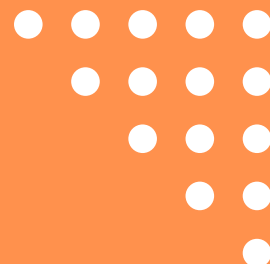


# April 2025



## 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

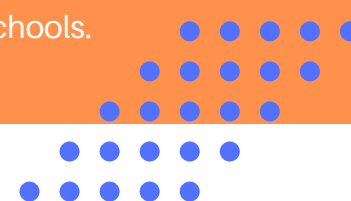
Program registration is now done online, through our website ([waconia-seniorcenter.org](http://waconia-seniorcenter.org)). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

## 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.



# WACONIA SENIOR CENTER

\* Registration Required  
\$ Fee Required Exercise Class

## APRIL 2025 EVENTS & ACTIVITIES CALENDAR

MON

TUE

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### REGULAR HOURS

Monday-Thursday  
10am-3pm

### LOCATION

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

7

**10am** Games of Choice  
**11am-12pm** Seniors Strength \*   
**12:45pm** Mahjong: Learn & Play

14

**10am** Games of Choice  
**10-11:45am** Quilting Group \*  
**11:45am-12:30pm** Chair Yoga \*   
**12:45pm** Mahjong: Learn & Play

21

**10am** Games of Choice  
**11am-12pm** Lowry Nature Center: \* Monarch Butterflies Presentation  
**12:45pm** Mahjong: Learn & Play

28

**10-11am** Donuts with the Deputy \*  
**11:45am-12:30pm** Chair Yoga \*   
**12:45pm** Mahjong: Learn & Play

1

**10am** Mexican Train Dominoes  
**10am** Cribbage: Learn & Play  
**12:30-3pm** Tech Support \*  
**1-3pm** Book Club \*

8

**10am** Mexican Train Dominoes  
**10am** Cribbage: Learn & Play  
**12:30-1:30pm** The \* Neuroscience of Hope

15

**10am** Mexican Train Dominoes  
**10am** Cribbage: Learn & Play  
**10:30-11am** Nutrition \* Presentation (Oak Room)  
**12-2pm**: Craft: Folded Fabric Egg Making \$ \*  
**By Appointment**: Foot Clinic @ Safari Island \$ \*

22

**10am** Mexican Train Dominoes  
**10am** Cribbage: Learn & Play  
**12:30-1:30pm** Brain Health \*

29

**10am** Mexican Train Dominoes  
**10am** Cribbage: Learn & Play

2

**10am** Card Games  
 Monthly Highlight - Up & Down the River w/Mayor Tim\*  
**12:30pm** Yahoo BINGO

9

**10am** Card Games \*  
**11:45am-12:15pm** Moments Hospice - \* Volunteer Presentation  
**12:30pm** BINGO

16

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

23

**10am** Card Games  
**10:30-11:15am** Keep in Balance \*   
**12:30pm** BINGO w/Mayor Tim

30

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

Birthday Party

3

**9am** Walking Group   
**10am** Class of '65  
**10am** Board Games  
**12:30pm** Bridge  
**12:30-1:30pm** Medicare 101 Presentation \*

10

**9am** Walking Group   
**10am** Board Games  
**10:30am-4pm** Bell Museum Trip \$ \*  
**12:30pm** Bridge

17

**9am** Walking Group   
**10am** Board Games  
**10am-12pm** Craft: \* Springtime Flowers Class  
**12:30pm** Bridge

24

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

### QUESTIONS?

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 Email: [seniorcenter@waconia.org](mailto:seniorcenter@waconia.org)  
[www.waconiaseniorcenter.org](http://www.waconiaseniorcenter.org)

**Monthly Breakfast Outing:** Friday, April 25 @ 11am at Molly's (Formerly St. Boni Bistro) \$ \*

**\$5 Movie Tuesdays:** Check out the weekly offerings at Emagine Waconia \$ \*

# Event & Activities Description

## **\$5 Movie \*💰**

*Tuesdays*

*Enjoy a movie at Emagine theater in Waconia with your friends! Check out movie offerings on their website or by calling 952.442.5885. On Tuesdays, you also receive FREE popcorn! (Each Emagine Rewards member gets a free 85oz. popcorn.)*

## **Bell Museum Trip \*💰**

*Thursday, Apr. 10 10:30am-4pm \$20*

Tour Minnesota's official natural history museum and planetarium. Take amazing journeys from the far reaches of the cosmos to deep inside the human brain. Explore the origins of the universe, the diversity of life on earth, and take a walk through the state of Minnesota, featuring world famous wildlife dioramas. Engage all of your senses in the Touch & see Lab with 10,000-year-old fossils, living plants and animals, and more. The day will start with lunch at Keys Cafe & Bakery, which is not included in the price. Bussing will be provided for this event, leaving the Waconia Senior Center at 10:30am. Please arrive a little early to board the bus. The bus will bring you back to the Senior Center, around 4pm. Registration is required. Reserve your spot, since space is limited!

## **BINGO**

*Wednesdays 12:30pm*

Join us for classic and Yahoo BINGO.

## **Birthday Parties**

*Wednesday, Apr. 30*

Celebrate all birthdays during the month of April 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, Apr. 1 1-3pm*

Join us for a discussion of the book "A Man Called Ove" by Fredrik Backman follows a grumpy, but ultimately endearing, widower who finds his life turned upside down when a boisterous young family moves in next door, leading to an unlikely friendship and a heartwarming exploration of love, loss, and the human spirit.

## **Brain Health \***

*Tuesday, Apr. 22 12:30-1:30pm*

Brain Health will be presented by Jennifer Ische OTR/L, Rehab Supervisor from Ridgeview, and will review changes in brain function due to normal aging processes and factors that place your brain health at risk. The presentation will also educate on strategies to prevent cognitive decline and even improve cognitive function.

## **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!

## **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 Up & Down the River on Wednesday, Apr. 2 from 10-11am with Mayor Tim!** Not sure how to play? This is the perfect time to check it out. Up & Down the River is a card game where players bid on how many tricks they can win, and then try to take exactly that many. The game's name comes from the fact that the number of cards in each player's hand increases and decreases by one in each deal.

# Event & Activities Description

## Class of '65

Thursday, Apr. 3 10am

Meet other "65ers" to connect and reminisce!

## Craft: Folded Fabric Egg Making \* 💰

Tuesday, Apr. 15 12-2pm Cost: \$5

*Come & enjoy craft therapy and socializing!*

These eggs are fun to make with endless possibilities for decorating them. Small squares of patterned fabrics are folded and then pinned to Styrofoam eggs. Add embellishments of your choice to create one-of-a-kind Easter eggs. Limited to 10 people. Please bring your fee with you the day of the event. The cost will go into the Senior Center budget to cover the cost of crafts.

## Craft: Springtime Flowers Class \*

Thursday, Apr. 17 10am-12pm

Springtime brings nature's palette of bright and cheerful colors to inspire your artworks. We will create mixed media still life using colored pencils, watercolors and collage items. Looking at bouquets of flowers, branches from flowering trees and other signs of spring our artist – instructor will guide you to make a mixed media still life to brighten your days as spring unfolds all around. Your palette will reflect all the colors that are popping up! All materials will be supplied. Registration is required, limited to 10 people. \*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.

## Cribbage: Learn & Play

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, Apr. 28 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, Apr. 15 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, Apr. 23 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.

# Event & Activities Description

## Lowry Nature Center: \*

### Monarch Butterflies Presentation

Monday, Apr. 21 11am-12pm

Learn about this amazing insect, its life cycle, and its amazing journey to Mexico through a PowerPoint presentation and artifacts to see up-close.

## Mahjong: Learn & Play

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.

## Medicare 101 Presentation \*

Thursday, Apr. 3 12:30-1:30pm

Medicare doesn't have to be confusing. Join BreAnne Violet, with Legacy Health Insurance, to learn more about your Medicare plan and coverage and prescription drug changes.

## Moments Hospice: Volunteer Presentation \*

Wednesday, Apr. 9 11:45am-12:15pm

Come in and learn about volunteer opportunities to work with Moments Hospice to provide companionship visits to patients. You might even win a prize!

## Monthly Breakfast Outing \*💰

Friday, Apr. 25 11am

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 Molly's (formerly St. Boni Bistro) at 11am for a delicious brunch or cup of coffee. We'll do the planning and then breakfast is on you!

## Nutrition Presentation \*

Tuesday, Apr. 15 10:30-11am (Oak Room)

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic. This month we will look at the close link between oral health and nutrition. Diet and nutrition affect the health of the tissues in the mouth and the health of the mouth affects nutrients consumed. Find out what tips Andrew has to share!

## Personal Technology Support \*

Tuesday, Apr. 1 12:30-3pm

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>)

# Event & Activities Description

## Poetry Group \*

Thursday, Apr. 24 11:30am (Oak Room)

Explore poetry themed around birthdays. A bubbly beverage will be provided for you while you listen.

## Quilting Group \*

Monday, Apr. 14 10-11:45am

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

## Senior Strength Exercise Class \*

Monday, Apr. 7 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, Apr. 14 & Apr. 28

11:45am-12:30pm

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.

## The Neuroscience of Hope \*

Tuesday, Apr. 8 12:30-1:30pm

While our interest is growing, the gap remains wide between our understanding of the brain and the biology of hope. This presentation will cover how optimism as a muscle is proving to be a positive intervention to cultivate hope. Presented by CareBuilders at Home.

## TV Trivia \*

Thursday, Apr. 24 12:30-1:30pm

Join us for our monthly trivia event. Each month we will pick a different theme. This month's theme...TV Trivia. How much TV do you watch in a day? Is there a show (or more than one) that you can recite episodes by heart? Test your TV knowledge with a variety of TV trivia throughout the ages. Compete against your friends to get the correct answer in the fastest time. The highest score at the end of the round will win a gift card. All you need to bring is your phone and your knowledge!

## 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!

# Senior Center Monthly Recipe

Shared By: Patsey Harris

## **Mystic Lake Banana Bread**

5 Ripe Bananas  
1 cup Vegetable Oil  
1/2 cup Sour Cream  
3 Eggs  
2 1/4 cup Sugar  
2 tsp. Salt  
4 Tbsp. Poppy Seeds  
1 Tbsp. Vanilla  
3 cups Flour  
1/2 cup Buttermilk  
2 Tbsp. Baking Soda



1. Heat oven to 325.
2. Mash bananas on low speed.
3. Add in the sugar, salt, oil, sour cream, eggs, vanilla, and poppy seeds. Mix for two minutes on low speed.
4. Add the flour and mix on low speed for an additional minute.
5. In a separate bowl, mix baking soda and buttermilk thoroughly.
6. Spray loaf pan with cooking spray before pouring batter in.
7. Bake for 50-60 minutes.

# 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:

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Brenda Goede  
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Lynn Marie Stanley  
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