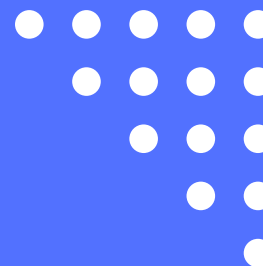


August 2026



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.waconia-seniorcenter.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.

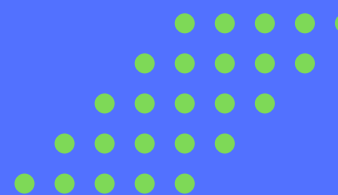


The Waconia Area Senior Center serves adults age 55 and over in Waconia and our surrounding communities. Individuals and groups are welcome to "drop in" and take advantage of our ample space, tables, games, and refreshments.

MONTHLY HIGHLIGHT

Senior Center Survey - We Want to Hear From You!

Help shape the future of our Senior Center! Please take a few minutes to complete our Senior Center Survey and share your ideas, interests, and feedback. Your input will help guide future programs, activities, and services to better meet the needs of our community. Surveys will be collected through August 31, 2026. To be eligible for the prize drawing, please include your name and email address when submitting your survey. If you need assistance completing the survey, please reach out to Ally or Kathy. Thank you for helping us plan for the future!



WACONIA SENIOR CENTER

* Registration Required
 \$ Fee Required 🏋️ Exercise Class

AUGUST 2026 EVENTS & ACTIVITIES CALENDAR

MON

TUE

WED

THU

3

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10am Games of Choice
11-12pm Senior Strength 🏋️
12:45pm Mahjong: Learn & Play
1-2pm Alzheimer's Association: Exploring Care & Support Services *

10am Mexican Train Dominoes
10am Sheephead \$ / Cribbage: Learn & Play
1pm Book Club

10am Card Games
12:30pm Yahoo BINGO \$

9am-1:45pm SideKick Theater: Robin Hood
 Registration Deadline 7/30 \$ *

10am Class of '65
10am Board Games
11:30am-12:30pm SAIL 🏋️
12pm Bridge

10

11

12

13

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

Please note room changes for the day
10am Mexican Train Dominoes
10am Sheephead \$ / Cribbage: Learn & Play
12-2pm Personal Tech Support *
1-2pm Learn w/Lakeview: When to See a Podiatrist *

10am Card Games
10:30-11:30am Senior Living Decoded
12:30pm BINGO \$ *

10am Board Games
11am-12pm Arm Chair Travel Adventure *
12pm Bridge
12:30-1:30pm Carver County Historical Society Presents: Stiftungsfest *

17

18

19

20

10am Games of Choice
12:45pm Mahjong: Learn & Play

10am Mexican Train Dominoes
10am Sheephead \$ / Cribbage: Learn & Play
10:30-11:30am Nutrition Presentation *
12:30-1:30pm National Senior Citizen Day Celebration *
By Appointment: Foot Clinic (Safari Island) \$ *

10am Card Games
10:30-11:30am Keep In Balance 🏋️
12:30pm Yahoo BINGO \$

10am Board Games
10am-12pm Crafts: Glass Crystal Art \$ *
12pm Bridge
1-2pm Line Dancing 🏋️

24

25

26

27

10am Games of Choice
11:45am-12:30pm SS Chair Yoga 🏋️
12:45pm Mahjong: Learn & Play

10am Mexican Train Dominoes
10am Sheephead \$ / Cribbage: Learn & Play
11:30am-12:30pm SAIL 🏋️

10am Card Games
12:30pm BINGO \$

Birthday Party

10am Board Games
11am Poetry Group
12pm Bridge
12:30-1:30pm Board Game Trivia

31

10-11am Donuts w/Kara Cassidy w/Carver County *
12:45pm Mahjong: Learn & Play

REGULAR HOURS
 Monday-Thursday
 10am-3pm

LOCATION
 201 S. Vine St.,
 Waconia, MN 55387
 *Located in City Hall
 (Next to the Library) *

QUESTIONS?
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 Email:
 seniorcenter@waconia.org
 www.waconiaseniorcenter.org

Event & Activities Description

Alzheimer's Association: Exploring Care & Support Services *

Monday, Aug. 3 1-2pm
(Council Chambers)

Join the Alzheimer's Association for an informative presentation on planning for future care needs. This session will explore important care decisions and changes that may arise over time, including respite care, residential care options, and end-of-life planning. Gain valuable information, resources, and support to help you prepare for the future with confidence.

Arm Chair Travel Adventure *

Thursday, Aug. 13 11am-12pm

Hit the road for the ultimate California coast adventure! Journey down Hwy 1 from the Avenue of the Giants to San Diego, with stops at Eureka, Fern Canyon, Glass Beach, Monterey Bay Aquarium, the Winchester Mystery House, Big Sur's seals and waterfalls, San Francisco's Golden Gate Bridge, cable cars, the infamous Alcatraz Island, the Santa Monica Pier and the end of Route 66, and the world-famous San Diego Zoo. From redwoods to the sea, this road trip is packed with unforgettable sites! Our tour guide will be Jen Friesen, HR & Communication Coordinator for the City of Waconia.

BINGO 💰

Wednesdays 12:30pm

Try your luck and enjoy some classic fun at our BINGO sessions! Join us for traditional fee-based BINGO (25¢/card) or mix it up with exciting Yahoo BINGO (10¢/card)—there's something for everyone. Bring your friends, test your luck, and don't miss out on the chance to win!

Birthday Parties

Wednesday, Aug. 26

Help us celebrate all August birthdays with a fun and festive gathering! Enjoy sweet treats, great company, and a special time recognizing everyone celebrating this month.

Board Games

Thursdays 10am

Gather your friends and join us for a fun-filled time of board games! Whether you're feeling competitive or just in it for the laughs, enjoy classic favorites, friendly competition, and a little luck along the way.

Board Game Trivia

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

Join us for our monthly trivia event. Each month we will pick a different theme. This month's theme...Board Game Trivia. Think you know your board games? Put your knowledge to the test during this fun and interactive trivia event! From timeless classics to modern favorites, challenge yourself, enjoy some friendly competition, and connect with fellow game enthusiasts. Whether you're a casual player or a board game buff, everyone is welcome!

Book Club

Tuesday, Aug. 4 1pm

Join us for a thoughtful discussion of *The Women* by Kristin Hannah, a powerful novel that follows Army nurse Frances "Frankie" McGrath as she serves during the Vietnam War and faces the challenges of coming home. This moving story explores courage, friendship, sacrifice, and the often-overlooked experiences of women veterans. Whether you've already finished the book or are just getting started, we invite you to join the conversation!

Bridge

Thursdays 12pm

Are you looking for a bridge game? Well here it is! We are starting an intermediate social/rubber bridge group. It is a great way for seniors to meet and keep their mind alive. No need to sign up. Walk in and play, no partner needed. Overall aim is to enjoy yourself!

Card Games/Games of Choice

Mondays & Wednesdays 10am

Drop in for some fun and friendly competition with a variety of card games! Enjoy favorites like Hand & Foot, 500, Left Right Center, and Kings Corner—there's something for every skill level.

Event & Activities Description

Carver County Historical Society Presents:

Stiftungsfest *

Thursday, Aug. 13 12:30-1:30pm
(Maple Room or Council Chambers)

Join us as we honor Minnesota's oldest festival, Stiftungsfest! What is today a much loved four-day festival in Norwood Young America had much humbler beginnings. The story begins with a German immigrant's dream of leading a men's choir and ends with some decidedly tasty sandwiches. And what better way to honor a men's choir than to give you this history in the form of an acrostic ode?

Class of '65

Thursday, Aug. 6 10am

Connect with fellow "65ers" and enjoy a time of reminiscing, laughter, and shared memories. It's a great opportunity to meet others, make new connections, and celebrate the moments that bring you together.

Crafts: Glass Crystal Art 💰 *

Thursday, Aug. 20 10am-12pm Cost: \$10

Let your day sparkle with this month's craft! You will have an opportunity to create two sparkly items. A suncatcher and key chain with glass crystals. Come & enjoy craft therapy, socializing and discover your creativity! Advanced registration is required; bring your fee with you the day of the event.

Cribbage: Learn & Play

Tuesdays 10am

Join us for a friendly game of cribbage! This classic two-player card game challenges you to create scoring combinations while keeping track on the iconic pegged board. Whether you're a beginner or a seasoned player, all are welcome to join in the fun.

Donuts with Kara Cassidy w/Carver County *

Monday, Aug. 31 10-11am

Join Kara Cassidy, Public Health Program Specialist with the Office of Aging at Carver County Health & Human Services, for coffee, donuts, and conversation. Kara will provide an overview of the programs, commissions, and initiatives taking place throughout Carver County, along with updates on resources and opportunities available to older adults. Come learn what's happening around the county and get your questions answered!

Foot Clinic 💰 *

Tuesday, Aug. 18 8am-4pm

Cost:

\$75

Call 651.829.3944 to schedule your appointment at Safari Island in the Conference Room. 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, Aug. 19 10:30-11:30am

(Council Chambers)

One of the main risk factors for falling is poor balance. Using a chair for support this 60-minute class will use a variety of exercises that target your balance and lower body strength! Tennis shoes recommended.

Learn w/ Lakeview: When to See a Podiatrist w/Dr. Arens *

Tuesday, Aug. 11 1-2pm

(Council Chambers)

Join Dr. David Arens of Lakeview Clinic for an informative presentation on foot health and routine foot care. Learn about common foot and ankle conditions, when it's time to see a podiatrist, and get your questions answered during a live Q&A session. Enjoy light snacks during the reception before the presentation begins.

Event & Activities Description

Line Dancing

Thursday, Aug. 20 1-2pm
(Council Chambers)

Grab your friends and let's get together for a little fun and exercise! Line dancing is a low impact activity which provides an excellent therapeutic exercise for our body, mind, and soul. You will learn a variety of line dancing steps to current and classic country music, as well as pop and rock! You will progress from basic to more advanced steps. Reserve your spot online today. Classes are offered by Matt Jantz.

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

*(*August 11 - Will Take Place in the Oak Room*)*

All aboard for Mexican Train! This fun and easy-to-learn dominoes game invites players to build "trains" from a central hub as they race to play all their tiles. With a mix of strategy and luck, it's a great way to connect and enjoy some friendly competition. Dominoes are provided—just bring yourself and join the fun!

National Senior Citizen Day Celebration *

Tuesday, Aug. 18 12:30-1:30pm

Celebrate National Senior Citizen Day with friends, fun, and a classic summertime treat! Join us as we honor the wisdom, contributions, and vibrant spirit of our senior community while enjoying a refreshing root beer float together. Cheers to you—we look forward to celebrating with you!

Nutrition Presentation *

Tuesday, Aug. 18 10:30-11:30am
(Oak Room)

Join Andrew Akaphong, Registered Dietitian with Mackenthun's, for this month's nutrition presentation in recognition of National Gut Health Month. Learn why digestive health is essential to your overall well-being and discover simple nutrition strategies to support a healthy gut. Come explore the connection between your gut and your health in this informative session!

Personal Technology Support *

Tuesday, Aug. 11 12-2pm
(Oak Room)

Our volunteer 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.

Poetry Group

Thursday, Aug. 27 11am

This month the Poetry Group will be heading to the beautiful MN Arboretum to share lunch and visual poetry together! Transportation will not be provided, but carpooling will be available! Come and experience the joy of poetry the way it's meant to be – together!

Quilting Group

Monday, Aug. 10 10-11:45am

All quilters are welcome to join this monthly gathering! Whether you're a beginner or experienced, enjoy a relaxed and creative space to share ideas, learn new techniques, and connect with fellow quilting enthusiasts.

Event & Activities Description

SAIL (Stay Active & Independent for Life) 🦵🦵

Thursday, Aug. 6 & Tuesday, Aug. 25

11:30am-12:30pm

(Council Chambers)

SAIL is an evidence based strength, balance, and flexibility fitness program for adults 65+ focusing on falls prevention. You'll be stronger, have better balance, feel better, and it will help you stay independent and active and prevent falls. The fitness class includes warm-up, aerobics, balance, strength training, and stretching exercises that can be done in a seated or standing position. The instructors are experienced and skilled and exercises have been tested with seniors!

Senior Living Decoded *

Wednesday, Aug. 12 10:30-11:30am

Join Jessica Tietema, Senior Care Advisor with Assisted Living Locators, for an informative discussion about assisted living and memory care options. Learn when it may be time to consider a move, explore the different types of care available, and gain valuable guidance to help you or a loved one make informed decisions for the future.

Seniors Strength Exercise Class 🦵🦵

Monday, Aug. 3 11am-12pm

(Council Chambers)

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.

Sheephead: Learn & Play 💰

Tuesdays 10am

*(*August 11 - Will Take Place in the Council Chambers*)*

Join us for a lively game of Sheepshead! This classic trick-taking card game is played with a 32-card deck and centers on strategy, teamwork, and reaching 61 points to win the hand. Whether you're experienced or looking to learn, all are welcome—just be sure to bring your change!

SideKick Theatre: Robin Hood 💰 *

Registration Deadline 7/30

Thursday, Aug. 6 9am-1:45pm

Join us for a fun-filled day at the Sidekick Theatre production of Robin Hood! This exciting new musical adaptation brings the legendary tale of Robin Hood and his merry men to life with plenty of laughter, adventure, and audience participation. Set in Sherwood Forest, this swashbuckling show is packed with hijinks, music, and interactive moments that will have you cheering along as Robin and his friends stand up for what's right. It's a delightful experience for all ages! Bussing will be provided for this event, departing from the Waconia Senior Center at 9am. Please arrive a little early to board the bus. The show will start at 10am. Following the show, the bus will bring you to Lion's Tap for you to enjoy lunch. (Participants will pay for their own lunch.) The bus will leave Lion's Tap at 1:15pm and arrive back at the Senior Center around 1:45pm. Registration is required by July 30, and space is limited, so reserve your spot early!

SilverSneakers Chair Yoga 🦵🦵

Mondays, Aug. 10 & Aug. 24

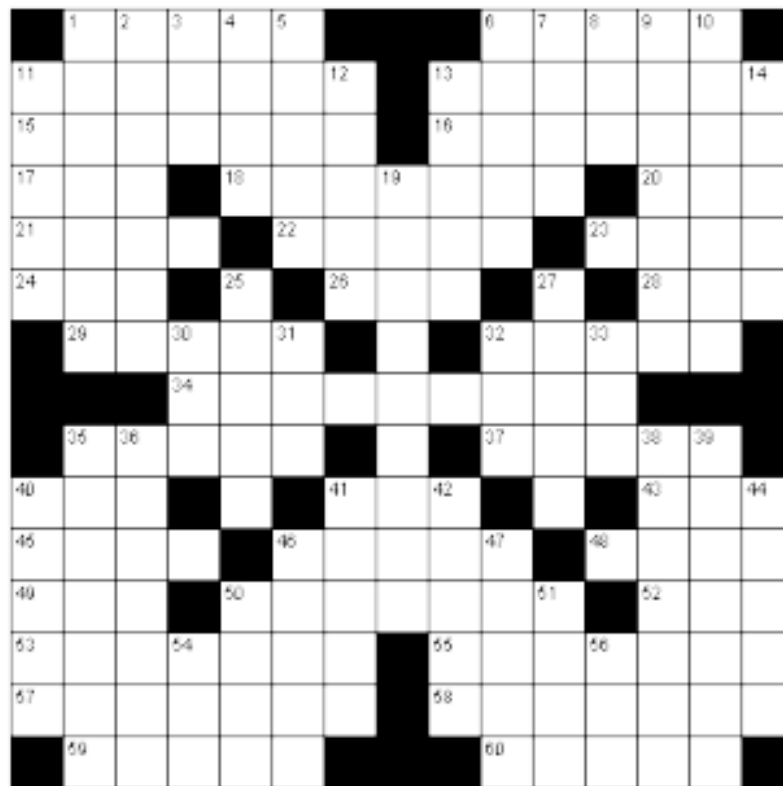
11:45am-12:30pm

(Council Chambers)

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.

Senior Center Crossword

Crossword no.5



ACROSS

1. Grossly stupid
6. A tribe of Plains Indian
11. Constructed
13. Entrap
15. God of the sea (Roman mythology)
16. Sexually assaults
17. Glass container
18. Famous
20. Not hers
21. Relating to the ear
22. Renegade
23. Passport
24. Yearn
26. A measure equal to 16 feet
28. Negative
29. Beer mug
32. Line up
34. Extraneous
35. Grime
37. Chasm
40. Hurried on foot
41. Military (abbrev.)
43. Shout of derision
45. Submit to another's will
46. Ship channel
48. Purplish-brown
49. Arrangement (abbrev.)
50. Characterized by motion
52. Definite article
53. Acts nervously
55. Decreed
57. A particular branch of knowledge
58. Rebellions
59. Volcanic islands in the south Pacific
60. Anagram of "Sense"

DOWN

1. Makes
2. A reissue
3. Play a role
4. Render senseless
5. Spanish for "Mister"
6. A small natural hill
7. Small island
8. A single thing
9. Laundering
10. Craftsman
11. Take pleasure from
12. Dissuade
13. Plant
14. An analytic literary composition
19. Native Australian
25. 6th
27. Proof of innocence
30. Snake-like fish
31. Utmost degree
32. A king of Judah
33. Frozen
35. Cloths
36. Momentum
38. A space ship
39. Small soft bags
40. Streets
41. A large and imposing house
42. Not now
44. Pays attention to
46. Approximately
47. Queues
50. A bingo-like game
51. A hollow in a cliff
54. Turn down and sew
56. A swindle

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

Program registration is 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.

WEATHER CLOSURES

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

Solution

ADVISORY COMMITTEE:

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

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- **9/15/26** Fort Snelling Bus Tour (Deadline 9/8) \$17
- **10/1/26** Carlson Apple Orchard (Deadline 9/24) \$5
- **10/6/26** An Oktoberfest Night of Music & Merriment (Deadline 9/29) \$15
- **10/21/26** Chan-o-Laires Luncheon (Deadline 10/14) FREE
- **11/24/26** Giving Thanks Meal/Moments to Remember Performance w/Mike Henry (More Information to Come)

Join us as we celebrate 10 wonderful years
of community, connection, and memories
at the Waconia Senior Center!

Come enjoy:

- ✦✦ Tours of the center
- ✦✦ Refreshments following the presentation
- ✦✦ Photos and memories from the past 10 years
- ✦✦ Information about current programs and activities
- ✦✦ Prize drawings

Learn about:

- How the Waconia Senior Center got started
- Where we are today
- Exciting plans and vision for the future

Whether you've been with us since the
beginning or are visiting for the first time, we
invite you to celebrate this special milestone
with us!

We look forward to celebrating with you!



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Anniversary

 Tuesday, September 29
 Waconia Senior Center

201 S. Vine St. Waconia, MN 55387

*Located in City Hall
(Next To The Library)*

 Open House: 10:00 AM – 3:00 PM

 Special Anniversary Presentation
In The Council Chambers

 1:00 PM – 2:00 PM