



# Newsletter

February 2024

Happy February, everyone! The Senior Center will be closed on Monday February 19th in observance of President's Day.

We will kick off the month with our **Safari Island** Instructor, who will be bringing a new class to the Senior Center on February 5th at 10:00am, **SilverSneaker Bootcamp**. Don't be intimidated by the name, it is a class that you can modify (easy or hard) and make it work for you. We will wrap up the month on February 29th at 10:00am, with **SilverSneaker** Yoga. It is provided by **Safari Island** and free to all **SilverSneaker** members.

**Mahjong Monday's** is off to a great start. Mahjong novice or master? It doesn't matter! We would love for you to join us. **Cribbage** was going strong, but since the holidays our numbers have decreased. Please help us keep **Cribbage** going, join us Tuesday's from 10:00am- 12:00 pm to play. Our **Book Club** is still meeting the first Tuesday of the month at 1:30pm. It is not too late to join. In January they read *Born a Crime*, by Trevor Noah. The **Poetry Group** will be meeting on February 29th at 11:30am and this month's focus will be on our February President's and love poetry for Valentine's Day.

Our *Senior Community Services* team will come speak on **Technology Your Way: How Much Tech Do I Really Need?** This presentation will explain how to find affordable internet, cell phone service and offer tips to help you decide what kind of device may suit YOU best. Following the presentation we can help you learn if you are eligible for the **Affordable Connectivity Program**, if eligible, you could qualify for a free tech device. For those that qualify, tech distribution will be held on February 20th & 27th in the Oak Room (in City Hall) from 12:30pm-2:30pm.

February is the month of entertainment. Get ready for some fun, **Neil Diamond** is coming! Join us February 13th at 1:00pm. Make sure to bring a friend! **Old Log Theater** anyone? We will be departing on February 8th at 10:45am to see the **Million Dollar Quartet** (lunch and transportation is provided- payment of \$61.39 is due by January 18th). Don't miss out on the **Valentine's Day Pizza Party** on Wednesday, February 14th at 11:30pm. Please bring a dessert to share. Our **Local Luncheon** at the **Senior Center** will be catered by **Mackenthun's**. It will be baked chicken, mashed potatoes and gravy, corn and a roll. On February 26th at 10:00am, it is time once again for **Donuts with a Deputy**. Come listen to Sheriff Tyler share his stories and updates on Carver County.

Our monthly craft is the **Diamond Painting**, embellish a piece of art with sparkling vibrant diamonds. The Craft group meets the 3rd Thursday of the month at 10:00am. The **Lowry Nature Center** will be sending out a Naturalist on February 20th at 12:30pm. This session will begin our 3 part series with **Lowry**. On February 22nd at 10:30am, **Doug Ohman** will continue on his 6 part series of **Minnesota From the Road**. This presentation will cover **Minnesota's Heartland Lakes to the Red River Valley Tour**. You will not want to miss it. This month the **Movie at the Senior Center**, will be *Marley and Me*. A warm comedy about a family dog and the life lessons that our pets teach us.

*That is the snapshot of the month. We hope there is something that interests you. See you soon!*

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

In City Hall, 201 S Vine ST,  
Waconia, MN 55387  
952-856-4474

**The Waconia Area Senior Center  
Advisory Committee**

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

# Waconia Area Senior Center Activities Calendar: February 2024

Monday	Tuesday	Wednesday	Thursday
		31	1
5	6	7	8
<p><b>10 am: SilverSneaker BootCamp</b>                      11 am: Card Games- Hand &amp; Foot, 500 &amp; Kings Corner                      12:30 pm: Mahjong</p>	<p>Mexican Train Dominoes  <b>10 am: Cribbage</b>  <b>12:30pm: Technology Your Way</b>  <b>1:30: Book Club</b>  <b>TECH EVENT</b></p>	<p>9:15 am: Advisory Committee                      10 am: Card Games- Hand &amp; Foot, 500 &amp; Kings Corner  <b>12:30 pm: Yahoo BINGO</b></p>	<p>10 am: Card Games  <b>12 pm - 3 pm: Tech Support (2nd Thursday)</b>  <b>10:45: Bus Departs for Million Dollar Quartet at Old Log Theater- Returning at 3:15 pm</b>                      12:30 pm: Bridge</p>
12	13		15
<p><b>10 am: Quilting Group</b> (2nd Monday)                      11 am: Card Games- Hand &amp; Foot, 500 &amp; Kings Corner  <b>12:30 pm: Mahjong</b>                      (payment is due for the Valentines Day pizza party \$5.00)</p>	<p>Mexican Train Dominoes  <b>10 am: Cribbage</b>  <b>1:00 pm: Performance by Neil Diamond</b></p>	<p>10 am: Card Games- Hand &amp; Foot, 500 &amp; Kings Corner  <b>11:30 pm: Valentines Pizza Party. Bring a Dessert to Share</b>                      12:30 pm: BINGO</p>	<p>10 am: Card Games  <b>10 am: Craft Group (3rd Thursday) Diamond Painting</b>                      12:30 pm: Bridge                      (Payment is due for the Local Luncheon \$9.00)</p>
19	20	21	22
<p><b>Senior Center Closed</b></p>	<p>Mexican Train Dominoes  <b>10 am: Cribbage</b>  <b>12:30 pm: Lowry Nature Center Naturalist</b>  <b>12:30 pm:-2:30: Tech Delivery Day (City Hall- Oak Room)</b>  <b>TECH EVENT</b></p>	<p>10 am: Card Games- Hand &amp; Foot, 500, &amp; Kings Corner  <b>12:30 pm: Yahoo BINGO</b></p>	<p>10 am: Card Games  <b>10:30 am: Doug Ohman</b>  <b>12:00 pm: Local Luncheon</b> (catered by Mackenthun's at the Senior Center)                      12:30pm: Bridge</p>
26	27	28	29
<p><b>10:00 am: Donuts with a Deputy</b>                      11:30 pm: Card Games- Hand &amp; Foot, 500 &amp; Kings Corner                      12:30 pm: Mahjong</p>	<p>Mexican Train Dominoes  <b>10 am: Cribbage</b>  <b>12:30 pm: Movie at the Senior Center- Marley and Me</b>  <b>12:30 pm-2:30pm: Tech Delivery Day (City Hall- Oak Room)</b>  <b>TECH EVENT</b></p>	<p>10 am: Card Games- Hand &amp; Foot, 500, &amp; Kings Corner  <b>12:30 pm: BINGO</b>  <b>BIRTHDAY PARTY!</b></p>	<p><b>10 am: SilverSneaker Yoga</b>                      11 am: Card Games  <b>11:30 am: Poetry Group in the Oak Room</b>                      12:30: Bridge</p>

*We are open Monday - Thursday, 10 am to 3 pm daily.*

*The Senior Center is located in Waconia City Hall - 201 S Vine St. Waconia, MN 55387*



Need help with your smartphone, tablet, laptop, or other device?

**Senior Community Services** is hosting no-cost, personal technology support clinics. Sign-up is required.  
(Second Tuesday of the month, from:12:00pm-3:00pm)



## Minnesota's Heartland Lakes to the Red River Valley Tour

**Thursday, February 22nd at 10:30am**

Join us for part 2 of this 6 part series.

Ride along with Minnesota storyteller into the heart of the great state of Minnesota. We will learn the stories behind many of the landmarks we associate with the state.

Doug Ohman will make the trip feel like we are all together on a Minnesota vacation.



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.

## Technology Your Way: How Much Tech Do I Really Need?

This presentation will explain how to find affordable internet or cellular phone service and offer tips to help you decide what kind of device (smartphone, tablet, or laptop) may best suit your interests and needs.

**Tuesday, February 6 at 12:30 pm**

Waconia Senior Center  
located in Waconia City Hall  
201 S Vine ST  
Waconia, MN 55387  
952-856-4474

Presented by Cynthia Child, Senior Community Services Program Coordinator for Technology Education, Connection & Help (TECH) Services

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Following the presentation, we can help you learn if you're eligible for the Affordable Connectivity Program and if you may qualify to receive a free device based on the guidelines below.

- ✔ Age 60 or older and reside in Carver, Hennepin, Scott, Sherburne, or Wright County
- ✔ An individual living alone with monthly income of \$2,500 or less OR a couple/household with combined monthly income of \$3,300 or less

If you qualify, you'll be able to pick up your device in the **Oak Room at City Hall** on the dates below. Your device will include initial setup and customization.

**Tuesday, February 20**  
12:30 pm - 2:30 pm

**Tuesday, February 27**  
12:30 pm - 2:30 pm



This program is offered by  
**Senior Community Services**  
and available thanks to a grant from the  
**State of Minnesota Department of Human Services.**



## Upcoming Events

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



### Raptors of Minnesota

**Tuesday, February 20th at 12:30 pm**

Enjoy a presentation put on by a Lowry Nature Center Naturalist. Hawks, owls, eagles, falcons and ospreys are all part of this group of birds of prey.

The Naturalist will be bringing in a live raptor for this event.

You won't want to miss it!

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### Million Dollar Quartet at the Old Log Theater

**Thursday February 8th, 10:45a-2:45p**

The musical captures the memorable day when four Rock n' Roll greats made music history. On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records' storefront studio in Memphis, TN. The man who made it happen was the "Father of Rock'n'Roll," Sam Phillips, who discovered them all.

This was the only occasion the four legends-to-be played together, and it has come to be known as one of the greatest rock jam sessions of all time.

We will be departing on February 8th at 10:45am to see the **Million Dollar Quartet** (lunch and transportation is provided- payment of \$61.39 is required).

# Recurring Monthly Activities

## SilverSneakers®

### SilverSneaker Bootcamp

February 5th, 10 am

Don't be intimidated by the name, it is a class that you can modify (easy or hard) and make it work for you.

### SilverSneaker Chair Yoga

February 29th, 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!

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### "Class of '65"

1st Thursday each month, 10 am

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

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### Quilting Group

2nd Monday each month, 10 am

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

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### 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 and complete Registration form. 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.

## 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](mailto:s.roberts@seniorcommunity.org).



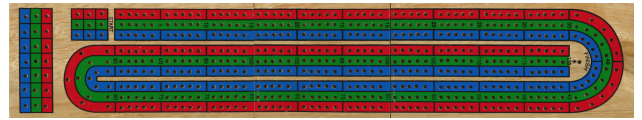
**CareNextion.org** is a free, online tool and app that helps caregivers coordinate and connect with others to support their older adult loved one.



SENIOR  
COMMUNITY  
SERVICES

**Empowering People as They Age**

[www.seniorcommunity.org](http://www.seniorcommunity.org)  
[ReimagineAging@seniorcommunity.org](mailto:ReimagineAging@seniorcommunity.org)  
952-541-1019



### Cribbage

**Tuesdays at 10:00am**  
Beginners and experts  
are invited to play.



### Book Club

Join us on **Tuesday February 6th at 1:30pm**, for a discussion of the book *Born a Crime* by Trevor Noah.

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

### Craft Group

**3rd Thursday each month, 10 am**

Our monthly craft is Diamond Painting. Embellish a piece of art with sparkling vibrant diamonds.

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



### Poetry Reading

**Thursday February 29th at 11:30am  
(meet in the Oak Room)**

The focus this month will be on our February President's- President Lincoln, President Washington and celebrating love poetry for Valentine's Day.

Enjoy a fun beverage while you listen.



# Pizza

**Valentine's Day Pizza Party**  
**Wednesday February 14th at 11:30am**

Let's celebrate Valentine's Day together.  
Wear red or pink and bring a dessert to share.  
Sign up and pay \$5.00 by February 12th.



## Donuts with a Deputy

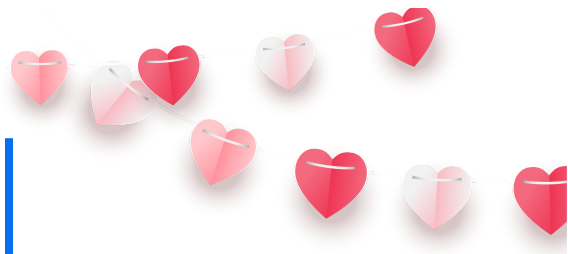
**Monday February 26th at 10:00am,**  
Join us for coffee and donuts!

## Local Luncheon

**Thursday, February 22nd at 12:00 pm**

This month, **Mackenthun's** will be bringing baked chicken, mashed potatoes and gravy, corn and a roll to the Senior Center.

**Meal cost is \$9.00 per person.**  
**Registration is required. Payment is due by February 15, 2024.**



## Enjoy Timeless Classics From Dazzling Neil Diamond

**Tuesday, February 13th at 1:00pm**



Join Todd Anderson for a glittering tribute to Neil Diamond, where every note sparkles with the magic of timeless classics.

Todd's homage captures the essence of Diamond's distinct voice and charismatic stage presence. Revel in renditions of "Sweet Caroline" and "America", and feel the connection as Todd celebrates the musical legend.

## FREE TAX ASSISTANCE

<https://mn1.taxaide.aarpfoundation.org/taxpayer-information/>

BY APPOINTMENT, PHONE LINES OPEN JANUARY 29, 2024

### Chaska

#### Moravian Church

115 E. 4<sup>th</sup> Street, Chaska, MN 55318

**Mondays, February 12 through April 8, 9:00 AM – 2:00 PM**

For an appointment, call **952-373-1766**, 9:00 AM to 4:00 PM weekdays

### Waconia

#### Faith Lutheran Church

800 Waconia Parkway North, Waconia 55387

**Wednesdays, February 14 through April 10, 9:00 AM – 2:00 PM**

For an appointment, call **651-571-2681**, 9:00 AM to 4:00 PM weekdays

### Shorewood

#### Shorewood Community and Event Center

5735 Country Club Road, Shorewood, MN 55331

**Thursdays, February 15 through April 11, 9:00 AM – 2:00 PM**

For an appointment, call **952-960-7923**, 9:00 AM to 4:00 PM weekdays

### Chanhassen

#### Chanhassen Senior Center

7700 Market Blvd, Chanhassen, MN 55317

#### WHAT TO BRING:

- Photo ID and Social Security Cards for everyone on the return,
- 2023 Documents (W2, SSA-1099, 1099s/1098s, 1095-A, Self Empl info, etc.),
- 2023 Certificate of Rent Paid, or **2024** Property Tax Statement,
- Last year's (Tax Year 2022) tax return, and a voided check.

The Waconia Area Senior Center Newsletter is published monthly.

#### Advisory Committee

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



Waconia City Hall  
201 S Vine ST  
Waconia, MN 55387

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



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



952-856-4474



seniorcenter@waconia.org



Monday - Thursday  
10 am - 3 pm

Closed on some holidays.