



News of the Summit



January & February 2012

vinevolunteers.com

(507) 387-1666

VINE's Pledge for the New Year

With a capital campaign funding deadline to reach by next summer, we know that 2012 will be a deciding year for the Greater Mankato area. Together our community is challenged to see that resources will be set in place to guarantee that we can enjoy positive aging now and in the years to come.

"Look and listen for the welfare of the whole people and have always in view not only the present but also the coming generations."

- The Constitution of the Iroquois Nations (circa 1451 AD)

With that said, **VINE Faith in Action pledges to work tirelessly in the coming months to bring the vision of an Adult Community Center in the Nichols Building to fruition.** We thank those who have already contributed to our capital campaign and we challenge our community to step up to the plate so that we can all **AGE TO THE MAX** right here in the homes and in the communities we love.

LUNCH AND LEARN

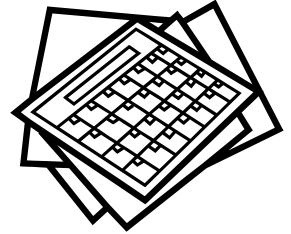
Two Passports: Stories from a Life Lived Abroad
Friday, January 13 ★ 11:30 am - 1 pm

Two years ago, Mankato native **John O'Sullivan** moved to Ireland, his grandfather's homeland. The dream of living in Ireland was nearly hampered by a grouchy customs agent and John's lack of experience as a world traveler. In the past two years, John has traveled to over a dozen countries and has worked as a warehouseman in Ireland, a bartender and hostel manager in Wales, and a tour guide throughout Western Europe. His experiences are chronicled in his award-winning blog, TwoPassports.com. John joins us fresh from Scotland to share his tales of travel, of working abroad, and of being willing to go wherever the wind takes him.



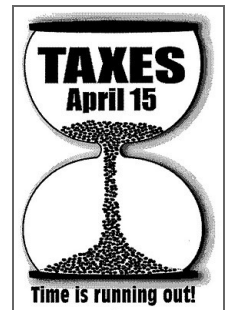
A New Look for our Newsletter

You asked, and we listened! Over the last few months, readers have said they would like more time to view the newsletter and decide which classes and presentations they would like to attend. This month you will discover that the *News of the Summit* has a new look and feel. Our newsletter will now be a **two month** newsletter in an attempt to provide you with ample time to plan your busy lives. You can now register for programs and plan your schedule well in advance! We hope you will find the new calendar format to be more user-friendly and easier to read. The calendar is designed to be removed and posted on your bulletin board or fridge. We welcome your feedback on our new look!



It's Tax Time Again!

VINE is pleased to announce that the AARP Tax-Aide Program will again be providing **FREE** tax preparation at the Summit Center for seniors and lower-to-middle income taxpayers. Volunteer tax preparers are trained and certified by the IRS and will do federal and state income tax returns as well as Minnesota property tax and rent rebates. Tax preparers will be available by appointment:



Thursdays and Fridays ★ February 2 - April 13
9 am - 4:30 pm and Thursdays 5 - 7 pm

To make an appointment and obtain information about what documents to bring in order to prepare your taxes, call the Summit Center reception desk (M - F ★ 9 am - 4 pm) at 345-5262. If you need a ride call VINE at 387-1666.

We are now on Facebook! "Like us" and keep updated on the happenings at VINE, the Summit Center, and the VINE Home Thrift Store.



Food For Thought

Celebrate Love on Valentine's Day With a Special Dinner Tuesday, February 14 ★ 11:30 am – 1 pm

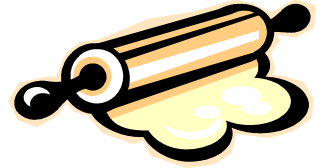
Don't miss this chance to show a good friend or your sweetheart how much you appreciate them. Dino's Italian Bistro will cater a lovely Valentine's Day dinner of lasagna, salad, garlic bread, and a special Valentine's dessert. While you dine, you will be serenaded by **Steve Dunn**, violinist and retired music educator. Make your reservation now for our Valentine's Day luncheon at the "Summit Ristorante".



- **Cost is \$10. Call VINE by 2/10 to make your reservation.**

Lefse Making with Amanda Thursday, January 19 ★ 9 am - 12 pm

Does the thought of fresh lefse hot off the grill and garnished with butter and sugar make your mouth water? Regardless of whether you are Norwegian or not, lefse is a pretty big deal in Minnesota. **Amanda Madson** has been making lefse for years and has graciously agreed to teach the art of lefse making to us. In addition to being a master lefse maker, Amanda also makes her own lefse boards and sticks! To partake in our lefse workshop, participants will be provided with Amanda's "secret recipe" which they will **prepare at home and bring to the event**. Working in small teams, Amanda will show her students how to roll, turn and grill lefse. If you have lefse equipment that can be used at the workshop, please let us know when you sign up. Enrollment is limited, so don't delay.



- **\$5 class fee. Call VINE by 1/13 to register.**

Raise a Glass of Wine and Say Cheese! Wednesday, January 11 ★ 2:30 - 3:30 pm

Are you aware that the Mankato area has a cheese company and several wineries? Have you always wanted to experience these regional treasures? Come to the Summit Center to learn more about some of our area's finest wine and cheese producers.



Keith Adams, co-owner of the former Bagel Brothers in Mankato, opened the **Alemar Cheese Company** in Old Town. Keith will share with us what it takes to produce Bent River Camembert, a soft and creamy cheese.

Chankaska Creek Ranch & Winery, on the site of the former Country Pub in Kasota, will be opening their doors in May 2012. While their wine has not yet been released, the staff is excited to talk to you about the soon-to-be-open winery.

We'll provide a sample of cheese for you to enjoy as you learn about these products made right here in our Minnesota River Valley.

- **Cost is \$5. Call VINE by 1/10 to register.**

HEALTHY COFFEE BREAKS

Learn something new and enjoy coffee and a healthy snack for just \$1.



The Importance of a Health Care Directive Tuesday, February 7 ★ 11 am - 12 pm

Do you know who will speak for you and make health care decisions on your behalf in the event that you become incapacitated? **Dr. Ruth Bolton**, with Mayo Clinic Health Systems, will discuss the importance of having a health care directive and will answer questions about this sometimes confusing topic. Here's your chance to get your wishes in writing and complete the necessary legal paperwork. We will have copies of the Minnesota Health Care Directive available for attendees to fill out or take home to complete.

- **Call VINE by 2/6 to register.**

An Overview of Chronic Pain Wednesday, February 22 ★ 11 am - 12 pm

Chronic pain, whether from headaches, back pain, or conditions such as fibromyalgia or arthritis, can interfere with work, day-to-day activities, and relationships. All too often, pain relief treatments are frustratingly ineffective or cause even more pain. **Todd Leech, EdD, PA-C** with Mankato Clinic, will offer an overview of the various causes of chronic pain and the treatment options available.

- **Call VINE by 2/21 to register.**

Educational Opportunities

Oh, the Places You'll Go This Winter!

We provide a coach bus and two friendly escorts for all of our trips. More information is available at the Summit Center and at Lincoln Community Center. Call Community Education at 387-5501 to sign up. Payment is always required at the time you make your reservation and is non-refundable.



Everybody Loves Opal

Wednesday, January 11 ★ 10 am - 5 pm

Laughs abound at the Old Log Theater in this delightful comedy about a trio of crooks who unsuccessfully try to bump off Opal Kronkie. Lunch before the show is included in the ticket price.

- Cost is \$51. Register by 1/4.

1968 - The Year that Rocked the World

Tuesday, February 14 ★ 8:15 am - 5:30 pm

The MN History Theater in St. Paul brings some of the most explosive events and personalities of 1968 to the stage: The Vietnam War, the assassinations of MLK and Robert Kennedy, and the election of Richard Nixon. After the show enjoy lunch in the History Center café and visit the museum's 1968 exhibit.

- Cost is \$18. Register by 1/16.

Deer Camp: The Musical

Saturday, February 25 ★ 6:30 pm

Get ready to laugh your antlers off at the Kato Ballroom as four mighty hunters head off to their shack in search of the elusive 14 point buck. With great songs about wives, grunt horns, beer, and bingo players, the show is one you'll smile about for months.

- Cost is \$20. Register by 2/10. Transportation is not provided.

Hubbel House and National Eagle Center

Friday, March 23 ★ 9:30 am - 6 pm

Hop on the bus for a ride to Mantorville, where lunch will be served in the historic Hubbel House. Then attend an informative program at the Eagle Center and learn more about these majestic birds. The center, home to five rescued and rehabilitated eagles, is located on the shores of the Mississippi River in Wabasha.

- Cost is \$45. Register by 2/23.

Chinese Watercolors II

Wednesdays, February 1, 8, 15, & 22
9:30 – 11:30 am

Local artist, **Peg Draheim** will provide instruction on the brush work used in traditional Chinese painting. Using your brush to form bamboo, plum blossoms, fish, and panda bears, you will learn to see subjects in simple forms and apply this technique to other paintings. More advance forms will also be introduced.



Participants will need to bring two or three different size Chinese or Sumi brushes, a mixing dish, black ink, newspaper, paper towels, a container for water, and heavy drawing paper and/or rice paper. Optional supplies will be discussed at the first session.

- Cost is \$20 for all four lessons. Call VINE by 1/23 to register.

Keepsake Stories Writing Workshop

Wednesdays, January 4, 11, 18, & 25
2:30 – 4 pm AND/OR

Wednesdays, February 8, 15, 22, & 29
2:30 – 4 pm

There are budding writers at the Summit Center!

Julia Curran returns in 2012 for more creative writing workshops. Julia is currently writing a memoir and she is excited about providing a supportive environment for you to develop your own



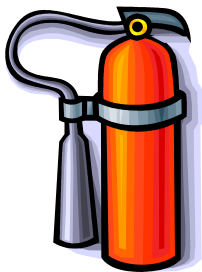
autobiographical pieces. Have you always wanted to write about your life? Perhaps you would like to share your story with friends and family or perhaps you just love to write! The workshops will have two parts: a mini-lesson with discussion on a writing topic and then a session on individuals' work-in-progress from starting and developing ideas to more complete pieces. You do not need writing experience or formal training to join. New and continuing participants welcome! For more information contact Julia at 345-8943 or at KeepsakeStories@gmail.com

- Cost is \$5 for a four-week session. Call VINE by 1/3 for the January session and by 2/7 for the February session.

Watch, Listen, & Learn

Learn About Fire Safety from a Firefighter Monday, January 30 ★ 2:30 – 4 pm

Anyone who has been in a fire can tell you that it's a very scary thing. It's even scarier if you haven't had any fire safety training. **Scott Ledrun**, lieutenant in the Mankato Public Safety Department Fire Division, will teach us fire prevention techniques, safety in the kitchen, and choosing the right smoke detector. You will also get some hands-on experience using a fire extinguisher!



- **Cost is \$5. Call VINE by 1/27 to sign up.**

VINE Volunteer Orientation

Monday, January 9 ★ 11 am - 1 pm

OR

Wednesday, February 8 ★ 11 am - 1 pm

at the VINE office
1618 Third Avenue, Mankato

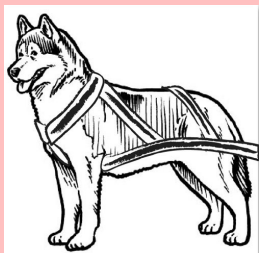
Call 387-1666 to attend and learn more about how you can share your time helping others through VINE, the Summit Center and/or at the VINE Home Thrift Store. A light lunch will be provided.



LUNCH AND LEARN

A Dog Sledding Adventure Friday, February 24 ★ 11:30 am - 1 pm

Sled dogs are friendly, exuberant and love to run. Their enthusiasm and energy captivates and inspires their handlers and makes dog sledding an enjoyable and exciting experience. Come and hear **Mary O'Sullivan's** story of six Mankato women who embarked on a week-end dog sledding adventure in the Superior National Forest near Two Harbors.



- **\$7 for lunch. Call VINE by 2/22 to reserve your spot.**

Tour of BuyFun.com Costume Company Thursday, February 9 ★ 11 am

BuyFun.com started in 1992 as the Fallenstein family's seasonal Halloween costume rental business. The family's garage served as its headquarters. After outgrowing their garage, the Fallensteins moved their business several times, eventually ending up in a 50,000 sq. ft. building in upper North Mankato. This small family business has expanded from an original two person operation to a business with more than sixty full-time staff along with hundreds of seasonal part-time workers. In the last four years, BuyFun.com has grown over 900% and now has more than 20 theme costume websites. Come hear this fascinating entrepreneurial story and tour the company headquarters.



- **No charge. We will meet at BuyFun.com located at 2080 Lookout Drive in North Mankato. Call VINE by 2/8 to reserve your spot. Let us know if you need a ride.**

Documentary Films on our New Flat Screen Television

Have you noticed the new flat screen TV at the Summit Center? The bigger screen will enhance your viewing pleasure. Be sure to mark these films on your calendar:



The Open Road: America Looks at Aging Friday, January 13 ★ 2:30 – 3:30 pm

This entertaining documentary narrated by Michele Norris of "All Things Considered," tells the stories of Baby Boomers who are confronting the obstacles and pursuing the opportunities that come with retirement. Great conversation material!

There is a Bridge

Friday, January 27 ★ 2:30 – 4:15 pm

This film provides eye-opening portraits of people with Alzheimer's disease, sparkling insights from preeminent thinkers, and poignant music by the Dixie Chicks. *There is a Bridge* will change your view of Alzheimer's disease – and quite possibly how you see yourself.

No charge – the popcorn is on us! Call VINE the day of the film to let us know you're coming.

January 2012

Mon

Tue

Wed

Thu

Fri

2
The Summit Center will be closed today for the New Year Holiday.



3
9 am Yoga for 55+ & Painting
10 am Some Time Away
12 pm Al Anon Meeting
12 pm Driving Class
12:30 pm Summit Spellers
1 pm Cribbage

4
9 am Cards
10 am Water Exercise
10:30 am Table Tennis
12 pm Pfeffer
2:30 pm Writing Workshop
3 pm Summit Stompers

5
9 am Yoga for 55+
10:30 am Open A.A. Meeting
11 am Arthritis and Chronic Pain Support Group
1 pm 500/Bridge
3 pm Canasta
3:30 pm Water Exercise

6
10 am Water Exercise
10:30 am Open A.A. Meeting
1 pm Cribbage/Chess

The Summit Center, a program of VINE Faith in Action, is located at 518 South Fifth Street, in downtown Mankato. All adults age 50+ are welcomed and encouraged to participate, serve as volunteers and help make the Summit Center a wonderful place for our entire community. Since we do not have a dues structure, tax-deductible contributions are needed to support programs and services for older adults. Please mail your contribution to VINE Faith in Action, 1618 Third Avenue, Mankato, MN 56001 and designate it for the Summit Center.

9
9 am Cards & Move it More
10 am Water Exercise
10:30 am Open A.A. Meeting
11 am Volunteer Orientation
1 pm Summit Singers
1:30 pm PALS

10
9 am Yoga for 55+ & Painting
10 am Some Time Away
10:30 am PALS
12 pm Al Anon Meeting
12 pm Tai Chi with Scott
12:30 pm Summit Spellers
1 pm Cribbage
3:30 pm Water Exercise

11
9 am Cards & Move it More
10 am Water Exercise
10:30 am Table Tennis
12 pm Pfeffer
1:30 pm PALS
2:30 pm Wine and Cheese
2:30 pm Writing Workshop
3 pm Summit Stompers

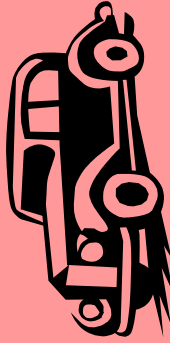
12
9 am Yoga for 55+
10 am Memory Loss Support Group
10:30 am PALS
10:30 am Open A.A. Meeting
11 am Low Vision Support Group
1 pm 500/Bridge
1 pm Intro to Snowshoeing
3 pm Canasta

13
9 am Move it More
10 am Water Exercise
10:30 am Open A.A. Meeting
11:30 am Lunch and Learn: Two Passports: Stories from Abroad
1 pm Cribbage/Chess
1:30 pm PALS
2:30 pm The Open Road: America Looks at Aging Film

February 2012

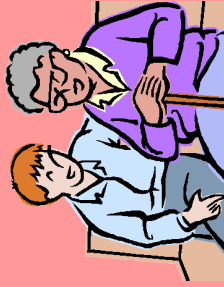
Mon

To register for the
**Driving Class, call the
MN Highway
Safety Center
at
(888) 234-1294.**



Tue

For information
about the
**Some Time Away
Adult Respite Program,**
call **Mary Wichtendahl**
at **VINE at 387-1666.**



Wed

1
9 am Cards & Move it More
9:30 am Chinese Watercolors
10 am Water Exercise
10:30 am Table Tennis
12 pm Pfeffer
1:30 pm PALS
3 pm Summit Stompers
4:30 pm Zumba Gold
5:30 pm Pilates

Thu

2
8:30 am Strength Training
9 am Yoga for 55+
9 am Tax Preparations
10 am Benefits of Yoga for
People with MS
10:30 am PALS
10:30 am Open A.A. Meeting
11 am Arthritis and Pain
Support Group
1 pm 500/Bridge
1 pm Snowshoeing
3 pm Canasta
3:30 pm Water Exercise
4:30 pm Cardio Fun

Fri

3
9 am Move it More
9 am Tax Preparations
10 am Water Exercise
10:30 am Open A.A. Meeting
1 pm Cribbage/Chess
1:30 pm PALS

6

9 am Cards & Move it More
10 am Water Exercise
10:30 am Open A.A. Meeting
1 pm Summit Singers
1:30 pm PALS
4:30 pm Zumba Gold
5:30 pm Pilates

7

8:30 am Strength Training
9 am Yoga for 55+ & Painting
10 am Some Time Away
10:30 am PALS
11 am Health Care Directives
12 pm AI Anon Meeting
12 pm Tai Chi with Scott
12 pm Driving Class
12:30 pm Summit Spellers
1 pm Cribbage
3:30 pm Water Exercise
4:30 pm Cardio Fun
5 pm Snowshoeing

8

9 am Cards & Move it More
9:30 am Chinese Watercolors
10 am Water Exercise
10:30 am Table Tennis
11 am Volunteer Orientation
12 pm Pfeffer
1:30 pm PALS
2:30 pm Writing Workshop
3 pm Summit Stompers
4:30 pm Zumba Gold
5:30 pm Pilates


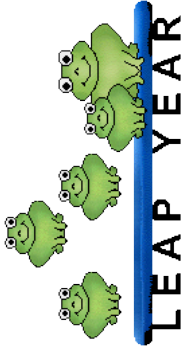

9


8:30 am Strength Training
9 am Yoga for 55+
9 am Tax Preparations
10 am Memory Loss Support
10:30 am PALS
10:30 am Open A.A. Meeting
11 am Low Vision Support
Group
11 am Tour of BuyFun.com
1 pm 500/Bridge
1 pm Snowshoeing
3 pm Canasta
3:30 pm Water Exercise
4:30 pm Cardio Fun

10

9 am Move it More
9 am Tax Preparations
10 am Water Exercise
10:30 am Open A.A. Meeting
1 pm Cribbage/Chess
1:30 pm PALS



<p>13</p> <p>9 am Cards & Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Summit Singers 1:30 pm PALS 4 pm Tai Chi with Sandra 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p>14</p> <p>8:30 am Strength Training 9 am Yoga for 55+ & Painting 10 am Some Time Away 10:30 am PALS 11:30 am Valentine's Dinner 12 pm AI Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p>15</p> <p>9 am Cards & Move it More 9:30 am Chinese Watercolors 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 1:30 pm PALS 2:30 pm Writing Workshop 2:30 pm Coffee & Controversy 3 pm Summit Stompers 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p>16</p> <p>8:30 am Strength Training 9 am Yoga for 55+ 9 am Tax Preparations 10:30 am PALS 10:30 am Open A.A. Meeting 1 pm 500/Bridge 1 pm Snowshoeing 3 pm Canasta 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p>17</p> <p>9 am Move it More 9 am Tax Preparations 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Cribbage/Chess 1:30 pm PALS</p> 
<p>20</p> <p>9 am Cards & Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Summit Singers 1:30 pm PALS 4 pm Tai Chi with Sandra 4:30 pm Zumba Gold</p> 	<p>21</p> <p>8:30 am Foot Clinic 8:30 am Strength Training 9 am Yoga for 55+ & Painting 10 am Some Time Away 10:30 am PALS 12 pm AI Anon Meeting 12 pm Tai Chi with Scott 12 pm Driving Class 12:30 pm Summit Spellers 1 pm Cribbage 3:15 pm Book Chat 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p>22</p> <p>9 am Cards & Move it More 9:30 am Chinese Watercolors 10 am Water Exercise 10:30 am Table Tennis 11 am Chronic Pain Talk 12 pm Pfeffer 1:30 pm PALS 1:30 pm Caregiver Support 2 pm Insurance Counseling 2:30 pm Writing Workshop 3 pm Summit Stompers 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p>23</p> <p>8:30 am Strength Training 9 am Yoga for 55+ 9 am Tax Preparations 10:30 am PALS 10:30 am Open A.A. Meeting 1 pm 500/Bridge 1 pm Snowshoeing 3 pm Canasta 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p>24</p> <p>9 am Move it More 9 am Tax Preparations 10 am Water Exercise 10:30 am Open A.A. Meeting 11:30 am Lunch and Learn: A Dog Sledding Adventure 1 pm Cribbage/Chess 1:30 pm PALS</p>
<p>27</p> <p>9 am Cards & Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Summit Singers 1:30 pm PALS 4 pm Tai Chi with Sandra 5:30 pm Pilates</p>	<p>28</p> <p>9 am Yoga for 55+ & Painting 10 am Some Time Away 10:30 am PALS 12 pm AI Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p>29</p> <p>9 am Cards & Move it More 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 1:30 pm PALS 2:30 pm Writing Workshop 3 pm Summit Stompers 5:30 pm Pilates</p>		<p>To register or for more information, please call VINE at 507-387-1666. Unless otherwise noted, programs are held at the Summit Center and registration is required two days in advance.</p>

<p>16 9 am Cards & Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Summit Singers 1:30 pm PALS 4:30 pm Zumba Gold</p>	<p>17 8:30 am Foot Clinic 8:30 am Strength Training 9 am Yoga for 55+ & Painting 10 am Some Time Away 10:30 am PALS 12 pm AI Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 3:15 pm Book Chat</p>	<p>18 9 am Cards & Move it More 10 am Water Exercise 10:30 am Table Tennis 12 pm Pfeffer 1:30 pm PALS 2:30 pm Writing Workshop 2:30 pm Coffee & Controversy 3 pm Summit Stompers 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p>19 8:30 am Strength Training 9 am Yoga for 55+ 9 am Lefse Making 10:30 am PALS 10:30 am Open A.A. Meeting 1 pm 500/Bridge 1 pm Snowshoeing 3 pm Canasta 3:30 pm Water Exercise</p>	<p>20 9 am Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1 pm Cribbage/Chess 1:30 pm PALS</p>	
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<p>30 9 am Cards & Move it More 10 am Water Exercise 10:30 am Open A.A. Meeting 1:30 pm PALS 2:30 pm Fire Safety 4:30 pm Zumba Gold 5:30 pm Pilates</p>	<p>31 8:30 am Strength Training 9 am Yoga for 55+ & Painting 10 am Some Time Away 10:30 am PALS 12 pm AI Anon Meeting 12 pm Tai Chi with Scott 12:30 pm Summit Spellers 1 pm Cribbage 2:30 pm Living Options 3:30 pm Water Exercise 4:30 pm Cardio Fun</p>	<p>The Foot Clinic is provided by Ecumen Pathstone Living on the third Tuesday of every month. Cost is \$23.</p> 			<p>To register or for more information, please call VINE at 507-387-1666. Unless otherwise noted, programs are held at the Summit Center and registration is required two days in advance.</p>

January 2012

Options for All

Sign Up Today for One of Our "All-in-One" Exercise Programs! January 9 - March 16

Each PALS and Move it More class works on the **FOUR KEY COMPONENTS OF FITNESS: Strength training, Flexibility, Balance, and Cardiovascular conditioning (aerobic exercise)**

Classes are led by certified senior fitness instructors and you are encouraged to exercise at a comfortable pace. Come and have fun, meet new friends, and experience the benefits of regular physical activity.

If you are a UCare member, you can join our PALS class at no charge! Transportation is available for \$4/round trip ride.

- **Partners in Active Living for Seniors (PALS)** is for people who want a safe and gradual increase in their activity levels and improved strength and balance; suitable for people of all fitness levels, including those who use a cane or walker. Choose from our two classes:



**10:30 - 11:30 am Tuesdays-Thursdays
(\$25 for 20 sessions)**

**1:30 - 2:30 pm Mondays-Wednesdays-
Fridays (\$40 for 30 sessions)**

- **Move It More** is for people who want improved physical fitness with a greater variety of exercises, plus strength activities; suitable for people with little or no difficulty with balance and walking.



**9 - 10 am Mondays-Wednesdays-Fridays
(\$40 for 30 sessions)**

Call Karen at the Summit Center at 345-5262 with questions and call VINE at 387-1666 to register.

Please note that all classes will now be held at the Summit Center

Pilates

January 18 to February 29
Mondays/Wednesdays, ★ 5:30 - 6:20 pm

Pilates teaches participants how to strengthen their core muscles, including muscles of the abdomen, chest, and back; which, in turn, promotes good body mechanics and muscle balance. Each class includes a series of controlled movements that promotes strengthening, flexibility, and improved posture.



- **Cost is \$44 for 12 sessions. Call Community Education, 387-5501 to register.**

Making Choices Easier

Tuesday, January 31 ★ 2:30 - 3:30 pm

It is estimated that each year 30,000 older Minnesotans consider moving from their home to an assisted living facility. Due to a recent change in state law, people thinking about this type of living arrangement, must now participate in a mandatory consultation before they can sign a lease or contract. VINE staff members, **Mary Wichtendahl LSW** and **Mary O'Sullivan**, will discuss this state law, other legal and financial issues for older adults, and provide tips in selecting appropriate housing options.



- **Cost is \$5. Call VINE by 1/30 to register.**

Volunteers Needed for a Study

Researchers in the Gerontology and Psychology Department at Minnesota State University, Mankato, are seeking individuals 75+ to participate in a study. Participation would involve completing brief questionnaires and an in-person interview concerning emotional health, spirituality, and age-related life changes.



- **For more information contact: Deb Meyer (507-382-0725) or Dr. Don Ebel (507-389-5188).**

Fitness Begins With You

Strength Training

Tuesdays/Thursdays, January 17 - February 23
8:30 - 9:20 am

Maintaining muscle strength is a key component for remaining healthy and independent as we grow older. While aerobic exercise, such as walking and biking, has many health benefits, **it does not make your muscles strong.** The American Heart Association and the American College of Sports Medicine recommend that all adults include strength training in their exercise routines at least twice a week. During our class we'll incorporate exercises that focus on the major muscle groups: chest, shoulders, arms, back, abdomen, and legs.



- **Cost is \$40 for 12 sessions. Call VINE to register by 1/16.**

Yoga for the 55+

Tuesdays and Thursdays ★ 9 - 10 am
Old Main Village

VINE/Summit Center and Old Main Village offers yoga for adults 55 years and better. According to the American Council on Exercise, regular practice of yoga can significantly improve flexibility, strength and balance. No experience necessary; mats provided. Yoga class fee options:



- Five consecutive weeks of class (10 classes) at a cost of \$60
- "Pay as you go" for \$7 per class.
- **For more information, contact Karen at Summit Center at 345-5262.**

Benefits of Yoga for People with MS

Thursday, February 2 ★ 10—11 am

Join us at Old Main Village's Club Room to meet our yoga instructors and get your questions answered. A representative from the National MS Society will discuss the benefits of yoga for those with MS.



- **No charge. No registration required.**

New Fitness Opportunities for UCare Members

If you are enrolled in a UCare Medical Assistance program and live in Blue Earth County or the City of North Mankato, Blue Earth County Community Health can arrange for VINE transportation and exercise classes at no cost to you. Eligible clients can participate in **Move it More, PALS, Water Exercise, Tai Chi, Zumba Gold, Pilates, and more.**

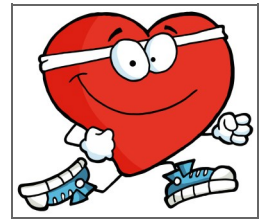


- **For additional information, call Samantha at 304-4411 or Bonnie at 304-4215.**

Cardio Exercise Class

Tuesdays and Thursdays, January 24 - March 1
4:30 - 5:15 pm

Want to stay energized and in-shape this winter? A new exercise opportunity is now available at the Summit Center. Join us for an enjoyable, 45-minute aerobic workout with easy-to-follow movements.



- **Cost is \$36 for all 12 sessions or \$5 per class for drop-ins. Call VINE at 387-1666 to register.**

Two Tai Chi Options Now Available!

Tai Chi lowers blood pressure, reduces anxiety, strengthens the immune system, and increases energy. In addition, studies have shown that Tai Chi can improve balance and flexibility.



Tuesdays ★ 12 - 1 pm
January 10 - March 13

Instructor **Scott Grundmeyer** has been practicing Tai Chi for 19 years. In this 10-week class, Scott will teach the basics of Tai Chi while tailoring his instruction to the needs of the students.

- **Cost is \$60 for 10 weeks. Call VINE to register.**

Mondays ★ 4 - 5 pm
February 13 - March 12

Experienced instructor **Sandra Walberg** makes Tai Chi easy to learn and enjoyable to practice. Students in this class will progress from practicing basic moves to complete forms in just a few weeks.

- **Cost is \$30 for 5 weeks. Call VINE to register.**

Let's Move!

Snowshoeing Happenings

Snowshoeing is one of the simplest and safest ways to get outside and enjoy a Minnesota winter. We will again offer an **Introduction to Snowshoeing** class, where you'll learn about the history of snowshoeing, the equipment, and basic techniques. You'll also have an opportunity to get outside and try out snowshoeing.



Introduction to Snowshoeing
Thursday, January 12 ★ 1 - 3 pm
Elk's Nature Center

After the first class, we'll meet each week for **Snowshoe Hikes** at various parks and explore their paths, marshes, and woods.

Snowshoe Hikes
Thursdays ★ 1 - 2 pm

January 19 ★ Elk's Nature Center
January 26 ★ William's Nature Center
February 2 ★ Indian Lake Conservation Area
(meet at the parking lot on the south end)
February 9 ★ Seven Mile Creek Park
(meet at the parking lot at the far end)
February 16 ★ William's Nature Center
February 23 ★ Elk's Nature Center

If you are at all interested in snowshoeing, you won't want to miss our **Moonlight Snowshoe Hike**. We'll head out to Elk's Nature Center and explore the woods with the moon as our guide. Bring a headlamp if you have one (we have a limited quantity available).



Moonlight Snowshoe Hike
Tuesday, February 7 ★ 5 - 6:30 pm
Elk's Nature Center

Wear warm clothing and snow boots for our snowshoeing adventures. Class will be cancelled if there is insufficient snow or bad weather. Contact Karen at Summit Center if you have questions or need directions.

- **Call VINE at 387-1666 to let us know which events you'll be attending. Registration is required the day before the event.**

Zumba Gold®

Mondays at Lincoln Community Center
Wednesdays at Summit Center
January 16 - February 22 ★ 4:30 - 5:15 pm

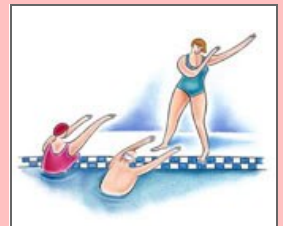
Zumba Gold is designed with active older adults in mind – easy on the body and big on the basics. Zumba combines zesty Latin rhythms and easy to follow steps to create a fun dance class. Wear comfortable clothes and tennis shoes. Register to participate once a week (6 sessions for \$36) or twice a week (12 sessions for \$72). Punch cards are also available.



- **Call Community Ed. at 387-5501 to register.**

Warm Water Exercise Classes

VINE/Summit Center and Old Main Village offer shallow water exercise classes for people 55+. Classes are led by a certified water exercise instructor at the Old Main Village pool.



January Sessions

Choose from two sessions:

- **Mondays/Wednesdays/Fridays ★ 10 - 11 am**
\$45 for twice a week or \$52 for three times a week
- **Tuesdays/Thursdays ★ 3:30 - 4:30 pm**
Cost is \$30

February Sessions

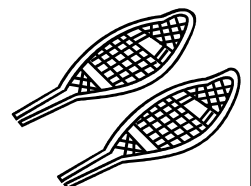
Choose from these two sessions:

- **Mondays/Wednesdays/Fridays ★ 10 - 11 am**
\$45 for twice a week or \$52 for three times a week
- **Tuesdays/Thursdays ★ 3:30 - 4:30 pm**
Cost is \$40

- **Call Karen at 345-5262 to register.**

Snowshoe Rental

UCare has generously donated 20 pairs of high quality snowshoes, poles, and carrying bags for use by Summit Center participants. Snowshoes are available to rent for \$5/pair per day (plus a \$75 returnable deposit). They can be picked up at the Summit Center during business hours and are due back the next day.



- **For more information call Karen at 345-5262.**



1618 Third Avenue
Mankato, MN 56001

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News of the Summit



VINE Home Thrift Store, 77 Star Street, Mankato

NEW STORE HOURS

TO SERVE YOU BETTER:
Beginning on Jan. 3, the
VINE Store will be open for business every day.



M - F: 10 am - 7 pm
Sat: 10 am - 5 pm
Sun: Noon - 5 pm

Home pickups and
deliveries will be available
Monday thru Friday.

DONATIONS TO THE VINE HOME THRIFT STORE HELP FAMILIES IN NEED

The main purpose of the Home Thrift Store is to raise operational funds for VINE and the Summit Center. However, we have developed a referral process in conjunction with county human services and other non-profit organizations to provide low cost home furnishings to individuals who have an authentic need. We thought you would like to know and we thank you for your faithful support of our store.



ESTATE DONATIONS: At some time in life, most of us face the task of clearing out a loved one's home after a move to an apartment or long-term care, or in the difficult time after a funeral. After the family has selected the items they wish to keep, VINE can send a caring and responsible team of adult volunteers to pick up the saleable items for donation to the VINE Home Thrift Store. We will provide a tax receipt and even help inventory the household items.



Estate contributions of any size are gratefully accepted and proceeds from their sale will support programs and services at VINE and the Summit Center.

FURNITURE DONATIONS: Call the VINE Store at 387-2699 to arrange for home pick up. If you live within the boundaries of ISD #77, in St. Peter, or in the Madison Lake area, there is no charge.