

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

**Just Breathe! Techniques to Calm, Center & Balance (May 2: 6:00 p.m.)**  
*Breathing in specific ways can have amazing and powerful healing benefits.*

**How to grow a Culinary Herb Garden (May 9: 6:30 p.m.)**  
*Come have fun, taste, learn how to make your food come alive.*

**Defensive Driving—4 Hour Refresher (May 13: 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 course.*

**Chords are Key for Piano (May 13: 6:30 p.m.)**  
*In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment.*

**Wellness Series – ST Month—How ST can help you or a loved one (May 15: 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 – Easter Instrumental Evolution (May 16: 10:15 a.m.)**  
*Jenna Simpson, Music Therapist will present how we got to modern day string instruments in the Westview Acres Fireside Room.*

**Extraordinary Sacrifices (May 16: 11:00 a.m.)**  
*Educational programs presented by Carver County Historical Society in the Westview Acres Chapel/Multi-purpose Room. Presentations are interactive, humorous and historical.*

## Mackenthun's (952-442-2512)

**Healthy Living Series— Osteoporosis Awareness Month (May 1: 3:00 p.m.)**  
*Common signs/symptoms and how it is treated.*

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

**Board of Directors Meeting (May 1: 9:00 a.m.)**

**Bridge Club, Hand & Foot, 500 and other games (May 1, 8: 10:00 a.m. May 15, 22, 29: 12:30 p.m.)**

**General Membership Meeting (May 1: 1:00 p.m.)**

**Taco Bar \$4 (May 8: 12:00 p.m.)**

**TEN CENT BINGO (May 8, 29: 1:00 p.m.)**

**Karen's Trip to Israel (May 22: 11:00 a.m.)**

**Free Lunch with New Perspectives (May 29: 12:00 p.m.)**



## Senior Connections May 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)

**Hutterian Brethren Tour (May 8: 7:40 a.m.)**  
*The Hutterites are a religious group originating in 1528 during the Reformation. They live communally in rural North America. We'll Learn about their unique lifestyle, religion, customs, traditions, and history (\$60—depart from NYA)*

**Lanesboro Amish Tour (May 15: 7:15 a.m.)**  
*Tour the largest Old Order Amish Community in Minnesota. We'll visit and observe Amish farms where you may purchase various items. (\$67)*

## Waconia Library (952-442-4714)

**Waconia Writers Group (May 4: 10:30 a.m.)**  
*Held in the fireplace area, meet aspiring writers for advice and support.*

**Master Gardener Help Desk (May 4, 11, 18, 25: 10:00 a.m.)**  
*Bring your plant samples and insect disease questions to any of the Yard & Garden Help Desks.*

**Retro Recipe Swap (May 4: 10:30 a.m.)**  
*Recipe swap for main dishes and desserts in honor of the Carver County Historical Society exhibit recreating kitchens of the 1870's, 1930's and 1950's.*

**Using your iPad (May 7: 6:00 p.m.)**  
*Learn the basic function of your iPad.*



# May 2019: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 a.m. Arthritis Aquatics 9:00 a.m. Board of Directors Meeting 10:00 a.m. Bridge Club 1:00 p.m. Membership Meeting 3:00 p.m. Healthy Living Series 6:00 p.m. Pickle Ball	2 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 6:00 p.m. Just Breathe	3 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	4 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help 10:30 a.m. Waconia Writers Group 10:30 a.m. Retro Recipe Swap
5	6 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	7 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Using your iPad	8 7:40 a.m. Hutterian Brethren Tour 8:00 a.m. Arthritis Aquatics 10:00 a.m. Bridge Club 12:00 p.m. Taco Bar 1:00 p.m. Bingo 6:00 p.m. Pickle Ball 6:00 p.m. First Aid Training	9 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 6:30 p.m. Grow an Herb Garden	10 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	11 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help
12	13 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 5:30 p.m. Defensive Driving 6:30 p.m. Chords are Key	14 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	15 7:15 a.m. Lanesboro Amish Tour 8:00 a.m. Arthritis Aquatics 10:00 a.m. Wellness Series 12:30 p.m. Bridge Club 6:00 p.m. Pickle Ball	16 9:30 a.m. Silver & Fit Excel 10:15 a.m. Music Education Series 10:30 a.m. Silver Sneakers Yoga	17 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp 11:00 a.m. Extraordinary Sacrifices	18 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help
19	20 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	21 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	22 8:00 a.m. Arthritis Aquatics 11:00 a.m. Karen's Trip to Israel 12:30 p.m. Bridge Club 6:00 p.m. Pickle Ball	23 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	24 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	25 8:00 a.m. Pickle Ball 10:00 a.m. Master Gardner Help
26	27 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	28 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	29 8:00 a.m. Arthritis Aquatics 12:00 p.m. Free Lunch 1:00 p.m. Bingo	30 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga	31 8:00 a.m. Arthritis Aquatics 10:30 a.m. Senior Boot Camp	

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>