

Waconia Library (952-442-4714)

Master Gardener Help Desk (August 5, 12, 19, 26: 10:00 a.m.)

Bring your yard and gardening questions to the library help desk, staffed by Carver/Scott County Extension

Master Gardener volunteers, who will answer questions and provide current research-based yard and garden information.

Waconia Writers Group (August 5: 10:30 a.m.)

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

Waconia Book Club (August 15: 1:00 p.m.)

*Join the Waconia Library Branch for a book discussion happening the third Tuesday of every month. August's selection is *We Were Never Here* By Andrea Bartz. New members are always welcome! Please call the library at 952-442-4714 for more information*

Waconia Area Senior Center (952-442-4642)

Walking Group (M, T, W, TH: 10:00 a.m.)

Mexican Train Dominoes (August 1, 8, 15, 22, 29)

BYO Project Group (August 1, 8, 22, 29: 10:30 a.m.)

Card Games (August 2, 9, 16, 23, 30: 10:00 a.m.)

500 (August 2, 9, 16, 23, 30: 10:30 a.m.)

Bingo (August 2, 9, 16, 23, 30: 12:30 p.m.)

Class of '65 (August 3: 10:00 a.m.)

Bridge (August 3, 10, 17, 24, 31: 12:30 p.m.)

Games of Choice (August 7, 14, 21, 28: 10:00 a.m.)

Farkle (August 7, 21: 12:30 p.m.)

Potluck (August 8: 12:00 p.m.)

Quilting Group (August 14: 10:00 a.m.)

Bunco (August 14, 28: 12:30 p.m.)

Caregiver Support Group (August 14: 2:00 p.m.)

Local Luncheon (August 17: 11:30 p.m.)

Crafts (August 17: 10:00 a.m.)

Chair Yoga (August 21: 10:00 a.m.)

Lunch from New Perspective (August 23: 11:30 a.m.)

Doug Ohman Presents "The County Fair" (August 31:10:30 a.m.)

Birthday Celebration (August 30: 2:30 p.m.)

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



Senior Connections

August 2023



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!

Safari Island (952-442-0695)

Aqua Challenge (M, T, W: 7:00 a.m. F: 8:00 a.m.)

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

Aqua Senior (M, W, 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 (W: 9:30 a.m., F: 10:30 a.m.)

Work on balance, endurance, gain strength, and increase range of motion. Chair optional.

Senior Strength (M: 9:30 a.m.)

Total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement principles.

Gentle Yoga (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 (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)

Mississippi Lock & Dam Boat Cruise (August 5: 9:15 a.m.)

An annual favorite is on the summer menu! Four hours of relaxation and a great buffet meal. We're headed for Harriet Island in St. Paul where we'll take in the beautiful sites along this historically narrated cruise, which travels through the Ford Lock and Dam—Lock #1, from St. Paul into Minneapolis then returning to Harriet Island. It truly is amazing how the riverboat is raised and lowered to get through the lock. Included is a buffet lunch. (\$96)



August 2023: Senior Connections

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga Mexican Train Dominoes 10:30 a.m. BYO Project Group 12:00 p.m. Potluck Lunch	2 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Card Games 10:30 a.m. 500 12:30 p.m. Bingo	3 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:00 a.m. Class of '65 12:30 p.m. Bridge	4 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	5 9:00 a.m. Mississippi Lock & Dam Boat Cruise 10:00 a.m. Master Gardener Help Desk 10:30 a.m. Waconia Writers Group
6	7 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors Strength 10:00 a.m. Games of Your Choice 12:30 p.m. Farkle	8 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga Mexican Train Dominoes 10:30 a.m. BYO Project Group 12:00 p.m. Potluck Lunch	9 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Card Games 10:30 a.m. 500 12:30 p.m. Bingo	10 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 12:30 p.m. Bridge	11 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	12 10:00 a.m. Master Gardener Help Desk
13	14 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Games of Your Choice 12:30 p.m. Farkle 2:00 p.m. Caregiver Support Group	15 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga Mexican Train Dominoes 10:30 a.m. Jewelry Making 1:00 p.m. Waconia Book Club	16 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Card Games 10:30 a.m. 500 12:30 p.m. Bingo	17 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:00 a.m. Crafts 12:30 p.m. Bridge	18 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	19 10:00 a.m. Master Gardener Help Desk
20	21 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Games of Your Choice 12:30 p.m. Farkle	22 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga Mexican Train Dominoes 10:30 a.m. BYO Project Group	23 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Card Games 10:30 a.m. 500 11:30 a.m. Lunch & Bingo	24 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 11:30 p.m. Local Luncheon 12:30 p.m. Bridge	24 8:00 a.m. Aqua Senior 10:30 a.m. Seniors in Motion	26 10:00 a.m. Master Gardener Help Desk
27	28 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Games of Your Choice 12:30 a.m. Bunco	29 7:00 a.m. Aqua Challenge 9:50 a.m. Gentle Yoga Mexican Train Dominoes 10:30 a.m. BYO Project Group	30 7:00 a.m. Aqua Challenge 8:00 a.m. Aqua Senior 9:30 a.m. Seniors in Motion 10:00 a.m. Card Games 10:30 a.m. 500 12:30 p.m. Bingo 2:30 Birthday Celebration	31 7:00 a.m. Deep H2O 9:30 a.m. Silver Sneakers Yoga 10:30 a.m. Doug Ohman 12:30 p.m. Bridge		

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>