



# Newsletter

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

201 S Vine ST, Waconia, MN 55387

952-856-4474

Hello!

October is filled with a variety of events, presentations, and outings...plus all your favorite regular activities. Full details are inside, but here's a quick snapshot.

Eats and treats this month include a potluck, Local Luncheon at the **Corral Bar & Grill**, donuts and coffee, and a Halloween pizza party.

Educational events include **STEADI**, a presentation about avoiding falls and staying safe this winter, **iPad 101: For Beginners**, a hands-on presentation to help you learn the basics of using an iPad. Finally, get your 2024 Medicare updates at the **Annual Medicare presentation**.

We'll be visiting the **Minnesota Landscape Arboretum** and welcoming Doug Ohman back for part 1 of his 3-part series **Journey Down the River**. (This series will continue in November and December.) Plus, this month's craft activity is **faux pumpkin decorating**.

**NEW** events for October include **Cardio Drumming** and **Book Club**. A second day of **SilverSneakers yoga** has also been added to the calendar,

Details, costs and sign-up information is inside. We look forward to seeing you!

## The Waconia Area Senior Center Advisory Committee

Barbara Brooks

Brenda Goede

Patsey Harris

Bob Jax

Sue Leffler

Elaine Varner



Need help with your smartphone, tablet, laptop, or other device?

**Senior Community Services** is hosting no-cost, personal technology support clinics. Details inside.



Sign up for a November 8 matinee performance of "Jersey Boys" at Chanhassen Dinner Theatres.

**You must sign up by October 11 to reserve your spot.**

Details on last page of newsletter.



Please include your contact information when signing up for events so we can contact you if an event is cancelled or postponed.



# October 2023 Activities Calendar

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

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
<b>10 am: SilverSneakers Yoga (1st &amp; 3rd Monday)</b> 10 am: Games of Choice 12:30 pm: Farkle	Mexican Train Dominoes 10 am: Walking Group <b>12 pm: Potluck Lunch</b> 1 pm: Card Games <b>1:30 pm: Book Club</b>	<b>9 am: Advisory Committee</b> 10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	<b>9:45 am: Arboretum Outing</b> <b>10 am: "Class of '65" (1st Thursday)</b> 12:30 pm: Bridge
9	10	11	12
10 am: Walking Group 10 am: Games of Choice <b>10 am: Quilting Group (2nd Monday)</b> 12:30 pm: Bunco	Mexican Train Dominoes 10 am: Walking Group <b>12:30 pm: STEADI Workshop</b>	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO <b>LAST DAY TO SIGN UP FOR JERSEY BOYS</b>	10 am: Walking Group <b>12 pm - 3 pm: Tech Support (2nd &amp; 4th Thursday)</b> 12:30 pm: Bridge
16	17	18	19
<b>10 am: SilverSneakers Yoga (1st &amp; 3rd Monday)</b> 10 am: Games of Choice 12:30 pm: Farkle <b>1-2:30 pm: Caregiver Support Group (Oak Room)</b>	Mexican Train Dominoes 10 am: Walking Group <b>1 pm: iPad 101 for Beginners</b>	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	<b>10 am: Doug Ohman</b> 12:30 pm: Bridge <b>1 pm: Craft Group (3rd Thursday)</b>
23	24	25	26
<b>10 am: SilverSneakers Cardio Drumming (4th Thursday)</b> 12:30 pm: Bunco	Mexican Train Dominoes 10 am: Walking Group <b>1:00 pm-2:30pm: Annual Medicare Update</b>	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO <b>Birthday Party!</b>	10 am: Walking Group <b>11:30 am: Local Luncheon (4th Thursday)</b> 12:30 pm: Bridge
30	31	1	2
<b>10 am: Donuts with a Deputy</b> 10 am: Games of Choice 12:30 pm: Farkle	Mexican Train Dominoes 10 am: Walking Group <b>11:30 am: Halloween Pizza Party</b>		

See the following pages for more information about programs, classes, & events.  
 Unless otherwise noted, sign-up sheets for special events are available at the Center.



# Visit to the Minnesota Landscape Arboretum

Thursday, October 5 at 9:45 am

There is no cost for general admission; lunch and tram ride (\$9.00) are additional cost.

***Registration is required.***

Meet at the Center at 9:45 am to board the bus. We'll leave promptly at 10 am and return to the Center around 1:45 pm.

***Maximum 14 guests.***



LANDSCAPE ARBORETUM

UNIVERSITY OF MINNESOTA

**Driven to Discover®**

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## Journey Down the River – Part 1

a presentation by Doug Ohman

**Thursday, October 19 at 10 am**

Take a trip down the Mississippi River in Minnesota. The Mississippi River flows for nearly 700 miles touching many villages, towns, and cities on its route from Lake Itasca to the Iowa border.

In the first program of this 3-part series, Doug will highlight the many points of interest in the river's upper reaches. This journey will take you from northern Minnesota to Little Falls (400 river miles). Doug has explored much of the river's history, culture, and beauty through his photography and personal stories.

Enjoy America's best loved river from the bow (front seat) of a canoe.

***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.



# Educational Events

These events are free, but registration is required.  
Sign up at the Center.

## STEADI Stopping Elderly Accidents, Deaths & Injuries

Tuesday, October 10 at 12:30 pm

Unfortunately, falling is a risk that tends to increase with age, and falls are the leading cause of fatal and nonfatal injuries in adults age 65 and older.

There are many factors that can lead to falls, and most are preventable.

Balance Rehab Coordinator **Katrina Trent, PT, DPT** from Ridgeview Rehab – Chanhassen will review each of the areas identified by the CDC’s STEADI (Stopping Elderly Accidents, Deaths & Injuries) initiative and offer recommendations to address each area in a way that can make a difference in your life. She’ll talk about everything from footwear to medications, and environmental factors to muscle strength. You’ll leave with tools to start reducing your fall risk and allow you to safely stay in your home as long as possible.



## TRELLIS Annual Medicare Updates October 24th at 1:00pm

Learn about the most recent changes in Medicare benefits and coverage, and how these changes affect you. The presentation is offered only during the Medicare Open Enrollment Period, October to December annually. 90 minutes. Presentation provided by:



## Technology Support and Education

### Personal Technology Support



2nd Thursday at  
12 pm - 3 pm

Need help with your smartphone, tablet, laptop, or other device? Sign up for a one-on-one appointment for help with:

- Texting, email, and video calls
- Accessing helpful device features
- Managing online security and safety
- Troubleshooting settings or errors



There is **no cost** for this service, but you must sign up for an appointment at the center. Bring your device with you.

*A service provided as part of the HOME program and funded, in part, by Carver, Hennepin, Scott, Sherburne & Wright Counties. There is no fee for this service.*

### iPad 101: For Beginners

Tuesday, October 17 at 1 p.m.

An iPad's compact design and variety of applications offers users a "technology-to-go" tool that may feel a bit daunting at first.

**iPad 101: For Beginners** covers fundamental use and introduces popular features.

Participants do not have to own an iPad to participate. Those with an iPad are encouraged to bring it.



Presented by **Gary Spears**,  
Technology Programs Coordinator  
Senior Community Services




Tuesday, November 14  
iPad 201: Advanced

# Recurring Monthly Activities

## SilverSneakers Cardio Drumming 4th Tday each month, 10 am

Cardio drumming combines an aerobic workout with drumming movements, giving you numerous health benefits. Plus, you can modify the exercise to work for you! This class is provided by

**There is no cost for**   
**SilverSneakers members;**  
**non-members pay a \$5.00 fee.**

## SilverSneakers Chair Yoga 1st and 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.

SilverSneakers Chair Yoga is offered through Safari Island at the Waconia Area Senior Center two times each month.

**There is no cost for**  
**SilverSneakers members;**  
**non-members pay a \$5.00 fee.**



Want to become a member?  
Stop in before class to fill out the paperwork or call Kristi at Safari Island at 952-442-3105 to enroll.

## "Class of '65"

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

Meet other "65ers"  
to connect and reminisce!  
Meet at the Center.

## Quilting Group

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

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

## Craft Group

**3rd Thursday each month**  
**Scheduled for 1 pm this month due to morning presentation.**

It's pumpkin time! Join us to decorate a faux pumpkin using paint, decoupage, and/or embellishments.

**Registration is required; suggested donation of \$5.00.**  
**Limit 8 participants.**

## Local Luncheon

**4th Thursday each month, 11:30 am**



On Thursday, October 26,  
we're heading to the  
Corral Bar & Grill in Cologne.  
**Sign up at the Center.**

Each guest is responsible  
for the cost of their own meal.

**Drivers needed!**



On the last Wednesday of each month  
we celebrate with special treats!

## 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**

**1:00 pm to 2:30 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](mailto: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.



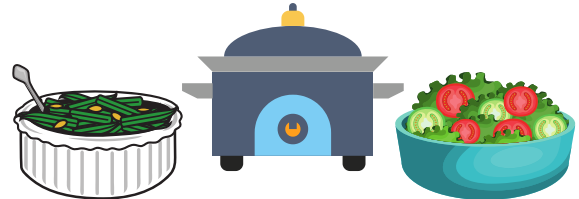
SENIOR  
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[www.seniorcommunity.org](http://www.seniorcommunity.org)

[ReimagineAging@seniorcommunity.org](mailto:ReimagineAging@seniorcommunity.org)

952-541-1019



### Potluck

**Tuesday, October 3 at 12 pm**

Please **sign up** to bring a dish to share.



### Book Club



Are you a reader? Interested in joining a book club? Join us on **Tuesday, October 3 at 1:30 pm** for a free book club through the Carver County Library.

The group can choose from 3 different books and you can pick up your book at the first meeting.

**We will discuss the book on Tuesday, November 7 at 1:30 pm.**



### Donuts with a Deputy

Along with Gary Spears speaking about reducing likelihood frauds and scams

**Monday, October 30 at 10 am**

Join us for coffee and donuts!



### Halloween Pizza Party

**Tuesday, October 31**

**at 11:30 am**

Cost is \$6.00 per person.

**Please sign up at the Center.**

Costumes and themed attire encouraged!

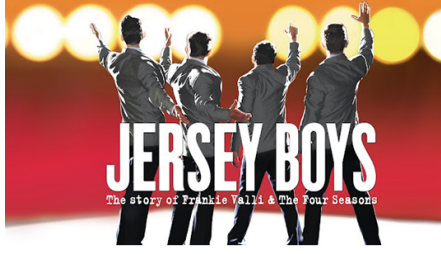


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Waconia, MN 55387



### How does my donation benefit the center?

Individual donations help support daily center operations and activities like beverages and snacks, cleaning products, craft supplies, and games. This allows us to use the modest funding we receive from the City of Waconia, and occasional funding awarded to us by local civic organizations, toward special events, presentations, and transportation services.



Wednesday, November 8th, 2023  
11 am - 11:30 am Lunch  
1 pm – 3:40 pm Show

**You must sign up and pay by October 11 to reserve your spot.**

Cost is \$71.94 per person;  
make check payable to  
*Chanhassen Dinner Theatres.*



The **Halloween** holiday has its roots in the ancient Celtic festival of Samhain (a Gaelic word pronounced “SAH-win”), a pagan religious celebration to welcome the harvest at the end of summer, when people would light bonfires and wear costumes to ward off ghosts.

In the eighth century, Pope Gregory III designated November 1 as a time to honor saints. Soon after, All Saints Day came to incorporate some of the traditions of Samhain. The evening before All Saints Day was known as All Hallows Eve, and later, Halloween.

*The Origins of Halloween Traditions, Library of Congress Blogs | <https://blogs.loc.gov/>*

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/)



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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.