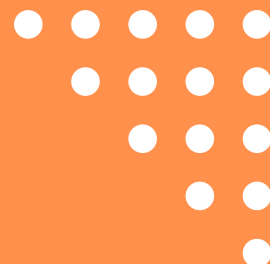


# February 2025



## EVENTS & ACTIVITIES

# Waconia Area Senior Center



## REGULAR HOURS

Monday-Thursday  
10am-3pm

## LOCATION

201 S. Vine St.  
Waconia, MN  
55387

\*Located in City Hall\*

## WEBSITE

[www.waconiaseniorcenter.org](http://www.waconiaseniorcenter.org)

## QUESTIONS?

Call  
952.856.4474  
Email:  
[seniorcenter@waconia.org](mailto: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

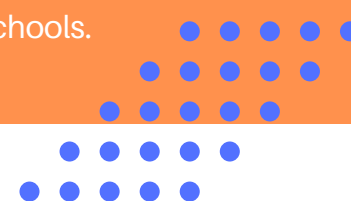
Program registration is now done online, through our website ([waconia-seniorcenter.org](http://waconia-seniorcenter.org)). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

## DONATIONS GREATLY APPRECIATED

Funds are used for supplies and food provided in the Senior Center.

## WEATHER CLOSURES

The Senior Center will follow closures for the Waconia schools. Updates will be made on the website and Facebook.



## FEBRUARY 2025 EVENTS & ACTIVITIES CALENDAR

MON

TUE

WED

THU

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**10am** Games of Choice  
**11am-12pm** Senior Strength \* ♣ ♠  
**12:45 pm** Mahjong

**10am** Mexican Train Dominoes  
**10am** Cribbage  
**12-3pm** Tech Support \*  
**1-3pm** Book Club \*

**10am** Card Games  
**12:30pm** Yahoo BINGO

**9am** Walking Group ♣ ♠  
**10am** Class of '65  
**10am** Board Games  
**12:30pm** Bridge

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**10am** Quilting Group  
**10am** Games of Choice  
**12-12:45pm** Chair Yoga \* ♣ ♠  
**12:45pm** Mahjong

**10am** Mexican Train Dominoes  
**10am** Cribbage  
**12-2pm** Craft: Valentine's & Origami \*

**10am** Card Games  
 \*Monthly Highlight - 500\*  
**12:30pm** BINGO

**9am** Walking Group ♣ ♠  
**10am** Board Games  
**11am-12:30pm** Valentine Sundaes & Smoothies \*  
**12:30pm** Bridge

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**FACILITY CLOSED**



**10am** Mexican Train Dominoes  
**10am** Cribbage  
**10:30am** Nutrition Presentation \*  
**By Appointment:** Foot Clinic @ Safari Island \$ \*

**10am** Card Games  
**10:30-11:15am** Keep in Balance \* ♣ ♠  
**12:30pm** Yahoo BINGO

**9am** Walking Group ♣ ♠  
**10am** Board Games  
**10am-12pm** Craft: Press Flower Art \$ \*  
**12:30pm** Bridge

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**10-11am** Donuts with the Deputy \*  
**12-12:45pm** Chair Yoga \* ♣ ♠  
**12:45pm** Mahjong  
**12:30-2pm** Lowry Nature Center: Sap to Syrup Presentation \$ \*

**10am** Mexican Train Dominoes  
**10am** Cribbage  
**TBD:** \$5 Movie @ Emagine Theater \$ \*

**10am** Card Games  
**10:30-11:30am** Building a Culture of Kindness \*  
**12:30pm** BINGO



**9am** Walking Group ♣ ♠  
**10am** Board Games  
**11:30am** Poetry Group (Oak Room) \*  
**12:30-1:30pm** Trivia of LOVE \*  
**12:30pm** Bridge

### REGULAR HOURS

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10am-3pm

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www.waconiaseniorcenter.org

**Monthly Breakfast Outing:** Friday, February 28 @ 8am at Egg-Cetera \$ \*

# Event & Activities Description

## **\$5 Movie \* 💰**

*Tuesday, Feb. 25*

Enjoy a movie at Emagine theater in Waconia with your friends! The time and movie title will be announced during the week of February 10th. On Tuesdays, you also receive FREE popcorn! (Each Emagine Rewards member gets a free 85oz. popcorn.)

## **BINGO**

*Wednesdays 12:30pm*

Join us for classic and Yahoo BINGO.

## **Birthday Parties**

*Wednesday, Feb. 26*

Celebrate all birthdays during the month of February with some sweet treats!

## **Board Games**

*Thursdays 10am*

Come and enjoy your favorite board games with your friends! Channel your competitive spirit and enjoy the element of chance.

## **Book Club \***

*Tuesday, Feb. 4 1-3pm*

Join us for a discussion of the book "Hillbilly Elegy - A Memoir of a Family and Culture in Crisis" by J.D. Vance. The Vance family story begins hopefully in postwar America. J. D.'s grandparents were "dirt poor and in love," and moved north from Kentucky's Appalachia region to Ohio in the hopes of escaping the dreadful poverty around them. They raised a middle-class family, and eventually one of their grandchildren would graduate from Yale Law School, a conventional marker of success in achieving generational upward mobility. But as the family saga of Hillbilly Elegy plays out, we learn that J.D.'s grandparents, aunt, uncle, and, most of all, his mother struggled profoundly with the demands of their new middle-class life, never fully escaping the legacy of abuse, alcoholism, poverty, and trauma so characteristic of their part of America. With piercing honesty, Vance shows how he himself still carries around the demons of his chaotic family history.

## **Bridge**

*Thursdays 12:30pm*

Bridge is a four-player partnership trick-taking game with thirteen tricks per deal. The dominant variations of the game are rubber bridge, more common in social play; and duplicate bridge, which enables comparative scoring in tournament play. Each player is dealt thirteen cards from a standard 52-card deck. Open to beginners and experienced players!

## **Building a Culture of Kindness \***

*Wednesday, Feb. 26 10:30-11:30am*

Kindness is an introspection into self-awareness. We will discuss 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. Presented by CareBuilders at Home.



## **Card Games/Games of Choice**

*Mondays & Wednesdays 10am*

Drop in to join a variety of card games including: Hand & Foot, 500, and Kings Corner. **This month we will highlight 500 on Wednesday, Feb. 12!** Not sure how to play or looking for a group of players? This is the perfect time to check it out. 500 is a partnership trick-taking game where players bid to set trump and the number of tricks the team can capture. The team winning the bid and making their bid earns points based on both the level and suit of the bid.

## **Class of '65**

*Thursday, Feb. 6 10am*

Meet other "65ers" to connect and reminisce!

# Event & Activities Description

## Craft: Press Flower Art \*\$

Thursday, Feb. 20 10am-12pm \$5

Come & enjoy creating press flower art, which is the art of creating pictures using dried and flattened flowers and leaves. The process of pressing flowers removes moisture and light, which helps to preserve the flower's natural color. Limited to 10 people. Please bring your fee with you the day of the event.

## Craft: Origami for Health \*

Tuesday, Feb. 11 12-2pm

In this exciting workshop you will make eye catching ornaments for windows, doors, trees, or wherever you need something cheerful. Artist – instructor Kathleen Sheridan is a seasoned origami artist who will lead you step by step into creating meaningful things from beautiful papers.

\*This art activity was made possible by the voters of Minnesota State Art Board, thanks to a legislative appropriation from the arts and cultural heritage fund. Registration required; Space is limited to 10 people.

## Cribbage

Tuesdays 10am

A card game, usually for two players, in which each player tries to form various counting combinations of cards. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board. Beginners and experts are invited to play.

## Donuts with a Deputy \*

Monday, Feb. 24 10-11am

Join us for coffee and donuts as we listen to updates from one of the Carver County Sheriffs. The updates are always entertaining and informative. You won't want to miss it!



## Foot Clinic \*\$

Tuesday, Feb. 18 8am-4pm \$60

Call 651.829.3944 to schedule your appointment at Safari Island.

Healthy feet enable you to maintain mobility and independence. Regular foot care is important for increased comfort and improved overall well-being. Registered nurses provide the following services: assessment of feet and skin, trim toenails, manage fungal nails, reduce corns/callus, and diabetic foot care.

## Keep In Balance \*\$

Wednesday, Feb 19 10:30-11:15am

One of the main risk factors for falling is poor balance. Using a chair for support this 45-minute class will use a variety of exercises that target your balance and lower body strength! Tennis shoes recommended.

## Lowry Nature Center: Sap to Syrup

### Presentation \*\$

Monday, Feb. 24 12:30-2pm \$6

Visit Lowry Nature Center with us! Taste real maple syrup and sugar. Touch and see tools used to tap maple trees. Learn the history behind how this food was discovered. Transportation is not provided.



# Event & Activities Description

## **Mahjong**

*Mondays 12:45pm*

A fun and popular tile-based game that was originated in China in the 19th century. It's a game of strategy, skill & luck, similar to rummy, where players try to be the first to collect 14 tiles of a certain combination. All levels are welcomed! If you have never played before a seasoned player will help guide you through the game.

A GREAT way to challenge the mind!!! Mahjong sets provided by the Senior Center.

## **Mexican Train Dominoes**

*Tuesdays 10am*

Mexican Train is a game played with dominoes. The object of the game 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". The game's most popular name comes from a special optional train that belongs to all players. Dominoes provided by the Senior Center.

## **Monthly Breakfast Outing \* 💰**

*Friday, Feb. 28 8am*

Start your weekend off on the right foot! Every month we will plan a breakfast outing to a different local restaurant. This month join a group of senior center friends at Egg-Cetera in Waconia at 8am for a delicious breakfast or cup of coffee. We'll do the planning and then breakfast is on you!

## **Nutrition Presentation \***

*Tuesday, Feb. 18 10:30-11am*

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic. February is American Heart Month. Diet is an important risk factor in coronary heart disease. Let Andrew give you tips on a heart-healthy diet, including low-saturated fats, high in fiber, and much more!

## **Personal Technology Support \***

*Tuesday, Feb. 4 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

Bring your device with you. (If this is your first time using this service, please complete the registration form with Senior Community Services: <https://bit.ly/3VZAY76>)



## **Poetry Group \***

*Thursday, Feb. 27 11:30am*

Explore poetry themed around love and Valentine's. A bubbly beverage will be provided for you while you listen.

## **Quilting Group \***

*Monday, Feb. 10 10am*

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

# Event & Activities Description

## Senior Strength Exercise Class \*

Monday, Feb. 3 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.

## SilverSneakers Chair Yoga \*

Mondays, Feb. 10 & Feb. 24 12-12:45pm

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.


## Trivia of LOVE \*

Thursday, Feb. 27 12:30-1:30pm

Do you feel like you know a lot of trivia about love? Here's your chance to prove it during the month of love! Join us for our monthly trivia event. Each month we will pick a different theme. Compete against your friends to get the correct answer in the fastest time. All you need to bring is your phone and your knowledge!

## Valentine Sundaes & Smoothies \*

Thursday, Feb. 13 11am-12:30pm

Roses are red. Violets are blue. This Valentine's Party  is waiting for you! Come and celebrate the holiday of LOVE and share a "sweet" treat with friends, while playing some fun games. Wear red or pink for a chance to win a prize!

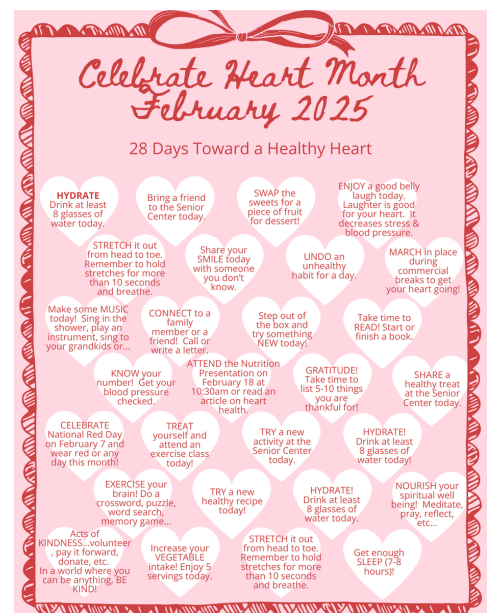
## Walking Group

Thursdays 9-9:30am

Let's get moving! Join us at Safari Island Community Center to walk the track and chat with friends. Reap the benefits of walking...strengthen your heart, ease joint pain, boost immune function, and improve your mood!

## Celebrate Heart Month February 1-28, 2025

Give your heart some "extra love" and join in with others on the 28 Days Toward a Healthy Heart Challenge! Pick up your challenge card in the Senior Center today.



# Event & Activities Description



All exercise classes are provided by Safari Island Community Center. Members of Safari Island can attend class for free. Non-members pay a \$5 fee. Not registered as a member of Safari Island? Most insurances provide a FREE membership. Please contact Kristi Sherlock at 952.442.3105 or [ksherlock@waconia.org](mailto:ksherlock@waconia.org) to see if you qualify!



## PROGRAM REGISTRATION REMINDER

Program registration is done online, through our website ([wacniaseniorcenter.org](http://wacniaseniorcenter.org)). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

Registration Required

Fee Required Exercise Class

## ADVISORY COMMITTEE:

Barbara Brooks  
Brenda Goede  
Patsey Harris  
Shirley Heinen  
Bob Jax  
Sue Leffler  
Lynn Marie Stanley  
Helenette VanEyll  
Elaine Varner  
Heidi Vars