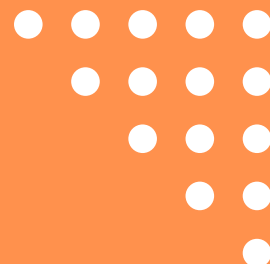


# May 2025



## 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

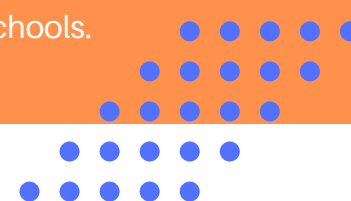
Program registration is now done online, through our website ([waconiaseniorcenter.org](http://waconiaseniorcenter.org)). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

## DONATIONS GREATLY APPRECIATED

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

## 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

## MAY 2025 EVENTS & ACTIVITIES CALENDAR

### REGULAR HOURS

Monday-Thursday  
10am-3pm

### LOCATION

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

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www.waconiaseniorcenter.org

THU

1

**9am** Walking Group   
**10am** Class of '65  
**10am** Board Games  
**12:30pm** Bridge  
**1-2pm** Book BINGO \*  
 w/Waconia Library

8

**9am** Walking Group   
**10am** Board Games  
**10:30am-11:30pm** Fall \*  
 Prevention Presentation  
**12:30pm** Bridge

15

**9am** Walking Group   
**10am** Board Games  
**10:30am-4pm** Mill City  
 Museum/Stone Arch  
 Bridge Trip \$ \*  
**12:30pm** Bridge

22

**9am** Walking Group   
**10am** Board Games  
**10am-12pm** Craft: \$ \*  
 Egg Carton Flowers Part 2  
**12:30pm** Bridge  
**1-2pm** Understanding \*  
 Alzheimer's & Dementia

29

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

WED

7

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

14

**10am** Card Games  
**11:45am-12:15pm**  
 CapTel Phone Service  
 Presentation \*  
**12:30pm** BINGO

21

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

28

**10am** Card Games  
 \*Highlight -  
 Left Center Right\*  
**12:30pm** BINGO

Birthday  
 Party

TUE

6

**10am** Mexican Train  
 Dominoes  
**10am** Cribbage:  
 Learn & Play  
**11am-12:30pm** Cinco De \*  
 Mayo Potluck w/Mayor Tim  
**12:30-3pm** Tech Support \*  
**1-3pm** Book Club \*

13

**10am** Mexican Train  
 Dominoes  
**10am** Cribbage:  
 Learn & Play  
**12:30-1:30pm:** Cyclone!  
 Waconia History \*  
**By Appointment:** Foot Clinic  
 @ Safari Island \$ \*

20

**10am** Mexican Train  
 Dominoes  
**10am** Cribbage: Learn & Play  
**10:30-11am** Nutrition \*  
 Presentation (Oak Room)  
**12-2pm** Craft: Egg Carton  
 Flowers Part 1 \$ \*

27

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

MON

5

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

12

**10am** Games of Choice  
**10-11:45am** Quilting  
 Group \*  
**11:45am-12:30pm**  
 Chair Yoga \*   
**12:45pm** Mahjong:  
 Learn & Play  
**2:30-4pm** Feed My  
 Starving Children  
 Packing \*

19

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

26

FACILITY CLOSED



Library Book Sale: May 1st - 3rd \$ \*

\$ \*

Monthly Breakfast Outing: Mocha Monkey (Olive Street) Friday, May 30 @ 10am

# Event & Activities Description

## **BINGO**

*Wednesdays 12:30pm*

Join us for classic and Yahoo BINGO.

## **Birthday Parties**

*Wednesday, May 28*

Celebrate all birthdays during the month of May 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 BINGO \***

*Thursday, May 1 1-2pm*

Join us as the Carver County Library presents BINGO. Win gently used books as prizes. This project is made possible by the Charles J. Dahlke Grant Program.

## **Book Club \***

*Tuesday, May 6 1-3pm*

Join us for a discussion of the book "News of the World" by Paulette Jiles. The book is set in post-Civil War Texas, Captain Jefferson Kyle Kidd, a news reader, is tasked with escorting a Kiowa-raised girl, Johanna, to her relatives, a journey that tests his resilience and explores themes of family, responsibility, and cultural assimilation.

## **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!

## **CapTel Phone Service Presentation \***

*Wednesday, May 14 11:45am-12:15pm*

Come and learn more about CapTel services. These phones automatically connect to a free captioning service. The captioning service transcribes everything the caller is saying into captions, so you can read it, too. This fully funded federal government service is provided free of charge, phone, service, and installation. The service works with a landline, internet, or cellphone service and they do complete setup!

## **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 Left Center Right (LCR) on Wednesday, May 28 from 10-11am!** Not sure how to play? This is the perfect time to check it out. Just roll the dice and do what they say – pass a token to the left, center, or right. Roll a dot & keep what you've got. Last player with tokens wins. Bring dimes to play!

## **Cinco De Mayo Potluck w/Mayor Tim \***

*Tuesday, May 6 11am-12:30pm*

Join us for a festive Cinco de Mayo potluck with a taco bar hosted by Mayor Tim! Please sign up to bring an item to share. Whether you're craving crunchy or soft tacos, there's something for everyone to enjoy as we celebrate with good food, great company, and plenty of fun! Don't forget to stick around and enjoy some fun games, selected by the Mayor at noon.

## **Class of '65**

*Thursday, May 1 10am*

Meet other "65ers" to connect and reminisce!

# Event & Activities Description



## **Craft: Egg Carton Flowers \*💰**

*Tuesday, May 20 12-2pm &  
Thursday, May 22 10am-12pm*

Cost: \$5 total for both sessions

Come & enjoy craft therapy and socializing! Spring is in the air! Come & enjoy this two-part craft making an egg carton flower. Part one is on Tuesday, May 20 to cut and glue. Part two is on Thursday, May 22 to paint and decorate. Participants must attend both sessions. 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.

## **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.

## **Cyclone! Waconia History \***

*Tuesday, May 13 12:30-1:30pm*

Join Jayna Hulleman, with the Carver County Historical Society, for this presentation! The skyline of Waconia in 1904 was different than today and for more reasons than being over 100 years ago. Some of its most iconic buildings didn't see the year out and others were damaged severely. Join us as we recount the cyclone that tore through Waconia in August of 1904, forever altering our landmarks. Listen to a first-hand account from the newspaper of a man who survived the storm, and why we call this a cyclone and not a tornado.

## **Donuts with a Deputy \***

*Monday, May 19 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!

## **Fall Prevention Presentation \***

*Thursday, May 8 10:30-11:30am*

Join Jenna Steiner, DPT and Jennifer Ische, OTR/L, Rehab Supervisor, from Ridgeview for a presentation on fall prevention. They will review fall statistics and hazards. The presentation will provide an in-depth review of fall prevention strategies and educate on general exercises for strength and balance. We will also review home modifications and adaptive equipment to reduce fall risk in each room of your home.

## **Feed My Starving Children Packing \***

*Monday, May 12th 2:30-4pm*

*Volunteer to hand-pack nutritious meals for hungry children worldwide, during this Senior Session. Feed My Starving Children is a nonprofit organization that strives to eliminate malnutrition and starvation in children around the world. 15 spots are available. Reserve your spot online! Packing will take place at the Chanhassen location: 18732 Lake Dr E, Chanhassen, MN 55317 \*Transportation will not provided.*

## **Foot Clinic \*💰**

*Tuesday, May 13 8am-4pm*

**\$65**

*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.*

# Event & Activities Description

## Foot Clinic, ctd.

Registered nurses provide the following services: assessment of feet and skin, trim toenails, manage fungal nails, reduce corns/callus, and diabetic foot care.

## Games & Toys Trivia \*

Thursday, May 29 12:30-1:30pm

Join us for our monthly trivia event. Each month we will pick a different theme. This month's theme...Games & Toys Trivia. Test your knowledge about popular games, toys, and their history! Cover topics like board games, dolls, and action figures. 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!

## Keep In Balance \*

Wednesday, May 21 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.

## 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.

## Mill City Museum/Stone Arch Bridge Trip \*

Thursday, May 15 10:30am-4pm \$40

Join us for a visit to Mill City Museum, a walk along the Stone Arch Bridge, and lunch! The Mill City Museum is located in Minneapolis within the ruins of the Washburn A Mill, a former flour mill, explores the history of flour milling, its impact on Minneapolis, and the Mississippi River. Bussing will be provided and will leave the Senior Center at 10:30am. Lunch will be included at Bushel & Peck at 11:30am. Once you are finished with lunch, you are welcome to walk along the Stone Arch Bridge or head into the Mill City Museum to explore on your own. You will enjoy the Flour Tower experience from 2-3pm. The bus will leave the museum at 3pm and arrive home around 4pm. Tickets are limited to 20! Make sure to reserve your spot today. (Price includes tickets to the museum, lunch, gratuity, and transportation.)

## Monthly Breakfast Outing \*

Friday, May 30 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 Mocha Monkey on Olive Street at 10am! We'll do the planning and then coffee is on you!

# Event & Activities Description

## **Nutrition Presentation \***

*Tuesday, May 20 10:30-11am (Oak Room)*

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic. This month we will look at how nutrition plays a vital role in supporting a healthy gut microbiome, which is crucial for overall well-being. Focus is on a balanced diet rich in fiber, probiotics and prebiotics, while limiting processed foods and added sugars. Find out what tips Andrew has to share!

## **Personal Technology Support \***

*Tuesday, May 6 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>)



## **Poetry Group \***

*Thursday, May 29 11:30am (Oak Room)*

Explore poetry themed around spring and flowers. A bubbly beverage will be provided for you while you listen.

## **Quilting Group \***

*Monday, May 12 10-11:45am*

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

## **Senior Strength Exercise Class \***

*Monday, May 5 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, May 12 & May 19*

*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.

## **Understanding Alzheimer's & Dementia \***

*Thursday, May 22 1-2pm*

*Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.*

## **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: Angela Nowak-Goloja

## Matcha Green Tea Mojito Mocktail

(Makes 4-6 drinks)

1 Tbsp Matcha Green Tea Powder

½ Cup Water

½ Cup Sugar

10 Mint Leaves

1 Lime

½ Cup Club Soda



1. Make Syrup: Add water and sugar to small saucepan over medium/low heat. Heat until the sugar has completely dissolved, then remove from stove. Mix in Matcha green tea and stir until mixed.
2. Cut lime in four pieces. “Muddle” one lime wedge with mint leaves with a muddler or crush with a spoon to release oil and juice.
3. After muddling, toss in your remaining lime wedges and simple syrup and muddle again.
4. Strain simple syrup.
5. Fill a glass with ice. Add 1 to 2 Tbsp. of simple syrup over ice. Add club soda (or ginger ale.) Adjust the amount of simple syrup and/or soda to taste.
6. Top with lime wedge and mint leaves.

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:

Barbara Brooks  
Brenda Goede  
Patsey Harris  
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