



Newsletter

Open Monday - Thursday, 10 am to 3 pm daily.

201 S Vine ST, Waconia, MN 55387

952-856-4474

Fall is on the way...

and kids aren't the only ones heading back to school. This month, we're excited to bring you several learning opportunities right here at the Center.

We're welcoming **a variety of experts** to share information about downsizing your home, planning a funeral, and avoiding online fraud and scams. All of these presentations are **FREE**, so mark your calendar and make sure to sign up! Details are inside.

Celebrate the changing seasons by designing your own **decorative fall wreath** with this month's craft group; and the Local Luncheon outing this month will be a visit to **Carlson's Orchard** for lunch and fun. Please note the earlier meeting time of 10:30 am. When you sign up, let us know if you're willing to be a driver.

Plus, we've planned another **"Excursion to Coney Island"** for Tuesday, September 12 and talented entertainer Todd Anderson will take us back to the 1950's with a performance of **"Absolutely Elvis!"** on Tuesday, September 26. Get ready to rock 'n roll!

We look forward to seeing you!

The Waconia Area Senior Center Advisory Committee

Barbara Brooks

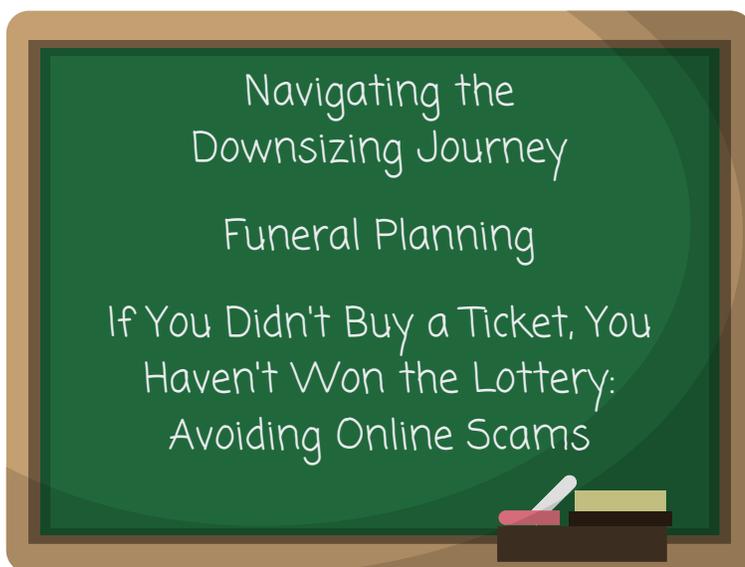
Brenda Goede

Patsey Harris

Bob Jax

Sue Leffler

Elaine Varner



The Center will be closed on
Labor Day, Monday, September 4.



September 2023 Activities Calendar

The Center is open Monday - Thursday, 10 am to 3 pm daily.

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
 CENTER CLOSED	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project	9 am: Advisory Committee 10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Walking Group 10 am: "Class of '65" (1st Thursday each month) 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
11	12	13	14
10 am: Walking Group 10 am: Games of Choice 10 am: Quilting Group (2nd Monday each month) 12:30 pm: Bunco 2 pm: Caregiver Support Group (Oak Room)	Mexican Train Dominoes 10 am: Walking Group 10 am: Historical Excursion to Coney Island 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO	10 am: Walking Group 10:30 am: Navigating the Downsizing Journey 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
18	19	20	21
10 am: Chair Yoga (3rd Monday each month) 10 am: Games of Choice 12:30 pm: Farkle 2 pm: Funeral Planning	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project 1:30 pm: Online Fraud & Scams	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Walking Group 10 am: Crafts Group (3rd Thursday each month) 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
25	26	27	28
10 am: Games of Choice 12:30 pm: Bunco	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project 1 pm: "Absolutely Elvis"	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO BIRTHDAY PARTY!	10 am: Walking Group 10:30 am: Local Luncheon (4th Thursday each month) 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge
<p>See the following pages for more information about programs, classes, & events. Unless otherwise noted, sign-up sheets for special events are available at the Center.</p>			



Educational Presentations

All presentations are free, but registration is required.
Sign up at the Center.



Navigating the Downsizing Journey

Thursday, September 14 at 10:30 am

Representatives from NorthStar Real Estate Associates will present this comprehensive class that equips older adults with the knowledge and tools necessary to effectively navigate the process of downsizing, from selling your current home to choosing and transitioning into the most suitable living arrangement such as assisted living, independent living, or a one-level townhome.



Funeral Planning

Monday, September 18 at 10:30 am

Learn about funeral planning with **Pete Orth, Certified Financial Planner** at Corestone Wealth Management. This educational presentation will cover:

- Current costs of a funeral
- The best way to pre-pay (it's not what you think)
- What does Social Security pay?
- How to protect your plan from probate

Guests will also leave with an estimated cost of a funeral.



If You Didn't Buy a Ticket, You Haven't Won the Lottery: Avoiding Online Scams

Tuesday, September 19 at 1:30 p.m.

Scammers and fraudsters take advantage of people of all ages every day, and many specifically target older adults.

Gary Spears, Technology Programs Coordinator for Senior Community Services, will share the most common and current scams being reported to authorities and offer practical tips for determining if an inquiry is legitimate.

He'll also discuss security settings that can help reduce risk, how to alert authorities of a suspected scam, and how to file a report if you believe you've been taken advantage of.

Caregiver Support Services



Experienced social worker **Sara Roberts, LSW** facilitates a monthly support group and is also available for individual appointments to help caregivers sustain their ability to provide help and maintain their own life balance.

Caregiver Support Group

2nd Monday each month
2:00 pm to 3:30 pm
Waconia City Hall

This group is open to caregivers who live in (or are caring for someone who lives in) Carver, Hennepin, Scott, or Wright county and caring for an older adult or an adult with a cognitive diagnosis.

Reserve your seat today!

There is no cost, but registration is required.

Contact Sara at (763) 276-7076 or
s.roberts@seniorcommunity.org.



CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.



SENIOR
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Empowering People as They Age

www.seniorcommunity.org
ReimagineAging@seniorcommunity.org
952-541-1019



Sunday, September 10, 2023

As we seek to strengthen the enduring values of the family, it is appropriate that we honor our grandparents.

Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us.

Whether they are our own or surrogate grandparents who fill some of the gaps in our mobile society, our senior generation also provides our society a link to our national heritage and traditions.

*Excerpt from Proclamation 4679 of September 6, 1979
signed by President Jimmy Carter.*

Historical Excursion to Coney Island

Tuesday, September 12 at 10 am

We'll visit the "Coney Island of the West". Meet at Waconia Regional Park at 10 am for a pontoon ride to the island.

There is no cost, but registration is required. Maximum 18 guests.



This year's **Autumnal Equinox** occurs at 1:50 A.M. CDT on Saturday, September 23.

On this date, there are approximately equal hours of daylight and darkness.



Tuesday, September 26 at 1:00 pm

Travel back to the 1950's with Todd Anderson's exciting depiction of an actual Elvis concert!

A delightfully entertaining show, Todd struts onstage delivering the powerful ballads and tender love songs that Elvis made famous. His friendly interaction with his audience is quite remarkable as he connects to them with humorous stage bits and beautiful satin scarves.

Todd's performances are always colorful, but never off-color, and leave his audiences happily rejuvenated and tingling with excitement!

This is a free event, but registration is required. Sign up at the Center.



Todd Anderson started his career as an Elvis Tribute Artist by accident when he volunteered to appear as "Elvis" for a community variety show. He was booked for several private performances immediately after the performance. He went on to win the LCO Casino Elvis contest and has been performing professionally for 20 years since then.

Recurring Monthly Activities

Quilting Group

2nd Monday each month, 10 am

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

SilverSneakers®

Chair Yoga

3rd Monday each month, 10 am

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

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

"Class of '65"

1st Thursday each month, 10 am

Meet other "65ers" to connect and reminisce!

June - September meet at City Square Park.

Craft Group

3rd Thursday each month, 10 am

This month, design a *decorative fall wreath*. Choose from a variety of autumn-related materials to build your own creation.

There is no fee, but registration is required.

Limit 8 participants.



Local Luncheon

4th Thursday each month



On Thursday, September 28, we'll **meet at the Center at 10:30 am** and travel to Carlson's Orchard for lunch and fun!

Sign up at the Center.
Drivers needed!

Each guest is responsible for the cost of their own meal.



On the last Wednesday of each month we celebrate with special treats!

ONGOING WEEKLY ACTIVITIES

Coffee and treats daily | 10:00 a.m. to 3:00 p.m. | Puzzle and coloring participation daily

Monday	Tuesday	Wednesday	Thursday
10 am: Walking Group 10 am: Games of your Choice 12:30 pm: Bunco / Farkle	Mexican Train Dominoes 10 am: Walking Group 10:30 am: BYO Project	10 am: Walking Group 10 am: Card Games 10:30 am: 500 12:30 pm: BINGO	10 am: Walking Group 12:30 pm: Bridge 1 pm: Fresh & Refresh Bridge

Walking Group

Monday - Thursday
10:00 am



Join us for a walk in and around downtown Waconia. We'll walk for 20-30 minutes!

Mexican Train Dominoes

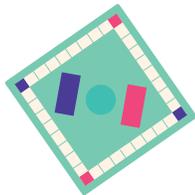
Tuesdays, all day



Play all the tiles from your hand onto one or more chains, or trains, emanating from a central hub or "station".

Games of your Choice

Mondays, 10 am



Dice Games

Mondays, 12:30 pm
 1st, 3rd Mondays: Farkle
 2nd, 4th, (5th) Mondays: Bunco

Card Games

Wednesdays, 10 am
Players' choice

Wednesdays, 10:30 am
500



Thursdays, 12:30 pm
Bridge

Thursdays, 1 pm
Fresh & Refresh Bridge
Learn how to play or refresh your past skills.

Bring Your Own Project

Tuesdays, 10:30 am

Do you make cards, scrapbook, knit, crochet, needlepoint, or sew? Come and enjoy time together while working on your own projects.



BINGO

Wednesdays, 12:30 pm
 1st, 3rd Wednesdays: Yahoo BINGO
 2nd, 4th, (5th) Wednesdays: BINGO





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History of Labor Day

Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. The holiday is rooted in the late nineteenth century, when labor activists pushed for a federal holiday to recognize the many contributions workers have made to America's strength, prosperity, and well-being.

Congress passed an act on June 28, 1894, making the first Monday in September of each year a legal holiday.

*Source: U.S. Department of Labor
<https://www.dol.gov/general/laborday/history>*

Why do I need to sign up for free events?

Great question! There are several reasons:

- If an event is cancelled or rescheduled, we can contact you to let you know
- Some events require a minimum number of participants for the event to be held
- If there are materials or handouts, we want to have enough available for everyone
- It helps us determine interest in an event so we can make decisions about hosting the same (or similar) events in the future



Waconia Community Education offers enrichment, recreational, academic, and family support and service activities to residents of all ages. Printed brochures are available at the Center or visit www.waconiacommunityed.org for a full list of options!

The Waconia Area Senior Center Newsletter is published monthly.

Advisory Board

Barbara Brooks
Brenda Goede
Patsey Harris
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[mnseniorcenters.org/
waconia-area-senior-center/](http://mnseniorcenters.org/waconia-area-senior-center/)



952-856-4474



seniorcenter@waconia.org



Monday - Thursday
10 am - 3 pm

Closed on some holidays.



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