

Ridgeview Medical Center (952-442-2191)

Advance Care Planning (March 6: 9:30 a.m. March 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 (March 15: 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)

Pam Tillis—Trip (March 9: 9:30 a.m.)

A CMA Female Vocalist of the Year, she has written songs for some of the top singers in and beyond Nashville. Performance at the St. Cloud Paramount Theatre.

Music Education Series – Hymnology: Histories of popular Easter Hymns (March 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 – Adaptive equipment and strategies (March 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.

From Ava to Eternity—Trip (March 21: 10:30 a.m.)

The Ives Auditorium in Bloomington. Timeless songs sure to evoke memories from decades past, this musical experience is a tribute to the complex psyche and unforgettable voice of Frank Sinatra.

Defensive Driving—4 Hour Course (March 21: 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)

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

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

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

Travel Easy with Travel Easy (March 14: 12:00 p.m.)

Travel Easy staff will talk about all of their exciting upcoming 2018 tours including one-day and extended tours.

Potluck Luncheon (March 14: 1:00 p.m.)

Sign up by calling Brenda at 952-442-4642

A Drop of Nature (March 21: 11:30)

How essential oils help us to live a fuller life. Essential Oils can be used to calm, help sleep energize and even heal.

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

Sign up by calling Brenda at 952-442-4642

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



Senior Connections March 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)

Collin Ray (March 1: 9:30 a.m.)

One of the true hit makers of the 1990's, Collin still continues to crank out soulful, heartfelt material with honesty and richness that is signature to his vocals alone.

Auburn Home (March 30: 10:00 a.m.)

Chuck & Jason Entertain

Waconia Library (952-442-4714)

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

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

Book Discussion Group (March 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.

Mackenthuns (952-442-2512)


National Nutrition Month Presentation at Westview Acres (March 7: 3:00 p.m.)

The Beat Heart Health Class—The Silent Killer (March 20: 6:00 p.m.)



March 2018: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 a.m. Silver & Fit Excel 10:00 a.m. Collin Ray 10:30 a.m. Silver Sneakers Yoga	2 8:00 a.m. Arthritis Aquatics	3 10:30 a.m. Waconia Writers Group
4	5 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	6 9:30 a.m. Advance Care Planning 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 5:30 p.m. Defensive Driving	7 8:00 a.m. Arthritis Aquatics 10:30 a.m. Chair Yoga 12:00 p.m. Board of Directors Meeting 3:00 p.m. National Nutrition Month	8 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 5:30 p.m. Defensive Driving	9 8:00 a.m. Arthritis Aquatics 9:30 a.m. Pam Tillis—Trip	10
11	12 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	13 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	14 8:00 a.m. Arthritis Aquatics 10:30 a.m. Chair Yoga 12:00 p.m. Travel Easy with Travel Easy 1:00 p.m. Potluck Luncheon	15 9:30 a.m. Silver & Fit Excel 10:15 a.m. Hymnology 10:30 a.m. Silver Sneakers 3:30 p.m. Volunteer Services Information Session	16 8:00 a.m. Arthritis Aquatics 2:00 p.m. & 3:00 p.m. Chuck Entertains	17 
18	19 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	20 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. The Beat Heart Health Class	21 8:00 a.m. Arthritis Aquatics 10:00 a.m. Living Well Series 10:30 a.m. From Ava to Eternity 10:30 a.m. Chair Yoga 11:30 a.m. A Drop Of Nature 5:30 p.m. Defensive Driving	22 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	23 8:00 a.m. Arthritis Aquatics	24 9:00 a.m. Advance Care Planning
25	26 1:00 p.m. Book Discussion Group	27 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 11:00 a.m. New York, New York!	28 8:00 a.m. Arthritis Aquatics 10:30 a.m. Chair Yoga 12:00 p.m. Free Lunch with New Perspectives 1:00 p.m. Ten Cent Bingo	29 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	30 8:00 a.m. Arthritis Aquatics 10:00 a.m. Chuck & Jason Entertains	31

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)