

Waconia Community Education (952-442-0610)

Defensive Driving—4 Hour Refresher (January 6: 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)

Seizure Smart Training: Basic Seizure Recognition and Response (January 7: 6:00 p.m.)

Seizure Training for communities is an opportunity to learn about epilepsy and seizures right in your own community.

Junk Out January—Essential Oils Event (January 7: 6:30 p.m.)

This class will educate you about the ingredients of common household cleaners, what to look out for, and what would be a good alternative product. (\$25)

Certified & Non Certified—First Aid CPR/AED Training (January 8: 6:00 p.m.)

Would you know what to do in a cardiac, breathing or first aid emergency? The right action could help you save a life! (\$60, \$30)

Introduction to the Enneagram Workshop (January 13: 6:00 p.m.)

In this workshop, you will get a brief overview of the Enneagram and its use for personal growth. (\$35)

Because you are Human-Life Experiences! (January 16: 6:00 p.m.)

What is a Life Experience? In this class, you'll discover the hidden process of a human life experience—that could change your life and how it feels to you. (\$25)

Kicking Stress Workshop (January 27: 6:00 p.m.)

In this workshop, you will discuss how certain levels of stress can help us grow. You will learn which of the four greatest personal fears is holding you back. (\$35)

Metabolism Boosters & Busters (January 28: 6:00 p.m.)

Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. (\$25)

Fire Up for February—Essential Oils Event (January 28: 6:30 p.m.)

Love is in the air...and so are a few undesirable scents! Join us for education about the effects of synthetic fragrances in our air, and on our bodies. (\$25)

Waconia Area Senior Center (952-442-4642)

Craft Day (January 2: 10:00 a.m.)

Bring a craft from home to enjoy or share

MahJong (January 2, 16, 23, 30: 12:30 p.m.)

Bridge Club, Hand & Foot, 500 and other games (January 8, 15, 22, 29: 12:30 p.m.)

Free phone presentation from Clear Captions (January 9: 11:30 a.m.)

Potluck Luncheon (January 15, 16: 12:00 p.m.)

TEN CENT BINGO (January 15, 16, 29: 1:00 p.m.)

Learn to play Bunco (January 22, 23: 1:00 p.m.)

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

Apple Dipping (January 30: 12:00 p.m.)

Bring a lunch and create an apple dessert



Senior Connections January 2020



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)

Aqua Fit for Life (W/F: 8:00 a.m.)

A fun and gentle pool class for participants. Work on balance, endurance, gain strength, and increase range of motion without putting strain on muscles.

Seniors In Motion (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: 9:05 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.

Pickleball (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)

Rainy Days & Mondays—The Music of the Carpenters (January 22: 10:30 a.m.)

Aimee Lee and the Superstars present a stunning tribute to the music of greats Karen and Richard Carpenter. The show features a 13-piece band that faithfully recreates the distinctive Carpenters' sound. (\$84)

Waconia Library (952-442-4714)

Waconia Writers Group (January 4: 10:30 a.m.)

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

Carver County Cares: Who gets Grandma's Yellow Pie Plate? (January 6: 6:00 p.m.)

Wills aren't often specific enough to include items that have more sentimental than monetary value. This class offers suggestions and strategies how to equitably divide one's keepsakes, collectibles and memorabilia.





January 2020: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year!	2 9:30 a.m. Silver & Fit Excel 10:00 a.m. Craft Day 10:30 a.m. Silver Sneakers Yoga 12:30 p.m. MahJong	3 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	4 10:30 a.m. Waconia Writers Group 8:00 a.m. Pickle Ball
5	6 10:30 a.m. Seniors in Motion 5:30 p.m. Defensive Driving 6:00 p.m. Carver County Cares	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. Seizure Smart Training 6:30 p.m. Junk Out January	8 8:00 a.m. Aqua Fit for Life 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball 6:00 p.m. First Aid CPR/AED	9 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Clear Captions	10 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	11 8:00 a.m. Pickle Ball
12	13 10:30 a.m. Seniors in Motion 6:00 p.m. Enneagram Workshop	14 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel	15 8:00 a.m. Aqua Fit for Life 12:00 p.m. Potluck 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball	16 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 12:00 p.m. Potluck 12:30 p.m. MahJong 1:00 p.m. Ten Cent Bingo 6:00 p.m. Because you are Human	17 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	18 8:00 a.m. Pickle Ball
19	20 10:30 a.m. Seniors in Motion	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. Aqua Fit for Life 10:30 a.m. Rainy Days & Mondays 12:30 p.m. Bridge Club 1:00 p.m. Bunco 6:00 p.m. Pickle Ball	23 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 12:30 p.m. MahJong 1:00 p.m. Bunco	24 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	25 8:00 a.m. Pickle Ball
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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.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>

Waconia City Hall: 952-442-2184 or <http://www.waconia.org> (view calendar)