

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

### **Defensive Driving 8 Hour Course (May 12 & 19, 24 & 25: 12:00 p.m.)**

If you are 55 years or older you can save money and become a better driver. Minnesota law requires insurance companies to offer a 10% reduction for 3 years if you complete a National Safety Council's course taught by certified instructors. This course is in 2 sessions of classroom training. No driving test is required. A certificate of completion will be provided for your insurance company. (\$30)



## Waconia Library (952-442-4714)

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

Meet aspiring writers for advice and support. Meetings are the first Saturday of the month. Meetings will be held in the magazine area.

### **Music in May: Traveled Ground at City Square Park (May 7: 10:30 a.m.)**

Offering a unique combination of Folk, Blues, Roots Rock, and Americana styles, Traveled Ground's music crosses the spectrum of the Roots Music scene. Led by multi-instrumentalist Clark Machtemes, their brand of story driven songs, sense of song craft and arsenal of instruments have led to national radio play, commercial jingles, and songwriter showcases across the county.

### **Waconia Book Club (May 17: 1:00 p.m.)**

Join at the Waconia library branch for a book discussion happening the third Tuesday of every month from 1 PM –2 PM. April's selection is Mrs. Everything by Jennifer Weiner. New members are always welcome.

### **Friends of Waconia Library Book Sale (May 21: 9:00 a.m.)**

The Friends of the Waconia Library will be holding their annual spring book sale. Find deals on gently used books for all ages. Location of the sale is at Waconia City Hall.



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

**Hand and Foot (May 4, 11, 25: 10:00 a.m.)**

**Gather to visit the Arboretum (May 5: 9:30 a.m.)**

**Bridge (May 5, 12, 19, 26:12:30)**

**Fellowship (May 5: 10:00 a.m.)**

**Ten Cent Bingo (May 11, 25: 12:30 p.m.)**

**Visiting Costa Rica with Jim (May 18: 10:30 p.m.)**

**Birthday Celebration (May 25: 2:00 p.m.)**

**Join us for coffee, treats, cards, games and socializing!**



## **Senior Connections**

### **May 2022**



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 Challenge (M, T, W: 7:00 a.m.)**

Shallow water aerobics, muscle conditioning, and stretching using barbells and/or noodles.

### **Aqua Senior (M: 8:00 a.m., F: 8:00 a.m.)**

This class is a low impact workout to help increase strength, flexibility, endurance, circulation and balance.

### **Deep H2O (TH: 7:00 a.m.)**

A Challenging non-impact deep water class using belts or noodles for flotation. A great cardiovascular workout plus gentle on joints.

### **Seniors in Motion (M: 9:30 a.m., F: 10:30 a.m.)**

Simple athletic drill target all major muscle groups and build strength and stability. Cardio drills keep the heart rate and energy expenditure up throughout the work phase. Balance training, flexibility, relaxation components aim to recover for total body workout.

### **Gentle Yoga (M: 5:00 p.m., T: 9:50 a.m.)**

This peaceful flow is great for beginners or those looking for mobility and relaxations from their yoga practice.

### **Silver Sneakers Yoga (M: 10:30 a.m., TH: 9:30 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 designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## Chuck Thiel & the Jolly Ramblers Community Club Tours (320-395-2746)

### **Hutterian Brethren Tour (May 3: 7:40 a.m. NYA)**

It is time for Starland, the area home of the Hutterian Brethren. Time will be allowed to learn about these folks and also for casual browsing and shopping. The Hutterites are a religious group originating in 1528 during the Reformation. They live communally in rural North America. You will learn about their unique lifestyle, religion, customs, traditions, and history: how they earn their living; what they do in their leisure time; and enjoy an included family style dinner. (\$66)

### **Killer Country with the Killer Veas (May 17: 9:00 a.m.)**

Jeff, Tommy, Matt and Bennett Vee, national music scene veterans and sons, nephew and grandson respectively of the legendary Bobby Vee, join forces with their family and friends as The Killer Veas to celebrate timeless music classics from the "Golden Age of Country." (\$83)



## May 2022: Senior Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:30 a.m. Silver Sneakers Yoga 5:00 p.m. Gentle Yoga	3 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga 7:40 a.m. Hutterian Brethren Tour	4 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 10:00 a.m.—3:00 p.m. Senior Center Open 10:00 a.m. Hand & Foot	5 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:00 a.m.—3:00 p.m. Senior Center Open 9:30 a.m. Arboretum 12:30 Bridge	6 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	7 10:30 a.m. Waconia Writers Group 10:30 a.m. Music in May
8	9 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:30 a.m. Silver Sneakers Yoga 5:00 p.m. Gentle Yoga	10 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga	11 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 10:00 a.m.—3:00 p.m. Senior Center Open 10:00 a.m. Hand & Foot 12:30 p.m. 10 Cent Bingo	12 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:00 a.m.—3:00 p.m. Senior Center Open 12:30 p.m. Bridge 12:00 p.m. Defensive Driving (8 hr)	13 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	14
15	16 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:30 a.m. Silver Sneakers Yoga 5:00 p.m. Gentle Yoga	17 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga 9:00 a.m. Killer Country 1:00 p.m. Waconia Book Club	18 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 10:00 a.m.—3:00 p.m. Senior Center Open 10:30 a.m. Guest Speaker 12:30 p.m. 10 Cent Bingo	19 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:00 a.m.—3:00 p.m. Senior Center Open 12:30 p.m. Bridge 12:00 p.m. Defensive Driving (8 hr)	20 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	21 9:00 a.m. Friends of Waconia Book Sale
22	23 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:30 a.m. Silver Sneakers Yoga 5:00 p.m. Gentle Yoga	24 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga 12:00 p.m. Defensive Driving (8 hr)	25 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 10:00 a.m.—3:00 p.m. Senior Center Open 10:00 a.m. Hand & Foot 2:00 p.m. Birthday Celebration 12:00 p.m. Defensive Driving (8 hr)	26 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:00 a.m.—3:00 p.m. Senior Center Open 12:30 p.m. Bridge	27 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	28
29	30 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:30 a.m. Silver Sneakers Yoga 5:00 p.m. Gentle Yoga	31 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga				

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>