



Newsletter

Open Monday - Thursday, 10 am to 3 pm daily.
201 S Vine ST, Waconia, MN 55387
952-442-4642

Greetings and Happy Spring!

We are happy to announce that the Waconia Area Senior Center is now open Monday through Thursday from 10 am to 3 pm! Look for new activities in May to include an Introduction to Knitting Class, the addition of the Bunco dice game and scheduled time to work on your own hobbies and projects together.

In addition to our daily activities, the many special events for May include a trip to see the play "Our Lady of Perpetual Help," at The Sidekick Theatre, Silver Sneakers Yoga, presentations by Senior Community Services Staff including "To Stream or Not to Stream..." followed by "Caregiving in a New Age," and a trip to The MN Landscape Arboretum. Check out these new events on the May calendar and their descriptions included in this newsletter!

As we expand our hours and add new programming, we are interested in what you want most in your Waconia Area Senior Center. Please take time to complete our Senior Center Interest Survey and leave it at the center. Your thoughts are important to us!

Whether you're new to the Waconia Area Senior Center or you've been coming for years, we'd love to have you and feel free to bring your friends! See you soon!

The Waconia Area Senior Center

Board of Directors

<i>Barbara Brooks, President</i>	<i>Brenda Goede</i>
<i>Karen Sackett, Secretary</i>	<i>Patsey Harris</i>
<i>Bob Jax, Treasurer</i>	<i>Sue Leffler</i>
	<i>Elaine Varner</i>

Join us for yoga!
SilverSneakers®



ADVISORY MEETING

Wednesday, May 5 at 9 am

Wednesday, May 17 at 11 am

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 a final relaxation period will promote stress reduction and mental clarity.

**MAY 2023
EVENTS & ACTIVITIES**

Coffee and treats | 10:00 a.m. to 3:00 p.m. | Puzzle Participation

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
10 am: Games of your choice 12:30 pm: Bunco	10:30 am: BYO Project Group (crochet, needlepoint, knitting, scrapbooking, etc.) 12:30 pm: Intro to knitting w/ Beth (sign up before May 2; max. of 6)	9 am: Advisory Committee 10 am: Card Games 12:30 pm: YAHOO BINGO	10 am: "Class of '65" (1st Thursday each month) 12:30 pm: Bridge
8	9	10	11
10 am: Games of your choice 12:30 pm: Bunco 2 pm - 3:30 pm: Caregiver Support Group Oak Room	10:30 am: BYO Project Group (crochet, needlepoint, knitting, scrapbooking, etc.) 12:00 pm Taco Bar Potluck 12:30 pm: Intro to knitting w/ Beth (sign up before May 2; max. of 6)	10 am: Card Games 12:30 pm: BINGO 1:00 pm: Sidekick Theatre: Incident at Our Lady of Perpetual Help	10:00 am: Crafts 12:30 pm: Bridge
15	16	17	18
10 am: Games of your choice 12:30 pm: Bunco	10:30 am: BYO Project Group (crochet, needlepoint, knitting, scrapbooking, etc.) 12:30 pm: Intro to knitting w/ Beth (sign up before May 2; max. of 6)	10 am: Card Games 11 am: Yoga by SilverSneakers and Safari Island Senior Fitness Specialists	10:30 am: Day Trip to Minnesota Landscape 12:30 pm: Bridge
22	23	24	25
10 am: Games of your choice 12:30 pm: Bunco	10:30 am: BYO Project Group (crochet, needlepoint, knitting, scrapbooking, etc.) 10:30 am: Presentations "To Stream or Not to Stream..." followed by "Caregiving in a New Age" 12:30 pm: Intro to knitting w/ Beth (sign up before May 2; max. of 6)	10 am: Card Games 12:30 pm: BINGO Birthday Party	12:30 pm: Bridge
29	30	31	
CLOSED FOR MEMORIAL DAY HOLIDAY	10:30 am: BYO Project Group (crochet, needlepoint, knitting, scrapbooking, etc.) 12:30 pm: Intro to knitting w/ Beth (sign up before May 2; max. of 6)	10 am: Card Games 12:30 pm: BINGO	See the following pages for descriptions. If you have questions, call WASC at 952-856-4474 for assistance.



Caregiver Services available!



Caregiver Support Group

2nd Monday each month
2:00 pm to 3:30 pm
Waconia City Hall

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.

s.roberts@seniorcommunity.org
612-868-6720

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

Intro to Knitting with Beth Tuesdays during May

12:30 pm

There is no cost, but you must sign up prior to May 2.
Six (6) participants maximum.



Taco Bar Potluck

Tuesday, May 9 at noon

Let's have lunch together!

Please sign up in the senior center as early as possible or call Lynne at 952-856-4474 to sign up.
\$6.00 per person. See you there!



Day Trip to Minnesota Landscape Arboretum Thursday, May 18th at 10:30 am

Join us for a visit to the Minnesota Landscape Arboretum! We will stay for lunch and take in spring with a tour of the foliage and landscaping.

Space is limited.

You must sign up at the Center.

Join us for presentations from Senior Community Services

Tuesday, May 23
beginning at 10:30 am

To Stream or Not to Stream...

Presented by **Joe Kaul**, HOME Program
Technology Partners Coordinator

Have you ever been confused about the difference between cable TV and streaming television? Is one better than the other?

Learn about the latest technology in television and its benefits and drawbacks.

Followed by...

Caregiving in a New Age

Presented by **Sara Roberts, LSW**
Social Worker

If you're caring for someone with special healthcare or living needs, join Sara as she discusses "Caregiving in a New Age" and shares resources and opportunities for caregiver support.



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seniorcommunity.org

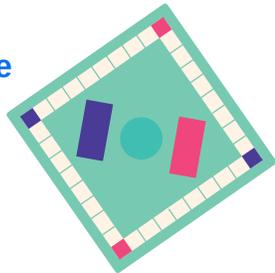
ONGOING WEEKLY ACTIVITIES

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

Monday	Tuesday	Wednesday	Thursday
<p>10 am: Games of your choice</p> <p>12:30 pm: Bunco</p>	<p>10:30 am: BYO Project Group, i.e. scrapbook, crochet, needlepoint, etc.</p> <p>12:30 pm: Intro to Knitting with Beth</p>	<p>10 am: Hand & Foot and other games</p> <p>12:30 pm: BINGO</p>	<p>10 am: "Class of '65" (1st Thursday each month)</p> <p>10 am: Crafts (3rd Thursday each month)</p> <p>12:30 pm: Bridge</p>

Choose Your Own Game

Mondays, 10 am
Wednesdays, 10 am



Bunco Dice Game
Mondays, 12:30 pm

BINGO

Wednesdays, 12:30 pm

1st Wed: Yahoo
2nd Wed: BINGO
3rd Wed: no game
4th Wed: BINGO
If 5th Wed: BINGO



Bring Your Own Project

Tuesdays, 10:30 am



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



Hand & Foot Card Game

Wednesdays, 10 am



"Class of '65"

1st Thursday each month, 10 am

Meet other "65ers" to connect and reminisce.

Crafts

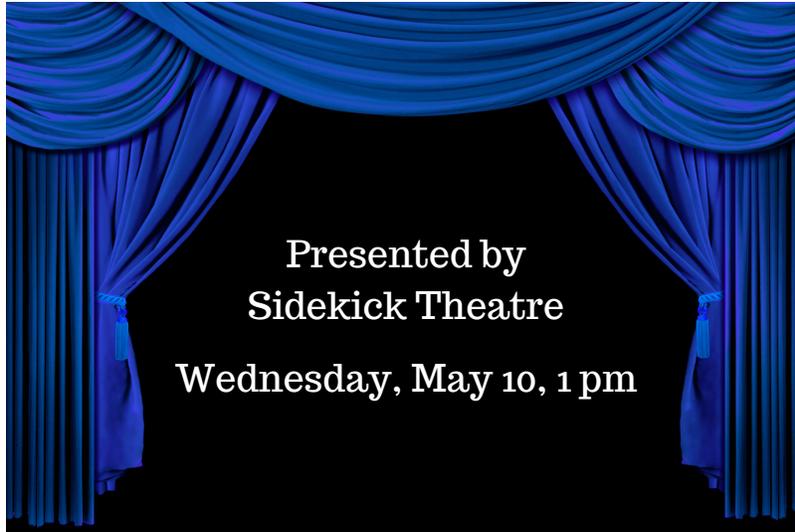
3rd Thursday each month, 10 am

Enjoy new creations each month





Join us for "Our Lady of Perpetual Help"



\$27.00 per person/10 tickets available

Sign up at the Senior Center

Minnesota Masonic Heritage Center

11411 Masonic Home Dr, Bloomington, MN 55437

Our Lady of Perpetual Help

It's 1973, the O'Sheas are just like any other family in town: middle-class, Irish, Catholic, and respectable. But when 19-year-old Linda is left to tell her sister about the birds and the bees, things quickly snowball into a potential crisis after the conversation is overheard by the parish priest. As secrets are unintentionally revealed it takes every O'Shea in the house — from Linda's quirky younger sister to her sassy aunt — to keep the family's name in good standing.

Whether you've grown up Catholic or you simply can relate to the craziness of family, this moving, heartwarming comedy will leave you in stitches.

Springtime

V V R K U K E F J N Y J R A I N B O W B Q O Q R
 I L E I B I R D S E H F E T A L O C O H C L Y K
 G U B Y D A L B O W H R U C Y E T I K P F H F C
 L B U N N Y L J H A L L E R B M U S P I C N I C
 R K B J P G G N I Z Z U B X Z F C A N D Y A S M
 G A O P A S T E L S Q L E A S T E R B T R P E E
 A H N L Z C M W Q S G M N S T S E N Q I X R E R
 L S N Z N G E A W M Z F J T O L X Y T B T I B S
 D Q E C L G O I R L O C A L I L Z M S B L L U W
 S Q T R S D E E S C V O V N B C V V H A D E P C
 E G Q A E K N N A B H I L R M Y X J O R O G Z J
 I V X W J J J I P A T V B B A K A U W G R G T G
 D R B F D B B H A K N J X R L T X M E Y O S G J
 O B O I A U L S F R U O X T A D W V R H D W F J
 O A F S F B O N E O H P O O U N W G S W O Z R P
 G S Y H F B S U P C G N S W P L T N Q X O T E C
 I K P T O L S S L L B S N E I I I B E B Z K V A
 D E F R D E O H A I Y I E R V P Y P Y P I E O R
 Y T Z I I A M F A L U P T S Z C V U S L X L L R
 Z H F L L N L I K Y S P R I N G B R E A K D D O
 K C S S A R G Y L F R E T T U B O C O A S D U T
 O C N M Z C Y A B I C F Z M P D V G S R V U D K
 H M U J X W N X I K G E Y A D I L O H K Y P O V
 C S L D G J C H I C K S R E W O L F O C G A S G

vibrant	umbrella	tulips	sunshine	spring	springbreak	showers
seeds	rainbow	rain	rabbit	puddle	picnic	peeps
pastels	new	nest	may	march	lily	lilac
lamb	ladybug	kite	hunt	holiday	grass	goodies
flowers	eggs	easter	duck	daffodil	crawfish	chocolate
chick	carrot	candy	buzzing	butterfly	bunny	bubble
bonnet	blossom	bloom	birds	bees	basket	april

Waconia Area Senior Center Interest Survey



1. What **card games** would you like to play? **Select only one.**

- | | |
|--|--|
| <input type="checkbox"/> Euchre | <input type="checkbox"/> Bridge |
| <input type="checkbox"/> Hand and Foot | <input type="checkbox"/> Uno or Uno variations |
| <input type="checkbox"/> Poker | <input type="checkbox"/> Phase 10 |
| <input type="checkbox"/> Kings in the Corner | |

2. Please list **other card games** you would like to play.

3. What **board or dice games** would you like to play? **Check all that apply.**

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Scrabble | <input type="checkbox"/> Jenga |
| <input type="checkbox"/> Sequence | <input type="checkbox"/> Scattergories |
| <input type="checkbox"/> Monopoly | <input type="checkbox"/> Bananagrams |
| <input type="checkbox"/> Pictionary | <input type="checkbox"/> Apples to Apples |
| <input type="checkbox"/> Yahtzee | <input type="checkbox"/> Dominos - which type? |
| <input type="checkbox"/> Bunco | |

4. Please list **other board or dice games** you would like to play.

5. What type of **craft or art activities** are you interested in? **Check all that apply.**

- | | |
|--|---|
| <input type="checkbox"/> Photography (taking & sharing pictures) | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Painting | <input type="checkbox"/> Crocheting |
| <input type="checkbox"/> String Art | <input type="checkbox"/> Coloring |
| <input type="checkbox"/> Holiday Crafting | <input type="checkbox"/> Drawing |
| <input type="checkbox"/> Card Making | <input type="checkbox"/> Woodworking |
| <input type="checkbox"/> Needlepoint | <input type="checkbox"/> Jewelry Making |
| <input type="checkbox"/> Origami | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Knitting | <input type="checkbox"/> Gardening (potting small plants) |
| <input type="checkbox"/> Quilting or Quilt Planning Discussion Group | |

6. Please list **other craft or art activities** you would be interested in:

7. If we had a "Movie of the Week" or "Movie of the Month", what types of **movies/genres** would you be interested in? **Select only one.**

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Comedy | <input type="checkbox"/> Mystery |
| <input type="checkbox"/> Romance | <input type="checkbox"/> Horror |
| <input type="checkbox"/> Historical Fiction | |

8. What other movies or movie genres are you interested in?

9. What type of **craft or art activities** are you interested in? **Check all that apply.**

- | | |
|---|--|
| <input type="checkbox"/> Book club/book discussion group | <input type="checkbox"/> Faith Discussion Group |
| <input type="checkbox"/> Travel discussion group | <input type="checkbox"/> History Discussion Group |
| <input type="checkbox"/> Current Events Discussion Group | <input type="checkbox"/> Recipe Exchange Group |
| <input type="checkbox"/> Foreign Language Discussion Groups | <input type="checkbox"/> Singing Group |
| <input type="checkbox"/> Music and Arts Discussion Groups | <input type="checkbox"/> Playing instruments together (Jam sessions) |
| <input type="checkbox"/> Interior Design | <input type="checkbox"/> Ancestry Research/Genealogy Study |
| <input type="checkbox"/> Writing Group, i.e. short stories, memoirs, screenplays, poems, songwriting and sharing what you've written with the group | |

10. Please list **other discussion or hobby** you would be interested in:

11. What type of **exercise classes or physical activity groups** would you try?
Check all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Water Strengthening Classes |
| <input type="checkbox"/> Chair Yoga | <input type="checkbox"/> Zumba (Dance Exercise) |
| <input type="checkbox"/> Walking/Hiking Group | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Bicycling Group | <input type="checkbox"/> Balloon Volleyball |
| <input type="checkbox"/> Online-led Exercise Classes | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Pickleball | <input type="checkbox"/> Four Square |
| <input type="checkbox"/> Senior Strengthening Class | <input type="checkbox"/> Cornhole (Bean Bag Toss) |
| <input type="checkbox"/> Water Aerobics | |

12. Please list **other exercise classes or physical activity groups** you would be interested in:

13. What social/sporting/entertainment/volunteer events would you attend? **Check all that apply.**

- | | |
|---|--|
| <input type="checkbox"/> Monthly Birthday Parties | <input type="checkbox"/> Twins game |
| <input type="checkbox"/> Holiday Celebrations | <input type="checkbox"/> Magic Show at Senior Center |
| <input type="checkbox"/> Wine Tasting at a Local Winery | <input type="checkbox"/> Movies at Emagine Theatre Waconia |
| <input type="checkbox"/> Sporting events at Waconia High School | |
| <input type="checkbox"/> Dance Line Shows at Waconia High School | |
| <input type="checkbox"/> Local High School Plays or Musicals (matinees) | |
| <input type="checkbox"/> Dinner and a movie night or lunch and a movie matinee | |
| <input type="checkbox"/> Live Music (Music in the park, local concerts, musical event at the senior center, etc.) | |
| <input type="checkbox"/> Service Events, i.e. Feed My Starving Children, local church volunteering activities, Meals on Wheels, other | |

14. Please list **other social/sporting/entertainment/volunteer events** you would be interested in:

15. What **general events/excursions** outside of Waconia would interest you? **Check all that apply.**

- | | |
|---|--|
| <input type="checkbox"/> MN or Como Zoo | <input type="checkbox"/> MN Science Museum |
| <input type="checkbox"/> MN Landscape Arboretum | <input type="checkbox"/> Twin Cities/local restaurants |
| <input type="checkbox"/> Swedish Institute | <input type="checkbox"/> Valley Fair |
| <input type="checkbox"/> Local museums | <input type="checkbox"/> Minneapolis Institute of Art |
| <input type="checkbox"/> Children's Theatre | |

16. Please list **other general events/excursions** outside of Waconia you would be interested in:

17. Are there any other activities/programs or excursions you are interested in that have not been listed? Please list them here.

18. If we dined as a group at various restaurants, which ones do you prefer? **Select only one.**

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Lola's | <input type="checkbox"/> Vandy's (Island View Golf Course) |
| <input type="checkbox"/> Iron Tap | <input type="checkbox"/> Pangea Cafe |
| <input type="checkbox"/> Body Grays | <input type="checkbox"/> Loose Line Lodge (Watertown) |
| <input type="checkbox"/> Culvers | <input type="checkbox"/> Buddy Boy Fine BBQ (St. Boni) |
| <input type="checkbox"/> DaVinci's | <input type="checkbox"/> Group grilling/potluck at City Square Park |

19. Please list other restaurants near Waconia or in the metro area that you would like to try:

20. Please check the box that represents your age range:

- | | |
|----------------------------------|----------------------------------|
| <input type="checkbox"/> 45 - 50 | <input type="checkbox"/> 71 - 75 |
| <input type="checkbox"/> 51 - 55 | <input type="checkbox"/> 76 - 80 |
| <input type="checkbox"/> 56 - 60 | <input type="checkbox"/> 81 - 85 |
| <input type="checkbox"/> 61 - 65 | <input type="checkbox"/> 86 - 90 |
| <input type="checkbox"/> 66 - 70 | <input type="checkbox"/> 90+ |

21. I am: Male Female

22. Do you live in:

- Waconia St. Bonifacius Other
 Victoria New Germany _____

23. Use and attendance of the Waconia Area Senior Center. **Select only one.**

- I use the Waconia Area Senior Center
 I use another city's senior center; which one: _____
 I never use senior centers

24. How often do you currently participate in the Waconia Area Senior Center?
Select only one.

- Twice per week
 Once every other week
 Once a month
 Only for special events/speakers

25. What are the **top two reasons** why you visit, attend, or use senior center programs and services? Please list here:

26. What are the **top two reasons** why you do not visit, attend, or use senior center programs and services? Please list here:

27. What IDEAS or SUGGESTIONS would you make for the programs or services currently offered by the center?

Please return survey to the Senior Center.