

Ridgeview Medical Center (952-442-2191)

Advance Care Planning (March 9 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 (March 14 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)

Defensive Driving—8 Hour Course (March 11 & 13: 5:30 p.m.)

MN law requires insurance companies to offer a 10% reduction for 3 years if you complete a National Safety Council's course taught by certified instructors.

Getting Started on Facebook (March 14: 10:00 a.m.)

Do you want to start a Facebook account but have no idea where to start? This informal class will show you what you can do with Facebook, how to share information with family and friends, and stay up to date on businesses you may like!

Wellness Series – Fun adaptations-Adaptive equipment and strategies (March 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.

Defensive Driving—4 Hour Refresher (March 20: 5:30 p.m.)

If you have taken the 8-hour course in the past you can renew your 3 year, 10% discount by taking this state approved 4-hour course.

Music Education Series – Orchestral Evolution (March 21: 10:15 a.m.)

Jenna Simpson, Music Therapist will present how we got to modern day string instruments in the Westview Acres Fireside Room.

Stiftungsfest (March 21: 11:00 a.m.)

Educational programs presented by Carver County Historical Society in the Westview Acres Chapel/Multi-purpose Room. Presentations are interactive, humorous and historical.

Mackenthun's (952-442-2512)

Healthy Living Series– National Nutrition Month (March 6: 3:00 p.m.)

Learn about what heart disease is and how you can reduce your risk.

Waconia Area Senior Center (952-442-4642)

Bridge Club, Hand & Foot, 500 and other games (March 6, 20, 27: 12:30 p.m.)

Watercolor Painting \$10 (March 6: 10:00 a.m.)

Music by the Gillespie Singers (March 13: 1:00 p.m.)

TEN CENT BINGO (March 27: 1:00 p.m.)

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



Senior Connections March 2019



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/F 10:30 a.m.)

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

Gentle Yoga (T: 9:00 a.m.)

This peaceful flow is great for beginners or those looking for mobility and relaxation from their yoga practice.

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.

Pickle Ball (S: 8:00 a.m.-12:00 p.m.; W: 6:00 p.m. - 8:00 p.m.)

\$2.00 for Members, \$5.00 for Non-Members.

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

Classic Nashville Roadshow (March 5: 9:10 a.m.)

Remember when June fell for Johnny and Loretta was just a coal miner's daughter? Let Classic Nashville Roadshow take you on a journey down memory land with your favorite classic hits honoring the world's most beloved country greats! (\$75)

Tenderly: The Rosemary Clooney Musical (March 20: 11:00 a.m.)

Tenderly is not a typical "juke-box musical." It offers a fresh, remarkably personal and poignant picture of the woman whose unparalleled talent and unbridled personality made her legend. (\$62)

Waconia Library (952-442-4714)

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

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

Growing Herbs (March 5: 6:00 p.m.)

Learn the basics of growing herbs, harvest & preservation & then be inspired with tips on how to use herbs in your kitchen and home.

Container Gardening (March 12: 6:00 p.m.)

Many of us live in dwellings without gardens, yet still want to garden. Containers may be the option.

Beginning Vegetable Gardening (March 19: 6:00 p.m.)

Planning a vegetable garden this year? This is the basics of growing food at home for beginners.

Book Discussion Group (March 25: 1:00 p.m.)





March 2019: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	2 8:00 a.m. Pickle Ball 10:30 a.m. Waconia Writers Group
3	4 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	5 9:00 a.m. Gentle Yoga 9:10 a.m. Classic Nashville Roadshow 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Growing Herbs	6 8:00 a.m. Arthritis Aquatics 10:00 a.m. Watercolor Painting 11:00 a.m. Lend Me a Tenor 12:30 p.m. Bridge Club 3:00 p.m. Healthy Living Series 6:00 p.m. Pickle Ball	7 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	8 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	9 8:00 a.m. Pickle Ball 9:30 a.m. Advance Care Planning
10	11 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 5:30 p.m. Defensive Driving-8 Hour	12 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Container Gardening	13 8:00 a.m. Arthritis Aquatics 1:00 p.m. Gillespie Singers 5:30 p.m. Defensive Driving-8 Hour 6:00 p.m. Pickle Ball	14 9:30 a.m. Silver & Fit Excel 10:00 a.m. Getting Started on Facebook 10:30 a.m. Silver Sneakers Yoga 3:30 p.m. Volunteer Services Information Session	15 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	16 8:00 a.m. Pickle Ball
17	18 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	19 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Beginning Vegetable Gardening	20 8:00 a.m. Arthritis Aquatics 10:00 a.m. Wellness Series 11:00 a.m. Tenderly 12:30 p.m. Bridge Club 5:30 p.m. Defensive Driving-4 Hour 6:00 p.m. Pickle Ball	21 9:30 a.m. Silver & Fit Excel 10:15 a.m. Music Education Series 10:30 a.m. Silver Sneakers Yoga 11:00 a.m. Stiftungsfest	22 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	23 8:00 a.m. Pickle Ball 1:30 p.m. Advance Care Planning
24	25 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 1:00 p.m. Book Discussion Group	26 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	27 12:00 p.m. Free Lunch with New Perspectives 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball	28 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	29	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/>

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>