



The Chateau Theater has closed, but...

Pop's Art Theater has your back with movies and fun events for the family.

Support your local community and check out what is coming up:

<https://www.popsarttheater.com/movies/>



CLICK FOR LATEST FACEBOOK POSTS FROM LOCAL BUSINESS'S



The Fit Loon

2h · 🌐

Squeeze the day is here! 6 Days of hydration tips, summer weight loss goals, and juicy results 🍋
Are you ready? Click the link get registered and commit for 6 DAYS!... [See more](#)



RESULTS IN 6 DAYS

transform your energy, boost your confidence, and step into the best version of YOU.

Challenge Dates:
August 4th – August 11th

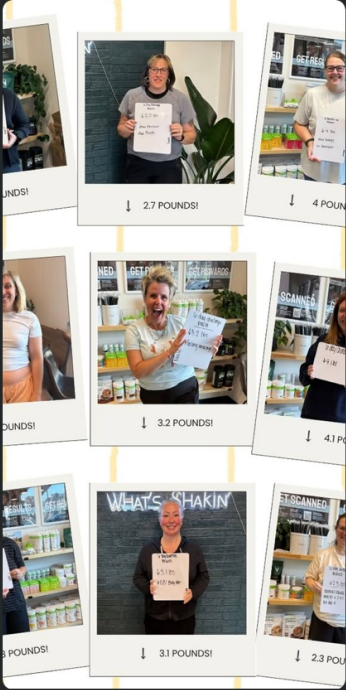
What You Get:

- Energy Pack: 6 Shake Packets & 3 Tea Kits
- Basic Combos: Shake, Tea & Aloe
- Free Evolt Body Scan
- Free 20-minute Wellness Evaluation
- Personal Coaching
- Customized Meal Plan

Details:

- Weigh in Monday, August 4th in the AM
- Weigh out Monday, August 11th in the AM
- Celebration Night August 11th at 5:30pm





NDSD!

↓ 2.7 POUNDS!

↓ 4 POUNDS!

NDSD!

↓ 3.2 POUNDS!

↓ 4.1 POUNDS!

NDSD!

↓ 3.1 POUNDS!

↓ 2.3 POUNDS!

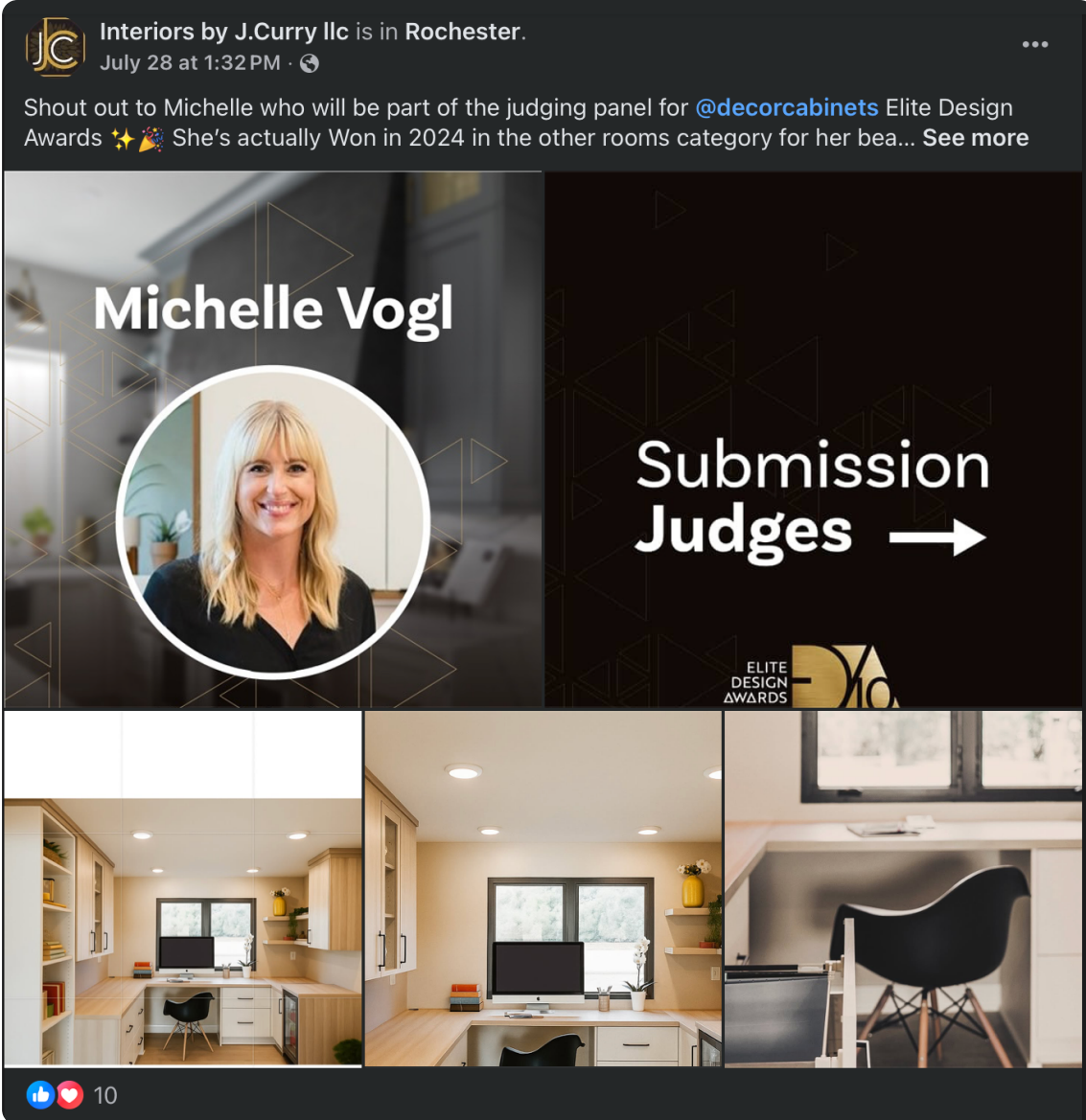


[#... See more](#)



12

2 comments 1 share



DMC Continues Third Round of Main Street Economic Revitalization Grant Program

August 4, 2025

[Press Releases](#)

Destination Medical Center Economic Development Agency (DMC EDA), in partnership with the Minnesota Department of Employment and Economic Development, is continuing the third round of the Main Street Economic Revitalization Grant program, opening today. This program provides matching grants to help local businesses improve their properties and contribute to a vibrant, welcoming Rochester.

[Click the article to learn more about the grant](#) 

EVENTS

MON
11

August 11 @ 6:00 pm - 8:00 pm

Dancing Downtown | Peace Plaza Downtown

Peace Plaza Downtown 1st Ave SW and 1st St SW, Rochester

Rochester Downtown Alliance is proud to bring FREE group dance lessons to Downtown on Monday evenings from 6-8pm in Peace Plaza! Whether you're an experienced dancer or have never put on your dancing shoes, come enjoy a fun evening of dancing, brought to you by instructors from our local USA...

Free



TUE
12

August 12 @ 4:00 pm - 7:00 pm

Craft & Chat | Rochester Public Library

Rochester Public Library, Select a Country:

We invite you to get creative at the Library! Stop by the Library 2nd Floor area every Tuesday between 4-7 pm to work on a project you bring from home and meet new friends.

Free



SAT
16

August 16 @ 3:00 pm - 6:00 pm

The First Gathering | Art Heads Emporium

Art Heads Emporium 317 S Broadway, Rochestet, United States

We are excited to be moving right next door! August 16th Celebrate the first gathering with us in our new location at 319 and 321 South Broadway. Stop by anytime from 3-6pm, even if it's just for a quick hello, we would love to see you! Admittedly, we thought this day may never...



FRI
22

August 22 @ 10:00 am - 10:00 pm

Med City Art Festival | Peace Plaza

Peace Plaza 1st Ave SW & 1st St SW, Rochester, MN, United States

CALL for Vendors. Art & Craft, Food & Drink. I'm afraid that we cannot accept a truck-only booth because of the location (downtown Rochester)



SAT
30

August 30 @ 7:30 pm - 10:30 pm LIVE MUSIC – Jazz, Americana, Rock, and Pop | 1928 Cocktails & Bites

LIVE MUSIC – Jazz, Americana, Rock, and Pop | 1928 Cocktails & Bites

1928 Cocktails & Bites 216 1st Ave SW, Rochester, United States

FREE ENTRY | Join us for live music on Fridays and Saturdays. We have rotating talented musicians performing live in our historic venue. The acoustic is unique like no other! (So is our vibe, food, and drinks ;)

FREE



***Do you have a sale or event coming up?
Email us and we can add it to our
newsletter vivifycre@gmail.com***

Vivify

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55904, Rochester

vivifycre@gmail.com

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