperatures drop, it's tempting to settle in and wait for spring. But winter can also be a season to try something new, reconnect with friends and fill your calendar with things you enjoy. At VINE, staying active means more than getting a workout. We offer plenty of reasons to step out of the house and into a community where you might find your people in a fitness class, around a game table or during a lively discussion.

A welcoming place to move can make all the difference when cold weather limits your outdoor routine. VINE's exercise classes, fitness centers, walking track and pool offer opportunities to keep physically active and enjoy company along the way. A familiar face or a friendly "See you next week!" can turn exercise into something you look forward to.

"With added benefits of improving sleep and energy, fighting winter stiffness and preventing winter weight gain, exercise is one of the best things to support your health in the winter," says Isaac Eissinger, VINE Health and Wellness Assistant Manager. "At VINE, there's a bonus of making a new connection while you're here! Someone new to walk or work out with increases your motivation and accountability and often helps you work out for longer."

New HUR strength training equipment is expected in our first-floor fitness center in December, with two of nearly every type of machine to reduce waiting. Watch for new fitness classes and additional open pool times in the new year to fit your interests and schedule.

Not every winter activity requires workout clothes. Sometimes, staying engaged starts with pulling up a chair. VINE's ongoing social groups, book club and art and music classes offer ways to spend time with others while doing something you enjoy. Gather around a game table, share your take on a good book or let your creativity lead the way. Educational programs bring another kind of energy to the season. A presentation can introduce a new perspective or start a conversation that continues long after the program ends. Learning at VINE isn't just about what you discover; it's also about who you share it with.

Head-to-toe wellness includes how you're feeling, too. If winter feels lonely or your usual activities have become harder to enjoy, you don't have to navigate those feelings on your own. PEARLS is an option that helps older adults manage Seasonal Affective Disorder and depression and improve their well-being. A trained PEARLS coach can work with you to solve problems and identify enjoyable activities. "PEARLS helped me get a better understanding of myself.

(continued on pg. 2)

VINE'S AGING WELL AT HOME SERVICES

VINE's services extend into the community wherever people in Blue Earth, Nicollet and Le Sueur counties are living in their own homes and have needs for:

- rides to appointments, stores, pharmacies, etc.
- meals delivered to your home
- snow removal
- caregiver support
- mental health care

For more information, contact a Community Living Coach at (507) 387-1666.

HOT MEALS ON WHEELS

VINE volunteers deliver a nutritious weekday noon meal to individuals in Mankato, North Mankato, Skyline, Le Hillier and Eagle Lake who have difficulty preparing meals on their own. In addition to a healthy lunch, recipients receive a friendly visit and daily safety check.

Meals are $5.50 and billed monthly (automatic withdrawal available). Orders and cancellations must be made by 1 pm the day prior.

To learn more or sign up, call (507) 387-4076 or visit vinevolunteers.org.

Proud Partner Agency

United Way

Greater Mankato Area United Way

(continued from pg. 1)

I welcomed the outside opinion of someone not vested in my everyday life," shared one participant. Reaching out can be a starting point.

Your winter routine doesn't need to be overly ambitious to be meaningful. Choose a class you enjoy. Make a standing date for games. Attend a presentation that catches your interest. Try an art project without worrying about how it turns out. Make room for music with piano or ukulele lessons and invite a friend to practice what you learn together. However you choose to participate, there's a place for you at VINE. This winter, come for the activity and stay for the company.

CAREGIVER CONSULTING

Caregivers are the quiet heroes of our community. Whether you're supporting someone living with dementia, recovering from injury, managing a disability or facing a progressive illness, caregiving can be deeply meaningful but exhausting.

Many caregivers carry physical, emotional and spiritual strain. They grieve what has changed, what has been lost and what lies ahead. Shifting roles, isolation, uncertainty and constant decision-making can be overwhelming. Through VINE, caregivers can find resources and compassionate support. Our Caregiver Consultants are available to meet with you to talk through the challenges you may not feel comfortable sharing in a group.

Consultations are confidential and tailored to your needs. You can meet at VINE, by phone or in your home and invite others involved in care if helpful. No topic is off-limits. We offer extensive experience and can help with decision-making, coping strategies, realistic goal-setting and referrals to additional resources.

Call (507) 387-1666 to schedule a session. There is no formal charge but donations are appreciated.

CAREGIVER SUPPORT GROUPS

Without support, caregiving can be difficult and isolating. Gain insights and encouragement from others with a monthly Caregiver Support Groups at VINE.

Groups are limited to 10 people. Please choose one meeting a month. Pre-registration is required at vine@vinevolunteers.org or (507) 387-1666. Support groups are free and open to the pulblic. Donations are appreciated. If you can't attend a meeting you've registered for, please call to cancel.

If you need more support, we encourage you to request Caregiver Consulting.

Mankato Support Groups

VINE Adult Community Center

- 1st Tuesday of the month
  Dec. 1, 10 – 11 am
- 2nd Wednesday of the month
  Dec. 9, 1 – 2:30 pm
- 3rd Wednesday of the month
  Dec. 16, 5:15 – 6:30 pm
- 3rd Thursday of the month
  Dec. 17, 3 – 4:15 pm

Services supported in part by:

MINNESOTA RIVER Area Agency on Aging®

DOOR2DOOR TRANSPORTATION

VINE's Door2Door transportation services are available to those 60+ in Blue Earth and Nicollet Counties. A volunteer driver picks you up at your door and drives you where you need to go. Call VINE at (507) 387-1666 to request a ride. 3-day advance notice preferred. Recommended contribution is $1.10/mile.
We drive people to doctor appointments, hair appointments, grocery stores, banks, pharmacies, etc. Door2Door operates mainly inside Mankato, North Mankato and St. Peter.

Services supported in part by:

MAYO CLINIC HEALTH SYSTEM

NEED A RIDE THIS WINTER?

VINE's public transportation program, TRUE Transit, provides safe, reliable dial-a-ride service throughout Blue Earth, Nicollet and Le Sueur Counties, Monday–Friday from 8 am to 5 pm. Open to everyone, TRUE Transit's buses are accessible with mobility lifts, getting you where you need to go comfortably and conveniently.

Fares are based on distance:

- In-town rides: $4
- Rides less than 10 miles: $6
- Rides 10–19 miles: $8
- Rides 20+ miles: $10

Reservations are required one business day in advance and can be made online at truetransit.org or by calling (507) 388-8783.



MENTAL HEALTH CARE

As the days become shorter and cooler, some people may experience changes in mood, energy or motivation. If you or someone you know is experiencing symptoms of depression, support is available.

VINE offers affordable mental health care for adults 60+ in Blue Earth, Nicollet and Le Sueur Counties through the PEARLS program, an evidence-based approach designed to help older adults manage symptoms of depression and improve overall well-being.

With support from a trained PEARLS Coach, participants develop personalized problem-solving strategies and explore activities that bring meaning, connection and enjoyment to daily life. Sessions can continue for several months and are available in person at VINE or virtually.

Sessions are just $10 and no one is turned away because of inability to pay. If you or someone you know could benefit from PEARLS, contact Mary at (507) 386-5577.

Services supported in part by:

Medica FOUNDATION

GET YOUR DUCKS IN A ROW

Invest in your peace of mind and your family's security by gathering essential information with VINE's *Guidebook for Gathering & Storing Significant Personal Information.* Ensure your loved ones have a centralized resource after your passing. Purchase a book for $15 at VINE's front desk. For more information call (507) 387-1666.

SNOW REMOVAL HELP NEEDED

Our snow removal list is full and we are looking for individuals or groups who would be able to assist with snow removal this winter. You can either accompany our staff or adopt a house in your neighborhood. Crews shovel whenever it snows 2 inches or more. Call Adam at (507) 386-5574 for more information.

CHORE HELP AVAILABLE

Need a little help around the house? VINE has a handyman available to assist with minor home repairs and household tasks. Whether you have something that needs fixing or a project you've been putting off, we're here to help! Services include installing grab bars, adjusting doors, changing furnace filters and lightbulbs, tightening loose screws, replacing shower heads and other small repairs. Take care of those to-do list items and make your home safer and more comfortable. Call Adam at (507) 386-5574 for more information.

Services supported in part by:

MINNESOTA LIVE WELL AT HOME℠

THANK YOU RAKE THE TOWN VOLUNTEERS!

A big thank you to everyone who volunteered their time to rake leaves for older adults in our community during Rake the Town! Your kindness and willingness to lend a helping hand made a real difference for older adults in our area. This year, 560 volunteers raked leaves for 92 homeowners. A homeowner shared, "I don't know what I would do without the help. It means a lot to me. Thank you."

EDUCATIONAL PRESENTATIONS

Unless otherwise noted, presentations take place at the VINE Adult Community Center. They are free for Social and Premium members and $5 for others. Registration is required at vinevolunteers.org or (507) 387-1666.

MAYO AMBULANCE SERVICES

- Tuesday, Dec. 1
- 11 am – 12 pm
- Kristofer Keltgen, Mayo Clinic Ambulance Service Manager

Join Kristofer for a community update on the people, resources and systems behind local emergency medical services. The presentation will highlight Mayo Clinic Ambulance Service's Mankato operations, explain what happens after someone calls 911 and provide an inside look at the training, quality standards and community investments that support high-quality patient care.



FESTIVE FLORAL HOLIDAY CENTERPIECE MAKE & TAKE

- Tuesday, Dec. 1
- 1 – 2:30 pm
- Becca Herberg, Lady Slipper Flowers

Create a stunning holiday centerpiece with fresh florals, lush greenery and step-by-step guidance from an expert, just in time to make your holiday table shine!

Cost: $38 for Social and Premium Members; $45 for Basic and Public. Registration and payment are required by 11/25.

SNEAK PEEK: *A CHRISTMAS CAROL*



- Wednesday, Dec. 2
- 1 – 2 pm
- Maggie Maes, Jonathan Brandt & Merely Players Actors

Get into the holiday spirit with a sneak peek of Merely Players' *A Christmas Carol!* Meet the artistic director who wrote the script, hear from the show's director and enjoy a preview from the actors. Get a taste of the full production, taking the stage for two weekends in December.

WINTER BIRDS





- Thursday, Dec. 3
- 11 am – 12 pm
- Augusta Grumdahl, Minneopa Area Naturalist

Winter may be quiet, but Minnesota's birds still have plenty to chirp about! Join the park naturalist to discover the hardy birds that call Minnesota home all winter and pick up tips and tricks for identifying your feathered neighbors.

COMPUTER UNIVERSITY: SOCIAL MEDIA



- Monday, Dec. 7
- 5 – 6:45 pm
- Mankato Computer Technology

Join Mankato Computer Technology for an overview of the major social media platforms and how they can keep you connected, informed and inspired. Explore why social media matters, how it blends media, shopping and community and AI's growing impact.

THE NATIVITY THROUGH ART

- Tuesday, Dec. 8
- 11 am – 12 pm
- William Bukowski, Professor Emeritus, Bethany Lutheran College

Everyone knows the Christmas image of the Nativity. Did you know it was depicted on Roman sarcophagi? The Nativity evolved from a simple manger scene to a Renaissance parade of who's who in the region along with saints and angels. Join Bill Bukowski for an engaging look at how artists have portrayed the Nativity through the centuries.

POEMS FOR THE SEASON: READING & OPEN MIC

- Thursday, Dec. 10
- 10 am – 12 pm
- Jana Bouma, Sue Chambers, Henry Panowitsch & Deborah Goschy, Southern MN Poets

Minnesotans love (and hate) December! Whatever the season means to you, join us for a celebration in poetry. Poets from the Southern Minnesota Poets Society will share poems about winter weather, holidays, favorite foods and more. An open mic follows, so bring a poem of your own or one by another writer that captures the season. From lutefisk to latkes, holiday cheer to winter woes, there's room for it all!

Register at vinevolunteers.org or call (507) 387-1666

A TOAST TO LIFE: CELEBRATING THE PEOPLE, PLACES & MOMENTS THAT MAKE IT WORTH LIVING

- Tuesday, Dec. 15
- 10 – 11:30 am
- Darla Makela & Heidi Rimstad, End-of-Life Doulas
- $5 materials fee

What makes a life a good life? It's not always the big accomplishments, sometimes it's the people who made us laugh, the places we've loved, the lessons we've learned, the unexpected twists and the ordinary moments we didn't realize were so special. In this warm and lighthearted class, we'll reflect on the stories, relationships, experiences, accomplishments, mishaps and everyday moments that have shaped our lives. There will be conversation, laughter, a little reflection and the opportunity to create a personal "Toast to Life". Come ready to remember and raise a glass to the life you've lived. Because a good life doesn't have to be perfect. It just has to have stories.

FIVE WISHES LIVING WILL/ ADVANCE DIRECTIVE

- Wednesday, Dec. 16
- 4 – 5 pm
- Joyce Kolbet, VINE Caregiver Coach
- $5 for the document

Five Wishes is an easy to complete form that lets you say exactly what you want when you can't speak for yourself. Wish 1 allows you to choose the person you want to make health care decisions for you. Wish 2 provides options for the kind of medical treatment you want or don't want. Wishes 3, 4 and 5 deal with your personal, spiritual and emotional wishes. Once completed and properly signed, the document is valid and legal under MN law.

ICELAND: THE LAND OF FIRE & ICE



- Friday, Dec. 18
- 10 – 11:30 am
- Linda Good & Laura Bealey, World Travelers

Discover Iceland's extraordinary beauty, where volcanoes, geysers, hot springs and glaciers meet rugged lava fields and stunning mountains. Join Linda and Laura on their journey through Reykjavik, the Golden Circle and the South Coast. Along the way, explore Iceland's unique Christmas traditions and discover fascinating details about life in this remarkable country.



SOUNDS OF THE SEASON

- Friday, Dec. 18
- 12 – 1 pm
- Mankato West Choir & Claire Baker, Choir Director

Get into the holiday spirit with a delightful choir performance by talented students from Mankato West High School. Join us as they bring festive cheer, sharing classic holiday songs and carols that are sure to brighten your day.

HOLIDAY ENSEMBLE



- Tuesday, Dec. 22
- 12:30 – 1 pm
- Mankato East Chamber Ensemble & Alicia Corbett, Director

Celebrate the season with the Mankato East Ensemble as they perform beloved holiday tunes. Enjoy favorites that lift our spirits and bring us together during this special time of year.

HISTORIC ADVENTURE TRAVEL TOURS

- Thursday, Jan. 7
- 12 – 1:30 pm
- John Grabko, Historic Adventure Travel Tours

Learn how you can travel the Midwest by bus. Get a sneak peek at the historic adventures planned for 2027, preview featured destinations and find out how you can be part of the journey.

Thank You & Now We Want To Hear From You!

As we welcome a new year, we'd like to thank the many talented and knowledgeable presenters who made VINE's 2026 educational programs so engaging.

Who or what would you like to learn about next? If you know an interesting speaker or have a topic in mind, send your suggestions to Meghan at meghanv@vinevolunteers.org or (507) 387-1666. We would love to hear your ideas!



Register at vinevolunteers.org or call (507) 387-1666

PLAY & SOCIALIZE

GAMES & GROUPS (P)

The following activities are ongoing at VINE. All are free for Premium members; Social and Basic as noted. Register at vinevolunteers.org or (507) 387-1666.

500 (S)

Wednesdays: 9:30 – 11:30 am

BILLIARDS (S)

Open during building hours.

CRIBBAGE (S)

Tuesdays: 1 – 3 pm

DEVINE SINGERS (S)

Mondays: 1 – 2 pm

This chorus meets weekly to rehearse at VINE and performs in the community. Call Peg (507) 327-4639 to learn more.

DUPLICATE BRIDGE (S)

Mondays & Wednesdays: 1 – 4 pm

Call Raj (507) 351-0133 to join.

GET YOUR YARN ON (S)

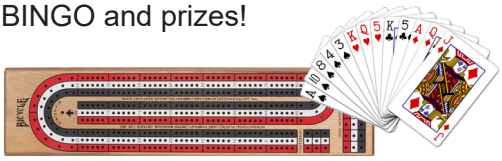
Wednesdays: 10 – 11:30 am

Bring your own craft and supplies.

HOLIDAY BINGO (S)

Thursday, Dec. 17: 11 am – 12 pm

Join us for a festive game of BINGO and prizes!



MAHJONG (S)

Mondays: 12:30 – 3 pm
Fridays: 10 am – 12 pm

Registration required. Call Susan (507) 571-0091 to join.

MEMBERS FUN HOUR (S)

Held the 3rd Wednesday of the month at 5 pm, rotating between game night and book club.

Dec. 16: Book Club read and discuss "Dear Debbie," by Freida McFadden.

SOLO AGERS (S)

Dec. 28: 12 – 1 pm

Held the last Monday of the month. Solo agers gather in a welcoming supportive space.

MEMBER RETREAT (2nd floor) & LEGACY ROOM (5th floor) (S)

Open during building hours for members to read the paper, drink coffee or work on a puzzle.

MEMOIRS (S)

Tuesdays: 10:30 am – 1 pm

Get your life stories down on paper with this writing group.

PING-PONG (B)

Open play - all equipment provided.

Mondays & Wednesdays:
10:30 am – 12:30 pm
Fridays: 12:30 – 2:30 pm



UKULELE WINTER PERFORMANCE



Sunday, Dec. 13
12 – 1 pm
Coffee Hag (329 N. Riverfront Dr. Mankato)

Come hear the VINE ukulele students showcase their hard work and celebrate their progress in an end-of-session performance!

SOCIAL BRIDGE (S)

Thursdays: 2 – 4 pm

Call Arlyce (507) 317-0617 to join.

SPELLERS (S)

Fridays: 10 – 11 am

Practice spelling for fun with peers.

VINE AFTERNOON CARDS (S)

Fridays: 2 – 4 pm

Play a different card or board game each week.

VINE STOMPERS (B)

The VINE Stompers have a busy December with more than 10 performances, so they are taking a short break for the month and will resume regular practices on January 13. This is an excellent time for new dancers to join the group, as they will not be rehearsing for a program. Contact Diane at (507) 340-6791 if you have any questions.

THANKS TO OUR NEWSLETTER SPONSORS!

The View from VINE newsletter is made possible thanks to the support of our sponsors.



ART QUEST STUDIO

Tuesdays: 1 – 3 pm
Art Guild with Open Studio
(bring your own supplies)

Wednesdays: 1 – 3 pm
Paint & Draw (supplies provided)
Class size is limited. Registration required.

Dec. 2 & 9: Watercolor Series

Explore loose watercolor techniques to paint people in the distance. This two-session class builds from one session to the next, so please attend both.

Thursdays: 1 – 3 pm
Art For Everyone (supplies provided) Class size is limited. Registration required.

Dec. 3 OR 10: Embroidery

Learn the joy of embroidery as you create handmade ornaments to treasure or gift. Beginners are welcome. Sign up for one class only.

GALLERIES

Galleries are free and open to the public when the building is open.

2nd Floor Gallery

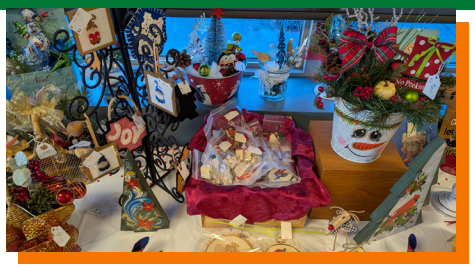
Rotating display of Wednesday Art Quest works.

5th Floor Gallery

VINE's Holiday Market

Open through December 5
Monday – Friday: 9:30 am – 2:30 pm
& Saturdays: 9:30 am – 1 pm

There's still time to find something special at VINE's Holiday Market on the 2nd floor and 5th floor at VINE! Browse a wonderful selection of handmade art, crafts, holiday decorations and delicious homemade



treats, including candies, baked goods, jams, jellies and jar mixes.

Every item is lovingly made by VINE members, making these unique gifts even more meaningful. Plus, a portion of the proceeds supports VINE's art programming!

Shop local, support local artists and find a little holiday magic at VINE!

Holiday Shop Vendors, pick up your items December 5 from 12 – 1 pm. If you have art hanging in the 5th Floor Gallery, you can leave it until the end of December. The gallery will continue to sell art.







Our building is busiest in the mornings. If you want to avoid the crowd, we recommend visiting in the afternoon. Additional parking is available in the Blue Earth County Historic Courthouse upper lot on 5th Street. Please drive slowly and use caution in our parking lot.



FITNESS CENTER

Our fitness center offers strength training equipment, recumbent trainers and more. **In December, we will get new strength training equipment!** Stay tuned for more information.

Monday – Friday: 6 am – 7 pm
Saturday: 8 am – 2 pm

CARDIO STUDIO

The Cardio Studio offers cardio equipment, free weights and a stretch cage.

Monday – Friday: 6 am – 7 pm
Saturday: 8 am – 2 pm

WALKING TRACK

Our cushioned track provides a safe, scenic place to walk.

Monday – Friday: 6 am – 7 pm
Saturday: 8 am – 2 pm

TREKKING

Join us for a hike at a different park or trail each week. Visit our website for a local trails map.

Thursdays, 10 – 11 am

12/3: Land of Memories

12/10: Rasmussen Woods

12/17: MSU Fitness Trail (lot 1)

12/31: Glenwood Cemetery (office parking lot)

SNOWSHOE RENTAL



Enjoy the great outdoors this winter with snowshoeing! Snowshoes and trekking poles are available to rent for $25 for the season, plus a $25 deposit. Call (507) 387-1666 to reserve your set and pick them up at VINE.

VINE INDOOR HIKING CLUB

Join us as we hike the scenic Florida trail system from coast to coast. Walk along the track and experience the weather and scenery via pictures and trail highlights. If you complete the full 6 weeks of trails you can say you accomplished the Florida Hiking Trails. The hike runs through December 12.

Please register at the front desk.

WALK WITH A DOC

- Tuesday, Dec. 8
  5:30 – 6:30 pm
- Free & open to the public

Take a walk with a Mayo Clinic doctor on the 2nd Tuesday of the month on our indoor walking track.

CARDIAC REHAB GROUP

- Tuesday, Dec. 15
  1:30 – 2:30 pm
- Free & open to the public

Meet cardiac rehab participants and trained staff to support your continual heart healthy effort. Held the 3rd Tuesday of the month.

Members: if your insurance is changing for 2027, please stop by VINE's front desk with an updated copy of your insurance card.

PICKLEBALL AT THE PICKLEBARN

Join us at the Picklebarn for pickleball. Wear comfortable clothes and clean shoes.

PICKLEBALL CLINIC

- Thursday, Dec. 17
  2 – 3 pm (meet at Picklebarn)
- Free for VINE members

Learn how to play pickleball and get a tour of the Picklebarn. Register at (507) 387-1666.

VINE OPEN PLAY

- Tuesdays, Thursdays & Sundays
  1 – 3 pm (meet at 90 Power Dr.)
- Cost: $6 ($10 on Sunday) paid to the Picklebarn

Register to play by calling the Picklebarn at (507) 304-7173.

DEMENTIA FRIENDLY FITNESS

- Tuesdays & Fridays
  11:30 am – 12:15 pm
  Free & open to the public

This class is for individuals with cognitive impairment and their caregiver. The workout focuses on strength, flexibility and endurance. Exercises can be done seated and modified for all ability levels.

To register or learn more, call Jen at (507) 978-6464.

VACCINE CLINIC AT VINE

- Tuesday, Dec. 15
  9 am – 12 pm

Flu and COVID-19 vaccinations will be available. Appointments are encouraged at vinevolunteers.org or call (507) 387-1666. Walk-ins are also welcome. Please bring your insurance card.

WELLNESS SERIES

Our evidence-based wellness series have weekly classes with a start and end date. Call Jen at (507) 978-6464 to learn more or register. **Must pre-register.**

Supported in part by:

Mankato Clinic

NEXT STEP: KNEE RECOVERY

- Mondays & Wednesdays,
  Jan. 11 – March 3
  3 – 4 pm

After your knee replacement and physical therapy, join this supervised, evidence-based small group to regain strength, flexibility, and stamina.

Cost: $200 Social and public, $80 Basic and Premium members.

TAI CHI FOR ARTHRITIS & FALLS PREVENTION LEVEL I

- Mondays & Wednesdays,
  Jan. 11 – March 3
  10 – 11 am

Tai Chi uses mindful, slow movements to improve relaxation, balance, strength, and mobility. It is easy to learn and safe for older adults.

Free for Premium members, $30 Basic, Social or non-members.

MSU & VINE NUTRITION OPPORTUNITIES

VINE is partnering with MSU-Mankato to expand nutrition education and wellness opportunities in our community.

Nutrition Counseling

Looking for personalized nutrition guidance? VINE offers one-on-one nutrition counseling sessions in partnership with MSU-Mankato's Nutrition and Dietetics program. Meet individually with a dietetic student, under the supervision of a registered dietitian, to discuss your nutrition goals, meal planning and other nutrition-related questions.

Appointments are available in person or online. Contact Jen at (507) 978-6464 for upcoming appointment availability. Sessions are available in a series of three for $60.

Supporting Immune Health During Cold & Flu Season

Staying healthy during the winter months isn't inevitable, but older adults can take steps to support their immune health through good nutrition. Eating a variety of nutrient-rich foods, including fruits, vegetables, whole grains, protein and healthy fats, helps keep the body healthy. Frozen vegetables and canned beans are nutritious, affordable options that make meal preparation easier, especially when you're not feeling well.

Several nutrients support immune health, including beta-carotene, vitamins C and D, zinc, probiotics and protein. Good sources include:

• Beta-carotene: Spinach, carrots, broccoli and sweet potatoes.

• Vitamin C: Citrus fruits, berries, bell peppers and tomatoes.

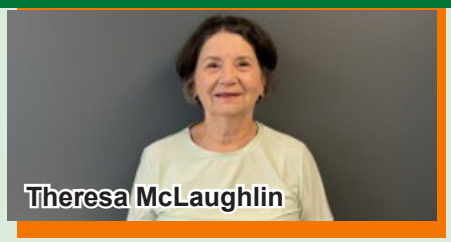
• Vitamin D: Fish, eggs and milk.

• Zinc: Beans, nuts and tofu.

• Probiotics: Yogurt, kefir and kimchi.

• Protein: Beef, chicken, nuts, beans and lentils.

Including a variety of these foods in your daily meals can help support your immune system and promote overall health throughout the winter.


Theresa McLaughlin

MEMBER SPOTLIGHT

Theresa joined VINE in 2014, looking for ways to stay active and healthy. More than a decade later, she remains a familiar face, enjoying chair yoga, pickleball and volunteering in the fitness center.

Over the years, Theresa has watched VINE grow and transform. She remembers when the fitness center was just a third of its size and classes were held on the unfinished fifth floor. Since then, she has enjoyed seeing the addition of the pool and the Peaceful Movement studio, where she frequently attends chair yoga. For Theresa, VINE is about more than exercise. Fitness classes and pickleball have helped her build friendships, connect with others and encourage fellow members. She loves the supportive, nonjudgmental atmosphere where everyone celebrates progress and looks out for one another.

Volunteering has also given her a firsthand look at the impact of staying active. She remembers one member who started exercising with a walker, progressed to a cane and eventually walked without assistance. Seeing that transformation left a lasting impression. "Every little bit makes a difference," she says.

For Theresa, VINE is a place where friendships grow, accomplishments are celebrated and everyone is encouraged to keep moving forward.

FREE FITNESS ASSESSMENT

Fitness assessments evaluate your physical fitness and can be a useful way to track your progress. Fitness assessments are free for Premium members.

Contact Jen at (507) 978-6464 to schedule an appointment.



VIRTUAL VINE

Work out from home with your favorite VINE instructors, any day, any time! Our Virtual VINE page has several on-demand classes for our members. For instructions on accessing these videos, email Jen at jenw@vinevolunteers.org.

PERSONAL TRAINING

Have you fallen out of your workout routine, hit a plateau or feel like you need a change? Maybe you're managing a chronic condition and would benefit from some extra guidance. Whatever your goals, VINE's Certified Personal Trainers (CPTs) are here to help.

Personal training offers one-on-one support and supervision, with workouts designed specifically for your goals, abilities and health. Your trainer will create a personalized program tailored to you, whether you prefer land-based or water exercise, helping you build strength, improve mobility and feel more confident.

Meet one of our personal trainers: Jake Marzinske. Jake got his degree in Exercise Science from Bethany



Lutheran College. In his free time, Jake likes playing volleyball, hanging out with family and friends, practicing organ/piano and relaxing. His motto is "move it or lose it." It's hard to get up and move it alone so let's move it together.

Cost: Premium members $30/30 minutes, $50/hour.

Questions? Contact Jen at jenw@vinevolunteers.org or (507) 978-6464 to learn more or sign up.



OLD MAIN VILLAGE
Senior Living

301 South 5th St., Mankato, MN 56001
oldmainvillage.com

Senior Living
with Historic Charm

Whether you're just starting to consider senior living or you're ready to make a move, our team is here to walk through this important process with you. Enjoy the memorable charm Old Main Village has to offer, including a pool and spa, life-enriching activities and restaurant-style dining, with personalized support available if needed. Plus, VINE Adult Community Center is just across the street.

Call 507-388-4200 to schedule a tour!

INDEPENDENT LIVING | ASSISTED LIVING | RESPITE CARE

MANAGED BY The Goodman Group

EQUAL HOUSING OPPORTUNITY

WARM WATER POOL

VINE's 89-degree heated pool is used for exercise classes and swimming. An accessibility lift allows adults of varying degrees of ability to enjoy the pool. Men's, women's and private locker rooms are available. Help us keep our pool clean by showering with soap before entering the pool.

OPEN SWIM TIMES
(one lap swimmer at a time)

Mondays
6 – 9:30 am
1 – 2 pm
3 – 6:30 pm

Tuesdays
12 – 1 pm
3:45 – 5:30 pm

Wednesdays
6 – 9:30 am
5 – 6:30 pm

Thursdays
12 – 1 pm
3:45 – 6:30 pm

Fridays
6 – 9:30 am
5 – 6:30 pm *(excludes 12/18)*

Saturdays
(no lap swimming on Saturdays)

8:45 – 9:30 am
10:15 am – 12:45 pm

FRIDAY FAMILY OPEN SWIM

- Friday, Dec. 18
  5 – 6:30 pm
- $5 per guest (2 guests per member; kids must be potty trained)

Bring your younger friends or family for open swim held monthly. Register at vinevolunteers.org or (507) 387-1666.

Register for aqua classes & lap swim at vinevolunteers.org or call (507) 387-1666. Class sizes are limited. Please cancel if you can't attend.

AQUA CLASSES
(registration required)

Mondays
9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1
2 – 3 pm: Aqua 2

Tuesdays
6:15 – 7 am: Aqua 2
1 – 1:45 pm: Aqua Yoga
2 – 2:45 pm: Aqua 3
3 – 3:45 pm: Aqua Chi
5:30 – 6:15 pm: Instructor's Choice

Wednesdays
9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua 1

Thursdays
6:15 – 7 am: Aqua 2
1 – 1:45 pm: Aqua Yoga
2 – 3 pm: Aqua 2
3 – 3:45 pm: Aqua Cardio & Core Blast

Fridays
9:30 – 10:30 am: Aqua 2
10:45 – 11:30 am: Aqua Kickboxing
11:45 – 12:30 pm: Aqua Yoga

Saturdays
9:30 – 10:15 am: Rotating Class
12/5: Aqua 3
12/12: Aqua 2
12/19: Aqua 3
12/26: Aqua Kickboxing



LAP SWIM
(registration required)

Mondays
11:30 am – 12:15 pm
12:15 – 1 pm

Tuesdays
7 – 8 am

Wednesdays
11:30 am – 12:15 pm
12:15 – 1 pm

Thursdays
7 – 8 am

Saturdays
8 – 8:45 am
12:45 – 1:30 pm



AQUA CLASSES

Aqua 1: Walking, stretching & balance activities.

Aqua 2: Jogging, jumping, twisting & constant movement.

Aqua 3: High-energy class combines using the water properties to challenge you.

Aqua Cardio & Core Blast: Boost cardio and core strength with a low-impact challenge.

Aqua Chi: A gentle class with breathwork to improve balance, flexibility & relaxation.

Aqua Kickboxing: Punch, kick & sculpt your body to be stronger.

Aqua Yoga: Low-impact aquatic exercise, with yoga poses.

GROUP EXERCISE CLASSES IN THE GATHERING ROOM

Register for classes at (507) 387-1666 or vinevolunteers.org.

Mondays
6:15 - 7 am: Total Body Strength
8:15 - 9:15 am: Move it More
10:15 - 11:15 am: Combo Fit
1 - 1:45 pm: Parkinson's Powerful Principles
5:30 - 6:15 pm: Boot Camp

Tuesdays
8:30 - 9:15 am: Stretch & Flex
9:30 - 10:15 am: Zumba®
10:30 - 11:15 am: Barre
11:30 am - 12:15 pm: Kickboxing
1 - 2 pm: Forever Fit

Wednesdays
6:15 - 7 am: Total Body Strength
8:15 - 9:15 am: Move it More
10:15 - 11:15 am: Combo Fit
2 - 2:45 pm: Picklebands
4:30 - 5:15 pm: Zumba®

Thursdays
8:30 - 9:15 am: Roll & Restore
9:30 - 10:15 am: Zumba®
10:30 - 11: 15 am: Pilates
11:30 am - 12 pm: Chair Zumba®
11:30 am - 12:15 pm: Strike Strong
1 - 1:45 pm: Parkinson's Powerful Principles
1 - 2 pm: Forever Fit

Fridays
6:15 - 7 am: Circuit Craze
8:15 - 9:15 am: Move it More
10:15 - 11:15 am: Combo Fit

Saturdays
8:30 - 9:15 am: Rotating Class
12/5: Boot Camp
12/12: Move It More
12/19: Total Body Strength
12/26: Strike Strong



GROUP EXERCISE CLASS DESCRIPTIONS

STRENGTH CARDIO BALANCE & RELAXATION

Barre is designed to tone, sculpt & lengthen your muscles from head to toe. *Level 2/3F*

Boot Camp is a high-intensity class using bodyweight & equipment exercises. *Level 4F*

Chair Zumba offers the fun of Zumba® dance moves seated. *Level 1*

Circuit Craze is a full-body workout combining a variety of movements in a fast-paced session. *Level 3F*

Combo Fit offers a combination of strength, cardiovascular & flexibility exercises – lots of movement. *Level 3*

Forever Fit is suitable for all fitness abilities. Build strength, flexibility & endurance for everyday life. *Level 1*

Kickboxing is a high-energy movement excellent for building full-body strength, enhancing agility & relieving stress. *Level 3*

Move it More is an aerobic & strength workout for those with little or no difficulty with balance & walking. *Level 2*

Parkinson's Powerful Principles focuses on large & fine motor muscles to improve balance & coordination. *Level 1/2*

Picklebands uses resistance bands to strengthen your muscles & prevent injury while listening to your favorite bands. *Level 2*

Pilates emphasizes proper postural alignment & core strength. Bring a mat & pillow. *Level 3F*

Roll & Restore uses small balls to relax muscles and release fascia. *Level 1F*

Stretch & Flex is a gentle warm-up followed by stretches to improve flexibility and mobility throughout the body. *Level 1F*

Strike Strong incorporates drumsticks, a stability ball & music for a fun full-body workout. *Level 2*

Total Body Strength works the upper & lower body using free weights, bands, body bars & medicine balls. *Level 3F*

Zumba® uses dance moves designed for older adults. *Level 2/3*

Level 1: Gentle movement & mobility - perfect for getting back to exercise, mobility challenged or injury recovery.

Level 2: Steady & strong - introduces more dynamic movement with low impact.

Level 3: Active & energized - moderately paced class, moving freely & independently.

Level 4: Anything goes - high-energy class with challenging movements.

REGISTRATION REMINDER

Registering for and canceling group fitness classes is important. If you are unsure of how to, please ask for assistance at the front desk or visit our website for a video tutorial. Sometimes our schedule changes and VINE will notify registered members of changes.

MEMBER REMINDER

Please refrain from using strongly scented lotions or perfumes before attending fitness activities at VINE.



PRIVATE PILATES SESSIONS

One-on-one Pilates provides personalized attention tailored to your needs, helping you move better, build strength and improve posture. With customized exercises and hands-on guidance, private sessions with Shannon ensure proper form, faster progress and a safer, more effective workout designed for you.

Cost: Premium members $30/30 minutes, $50/hour.

Questions? Call (507) 978-6464.

PEACEFUL MOVEMENT ROOM CLASSES

Please register for classes at (507) 387-1666 or vinevolunteers.org.

Mondays
8 – 8:45 am: Chair Yoga
9 – 9:45 am: Chair Yoga
11:30 am – 12:30 pm: Yoga for Health
1 – 1:45 pm: Chair Yoga
3 – 4 pm: Spring Forest Qigong Practice

Tuesdays
8:15 – 8:45 am: Guided Meditation
9 – 10 am: Yoga for Health
10:30 – 11:15 am: Chair Yoga

Wednesdays
9 – 9:45 am: Chair Yoga
11:30 am – 12:30 pm: Therapeutic Yoga ***(no class 12/23 & 12/30)***
1 – 1:45 pm: Chair Yoga

Thursdays
8:15 –8:45 am: Guided Meditation
9 – 10 am: Yoga for Health
10:30 – 11:15 am: Chair Yoga
3 – 4 pm: Spring Forest Qigong Practice

Fridays
9 – 9:45 am: Chair Yoga
10 – 11 am: Gentle Yoga
1 – 2:30 pm: Restorative Yoga

Saturdays
10:30 – 11:15 am: Rotating classes
12/5: Yoga for Health
12/12: Chair Yoga
12/19: Chair Yoga
12/26: Yoga for Health

Chair Yoga offers the benefits of yoga while seated or next to a chair. *Level 1*

Gentle Yoga is a slow-paced class to support mobility, flexibility and stress relief through movement and breath awareness. Ideal for those recovering from injury, new to yoga or seeking tranquility. *Level 2F*

Guided Meditation explores breath awareness, body relaxation and visualization practices to quiet the mind and soothe the nervous system. *Level 1*

Restorative Yoga is a calming yoga practice with supported poses with long holds and deep breathing to reduce stress, release tension and promote relaxation. *Level 2F*

Spring Forest Qigong blends movements of meditation with breathwork to bring health & healing to the body. *Level 1*

Therapeutic Yoga aims to relieve chronic tension patterns, retrain muscle imbalances and foster nervous system regulation to reduce pain, calm the mind and strengthen the body. *Level 2F*

Yoga for Health focuses on proper alignment, breath awareness and mindful movement with poses to support joint health, muscular endurance and mental clarity. Modifications available. *Level 2/3F*

Yin Yoga is a slow, meditative practice that targets deep connective tissues through longer-held poses, helping release tension and improve flexibility. *Level 2F*

HOLIDAY CLOSURES

The VINE Adult Community Center will be closed December 24-25 & January 1 for the holidays.

VINE MEMORIALS

VINE gratefully acknowledges contributions received in October in honor of Marion Brunz, Eleanor Caven, Lavonne Miller and Alice Wilaby.

Memorial funds are used to help older adults in the Greater Mankato community through VINE's programs and services. For more information, contact Marissa at (507) 386-5580 or marissap@vinevolunteers.org.

ROOM RENTALS AVAILABLE

VINE has several rooms available to rent. It's the perfect venue for your upcoming holiday, birthday, anniversary or retirement party. Visit vinevolunteers.org for more information or call (507) 387-1666.

COMPANION SERVICES

Social connection plays an important role in healthy aging. Through the Senior Companion Program with Lutheran Social Service of Minnesota, trained volunteers are matched with older adults who may feel isolated or would enjoy regular visits. Companions provide meaningful social interaction that can brighten the day and help individuals stay connected to their community. For more information, contact Fred at (507) 479-1899.

THOUGHTFUL GIFT OPTIONS

VINE offers a variety of clutter-free gift suggestions that not only make good gifts, but also benefit the older adults in the community. All of these are available at VINE's front desk or by calling (507) 387-1666.

- Purchase a gift certificate for a VINE Adult Community Center membership. Give your loved one endless opportunities to stay active and entertained throughout the year.
- Prepay for Meals on Wheels, transportation or chores for a loved one.
- Pay for a “Ducks in a Row” book or a "5 Wishes" document to give to someone to fill out or fill it out for yourself and give to your family.

Shopping at the VINE Home Thrift Store is an economical option that benefits the buyer and the community since proceeds from the store support VINE's programs for older adults. Gift certificates are also available.







CEO CORNER UPDATE

Winter can make it tempting to stay home, but keeping active and connected is just as important when the days are shorter and the sidewalks are icy. This month's cover story offers ideas for staying healthy through the winter, and I hope VINE will be part of your routine.

The new HUR strength training equipment mentioned in our cover story will complete the renovation project made possible by our angel donors. Their generosity continues to make a difference in the ways we gather, stay active and care for ourselves at VINE. A heartfelt thank you to our angel donors for this wonderful upgrade.

As we continue improving your experience at VINE, we know some members face membership decisions. Changes to Medicare Advantage plans for 2027 may mean switching to plans without an insurance fitness benefit. If this affects you, we hope VINE's value will encourage you to continue your membership. Staying active, building friendships, learning something new and being part of a caring community are an investment in your wellbeing. We recognize that paying the full membership fee may be a financial challenge and sliding scale membership fees are available for those who qualify. Please talk with our membership team to learn more.

Thank you for your support and continued membership. You help make VINE a welcoming place where people care about one another, and we look forward to spending the winter with you!

– Melinda Wedzina, VINE CEO

TRAVEL WITH VINE & COLLETTE

Ready for an adventure but not sure where to start? VINE has partnered with Collette to offer unforgettable trips around the world. We'll handle the planning; you relax and enjoy the journey.

Join us for one of these upcoming trips:

Christmas Markets & Castles of Europe with Germany & France: December 1–9, 2027

Experience Europe's Christmas markets from Heidelberg to Munich, exploring castles, cathedrals, festive traditions and regional culinary delights along the way.

Kingdoms of Southeast Asia: February 24 – March 13, 2028

Delve into an ancient and mysterious world of rural landscapes, bustling cities and fascinating history in Southeast Asia. This is a small group travel experience with a mosaic of culture and history.

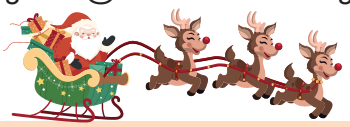
France Magnifique: April 20 – May 1, 2028

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Bask in the rich history, culture and romance of these cities and charming towns.

Imperial Cities: May 15 – 25, 2028

Immerse yourself in the splendor, history, and romance of Europe's regal capital cities: Prague, Vienna, and Budapest. Savor traditional local cuisine while uncovering the rich heritage and storied past of this remarkable region.

For details or to reserve your spot, contact Meghan at (507) 386-5576 or meghanv@vinevolunteers.org.





VOLUNTEER SPOTLIGHT

Kathy has been a VINE Adult Community Center member since 2021. She enjoyed exercising in the fitness center so much that she decided to give back by becoming a volunteer. Today, she enjoys helping create the same welcoming environment that made her love coming to VINE. "I enjoy volunteering because I get to see the regular members come in, watch their progress and feel inspired to keep going myself," Kathy shares.

One of the things Kathy appreciates most about VINE is the friendly faces, positive attitudes and welcoming atmosphere. She enjoys hearing members' stories about why they joined, what keeps them coming back and how much VINE has become a meaningful part of their lives. Those everyday conversations and familiar faces make volunteering rewarding.

After her mom passed away, Kathy found herself with more time to give and volunteering at VINE quickly became one of the highlights of her day. It gives her an opportunity to stay connected, build relationships and be part of a community that encourages eachother.

For anyone thinking about volunteering at VINE, Kathy has simple advice: "Just do it!" Make the commitment. It's worth your time and the members enjoy seeing familiar faces."

VINE Adult Community Center	SOCIAL	FITNESS BASIC	FITNESS PREMIUM
MEMBERSHIP RATES	$12/month	$30/month	$46/month
ADDITIONAL HOUSEHOLD MEMBER RATES	N/A	$24/month	$37/month
RATE WITH INSURANCE FITNESS BENEFIT*	N/A	$0/month	$16/month Additional household member: $13/month
AMENITIES	**Includes:** • Educational Presentations • Social & Interest Groups • Art Classes • Billiards Room	**Includes:** • Indoor Walking Track • Cardio Studio • Ping Pong • Trekking & Biking Groups • Line Dancing Group	**Includes:** • Everything in Social & Fitness Basic • Fitness Center • Warm Water Pool • Group Exercise Classes

VINE
HOME THRIFT STORE

OPEN:

Tuesday – Saturday
10 am – 6 pm

77 Star Street, Mankato

(507) 387-2699

vinestore.org

December is a season for gathering, giving and making memories! Visit the VINE Home Thrift Store for unique gifts, festive décor and everything you need to make holiday hosting special. Give pre-loved treasures a new home or surprise someone with a gift card so they can find their own favorite treasures.



Donate · Shop · Volunteer

Refreshing your home for the holidays? Donate gently used furniture, housewares and décor Tuesday–Saturday, 10 am–5:30 pm. Every purchase and donation supports VINE's programs for older adults in our community!

Donation Pickup: We accept furniture and household items in good condition from non-smoking homes. We have limited pickup availability, please call the store for information.



