

Ridgeview Medical Center (952-442-2191)

Volunteer Services Information Session (December 12: 3:30 p.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)

Healthy Living Series - Eating Healthy during the Holidays (December 6: 3:00 p.m.)

This class, sponsored by Beck Pharmacy and Mackenthun's will look at what is new in diabetes by discussing new medication, current treatments, and diet recommendations. Class is held in the chapel/multipurpose room.



Christmas Around the World (December 5: 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.

Wellness Series – Understanding Pain (December 20: 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 – Songs of Christmas (December 21: 10:15 a.m.)

Jenna Simpson, Music Therapist will present Songs of Christmas in the Westview Acres Fireside Room.

Mackenthun's (952-442-2512)

The Sweet Spot: Navigating Holiday Desserts (December 5: 6:00 p.m.)

Join this monthly education class on diabetes and wellness

The Beat: Holiday Cooking (December 12: 6:00 p.m.)

Waconia Area Senior Center (952-442-4642)

Watercolor Painting Class (December 6: 9:00 a.m.)

Create your own unique Christmas Cards. (\$10 –includes all supplies)

Chair Yoga (December 6 & 20: 10:30 a.m.)

First and third Wednesday of the month. Class is led by a Safari Island instructor. (\$4)

Board of Directors Meeting (December 6: 12:00)

Holiday Potluck Luncheon (December 13: 12:00)

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

A Celebration of Winter and Christmas (December 13: 1:00)

The program is a collection of traditional, much-loved songs about the holiday/winter season and Christmas. Performed by the Gillespie Singers.



Senior Connections December 2017



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)

An Andy & Bing Christmas (December 5: 9:30 a.m. – 5:30 p.m.)

Following lunch the group head for the St Cloud Paramount Theatre for a Christmas concert featuring every song from the classic albums of Andy Williams and Bing Crosby! (\$73—Includes lunch)

Texas Tenors: Deep in the Heart of Christmas (December 12: 9:30 a.m. – 5:30 p.m.)

Following Lunch the group will head for the St Cloud Paramount Theatre where the Texas Tenors will play holiday favorites as well as their unique blend of country, classical, Broadway and current pop music. (\$81— includes lunch).

A Don't Hug Me Christmas Carol (December 15: 9:30 a.m. – 5:30 p.m.)

Following lunch at Coyote Moon Grille, the group will head for the St. Cloud Paramount Theatre for a rendition of Charles Dickens' A Christmas Carol. (\$69—includes lunch)

Sausage, Beer, Ribs I Lights Tour (December 18 & December 20: 12:00 p.m.—8:30 p.m.)

This Tour has it all...one of the best meat markets in the state, the #1 ranked MN brewery, a famous restaurant, and a very popular light display. Stops include Schmidt's Meat Market in Nicollet, Schell's Brewery in New Ulm, Veigel's Kaiserhoff for an included late afternoon dinner, ending the day with the beautiful Kiwanis Holiday Lights in Mankato. (\$75 –dinner included)



Waconia Library (952-442-4714)

Waconia Writers Group (December 2: 10:30 a.m.)

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





December 2017: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 a.m. Arthritis Aquatics	2 10:30 a.m. Waconia Writers Group
3	4 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	5 9:30 a.m.-5:30 p.m. Andy and Bing Christmas 10:30 a.m. Silver Sneakers Yoga 11:00 a.m. Christmas Around the World 11:30 a.m. Silver & Fit Excel 6:00 p.m. Navigating Holiday Desserts	6 8:00 a.m. Arthritis Aquatics 9:00 a.m. Water Color Painting Class 10:30 a.m. Chair Yoga 12:00 p.m. Board of Directors Meeting 3:00 p.m. Eating during the Holidays	7 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 6:00 p.m. Keeping Your Heart Healthy	8 8:00 a.m. Arthritis Aquatics	9
10	11 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	12 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 3:00 p.m. Volunteer Info 9:30 a.m.-5:30 p.m. Texas Tenors 6:00 p.m. Holiday Cooking	13 8:00 a.m. Arthritis Aquatics 12:00 p.m. Holiday Potluck Luncheon 1:00 p.m. A Celebration of Winter & Christmas	14 9:30 a.m. Silver & Fit Excel 10:15 a.m. Using Music to Relax & Meditate 10:30 a.m. Silver Sneakers	15 8:00 a.m. Arthritis Aquatics 9:30 a.m.-5:30 p.m. A Don't Hug Me Christmas Carol	16
17	18 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 9:30 a.m.-5:30 p.m. Sausage, Beer, Ribs & Lights Tour	19 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	20 8:00 a.m. Arthritis Aquatics 9:30 a.m.-5:30 p.m. Sausage, Beer, Ribs & Lights Tour 10:00 a.m. Understanding Pain 10:30 a.m. Chair Yoga	21 10:15 a.m. Songs of Christmas	22 8:00 a.m. Arthritis Aquatics	23
24	25 	26 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	27 8:00 a.m. Arthritis Aquatics	28 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	29 8:00 a.m. Arthritis Aquatics	30

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/>

Mackenthuns: 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>