

## Ridgeview Medical Center (952-442-2191)

### **Advance Care Planning (January 11 9:00 am—10:30 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 (January 16 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)

### **Living Well Series - Fall Prevention (January 12: 10:00 a.m.)**

Presented by Good Samaritan Society. This unique presentation will focus on things you should avoid and activities you should start to reduce your risk of falling, with the goal of maintain an active lifestyle as you age.

### **Wellness Series – Understanding Pain (January 17: 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 – Orchestral Evolution (January 18: 10:15 a.m.)**

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

### **Grand Ole Opry (January 23: 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.

## Mackenthun's (952-442-2512)

### **Healthy Living Series (January 3: 2:00 p.m.)**

Glaucoma: Learn what it is, how it is diagnosed and medications used to treat it.

## Waconia Area Senior Center (952-442-4642)

### **Board of Directors Meeting (January 3: 12:00 p.m.)**

### **Chair Yoga (January 3 & 17: 10:30 a.m.)**

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

### **Potluck Luncheon (January 10: 12:00)**

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

### **Overview of the Features of the iPhone and iPad (January 10: 1:00)**

Debbie Kitt and another library tech associate will be doing a 30 minute presentation on the basics of the iPhone and iPad.

### **Crochet Class (January 24: 11:00 a.m.)**

Learn how to crochets a dishcloth.

### **Free Lunch with New Perspectives (January 31: 12:00 p.m.)**

### **Ten Cent Bingo (January 31: 1:00 p.m.)**



## Senior Connections January 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](http://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)

No Activities for the month of January

## Waconia Library (952-442-4714)

### **Waconia Writers Group (January 6: 10:30 a.m.)**

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

### **Author Dan O'Brien (January 20: 10:30 a.m.)**

Local Author will discuss his mystery books set in Japan.

### **iPad/iPhone 101 (January 23: 6:30 p.m.)**

Beginning level class, introduce basic functions of your iPad or iPhone. Learn tips and tricks for working with your settings, apps and photos.

## Waconia City Hall (952-442-2184)

### **WeCAB Meeting at City Hall (January 4: 4:30 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 (January 23: 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 (January 2 & 16: 6:00 p.m.)**





# January 2018: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1 New Year's Day—City Offices Closed	2 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. City Council Meeting	3 8:00 a.m. Arthritis Aquatics 10:30 a.m. Chair Yoga 12:00 p.m. Board of Directors Meeting 2:00 p.m. Healthy Living Series—Glaucoma	4 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 6:30 p.m. WeCAB Meeting	5 8:00 a.m. Arthritis Aquatics	6 10:30 a.m. Waconia Writers Group
7	8 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	9 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	10 8:00 a.m. Arthritis Aquatics 12:00 p.m. Potluck Luncheon 1:00 p.m. Features of iPhone & iPad	11 9:00 a.m. Advance Care Planning 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	12 8:00 a.m. Arthritis Aquatics 10:00 a.m. Living Well Series—Fall Prevention	13
14	15 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp  Dr. Martin Luther King Jr. Holiday—City Offices Closed	16 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 3:30 p.m. Volunteer Services Information session 6:00 p.m. City Council Meeting	17 8:00 a.m. Arthritis Aquatics 10:00 a.m. Wellness Series—Understanding Pain 10:30 a.m. Chair Yoga	18 9:30 a.m. Silver & Fit Excel 10:15 a.m. Orchestral Evolution 10:30 a.m. Silver Sneakers	19 8:00 a.m. Arthritis Aquatics	20 10:30 a.m. Author Dan O'Brien
21	22 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	23 10:30 a.m. Silver Sneakers Yoga 11:00 a.m. Grand Ole Opry 11:30 a.m. Silver & Fit Excel 6:30 p.m. iPad/iPhone 101 6:30 p.m. Comprehensive Plan Open House	24 8:00 a.m. Arthritis Aquatics 11:00 a.m. Crochet Class	25	26 8:00 a.m. Arthritis Aquatics	27
28	29	30 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	31 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)