

Ridgeview Medical Center (952-442-2191)

Advance Care Planning (October 3: 5:30 p.m., October 24: 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 loved one, would I know what to do?

Waconia Community Education (952-442-0610)

Learning Windows 10—Computer (October 2: 6:00 p.m.)

Getting to know the new changes to Windows 10 and how to better use it when it comes to everyday usage (\$25)

Defensive Driving—4 Hour Refresher (October 2: 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. (\$24)

Mackenthuns Healthy Living Series: Healthy Living Month (October 3: 2:00 p.m.)

Learn what lifestyle changes you can make to improve lung health.

Keeping Your Data Safe—Computer (October 9: 6:00 p.m.)

Focus on how to backup your information to the good ole external hard drive all the way to the cloud (\$25)

Overcome your Carbohydrate Cravings (October 10: 6:00 p.m.)

Workshop that will discuss a two week plan that will STOP your cravings, help lose weight and help keep insulin levels balanced (\$25)

Waconia Area Senior Center (952-442-4642)

SmartLink (October 3: 11:00 a.m.)

Learn MahJong with Gail (October 3, 17, 24: 1:00 p.m.)

Bridge Club, Hand & Foot, 500 & other games (October 3, 17, 31: 12:30 p.m.)

Potluck Lunch (October 10: 12:00 p.m.)

Ten Cent Bingo (October 10, 31: 1:00 p.m.)

Decorating a Candle Holder with Rocks \$5 (October 17, 11:00 a.m.)

Free Lunch from New Perspectives (October 31, 12:00 p.m.)

Waconia Library (952-442-4714)

Waconia Writers Group (October 6: 10:30 a.m.)

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

Book Discussion Group (October 29: 1:00)

Meetings held in the fireplace area of the Library

Android 102 (October 30: 6:00 p.m.)

You already know all the basics of using your Android device. Now it's time to go more in depth with its features. Learn ways to customize and optimize your device so you can get the most out of it.

Absentee Voting

New in 2018, Waconia residents can now absentee vote at Waconia City Hall for the November 6th election starting September 21st through November 5th. Voting is during regular business hours, 8:00 a.m. to 4:30 p.m., Monday through Friday. City Hall will also be open Saturday, November 3rd, from 10 a.m. to 3 p.m. and until 5:00 p.m. on Monday, November 5th.



Senior Connections October 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/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)

Stillwater Fall Colors Boat Cruise (October 11: 9:15 a.m.)

A relaxing reminder that our seasons are changing. Come see some beautiful fall colors with an included deli buffet lunch. (\$65)

Church Basement Ladies: You Smell Barn (October 17: 10:30 a.m.)

After lunch on your own at Culver's then off to the Ames Center in Burnsville. You Smell Barn celebrates rural life in the 1950's. And, at the center of it all, are your favorite Church Basement Ladies. This is a musical treat for all. (\$59)

Drinking Habits 2: Caught in the Act (October 24: 11:15 a.m.)

This two-act comedy play is a brand new sequel to Drinking Habits. The Sisters of Perpetual Sewing miss the excitement of the old days when they were saving convents and reuniting long-lost families, so when they learn that the orphanage where Paul and Kate grew up is in peril, they can't wait to come to the rescue. (\$74)



October 2018: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	2 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 5:30 p.m. Defensive Driving 6:00 p.m. Learning Windows 10-Computer	3 8:00 a.m. Arthritis Aquatics 11:00 a.m. Free Lunch 12:30 p.m. Bridge Club 1:00 p.m. MahJong 2:00 p.m. Mackenthun's Healthy Living Series 5:30 p.m. Advanced Care Planning	4 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	5 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	6 8:00 a.m. Pickle Ball 10:30 a.m. Waconia Writers Group
7	8 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	9 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Keeping Your Data Safe-Computer	10 8:00 a.m. Arthritis Aquatics 12:00 p.m. Potluck Lunch 1:00 p.m. Ten Cent Bingo 6:00 p.m. Overcome your Carbohydrate Cravings 6:00 p.m. Pickle Ball	11 9:15 a.m. Stillwater Fall Colors Boat Cruise 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	12 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	13 8:00 a.m. Pickle Ball
14	15 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	16 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	17 8:00 a.m. Arthritis Aquatics 10:30 a.m. Church Basement Ladies: You Smell Barn 11:00 a.m. Candle Holder Decorating 12:30 p.m. Bridge Club 1:00 p.m. MahJong 6:00 p.m. Pickle Ball	18 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers	19 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	20 8:00 a.m. Pickle Ball
21	22 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	23 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	24 8:00 a.m. Arthritis Aquatics 9:30 a.m. Advanced Care Planning 11:15 a.m. Drinking Habits 2: Caught in the act 12:30 p.m. Bridge Club 1:00 p.m. MahJong 6:00 p.m. Pickle Ball	25 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	26 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	27 8:00 a.m. Pickle Ball
28	29 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 1:00 p.m. Book Discussion Group	30 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Android 102	31 8:00 a.m. Arthritis Aquatics 12:00 p.m. Free Lunch 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball			

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>