



Located in Waconia City Hall  
201 S Vine ST, Waconia, MN 55387  
952-856-4474

Open Monday - Thursday  
10 am to 3 pm daily

## Events & Activities August 2024



**Mrs. C's Art Class:  
Personalized Art Board\***  
**Tuesday, August 6 at 12:30 pm**

Registration is required; limited to 10 people.



\*These art activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.



**Minnesota's State Parks  
presentation by Doug Ohman**  
**Thursday, August 15 at 10:30 am**

Doug has visited all 67 state parks and has photographs, stories, history and personal adventures to share. Learn the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored.



**Orientation to Legacy Writing**  
**Thursday, August 8 at 10:30 am**

Want to write your 'life story' or memoirs, but not sure where to start? Bill Marsella will explain his 8-week class, designed to help you get started by writing a 2-page (1,000 words) story each week based on selected themes.



**Family Legacy Storytelling: What Options Exist and How To Get Started On Your Own**  
**Tuesday, August 13 at 12:30 pm**

Inherited Stories Founder and CEO, Dietrich Nissen, will discuss family legacy story creation and its importance to the long-term well-being of our families and greater community. He'll provide methods to get started on building your legacy story, share businesses dedicated to this cause, and leave time for Q&A and discussion.



**Does the Thought of Downsizing  
and Moving Overwhelm You?**  
**Tuesday, August 20 at 12:30 pm**

Senior Move Specialist Lee Syndergaard will present tips for those considering a move or who would like to declutter for the future. From downsizing, sorting, and getting rid of the excess to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process "gently".



MELCHERT HUBERT SJODIN  
ATTORNEYS AT LAW

**Elder Law Planning &  
Living Wills Presentation**  
**Tuesday, August 27 at 12:30 pm**



**The Science of Sleep**  
**Thursday, August 29 at 10:30 am**

What does the latest research tell about sleep? How do we manage sleep? How much sleep do I need? What is SLEEP DRUNK? New information and tips will be shared.

For events requiring registration, sign up at the center.

Unless otherwise described, all activities and events are held at the Senior Center located inside Waconia City Hall.

# Waconia Area Senior Center August 2024 Events & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
			1
			10 am: "Class of 65" 12:30 pm: Bridge
5	6	7	8
10 am: Chair Yoga 11 am: Card Games 12:30 pm: Mahjong	Mexican Train Dominoes 9:15 am: Advisory Committee 10 am: Cribbage 10:30 am: Book Club (Oak Room) 12 pm - 3 pm: Tech Support (Oak Room) <b>12:30 pm: Personalized Art Board</b>	10 am: Card Games 12:30 pm: BINGO	<b>Senior Day at Carver County Fair</b> <b>10:30 am: Words That Last: Orientation to Legacy Writing</b> 12:30 pm: Bridge
12	13	14	15
10 am: Games of Choice 10 am: Quilting Group 12:30 pm: Mahjong  <b>Al &amp; Alma's Lake Minnetonka Boat Cruise (full)</b>	Mexican Train Dominoes 10 am: Cribbage <b>12:30 pm: Inherited Stories: Family Legacy Storytelling</b>	10 am: Card Games 12:30 pm: Yahoo BINGO	<b>10:30 am: Minnesota's State Parks presented by Doug Ohman</b> 12:30 pm: Bridge 1 pm: Craft Group
19	20	21	22
10 am: Chair Yoga 11 am: Card Games 12:30 pm: Mahjong	Mexican Train Dominoes 10 am: Cribbage 12 pm - 3 pm: Tech Support (Oak Room) <b>12:30 pm: Gentle Transitions: Downsizing</b>	10 am: Card Games 12:30 pm: BINGO	10 am: 500 card game 12:30 pm: Bridge
26	27	28	29
<b>10 am: Donuts with a Deputy</b> 12:30 pm: Mahjong	Mexican Train Dominoes 10 am: Cribbage <b>12:30 pm: Melchert Law: Elder Law Planning and Living Wills</b>	10 am: Card Games 12:30 pm: BINGO  <b>BIRTHDAY PARTY</b>	<b>10:30 am: CareBuilders at Home: The Science of Sleep</b> 11:30 Poetry Group (Oak Room) 12:30 pm: Bridge

See the full newsletter for details. For events requiring registration, sign up at the center.

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# Recurring Monthly Activities



## Personal Technology Support 1st and 3rd Tuesdays each month, 12 pm - 3 pm by appointment

Volunteers from Senior Community Services' Technology Education, Connection & Help

(TECH) Services team can help you:

- Troubleshoot device settings or errors
- Find and use helpful device features
- Manage online security and safety
- Download and manage applications
- Virtually connect via Zoom or Facetime

There is no cost, but you must sign up for an appointment. Bring your device with you.



## Book Club

**Tuesday, August 6 at 10:30 am**

Join us for a discussion of the book

***“The Same Kind of Different as Me”***  
**by Ron Hall and Denver Moore.**

This is a FREE Book Club offered with Carver County Library.

## Donuts with a Deputy Monday, August 26 at 10 am

Join us for coffee and donuts as we listen to updates from Sheriff Tyler Stahn.

His updates are always entertaining and informative.

You won't want to miss it!



## "Class of '65"

**1st Thursday each month at 10 am**

Meet other "65ers" to connect and reminisce!

*Birthday Party*

**On the last Wednesday of each month we celebrate with an Ice Cream Social!**

## Quilting Group

**2nd Monday each month, 10 am**

All quilters, including beginners, are invited to join this group each month.

## Craft Group\*

**Thursday, August 15 at 1 pm**

**Acrylic Painting: Sunflower**

All materials will be provided.

Registration is required.

Limit 10 participants.



\*These art activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

## Poetry Reading

**Thursday, August 29 at 11:30 am**  
**in the Oak Room**

Enjoy a fun beverage while you listen.

## Fitness & Health

### SilverSneakers® Chair Yoga

**1st and 3rd Monday each month, 10 am**

Move your body through a series of seated and standing yoga poses. Chair support helps you safely perform a variety of postures designed to increase flexibility, and improve balance, and range of movement. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.



*Thank you to Safari Island for providing instructors for these fitness classes offered at the Senior Center!*

## Support for Caregivers

**Caregiver Support Group**  
**1st Wednesday each month**  
**10:00 am - 11:30 am**

Good Samaritan Society  
Waconia and Westview Acres  
433 West 5th St.  
Waconia, MN 55387



A minimum participant cost-share contribution of \$5.00 per meeting is encouraged.

Senior Community Services' licensed social worker Sara Roberts, facilitates the support group and offers fee-based **one-on-one coaching and counseling** to help caregivers maintain their own life balance while caring for a loved one.

To make an appointment, call 612-868-6720 or email [s.roberts@seniorcommunity.org](mailto:s.roberts@seniorcommunity.org).

## Games

### BINGO

**Wednesdays at 12:30 pm**

Join us for classic and Yahoo BINGO.

### Bridge

**Thursdays at 12:30 pm**

Join us each Thursday.

### Card Games

**Several days each month;**  
**see calendar for times**

Drop in to join a variety of card games including Hand & Foot, 500, and Kings Corner. Cards provided by the Senior Center.

### Cribbage

**Tuesdays at 10 am**

Beginners and experts are invited to play.

### Mahjong

**Mondays at 12:30 pm**

Beginners and experts welcome!  
Mahjong sets provided by the Senior Center.

### Mexican Train Dominoes

**Tuesdays**

Dominoes provided by the Senior Center.

952-856-4474 | [seniorcenter@waconia.org](mailto:seniorcenter@waconia.org)  
[mnseniorcenters.org/waconia-area-senior-center](http://mnseniorcenters.org/waconia-area-senior-center)

The Waconia Area Senior Center Newsletter is published monthly.

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