

COVID UPDATE

The following programs & services are operating:

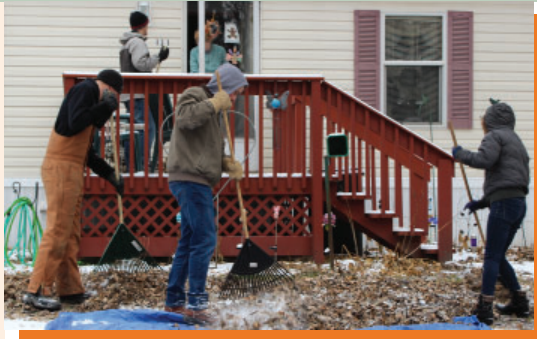
- Door2Door Transportation
- TRUE Transit
- Hot Meals on Wheels
- Caring Connection
- Support Groups
- Chores (outside only)
- Adult Respite Center
- Home Thrift Store

Open by appointment only:

- Fitness Center
- Pool
- Walking Track
- Fitness Classes

The following programs & services are closed:

- Game Room
- Literacy Center
- All Social Groups (500, art, bridge, cribbage, dominoes, mahjong, pfeffer, singers, spellers, stompers, whist, & writers)



RAKE THE TOWN CANCELLED; YARDWORK HELP AVAILABLE

Out of concern for the health of volunteer raking groups during COVID-19, we've made the difficult decision to cancel VINE's Rake the Town group service project this year. Our signature event involved close to 500 volunteers raking

for older homeowners and included a free lunch at St. Joseph the Worker Catholic Church for rakers. We understand the value of this service and still want to safely assist older neighbors in maintaining their home and personal independence.

We've started a list of homeowners who call and request raking assistance, and already have a few volunteer groups registered. Rather than hosting a large group event as in the past, we plan to schedule raking on an individual basis as volunteers become available. If you're a Facebook user, please check out the Greater Mankato Good Neighbor Project, a site we manage.

Raking is great exercise and helping an older neighbor or friend would be a wonderful outside project for a family to do together. We invite our healthy VACC members to rake for someone in their neighborhood or, if you can rake at a home of someone on our list, contact Adam at adammassmann@vinevolunteers.com or (507) 386-5574 to sign up.

CARING CONNECTION CAN CHANGE YOUR LIFE

My Caring Connection friend, Myrt Wolf, turned 94 years old in September. Even though she's nearly 30 years older than I, it's amazing how much we have in common. We both love animals, the VINE Home Thrift Store, Sibley Park gardens, and movies at the VINE Adult Community Center (before COVID). When COVID is resolved, we have plans for bus trips, plays, museums, and trips to the Twin Cities to see old friends.

I met Myrt when I volunteered with VINE's Caring Connection Program. I requested to be paired with someone who is mobile and likes to go out. At 94, Myrt is still a go-getter, audacious, and funny. We see each other every week and have become great friends.



By Sue Culhane, VINE Volunteer

Many older adults are struggling with loneliness and isolation due to COVID. Imagine if you were permanently stranded alone at home because you no longer drive and were dependent on others. Please consider volunteering for Caring Connection and share yourself with someone who just needs a little company. It will change your life forever.

For more information or to volunteer, contact Program Coordinator, Joyce at (507) 386-5583.

VIRTUAL PROGRAMS

VINE is offering presentations on Zoom. You can register on our website or by calling (507) 387-1666. We will email the link to those who have registered. These programs are free and open to everyone.

LEAGUE OF WOMEN VOTERS TO ANSWER ELECTION QUESTIONS

- Friday, October 9
- 10 am
- League of Women Voters St. Peter, Lynn Solo & Linda Witte

LWV, a non-partisan volunteer organization, will offer real answers concerning your voting options – from home, early, in person – through a short presentation. Bring your questions about voting in this pandemic year election.

COURAGE IS CONTAGIOUS

- Tuesday, October 13
- 2 – 3 pm
- TED Talk viewing & facilitated discussion

When artist Damon Davis went to join the protests in Ferguson, Missouri, after police killed Michael Brown in 2014, he found not only anger but also a sense of love for self and community. His documentary, “Whose Streets?”, tells the story of the protests from the perspective of the activists who showed up to challenge those who use power to spread fear and hate.

THE WINDING STORY OF THE MINNESOTA RIVER

- Thursday, October 15
- 2 – 3:30 pm
- Scott Kudelka, DNR Naturalist

Flowing across the southern part of the state, the Minnesota River has its own unique story beginning with the last glacial event some 10,000 years ago and continuing to the present day. The Dakota called it *Mnisota* or clear blue water or clouded blue water. This program will look at both the natural and historical significance, including the role of geology, its rich culture, and how the valley has seen a dramatic change since Euro-Americans.



VINE AUTHOR SERIES: PETER BLOEDEL

- Monday, October 19
- 2 – 3:30 pm
- Peter Bloedel, performer & author

Peter Bloedel is a guitar-picking, chainsaw-juggling professor of theater at Bethany Lutheran College in Mankato. He has authored a number of plays available through Playscripts, Inc. including: “The Seussification of Romeo and Juliet,” “The Rules of Comedy,” and “Jam Jar Sonnets.” Peter is a member of the eclectic acoustic folk band The Divers, and he is a freelance vaudeville (juggling, music, magic) performer in his spare

DON'T FORGET

Most of our educational programs are recorded on Zoom and then posted on our Virtual VINE page. View them any time by looking for the link at vinevolunteers.com

time. Originally from Minneapolis, he enjoys raising his family in Mankato.

COMPUTER UNIVERSITY

- Monday, October 19
- 5:30 – 7 pm
- Trevor Waagner, Mankato Computer Technology

Join Trevor and Colin as they answer common questions that computer users have. If you have a question you would like answered, please email it to mikel@vinevolunteers.com by Friday, October 16 and he will get it to them to answer.

TRAVEL FORUM: ARABIA STEAMBOAT MUSEUM

- Thursday, October 22
- 2 – 3:30 pm
- Mike Lagerquist, VINE staff

The “White” Arabia went down in the Missouri River in 1856 with 200 tons of cargo intended for general stores and homes in 16 Midwestern frontier towns. When erosion changed the path of the river, the location of the wreck was lost. Then in 1988, five men and their families banded together to begin the adventure of recovering the Arabia’s long-

Register online at vinevolunteers.com
Questions? Call (507) 387-1666



lost treasure, which is now the largest collection of pre-Civil War artifacts and located in Kansas City. The presentation will include a recorded interview with one of the men who salvaged the boat and started the museum.

MOUNT KATO BEGUN BY LOCAL FAMILY

- Friday, October 23
- 2 – 3:30 pm
- Gregg Andersen, grandson of founders Harvey & Dolly Andersen

For close to a century, Mankato has been known as the site of one

IN-PERSON GATHERINGS

LET'S TALK

- Thursdays, beginning October 1
- 10:30 – 11:30 am
- VINE

Do you miss getting together with friends? We are aware that many folks are missing opportunities for conversation and laughs during COVID. Join us for a weekly gathering – not a support group – to meet new friends and visit. Groups will be limited to nine participants and face masks are required. Call Joyce at (507) 386-5583.

Registration and face masks are required for in-person gatherings.

of the only ski hills between the Twin Cities and Des Moines. Through the years, and before it was purchased from its local founders, the hills south of Mankato created quite a history. Gregg will tell the story ... perhaps with the help of some family members.

SHOULD WE RENAME SIBLEY PARK?

- Monday, October 26
- 2 – 3:30 pm
- Jameel Haque, Director of Kessel Institute for Peace

In recent years, some public parks and other gathering spaces have been renamed because of bad acts by those whose name is on them. Col. Henry Sibley, for whom Mankato's Sibley Park is named, is cited for his role in the U.S.-Dakota War in 1862. What criteria should be used if the name is changed, and what are some possible selections? Who should make the decision?

MUSIC WITH MATT

- Thursday, October 8
- 1:30 – 2:30 pm
- VINE Parking Lot

Bring your own lawn chair and join us for a "Parking Lot Event" at VINE. Ecumen Hospice Music Therapist, Matt Valois, will sing and share stories about the healing effects of music therapy. This afternoon sing-along and presentation may be the perfect outing for caregivers and their family member, Caring Connection friends, and anyone else who enjoys music.

To register, please call Mike by October 6 at (507) 386-5576. In case of inclement weather, the alternate date will be October 9.

THERE IS NO SUCH THING AS BEING 'NON RACIST'

- Tuesday, October 27
- 2 – 3 pm
- TED Talk viewing & facilitated discussion

There is no such thing as being "not racist," says author and historian Ibram X. Kendi. We will listen to his vital conversation, where he defines the transformative concept of antiracism to help us more clearly recognize, take responsibility for and reject prejudices in our public policies, workplaces and personal beliefs. In the discussion to follow, we will learn how to actively use this awareness to uproot injustice and inequality in the world – and replace it with love.

BE PREPARED FOR WHAT'S NEW IN MEDICARE FOR 2021

- Wednesday, November 4
- 2 – 4 pm
- Robin Thompson, Information & Assistance Director, Senior LinkAge Line

Every year brings changes to Medicare, and fall marks the time for Medicare Open Enrollment. It's good to know what changes are coming so that you can make informed decisions and choose the coverage that best fits your needs. Robin will update us on the changes in Medicare for 2021. If you have questions you would like addressed, you may send them to mikel@vinevolunteers.com by noon on Tuesday, November 3. The chat function will be used during the presentation if you would like to ask a question anonymously.

**Register online at
vinevolunteers.com**

HEALTH & WELLNESS

SCHEDULE YOUR OCTOBER APPOINTMENTS NOW!

To use the Fitness Center, pool or walking track, or join a group exercise class in October, please sign up for a timeslot:

- online at vinevolunteers.com
- at the front door

Please arrive at your scheduled time. If you are having trouble scheduling or need to cancel, call Meghan at (507) 386-5587.

FITNESS CENTER

Our space allows for social distancing and safe practices. Please wear a mask during your workout and follow the arrows.

Monday – Friday

- 8 – 9 am
- 9:30 – 10:30 am
- 11 am – 12 pm
- 12:30 – 1:30 pm
- 2 – 3 pm
- 3:30 – 4:30 pm

Monday & Wednesday

- 5:15 – 6:15 pm

WALKING TRACK

Our cushioned walking track offers a safe place to walk with great views of Mankato. Use our entrance and exit doors accordingly and don't forget to wear your mask.

VIRTUAL VINE

Tune in to VINE's livestream videos on Facebook Monday – Friday at 10 am & 1:45 pm. Check our website and Facebook page for the week's schedule.

Monday – Friday

- 8 – 9 am
- 9:30 – 10:30 am
- 11 am – 12 pm
- 12:30 – 1:30 pm
- 2 – 3 pm
- 3:30 – 4:30 pm

Monday & Wednesday

- 5:15 – 6:15 pm

WARM WATER POOL OPEN SWIM

Please register for no more than three pool times per week and wear your mask except when showering and swimming. Mask hooks are available on the pool deck.

Pool spots fill up quickly. Please notify us if you will not arrive for your timeslot by calling (507) 386-5585.

Monday – Friday

- 8:15 – 9:15 am
- 9:45 – 10:45 am
- 11:15 am – 12:15 pm

Monday & Wednesday

- 3 – 4 pm
- 4:30 – 5:15 pm
- 5:45 – 6:30 pm

VINE LOCKER ROOMS

Locker rooms and showers are reserved for pool users. You can bring a lock to secure your belongings, but please remove it.

VINE HEALTH & WELLNESS FACEBOOK GROUP

Engage with fellow VINE members on our Facebook Group. Share and receive wellness tips and encouragement on a regular basis.

GROUP FITNESS CLASSES

Sign up for an indoor or outdoor class. Registration is required. Class size is limited.

Monday

8:30 am: Move it More - VINE parking lot
4:30 pm: Yoga - Gathering Room

Tuesday

8:30 am: Yoga - Gathering Room
2:15 pm: Move it More - Gathering Room

Wednesday

8:30 am: Zumba - VINE parking lot
10 am: Chair Yoga - Gathering Room
4:30 pm: Cardio Strength - VINE parking lot

Thursday

8:30 am: Stretch & Flex - Gathering Room
12:30 pm: PALs - Gathering Room

Friday

8:30 am: Chair Yoga - Gathering Room
10 am: Move it More - Gathering Room

Please wear a mask to class then remove it once class begins. Class size is limited to 12 participants.

TREKKING

Our adventurers meet at different parks and trails each week. Call VINE or check our website, to find the location. Please keep social distance.

- Thursdays, 10 – 11 am

LOG YOUR WORKOUT

Did you join VINE for one of our virtual exercise classes? Did you go on a hike or walk? You can log your workout on our website. This gives you credit and benefits VINE too.

ZUMBA ON-DEMAND

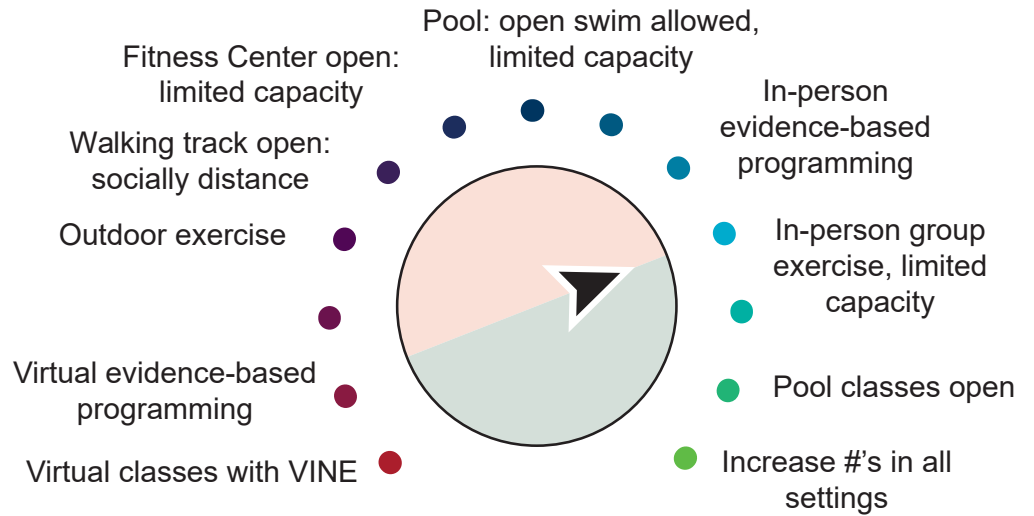
- Sunday - Saturday
- All day
- Online

We are now offering a 45-minute Zumba class on-demand seven days a week, 24-hours a day, online through ZIN Studio. Visit our virtual page on vinevolunteers.com to find classes. Use code VINE4u to watch for free.

Questions? Contact Katie at katiesimon@vinevolunteers.com or (507) 386-5591.



SAFELY ADJUSTING THE DIALS AT VINE



SMALLER & HIGHLY PREDICTABLE SETTINGS

LARGER & LESS PREDICTABLE SETTINGS

VINE FITNESS CLASSES SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
7 am	Zumba on ZIN on-demand all day	Zumba on ZIN on-demand all day	Zumba on ZIN on-demand all day	Zumba on ZIN on-demand all day	Zumba on ZIN on-demand all day	Zumba on ZIN on-demand all day
8:30 am	Move it More VINE parking lot	Yoga Gathering Room	Zumba VINE parking lot	Stretch & Flex Gathering Room	Chair Yoga Gathering Room	
10 am	Rotating Virtual Class on Facebook Live	Zumba on Zoom	Chair Yoga Gathering Room & Facebook Live	Zumba on Zoom	Move it More Gathering Room & Facebook Live	
12:30 pm				PALs Gathering Room		
1:45 pm	15-minute wellness break on Facebook Live	15-minute wellness break on Facebook Live	15-minute wellness break on Facebook Live	15-minute wellness break on Facebook Live	15-minute wellness break on Facebook Live	
2:15 pm		Move it More Gathering Room				
4:30 pm	Yoga Gathering Room		Cardio Strength VINE parking lot			

HELPING OTHERS

VINE VOLUNTEER ORIENTATION

Learn how you can share your time and energy helping others through VINE.

- Wednesday, October 14
- 3 – 4 pm
- VINE

Complete your application online at vinevolunteers.com

Registration required by 10/12.
Call Adam or Joyce at (507) 387-1666.

VINE HOME THRIFT STORE

- Open: Tuesday – Saturday
- 10 am – 5 pm

Online Sales & Curbside Pickup:

There is a variety of items on our website vinestore.org and Facebook page that can be purchased over the phone. To purchase an item, please call the store; if it is still available, we can take payment over the phone and arrange a pick up time. Please call (507) 387-2699 if you have any questions or would like to purchase any items online.

Donation Drop Off & Pickup:

We accept furniture and household items in good condition during our store hours. Due to storage space, we may have to limit when and how many donations we can accept, so please call the store at (507) 387-2699 before dropping off your donations. Do not leave items outside after hours. We are offering curbside pick up for larger donations. Please call the store to arrange a time.

TRUE TRANSIT

We are doing everything we can to keep your trip as safe as possible during this pandemic. Meet our driver, Roger, who is helping keep our passengers safe.



Roger has farmed his whole life, but when a little extra income was needed his wife suggested he start driving school bus. After 16 years of driving kids to school he changed to delivering mail. When he retired from the Post Office, he kept busy helping his sons with farming. Then his wife heard about TRUE Transit and called to set him up for an interview. Roger enjoys hearing passenger's stories and driving around the area where he grew up. When not on the bus, Roger keeps busy on his farm, tending to the crops and animals and chasing his grandkids.

TRUE Transit provides dial-a-ride service throughout Blue Earth, Nicollet and Le Sueur Counties, Monday - Friday, 8 am - 5 pm.

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

HOT MEALS ON WHEELS

Volunteers deliver a noon meal and provide a safety check each weekday to people living in Mankato, North Mankato, Skyline, Le Hillier, and Eagle Lake. Meals are \$3.50 each and are billed monthly. To sign up or volunteer, call (507) 387-4076.

VINE SUPPORT GROUPS

Registration and face masks are required for our in-person groups.

CAREGIVER SUPPORT GROUPS

Caregiving can be difficult and isolating, especially during COVID. Gain insights and encouragement from others facing similar challenges.

- October 6
- 2:30 – 4 pm
- St. Teresa Catholic Church, Mapleton
- Call (507) 386-5583 to register.

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- Wednesdays, September 9 & 23
 - 1:30 – 2:30 pm
 - VINE Room 210
 - Call (507) 386-5571 to register.

GRIEF & LOSS SUPPORT

This weekly group is for anyone grieving the loss of a loved one.

Our current grief and loss group is at capacity. However, a new group will be starting in November. Stay tuned for details in our November newsletter.

If you need grief support at this time, please call Joyce at (507) 386-5583.

SUPPORT GROUP FOR LGBTQ+ CAREGIVERS

- Wednesdays, October 7 & 21
- 4 – 5 pm
- Zoom
- Call (507) 386-5583 to register.