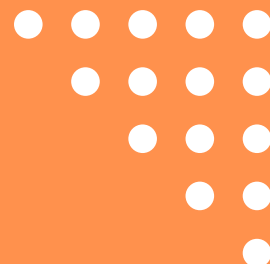


September 2024



## EVENTS & ACTIVITIES

# Waconia Area Senior Center



**REGULAR HOURS**  
 Monday-Thursday  
 10am-3pm

**LOCATION**  
 201 S. Vine St.  
 Waconia, MN  
 55387

**QUESTIONS?**  
 Call  
 952.856.4474  
 Email:  
 seniorcenter@  
 waconia.org

## OUR MISSION

The mission of the Waconia Area Senior Center is to provide a centralized location for seniors to connect with other seniors and stay engaged in active living. We strive to establish a welcoming setting that promotes social, emotional, and physical well-being, and lifelong learning.



The Waconia Area Senior Center serves adults age 55 and over in Waconia and our surrounding communities. Individuals and groups are welcome to “drop in” and take advantage of our ample space, tables, games, and refreshments.

## PROGRAM REGISTRATION UPDATE

Beginning October 1, 2024, program registration will be done online, through our website. Our on-site staff will be available to assist, if needed. Throughout September, please register in the Senior Center.



## KATHY SISLER

Manager on Duty

*Kathy started teaching yoga at Safari Island Community Center in June. She has an extensive background in Health & Wellness at the YMCA. She has 3 sons and 8 grandchildren. Kathy recently moved to Waconia. She will be on-site Tuesdays-Thursdays.*



## ANGELA NOWAK-GOLOJA

Manager on Duty

*Angela has been a yoga instructor at Safari Island Community Center for years. Angela does pottery part-time. She has 2 adult children, who she loves to visit. Angela will be on-site Mondays.*

## DAN MONTAGUE

General Manager

*Dan has been with Rink Management, overseeing the Waconia Ice Arena and Safari Island Community Center, since September 2021. He has over 20 years of facility management experience. Dan enjoys spending time with family, coaching their activities, playing hockey, golfing, snow and water skiing.*



# Meet OUR TEAM!

## KRISTI SHERLOCK

Assistant General Manager

*Kristi has been at Safari Island Community Center since October 2021. She has over 20 years of fitness management experience. Kristi enjoys spending time with her family, cooking and baking, and spending time on the lake.*



# WACONIA SENIOR CENTER

## SEPTEMBER 2024 EVENTS & ACTIVITIES CALENDAR

MON

TUE

WED

THU

2

3

4

5

**CLOSED**



**10am** Mexican Train  
Dominoes  
**10am** Cribbage  
**12:30-1:30pm** Oldies  
Music  
**1:45-3pm** Book Club  
(Oak Room)

**10am** Card Games  
**10am-12pm** Art Club  
**12:30pm** Yahoo BINGO

**10am** Class of '65  
**12:30pm** Bridge

9

10

11

12

**10am** Games of Choice  
**10am** Quilting Group  
**12:30pm** Mahjong

**10am** Mexican Train  
Dominoes  
**10am** Cribbage  
**12-2pm** Tree Time:  
Acrylic Painting on  
Canvas

**10am** Card Games  
**10am-12pm** Art Club  
**12:30pm** BINGO

**10:30-11:30am** Care  
Builders at Home: Building  
a Culture Kindness  
**12:30pm** Bridge  
**12:30-2:30pm** Words that  
Last: 8-Week Guided  
Autobiography Course

16

17

18

19

**10am** Chair Yoga  
**11am** Card Games  
**12:30pm** Mahjong

**10am** Mexican Train  
Dominoes  
**10am** Cribbage  
**12:30-1:30pm** History of  
Carver Park & Lake  
Minnetonka  
**12-3pm** Tech Support

**10am** Card Games  
**10am-12pm** Art Club  
**12:30pm** Yahoo BINGO

**10am-12pm** Crafts with Sue  
**12:30pm** Bridge  
**12:30-2:30pm** Words that  
Last: 8-Week Guided  
Autobiography Course

23

24

25

26

**10-11am** Donuts with  
the Deputy  
**12:30pm** Mahjong

**10am** Mexican Train  
Dominoes  
**10am** Cribbage  
**12:30-2:30pm** Boat Ride  
to Coney Island

**10am** Card Games  
**10am-12pm** Art Club  
**12:30pm** BINGO



**11:30am** Poetry Group  
(Oak Room)  
**12:30pm** Bridge  
**12:30-2:30pm** Words that  
Last: 8-Week Guided  
Autobiography Course

30

**10am** Games of Choice  
**11am-12pm** Senior  
Strength Exercise  
Class  
**12:30pm** Mahjong

# Event & Activities Description

## Art Club

*Wednesdays 10am-12pm*

All are welcome to gather and work on their latest art. Diamond art, watercolor, coloring or wherever your creative imagination takes you.

## BINGO

*Wednesdays 12:30pm*

Join us for classic and Yahoo BINGO.

## Birthday Parties

*Wednesday, Sep. 25*

Celebrate all birthdays during the month of September with an ice cream social!

## Boat Ride to Coney Island

*Tuesday, Sep. 24 12:30-2:30pm*

Come and enjoy a fun boat ride to Coney Island, the iconic island in Lake Waconia! See the new gateway monument to welcome visitors to the island that includes a map and historical information. Walking shoes and/or hiking sticks are advised due to uneven terrain on the trails. Registration required; limited to 24 people.

## Book Club

*Tuesday, Sep. 3 1:45-3pm*

Join us for a discussion of the book "Small Great Things" by Jodi Picoult. This is a FREE Book Club offered with Carver County Library.

## Bridge

*Thursdays at 12:30pm*

## Card Games

*Offered 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 are provided by the Senior Center.

## Care Builders at Home: Building a Culture of Kindness

*Thursday, 9/12 10:30-11:30am*

Kindness is an introspection into self-awareness. We will discuss on how one has to be kind to "self" first to enable sharing kindness. This kindness course offers a kaleidoscope of opportunities for the learner to feel uplifted and better prepared to pay it forward.

## Class of '65

*Thursday, Sep. 5 10am*

Meet other "65ers" to connect and reminisce!



## Crafts with Sue

*Thursday, Sep. 19 10am-12pm*

Painting Wood & Clay Mushrooms. All materials will be provided. \*These art activities are made possible by the voters of Minnesota State Art Board, thanks to a legislative appropriation from the arts and cultural heritage fund. Registration is required; limited to 10 people.

## Cribbage

*Tuesdays at 10am*

Beginners and experts are invited to play.

# Event & Activities Description

## Donuts with a Deputy

*Monday, Sep. 23 10-11am*

Join us for coffee and donuts as we listen to updates from Sheriff Tyler. His updates are always entertaining and informative. You won't want to miss it!



## History of Carver Park & Lake Minnetonka

*Tuesday, Sep. 17 12:30-1:30pm*

Discover the history of the Lake Minnetonka area and Carver Park Reserve from the hotel era to the Great Northern Railroad. See historical artifacts and guess their use. Presented by the Lowry Nature Center.

## Mahjong

*Mondays at 12:30pm*

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

## Mexican Train Dominoes

*Tuesdays at 12pm*

Dominoes provided by the Senior Center.

## Oldies Music

*Tuesday, September 3 12:30-1:30pm*

Greg Sletten, Westonka Music Studio, brings a variety of music and styles from the 60s to today. Oldies, country, and classic rock, including: Elvis, Nat King Cole, Johnny Cash, Dean Martin, Van Morrison, and more!

## Personal Technology Support

*Tuesday, Sep. 17 12-3pm*

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 at the Senior Center or call. Bring your device with you.



## Poetry Reading

*Thursday, Sep. 26 11:30am*

Enjoy a fun beverage while you listen.

## Quilting Group

*Monday, Sep. 9 10am*

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

## Senior Strength Exercise Class

*Monday, Sep. 30 11am-12pm*

This is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement principles.

# Event & Activities Description

## **SilverSneakers Chair Yoga**

*Monday, Sep. 16 10-10:45am*

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 motion. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

## **Tree Time: Acrylic Paining on Canvas**

*Tuesday, Sep. 9 12-2pm*

Paint a favorite tree or one from a photo. Relaxed pace to capture your own creative style as you explore the beautiful foliage trees display in the fall. Using colorful combinations and compositions, you will discover the beautiful forms trees take on your canvas.

**Registration required; limited to 10 people.**

## **Words that Last: Learn to Write your Memoir, One Story at a Time - 8-week Guided Autobiography Course**

*Thursdays 12:30-2:30pm Sep. 9 - Oct. 31*

If you want to leave a legacy for your family, gain perspective on a life transition, start a memoir, or reflect on your life experience, certified Guided Autobiography instructor, Bill Marsella, will help you get started on the right track. Along with creative activities, writing tips, and helpful prompts, each session introduces a major life theme for a story to write at home and share with a group in a safe, supportive setting.

**Registration is required; limited to 6 people.**

