

Ridgeview Medical Center (952-442-2191)

Volunteer Services Information Session (July 17: 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)

Rogers & Hammerstein: Broadway Masters Trip (July 10: 9:30 a.m.)

Broadway masters is a salute to the genius of Rodgers and Hammerstein at the St. Cloud Paramount Theatre. (\$69)



Mackenthuns Healthy Living Series: Celebrate MN Grown Produce (July 11: 3:00 p.m.)

Information will be presented about wonderful, MN grown produce available, talk about heirloom varieties of produce grown in MN, and enjoy some samples of the season. Monthly education opportunities presented by Mackenthuns Beck Pharmacy and Mackenthuns Dietician courses are held in the Chapel/Multi-purpose Room at Westview Acres.

Wellness Series – Falls: How to identify Risk Factors and avoid them (July 18: 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.

Full Bloom Class: Mount Rushmore (July 24: 11:00 a.m.)

These educational programs are 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.

Waconia Area Senior Center (952-442-4642)

Learn Mahjong with Gail (July 18: 1:00 p.m.)

Bridge Club, Hand & Foot, 500 & other games (July 11, 18: 12:30 p.m.)

Potluck Luncheon (July 11: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Ten Cent Bingo (July 11 & 25: 1:00 p.m.)

Presentation by Randy Hammer from Curly Willow; Bees, Butterflies & Hummingbirds (July 18: 11:00)

Free Lunch with New Perspectives (July 25: 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 (July 7, 14, 21, 28: 10:00 a.m.)

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

Waconia Writers Group (July 7: 10:30 a.m.)

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

Book Discussion Group (July 30: 1:00)

Meetings held in the fireplace area of the Library



Senior Connections

July 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)

New Perspective of Waconia (July 11: 2:00 p.m.)

Chuck, Jason & Jacob entertain.

John Conlee (July 12: 9:10 a.m.)

John Conlee, aka "Mr. Rose Colored Glasses", is a regular performer at the Grand Ole Opry in Nashville. Lunch is included at Coyote Moon Grille. (\$79)

Mystery Boat Cruise...Is That an Eagle? (July 17: 9:15 a.m.)

After an included lunch buffet, we'll get onboard a riverboat for a fully narrated cruise. The Captain will explain local geography environment and history. Hopefully, we'll also enjoy the beauty of eagles as they swoop down to grab a meal. (\$79)

Good Samaritan/Westview Acres (July 20: 2:00 p.m.)

Chuck entertains.

Auburn Home (July 26: 2:00 p.m.)

Chuck entertains.



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

The Brueskes (July 12: 7:00 p.m.)


Retro Soul & the Westside Horns (July 19: 7:00 p.m.)

Vinnie Rose (July 26: 7:00 p.m.)

Absentee Voting

New in 2018, Waconia residents can now absentee vote at City Hall in Waconia starting June 29th up until August 13th. Voting will be during regular business hours 8:00—4:30, Monday—Friday.

July 2018: Senior Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	3 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	4 Dusk: Fire Works Display over Lake Waconia 	5 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	6 8:00 a.m. Arthritis Aquatics	7 10:00 a.m. Master Gardener Help Desk 10:30 a.m. Waconia Writers Group
8	9 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	10 9:30 a.m. Rogers & Hammerstein: Broadway Masters Trip 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	11 8:00 a.m. Arthritis Aquatics 12:00 p.m. Potluck 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 2:00 p.m. New Perspectives 2:00 p.m. Celebrate MN Grown Produce	12 9:10 a.m. John Conlee 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 7:00 p.m. Music in the Park—The Brueskes	13 8:00 a.m. Arthritis Aquatics	14 10:00 a.m. Master Gardener Help Desk
15	16 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	17 9:15 a.m. Mystery Boat Cruise 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 3:30 p.m. Volunteer Services Info Session	18 8:00 a.m. Arthritis Aquatics 10:00 a.m. Wellness Series—Falls 11:00a.m. Presentation by Randy Hammer 12:30 p.m. Bridge Club 1:00 p.m. Mahjong	19 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers 7:00 p.m. Music in the Park—Retro Soul & The Westside Horns	20 8:00 a.m. Arthritis Aquatics 2:00 p.m. Good Samaritan/Westview Acres	21 10:00 a.m. Master Gardener Help Desk
22	23 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	24 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 11:00 a.m. Full Bloom Class: Mount Rushmore (Westview Acres)	25 8:00 a.m. Arthritis Aquatics 12:00 p.m. Free Lunch with New Perspectives 1:00 p.m. Ten Cent Bingo	26 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 2:00 p.m. Auburn Home 7:00 p.m. Music in the Park—Vinnie Rose	27 8:00 a.m. Arthritis Aquatics	28 10:00 a.m. Master Gardener Help Desk
29	30 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 1:00 p.m. Book Discussion Group	31 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel				

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>