

## ***White Bear Area Senior Center Group Activities & Services***

2484 East County Road F  
White Bear Lake, MN 55110  
651-653-3121

### **500 Cards**

Tuesday 12:30-3:00  
\$1 per player (no partner needed)



### **Adult Coloring**

Wednesday 8:30-10:00  
Color pencils & books available



### **Contract Bridge**

Wednesday 12:00-3:45  
\$1.00 per player  
(no partner needed)

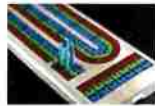


### **Duplicate Bridge**

Monday 12:30-3:30  
Fridays 9:00-Noon  
\$1 per player (must have partner)

### **Cribbage**

Monday & Thursday  
12:30-3:00  
\$1.50 per player (no partner needed)



### **Dominoes**

Thursday 1:30-3:30  
1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Thursdays of the month



### **Friends Who Care**

Wednesday 1:00-2:30  
1<sup>st</sup> & 3<sup>rd</sup> Wednesday - meet at a local restaurant  
2<sup>nd</sup> & 4<sup>th</sup> Wednesday - meet at Senior Center  
Chat - Eat - Share life's stories!



### **Mah Jongg**

Monday & Thursday  
Noon-3:00  
Beginners are welcome!



### **News & Views**

Wednesday 10:00-11:30  
Talk about the hot topics of the day



### **Pinochle**

Wednesday Noon-3:00  
\$1.00 per player  
(no partner needed)



### **Readers Chat**

4<sup>th</sup> Monday of month 10:00-11:00  
What are you reading?  
Fun group to discuss different books



### **In Stitches**

Friday 1:00-3:00  
Bring your own personal handiwork  
and visit while you work



### **Mad Hatters Knitting**

Thursday 10:00-11:30  
Knit, Crochet, or Loom  
Make newborn hats and cancer patient hats  
Patterns available or bring your own



### **Ukulele Bears**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Mondays of the month  
10:00-11:30am For all skill levels!  
*Beginners Workshop 9:30 on 2<sup>nd</sup> & 3<sup>rd</sup> Monday*



### **Woodcarving Group**

Wednesday 9:00-11:00  
Bring your own project and supplies



### **Foot Care Clinic**

Every Friday from 9:00-3:00  
and 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month  
Call to schedule a 30-minute appointment  
with Roseann Mitchell, R.N.  
Cost: \$28 per person



### **Fitness Classes - "Get Up & Go"**

Mon-Fri 9:30-10:30  
Aerobics with Strength - Monday  
Aerobics - Wednesday & Friday  
Yoga - Tuesday  
T'ai Chi - Thursday

Punch Card is \$40 - Card is good for 8 classes  
Come to any class any time -- it never expires!  
*Members of Silver & Fit Program*



### **Medicare Insurance Counseling**

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month  
Individual Counseling with a trained volunteer.  
Call 1-800-333-2433 to schedule a one-hour  
individual appointment from 9:00-Noon. FREE

