



Located in Waconia City Hall
201 S Vine ST, Waconia, MN 55387
952-856-4474

Open Monday - Thursday
10 am to 3 pm daily

Events & Activities July 2024



**Summer Party with
Amy & Adams
Tuesday, July 9th**

Music begins at 12:30 pm

Join us as we celebrate summer with live music from Amy and Adams.



**Morning with the Mayor
Tuesday, July 23rd at 10:00 am**
Come listen to updates about the City of Waconia, ask questions and get to know Mayor Nicole Waldron.



**Zentangle Art *
Thursday, July 25th at 10:00am**

Kathy's Zentangle programs have been based on drawing of various tangle patterns on cards/tiles. She has been drawing for the last 10 years. Zentangle is a relaxing method of creating a piece of personal art. It allows you relax, focus, explore new levels of creativity and have fun!



**Escape to the Lake Cabins
Presentation by Doug Ohman
Thursday, July 11th at 10:30 am**

Enjoy a relaxing and scenic journey to the heart of Minnesota lake country. Doug will share his photographs of some of Minnesota's most interesting and unique cabins. Many of his pictures will help bring back those wonderful memories of spending time at your favorite getaway. Doug will share stories, history and memories of this long time Minnesota tradition.



**CareBuilders Presentation of
Three Good Things:
An Introduction
to Well-Being
Tuesday, July 30th at 10:30 am**

Introduction to a life-altering activity focusing on good that statistically changes one's outlook and enhances your ability to see the positive.



**Explore Your Senior
Housing Options
Tuesday, July 16th
12:30 pm**

While many people reach the mindset where they would like to move/downsize, they often put it off because they don't know where to start – this information should help you take that first step for you or a loved one. Come and learn from Senior Housing Expert, Libby Jensen, Certified Senior Advisor.



***Needle Felted Toadstool
by Parcel Arts
Tuesday, July 30th
12:30 pm - 2:30 pm**

Add some color and whimsy to your home! Learn how to use a felting needle to form loose wool roving into an adorable mushroom. When it's complete, add a wood base and a little moss to make the scene come to life.



*These art activities are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

For events requiring registration, sign up at the center. Unless otherwise described, all activities and events are held at the Senior Center located inside Waconia City Hall.

Waconia Area Senior Center July 2024 Events & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
10 am: Chair Yoga 11 am: Games of Choice 12:30 pm: Mahjong	Mexican Train Dominoes 9:15 am: Advisory Committee 10 am: Cribbage 1:00 pm: Book Club	10 am: Walking Club 10 am: Card Games 12:30 pm: Yahoo BINGO	Senior Center Closed 
8	9	10	11
10 am: Games of Choice 10 am: Quilting Group 12:30 pm: Mahjong	Mexican Train Dominoes 10 am: Cribbage 10 am: Card 12:30 pm: Music by Amy & Adams	10 am: Walking Club 10 am: Card Games 12:30 pm: BINGO	10:30 am: Doug Ohman Escape to the Lake Cabins presentation 12:30 pm: Bridge
15	16	17	18
10 am: Chair Yoga 11 am: Card Games 12:30 pm: Mahjong	Mexican Train Dominoes 10 am: Cribbage 12:30 pm: Choice Connections- Libby Jensen presentation on Senior Housing Options 12 pm - 3 pm: Tech Support (Oak Room)	10 am: Walking Club 10 am: Card Games 12:30 pm: Yahoo BINGO	10 am: Craft Group 11:30 pm: City Hall is closed - All afternoon activities are canceled
22	23	24	25
10 am: Donuts with a Deputy 12:30 pm: Mahjong	Mexican Train Dominoes 10:00 am: Morning Talks with Mayor Nicole Waldron 11:45 Poetry Group (Oak Room)	10 am: Walking Club 10 am: Card Games 12:30 pm: BINGO	10am: Zentangle Art with Kathy 12:30 pm: Bridge
29	30	31	
10 am: Card Games 11 am: Senior Strength with Leanne 12:30 pm: Mahjong	Mexican Train Dominoes 10:30 am: Care Builders presenting on: Three Good Things: An Introduction to Well-Being 12:30 pm: Parcel Art Felting Class	10 am: Walking Club 10 am: Card Games 12:30 pm: BINGO <div style="text-align: center;">  </div>	

See the full newsletter for details. For events requiring registration, sign up at the center.

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Recurring Monthly Activities



Personal Technology Support 1st and 3rd Tuesdays each month, 12 pm - 3 pm by appointment

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. Bring your device with you.



Book Club

1st Tuesday each month at 1:00 pm

Join us for a discussion of the book
"The Same Kind of Different as Me"
by **Ron Hall and Denver Moore**.

This is a FREE Book Club offered with Carver County Library.

Donuts with a Deputy Monday, July 22nd at 10:00am

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!



"Class of '65"

1st Thursday each month at 10 am

Meet other "65ers" to connect and reminisce!

Birthday Party

On the last Wednesday of each month we celebrate with an Ice Scream Social!

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, 10am

Indigo Tie Dye

All materials will be provided.

Registration is required.

Limit 8 participants.



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Poetry Reading

Tuesday, July 23rd at 11:30 am
in the Oak Room

The discussion will be about "Sun, Moon, Stars and Nature" as well as patriotic poetry.

Enjoy a fun beverage while you listen.

Fitness & Health

SilverSneakers® Chair Yoga

1st and 3rd Monday each month, 10 am

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

SilverSneakers® Senior Strength with Leanne Monday, July 29th at 11 am

Move your body and build strength. Chair support helps you safely perform a variety of exercises designed to increase strength and improve balance.

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



Thank you to Safari Island for providing instructors for these fitness classes offered at the Senior Center!

Support for Caregivers

**Caregiver Support Group
1st Wednesday each month
10:00 am - 11:30 am**

Good Samaritan Society
Waconia and Westview Acres
433 West 5th St.
Waconia, MN 55387



Senior Community Services social worker Sara Roberts, LSW, facilitates the support group and offers **one-on-one coaching and counseling** to help caregivers maintain their own life balance while caring for a loved one.

To make an appointment, call 612-868-6720 or email s.roberts@seniorcommunity.org.

Games

BINGO

Wednesdays at 12:30 pm

Join us for classic and Yahoo BINGO.

Bridge

Thursdays at 12:30 pm

Join us each Thursday.

Cribbage

Tuesdays at 10 am

Beginners and experts are invited to play.

Mahjong

Mondays at 12:30 pm

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

Card Games

**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 provided by the Senior Center.

Mexican Train Dominoes

Tuesdays

Dominoes provided by the Senior Center.

952-856-4474 | seniorcenter@waconia.org
mnseniorcenters.org/waconia-area-senior-center

The Waconia Area Senior Center Newsletter is published monthly.

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

DRINK ONE DOWN FOR SCS

TUESDAY,
JULY 9, 2024

5:00 PM - 7:00 PM



SENIOR
COMMUNITY
SERVICES

Between 2:00 PM and 9:00 PM, **\$2 per pint and \$.50 per root beer and growler sold** will be donated to help support technology services for older adults and caregiver services in Carver County.

Purchase raffle tickets between 5:00 PM and 7:00 PM for a chance to win great prizes, including a \$100 gift card for Lola's Lakehouse and game tickets for the Minnesota United and Minnesota Wild! Must be present to win.

Mark your calendar! No RSVP required.

WACONIA BREWING COMPANY
255 W MAIN ST, WACONIA, MN 55387

