

Ridgeview Medical Center (952-442-2191)

Advance Care Planning (May 2: 6:00 p.m., May 8: 5:00 p.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 (May 9: 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—4 Hour Course (May 14: 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 – ST Month—How ST can help you or a loved one (May 16: 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 – Using Music to Relax and Unwind (May 17: 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.

Waconia Area Senior Center (952-442-4642)

Chair Yoga (May 2, 16: 10:00 a.m.)

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

Learn Mahjong with Gail (May 2, 9, 16, 23, 30: 1:00 p.m.)

Bridge Club, Hand & Foot, 500 & other games (May 2, 9, 16, 23, 30: 12:30 p.m.)

Potluck Luncheon (May 9: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Reflection on Veteran's Trip to D.C. (May 23: 11:00)

Painting of clay pot and/or bud vases (May 30: 10:00)

Katie Steinhagen (\$10)

Free Lunch with New Perspectives (May 30: 12:00 p.m.)

Sign up by calling Brenda at 952-442-4642

Ten Cent Bingo (May 9 & 30: 1:00 p.m.)

Waconia Library (952-442-4714)

Waconia Library Carver Scott Master Gardener Help Desk (May 5, 12, 19, 26: 10:00 a.m.)

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

Waconia Writers Group (May 5: 10:30 a.m.)

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



Senior Connections

May 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)

Garage Sale Day and Much More (May 3: 7:45 a.m.)

Three hours of shopping in the Hasting area. Then head to the Great River Visitor & Learning Center in Prescott, WI for a picnic lunch and presentation, ending the day with a wine and cider tour and tasting at Maiden Rock Winery & Cidery. (\$57)

The Duttons (May 4: 9:30 a.m.)

Buffet lunch at Coyote Moon Grille then off to the St. Cloud Paramount Theatre for The Duttons, all-in-the-family performers whose love for each other and for what they share is definitely unique. (\$73)

The Kingston Trio Legacy Tour (May 11: 9:30 a.m.)

Lunch at Pizza Ranch and then head to the St. Cloud Paramount Theatre for the Kingston Trio. The Trio as one of the most prominent groups of the era's pop-folk boom that started in 1958 with the release of their first album and its hit recording of "Tom Dooley". (\$72)

Lanesboro Amish Tour (May 16: 7:15 a.m.)

Visit and observe Amish farms where you may purchase Amish crafts, furniture and baked goods. (\$65)

St. Paul Victorian, Ham & Ribs, James J. Hill Tour (May 22: 8:30 p.m.)

Visit some of St. Paul's hidden historical treasures including the St. Paul Cathedral, Historic Summit Avenue, and the Calvary Cemetery. Lunch at the Cherokee Tavern for a bbq rib and baked ham buffet. After lunch travel to the James J. Hill House. The rugged stone massive scale, fine detail and ingenious mechanical systems of this magnificent Gilded Age mansion recall the powerful presence of James J. Hill, builder the Great Northern Railway. (\$76)

Drinking Habits (May 24: 11:15)

All heaven id about to break loose at the Sister of Perpetual Sewing. For years Sister Philamena and Sister Augusta have been making grape juice for the poor and also wine to earn money to keep the convent afloat that unexpectedly wins a \$500,000 prize. The Sisters keep the audience in stitches as they run their secret wine-making industry. (\$74)



May 2018: Senior Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:30 p.m. Master Gardener Class	2 8:00 a.m. Arthritis Aquatics 10:00 a.m. Chair Yoga 12:30 p.m. Bridge Club 1:00 p.m. Mahjong 6:00 p.m. Advance Care Planning	3 7:45 a.m. Garage Sale Day 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	4 8:00 a.m. Arthritis Aquatics 9:30 a.m. The Duttons	5 10:00 a.m. Master Gardener Help Desk 10:30 a.m. Waconia Writers Group
6	7 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	8 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 5:00 p.m. Advance Care Planning	9 8:00 a.m. Arthritis Aquatics 12:00 p.m. Potluck 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 1:00 p.m. Mahjong 3:30 p.m. Volunteer Services Information Session	10 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	11 8:00 a.m. Arthritis Aquatics 9:30 a.m. The Kingston Trio Legacy Tour	12 10:00 a.m. Master Gardener Help Desk
13	14 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 5:30 p.m. Defensive Driving	15 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	16 7:15 a.m. Lanesboro Amish Tour 8:00 a.m. Arthritis Aquatics 10:00 a.m. How ST can help you or a loved one 10:00 a.m. Chair Yoga 12:30 p.m. Bridge Club 1:00 p.m. Mahjong	17 9:30 a.m. Silver & Fit Excel 10:15 a.m. Using Music to Relax and Unwind 10:30 a.m. Silver Sneakers	18 8:00 a.m. Arthritis Aquatics	19 10:00 a.m. Master Gardener Help Desk
20	21 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	22 8:30 a.m. St Paul Victorian, Ham & Ribs, James J Hill Tour 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	23 8:00 a.m. Arthritis Aquatics 11:00 a.m. Reflection on Veteran's Trip 12:30 p.m. Bridge Club 1:00 p.m. Mahjong	24 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 11:15 a.m. Drinking Habits	25 8:00 a.m. Arthritis Aquatics	26 10:00 a.m. Master Gardener Help Desk
27	28 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	29 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	30 8:00 a.m. Arthritis Aquatics 10:00 a.m. Painting Clay Pot 12:00 p.m. Free Lunch with New Perspectives 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 1:00 p.m. Mahjong	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/>

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>