



January 2024

Newsletter

Happy New Year, everyone!

The Senior Center will be **closed on Monday January 1st and Monday January 15th for New Year's Day and Martin Luther King Day.** There are a few new activities for the month of January... plus all of your favorite. Full details are inside, but here is a quick snapshot.

This month we will be adding **Mahjong Monday's** on the 8th and on the 22nd at 12:30pm. If you are interested in learning more about Mahjong, please come. The Mahjong set is provided, we just need you to join in on the fun. We will continue our **Cribbage Club**, which has been well attended and we hope that attendance continues to grow. **Movie at the Senior Center**, was a success and we hope that you will join us for our January 9th movie, **Secondhand Lions**, which is a light hearted comedy about a shy young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. It is sure to make you laugh on a cold January day.

Our **Tech Support** on the second Tuesday every month has proven to be useful to all that sign up for their **FREE** 30 minute session. There is still room available for January, please call or stop in at the Senior Center to sign-up. Our **Monthly Craft** is **create your own mosaic trivet**. All supplies are provided, just bring your creativity and a suggested donation of \$5.00.

Doug Ohman will be back on January 23rd and he will start his 6 part series on **Minnesota from the Road**. The **Mayor of Waconia, Nicole Waldron** will come for **Monday with the Mayor** on January 22nd. We are looking forward to her updates and her homemade bake goods. If you love poetry, join us for our **Poetry Club** on January 4th in the Oak Room. Our January **Poetry Club** will focus on the *winter season*, if you have a favorite poem to share we would love to hear it.

Donuts with the Deputies is on Monday the 29th at 10:00am. Sheriff Tyler will entertain us with stories and his important updates on Carver County. It is going to be great! Our Local Luncheon will be **Hoppers Ham Special**, please be signed up and pay the \$10.00 by January 22nd. Please have your payment in by January 18th, for the **Million Dollar Quartet** at the **Old Log Theater** on February 8th. This musical captures the memorable day when four Rock n' Roll greats made music history- Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley. Transportation is provided for this event.

Cold and flu season is here! We would ask you to please stay home if you are not feeling well. We want to keep the Senior Center safe for everyone. If you have any cold like symptoms or are not feeling 100%, please stay home.

The Waconia Area Senior Center
Advisory Committee

Barbara Brooks
Patsey Harris
Sue Leffler

Brenda Goede
Bob Jax
Elaine Varner

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



January 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
Senior Center Closed 	Mexican Train Dominoes 10 am: Cribbage 10 am: Card Games- Hand & Foot, 500 & Kings Corner 1:30 pm: Book Club	9 am: Advisory Committee 10 am: Card Games- Hand & Foot, 500 & Kings Corner 11:30: Unwrap the New Year Game 12:30 pm: Yahoo BINGO	10 am: "Class of '65" (1st Thursday) 11:30 am: Poetry Reading (Oak Room) 12:30 pm: Bridge
8	9	10	11
10 am: Games of Choice 10 am: Quilting Group (2nd Monday) 12:30 pm: Mahjong	Mexican Train Dominoes 10 am: Cribbage 10 am: Bring Your Own Arts/Craft project 12:30 pm: Movie at the Senior Center Secondhand Lions	10 am: Card Games- Hand & Foot, 500 & Kings Corner 12:30 pm: BINGO	10 am: SilverSneaker Yoga 12 pm - 3 pm: Tech Support (2nd Thursday) 12:30 pm: Bridge
15	16	17	18
Senior Center Closed	Mexican Train Dominoes 10 am: Cribbage 10 am: Bring Your Own Arts/Craft project 12:00pm: Card Games: Hand & Foot 500 & Kings Corner	10 am: Card Games- Hand & Foot, 500 & Kings Corner 12:30 pm: Yahoo BINGO	10 am: Card Games 10 am: Craft Group (3rd Thursday) 12:30 pm: Bridge (Payment due for Million Dollar Quartet at the Old Log Theater on February 8th)
22	23	24	25
10 am: Games of Choice 10:30 am: Visit from Mayor Waldron 12:30 pm: Mahjong (Payment due for Local Luncheon on Jan 25th)	Mexican Train Dominoes 10:00 am: Cribbage 12 pm: Card Games- Hand & Foot, 500 & Kings Corner	10 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30 pm: BINGO	10 am: Card Games 10:30 am: Doug Ohman 11:45 am: Local Luncheon (Ham Dinner catered by Hoppers at the Senior Center) 12:30pm: Bridge
29	30	31	
10 am: Games of Choice 10:00 am: Donuts with a Deputy 12:30 pm: Mahjong	Mexican Train Dominoes 10:00am: Cribbage 12:30 pm: Card Games- Hand & Foot, 500, & Kings Corner	10 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30 pm: BINGO BIRTHDAY PARTY!	

These events are free, but registration is required.

Unless otherwise noted, sign-up sheets for special events are available at the Center.

Waconia Area Senior Center

Open Monday - Thursday,

10 am to 3 pm daily.

Upcoming Events

Minnesota from the Road – Part 1

Thursday, January 25th at 10:30am

a presentation by Doug Ohman

We will begin our journey in Minnesota at Lake Superior's Arrowhead and Iron Range Tour. This is a 6 part series that will bring us through June 2024.



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.

Movie at the Senior Center

Tuesday, January 9th at 12:30 pm

Secondhand Lions, which is a light hearted comedy about a shy young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. It is sure to make you laugh on a cold January day.



Meet the Mayor

Monday, January 22nd at 10:30am

Mayor Waldron is stopping by the Senior Center to connect with the Seniors of Waconia. She is even going to bring some delicious homemade treats.

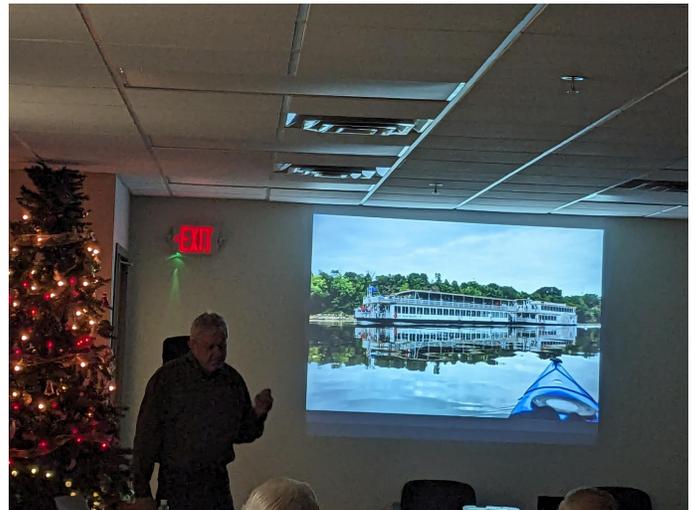
Monthly Reflection

Thank you to the Yetzer Team for generously donating our new library chairs. We are very appreciative of Yetzer's generosity.



As always Doug Ohman did a wonderful job presenting on his Journey Down the Mississippi in Minnesota.

We look forward to his new series Minnesota from the Road starting January 25th and running through June 2024.



Our time at Feed My Starving Children was a great success. The group volunteering packed 60 boxes of food to send to Romania.





SENIOR
COMMUNITY
SERVICES

Empowering People as They Age

One on One Technology Support 2nd Thursday each month

Bring your personal device (laptop, tablet, or smartphone) and connect with an experienced digital handyperson who can help you:

- Adjust settings for basic use, communication, online safety, and security
- Personalize your device for your needs and interests
- Find and use functions, services, and apps that will be most helpful to you

There is no cost for this service, but you must sign up for an appointment and complete the registration form.



Caregiver Support Services



If you're helping an older adult in your life, you are a caregiver. Licensed social worker **Sara Roberts, LSW**, can help you get the support you need to sustain your ability

to provide help and maintain your own life balance.

Make a **one-on-one appointment** for individualized support, guidance or advice.

Register for a **caregiver support group** held the 2nd Monday of each month from 1:00 p.m. to 2:30 p.m.

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.



Cribbage

Tuesdays, January 2nd, 9th, 16th,
23rd and 30th
at 10 am

Beginners and experts
are invited to play.



Book Club

Join us on

Tuesday,

January 2nd at 1:30 pm

for a discussion of the book

The Aviators Wife by Melanie Benjamin.

Remember this is a **FREE** Book Club
with Carver County Library.



Donuts with a Deputy

Monday, January 29th at 10 am

Join us for coffee and donuts!



Poetry Reading

Thursday, January 4th at 11:30 am

Bring your favorite poetry to share with
the group or come to listen to the
poetry reading. Enjoy a fun beverage
while you listen.

Recurring Monthly Activities

Quilting Group

2nd Monday each month, 10 am

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

SilverSneakers® Chair Yoga

January 11th at 10:00 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.



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

"Class of '65"

1st Thursday each month, 10 am

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

Mahjong

Monday's at 12:30pm

Beginners or Experts we welcome you to our new Mahjong Club. If you have a Mahjong set please bring it, but it is not required that you bring a set to play.



Craft Group

3rd Thursday each month, 10 am

Refresh your space with a mosaic trivet. All supplies are provided. Suggested donation of \$ 5.00.

**Registration is required.
Limit 8 participants.**

Local Luncheon

Thursday, January 25th at 11:30 am

This month, *Hoppers Bar & Grill* will be bringing in a **Ham Dinner** to the Senior Center.

**Meal cost is \$10.00 per person.
Payment and registration is required by January 22nd.**

One More Thing

AARP Tax-Aide free taxes will be available again in Waconia starting in February (February 14th through April 10th) at **Faith Lutheran Church**.

Please watch for flyers in late January that will have the appointment phone number to call or to find all tax-aid preparation locations check:

Faith Lutheran Church: 800 Waconia Pkwy N, Waconia, MN 55387

https://www.aarp.org/money/taxes/aarp_taxaide/locations.html

If you're sick, stay home, rest, and remember to:



Cover your coughs and sneezes with a tissue or your sleeve.



Wash your hands often with soap and water.



Clean frequently touched surfaces and objects (for example, TV remotes and computers).



201 S Vine ST
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.

Bingo just got a little better....

That's right, thanks to a generous donation from the **Waconia Lions Club**, we are able to offer **\$10** bingo jackpots for the last three cover-all games on Bingo Wednesday!

Do you have an activity or an educational topic that you would like to have at the Waconia Senior Center?

Send your ideas to:
seniorcenter@waconia.org
or call: 952-856-4474

The Waconia Area Senior Center Newsletter is published monthly.

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



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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.