

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

### **Chords are Key for Piano (March 9: 6:30 p.m.)**

*In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment (\$59)*



### **The art of De-Aging: Peel Years Off Your Biological Age (March 11: 6:00 p.m.)**

*In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. (\$25)*

### **Defensive Driving 8 Hour Course (March 9 & March 11: 5:30 p.m.)**

*This course is 2 sessions of classroom training. No driving test is required. You will receive a certificate of completion to provide to your insurance company for a 10% reduction. (\$26)*

### **Rolling into Spring—Essential Oils Event (March 17: 6:30 p.m.)**

*Join us to learn about the most common options as well as some natural, safer, non toxic ways to tackle some of your seasonal issues. (\$25)*

### **Defensive Driving 4 Hour Refresher (March 18: 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)*

### **Instant Guitar for Hopelessly Busy People (March 25: 6:30 p.m.)**

*This crash course will teach you some basic chords and get you playing along with your favorite songs right away. (\$59)*

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

### **Essential Oils with Lisa Goede (March 4: 11:00 a.m.)**

### **Bridge Club, Hand & Foot, 500 and other games (March 4, 11, 18, 25: 12:30 p.m.)**

### **MahJong (March 5, 12, 19, 26: 12:30 p.m.)**

### **Soup and Salad (March 11, 12: 12:00 p.m.)**

*Soup provided, bring a salad to share.*

### **Community Meeting (March 12: 11:00 a.m.)**

*Update on Senior Center Happenings/Plans*

### **TEN CENT BINGO (March 12, 25: 1:00 p.m.)**

### **Learn to Play Farkle with Jan (March 18: 1:00 p.m.)**

### **Bunco Tournament (March 19: 1:00 p.m.)**

### **Free Lunch with New Perspectives (March 25: 12:00 p.m.)**

### **The Importance of Exercise with Missy from Safari Island (March 26: 12:30 p.m.)**

## Waconia Library (952-442-4714)

### **Carver Scott Master Gardeners Classes (March 3, 10, 17, 24, 31: 6:00 p.m.)**

*Topics include: Fairy Gardens, Container Gardening, Fun with Herbs, Food Preservation & Nature Heals.*

### **Waconia Writers Group (March 7: 10:30 a.m.)**

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

### **Music in March: The Roe Family Singers (March 21: 10:30 a.m.)**

*A good-time, old-time (and award-winning) Hillbilly band from the tiny community of Kirkwood Hollow, MN.*



## Senior Connections

### March 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](http://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)

### **From the King, for the King: The Gospel According to Elvis (March 11: 10:30 a.m.)**

*A Unique performance of the legendary gospel songs of Elvis Presley. (\$83)*

### **Man in Black—The Music of Johnny Cash (March 19: 10:30 a.m.)**

*A rousing celebration of the legendary Johnny Cash. His unique sound embraced country music, rock and roll, rockabilly, blues, and gospel. (\$83)*

### **Killer Country with the Killer Vees (March 24: 9:00 a.m.)**

*The Killer Vees celebrate timeless music classics from the "Golden Age of Country." Know as the "rhythm section to the stars" the Killer Vees have toured and performed with a virtual who's who in the music business. (\$79)*

## Presidential Primary Election

*The Presidential Nomination Primary will take place from 7:00 a.m. to 8:00 p.m. on Tuesday, March 3. Ward I residents vote at the Waconia Ice Arena (1250 Oak Avenue) and Ward II residents vote at Trinity (601 E. 2nd Street). Visit [www.waconia.org/elections](http://www.waconia.org/elections) for more details on the Presidential Nomination Primary, the August State Primary, and the November General Election.*





# March 2020: Senior Connections



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:30 a.m. Seniors in Motion	3 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Fairy Gardens  Presidential Primary Election 7:00 a.m.—8:00 p.m.	4 8:00 a.m. Aqua Fit for Life 11:00 a.m. Essential Oils 12:30 p.m. Bridge Club 6:00 p.m. Pickle Ball	5 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 12:30 p.m. Mahjong	6 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	7 8:00 a.m. Pickle Ball 10:30 a.m. Waconia Writers Group
8	9 10:30 a.m. Seniors in Motion 6:30 p.m. Chords are Key for Piano	10 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Container Gardening	11 8:00 a.m. Aqua Fit for Life 10:30 a.m. From the King, for the King 12:00 p.m. Soup and Salad 12:30 p.m. Bridge Club 6:00 p.m. Pickle Ball 6:00 p.m. The Art of De-Aging	12 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 11:00 a.m. Community Meeting 12:00 p.m. Soup and Salad 12:30 p.m. Mahjong 1:00 p.m. Ten Cent Bingo	13 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	14 8:00 a.m. Pickle Ball
15	16 10:30 a.m. Seniors in Motion 6:00 p.m. Living Your Personal Best	17 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Fun with Herbs 6:30 p.m. Essential Oils Event	18 8:00 a.m. Aqua Fit for Life 12:30 p.m. Bridge Club 1:00 p.m. Learn to Play Farkle 5:30 p.m. Defensive Driving 6:00 p.m. Pickle Ball	19 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 10:30 a.m. Man in Black 12:30 p.m. Mahjong 1:00 p.m. Bunco Tournament	20 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	21 8:00 a.m. Pickle Ball 10:30 a.m. Music in March: The Roe Family Singers
22	23 10:30 a.m. Seniors in Motion	24 9:00 a.m. Killer Country 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Food Preservation	25 8:00 a.m. Aqua Fit for Life 12:00 p.m. Free Lunch with New Perspective 12:30 p.m. Bridge Club 1:00 p.m. Ten Cent Bingo 6:00 p.m. Pickle Ball 6:30 p.m. Instant Guitar	26 9:30 a.m. Silver & Fit Excel 10:30 a.m. Silver Sneakers Yoga 12:30 p.m. Importance of Exercise 12:30 p.m. Mahjong	27 8:00 a.m. Aqua Fit for Life 10:30 a.m. Seniors in Motion	28 8:00 a.m. Pickle Ball
29	30 10:30 a.m. Seniors in Motion	31 8:00 a.m. Pickle Ball 9:00 a.m. Gentle Yoga 10:30 a.m. Silver Sneakers Yoga 11:30 a.m. Silver & Fit Excel 6:00 p.m. Nature Heals				

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>

**Waconia Community Education:** 952-442-0610 or <https://www.isd110.org/community-ed>