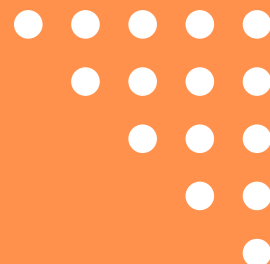


October 2024



EVENTS & ACTIVITIES

Waconia Area Senior Center



REGULAR HOURS

Monday-Thursday
10am-3pm

LOCATION

201 S. Vine St.
Waconia, MN
55387

Located in City Hall

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.



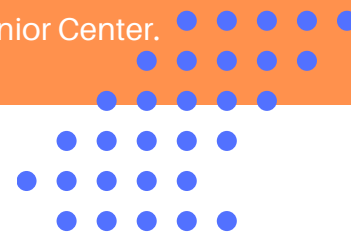
The Waconia Area Senior Center serves adults age 55 and over in Waconia and our surrounding communities. Individuals and groups are welcome to "drop in" and take advantage of our ample space, tables, games, and refreshments.

PROGRAM REGISTRATION UPDATE

Beginning October 1, 2024, program registration will be done online, through our website (wacomaseniorcenter.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

OCTOBER 2024 EVENTS & ACTIVITIES CALENDAR

* Registration Required

\$ Fee Required  Exercise Class

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

MON

7

10am Games of Choice
11:30am-12:15pm Chair
Yoga * 
12:30pm Mahjong

14

10am Games of Choice
10am Quilting Group
11am-12pm Seniors
Strength * 
12:30pm Mahjong

21

10-10:45am Chair Yoga
* 
10am Games of Choice
12:30pm Mahjong

28

10am Games of Choice
10-11am Donuts with
the Deputy *
12:30pm Mahjong

TUE

1

10am Mexican Train
Dominoes
10am Cribbage
12-3pm Tech Support *
1-3pm Book Club *

8

10am Mexican Train
Dominoes
10am Cribbage
12-2pm Harvest
Drawings *


15

10am Mexican Train
Dominoes
10am Cribbage

22

10am Mexican Train
Dominoes
10am Cribbage
12:30-1:30pm Using the
Winter Months to
Prepare for a Spring
Move *

29

10am Mexican Train
Dominoes
10am Cribbage
10:30-11am Keep In
Balance * 
12:30-1:30pm Fraud
Scam Prevention *

WED

2

10am Card Games
12:30pm Yahoo BINGO

9

10am Card Games
12:30pm BINGO

16

10am Card Games
11am-12pm Gentle
Transitions *
12:30pm Yahoo BINGO

23

10am Card Games
12:30pm BINGO

30

10am Card Games
12:30pm BINGO

Birthdays Party

THU

3

10am Class of '65
12:30pm Bridge

10

9:30am-12:30pm Carlson's
Orchard Restaurant &
Bakery Visit *
12:30pm Bridge

17

10am-12pm Craft: Beaded
Bracelets *
12:30pm Bridge

24

11:30am Poetry Group
(Oak Room) *
12:30pm Bridge

31

11:30am-12:30pm
Halloween Costume
Pizza Party * 
12:30pm Bridge

Event & Activities Description

BINGO

Wednesdays 12:30pm

Join us for classic and Yahoo BINGO.

Birthday Parties

Wednesday, Oct. 30

Celebrate all birthdays during the month of October with an ice cream social!

Book Club *

Tuesday, Oct. 1 1:00-3:00pm

Join us for a discussion of the book "Evicted" by Matthew Desmond . This is a FREE Book Club offered with the Carver County Library.

Bridge

Thursdays at 12:30pm

Card Games/Games of Choice

Mondays/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.

Carlson's Orchard Visit *

Thursday, Oct. 10 9:30am-12:30pm

Join us for a visit to Carlson's Orchard Bakery and Restaurant. It has been providing great food and family entertainment since 1992. High quality fruit, delicious lunches, farm fresh pies and a relaxing atmosphere continue and welcoming hospitality are the norm with a visit to Carlson's. Transportation will be provided. The bus will leave the Senior Center at 9:30am. You will have from 10am-12pm to explore! Plan on returning to the Senior Center at 12:30pm.

Class of '65

Thursday, Oct. 3 10:00am

Meet other "65ers" to connect and reminisce!

Craft: Beaded Bracelets *

Thursday, Oct. 17 10:00am-12:00pm

Beaded bracelets. All materials will be provided. Limited to 10 people.

Cribbage

Tuesdays at 10:00am

Beginners and experts are invited to play.

Donuts with a Deputy *

Monday, Oct. 28 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!



Fraud Scam Prevention *

Tuesday, Oct. 29 12:30-1:30pm

Scammers and fraudsters take advantage of people of all ages every day, and many specifically target older adults. We will share the most common and current scams being reported to authorities and offer practical tips for determining if any inquiry is legitimate. We will speak specifically to frauds & scams - how to avoid them, how to alert authorities of a suspected scam, and how to file a report if you believe you've been taken advantage of.

Event & Activities Description

Gentle Transitions *

Wednesday, Oct. 16 11:00am-12:00pm

As pioneers in the Senior Move Management industry, Gentle Transitions, a WellRiver company, has assisted thousands of Twin Cities older adults with their moves since 1990. A Senior Move Specialist will be presenting educational tips to help those considering an upcoming move or who would just like to declutter for the future. From downsizing, sorting, getting rid of the excess, to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process “gently”. Come join us for this fun and motivating presentation!

Halloween Costume Pizza Party * 💰

Thursday, Oct. 31 11:30am-12:30pm

Come and have a SPOOKTACULAR time at the Halloween Pizza Party. Pizza and beverages will be provided. Cost is \$5. Bring your favorite salad or dessert to share. Costumes and theme attire encouraged as your name will go in for a great prize drawing!

Harvest Drawings *

Tuesday, Oct. 8 12:00-2:00pm

Join an Artist-Instructor from the Minnetonka Center for the Arts to explore harvest drawings. Using colored pencils, pens, watercolor crayons, you will draw still life pictures from real apples, peppers, pumpkins, gourds, and flowers. The variety of textures, shapes, and colors will be explored in handling techniques and paper. All materials for collage will be provided by the MCFTA. Limited to 10 participants.

Keep In Balance * 🦿

Tuesday, Oct. 29 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.

Mahjong

Mondays at 12:30pm

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

Mexican Train Dominoes

Tuesdays at 10:00am

Dominoes provided by the Senior Center.

Event & Activities Description

Personal Technology Support *

Tuesdays, Oct. 1 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

There is no cost, but you must sign up for an appointment at the Senior Center or call. Bring your device with you.



Poetry Reading *

Thursday, Oct. 24 11:30am

Enjoy a fun beverage while you listen.

Quilting Group

Monday, Oct. 14 10:00am

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

Senior Strength Exercise Class *

Monday, Oct. 14 11:00am-12:00pm

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, Oct. 7 11:30am-12:15pm
& 21 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.

Using the Winter Months to Prepare for a Spring Move *

Tuesday, Oct. 22 12:30-1:30pm

Does The Thought of Moving Overwhelm You? The Change Agents with REMAX Results specialize in working with seniors in the Twin Cities metro area. There is a lot of real estate and downsizing information available, most of it inaccurate, or too general to apply to you, which may leave you feeling overwhelmed. Lisa and Amy will show you how to cut through all the noise and design a move strategy that will work for you. Get an update on the real estate market, the best strategy for preparing your home for the market and real information you can use in this fun, engaging seminar.

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 will be 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