

## Waconia Community Education (952-442-0610)

**Defensive Driving—4 Hour Refresher (August 7: 8:30 a.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 course.*

**Defensive Driving—8 Hour Course (August 27 & 29: 8:30 a.m.)**

*Earn a 3 year, 10% discount by taking this state approved course.*

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

**We Three Kings—a singing family trio (August 7: 11:00 a.m.)**

**Bridge Club, Hand & Foot, 500, and other games (August 7, 14, 21, 28: 12:30 p.m.)**

**Potluck (August 14: 12:00 p.m.)**

**TEN CENT BINGO (August 14, 28: 1:00 p.m.)**

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

**\* Starting August 7th, activities will be in the new Senior Center inside City Hall**

## Waconia Library (952-442-4714)

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

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

**Master Gardener Help Desk (August 3, 10, 17, 24, 31: 10:00 a.m.)**

*Bring your plant samples and insect disease questions to any of the Yard & Garden Help Desks.*

**Book Discussion Group (August 26 at 1:00 p.m.)**

*The Waconia Book Club/Discussion Group for adults meets the last Monday of most months at 1:00 p.m. at the Waconia Library. The July book is "In the Shadow of the Banyan" by Vaddey Ratner.*

## Summer Movie Series at Emagine Waconia

*It's a summer filled with action, adventure and laughter when you make movies your favorite summer treat! Join Emagine Waconia on Wednesdays for their Kids Summer Movie Series. Admission is just \$2 for everyone. All ages are welcome! Tickets are available online and at the box office only.*

**The Land Before Time (August 7 at 10:00 a.m.)**

*An orphaned brontosaurus teams up with other young dinosaurs in order to reunite with their families in a valley.*

**An American Tail (August 14 at 10:00 a.m.)**

*While emigrating to the United States, a young Russian mouse gets separated from his family and must relocate them while trying to survive in a new country.*



## Senior Connections August 2019



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/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)

**Salute to Glen Campbell (August 1: 9:10 a.m.)**

*A heartwarming afternoon of Glen's biggest hits and the stories behind them, all delivered by Glen's right hand man for 15 years, bandleader and guitarist Jeff Dayton (\$76).*

**I am He Said (August 15: 9:10 a.m.)**

*The Killer Vees celebrate music from a timeless catalog featuring the one and only Neil Diamond (\$82).*

**Minnesota State Fair (August 29 8:30 a.m.)**

*It's Senior & Kids Day, at the Minnesota State Fair! Bring the grandkids! You will have about six hours to check things out (\$53).*

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

**Music in the Park: The Brueskes (August 1: 7:00 p.m.)**

**Movie in the Park: Small Foot (August 23, movie starts at 8:30 p.m.)**



# August 2019: Senior Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:10 a.m. <b>Salute to Glenn Campbell</b> 9:30 a.m. <b>Silver &amp; Fit Excel</b> 10:30 a.m. <b>Silver Sneakers Yoga</b> 7:00 p.m. <b>Music in the Park— The Brueskes</b>	2 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	3 8:00 a.m. <b>Pickle Ball</b> 10:00 a.m. <b>Master Gardner Help</b> 10:30 a.m. <b>Waconia Writers Group</b>
4	5 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	6 9:00 a.m. <b>Gentle Yoga</b> 10:30 a.m. <b>Silver Sneakers Yoga</b> 11:30 a.m. <b>Silver &amp; Fit Excel</b>	7 8:00 a.m. <b>Arthritis Aquatics</b> 8:30 a.m. <b>Defensive Driving</b> 10:00 a.m. <b>The Land Before Time</b> 11:00 p.m. <b>We Three Kings</b> 12:30 p.m. <b>Bridge Club</b> 6:00 p.m. <b>Pickle Ball</b>	8 9:30 a.m. <b>Silver &amp; Fit Excel</b> 10:30 a.m. <b>Silver Sneakers Yoga</b>	9 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	10 8:00 a.m. <b>Pickle Ball</b> 10:00 a.m. <b>Master Gardner Help</b>
11	12 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	13 9:00 a.m. <b>Gentle Yoga</b> 10:30 a.m. <b>Silver Sneakers Yoga</b> 11:30 a.m. <b>Silver &amp; Fit Excel</b>	14 8:00 a.m. <b>Arthritis Aquatics</b> 10:00 a.m. <b>Wellness Series</b> 10:00 a.m. <b>SING</b> 12:00 p.m. <b>Potluck</b> 12:30 p.m. <b>Bridge Club</b> 1:00 p.m. <b>Ten Cent Bingo</b> 6:00 p.m. <b>Pickle Ball</b>	15 9:10 a.m. <b>I am He Said</b> 9:30 a.m. <b>Silver &amp; Fit Excel</b> 10:30 a.m. <b>Silver Sneakers Yoga</b>	16 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	17 8:00 a.m. <b>Pickle Ball</b> 10:00 a.m. <b>Master Gardner Help</b>
18	19 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	20 9:00 a.m. <b>Gentle Yoga</b> 10:30 a.m. <b>Silver Sneakers Yoga</b> 11:30 a.m. <b>Silver &amp; Fit Excel</b>	21 8:00 a.m. <b>Arthritis Aquatics</b> 12:30 p.m. <b>Bridge Club</b> 6:00 p.m. <b>Pickle Ball</b>	22 9:30 a.m. <b>Silver &amp; Fit Excel</b> 10:30 a.m. <b>Silver Sneakers Yoga</b>	23 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b> 8:30 p.m. <b>Movie in the Park— Small Foot</b>	24 8:00 a.m. <b>Pickle Ball</b> 10:00 a.m. <b>Master Gardner Help</b>
25	26 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b> 1:00 p.m. <b>Book Discussion Group</b>	27 8:30 a.m. <b>Defensive Driving</b> 9:00 a.m. <b>Gentle Yoga</b> 10:30 a.m. <b>Silver Sneakers Yoga</b> 11:30 a.m. <b>Silver &amp; Fit Excel</b>	28 8:00 a.m. <b>Arthritis Aquatics</b> 12:00 p.m. <b>Free Lunch</b> 1:00 p.m. <b>Bingo</b> 6:00 p.m. <b>Pickle Ball</b>	29 8:30 a.m. <b>Defensive Driving</b> 8:30 a.m. <b>Minnesota State Fair</b> 9:30 a.m. <b>Silver &amp; Fit Excel</b> 10:30 a.m. <b>Silver Sneakers Yoga</b>	30 8:00 a.m. <b>Arthritis Aquatics</b> 10:30 a.m. <b>Senior Boot Camp</b>	31 8:00 a.m. <b>Pickle Ball</b> 10:00 a.m. <b>Master Gardner Help</b>

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>

**Imagine Waconia Theatre:** 952-442-5885 or <http://www.emagine-entertainment.com/kids-summer-movie-series/>