



Newsletter

Open Monday - Thursday, 10 am to 3 pm daily.

201 S Vine ST, Waconia, MN 55387

952-856-4474

Finally! Warm weather is here! Welcome to the start of summer! We've got a lot to look forward to in June at the Waconia Area Senior Center. We hope you can join us!

Lace up your walking shoes and join us as we begin a **morning walking group** Monday through Thursday at 10:00 am. Weather permitting, the group will start at the senior center and trek through beautiful downtown Waconia for 20-30 minutes each day. Everyone is welcome!

June itself can be magical with all of the sunshine and new growth, but we also have **professional magician, Markus Clegg** with a magic show on Tuesday, June 13 at 10:30 am. Prepare to be amazed!

What better way to start the summer than by visiting a state park or two? Get a preview of all the parks with **Doug Ohman, professional photographer, MN historian, and storyteller**. On Thursday, June 29 at 10:30 am, he will share his beautiful presentation, "MN State Parks".

We'll continue to have our usual favorites of card games, board games and crafts, a birthday party and BINGO. We're always open to new ideas, so if there's a game or activity you'd like to try that we don't have listed, bring it in with you and teach us something new!

And if you haven't completed the **survey** yet, please share your thoughts and ideas to help build our activities and programs!

The Waconia Area Senior Center Advisory Board

Barbara Brooks Patsey Harris

Bob Jax Sue Leffler

Brenda Goede Elaine Varner

New Monthly Activity!



**Local
Luncheon**

Thursday, June 8 at 11:30 am

Location to be determined.

See inside for more information.



June 2023 EVENTS & ACTIVITIES

Coffee and treats daily | 10:00 a.m. to 3:00 p.m. | Puzzle participation and coloring daily

Monday	Tuesday	Wednesday	Thursday
Unless otherwise noted, signing up for special classes or events must be done at the Center. See the following pages for more information about programs, classes, & events listed here. If you have questions and a phone number is not listed in the description, call WASC at 952-856-4474 for assistance.			1
			10 am: Walking Group 10 am: "Class of '65" (1st Thursday each month) 12:30 pm: Bridge
5	6	7	8
10 am: Walking Group 10 am: Games of Your Choice 12:30 pm: Bunco	10 am: Walking Group 10:30 am: BYO Project Group Crochet, needlepoint, knitting, scrapbooking, etc...	9:00 am Advisory Committee 10 am: Walking Group 10 am: Card Games (500, Hand and Foot, 7up, others) 12:30 pm: Yahoo BINGO	10 am: Walking Group 11:30 am: Local Luncheon (2nd Thursday each month) 12:30 pm: Bridge
12	13	14	15
10 am: Walking Group 10 am: Games of your choice 12:30 pm: Bunco 2 pm - 3:30 pm: Caregiver Support Group Oak Room	10 am: Walking Group 10:30 am: Markus Klegg Magician	10 am: Walking Group 10 am: Card Games (500, Hand and Foot, 7up, others) 12:30 pm: BINGO	10 am: Walking Group 10 am: Crafts (3rd Thursday each month) 12:30 pm: Bridge
19	20	21	22
CLOSED FOR JUNETEENTH HOLIDAY	10 am: Walking Group 10:30 am: BYO Project Group Crochet, needlepoint, knitting, scrapbooking, etc...	10 am: Walking Group 10 am: Card Games (500, Hand & Foot, others)	10 am: Walking Group 12:30 pm: Bridge
26	27	28	29
10 am: Walking Group 10 am: Games of your choice 11 am: Al and Alma's Boat Cruise on Lake Minnetonka Registration was due Thursday,	10 am: Walking Group 10:30 am: BYO Project Group Crochet, needlepoint, knitting, scrapbooking, etc...	10 am: Walking Group 10 am: Card Games (500, Hand and Foot, 7up, others) 12:30 pm: BINGO Birthday Party!	10 am: Walking Group 10:30 am: Doug Ohman Presents "MN State Parks" 12:30 pm: Bridge



A message from Senior Community Services

SENIOR COMMUNITY
SERVICES

Just a few months ago, we welcomed Lynne Fredrickson as the new Director of the Waconia Area Senior Center. In the short time she's been in her role, she has introduced a variety of new activities and programs, developed valuable processes for day-to-day operations, and significantly increased interest in the center across the community.

Unfortunately, Lynne has decided to resign from her role as Director and her last day will be June 1. Recently, Lynne's responsibilities as a caregiver for an older loved one became more significant, requiring her to reassess her priorities to her loved one, her own family and her personal wellbeing.

Though we're incredibly sad to see Lynne leave, we understand, applaud, and wholeheartedly support her decision. Many of us at SCS are or have been caregivers ourselves and can relate to similar challenges and the need to make difficult decisions.

We're actively recruiting a new director and will share more information once someone has been hired. During the transition, staff from Senior Community Services will partner with center volunteers to ensure onsite programming continues.

We are grateful to Lynne for the contributions she has made to expand programming at the Waconia Area Senior Center and wish her all the best!



Deb Taylor, CEO
Senior Community Services

The Waconia Area Senior Center has a contract with Senior Community Services to provide daily center operations management, programming, and activities for older adults.

seniorcommunity.org



Magician Markus Clegg
Tuesday, June 13 at 10:30 am

From Las Vegas to Chicago, Markus has been performing magic professionally all over the United States for over 20 years. His blending of classic style, humour and mind bending magic has made him the sought after entertainer that he is today.

Originally from Illinois, Markus began his life long love affair with magic at a very young age. After performing his first professional show at age 12, he knew that magic was going to be his career.

Markus has performed in cities all across the U.S. and around the world. During the summer, he can be found performing close up magic as "The Shark" at CHS field in St. Paul, MN for the St. Paul Saints baseball team home games.

Markus studied acting at Saginaw Valley State University and Costume Design at the University of Nevada, Las Vegas. Currently Markus is also working as production manager for the Mystery Cafe, a murder mystery dinner theatre in Minnesota.

ONGOING MONTHLY ACTIVITIES

"Class of '65"

1st Thursdays, 10 am
Meet other "65ers" to connect and reminisce.
June - Sept. meet at City Square Park!

Local Luncheon

2nd Thursdays, 11:30 am
Location will vary each month.
Sign up at the Center.
Each guest is responsible for the cost of their own meal.

Crafts

3rd Thursdays, 10 am
Enjoy new creations each month.

ONGOING WEEKLY ACTIVITIES

Coffee and treats daily | 10:00 a.m. to 3:00 p.m. | Puzzle and coloring participation daily

Monday	Tuesday	Wednesday	Thursday
10 am: Walking Group 10 am: Choose Your Own Game 12:30 pm: Bunco	10 am: Walking Group 10:30 am: BYO Project Group, i.e. scrapbook, crochet, needlepoint, etc.	10 am: Walking Group 10 am: Card Games 12:30 pm: BINGO (except 3rd Wednesday)	10 am: Walking Group 12:30 pm: Bridge

Walking Group

Monday - Thursday
10:30 am



Lace up your walking shoes and join us for a walk in and around downtown Waconia. We'll walk for 20-30 minutes!



Card Games

500, Hand & Foot, and more
Wednesdays, 10 am

BINGO

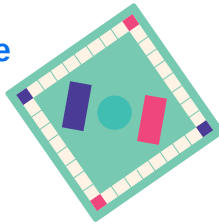
Wednesdays, 12:30 pm

1st Wed: Yahoo
 2nd Wed: BINGO
 3rd Wed: no game
 4th Wed: BINGO
 If 5th Wed: BINGO



Choose Your Own Game

Mondays, 10 am
Wednesdays, 10 am



Bunco Dice Game
Mondays, 12:30 pm



Bridge
Thursdays, 12:30 pm

Bring Your Own Project

Tuesdays, 10:30 am

Do you scrapbook, knit, crochet, needlepoint, or sew? Come and enjoy time together while working on your own projects.



Get your Zen on...

Drop by any time to "get your zen on" by fitting some puzzle pieces together or taking advantage of a relaxing coloring session.



Caregiver Support Services



Experienced social worker **Sara Roberts, LSW** facilitates a monthly support group and is also available for individual appointments to help caregivers sustain their ability to provide help and maintain their own life balance.

Caregiver Support Group

**2nd Monday each month
2:00 pm to 3:30 pm
Waconia City Hall**

This group is open to caregivers who live in (or are caring for someone who lives in) Carver, Hennepin, Scott, or Wright county and caring for an older adult or an adult with a cognitive diagnosis.

Reserve your seat today!

There is no cost, but registration is required.

Contact Sara at (763) 276-7076 or s.roberts@seniorcommunity.org.



CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.



SENIOR
COMMUNITY
SERVICES

Empowering People as They Age

www.seniorcommunity.org
ReimagineAging@seniorcommunity.org
952-541-1019

"State Parks of Minnesota" a presentation by Doug Ohman

Doug Ohman is a true-blue Minnesota history enthusiast, and he can't help but spread the word wherever he goes!

A historian, photographer and storyteller all rolled into one, Doug has published 14 books about Minnesota.

His full-time job for two decades?

Traveling all around the state of Minnesota sharing his historic, interactive presentations.



**Thursday, June 29
10:30 am**

Did you know?

Minnesota state parks include:

- 66 state parks
- 9 recreation areas
- 9 waysides
- 4,466 campsites
- 244 horse camp sites
- 104 group camps
- 108 water access sites
- 644 archaeological and historic cemetery sites
- 306 buildings on the National Register of Historic Places

Source: Minnesota Department of Natural Resources



SENIOR COMMUNITY
SERVICES

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Waconia Area Senior Center Interest Survey



1. What **card games** would you like to play? **Select only one.**

- | | |
|--|--|
| <input type="checkbox"/> Euchre | <input type="checkbox"/> Bridge |
| <input type="checkbox"/> Hand and Foot | <input type="checkbox"/> Uno or Uno variations |
| <input type="checkbox"/> Poker | <input type="checkbox"/> Phase 10 |
| <input type="checkbox"/> Kings in the Corner | |

2. Please list **other card games** you would like to play.

3. What **board or dice games** would you like to play? **Check all that apply.**

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Scrabble | <input type="checkbox"/> Jenga |
| <input type="checkbox"/> Sequence | <input type="checkbox"/> Scattergories |
| <input type="checkbox"/> Monopoly | <input type="checkbox"/> Bananagrams |
| <input type="checkbox"/> Pictionary | <input type="checkbox"/> Apples to Apples |
| <input type="checkbox"/> Yahtzee | <input type="checkbox"/> Dominos - which type? |
| <input type="checkbox"/> Bunco | |

4. Please list **other board or dice games** you would like to play.

5. What type of **craft or art activities** are you interested in? **Check all that apply.**

- | | |
|--|---|
| <input type="checkbox"/> Photography (taking & sharing pictures) | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Painting | <input type="checkbox"/> Crocheting |
| <input type="checkbox"/> String Art | <input type="checkbox"/> Coloring |
| <input type="checkbox"/> Holiday Crafting | <input type="checkbox"/> Drawing |
| <input type="checkbox"/> Card Making | <input type="checkbox"/> Woodworking |
| <input type="checkbox"/> Needlepoint | <input type="checkbox"/> Jewelry Making |
| <input type="checkbox"/> Origami | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Knitting | <input type="checkbox"/> Gardening (potting small plants) |
| <input type="checkbox"/> Quilting or Quilt Planning Discussion Group | |

6. Please list **other craft or art activities** you would be interested in:

7. If we had a "Movie of the Week" or "Movie of the Month", what types of **movies/genres** would you be interested in? **Select only one.**

- | | |
|---|----------------------------------|
| <input type="checkbox"/> Comedy | <input type="checkbox"/> Mystery |
| <input type="checkbox"/> Romance | <input type="checkbox"/> Horror |
| <input type="checkbox"/> Historical Fiction | |

8. What other movies or movie genres are you interested in?

9. What type of **craft or art activities** are you interested in? **Check all that apply.**

- | | |
|---|--|
| <input type="checkbox"/> Book club/book discussion group | <input type="checkbox"/> Faith Discussion Group |
| <input type="checkbox"/> Travel discussion group | <input type="checkbox"/> History Discussion Group |
| <input type="checkbox"/> Current Events Discussion Group | <input type="checkbox"/> Recipe Exchange Group |
| <input type="checkbox"/> Foreign Language Discussion Groups | <input type="checkbox"/> Singing Group |
| <input type="checkbox"/> Music and Arts Discussion Groups | <input type="checkbox"/> Playing instruments together (Jam sessions) |
| <input type="checkbox"/> Interior Design | <input type="checkbox"/> Ancestry Research/Genealogy Study |
| <input type="checkbox"/> Writing Group, i.e. short stories, memoirs, screenplays, poems, songwriting and sharing what you've written with the group | |

10. Please list **other discussion or hobby** you would be interested in:

11. What type of **exercise classes or physical activity groups** would you try?
Check all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Water Strengthening Classes |
| <input type="checkbox"/> Chair Yoga | <input type="checkbox"/> Zumba (Dance Exercise) |
| <input type="checkbox"/> Walking/Hiking Group | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Bicycling Group | <input type="checkbox"/> Balloon Volleyball |
| <input type="checkbox"/> Online-led Exercise Classes | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Pickleball | <input type="checkbox"/> Four Square |
| <input type="checkbox"/> Senior Strengthening Class | <input type="checkbox"/> Cornhole (Bean Bag Toss) |
| <input type="checkbox"/> Water Aerobics | |

12. Please list **other exercise classes or physical activity groups** you would be interested in:

13. What social/sporting/entertainment/volunteer events would you attend? **Check all that apply.**

- | | |
|---|--|
| <input type="checkbox"/> Monthly Birthday Parties | <input type="checkbox"/> Twins game |
| <input type="checkbox"/> Holiday Celebrations | <input type="checkbox"/> Magic Show at Senior Center |
| <input type="checkbox"/> Wine Tasting at a Local Winery | <input type="checkbox"/> Movies at Emagine Theatre Waconia |
| <input type="checkbox"/> Sporting events at Waconia High School | |
| <input type="checkbox"/> Dance Line Shows at Waconia High School | |
| <input type="checkbox"/> Local High School Plays or Musicals (matinees) | |
| <input type="checkbox"/> Dinner and a movie night or lunch and a movie matinee | |
| <input type="checkbox"/> Live Music (Music in the park, local concerts, musical event at the senior center, etc.) | |
| <input type="checkbox"/> Service Events, i.e. Feed My Starving Children, local church volunteering activities, Meals on Wheels, other | |

14. Please list **other social/sporting/entertainment/volunteer events** you would be interested in:

15. What **general events/excursions** outside of Waconia would interest you? **Check all that apply.**

- | | |
|---|--|
| <input type="checkbox"/> MN or Como Zoo | <input type="checkbox"/> MN Science Museum |
| <input type="checkbox"/> MN Landscape Arboretum | <input type="checkbox"/> Twin Cities/local restaurants |
| <input type="checkbox"/> Swedish Institute | <input type="checkbox"/> Valley Fair |
| <input type="checkbox"/> Local museums | <input type="checkbox"/> Minneapolis Institute of Art |
| <input type="checkbox"/> Children's Theatre | |

16. Please list **other general events/excursions** outside of Waconia you would be interested in:

17. Are there any other activities/programs or excursions you are interested in that have not been listed? Please list them here.

18. If we dined as a group at various restaurants, which ones do you prefer? **Select only one.**

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Lola's | <input type="checkbox"/> Vandy's (Island View Golf Course) |
| <input type="checkbox"/> Iron Tap | <input type="checkbox"/> Pangea Cafe |
| <input type="checkbox"/> Body Grays | <input type="checkbox"/> Loose Line Lodge (Watertown) |
| <input type="checkbox"/> Culvers | <input type="checkbox"/> Buddy Boy Fine BBQ (St. Boni) |
| <input type="checkbox"/> DaVinci's | <input type="checkbox"/> Group grilling/potluck at City Square Park |

19. Please list other restaurants near Waconia or in the metro area that you would like to try:

20. Please check the box that represents your age range:

- | | |
|----------------------------------|----------------------------------|
| <input type="checkbox"/> 45 - 50 | <input type="checkbox"/> 71 - 75 |
| <input type="checkbox"/> 51 - 55 | <input type="checkbox"/> 76 - 80 |
| <input type="checkbox"/> 56 - 60 | <input type="checkbox"/> 81 - 85 |
| <input type="checkbox"/> 61 - 65 | <input type="checkbox"/> 86 - 90 |
| <input type="checkbox"/> 66 - 70 | <input type="checkbox"/> 90+ |

21. I am: Male Female

22. Do you live in:

- Waconia St. Bonifacius Other
 Victoria New Germany _____

23. Use and attendance of the Waconia Area Senior Center. **Select only one.**

- I use the Waconia Area Senior Center
 I use another city's senior center; which one: _____
 I never use senior centers

24. How often do you currently participate in the Waconia Area Senior Center?
Select only one.

- Twice per week
 Once every other week
 Once a month
 Only for special events/speakers

25. What are the **top two reasons** why you visit, attend, or use senior center programs and services? Please list here:

26. What are the **top two reasons** why you do not visit, attend, or use senior center programs and services? Please list here:

27. What IDEAS or SUGGESTIONS would you make for the programs or services currently offered by the center?

Please return survey to the Senior Center.