



Newsletter

Open Monday - Thursday, 10 am to 3 pm daily.

201 S Vine ST, Waconia, MN 55387

952-856-4474

Hello!

We've been having a great time at the Center and this month we're bringing back some popular events and adding new activities as requested by you!

Chair Yoga returns Monday, July 17 at 10 am and will be held in place of that morning's Walking Group.

We'll be visiting *Hillcrest Catering & Café* for this month's **Local Luncheon**, and **creating terrariums** during this month's craft event.

Join us for a "**Historical Excursion to Coney Island**", and Doug Ohman will be back to share "**Escape to the Lake: Cabins of Minnesota**," a relaxing and scenic journey to the heart of Minnesota lake country.

We're also introducing a second day of Yahoo BINGO, adding dice game **Farkle** and card game **500**, and introducing an opportunity to learn Bridge (or brush up on your skills). See the July Activities calendar for days and times.

We're always open to new ideas, so if there's a game, activity, day trip, or other excursion you'd like to organize, let us know.

The Waconia Area Senior Center Advisory Board

Barbara Brooks

Brenda Goede

Patsey Harris

Bob Jax

Sue Leffler

Elaine Varner

Monday, July 17

Chair Yoga returns

Tuesday, July 18

Historical Excursion to
Coney Island

Wednesday, July 26

Doug Ohman Presents...



July 2023 Activities Calendar

Center is open Monday - Thursday, 10 am to 3 pm daily.

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
		9 am: Advisory Committee 10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Walking Group 10 am: "Class of '65" (1st Thursday each month) 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
10	11	12	13
10 am: Walking Group 10 am: Games of your Choice 12:30 pm: Bunco 2 pm: Caregiver Support Group (Oak Room)	10 am: Walking Group 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO	10 am: Walking Group 11:30 am: Local Luncheon (2nd Thursday each month) 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
17	18	19	20
10 am: Chair Yoga (3rd Monday each month) 10 am: Games of your Choice 12:30 pm: Farkle	10 am: Walking Group 10 am: Historical Excursion to Coney Island 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: NEW! Yahoo BINGO	10 am: Walking Group 10 am: Crafts (3rd Thursday each month) 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
24	25	26	27
10 am: Walking Group 10 am: Games of your Choice 12:30 pm: Bunco	10 am: Walking Group 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: Doug Ohman BIRTHDAY PARTY! 12:30 pm: BINGO	10 am: Walking Group 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
31	Coffee and treats daily Puzzle participation and coloring daily See the following pages for more information about programs, classes, & events. Unless otherwise noted, sign-up for special events must be done at the Center.		
10 am: Walking Group 10 am: Games of your Choice 12:30 pm: Farkle			



Farkle

**1st, 3rd, (5th) Mondays,
12:30 pm**

Farkle is a fun and challenging dice game with multiple variations and scoring options. The object of the game is to score a minimum of 10,000 points.

SilverSneakers®

Chair Yoga

3rd Monday each month, 10 am

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



Card Game: 500

Wednesdays, 10:30 am

500 is a trick-taking game with some ideas from Bridge. The game is played over a series of hands. You win the game by earning 500 points or forcing your opponents to reach -500 points.



Fresh & Refresh Bridge

Thursdays, 1 pm

Designed for those new to Bridge, and those who haven't taken any tricks in a while. Join us to learn how to play or refresh your past skills.



Local Luncheon: Hillcrest Cafe

Thursday, July 13, 11:30 am

Sign up at the Center and let us know if you'd like to be a driver. Each guest is responsible for the cost of their own meal.



Monthly Craft: Terrariums

Thursday, July 20, 10 am

Make a fun and easy terrarium to enjoy indoors.

No green thumb required. You may bring your own clear glass container or choose a provided container.

There is no fee, but registration is required. Limit 8 participants.



On the last Wednesday of each month, join us for special birthday treats!

Historical Excursion to Coney Island

Tuesday, July 18 at 10 am

With Myles Jewel as our historical guide, we'll visit the "Coney Island of the West". Meet at Waconia Regional Park at 10 am for a pontoon ride to the island.

There is no cost, but registration is required. Maximum 18 guests.

Escape to the Lake: Cabins of Minnesota

a presentation by Doug Ohman

Thursday, July 26 at 10:30 am

Enjoy a relaxing and scenic journey to the heart of Minnesota lake country. See some of Minnesota's most interesting and unique cabins.

The pictures will bring back those wonderful memories of spending time at your favorite getaway with your favorite people. Doug will share stories, history, and memories of this long-time Minnesota tradition.

There is no cost, but registration is required.



Doug Ohman is a true-blue Minnesota history enthusiast, and he can't help but spread the word wherever he goes! A historian, photographer and storyteller all rolled into one, Doug has published 14 books about Minnesota. His full-time job for two decades? Traveling all around the state of Minnesota sharing his historic, interactive presentations.

ONGOING MONTHLY ACTIVITIES

Chair Yoga
3rd Mondays
10 am

"Class of '65"
1st Thursdays
10 am
Meet other "65ers" to connect and reminisce!
June - September meet at City Square Park.

Local Luncheon
2nd Thursdays
11:30 am
Sign up at the Center.
Each guest is responsible for the cost of their own meal.

Crafts
3rd Thursdays
10 am
Enjoy new creations each month.

Fourth of July

WORD SCRAMBLE

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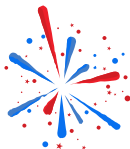
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Source: twokidsandacoupon.com

Did you know?



Independence Day should have been celebrated on July 2, 1776.

Although the document was dated July 4, Congress actually voted for independence from Great Britain two days prior on July 2, 1776. It apparently wasn't signed by everyone until a month later on August 2, 1776.

John Adams wrote a letter to his wife about how memorable Independence Day would be in American history...

He was obviously right — in his letter, he said the day should be celebrated with parades, bonfires and fireworks.

...but he thought it was celebrated on the wrong day.

In fact, he was known to turn down invitations to 4th of July celebrations in protest. In his correspondence to his wife, Abigail Adams, he only referred to Independence Day as July 2nd.

Source: 20 Facts You Never Knew About the 4th of July
BY AMINA LAKE ABDELRAHMAN AND YAA BOFAH
UPDATED: MAY 24, 2022
GoodHousekeeping.com



Source: Minnesota Department of Revenue, Aug 1, 2019

Caregiver Support Services



Experienced social worker **Sara Roberts, LSW** facilitates a monthly support group and is also available for individual appointments to help caregivers sustain their ability to provide help and maintain their own life balance.

Caregiver Support Group

2nd Monday each month

2:00 pm to 3:30 pm

Waconia City Hall

This group is open to caregivers who live in (or are caring for someone who lives in) Carver, Hennepin, Scott, or Wright county and caring for an older adult or an adult with a cognitive diagnosis.

Reserve your seat today!

There is no cost, but registration is required.

Contact Sara at (763) 276-7076 or
s.roberts@seniorcommunity.org.



CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.



SENIOR
COMMUNITY
SERVICES

Empowering People as They Age

www.seniorcommunity.org
ReimagineAging@seniorcommunity.org
952-541-1019

ONGOING WEEKLY ACTIVITIES

Coffee and treats daily | 10:00 a.m. to 3:00 p.m. | Puzzle and coloring participation daily

Monday	Tuesday	Wednesday	Thursday
10 am: Walking Group 10 am: Games of your Choice 12:30 pm: Bunco / Farkle	10 am: Walking Group 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Walking Group 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge

Walking Group

Monday - Thursday
10:00 am



Lace up your walking shoes and join us for a walk in and around downtown Waconia. We'll walk for 20-30 minutes!



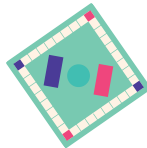
Card Games

Wednesdays, 10 am
Players' choice

Wednesdays, 10:30 am
500

Games of your Choice

Mondays, 10 am



BINGO

Wednesdays, 12:30 pm
1st, 3rd Wednesdays:
Yahoo BINGO



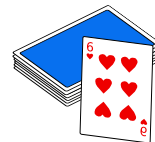
2nd, 4th, (5th) Wednesdays:
BINGO



Farkle / Bunco Dice Games

Mondays, 12:30 pm

1st, 3rd, (5th) Mondays: Farkle
2nd, 4th Mondays: Bunco



Bridge

Thursdays, 12:30 pm

Fresh & Refresh Bridge

Thursdays, 1 pm

Learn how to play or refresh your past skills.

Bring Your Own Project

Tuesdays, 10:30 am

Do you make cards, scrapbook, knit, crochet, needlepoint, or sew? Come and enjoy time together while working on your own projects.



Get your Zen on...

Drop by any time to "get your zen on" by fitting some puzzle pieces together or taking advantage of a relaxing coloring session.





201 S Vine ST
Waconia, MN 55387

We're Hiring!

Part-Time Director of Waconia Area Senior Center

Provide coordination of programs and activities for older adults at the Waconia Area Senior Center.

Visit <https://seniorcommunity.org/employment-opportunities/> for the full job description and application instructions.

Preferred:

- Bachelor's Degree in recreation, geriatrics, social work, social services management, or a closely related field.
- Minimum of 3 years' experience in program planning and service delivery for senior adults.

Prorated Benefits:

- Medical Insurance
- Life and Accidental Death Insurance
- 401(k) Savings Plan
- Flexible Spending Accounts
- Long-Term Disability
- Paid Vacation and Holidays

20 hours a week: Monday – Thursday 10 am – 3 pm

Salary Range: \$28,000 – \$32,000



The Waconia Area Senior Center Newsletter is published monthly.

Advisory Board

Barbara Brooks
Brenda Goede
Patsey Harris
Bob Jax
Sue Leffler
Elaine Varner



[mnseniorcenters.org/
waconia-area-senior-center/](https://mnseniorcenters.org/waconia-area-senior-center/)



952-856-4474



seniorcenter@waconia.org



Monday - Thursday
10 am - 3 pm

Closed on some holidays.



The Waconia Area Senior Center has a contract with Senior Community Services to provide daily center operations management, programming, and activities for older adults.