

Ridgeview Medical Center (952-442-2191)

Cancer Survivors' Night—A Celebration of Life (June 12: 6:00 p.m.)

Cancer Survivors, their families and friends are invited to celebrate with others who have been on similar journeys.

Advance Care Planning (June 21: 9:30 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 (June 28: 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.

Waconia Community Education (952-442-0610)

Defensive Driving—4 Hour Course (June 6: 5:30 p.m.) - 8 Hour Course (June 5 & 7: 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.

Wellness Series – Benefits of Exercise —Fun Ideas on how to keep fit (June 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.

Waconia Area Senior Center (952-442-4642)

Learn Mahjong with Gail (June 6, 20, 27: 1:00 p.m.)

Bridge Club, Hand & Foot, 500 & other games (June 6, 13, 20: 12:30 p.m.)

Potluck Luncheon (June 13: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Ten Cent Bingo (June 13 & 27: 1:00 p.m.)

Presentation on CUBA by Gundrun Spitzig (June 13: 10:00)

Vets Recognition Social (June 20: 12:00)

Free Lunch with New Perspectives (June 27: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Waconia Library (952-442-4714)

Waconia Library Carver Scott Master Gardener Help Desk (June 2, 9, 16, 23: 10:00 a.m.)

Bring plant samples and insect disease questions to help diagnose problems and answer yard and garden Questions.

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

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

Smartphone Basics and Security (June 5: 6:00 p.m.)

Learn which security settings are right for you and how to configure them.

Book Discussion Group (June 25: 1:00)

Meetings held in the fireplace area of the Library



Senior Connections

June 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)

Historic Chippewa City & Fagen Fighters WWII Museum Tour (June 6: 7:30 a.m.)

Historic Chippewa City, home to 24 buildings replicating a late 1800's village. Fagen Fighters WWII Museum, a living memorial to one of the most critical times in our nation's history. (\$63)

State Capitol/Cherokee Tavern/Fort Snelling National Cemetery Tour (June 13: 8:45 a.m.)

The State Capitol renovation is beautiful, the buffet lunch is great, and the highlight just may be the tour of Fort Snelling National Cemetery. (\$59)

It's Summer! Time for a Mystery for All Ages (June 21: 8:30 a.m.)

A guided walking tour (wheelchair and walker friendly) enjoying lots of nostalgia and be treated to the "Happiest Music on Earth." A wonderful included buffet lunch will follow. (\$79)

Sinatra! With the Andrew Walesch Big Band (June 26: 9:30 a.m.)

Showman Andrew Walesch is in his element as he tells the stories and sings the songs of Sinatra's legendary career and life. Join Andrew and his big band as they take you through this journey in time. (\$69)

Craig Karges, Mentalist and Illusionist: Experience the Extraordinary (June 28: 9:30 p.m.)

Experience the Extraordinary. Karges dazzles the eye and captivates the mind during his spellbinding performance as tables float, minds are read and metal bends. (\$69)

Music in the Park at City Square Park (952-442-2184)

Sidewalk Café (June 7: 7:00 p.m.)

Traveled Ground (June 14: 7:00 p.m.)

Tricia and Toonies (June 21: 7:00 p.m.)

Everett Smithson Band (June 28: 7:00 p.m.)



June 2018: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 a.m. Arthritis Aquatics	2 10:00 a.m. Master Gardener Help Desk 10:30 a.m. Waconia Writers Group
3	4 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	5 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 5:30 p.m. Defensive Driving 6:00 p.m. Smartphone Basics and Security	6 7:30 a.m. Historic Chippewa City & Fallen Fighters WWII Museum 8:00 a.m. Arthritis Aquatics 12:30 p.m. Bridge Club 1:00 p.m. Mahjong 5:30 p.m. Defensive Driving	7 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 5:30 p.m. Defensive Driving 7:00 p.m. Music in the Park—Sidewalk Cafe	8 8:00 a.m. Arthritis Aquatics	9 10:00 a.m. Master Gardener Help Desk
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 6:00 p.m. Cancer Survivor's Night	13 8:00 a.m. Arthritis Aquatics 8:45 a.m. State Capitol/Fort Snelling 10:00 a.m. Presentation on CUBA 12:00 p.m. Potluck 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo	14 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers 7:00 p.m. Music in the Park—Traveled Ground	15 8:00 a.m. Arthritis Aquatics	16 10:00 a.m. Master Gardener Help Desk
17	18 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	19 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	20 8:00 a.m. Arthritis Aquatics 12:00 p.m. Vets Recognition Social 12:30 p.m. Bridge Club 1:00 p.m. Mahjong 5:30 p.m. Benefits of Exercise	21 8:30 a.m. Mystery for All Ages 9:30 a.m. Silver & Fit Excel 9:30 a.m. Advance Care Planning 10:30 a.m. Silver Sneakers Yoga 7:00 p.m. Music in the Park—Tricia & Toonies	22 8:00 a.m. Arthritis Aquatics	23 10:00 a.m. Master Gardener Help Desk
24	25 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 1:00 p.m. Book Discussion Group	26 9:30 a.m. Sinatra! Andrew Walesch 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	27 8:00 a.m. Arthritis Aquatics 12:00 p.m. Free Lunch with New Perspectives 1:00 p.m. Ten Cent Bingo 1:00 p.m. Mahjong	28 9:30 a.m. Craig Karges, Mentalist & Illusionist 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 11:00 a.m. Volunteer Services Info Session 7:00 p.m. Music in the Park—Everett Smithson Band	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/>

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

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>