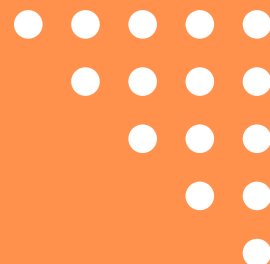


July 2026



EVENTS & ACTIVITIES

Waconia Area Senior Center



REGULAR HOURS

Monday-Thursday
10am-3pm

LOCATION

201 S. Vine St.
Waconia, MN
55387

*Located in City Hall
(Next to the Library)*

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

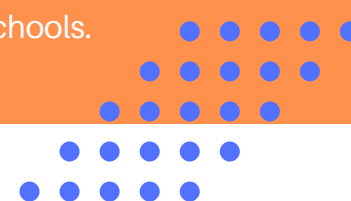
Program registration is now done online, through our website (waconia-seniorcenter.org). Our on-site staff will be available to assist, if needed. Please call 952.856.4474 with any questions.

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.



JULY 2026 EVENTS & ACTIVITIES CALENDAR

REGULAR HOURS

Monday-Thursday
10am-3pm

QUESTIONS?

Call 952.856.4474
Email: seniorcenter@waconia.org
www.waconiaseniorcenter.org

LOCATION

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

		WED	THU
		1	2
		10am Card Games 12:30pm Yahoo BINGO 	10am Class of '65 10am Board Games 11am-12:30pm America's 250 th Birthday Potluck  12pm Bridge 1-2pm Learn with Lakeview 
MON	TUE	8	9
6	7	10am Card Games 10:30-11:30am Card Game Highlight: Left-Right-Center  12:30pm BINGO 	10am Board Games 11am-12pm Arm Chair Travel Adventure  12pm Bridge
10am Games of Choice 11am-12pm Seniors Strength  12:45pm Mahjong: Learn & Play	10am Mexican Train Dominoes 10am Sheephead  / Cribbage: Learn & Play 11:30am-12:30pm SAIL  1pm Book Club	15	16
13	14	10am Card Games 10:30-11:30am Keep In Balance  12:30pm Yahoo BINGO 	10am Board Games 10am-12pm Crafts:   Enchanted Mini Garden 12pm Bridge 1-2:30pm Ridgeview Presents: What Are Your Vital Signs Telling You? 
10am Games of Choice 10-11:45am Quilting Group 11:45am-12:30pm SS Chair Yoga  12:45pm Mahjong: Learn & Play	10am Mexican Train Dominoes 10am Sheephead  / Cribbage: Learn & Play 12-2pm Personal Tech Support 	22	23
20	21	10am Card Games 10:30-11:30am Keep In Balance  12:30pm BINGO 	10am Board Games 12pm Bridge 12:30-1:30pm David Jones Presents: Apollo: Why We Went to the Moon 
10am Games of Choice 10:45am-1:30pm Al & Alma's Boat Cruise   *Registration Deadline 7/13* 12:45pm Mahjong: Learn & Play	10am Mexican Train Dominoes 10am Sheephead  / Cribbage: Learn & Play 11:30am-12:30pm SAIL  By Appointment: Foot Clinic (Safari Island)  	29	30
27	28	10am Card Games 11:45am-12:15pm Transit Link Update  12:30pm BINGO  	10am Board Games 11am-12pm Poetry Group 12pm Bridge 12:30-1:30pm Music Trivia
10-11am Donuts w/Steve Yetzer  11:45am-12:30pm SS Chair Yoga  12:45pm Mahjong: Learn & Play	10am Mexican Train Dominoes 10am Sheephead  / Cribbage: Learn & Play 10:30-11:30am Nutrition Presentation  11:30am-12:30pm SAIL 		

Event & Activities Description

Al & Alma's Boat Cruise 💰 *

Registration Deadline 7/13

Monday, July 20 10:45am-1:30pm Cost: \$30

Set sail for a relaxing summer day on beautiful Lake Minnetonka! Join us for a scenic lake cruise featuring beautiful views, great company, and a delicious lunch onboard. Bussing will be provided, departing from the Senior Center at 10:45am. The cruise will take place from 11:30am–1:00pm, with return to the Senior Center around 1:30pm. Registration is required by July 13, and space is limited—reserve your spot early for this fun summer outing!

America's 250th Birthday Potluck *

Thursday, July 2 11am-12:30pm

HAPPY 250th BIRTHDAY America! Let's celebrate this special event by sharing a potluck with some of USA's favorite picnic foods along with some FUN games! Also, let's honor our country by wearing Red, White & Blue! Food sign-up is available at the Senior Center.

Arm Chair Travel Adventure *

Thursday, July 9 11am-12pm

This month our travel adventure will be presented by Narvel and Barbara Brooks. Come and hear all about their incredible journey to the Canadian Rockies including Banff, Lake Louise and Jasper. Sign up today and experience the wonderful world of travel!

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, July 29

Help us celebrate all July 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.

Book Club

Tuesday, July 7 1pm

Join us for this month's Book Club as we dive into “Big Little Lies” by Liane Moriarty. This captivating novel blends mystery, humor, and drama as it follows the seemingly perfect lives of several mothers in Monterey, California. Beneath the polished surface of school events, friendships, and family life lie secrets, rivalries, and struggles that gradually build toward a shocking murder. Through its compelling characters and sharp wit, Big Little Lies explores themes of competitive parenting, toxic relationships, domestic abuse, and the hidden challenges people face behind closed doors. Join us for an engaging discussion as we unpack the novel's twists, themes, and unforgettable characters.

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!

Event & Activities Description

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.

- Wednesday, July 8 10:30-11:30am Left-Right-Center (Bring your dimes!)

Class of '65

Thursday, July 2 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: Enchanted Mini Garden 💰 *

Thursday, July 16 10am-12pm Cost: \$10

Experience the joy of creating a whimsical garden world. Choose from a variety of embellishments and plants to design your tiny landscape. You are welcome to include personal additions, if desired. Advanced registration is required; bring your fee with you to the session!

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.

David Jones Presents: Apollo: Why We Went to the Moon *

Thursday, July 23 12:30-1:30pm

Join Minnesota historical presenter David Jones for an enlightening and engaging look at one of humanity's greatest achievements. July 1969 will be remembered for centuries as the moment humankind first ventured beyond Earth and set foot on another world. But how did we get there?

This fascinating, non-technical presentation explores the political, social, and financial forces that fueled the Apollo program and made the moon landing possible. Through compelling storytelling and historical insight, David brings to life the events, decisions, and determination that led to this extraordinary milestone in human history. Whether you remember watching the moon landing live or simply want to learn more about this remarkable chapter in history, this presentation offers an accessible and thought-provoking look at why we went to the moon—and what it meant for the world.

Donuts with Steve Yetzer *

Monday, July 27 10-11am

Join us for coffee, donuts, and conversation with Steve Yetzer. Steve will provide an update on the new Wilford apartment development in Waconia, including project details, timelines, and what residents can expect as the development moves forward. This is a great opportunity to learn more about this exciting addition to the community, ask questions, and stay informed about local growth and development. We hope you'll join us for this engaging discussion and community update.

Foot Clinic 💰 *

Tuesday, July 21 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.

Event & Activities Description

Keep In Balance 🦵🦵

Wednesdays, July 15 & 22

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 with Lakeview: Ocular Health w/Dr. Bradley

Ludwig *

Thursday, July 2 1-2pm

(Council Chambers)

Dr. Bradley Ludwig began practicing optometry at Lakeview Clinic in 1994. He provides eye care for a wide range of ages from toddlers to seniors. He performs thorough eye exams; fits contact lenses and enjoys getting to know his patients. Dr. Ludwig has many years of experience following chronic conditions like glaucoma and macular degeneration and also provides acute care such as foreign body removal and caring for various eye problems. He works closely with local surgeons providing post operative care for procedures such as cataract removal and other ocular surgeries.

1:00 - 1:10 - Reception with snacks

1:10 - 1:40 - Ocular Health Presentation: Dr. Ludwig will talk about common ocular health issues such as Diabetic Retinopathy, Macular Degeneration, Glaucoma, and more.

1:40 - 2:00 - Q&A

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

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!

Music Trivia

Thursday, July 30 12:30-1:30pm

Put your musical knowledge to the test and join us for an afternoon of Music Trivia! From classic hits and legendary artists to memorable songs through the decades, this fun and interactive event is sure to bring back great memories while challenging your music expertise. Gather with friends, enjoy some friendly competition, and see how many tunes, artists, and lyrics you can identify. Whether you're a lifelong music lover or just looking for a fun social activity, Music Trivia is a great way to connect, laugh, and celebrate the soundtrack of our lives. No experience required—just bring your love of music and get ready to play!

Nutrition Presentation *

Tuesday, July 28 10:30-11:30am

(Oak Room)

Join Andrew Akhaphong, Registered Dietitian from Mackenthun's, for our monthly nutrition presentation. In honor of Healthy Vision Month, July's topic is "Vision Matters: Key Insights for Maintaining Healthy Eyes." Learn how the foods you eat can support long-term eye health, reduce the risk of age-related vision concerns, and provide essential nutrients that help protect your eyesight. Andrew will share practical nutrition tips, discuss key vitamins and antioxidants for healthy vision, and offer simple strategies to incorporate eye-friendly foods into your daily routine. Whether you're looking to protect your vision now or for years to come, this informative session will provide valuable insights to help you see the benefits of healthy eating.

Personal Technology Support *

Tuesday, July 14 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, July 30 11am-12pm

(Oak Room)

This month we will share poems about picnics, games and lakes! Bring a bag lunch and if weather permits, we will go to the Waconia City Square Park. 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

Quilting Group

Monday, July 13 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.

Ridgeview Presents: What Are Your Vital Signs Telling You? *

Thursday, July 16 1-2:30pm

Registered Nurses will review what your vital signs such as Heart Rate, Blood Pressure, Respiratory Rate, Oxygen Saturations are telling you about your body. They will also review the types of home care that is provided by Ridgeview and what is covered by insurances.

SAIL (Stay Active & Independent for Life) ♣

Tuesdays July 7, 21, & 28

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 Strength Exercise Class ♣

Monday, July 6 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

Join us for a lively game of Sheephead! This classic trick-taking card game is played with a 26-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!

SilverSneakers Chair Yoga ♣

Mondays, July 13 & 27

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.

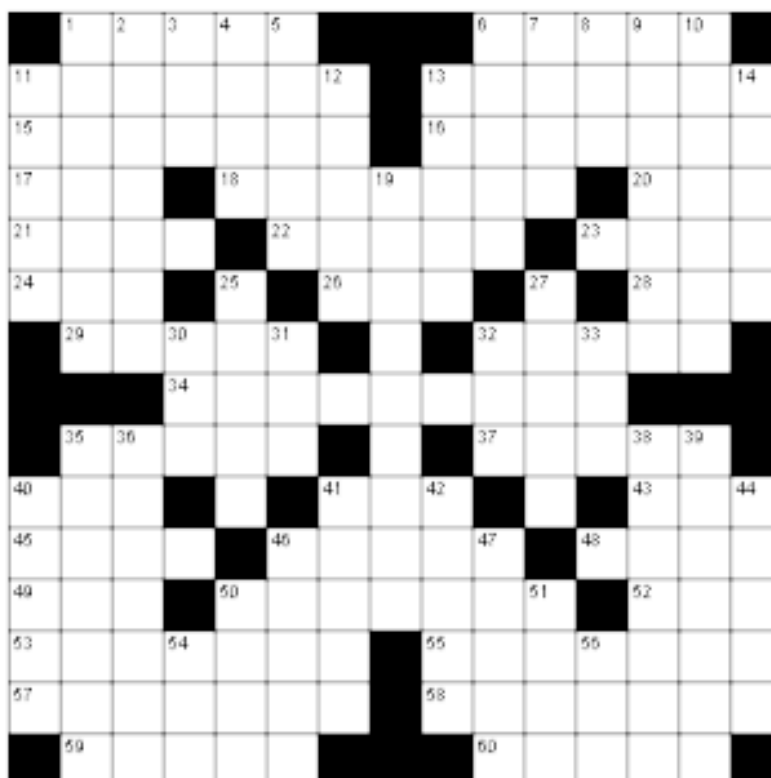
Transit Link Update *

Thursday, July 29 11:45am-12:15pm

Carver County residents asked, and Carver County Transit Services listened. Join us for an informative presentation to learn about new transportation services designed to provide greater flexibility and help residents get where they need to go. Discover the latest updates, available options, and how these expanded services can benefit you. Don't miss this opportunity to stay informed and get your questions answered!

Senior Center Crossword

Crossword no.4



© PDFcrosswords.com

ACROSS

1. Stop
6. Sea eagles
11. Glowing
13. Wound
15. Set of necessary skills or talents
16. Pelvis
17. Watch chain
18. Whim
20. Be able to
21. Fare or tariff
22. Darlings
23. Gashes
24. South southeast
26. Seat oneself
28. Golf-ball support
29. An analytic literary composition
32. Urns
34. Deletions
35. Assemble
37. Clever and facetious
40. Faster Than Light
41. A swindle
43. Stammer
45. Wild African sheep
46. Blisters
48. 10 cent coin
49. It is (poetic)
50. Pried
52. Scottish for "Uncle"
53. A part of a broadcast serial
55. Caused sorrow
57. Instruments
58. Women's tops that fasten behind the back
59. Writing tables
60. Category

DOWN

1. Last car on a freight train
2. Consumables
3. Be unwell
4. A Levantine ketch
5. Inward
6. Long narrative poems of heroism
7. Braided cord
8. An elegantly dressed man
9. Declaim
10. Anagram of "Sateens"
11. Floating log platforms
12. Kinds or sorts
13. Garment of the upper body
14. Compact
19. Deluge
25. Cardigan
27. Anxiety
30. Drunkard
31. Bark in a high-pitched tone
32. Oath
33. Supersonic transport
35. Decorated with long colored bands
36. Evasive
38. Robbers
39. Whines
40. Destined
41. Arrives
42. Horse sound
44. Unwanted plants
46. The borders of an object
47. Ice pinnacle
50. Athlete
51. An aromatic Old World herb
54. Female sibling
56. 7th letter of the Greek alphabet

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 - Held in the Council Chambers

ADVISORY COMMITTEE:

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





- **8/6/26** Robin Hood @ the SideKick Theatre (Deadline 7/30) \$14
- **9/15/26** Fort Snelling Tour (More Information to Come)
- **10/1/26** Carlson Apple Orchard (Deadline 9/22) \$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!



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