

# January 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](http://www.waconia-seniorcenter.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

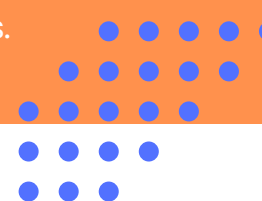
Program registration is now done online, through our website ([waconiaseniorcenter.org](http://waconiaseniorcenter.org)). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

## 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.



## JANUARY 2026 EVENTS & ACTIVITIES CALENDAR

### REGULAR HOURS

Monday-Thursday  
10am-3pm

### QUESTIONS?

Call 952.856.4474  
Email: [seniorcenter@waconia.org](mailto:seniorcenter@waconia.org)  
[www.waconiaseniorcenter.org](http://www.waconiaseniorcenter.org)

### LOCATION

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



THU

1



FACILITY CLOSED







8

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

15

10am Board Games  
11am-12pm Armchair Travel  
Adventure   
12:30pm Bridge  
1-2pm Advanced Care  
Planning Presentation 

22

10am Board Games  
10am-12pm Craft:  
Color Your Own Mandala  
Coaster    
12:30pm Bridge  
1:30-2:30pm Line  
Dancing  

29




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

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 SS  
Chair Yoga    
12:45pm Mahjong:  
Learn & Play  
1-2:30pm Mackenthun's  
Grocery Store Tour 

19

FACILITY CLOSED



26

10:30-11:15am SS  
Chair Yoga    
11:30am-12:30pm Donuts  
w/Meals on Wheels   
12:45pm Mahjong:  
Learn & Play

TUE

6

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



13

9am-1:45pm MN State  
Capitol Tour    
10am Mexican Train  
Dominoes  
10am Sheephead/Cribbage:  
Learn & Play  
11:30am-12:30pm  
SAIL    
12-2pm Personal Tech  
Support 

20

10am Mexican Train  
Dominoes  
10am Sheephead/Cribbage:  
Learn & Play  
10:30-11:30am Nutrition  
Presentation   
By Appointment:  
Foot Clinic @  
Safari Island  

27



10am Mexican Train  
Dominoes  
10am Sheephead/Cribbage:  
Learn & Play  
11:30am-12:30pm  
SAIL    
12:30-1:30pm Prohibition: A  
Grand Misadventure 

WED



7

10am Card Games  
10:30-11:30am Card  
Game Highlight: Left  
Center Right  
12:30pm Yahoo BINGO

14

10am Card Games  
10:30-11:30am Keep In  
Balance    
12:30pm BINGO

21

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

28

10am Card Games  
12:30pm BINGO



# Event & Activities Description

## Advanced Care Planning Presentation \*

Thursday, Jan. 15 1-2pm

Learn about advanced care planning-the importance of putting your wishes in writing and appointing someone to make health care decisions for you if you are unable to make your wishes known.

## Arm Chair Travel Adventure \*

Thursday, Jan. 15 11am-12pm

Come and experience the wonderful world of travel. This club will meet monthly and take you places throughout the world to learn about their culture, landscape, customs and more! **Have you ever dreamed of traveling through Norway and cruising through the Fjords? Here is your opportunity! This will be our travel adventure this month! Sign up today and come aboard!**

## BINGO

Wednesdays 12:30pm

Join us for classic and Yahoo BINGO.

## Birthday Parties

Wednesday, Jan. 28

Celebrate all birthdays during the month of January 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, Jan. 6 1pm

Join us for a discussion of the book "When Polio Came Home: How Ordinary People Overcame Extraordinary Challenges" by Connie Anderson. Poliomyelitis (polio) ravaged many lives in the United States during the 1940s and 1950s — affecting infants, children, parents, siblings and entire communities. In this book, Anderson gathers 41 personal stories — told by people who survived polio as children, or by their family members (mothers, siblings, wives) — to show how ordinary families endured hospitalization, separation, disability, long-term recovery (and sometimes lifelong effects), and yet tried to reclaim a sense of normalcy and live full lives.

The book doesn't just document suffering: it's ultimately a tribute to resilience. These individuals and their families — victims of a devastating epidemic — persevered, adapted, and often found strength, community, and hope.

## 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. Check out the game highlights this month!

- o Wednesday, Jan. 7 10:30-11:30am Left Right Center

## Class of '65

Thursday, Jan. 8 10am

Meet other "65ers" to connect and reminisce!

## Craft: Color Your Own Mandala Coaster \$ \*

Thursday, Jan. 22 10am-12pm

Cost: \$5

Come & enjoy craft therapy and socializing!! Unleash your creativity with this relaxing DIY craft! Each coaster features a beautiful mandala outline ready to be brought to life with your favorite markers or paints. This project combines mindfulness and artistry while creating a functional piece you can use or gift. Enjoy a calming coloring experience and end with a unique, personalized coaster that adds a pop of color to any space. All materials will be provided. Limit to 12 people. Please bring your fee with you the day of the event!

# Event & Activities Description

## **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 Meals on Wheels \***

*Monday, Jan. 26 11:30am-12:30pm*

Join us for a warm and welcoming gathering with coffee, donuts, and great company as we meet with Karen Shambour from the Meals on Wheels program in Waconia. Learn how the program supports local seniors, discover ways to get involved, and enjoy a relaxed morning connecting with neighbors and community partners.

## **Foot Clinic 💰 \***

*Tuesday, Jan. 20 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 \* 🏋️**

*Wednesdays, Jan. 14 & Jan. 21  
10:30-11:30am*

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.

## **Line Dancing \* 🏋️**

*Thursday, Jan. 22 1:30-2:30pm*

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 Jane Breeggemann. Jane has taught for over 10 years, to beginners of all ages. She loves to share her passion of line dancing. "Remember life may not be the party that we hoped for...but as long as we are here we should dance."

## **Mackenthun's Grocery Store Tour \***

*Monday, Jan. 12 1-2:30pm*

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for an engaging and informative grocery store tour at Mackenthun's in Waconia. Learn how to read labels with confidence, make smarter food choices, and find nutritious options throughout the store. It's a great opportunity to ask questions, pick up practical tips, and gain fresh inspiration for healthy eating right where it all begins—at the grocery store. Transportation is not provided. Please meet at the store.

# Event & Activities Description

## **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.

## **MN State Capitol Tour 💰\***

*Tuesday, Jan. 13 9am-1:45pm Cost: \$18*

Join us for a cultural day trip to the Minnesota State Capitol to explore its stunning artwork, historic architecture, and the stories behind the artists who helped shape this iconic building. We'll depart the Waconia Senior Center at 9:00am, arriving at the Capitol by 10:00am for a guided tour focused on the rich art and craftsmanship throughout the space. Afterward, we'll enjoy a relaxing lunch at Tavern 4 & 5 in Eden Prairie at 12:15pm, before heading back to Waconia, returning around 1:45pm. It's a wonderful opportunity to experience Minnesota history, creativity, and community all in one trip. Reserve your spot by December 30th.

## **Nutrition Presentation \***

*Tuesday, Jan. 20 10:30-11:30am*

*(Oak Room)*

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic "Mind Matters: Strategies for Mental Health and Resilience." Discover how what you eat can strengthen your mind as much as your body. This presentation explores the powerful connection between nutrition and mental well-being, offering practical tips to boost mood, reduce stress, and support long-term resilience. Learn which foods nourish the brain, how to build balanced meals that promote emotional stability, and simple habits that can help you feel your best every day.

## **Personal Technology Support \***

*Thursday, Jan. 13 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, Jan. 29 11:30am*

*(Oak Room)*

Celebrate the beauty of winter and the promise of a fresh start at this themed poetry gathering. Enjoy a refreshing beverage as we explore poems about snow, renewal, and the spirit of new beginnings. Whether you choose to read aloud or simply listen, come share the joy of experiencing poetry the way it's meant to be—together.

# Event & Activities Description

## **Prohibition: A Grand Misadventure \***

*Tuesday, Jan. 27 12:30-1:30pm*

In 1920, the U.S. entered a period during which the manufacture, sale and transport of intoxicating beverages was prohibited. As it turned out, the U.S. also entered a period of lawlessness and corruption, unequalled in its history. Many Prohibition supporters felt the passage of the 18<sup>th</sup> Amendment would bring about law and order and restore the family. However, numerous unintended consequences make this period one of the most fascinating misadventures of all time.

## **Quilting Group**

*Monday, Jan. 12 10-11:45am*

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

## **SAIL (Stay Active & Independent for Life) \***

*Thursdays, Jan. 8, Jan. 13, & Jan. 27*

*11:30am-12:30pm*

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 Strength Exercise Class \***

*Monday, Jan. 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.

## **Sheephead: Learn & Play**

*Tuesdays 10am*

Sheepshead is a trick-taking card game, often called American Schafkopf, played with a deck of 32 cards (7-A of each suit). It typically involves 4 players, but variations exist for 2-8 players. The game revolves around trick-taking and point-gathering, with a goal of reaching 61 points to win a hand.

## **SilverSneakers Chair Yoga \***

*Mondays, Jan. 12 11:45am-12:30pm &*

*Jan. 26 10:30-11:15am*

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.

## **Waconia Trivia**

*Thursday, Jan. 29 12:30-1:30pm*

Join us for our monthly trivia event. Each month we will pick a different theme. This month's theme...WaconiaTrivia. Test your hometown knowledge! From local history and landmarks to fun facts, famous faces, and community favorites, you'll compete to see who really knows Waconia best. Whether you're a lifelong resident or just love the area, come enjoy a relaxed, friendly afternoon of laughs, learning, and a little small-town pride. Compete against your friends to get the correct answer in the fastest time. All you need to bring is your phone and your knowledge!

# Senior Center Crossword

## ACROSS

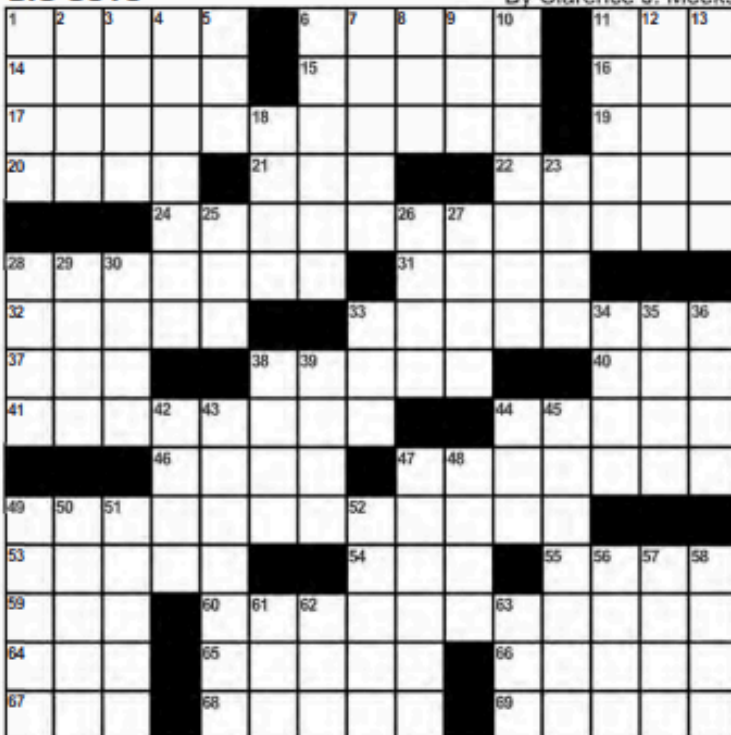
- |  |                                     |
|--|-------------------------------------|
| 1) Italian lawn bowling                  | 40) Nobel-winning UN agency         |
| 6) Little rascal                         | 41) Idyllically pastoral            |
| 11) Furtive and crafty                   | 44) FDA concern                     |
| 14) German WWII submarine                | 46) Short-lived hot stuff           |
| 15) Vietnam's capital                    | 47) Unethical                       |
| 16) "The Purloined Letter" author        | 49) Big guy from Milton             |
| 17) Big guy on sax                       | 53) Digs in the ice?                |
| 19) "CD" follower                        | 54) Male possessive pronoun         |
| 20) Editor's "Let it stand"              | 55) Food stabilizer                 |
| 21) Eggs in bio labs                     | 59) Sib to Sis                      |
| 22) It makes the cut                     | 60) Big guy who used to say "Aloha" |
| 24) Big guy AKA "The Great Communicator" | 64) Order to a dog                  |
| 28) Queens, for one                      | 65) Like a gymnast                  |
| 31) They can be caught on the beach      | 66) Southwest driver?               |
| 32) Vote to accept                       | 67) Enclosure for swine             |
| 33) Bullfighter                          | 68) Wise men or women               |
| 37) Kind of fly                          | 69) Gambler's money                 |
| 38) Ski hill                             |                                     |

## DOWN

- 1) Macs or dudes, old-style
- 2) Short story of one's life
- 3) Nat King or Natalie
- 4) Tire-puncturing strip
- 5) List ending, often
- 6) Period of mourning in Judaism (Var.)
- 7) Gondola's route
- 8) Queen's subject, often
- 9) Bovine noise
- 10) Conjunctivitis
- 11) Unit of parsley
- 12) Bath sponge (Var.)
- 13) Aden's country
- 18) Suit size designation
- 23) Org. depicted in "Apollo 13"
- 25) Away from home
- 26) Least bit of rain
- 27) Barely cooked
- 28) Rum-soaked cake
- 29) Cause for nose pinching
- 30) Campus cadet org.
- 33) Freight unit
- 34) Christian's last name
- 35) Globular jar
- 36) Stir up, as sediment
- 38) Big hunk of beef
- 39) Part of an eyelid
- 42) Spherical hairstyle
- 43) Buddhist shrines
- 44) Mammoth trio?
- 45) Set up house together
- 47) Some wild goats (Var.)
- 48) Cologne ingredient
- 49) Bee Gees brothers
- 50) Everglades wading bird
- 51) Method conclusion?
- 52) Humpback, e.g.
- 56) Big bash
- 57) Run \_\_\_\_ (go crazy)
- 58) Assess
- 61) Khan's title
- 62) 18-wheeler, e.g.
- 63) Co- \_\_\_\_ (condo kin)

## BIG GUYS

By Clarence J. Meeks



## UPCOMING EVENTS...

- February 6: St. Paul Chamber Orchestra
- March 25: Chanhassen Dinner Theater - Guys & Dolls
- April 2026: MIA Art in Bloom
- May 2026: Barn Quilt Tour
- June 2026: Hocokata Ti Museum

# 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 ([waconiaseniorcenter.org](http://waconiaseniorcenter.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 - Held in the Council Chambers

## ADVISORY COMMITTEE:

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

### BIG GUYS

By Clarence J. Meeks

1	B	O	C	C	E		6	S	C	A	M	P		11	S	L	Y	
14	U	B	O	A	T		15	H	A	N	O	I		16	P	O	E	
17	B	I	L	L	C		18	L	I	N	T	O	N		19	R	O	M
20	S	T	E	T		21	O	V	A				22	K	N	I	F	E
					24	25	R	O	N	A	L	D	R	E	A	G	A	N
28	B	O	R	O	U	G	H		31	R	A	Y	S					
32	A	D	O	P	T				33	T	O	R	E	A	D	O	R	
37	B	O	T				38	S	L	O	P	E			40	I	L	O
41	A	R	C	A	D	I	A	N					44	E	C	O	L	I
					46	F	A	D	S		47	I	M	M	O	R	A	L
49	G	E	O	R	G	E	H	W	B	U	S	H						
53	I	G	L	O	O			54	H	I	S		55	A	G	A	R	
59	B	R	O			60	B	A	R	A	C	K	O	B	A	M	A	
64	B	E	G			65	A	G	I	L	E		66	P	I	L	O	T
67	S	T	Y			68	S	A	G	E	S		69	S	T	A	K	E