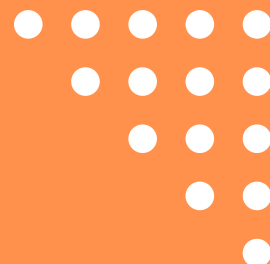


September 2024



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

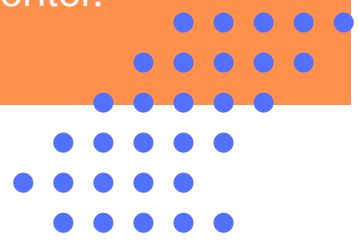
The mission of the Waconia Area Senior Center is to provide a centralized location for seniors to connect with other seniors and stay engaged in active living. We strive to establish a welcoming setting that promotes social, emotional, and physical well-being, and lifelong learning.



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, Sep. 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 10am

Dominoes provided by the Senior Center.

Oldies Music

Tuesday, Sep. 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 Painting 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.

