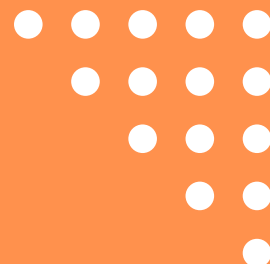


January 2025



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

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.



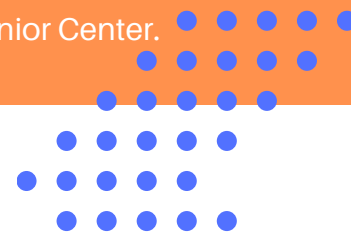
The Waconia Area Senior Center serves adults age 55 and over in Waconia and our surrounding communities. Individuals and groups are welcome to “drop in” and take advantage of our ample space, tables, games, and refreshments.

PROGRAM REGISTRATION

Program registration is now 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.

DONATIONS GREATLY APPRECIATED

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



WACONIA SENIOR CENTER

* Registration Required
\$ Fee Required Exercise Class

JANUARY 2025 EVENTS & ACTIVITIES CALENDAR

REGULAR HOURS
Monday-Thursday
10am-3pm

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

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WED

THU

	WED	THU	
	1	2	
	FACILITY CLOSED 	9am Walking Group 10am Class of '65 12:30pm Bridge	
6	8	9	
10am Games of Choice 11am Senior Strength * 12:45 pm Mahjong	10am Mexican Train Dominoes 10am Cribbage 12-3pm Tech Support * 1-3pm Book Club *	9am Walking Group 12:30pm Bridge 1-3pm Safari Island Experience *	
13	15	16	
10am Quilting Group 10am Games of Choice 12-12:45pm Chair Yoga * 12:45pm Mahjong	10am Mexican Train Dominoes 10am Cribbage 12:30-1:30pm History of Cookbooks *	9am Walking Group 10:30-11:30am Intro to Square Dancing * 11:30am Poetry Group (Oak Room) * 12:30pm Bridge	
20	22	23	
10am Games of Choice 12:45pm Mahjong	10am Mexican Train Dominoes 10am Cribbage 10:30am Nutrition Presentation * 12-3pm Tech Support * By Appointment: Foot Clinic @ Safari Island *	9am Walking Group 11:30am-12:30pm National Pie Day Potluck * 12:30pm Bridge	
27	29	30	
10-11am Meet the Mayor * 11am Games of Choice 12-12:45pm Chair Yoga * 12:45pm Mahjong 1pm Healthy Living For Your Brain & Body	10am Mexican Train Dominoes 10am Cribbage 12-2pm Craft: Diamond Painting *	9am Walking Group 12:30-1:30pm MN Trivia * 12:30pm Bridge	
	10am Card Games 12:30pm BINGO 		

Monthly Breakfast Outing: Friday, January 31st @ 8am in Pangea *

Event & Activities Description

BINGO

Wednesdays 12:30pm

Join us for classic and Yahoo BINGO.

Birthday Parties

Wednesday, Jan. 29

Celebrate all birthdays during the month of January with some sweet treats!

Book Club *

Tuesday, Jan. 7 1:00-3:00pm

Join us for a discussion of the book “The Readers of Broken Wheel Recommend” by Katarina Bivald. Broken Wheel, Iowa, has never seen anyone like Sara: Sara traveled all the way from Sweden just to meet her book-loving pen pal Amy, but when she arrives she finds Amy's funeral guests just leaving. The residents of Broken Wheel are happy to look after their bewildered visitor—there's not much else to do in a dying small town that's almost beyond repair. You certainly wouldn't open a bookstore. And definitely not with Sara the tourist in charge. You'd need a vacant storefront (Main Street is full of them), books (Amy's house is full of them), and...customers. The bookstore might be a little quirky. Then again, so is Sara. But Broken Wheel's own story might be funnier, more eccentric and surprising than she thought.

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 10:00am

Drop in to join a variety of card games including: Hand & Foot, 500, and Kings Corner. This month we will highlight 500 on Wednesday, Jan. 15! Not sure how to play or looking for a group of players? This is the perfect time to check it out. 500 is a partnership trick-taking game where players bid to set trump and the number of tricks the team can capture. The team winning the bid and making their bid earns points based on both the level and suit of the bid.

Class of '65

Thursday, Jan. 2 10:00am

Meet other “65ers” to connect and reminisce!

Craft: Diamond Painting *

Tuesday, Jan. 28 12-2pm

Come & enjoy creating a diamond painting. Diamond painting is a new art hobby popularized in the US and Europe in 2015. It involves applying hundreds of multi-colored rhinestones on a canvas. Each detail on the canvas is numbered, and you simply have to stick the corresponding piece of rhinestone to the detail. Limited to 10 people.

Cribbage

Tuesdays 10:00am

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.

Event & Activities Description

Foot Clinic * 💰

Tuesday, Jan. 22 \$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.

Friends & Co Presentation*

Wednesday, Jan. 22 11:45am-12:15pm

Friends & Co, formerly Little Brothers - Friends of the Elderly, offers a wide array of services throughout Minnesota! Join Georgia Afton to learn more about what services they have to offer, various volunteer opportunities, and a little history about the organization.

History of Cookbooks *

Tuesday, Jan. 14 12:30-1:30pm

Have you ever looked at a recipe and wondered how it came to be? How have cookbooks changed since they were first published? This program explores the history of cookbooks and the evolutions of their recipes. Do you know what a gill is or what they mean when a recipe calls for sweet milk? You'll find out as the program breaks down recipes from the Buckeye, the oldest cookbook in the Midwest. Make sure to bring your favorite recipe to share! We will take all submissions and put together our own Senior Center recipe book.

Healthy Living For Your Brain & Body *

Tuesday, January 27 1pm

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us in learning about research in diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Intro to Square Dancing * 🎵

Thursday, Jan. 16 10:30-11:30am

Learn a few square dance calls while you walk to music. Join us for fun, fitness, and fellowship! All ages are welcome. Please wear casual attire. Partners will be provided.

Keep In Balance * 🎵

Wednesday, Jan. 22 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

Mondays at 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.

Event & Activities Description

Meet the Mayor *

Monday, Jan. 27 10:00-11:00am

Join us for coffee and donuts with Mayor Tim Litfin. You won't want to miss it!

Mexican Train Dominoes

Tuesdays at 10:00am

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.

Minnesota Trivia *

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

Do you think you know a lot about Minnesota and it's history? Here's your chance to prove it! Join us for our monthly trivia event. Each month we will pick a different theme. Compete against your friends to get the correct answer in the fastest time. All you need to bring is your phone and your knowledge!

Monthly Breakfast Outing *

Friday, Jan. 31 8am

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 Pangea in Waconia at 8am for a delicious breakfast or cup of coffee. We'll do the planning and then breakfast is on you!

National Pie Day Potluck *

Thursday, Jan. 23 11:30am-12:30pm

Celebrate National Pie Day by sharing a slice of pie with your friends. Bring your favorite pie to share. Sign up available at the Senior Center.

Nutrition Presentation *

Tuesday, Jan. 21 10:30-11am

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic. January is Thyroid Awareness Month. One in ten people suffer from a thyroid disorder. Nutrition is closely linked to thyroid function, and dietary changes can help prevent thyroid disorders. Come and learn some tips for eating well to support your thyroid!

Personal Technology Support *

Tuesdays, Jan. 7 & Jan. 21 12-3pm

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.



Poetry Group *

Thursday, Jan. 16 11:30am

Explore poetry themed around New Years and limericks. A bubbly beverage will be provided for you while you listen.

Quilting Group

Monday, Jan. 13 10:00am

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

Event & Activities Description

Safari Island Experience *

Thursday, Jan. 9 1-3pm

Check out all that Safari Island Community Center has to offer our Active Adults! Pick from a class (Seniors in Motion, Aqua Senior, or Cardio Drumming), walking the track, or playing pickleball. You don't have to be a member to attend. Register online!

Senior Strength Exercise Class *

Monday, Jan. 6 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, Jan. 13 & Jan. 27 12-12:45pm

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.

Walking Group *

Thursdays at 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!

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 is 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

ADVISORY COMMITTEE:

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