



Newsletter

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

201 S Vine ST, Waconia, MN 55387

952-856-4474

Hello,

The Center will be **closed on Wednesday and Thursday, November 22 and 23** for the Thanksgiving holiday, but there are some new activities for the month of November...plus all your favorite regular activities. Full details are inside, but here's a quick snapshot.

This month, our Local Luncheon will be held at the Senior Center on November 30.

Hopper's Bar & Grill will be bringing in Swedish meatballs and mashed potatoes. The meal cost is \$8.00 per person and you must sign up by November 20.

Dust off that cribbage board and join the **Cribbage Club** starting on Tuesdays. You do not have to be an expert to play; beginners are welcome. This month's craft will be creating **holiday centerpieces** for the Senior Center and making your own **personal cards and invitations**. Join us for our first **Poetry Reading!** Please bring your favorite poem to share with the group.

This month's educational events include **Tips for Downsizing**, **iPad 201**, the value of a **Health Care Directive**, and Doug Ohman will continue our **Journey Down the River** sharing part 2 of this 3-part series that will conclude in December.

Details, costs and sign-up information for all activities and events is inside. We look forward to seeing you!

The Waconia Area Senior Center Advisory Committee

Barbara Brooks

Brenda Goede

Patsey Harris

Bob Jax

Sue Leffler

Elaine Varner



Join us for a tour and lunch at the American Swedish Institute on Friday, December 15.

**You must sign up by
Thursday, November 9
to reserve your spot.**

Details on last page of this newsletter.



Daylight Savings Time

Remember to set your clocks back **ONE** hour before bed on **Saturday November 4th**. Daylight savings time is **November 5th**.



November 2023 Activities Calendar

The Center is open Monday - Thursday, 10 am to 3 pm daily.

Monday	Tuesday	Wednesday	Thursday
30	31	1	2
		9 am: Advisory Committee 10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: "Class of '65" (1st Thursday) 12:30 pm: Bridge
6	7	8	9
10 am: Silver Sneakers Yoga (1st & 3rd Monday) 10 am: Games of Choice 12:30 pm: Card Games	Mexican Train Dominoes 10 am: Cribbage 1:30 pm: Book Club	10 am: Card Games 10:30 am: 500 12:30 pm: BINGO 11 am - 3:40 pm: Jersey Boys (registration closed)	10 am: Card Games 10:30 am: Downsizing Tips 12 pm - 3 pm: Tech Support (2nd Thursday) 12:30 pm: Bridge Registration Deadline for American Swedish Institute
13	14	15	16
10 am: Games of Choice 10 am: Quilting Group (2nd Monday) 12:30 pm: Card Games 1 pm - 2:30 pm: Caregiver Support Group (Oak Room)	Mexican Train Dominoes 10 am: Cribbage 1 pm: iPad 201: Advanced	10 am: Card Games 10:30 am: 500 12:30 pm: Yahoo BINGO	10 am: Card Games 10 am: Craft Group (3rd Thursday) 12:30 pm: Bridge
20	21	22	23
10 am: Silver Sneakers Yoga (1st & 3rd Monday) 10 am: Games of Choice 12:30 pm: Card Games	Mexican Train Dominoes 10:30 am: Doug Ohman 1 pm: Cribbage	SENIOR CENTER CLOSED	 SENIOR CENTER CLOSED
27	28	29	30
10 am: Donuts with a Deputy 10 am: Games of Choice 12:30 pm: Card Games	Mexican Train Dominoes 10 am: Health Care Directive Presentation 1 pm: Cribbage	10 am: Card Games 12:30 pm: BINGO BIRTHDAY PARTY!	10 am: Card Games 10 am: Poetry Reading 11:30 am: Hoppers lunch at the Senior Center 12:30 pm: Bridge

See the following pages for more information about programs, classes, & events.
Unless otherwise noted, sign-up sheets for special events are available at the Center.



Journey Down the River – Part 2

a presentation by Doug Ohman

Tuesday, November 21 at 10:30 am

Continue down the mighty Mississippi River as it makes its way from Central Minnesota to St. Paul. Along the way, you will travel with Doug by the highest dam on the river, stop in St. Cloud for a picnic lunch, and paddle into the Twin Cities. This trip will bring you through several of the Army Corps of Engineers locks and will glide you under some of Minnesota's best loved bridges. See where Minnehaha creek flows into the river, and view Fort Snelling from below. Doug will also show you, through his photography, how important the river is to the economic and environmental health of the state.

There is no cost, but registration is required.



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.



Please include your contact information when signing up for events so we can contact you if an event is cancelled or postponed.



Educational Events

These events are free, but registration is required.
Sign up at the Center.



Downsizing Tips: What to Keep, What Not to Keep and How to Decide

Thursday, November 9 at 10:30 am

Join us for this fun and motivating presentation as we learn downsizing tips including sorting (what to keep and how to decide), getting rid of the excess, packing, unpacking and resettling. You will gain valuable knowledge and a multitude of resources to help you get through the process “gently”. This presentation is perfect for those considering a move or anyone who would like to declutter in their current space.



Presenter **Jill Freeman** is a Marketing Associate and Sorting Specialist for Gentle Transitions. Gentle Transitions has been moving thousands of Twin Cities seniors for the past 33 years.



iPad 201: Advanced

Tuesday, November 14 at 1 pm

iPad 201: Advanced delves into features and advanced functions, with tips for making an iPad most useful to the primary user. Participants do not have to own an iPad to participate. Those with an iPad are encouraged to bring it.



Presented by **Gary Spears**, Technology Programs Coordinator for Senior Community Services.

Health Care Directive

Tuesday, November 28 at 10 am

Leaving instructions about your health care choices helps ensure decisions are made that are based on your values and preferences. Join us as we learn from Brandi Campbell, Care Transition Coordinator with St Croix Hospice who has been helping families for years work through the decision-making process for their loved ones with end-of-life decision making.

Recurring Monthly Activities

Quilting Group

2nd Monday each month, 10 am

All quilters, including beginners, are invited to join this group each month.

SilverSneakers® Chair Yoga

1st and 3rd Monday each month, 10 am

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers Chair Yoga is offered through Safari Island at the Waconia Area Senior Center two times each month.

There is no cost for SilverSneakers members; non-members pay a \$5.00 fee.

Want to become a member?
Stop in before class to fill out the paperwork or call Kristi at Safari Island at 952-442-3105 to enroll.



On the last Wednesday of each month we celebrate with special treats!

"Class of '65"

1st Thursday each month, 10 am

Meet other "65ers"
to connect and reminisce!
Meet at the Center.

Personal Technology Support

**2nd Thursday each month,
12 pm - 3 pm by appointment**

Get help with your smartphone, tablet, laptop, or other device:

- Texting, email, and video calls
- Accessing helpful device features
- Managing online security and safety
- Troubleshooting settings or errors

There is **no cost** for this service, but you must sign up for an appointment at the center. Bring your device with you.



A service provided as part of the Senior Community Services HOME program and funded, in part, by Carver, Hennepin, Scott, and Wright Counties.

Craft Group

3rd Thursday each month, 10 am

Help prepare holiday centerpieces and door prizes for the Senior Center. Make your own unique cards or invitations to take home. All materials will be provided.

**Registration is required.
Limit 8 participants.**

Local Luncheon

Thursday, November 30 at 11:30 am

This month, **Hoppers Bar & Grill** will be bringing Swedish meatballs and mashed potatoes to the Senior Center.

**Meal cost is \$8.00 per person.
Registration is required.**

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
1:00 pm to 2:30 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.



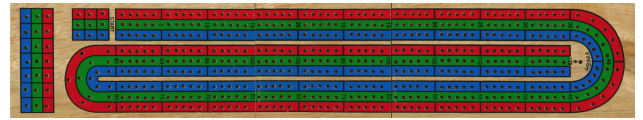
CareNextion.org is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.



SENIOR
COMMUNITY
SERVICES

Empowering People as They Age

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



Cribbage

**Tuesdays, November 7 and 14
at 10 am**



Beginners and experts are invited to play.



Book Club

Join us on **Tuesday, November 7th at 1:30 pm** for a discussion of the book *The Orphan Train* by Christina Baker.

The group will be reading *The Nickel Boys* by Colson Whitehead for December.

Remember this is a **FREE** Book Club with Carver County Library.



Donuts with a Deputy

Monday, November 27 at 10 am

Join us for coffee and donuts!



Poetry Reading

Thursday, November 30 at 10 am
Bring your favorite poetry to share with the group or come to listen to the poetry reading.

The Monthly Reflection



Elvis had us all shook up with his singing and dancing.



It was a great day at the Arboretum.



Community Events

Holiday Boutique

Presented by **Westview Acres**
Free Event | Open to the public
Saturday, November 4, 2023
10 am - 1 pm
Westview Acres
433 West 5th Street, Waconia

Holiday Boutique

Presented by **Gillespie Center**
Free Event | Open to the public
Friday, Nov., 24th, 9:30am-4p
Monday Nov. 27th thru Friday Dec. 2
9:30a-4:00p
Sun Nov., 26th and Sun Dec. 3rd
10a-4pm
2590 Commerce Blvd, Mound, MN



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Tour and Lunch on Friday, December 15

Immerse yourself in a bygone Christmas era and enjoy a traditional Swedish lunch at the ASI and Turnblad Mansion.

You will be amazed at the holiday displays, each room telling its own story.

After touring, gather for a traditional sit-down Scandinavian Lunch of Swedish Meatballs, Potato Puree, Pickled Beets, Pickled Cucumber Dill Salad, Lingonberry Sauce, Rye Bread & Butter, and assorted Cheeses, Coffee, Tea.

You will have plenty of time to check out the gift shop before heading home.

Cost is **\$51 per person**, with self-guided tour and lunch or **\$61 per person** with docent-guided tour and lunch. Cost includes transportation, meal, taxes, and basic museum admission.

Registration Deadline: Friday, November 10

Depart Waconia at 8:45 am

Return at approximately 2:45 - 3 pm



How does my donation benefit the center?

Individual donations help support daily center operations and activities like beverages and snacks, cleaning products, craft supplies, and games. This allows us to use the modest funding we receive from the City of Waconia, and occasional funding awarded to us by local civic organizations, toward special events, presentations, and transportation services.

The Waconia Area Senior Center Newsletter is published monthly.

Advisory Committee

Barbara Brooks
Brenda Goede
Patsey Harris
Bob Jax
Sue Leffler
Elaine Varner



[mnseniorcenters.org/
waconia-area-senior-center/](http://mnseniorcenters.org/waconia-area-senior-center/)



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Monday - Thursday
10 am - 3 pm

Closed on some holidays.



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