



# Newsletter

Open Monday - Thursday, 10 am to 3 pm daily.  
201 S Vine ST, Waconia, MN 55387  
952-856-4474



## Introducing our new director Sarah Schoess!

We're incredibly excited to welcome Sarah to the Waconia Area Senior Center. Sarah's official start date is Monday, August 7, and we'll likely see her in the center beginning Wednesday, August 9 after she completes onboarding with Senior Community Services.

***Please see a message from Sarah inside.***

We hope you've been enjoying the new programs, activities, and special events we've introduced the past few months. This month, we're adding Mexican Train Dominos and a quilting group.

**Eats and treats!** Join us for a potluck on Tuesday, August 8, and lunch on Wednesday, August 23 provided by our generous BINGO sponsor New Perspective. Local Luncheon is moving to the 4th Thursday of each month and our August destination will be St. Boni Bistro. Plus, we're celebrating August birthdays with pie; plan to bring your favorite to share on Wednesday, August 30!

Try your hand at jewelry making on Tuesday, August 15 and mark your calendar for Thursday, August 31 when Doug Ohman returns to share *"The County Fair: A Minnesota Tradition."*

### The Waconia Area Senior Center Advisory Board

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

**Tuesday, August 8**  
Potluck

**Thursday, August 31**  
Doug Ohman Presents...

**NEW ACTIVITIES!**  
Mexican Train Dominos  
Quilting Group



# August 2023 Activities Calendar

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

Monday	Tuesday	Wednesday	Thursday
31	1	2	3
10 am: Walking Group 10 am: Games of Choice 12:30 pm: Farkle	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project	<b>9 am: Advisory Committee</b> 10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Walking Group <b>10 am: "Class of '65" (1st Thursday each month)</b> 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
7	8	9	10
10 am: Walking Group 10 am: Games of Choice 12:30 pm: Farkle	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project <b>12 pm: Potluck Lunch</b>	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO	10 am: Walking Group 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
14	15	16	17
10 am: Walking Group 10 am: Games of Choice <b>10 am: Quilting Group (2nd Monday each month)</b> 12:30 pm: Bunco <b>2 pm: Caregiver Support Group (Oak Room)</b>	Mexican Train Dominoes 10 am: Walking Group <b>10:30 am: Jewelry Making</b>	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Walking Group <b>10 am: Crafts Group (3rd Thursday each month)</b> 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
21	22	23	24
<b>10 am: Chair Yoga (3rd Monday each month)</b> 10 am: Games of Choice 12:30 pm: Farkle	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: 500 <b>11:30 am: LUNCH + BINGO</b>	10 am: Walking Group <b>11:30 am: Local Luncheon (4th Thursday each month)</b> 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
28	29	30	31
10 am: Games of Choice 12:30 pm: Bunco	Mexican Train Dominoes 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 <b>BIRTHDAY PARTY!</b>	10 am: Walking Group <b>10:30 am: Doug Ohman</b> 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge

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.



Hello!

I have been working in the field of gerontology for over 15 years, and have a passion for helping older adults live their best lives. I believe a senior center is a place you visit to make friends, learn new things, and enjoy your retirement years.

I'm eager to learn more about the needs of our community and committed to providing you with the services and resources you need to stay active, engaged, and healthy.

I'm excited to join this community and work with all of you to create a senior center that is welcoming and fun. I can't wait to meet everyone and get to know you better!

~ Sarah

## MONTHLY ACTIVITIES

### Quilting Group

2nd Mondays  
10 am

### 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.

### Crafts

3rd Thursdays  
10 am

Enjoy new creations each month.

### Local Luncheon

4th Thursdays  
11:30 am



Sign up at the Center.  
Each guest is responsible for the cost of their own meal.

### 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.



# CARVER COUNTY FAIR

August 9-13, 2023 ★ WACONIA

carvercountyfair.com

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## The County Fair: A Minnesota Tradition

a presentation by Doug Ohman

**Thursday, August 31 at 10:30 am**

Enjoy fun and iconic photographs and stories as Doug takes you back to the days when the local county fair was one of the favorite summer time highlights that everyone, young and old, looked forward to attending.

***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.





### Mexican Train Dominoes

**Tuesdays, all day**

The object of Mexican Train Dominoes is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station".



### Quilting Group

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

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

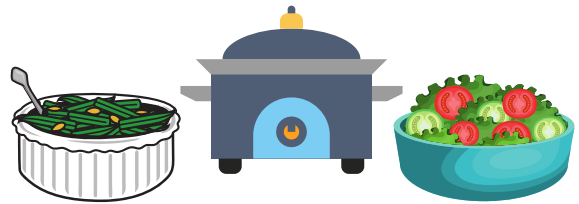
### SilverSneakers®

**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.



### Potluck

**Tuesday, August 8, 12 pm**

Please bring a dish to share.



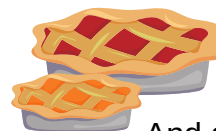
### Local Luncheon: St. Boni Bistro

**Thursday, August 24, 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.



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

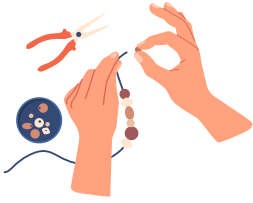


In August, we invite you to bring a pie to share!

And don't forget to bring an empty pie plate to bring some slices home.

## Jewelry Making Activity (in place of BYO Project)

Tuesday, August 15, 10:30 am



Interested in jewelry making, but hesitant to take on the expense of tools and supplies without trying it first?

Join us for a jewelry making class to learn more! No experience needed.

**Registration is required and a materials fee of \$3 - \$5 will be collected depending on the item made.**

**Limit 8 participants.**

## Monthly Craft Group: Beaded Garden Stakes

Thursday, August 17, 10 am

Create one-of-a-kind beaded stakes for your garden!



**There is no fee, but registration is required.  
Limit 10 participants.**

**LUNCH + BINGO**  
sponsored by

*New Perspective*

Wednesday, August 23, 11:30 am

We're excited to welcome New Perspective in Waconia as our BINGO sponsor on August 23.

**Lunch will be provided at 11:45 am;  
BINGO will begin at 12:30 pm!**

**There is no fee, but you must sign up for lunch by Thursday, August 17.**

## 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](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.



### Empowering People as They Age

[www.seniorcommunity.org](http://www.seniorcommunity.org)  
[ReimagineAging@seniorcommunity.org](mailto: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	Mexican Train Dominoes 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 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge

### Walking Group Monday - Thursday 10:00 am

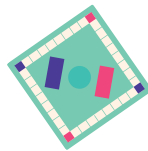


Join us for a walk in and around downtown Waconia. We'll walk for 20-30 minutes!

### Mexican Train Dominoes Tuesdays, all day

Play all the tiles from your hand onto one or more chains, or trains, emanating from a central hub or "station".

### Games of your Choice Mondays, 10 am



### Farkle / Bunco Dice Games Mondays, 12:30 pm

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

### Card Games

Wednesdays, 10 am  
Players' choice



Wednesdays, 10:30 am  
500

Thursdays, 12:30 pm  
Bridge

Thursdays, 1 pm  
Fresh & Refresh Bridge  
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.



### BINGO

Wednesdays, 12:30 pm

1st, 3rd Wednesdays: Yahoo BINGO  
2nd, 4th, (5th) Wednesdays: BINGO





201 S Vine ST  
Waconia, MN 55387



**Did you know there's an organization that supports our county fairs?**

The Minnesota Federation of County Fairs is a nonprofit corporation.

The purpose of this Federation is to promote the interests of County and District Fairs throughout Minnesota and to encourage all agriculture.

<https://www.mfcf.com/>



## The Luck of the Pot...

It's hard to trace the potluck back to a specific source, but it's fair to say the term was used in the Middle Ages to describe an impromptu meal served to unexpected guests or travelers. Such a drop-in at the dinner hour would get **"the luck of the pot:"** whatever food was left over or kept on the simmer.

Sometimes a potluck referred to a one-pot communal meal in which every cook brought something to add, rather like a "stone soup." It wasn't until the late 19th and early 20th century in America that the idea of a meal where everyone brings a prepared dish to share took hold.

Excerpt from *Culinary Curiosities: What's the History of the Potluck* by Julie Brown-Micko, Oct 30, 2015  
[foodservicenews.net](http://foodservicenews.net)

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The Waconia Area Senior Center Newsletter is published monthly.

### Advisory Board

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Sue Leffler  
Elaine Varner



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



952-856-4474



[seniorcenter@waconia.org](mailto: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.