

March 2024



Newsletter

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

201 S Vine ST, Waconia, MN 55387

952-856-4474

The Waconia Area Senior Center is located in the Waconia City Hall. Our Newsletters are located at Safari Island, the Waconia Library, the Waconia Senior Center and various Senior Communities in the community. We are open Monday-Thursday 10am-3pm.



The Senior Center has an Advisory Committee that meets for 1 hour a month to share ideas about upcoming events, approve the next months calendar and to have a voice for the members of the Senior Center. We are looking for new committee members. Would you like to join us? If you are interested email: sschoess@waconia.org to find out more about this opportunity.

Our donations jar is available each week on the front table. The donations we receive throughout the week help us keep the coffee brewing and the snacks fresh.

We are open to new ideas, events and opportunities. The Senior Center is a place where people can find community, education and fun! Our programming for 2024 will have many new opportunities. We hope you can find something that sparks your interest and you will join us.

The Waconia Area Senior Center Advisory Committee

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



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

Senior Community Services is hosting no-cost, personal technology support clinics. Details inside.



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



March 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
10 am: SilverSneaker Chair Yoga 11 am: Games of Choice 12:30 am: Majhong (Deadline to sign up for free lunch with Choice Connections)	Mexican Train Dominoes 9:00 am: 10 am: Cribbage 1:30 pm: Book Club	9: 15am: Advisory Committee 10 am: Card Games- Hand & Foot, 500 & Kings Corner 11:30 pm: Free lunch (Sign up is required by March 4th) 12:30 pm: Yahoo BINGO (sponsored lunch by Choice Connections)	10 am: "Class of '65" (1st Thursday) 12:30 pm: Bridge 1:00 pm: Carver County Police Dog presentation
11	12	13	14
10 am: Games of Choice 10 am: Quilting Group (2nd Monday) 12:30 pm: Mahjong 1:00 pm: Caregiver Support Group (Oak Room)	Mexican Train Dominoes 10 am: Cribbage 12:30 pm: Lowry Naturalist Sap to Syrup Presentation	10 am: Card Games- Hand & Foot, 500 & Kings Corner 11:30 pm: St Patrick's Day Potluck. Wear Green! 12:30 pm: BINGO	10:30 am: Grief Education and Support- ST. Croix Hospice 12 pm - 3 pm: Tech Support (2nd Thursday) 12:30 pm: Bridge
18	19	20	21
10 am: SilverSneaker Chair Yoga 11 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30 am: Majhong	Mexican Train Dominoes 10 am: Cribbage 12:30 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30: Floral Arrangement at FLOWERPOWER in Lester Prairie (Transportation provided)	10 am: Card Games- Hand & Foot, 500 & Kings Corner 12:30 pm: Yahoo BINGO	10 am: Card Games- Hand & Foot, 500 & Kings Corner 10:30 am: Doug Ohman 1:00 pm: Craft Group- Alcohol Ink Art 12:30 pm: Bridge
25	26	27	28
11 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30 pm: Mahjong	Mexican Train Dominoes 10:00 am: Cribbage 12:30 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30 am: Zentangle Art	10 am: Card Games- Hand & Foot, 500, & Kings Corner 12:30 pm: BINGO BIRTHDAY PARTY!	10 am: Card Games- Hand & Foot, 500 & Kings Corner 11:30 am: Poetry Reading (Oak Room) 12:30 pm: Bridge 12:30 pm: Card Games
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Upcoming Events



Southern Prairie Tour –

Thursday, March 21st at 10:30am

a presentation by Doug Ohman

Enjoy a road trip along the Minnesota river into southwestern Minnesota.

Along the way, historian and photographer, Doug Ohman will take you to both historic and unique landmarks, with some fun stops for great food.



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.



Floral Arranging at Flower Power Garden Center Tuesday March 19th at 12:30pm

Join us as we arrange flowers and make a beautiful bouquet of flowers to bring home and brighten up your space. **Transportation is provided.**

Meet at Waconia City Hall at 11:50 to load the bus. We will depart promptly at 12:00pm.



Zentangle Art

Tuesday, March 26th at 12:30 pm

Kathy's Zentangle programs have been based on drawing of various tangle patterns on cards/tiles. She has been drawing for the last 10 years. Zentangle is a relaxing method of creating a piece of personal art. It allows you relax, focus, explore new levels of creativity and have fun!





Educational Events

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



Sponsored lunch on Wednesday, March 6th 11:30 am
provided by Choice Connections.

Libby Jensen is a Certified Senior Advisor with Choice Connections, who is celebrating 15 years of serving older adults and their families. Their professional and caring team can help navigate the overwhelming process of finding the right senior living community. Learning about your senior living and healthcare options along with their costs, will help you stay in control of your plans for the future.

Tuesday, March 12th at 12:30pm

Lowry Nature Center at the Senior Center



Sap to Syrup

Learn the history of maple syruping through a power point slide presentation with questions and discussion, the process of making syrup and try this sweet taste of spring.



Thursday, March 7th at 1:00pm

The Deputies Dogs are coming to the Senior Center.

We are doggone excited to have the Deputies dogs visit us at the Senior Center. A big thank you to the Carver County Sheriff's Office for making this event possible. We hope you can enjoy this presentation and learn something new about the canine's that help our Deputies.

Grief Education and Support
Thursday, March 14th at 10:30 am



Join us as we learn more about grief, caregiver burnout, and helping ourselves heal after losing a loved one. Cachel Newbauer, bereavement coordinator with St. Croix Hospice, will facilitate a time of grief education and support.

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 Tuesday each month,
12 pm - 3 pm by appointment**

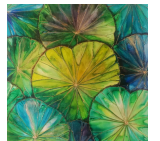
Get help with your smartphone, tablet, laptop, or other device:

- 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, 1:00 pm

Alcohol ink on a ceramic tile. All materials will be provided.

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

Mahjong Group

Mondays at 12:30 pm

Mahjong is a fun game that involves matching tiles. We have a good group of players, but would love it if you would join. Don't know how to play? No problem. We have teachers that would love to teach you!



Mark Your Calendar



**Wednesday April 3rd,
musical by Carole King.**

**Beautiful at the
Chanhassen Dinner Theater.**

Transportation is provided for
this event.

Payment is due by March 5th. The cost is
\$72.00.

Lunch is provided and dinner seating begins at
11:00am. Lunch is served prior to the start of
the performance. The show begins at 1:00 pm.

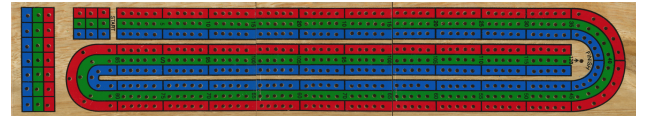


Thursday, April 25th 9:15am-2:30pm

Art in Bloom 2023

Art in Bloom exhibits imaginative floral interpretations of
selected works of art from Mia's permanent collection,
created by more than 100 individual and commercial
florists.

Transportation is provided for this trip. We will be
stopping for lunch at the Olive Garden on the way home
from the MIA. Transportation and the MIA are free, but
lunch is an additional charge. The bus will depart at
9:15am from the Waconia City Hall parking lot. We will
return around 2:30 pm. Sign up is required by April 15th.



Cribbage

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



Book Club

Join us on **Tuesday, March 5th at 1:30
pm** for a discussion of the book *The
Blue Zones* by *Dan Buettner*.

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



Donuts with a Deputy

Thursday March 7th at 1:00pm
Join us for coffee and donuts!



Poetry Reading

Thursday, March 28th at 11:30am
Bring your favorite poetry to share with
the group or come to listen to the
poetry reading. Enjoy a fun beverage
while you listen.

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.



SENIOR
COMMUNITY
SERVICES

Empowering People as They Age

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

Looking for a tool to help coordinate care for your loved one and keep everyone connected?

CareNextion is an award-winning, free, secure online tool (and mobile app) that provides care teams of families and friends with centralized communication, including task scheduling & assignment, journaling, and local resources.

Invite friends and family to stay connected and help you care for your loved one. Your loved one can also be part of the team to add tasks, provide updates, or see who will be helping with a task.

Use the link below to find out more about this free resource.

carenextion.org



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



952-856-4474



seniorcenter@waconia.org



Monday - Thursday
10 am - 3 pm

Closed on some holidays.