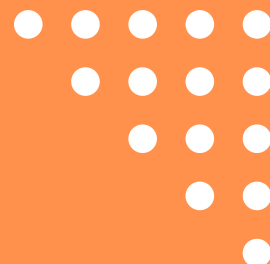


November 2024



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

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.



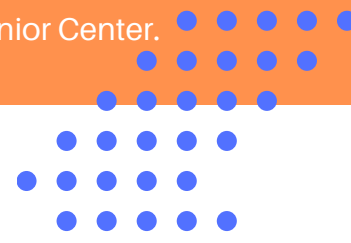
The Waconia Area Senior Center serves adults age 55 and over in Waconia and our surrounding communities. Individuals and groups are welcome to "drop in" and take advantage of our ample space, tables, games, and refreshments.

PROGRAM REGISTRATION

Program registration is now done online, through our website (waconiaseniorcenter.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.



WACONIA SENIOR CENTER

NOVEMBER 2024 EVENTS & ACTIVITIES CALENDAR

REGULAR HOURS

Monday-Thursday
10am-3pm

LOCATION

201 S. Vine St., Waconia, MN 55387
Located in City Hall

QUESTIONS?

Call 952.856.4474
Email: seniorcenter@waconia.org
www.waconiaseniorcenter.org

* Registration Required

\$ Fee Required  Exercise Class

MON	TUE	WED	THU
4	5	6	7
<p>10-10:45am Chair Yoga  *</p> <p>11am Games of Choice</p> <p>12:30pm Mahjong</p>	<p>10am Mexican Train Dominoes</p> <p>10am Cribbage</p> <p>12-3pm Tech Support * </p> <p>1-3pm Book Club *</p>	<p>8:45am-12:15pm Glass Fusion Ornaments *</p> <p>10am Card Games</p> <p>12:30pm Yahoo BINGO</p>	<p>10am Class of '65</p> <p>12:30pm Bridge</p> <p>1-3pm Legacy Letter Writing Workshop *</p>
11	12	13	14
<p>FACILITY CLOSED</p> 	<p>10am Mexican Train Dominoes</p> <p>10am Cribbage</p> <p>12-1pm Seniors Strength Class * </p> <p>12-3pm Tech Support *</p>	<p>10am Card Games</p> <p>11am-3pm Chanhassen Dinner Theater - White Christmas \$ * </p> <p>12:30pm BINGO</p>	<p>10am-12pm Kindness Project *</p> <p>12:30pm Bridge</p>
18	19	20	21
<p>10-10:45am Chair Yoga  *</p> <p>11am Games of Choice</p> <p>12:30pm Mahjong</p>	<p>10am Mexican Train Dominoes</p> <p>10am Cribbage</p> <p>12:30-2:30pm Craft: Fall Center Pieces *</p>	<p>10am Card Games</p> <p>11:30am-12:30pm Thanksgiving Potluck *</p> <p>12:30pm Yahoo BINGO</p>	<p>10:30am Medal of Honor Presentation *</p> <p>11:30am-12:20pm Poetry Group * (Oak Room)</p> <p>12:30pm Bridge</p>
25	26	27	28
<p>10-11am Donuts with the Deputy * </p> <p>11am Games of Choice</p> <p>12:30pm Mahjong</p>	<p>10am Mexican Train Dominoes</p> <p>10am Cribbage</p> <p>10:30-11am Keep In Balance * </p>	<p>10am Card Games</p> <p>12:30pm BINGO</p> <p><i>Birthday Party</i> </p>	<p>FACILITY CLOSED</p> <p><i>Happy Thanksgiving</i> </p>

Event & Activities Description

BINGO

Wednesdays 12:30pm

Join us for classic and Yahoo BINGO.

Birthday Parties

Wednesday, Nov. 27

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

Book Club *

Tuesday, Nov. 5 1:00-3:00pm

Join us for a discussion of the book "A Good Time for the Truth" by Sun Yun Shin, a Minnesota author. This book is a compilation of stories by Minnesotans as they confront racism in Minnesota. This is a FREE Book Club offered with the Carver County Library.

Bridge

Thursdays at 12:30pm

Card Games/Games of Choice

Mondays at 11:00am & Wednesdays at 10:00am

Drop in to join a variety of card games including: Hand & Foot, 500, and Kings Corner. Cards are provided by the Senior Center.

Chanhassen Dinner Theater * \$

Wednesday, Nov. 13 11am-3pm

For the first time ever on the Chanhassen Dinner Theatres' Main Stage - it's White Christmas! Based on the beloved, timeless film, this heartwarming musical adaptation features 17 Irving Berlin songs and a book by David Ives and Paul Blake. The musical has a dazzling score brimming with iconic standards like "Blue Skies," "I Love a Piano," and the unforgettable title song "White Christmas." Overflowing with joy, this production is a heartwarming celebration of music, love, and the magic of the holiday season. Bussing will be provided for this event, leaving the Waconia Senior Center at 11am. Prices include the dinner, show, and gratuity. The bus will bring you back to the Senior Center after the show, around 3pm.
Space is limited to 20 people.

Class of '65

Thursday, Nov. 7 10:00am

Meet other "65ers" to connect and reminisce!

Craft: Fall Center Pieces *

Tuesday, Nov. 19 12:30-2:30pm

Bring in the gorgeous colors of autumn as you create your fall centerpiece for this beautiful time of year.

Limited to 8 people.

Cribbage

Tuesdays at 10:00am

Beginners and experts are invited to play.

Event & Activities Description

Donuts with a Deputy*

Monday, Nov. 25 10:00-11:00am

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!



Glass Fusion Ornaments*

Wednesday, Nov. 6th 8:45am-12:15pm

Join us to make your own glass fusion ornament, with the help of artist, Diane Petron, at the Minnetonka Center for the Arts. You may make a holiday ornament or a suncatcher. Learn basics of cutting and layering glass. Projects will be fused later and ready in two weeks. Transportation will be provided! The bus will leave at 8:45am and return around 12:15pm.

*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; limited to 10 people.

Space is limited to 10 people.

Keep In Balance*

Tuesday, Nov. 26 10:30-11:00am

One of the main risk factors for falling is poor balance. Using a chair for support this 30-minute class will use a variety of exercises that target your balance and lower body strength! Tennis shoes recommended.

Kindness Project*

Thursday, Nov. 14 10:00am-12:00pm

Imagine a world where you can succeed by being nice. Where we all pay it forward. Where people look out for each other. It all starts with an act. Join us for a rewarding event where we can all give back with an easy craft project!

Legacy Letter Writing Workshop*

Thursday, Nov. 7 1:00-3:00pm

Perhaps like many people you have written your "Legal Will" documenting how you wish to pass on your "valuables" to your loved ones, but have you written your "Ethical Will?" This 2-hour class will teach you how to write "legacy letters" (a modern practice grounded in the Biblical Tradition of writing an "Ethical Will"). Through simple interactive writing practice, you will learn the principles and techniques for writing simple but profound letters that convey your greatest treasures - your faith, life's lessons, and values to those you love.

Limited to 5 people.

Mahjong

Mondays at 12:30pm

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

Event & Activities Description

Medal of Honor Presentation *

Thursday, Nov. 21 10:30am

Learn the stories of the Minnesota's recipients of America's highest military honor with historian and storyteller Doug Ohman. First issued during the Civil War, 72 residents of Minnesota have been recipients of this most prestigious medal. Ohman traces the lives of several of these Minnesota heroes through photographs, family memories and stories.

Mexican Train Dominoes

Tuesdays at 10:00am

Dominoes provided by the Senior Center.

Personal Technology Support *

Tuesdays, Nov. 5 & Nov. 12 12:00-3:00pm

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.



SENIOR
COMMUNITY
SERVICES

Poetry Reading *

Thursday, Nov. 21 11:30am

Enjoy a fun beverage while you listen.

Senior Strength Exercise Class *

Tuesday, Nov. 12 12:00-1:00pm

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, Nov. 4 & Nov. 18 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.

Thanksgiving Potluck *

Wednesday, Nov. 20 11:30am-12:30pm

Celebrate Thanksgiving with your friends during this potluck. Bring a dish to share and enjoy great conversation, laughs, and a feeling of gratitude. Make sure to write down what dish you are sharing in the Senior Center!

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 to see if you qualify!



PROGRAM REGISTRATION REMINDER

Program registration is done online, through our website (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