

Ridgeview Medical Center (952-442-2191)

Volunteer Services Information Session (April 10: 11:00 a.m.)

Ridgeview Volunteer Services is looking for volunteers 14 years and older to assist in more than 20 different areas throughout the hospital, clinics, and 212 Medical Center. To learn more, attend an informational session.

Advance Care Planning (April 24: 1:30 p.m.)

Planning for future health care needs. Who would speak for me if I were not able to speak for myself? If asked to make critical health care decisions for a loved one, would I know what to do?

Waconia Community Education (952-442-0610)

Don't Hug Me, We're Family—Trip (April 14: 11:00 a.m.)

St. Croix Off Broadway Theatre at the Hudson House. Sixth in the Don't Hug Me series of musical comedies.

Wellness Series – OT Month—How OT can help you or a loved one (April 18: 10:00 a.m.)

Aegis Therapies offers a monthly wellness series at Good Samaritan Society, Waconia Westview Acres, on the third Wednesday of each month.

Music Education Series – Instrumental Evolution (April 19: 10:15 a.m.)

Jenna Simpson, Music Therapist will present Love is in the air: Courting and music through the ages in the Westview Acres Fireside Room.

Defensive Driving—4 Hour Course (April 19: 8:30 a.m.)

National Safety Council's course taught by certified instructors. No driving test is Required. You will receive a certificate of completion to provide to your insurance company.

Defensive Driving—8 Hour Course (April 23 & 25: 5:30 p.m.)

National Safety Council's course taught by certified instructors. No driving test is Required. You will receive a certificate of completion to provide to your insurance company

Waconia Area Senior Center (952-442-4642)

Chair Yoga (April 4, 18: 10:00 a.m.)

Class is led by a Safari Island instructor. (\$4)

Never Give up on Your Dream (April 11: 12:00 p.m.)

Presentation by Donna Frantz, owner of At the Farm

Potluck Luncheon (April 11: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Bridge Club, Hand & Foot, 500, Cribbage (April 4 & 18: 11:00, April 11 & 25: 12:30)

Free Lunch with New Perspectives (April 25: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Ten Cent Bingo (April 11 & 25: 1:00 p.m.)



Senior Connections

April 2018



Based on feedback from the Talking 'Bout My Generation survey and focus groups that were conducted in the summer and fall of 2017, the City of Waconia and Waconia Commission on Aging have developed a monthly newsletter and calendar outlining the events and activities that may be of interest to the senior population. Pick up a calendar at City Hall, Safari Island, or the Waconia Library or download a version from www.waconia.org!

Safari Island (952-442-0695)

Arthritis Aquatics (M/W/F: 8:00 a.m.)

Low impact workout increases strength, flexibility, endurance, circulation and balance.

Senior Boot Camp (M: 10:30 a.m.)

Simple athletic and cardio drills, partnered with balance training, flexibility, and relaxation components combine for a total body workout.

Silver Sneakers Yoga (T/TR: 10:30 a.m.)

This class moves your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures.

Silver & Fit Excel (T: 11:30 a.m.; TR: 9:30 a.m.)

This class, focused on endurance improvement, is for very active older adults who regularly exercise three or more days per week. Participants must be able to move from floor to standing, and vice versa.

Chuck Thiel & the Jolly Ramblers Community Club Tours (320-395-2746)

State Capitol/Cherokee Tavern/Fort Snelling National Cemetery Tour (April 12: 8:45 a.m.)

Experience the grandeur of the People's House followed by a fully guided drive-through tour of Fort Snelling National Cemetery.

Barn Quilt Art, Beer & Spirits Tour (April 19: 9:30 a.m.)

Explore Carver County, home to one of the largest open-air galleries of Art and Barn Quilts as well as stops at Enki Brewery and J Carver Distillery for tours and tastings.

Waconia Library (952-442-4714)

Waconia Library Carver Scott Master Gardener Class (April 3, 10, 17 6:30 p.m.)

Better Gardens, Less Work/Growing Apples and Grapes/Beginning Vegetable Gardening

Friends of Waconia Library Book Sale (April 6: 10:00 a.m.)

Book sale runs on Friday, April 6 from 10 a.m.—4 p.m. and Saturday April 7 from 9 a.m.—4 p.m. at City Hall.

Waconia Writers Group (April 7: 10:30 a.m.)

Held in the fireplace area, meet aspiring writers for advice and support.

Arts in April: Absolute Beginners Knitting (April 9 & 16 & 23: 5:30 p.m.)

This class for total beginner knitter will teach the basics...like how to hold a needle.

Coney Island, the Lake and More with the Waconia Heritage Association (April 21: 10:30 a.m.)

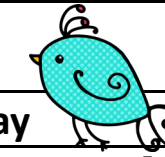
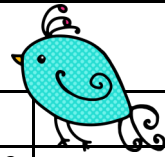
Presentation on Coney Island, the history of the lake's names, transportation on and to the lake, and the Yellowstone Trail

Book Discussion Group (April 30: 1:00 p.m.)

For more information please leave a message for Karla Businaro via the Waconia Library. Meetings are held in the fireplace area.



April 2018: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	3 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:30 p.m. Master Gardener Class	4 8:00 a.m. Arthritis Aquatics 10:00 a.m. Chair Yoga 11:00 a.m. Bridge Club, Hand & Foot, 500, Cribbage	5 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	6 8:00 a.m. Arthritis Aquatics 10:00 a.m. Library Book Sale	7 9:00 a.m. Library Book Sale 10:30 a.m. Waconia Writers Group
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15	16 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 5:30 p.m. Absolute Beginners Knitting	17 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:30 p.m. Master Gardener Class	18 8:00 a.m. Arthritis Aquatics 10:00 a.m. How OT can help you or a loved one 10:00 a.m. Chair Yoga 11:00 a.m. Bridge Club, Hand & Foot, 500, Cribbage	19 8:30 a.m. Defensive Driving 9:30 a.m. Silver & Fit Excel 9:30 a.m. Barn Quilt Art, Beer & Spirits Tour 10:15 a.m. Instrumental Evolution 10:30 a.m. Silver Sneakers	20 8:00 a.m. Arthritis Aquatics	21 10:30 a.m. Coney Island, the Lake and More
22	23 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 5:30 p.m. Defensive Driving 5:30 p.m. Absolute Beginners Knitting	24 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 1:30 p.m. Advance Care Planning	25 8:00 a.m. Arthritis Aquatics 12:00 p.m. Free Lunch with New Perspectives 12:30 p.m. Bridge Club, Hand & Foot, 500, Cribbage 1:00 p.m. Ten Cent Bingo 5:30 p.m. Defensive Driving	26 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	27 8:00 a.m. Arthritis Aquatics	28
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For more information on these activities and events, check out the websites or contact the phone numbers below:

Waconia Area Senior Center: 952-442-4642 <http://waconia seniorcenter.wixsite.com/seniorcenter>

Safari Island: 952-442-0695 or <http://www.safariislandcommunitycenter.com/>

Chuck Thiel & the Jolly Ramblers Community Club Tours: 320-395-2746 or <https://www.facebook.com/JollyRamblers/>

Waconia Library: 952-442-4714 or <https://www.carverlib.org/locations/waconia>

Ridgeview Medical Center: 952-442-2191 or <http://health.ridgeviewmedical.org/events/browse>

Waconia Community Education: 952-442-0610 or <https://www.isd110.org/community-ed>