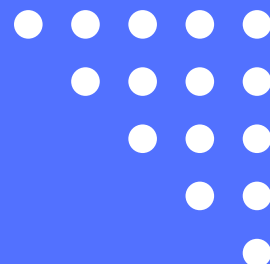


# February 2026



## 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.



# WACONIA SENIOR CENTER

\* Registration Required  
 \$ Fee Required  Exercise Class

## FEBRUARY 2026 EVENTS & ACTIVITIES CALENDAR

MON

TUE

WED


THU

2

3


4

5

**10am** Games of Choice  
**11am-12pm** Seniors Strength \*   
**12:45pm** Mahjong: Learn & Play  
**1-2pm** Alzheimer's Association: Building Foundations of Caregiving Presentation \*

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

**10am** Card Games  
**10:30am-12pm** Dementia Care Ecosystem Presentation \*  
**12:30pm** Yahoo BINGO


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

9

10

11

12

**10am** Games of Choice  
**10-11:45am** Quilting Group  
**11:45am-12:30pm** SS Chair Yoga \*   
**12:45pm** Mahjong: Learn & Play  
**1-2pm** Speaking Up & Speaking Out: Living Boldly at Any Age \$ \*

**10am** Mexican Train Dominoes  
**10am** Sheephead/Cribbage: Learn & Play  
**11:30am-12:30pm** SAIL \*   
**12-2pm** Tech Support \*  
**12:30-1:30pm** Genealogy Resources \*

**10am** Card Games  
**11am-12pm** Valentine's Sundaes & Smoothies \$ \*  
**12:30pm** BINGO

**10am** Board Games  
**11am-12pm** Arm Chair Travel Adventure \*  
**12pm** Bridge

16

17


18


19

**FACILITY CLOSED**



**10am** Mexican Train Dominoes  
**10am** Sheephead/Cribbage: Learn & Play  
**10:30-11:30am** Nutrition Presentation \*  
**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: Bargello Needlepoint Embroidery \$ \*  
**12pm** Bridge  
**1:30-2:30pm** Line Dancing \* 

23

24

25

26

**10-11am** Donuts w/Carver County Emergency Management Team \*  
**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  
**10:30-11:15am** Better Body, Better Brain Health Presentation \*  
**12:30pm** BINGO



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

**Feb. 6: 10am-2pm - St. Paul Chamber Orchestra: Express Concert** \$ \*

**\*Deadline January 23rd\***

### 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](mailto:seniorcenter@waconia.org)  
[www.waconiaseniorcenter.org](http://www.waconiaseniorcenter.org)

# Event & Activities Description

## **Alzheimer's Association: Building Foundations of Caregiving Presentation \***

*Monday, Feb. 2 1-2pm (Maple Room)*

Building Foundations of Caregiving is an informative class that explores the role of the caregiver and the changes they may experience along the journey. Participants will learn how to build a strong support team and discover practical strategies to manage caregiver stress while maintaining their own well-being.

## **Arm Chair Travel Adventure \***

*Thursday, Feb. 12 11am-12pm*

This Valentine's Day, fall in love with travel alongside Mickey & Minnie! **Join us for an enchanting journey to Disneyland Paris, Tokyo Disney, Disneyland California and Walt Disney World.** Discover what makes each park unique, explore their must-see attractions and indulge in some truly delightful treats-all while dreaming up your next adventure with our travel club. This magical adventure will be presented by Jen Friesen, HR & Communication Coordinator for the City of Waconia

## **Better Body, Better Brain Presentation \***

*Wednesday, Feb. 25 10:30-11:15am*

Join Carmel Rehnelt, OTR/L, Certified Brain Injury Specialist and Neurological Coordinator at Ridgeview Rehab Specialties for this brain presentation. Learn how lifestyle changes can improve brain health over your lifetime. Our program focus' on five main pillars:

- Physical Exercise
- Nutrition/Hydration
- Brain Exercise
- Sleep
- Stress Management

## **BINGO**

*Wednesdays 12:30pm*

Join us for classic and Yahoo BINGO.

## **Birthday Parties**

*Wednesday, Feb. 25*

Celebrate all birthdays during the month of February 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, Feb. 3 1pm*

Join us for a discussion of the book "The Lincoln Highway" by Amor Towles. This 2021 historical fiction novel is about four young men on an unexpected road trip across America in 1954, starting in Nebraska and heading toward New York City instead of their intended destination of California. The story follows 18-year-old Emmett Watson, recently released from a juvenile work farm, who plans to start a new life with his younger brother, Billy, but their plans are derailed by two friends from the farm, Duchess and Woolly, who have their own agenda, leading to a journey filled with adventure, heartache, and self-discovery.

## **Bridge**

*Thursdays 12pm \*NEW TIME\**

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 to join a variety of card games including: Hand & Foot, 500, Kings Corner, and more!

# Event & Activities Description

## Class of '65

*Thursday, Feb. 5 10am*

Meet other "65ers" to connect and reminisce!

## Crafts: Bargello Needlepoint Embroidery 💰 \*

*Tuesday, Feb. 19 10am-12pm* Cost: \$5

Come & enjoy craft therapy, socializing and discover your creativity! This month's craft will be Bargello needlepoint embroidery with a geometric zigzag design on plastic canvas. Create "either" an easy to learn woven yarn frame or a holder. Please bring your fee with you the day of the event. Limited to 12 people.

## 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.

## Dementia Care Ecosystem Presentation \*

*Wednesday, Feb. 4 10:30am-12pm*

The Care Ecosystem is a free dementia care navigation program designed to support individuals living with dementia, their caregivers, and those living alone. Through six primary areas, including medication review, behavior support, and caregiver well-being, the program helps reduce overall care cost, ER visits, and hospitalizations. It is available across the seven-county metro area and offers ongoing guidance and connection to community resources so families can feel supported every step of the way while their loved one remain at home for as long as possible.

## Donuts with Carver County Emergency Management Team \*

*Monday, Feb. 23 10-11am*

Join us for coffee and donuts with the Carver County Emergency Management (CCEM) team

for an informative presentation on how our community prepares for, responds to, and recovers from emergencies and disasters. Learn how CCEM works behind the scenes through planning, training, public education, and collaboration with local, state, and federal partners to prevent hazards, strengthen preparedness, and build a more resilient Carver County.

## Foot Clinic 💰 \*

*Tuesday, Feb. 17 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.

## Genealogy Resources Presentation \*

*Tuesday, Feb. 10 12:30-1:30pm*

Have you ever wondered where your ancestors lived, what they did, or how exactly they fit in the family tree? Looking into your family history can be daunting and there are a lot of resources out there for researching. The Carver County Historical Society is one of those resources – in fact, it's what our Research Library was first made to be. Join us to learn about the many different resources housed at the CCHS from newspapers on microfilm to large tax ledgers we keep in the archive. After all, there's no better place to start your search into your family history than the place they called home!

## Keep In Balance \* 🦵

*Wednesday, Feb. 18 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.



# Event & Activities Description

## Line Dancing \*

*Thursday, Feb. 19 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."

## 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.

## Nutrition Presentation \*

*Tuesday, Feb. 17 10:30-11:30am (Oak Room)*

Join Andrew Akhaphong, Mackenthun's Registered Dietitian, for our monthly nutrition topic "Preserved for Good: Unlocking the Benefits of Canned Foods." This nutrition presentation that explores how canned foods can be a convenient, affordable, and nutritious option. Learn how proper preservation helps retain key nutrients, how to read labels wisely, and simple ways to incorporate canned foods into healthy, everyday meals.

## Olympic Trivia

*Thursday, Feb. 26 12:30-1:30pm*

Join us for our monthly trivia event. Each month we will pick a different theme. This month's theme...Olympic Trivia. Test your knowledge of Olympic history, athletes, and unforgettable moments at our Olympic Trivia event! Compete with friends in a fun, fast-paced game covering summer and winter games, past and present—no medals required, just your brain! 🏅

## Personal Technology Support \*

*Tuesday, Feb. 10 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, Feb. 26 11:30am (Oak Room)*

Excitement is the theme for February's poetry group. In addition to celebrating Valentine's Day and recalling the amazing contributions of our greatest presidents, we will be cheering on the world's best athletes at the 2026 Winter Olympics. Let's see if we can capture the excitement of these events in the poems we share! 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, Feb. 9 10-11:45am*

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

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

*Thursdays, Feb. 5 & Tuesdays, Feb. 10 & Feb. 24*

*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!



## Seniors Strength Exercise Class

*Monday, Feb. 2 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*

Sheephead 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, Feb. 9 & Feb. 23*

*11:45am-12:30pm*

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.

## Speaking Up & Speaking Out: Living Boldly at Any Age 💰 \*

*Monday, Feb. 9 1-2pm*

*Cost: \$5*

*(Council Chambers)*

Jean Ketcham is the co-founder of Aging But Dangerous, an international movement inspiring women to embrace life with strength, passion, and humor. At 85, Jean continues to redefine what it means to age - encouraging audiences everywhere to challenge stereotypes, live authentically, and celebrate themselves fully.

Join us for:

- A mix of humor, storytelling, and inspiration.
- Practical insights on confidence, self-advocacy, and embracing aging.
- Audience interaction and laughter - lots of it!
- A renewed sense of courage and joy about growing older.

# Event & Activities Description

## St. Paul Chamber Orchestra: Express Concert 💰 \* Valentine's Sundaes & Smoothies \*

**\*Deadline January 23rd\***

*Friday, Feb. 6 10am-2pm*

*Cost: \$16*

St. Paul Chamber Orchestra Express Concert:  
Bach's Second Orchestral Suite: This one-hour concert bubbles with life, from sparkling flutes to spirited strings. Featuring music that dances and delights, the program highlights the lively energy of Baroque music, including the virtuosic influences of Italian contemporaries like Scarlatti, Geminiani and Corelli on the development of Bach. With a playful energy akin to a flute concerto, Bach's second orchestral suite, one of the musical throughlines of our 2025.26 season is paired with Geminiani's violin sonata. Originally written for violin and harpsichord, this program features a new, captivating arrangement by SPCO Concertmaster Steven Copes. Whether you're new to Baroque music or a longtime fan, this program offers an invigorating dose of beauty, motion and joy.

Bussing will be provided and will leave the Senior Center at 10am and bring you to Wooddale Church in Eden Prairie. The concert will start at 11am and last approximately one hour. You will depart Wooddale Church at 12pm for lunch at Lion's Tap. Lunch is not provided in the cost of this event. The bus will leave the restaurant at 1:15pm and arrive at the Senior Center at 2pm. Tickets are limited to 15! **Make sure to reserve your spot today by January 23rd.** (Price includes tickets to the concert and transportation.)

*Wednesday, Feb. 11 11am-12pm*

Roses are red. Violets are blue. This Valentine's Party is waiting for you! Come and celebrate the holiday of LOVE and share a "sweet" treat with friends, while playing some fun games. Wear red or pink for a chance to win a prize!

# Senior Center Crossword

## ACROSS

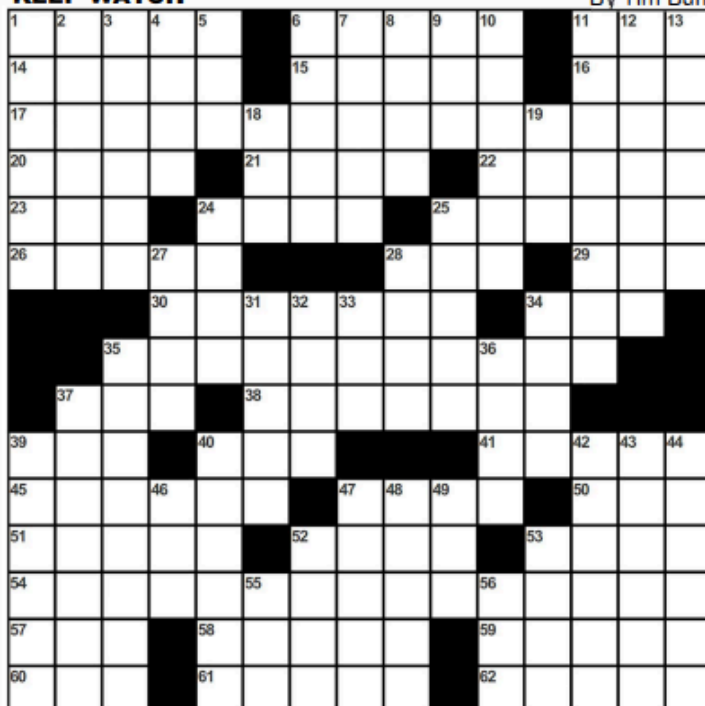
- 1) Life of \_\_\_\_ (carefree existence)
- 6) Flat-bottomed open boat
- 11) "Shogun" sash
- 14) Apparently amazed
- 15) Country of over 1 billion
- 16) Car tracking digits (abbr.)
- 17) Gain experience
- 20) Doubter's outbursts
- 21) Like most NBA players
- 22) Calorie-rich pastry
- 23) 67.5 degrees, on a compass
- 24) Retail center
- 25) Fence repairer
- 26) Bronco catcher
- 28) Deafening noise
- 29) Find in a mine
- 30) Hole in your head
- 34) Burns of documentaries
- 35) Provider of wide-angle shots
- 37) One way to get the gravy
- 38) Former or previous
- 39) Affectionate utterance
- 40) Cape \_\_\_\_ (cottage style)
- 41) Olympic prize
- 45) Greyhound alternative
- 47) Crossing the Atlantic
- 50) Day before a holiday
- 51) Dutch shoe
- 52) "\_\_\_\_ go brag"
- 53) Hairy jungle creatures
- 54) Maryland state flowers
- 57) Be in pain
- 58) Model of perfection
- 59) "Beetle Bailey" character
- 60) "2001" mainframe
- 61) From Oslo, e.g.
- 62) More likely

## DOWN

- 1) "Friends" female
- 2) Big lizard
- 3) Woodworker's machines
- 4) Classic poetry
- 5) Japanese currency
- 6) Twine fiber
- 7) Bell sound
- 8) Short poem (var.)
- 9) "Fee \_\_\_\_ foe fum"
- 10) Enrich
- 11) Goes too far
- 12) Marsh heron
- 13) "Psst!" follower
- 18) Airport stat.
- 19) Billion years
- 24) Cow sounds
- 25) Prefix meaning "one thousandth"
- 27) Quick cut
- 28) Attempt to lose weight
- 31) Prepared Bond's martini
- 32) Work the bar
- 33) "The Catcher in the \_\_\_\_"
- 34) Santa's seat?
- 35) Gridiron game
- 36) Mme. Bovary
- 37) Horn of Africa nation
- 39) "Rock the \_\_\_\_" (The Clash hit)
- 40) Birch tree spike
- 42) Make an exit
- 43) Exact retribution
- 44) Not as great
- 46) Legendary elephant eater
- 47) Vicinities
- 48) Move like a crab
- 49) Coast Guard officer (abbr.)
- 52) You right now, theme-wise
- 53) "... and make it fast!"
- 55) Tokyo, long ago
- 56) Place with a president

## KEEP WATCH

By Tim Burr



## UPCOMING EVENTS...

March 25, 2026: Chanhassen Dinner Theater - Guys & Dolls

April 2026: MIA Art in Bloom

May 14, 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 ([wacniaseniorcenter.org](http://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  
Gail Erickson  
Brenda Goede  
Patsey Harris  
Shirley Heinen  
Bob Jax  
Sue Leffler  
Lynn Marie Stanley  
Helenette VanEyll  
Elaine Varner  
Heidi Vars

### KEEP WATCH

By Tim Burr

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57	A	I	L				58	I	D	E	A	L				59	S	A	R	G	E						
60	H	A	L				61	N	O	R	S	E				62	A	P	T	E	R						

# Speaking Up & Speaking Out:

## *Living Boldly at Any Age*

Join us for:

- A mix of humor, storytelling, and inspiration.
- Practical insights on confidence, self-advocacy, and embracing aging.
- Audience interaction and laughter - lots of it!
- A renewed sense of courage and joy about growing older.

## WACONIA SENIOR CENTER



**MONDAY, FEBRUARY 9, 2026**



**1-2 PM**



**\$5**



### Jean Ketcham

*Founder/Speaker/Author*

**REGISTER NOW**



*Jean Ketcham is the co-founder of Aging But Dangerous, an international movement inspiring women to embrace life with strength, passion, and humor. At 85, Jean continues to redefine what it means to age - encouraging audiences everywhere to challenge stereotypes, live authentically, and celebrate themselves fully.*