

Waconia Community Education (952-442-0610)

Music Education Series – America in Song (June 20: 10:15 a.m.)

Jenna Simpson, Music Therapist will present histories and inspiration of select American Folksongs in the Westview Acres Fireside Room.

Mackenthun's (952-442-2512)

Healthy Living Series– Alzheimer's (June 5: 3:00 p.m.)

Common signs/symptoms and how it is treated.

Waconia Area Senior Center (952-442-4642)

Board of Directors Meeting (June 5: 9:00 a.m.)

Bridge Club, Hand & Foot, 500 and other games (June 5, 12, 19: 12:30 p.m.)

Potluck (June 12: 12:00 p.m.)

TEN CENT BINGO (June 12, 24: 1:00 p.m.)

Painting with Kathy Meauwissen \$10 (June 19: 10:00 a.m.)

Free Lunch with New Perspectives (June 24: 12:00 p.m.)

Waconia Library (952-442-4714)

Waconia Writers Group (June 1: 10:30 a.m.)

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

Master Gardener Help Desk (June 1, 8, 15, 22, 29: 10:00 a.m.)

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

Paint Pouring (June 15: 10:30 a.m.)

Learn techniques for paint pouring and create your own poured paint artwork.

Law Library Satellite Clinic (June 19: 3:00 p.m.)

Get help with court forms and legal resources from Carver county Law Library Staff.

A Grand Tour of the Cosmos (June 24: 6:00 p.m.)

Journey from our sun out to the edge of the observable universe! We will stop at points along the way, and describe objects like planets, stars, binaries, nebulae, open clusters, globular clusters and galaxies.



Senior Connections

June 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!

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)

State Capitol/Cherokee Tavern/ Fort Snelling National Cemetery Tour (June 11: 8:45 a.m.)

The State Capitol renovation is beautiful, the buffet lunch is great, and the highlight just may be the tour of Fort Snelling National Cemetery (\$62)

Jim Stafford (June 18: 9:10 a.m.)

Best known for his humorous country novelty songs of the mid 70's, multi-instrumentalist Jim Stafford also enjoyed a lengthy career as a television personality and live entertainer. (\$82)

Skyrock Farm—It's for ALL Ages (June 19: 9:45 a.m.)

If you've ever visited House on the Rock, Circus World or a carnival or circus, enjoyed a great meal, or have a love for horses (and jumping), plus a mini-train ride around the grounds this tour is for ALL AGES! (\$79)

Looney Lutherans (June 25: 9:10 a.m.)

A trio of wacky gals on tour promoting their new cookbook, "USE YOUR FOOD, a guide to healthy living inside and out, from our kitchen to yours, EAT LIKE A LUTHERAN! (\$69)

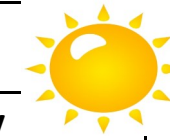
Historic Chippewa City & Fagen Fighters WWII Museum Tour (June 26: 7:15 a.m.– NYA)

Visit Historic Chippewa City, home to 24 buildings replicating a late 1800's village, complete with town square and boardwalk as well as a centrally located bandstand/gazebo. Fagen Fighters WWII Museum is a showcase of fully operational iconic aircraft and ground equipment used in that epic conflict. (\$64)





June 2019: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help 10:30 a.m. Waconia Writers Group
2	3 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	4 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	5 8:00 a.m. Arthritis Aquatics 9:00 a.m. Board of Directors Meeting 12:30 p.m. Bridge Club 3:00 p.m. Healthy Living Series 6:00 p.m. Pickle Ball	6 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	7 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	8 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help
9	10 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	11 8:45 a.m. State Capitol Tour 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	12 8:00 a.m. Arthritis Aquatics 10:00 a.m. Wellness Series 12:30 p.m. Bridge Club 1:00 p.m. Bingo 6:00 p.m. Pickle Ball	13 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	14 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	15 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help 10:30 a.m. Paint Pouring
16	17 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	18 9:00 a.m. Gentle Yoga 9:10 a.m. Jim Stafford 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	19 8:00 a.m. Arthritis Aquatics 9:45 a.m. Skyrock Farm 10:00 a.m. Painting with Kim 12:30 p.m. Bridge Club 3:00 p.m. Law Library Satellite Clinic 6:00 p.m. Pickle Ball	20 9:30 a.m. Silver & Fit Excel 10:15 a.m. Music Education Series 10:30 a.m. Silver Sneakers Yoga	21 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	22 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help
23	24 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 6:00 p.m. Grand Tour of the Cosmos	25 9:00 a.m. Gentle Yoga 9:10 a.m. Looney Lutherans 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	26 7:15 a.m. Historic Chippewa City 8:00 a.m. Arthritis Aquatics 12:00 p.m. Free Lunch 1:00 p.m. Bingo	27 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	28 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	29 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help

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>