

Ridgeview Medical Center (952-442-2191)

Advance Care Planning (February 15: 6:00 p.m. February 24: 9:00 a.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 love one, would I know what to do?

Volunteer Services Information Session (February 21: 10:30 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.

Waconia Community Education (952-442-0610)

Defensive Driving—8 Hour Course (February 6 & 8: 5:30 p.m.)

National Safety Council's course taught by certified instructors. 2 sessions of classroom training, no driving test is Required. You will receive a certificate of completion to provide to your insurance company.

Forever Elvis: The Spirit Lives—Trip (February 14: 9:30 a.m.)

Elvis tribute artist Art Kistler and the EP Boulevard Show Band have catapulted this classic, popular entertainment genre to an entirely new level at the St. Cloud Paramount Theatre.

Music Education Series – Love is in the air (February 15: 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.

Wellness Series – Keeping a Healthy Memory (February 21: 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.

New York, New York! (February 27: 11:00 a.m.)

Presented by Full Bloom of St. Paul and hosted at Westview Acres in the chapel/multipurpose room, Full Bloom presentations are interactive, humorous and historical

Waconia Area Senior Center (952-442-4642)

Board of Directors Meeting (February 7 12:00 p.m.)

Chair Yoga (February 7, 14, 21 & 28: 10:30 a.m.)

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

Mahjong with Gail Erickson (February 7, 14, 21 1:15)

Mahjon is a tile based game originating in China since the Qing dynasty and has further developed in numerous countries since the 20th century.

Sharing with Marty Berglund (February 14 11:30)

Marty will share her own story. Come prepared to share a valentine story of your own—bring a treasured object.

Valentine's Potluck Luncheon (February 14: 12:00)

Sign up by calling Brenda at 952-442-4642.

Buttons & Beads: Embellishing our Handiwork (February 21: 11:30 a.m.)

A presentation of how you can enhance your own or other's crafts.

Free Lunch with New Perspectives (February 28: 12:00 p.m.)

Ten Cent Bingo (February 28: 1:00 p.m.)



Senior Connections February 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)

Good Samaritan/Westview Acres (February 16: 2:00 & 3:00 p.m.)

Chuck Entertains

Waconia Library (952-442-4714)

Waconia Writers Group (February 3: 10:30 a.m.)

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

Introduction to Ancestry.com (February 10: 10:30 a.m.)

This class will teach you some tips and tricks on how to best search Ancestry.com to learn about your family History.

Book Discussion Group (February 26: 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.

Waconia City Hall (952-442-2184)

WeCAB Meeting at City Hall (February 13: 7:00 a.m. & 3:30 p.m.)

WeCAB is a network of volunteers whose mission is to provide safe, affordable, and flexible supplemental transportation. Learn more about WeCAB at an informational meeting.

Comprehensive Plan Open House (February 22: 6:30 p.m.)

The City of Waconia is currently working on their 2040 Comprehensive Plan. Community Input is key in developing this plan, and the City wants to hear from you. Come talk with City Staff about your vision of what the City of Waconia will look like 20 years from now.

City Council Meetings (February 5 & 20: 6:00 p.m.)



February 2018: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00 a.m. Arthritis Aquatics 10:30 a.m. Chair Yoga 12:00 p.m. Board of Directors Meeting	9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 6:30 p.m. WeCAB Meeting	8:00 a.m. Arthritis Aquatics	10:30 a.m. Waconia Writers Group
4	8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 6:00 p.m. City Council Meeting	10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 5:30 p.m. Defensive Driving	8:00 a.m. Arthritis Aquatics 10:30 a.m. Chair Yoga 12:00 p.m. Board of Directors Meeting 1:15 p.m. Mahjong	9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 5:30 p.m. Defensive Driving	8:00 a.m. Arthritis Aquatics 10:00 a.m. Living Well Series—Fall Prevention	10:30 a.m. Introduction to Ancestry.com
11	8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 7:00 a.m. & 3:30 p.m. WeCAB Meeting	8:00 a.m. Arthritis Aquatics 9:30 a.m. Forever Elvis 10:30 a.m. Chair Yoga 11:30 a.m. Sharing with Marty Berglund 12:00 p.m. Valentine Potluck 1:15 p.m. Mahjong	9:30 a.m. Silver & Fit Excel 10:15 a.m. Love is in the air 10:30 a.m. Silver Sneakers 6:00 p.m. Advance Care Planning	8:00 a.m. Arthritis Aquatics 2:00 p.m. & 3:00 p.m. Chuck Entertains	
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25	1:00 p.m. Book Discussion Group	10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 11:00 a.m. New York, New York!	10:30 a.m. Chair Yoga 12:00 p.m. Free Lunch with New Perspectives 1:00 p.m. Ten Cent Bingo			

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://waconiaSeniorcenter.wixsite.com/seniorcenter>

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

Mackenthun's: 952-442-2512 or <https://www.mackenthuns.com/events.html>

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>

Waconia City Hall: 952-442-2184 or <http://www.waconia.org> (view calendar)