

White Bear Lake Area **SENIOR VOICE**

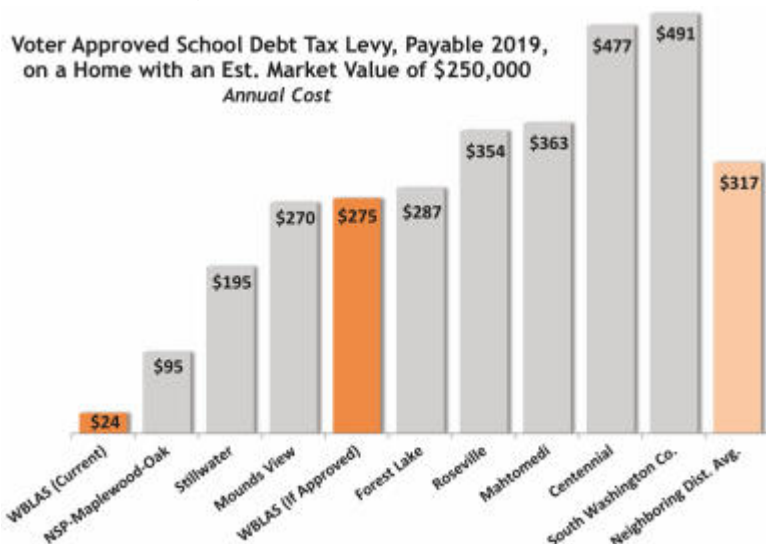
On November 5, White Bear Lake Area School District residents will vote whether to provide funding for building needs across the district. If approved, the bond funding would provide space for our growing enrollment, improve school safety and security, address deferred maintenance needs and update classrooms for more flexible learning spaces.

The plan includes improvements to the Senior Center, which would be housed at the current Sunrise Park Middle School site along with the Early Childhood program, Transition Education Center and District Offices. The district would continue to serve older adults with a robust community services and recreation program, and increased community access to better facilities.



Comprehensive, Financially Sustainable Facilities Plan

The plan touches every building and program in the district. Information about the projects that will be completed at each building can be found at the district's website, www.isd624.org/Bond2019.



The total bond amount is large, but due to smart fiscal management and old debt being paid off, this comprehensive district-wide plan can be accomplished with a tax impact of about \$23 per month for the average homeowner. A tax calculator tool is available at the district's bond website.

Compared to neighboring school districts' voter approved school debt taxes, if the bond referendum is approved, we would still be below the average of other area school districts (\$275 per year on a \$250,000 home compared to an average of \$317 for our neighbors).

Tax Relief Measures

Various property tax relief measures exist for those below a certain household income threshold. Find Tax Refund Scenario information at the district's website, www.isd624.org/Bond2019. A sample scenario can be found to the right, as well.

EXAMPLE FOR RESIDENTS FROM:
 City of White Bear Lake, White Bear Township, City of Hugo, City of Vadnais Heights

Residential Homestead Market Value \$275,000 (est. tax impact of bond issue \$280/yr)	Household Income*	Additional Refund	Annual Net Tax Impact	Monthly Net Tax Impact
	\$30,000	\$224/yr	\$56/yr	\$4.67/mo
	\$50,000	182/yr	98/yr	8.17/mo
	\$75,000	168/yr	112/yr	9.33/mo
	\$100,000	168/yr	112/yr	9.33/mo

* Household income is your Federal Adjusted Gross Income, plus nontaxable income, less your qualified retirement plan contribution, dependent, elderly or disabled subtraction.

Find Additional Information

VISIT: www.isd624.org/Bond2019

EMAIL: Bond2019@isd624.org

CALL: 651-407-7563 (Superintendent's Office)

Prepared and paid for by ISD 624. This publication is not circulated on behalf of any candidate or ballot question.

Contact Us

General Information

651-653-3121

2484 East County Road F, WBL

Mon-Fri 8:00 am - 4:30 pm

www.whitebearseniorprogram.org

Administrative Assistant

Rose Price 651-653-3121

rose.price@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Adult Programs Coordinator

Tara Jebens-Singh 651-653-3126

tara.jebens-singh@isd624.org

Elder Resource Specialist

Mary Mengel 651-653-3125

mary.mengel@isd624.org

Available to answer questions, assess needs, and refer to services in the community.

Meals on Wheels

Debbie Walker 651-653-3123

deb.walker@isd624.org

Mon-Fri 8:00 am - 1:00 pm

Nutritious meals delivered during the noon hour. Special diets and frozen meals are available.

In this time of thanksgiving

I am very appreciative of White Bear Lake Area Schools on-going commitment to area seniors. I am especially happy to share my gratitude for the wonderful folks in the Senior Program:

- Administrative Assistant Rose Price for welcoming each Senior Center visitor and proficiently supporting Senior Center activities and services.
- Kitchen and Front Office workers Rose Mary Burkhalter, Carla Albrecht, Laura Guenther and Pam Tasker for their cheerful support of all our programs.
- Elder Resources Specialist Mary Mengel for the completion of the White Bear Area Guide to Senior Services and ongoing resource navigation for area seniors and their caregivers.
- Meals on Wheels Specialist Debbie Walker for overseeing the program that feeds over 100 neighbors each week and champion of the WBL Walk to End Hunger Team.
- Adult Enrichment Programmer Michelle Hubbard for expanding senior program options in Hugo and with monthly craft classes at the Senior Center.
- Roseann Mitchell (Foot Care), Marilyn Domeier (MAAA Medicare Counseling) and Therese Sonnek (Ramsey County Library Technical Help) for providing quality services with a personal touch.
- All Senior Program Volunteers who lead activities, deliver meals, help students, assist in the Senior Center front office, Foot Care reception, Craft Corner and so much more.
- As well as scores of community partners such as the White Bear Lake Area Historical Society (library exhibit) and the White Bear Lake Lions Club (LionsHELP).

A final thank you goes to the members who make the Senior Center a special place where stories are heard, questions are answered, burdens are lightened, joys are shared, all are welcome and the coffee is always hot.

Tara Jebens-Singh

Adult Programs Coordinator

WE WILL BE CLOSED

No Senior Center Activities

Oct 31, Nov 1

**Join us for the Annual Holiday
Boutique & Bake Sale!**

SENIOR CENTER

Nov 28-29, Dec 23-26, 31, Jan 1

NO MEALS ON WHEELS DELIVERY

**Nov 28 29 Dec 23-25, 30-31,
Jan 1**



Craft Corner Annual Holiday Boutique and Bake Sale

Fri, Nov 1 9 am - 7 pm
Sat, Nov 2 9 am - 4 pm

White Bear Area Senior Center
2484 East County Rd F
White Bear Lake, MN

Annual Craft Corner Gift Shop Sale. Everything is handmade by seniors. Our artisans offer their best unique and unusual gifts and traditional holiday fare.

Stop in for our wonderful bake sale!

For more information call 651-653-3121.

Regular shop hours: Mon-Fri 11am-3 pm

Veterans Day Program

Nov 11 8:30 - 10:30 am
Senior Center Free

Ramsey County Veterans Services will discuss the program, services, and benefits available to veterans and their families. Gain information on accessing benefits, veteran advocates and some special benefits that pertain to seniors.

8:30-9 am Appreciation Coffee and Donuts provided by Grandma's Bakery.

10-10:30 Program with Early Childhood

- Flag Ceremony (WBL VFW Post #1782)
- Patriotic Sing-Along (Ukulele Bears)

Registration appreciated - call 651-653-3121.



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

The White Bear Area Senior Program relies on and appreciates our neighbors' continuous and generous financial support to provide information, activities, and services to enhance the lives of older adults.

Annually we;

- Deliver over 18,000 meals through Meals on Wheels;
- Connect countless individuals and families to housing, transportation, nutrition, medical and social services through our Elder Resource Specialist program;
- Host over 15 weekly activities for 300 Senior Center members; and
- Engage over 200 volunteers who gave back thousands of hours to their community.

In addition, the White Bear Area Senior Program provides a foot care clinic, Medicare consultants, the Craft Corner Gift Shop and a library, as well as AARP Smart Driver education, adult enrichment and fitness classes.

To accomplish all of this, the White Bear Area Senior Program relies on the financial support of generous donors like yourself. Please consider including the White Bear Area Senior Program in your annual giving. All gifts are appreciated and tax-deductible and can be mailed to:

White Bear Area Senior Center, 2484 East County Road F, White Bear Lake, MN 55110

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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Walk to End Hunger

Thur, Nov 28

A great way to start your holiday right - giving back before you give thanks!

Please donate to the White Bear Lake Meals or the MOW Team and support our local meals on Wheel Program.



Register or donate at:
www.walktoendhunger.org
or call 651-653-3123.



Thanks for supporting MOW!

Tree of Life

The Tree of Life is a wonderful way to memorialize and honor community members and supporters. It is proudly displayed in the Senior Center Library.

Gift Levels:

- \$200 Leaf Plaque
- \$1,000 Acorn Plaque
- \$5,000 Foundation Plaque

For questions or to make a donation call 651-653-3121.



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Navigating supportive services for elders can be overwhelming. Bring your questions!
Registration appreciated - call 651-653-3121.

Rice Lake Centre in Hugo

1:00 - 2:00 pm Monday FREE
Rice Lake Center, 6900 137th St. N, Hugo

1655.107 Mon, Nov 18 Planning for the Future

1655.108 Thu, Dec 19 Vision Loss Resources

Vadnais Heights City Hall

Vadnais Heights City Hall, 800 Co Rd E East
2:00 - 3:00 pm Tuesday FREE

1655.112 Nov 26 Vision Loss Resources
Dec 24 No Class

White Bear Library

11:30 am - 1 pm Thursday FREE
Ramsey County Library-White Bear Branch
2150 2nd Street, White Bear Lake

1655.102 Nov 7 Easy Cooking on a Budget

1655.103 Dec 5 Supported Decision
Making as an Alternative to
Guardianship & Conservatorship
Jan 2 No Class

TED Talks

RAMSEY COUNTY LIBRARY-WHITE BEAR BRANCH
2150 2ND STREET, WHITE BEAR LAKE

11:30 am - 1 pm FREE

Join us for TED Talks followed by discussion.
Feel free to bring a bag lunch.

1660.160 Nov 14 We don't "move on" from grief. We move forward with it

1660.165 Dec 12 How we can start to heal from the pain of racial division

1660.170 Jan 9 What you should know about vaping and e-cigarettes

Dementia Friends



An informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding to action that supports those living with dementia.

Wed, Nov 6 1-2 pm FREE
Keystone Place at LaValle Fields
14602 Finale Avenue North, Hugo

Registration required - call 651-653-3121

Census 101

Everything you want to know about the 2020 Census.

1300.102 Dec 5 10 - 11 am
Free Senior Center



HELP A NEIGHBOR, MAKE A FRIEND - VOLUNTEER!

Many local organizations depend on volunteers to provide services to the area. To learn more about volunteer opportunities at the Senior Center in White Bear Lake Area Schools and our community contact the White Bear Area Senior Program at 651-653-3126.



Please attend the *Community Volunteer Fair*

Nov 13 3 - 5 pm South Campus Gym
3551 McKnight Road, White Bear Lake

Woodcarving Group

Wed 9 - 11 am
Senior Center

Come and join the fun, talented group of Woodcarvers!

If you are interested in learning to carve, feel free to stop in. The Woodcarvers love to share their knowledge.

Bring your tools, or stop in to chat and see all the beautiful wood carvings



Get Up & Go Fitness

Purchase \$40 punch card for 8 classes at the Senior Center.

Classes are held at:

WB Dance Center, 2462 E County Rd F

Member of the Silver & Fit Program.

Aerobics

Mon/Wed/Thu/Fri 9:30 - 10:30 am

Mon - Strength Aerobics

Wed/Fri - Regular Aerobics

Thu - Low Impact Aerobics

Yoga

Tuesday 9:30 - 10:30 am



CONGRATULATIONS

Carol Rogalla
for scoring a
28 in Cribbage!!

Open Gym

Wed Nov 6 - Mar 4 7-9 pm
\$5 / person 18+

Volleyball at North Campus
Basketball at South Campus
Participants must provide identification to supervisor.



Tom Becker - Realtor

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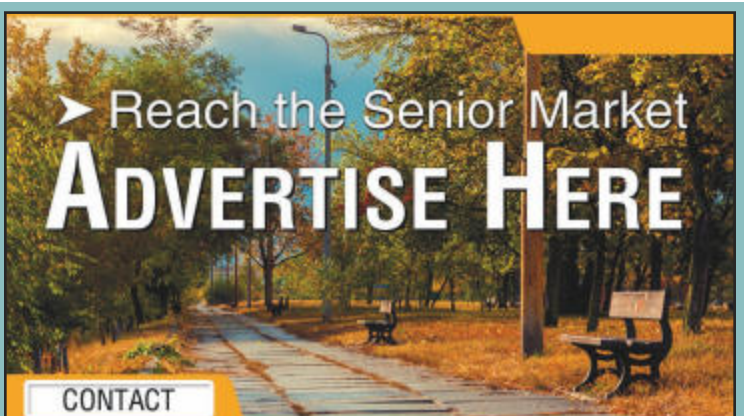
Email: TomBecker@edinarealty.com

Web: <http://www.TomBecker.edinarealty.com>



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CONTACT

Contact Gina Shaughnessy
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gshaughnessy@4LPi.com
or (800) 950-9952 x2487



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Contact Lynn Amon, Site Coordinator—White Bear Lake, at (651) 301-9445, or www.lyngblomsten.org/2ndHalf.

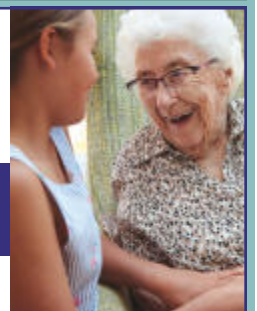


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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071

8 Community Education Classes

Register at: www.whitebear.ce.eleyo.com or call 651-653-3121.

Loving Kindness

1146.106 Nov 2 & 9 10-11:30 am
\$35 South Campus

Grief & the Holidays

1146.102 Nov 8 2-3 pm
\$5 Senior Center

Elder Law: Know Your Rights

1536.106 Nov 16 10-11:30 am
\$20 South Campus

Alcohol Inks

413.102 Nov 16 10am-3:00 pm
\$61 South Campus

Is it Time to Think about Medicare

1572.102 Dec 2 6-7:30 m
\$21 South Campus

Soothe Your Achy Joints

1572.102 Dec 7 9-10:30 am
\$39 South Campus

Guardianship of Adults in MN

1150.105 Dec 9 7-8:30 pm
\$20 South Campus

*WBL South Campus
3551 McKnight Ave, WBL*

Crafts @ the Senior Center

10 am - Noon \$10

Beads of Hope Necklace

1401.102 Nov 12

Twig Candle Holder

1401.103 Dec 10



Coffee & Crochet: Teddy Bear

1561.110 Dec 13 \$15
1-3 pm Senior Center



AARP Smart Driver - Ages 55+

Classes are at the Senior Center.

MN law mandates a 10% car insurance reduction for drivers who complete a defensive driving course.



The Full Course of 8 hours must be taken first, then every 3 years take the Refresher Course of 4 hours.

Note: once you take the Full Course, you never take it again - even if it's been longer than 3 years.

FULL COURSE (TWO 4-HOUR CLASSES) \$29

1578.107 Tue/Thu Nov 12 & 14 12:30-4:30 pm

REFRESHER COURSE (4-HOURS) \$25

1579.126 Thu Nov 7 8:30 am - 12:30 pm

1579.127 Mon Nov 11 5-9 pm

1579.128 Tue Nov 26 12:30-4:30 pm

1579.129 Tue Dec 3 8:30 am - 12:30 pm

1579.130 Thu Dec 12 12:30-4:30 pm

1579.131 Wed Dec 18 12:30-4:30 pm

Five Keys to Retiring Fearlessly

FREE Class - Call to Register 651-653-3121

After years of hard work, retirement may finally be in sight. Learn the five keys to unlocking a fearless retirement.

Nov 4 6-7:30 pm South Campus

Dec 11 6-7:30 pm South Campus

3551 McKnight Rd, White Bear Lake

Is there a topic you would like
to hear about?

Have an idea for a class?

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Financial Assistance We are dedicated to providing learning opportunities for people of all ages. Discounts and scholarships available. Call 651-653-3121.



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Storytelling: recognizing, honoring,
and embracing all cultures with
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Community Workshop:

Implicit Bias:

Exploring unconscious bias and its implications in the world around us

While bias and discrimination may have been blatant and conscious in the past, the dynamics of diversity have changed. Today, many of those discriminatory practices are unconsciously perpetuated by our choices and behavior shaped by associations we don't even know we have.

1655.100 Nov 8 / 6:30-8 pm
District Center

Judaism on One Foot: Introduction to Jewish Belief and Practices

When Yiddish words are part of American speech and bagels and lox are standard breakfast fare, Jewish culture has truly gone mainstream. But what are the beliefs, values, and religious traditions upon which the Jewish faith is based? How do Jews express that faith in their everyday lives? Learn from a fellow Minnesotan what Jewish life is like.

1655.102 Nov 20 / 6:30-8 pm
District Auditorium

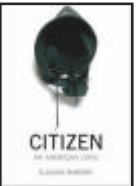
TED Talks:

How we can start to heal from the pain of racial division

Dec 12 11:30 am- 1 pm
FREE WB Library
2150 2nd Street, WBL

Book Discussion

**Citizen: An
American Lyric
by Claudia
Rankine**



Nov 12
6:30 - 8 pm
WB Center for the Arts

Registration required. Call
651-407-0597

FREE Sessions! Register required. Call: 651-653-3121

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White Bear Area Senior Program, White Bear Lake, MN

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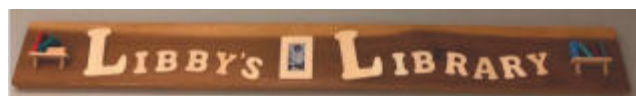
Senior Center Lending Library

White Bear Area Senior Center
2484 East County Road F
White Bear Lake, MN

Mon - Fri 8:00 am - 4:30 pm

- Take a book or leave a book - no return date!
- Large Print, books on tape, variety of topics
- Paperback book donations accepted with appreciation
- New book shelves (thanks to individual donations!)
- Rotating Historical Exhibit (thanks to the White Bear Lake Area Historical Society)
- Tree of Life - memorializing and honoring community members and supporters.

A special thank you goes out to our dedicated Library Volunteers: Dee Pierce & Nancy Cottle!



Libby's Library sign, made by the Woodcarver's Group in honor of the library founder, Libby Tweedale, hangs over the entrance to welcome all.

Computer & Technical Device Help

Nov 20 & Dec 18 9 - 11 am
Senior Center FREE

Medicare Insurance Counseling

1st & 3rd Tue of the Month Senior Center
Call to schedule a **FREE** 1-hour appointment.
1-800-333-2433.

Foot Care Clinic

Every Friday and 2nd & 4th Tuesday
\$28 Senior Center

Assessment of feet, nails clipped, calluses filed, warm towel wrap, light massage, along with preventative foot care.

Roseann Mitchell, R.N. has been providing this service for over 16 years! Schedule a 30-minute appointment at 651-653-3121.



LionsHELP

HELP with small, home safety repair projects such as grab bars, light switches, door handles or locks. Assistance connecting with a local, professional service may also be provided as needed.

Call Mary at 651-653-3125 to inquire about your project today!

The Senior Program accepts the following donated items.

School Supplies: Donated to ISD 624 students.

Eyeglasses - The Lions Club donates these to people in need.

Used Cell Phones - sponsored by Legacy West Pioneers, WBL TRIAD, WBL VFW Post 1782 and VFW Ladies Auxiliary.

Pop Tabs - For the Ronald McDonald House.

Used Foreign, Commemorative Stamps and Picture Postcards. The American Legion Auxiliary helps our hospitalized Veterans.

New yarn, baby, acrylic, cotton (no wool) - For the Yarn B's group

New yarn (no wool) - Mitten Makers

Yarn (no wool), new greeting cards - Craft Corner Gift Shop

Get Hooked with the Yarn B's

Formerly Mad Hatters Knitting

Knit, Crochet, Loom. Make children and adult hats, chemo hats, blankets, scarves and mittens. Patterns available or bring your own.





Join us for a FREE informational meeting about the unique travel opportunities sponsored by WBLAS Community Services, managed and guided by Premier World Discovery. Get inside information about the destinations as well as trip details. Attending travel shows does not commit you to the trip. Registration is required. **The travel show is free, but advanced registration is required.**

Upcoming Trips

March 2020
California Rail Discovery

June 2020
Pacific Coast Adventure

August 2020
Albuquerque Balloon Fiesta

October 2020
Highlights of Bavaria & Austria:
Oberammergau Passion Play

Just Added!

December 2020
San Antonio Holiday

Register today!

Call 651-653-3121

1200.102 Nov 20, 6-7 pm
at South Campus



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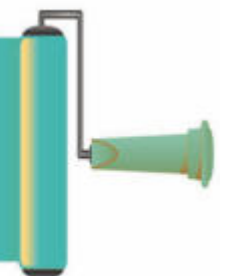
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NOVEMBER 2019

White Bear Area Senior Center
 2484 East County Road F, White Bear Lake
 651-653-3121



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 Aerobics -Dance Center Holiday Boutique & Bake Sale <i>Friday 9am - 7pm</i> <i>Sat 9am - 4pm</i>
4	5	6	7	8
9:30 Aerobics -Dance Center <i>Boutique Clean-up 8-Noon</i> Ukulele Bears-CANCELLED 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:30 Yoga at Dance Center 9:00 Medicare Counseling 12:30 500 Cards 12:30-3:00 Foot Care <i>Election Day</i>	9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Dementia Friends-Hugo <i>1:00 Friends Who Care at Sal's Angus Grill, Withrow</i>	9:30 Aerobics -Dance Center 8:30 AARP Smart Driver Class 10:00 Yarn B's 11:30 at White Bear Lake Library <i>"Easy Cooking on a Budget"</i> 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:30 Aerobics -Dance Center 9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches 2:00 Class: Grief & Holidays
11	12	13	14	15
9:30 Aerobics -Dance Center 8:30-10:30 Veterans Day Program & Flag Ceremony 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge 5:00pm AARP Smart Driver	9:30 Yoga at Dance Center 9:30-3:00 Foot Care 10:00 Senior Craft Class <i>Beads of Hope</i> 12:30 500 Cards 12:30 AARP Smart Driver Class 1:00 Advisory Team	9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center 3:00 Community Volunteer Fair at South Campus Gym	9:30 Aerobics -Dance Center 10:00 Yarn B's 11:30 TED Talks, WBL Library <i>"Don't Move On-Move Forward"</i> 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	9:30 Aerobics -Dance Center 9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches
18	19	20	21	22
9:30 Aerobics -Dance Center 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge 1:00 at Rice Lake Ctr, Hugo <i>"Planning for the Future"</i>	9:30 Yoga at Dance Center 9:00 Medicare Counseling 12:30 500 Cards 12:30-3:00 Foot Care	9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 9:00-11 Computer Help 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care meet at VFW in WBL	9:30 Aerobics -Dance Center 10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:30 Aerobics -Dance Center 9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches
25	26	27	28	29
9:30 Aerobics -Dance Center 10:00 Readers Chat 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:30 Yoga at Dance Center 9:30-3:00 Foot Care 12:30 500 Cards 12:30 AARP Smart Driver Class 2:00 at Vadnais Hgts City Hall <i>"Vision Loss Resources"</i>	9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	No Aerobics Senior Center CLOSED <i>Happy Thanksgiving!</i>	No Aerobics Senior Center CLOSED



DECEMBER 2019

White Bear Area Senior Center
2484 East County Road F, White Bear Lake
651-653-3121



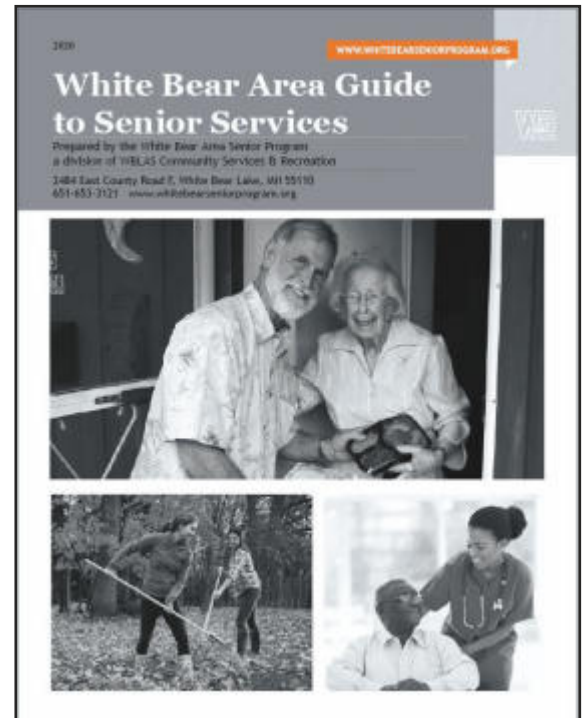
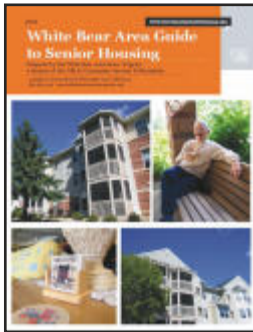
Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
10:00 Ukulele Bears	8:30 AARP Smart Driver Class 9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Chili's, Maplewood	10:00 Class -Census 101 10:00 Yarn B's 11:30 at White Bear Lake Library "Supported Decision Making" 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 12:30-3:00 Foot Care			
9	10	11	12	13
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:30-3:00 Foot Care 10:00 Senior Craft Class Twig Candle Holder 12:30 500 Cards 1:00 Advisory Team	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	10:00 Yarn B's 11:30 TED Talks, WBL Library "Healing Racial Division" 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches 1:00 Class: Coffee & Crochet
16	17	18	19	20
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:00 Medicare Counseling 12:30 500 Cards 12:30-3:00 Foot Care	9:00 Woodcarving 9:00 Adult Coloring 9:00-11 Computer Help 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 12:30 AARP Smart Driver Class 1:00 Friends Who Care at Perkins (Cty Rd E & 35E)	9:30 Craft Corner Operations Meeting 10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes 1:00 at Rice Lake Ctr, Hugo "Vision Loss Resources"	9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches
23	24	25	26	27
No Aerobics	No Yoga	No Aerobics	No Aerobics	9:30 Aerobics -Dance Center
Senior Center CLOSED Meals on Wheels CLOSED	Senior Center CLOSED Meals on Wheels CLOSED	Senior Center CLOSED Meals on Wheels CLOSED	Senior Center CLOSED Meals on Wheels OPEN	9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches
	Happy Holidays!	Friends Who Care-no meeting		
30	31	Jan 1	Jan 2	Jan 3
9:30 Aerobics -Dance Center	No Yoga	No Aerobics	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
Meals on Wheels CLOSED 10:00 Readers Chat 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	Senior Center CLOSED Meals on Wheels CLOSED	Senior Center CLOSED Meals on Wheels CLOSED Happy New Year!	10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:00 Duplicate Bridge 9:30-3:00 Foot Care 1:00 In Stitches

Introducing our newest guide . . .

White Bear Area Guide to Senior Services

This local guide to senior services contains resources compiled in response to inquiries made by seniors and caregivers in our community over the past decade. This is the third in our series of community resource guides, which also include the:

- White Bear Area Guide to Senior Transportation
- White Bear Area Guide to Senior Housing



To Access These Guides

Print Copies

Single copies of the White Bear Area Guide to Senior Services may be picked up at the Senior Center or call our main number at 651-653-3121 to request a copy by mail.

Online Version

Download the Services Guide at:
www.whitebearseniorprogram.org
 and select ELDER RESOURCES

Service Guide Topics

- General Information and Referrals
- Consumer / Financial Assistance and Advocacy
- Legal Resources
- Food, Meals, and Nutrition Services
- Health Care
- Home care and Other In-Home Support Services
- Home Repair and Maintenance
- Support for Individual and Caregivers

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- Brighton Hospice
- Cerenity Senior Care
- Church of St. Pius X
- Good Life Senior Living: Memory Care & Assisted Living
- Home Instead Senior Care (Maplewood)
- The Homestead of Maplewood - Volunteers of America
- Hospice of the Midwest
- Lakeshore Players
- Keystone Place at Lavalley Fields
- NewTrax
- Prelude Homes and Services
- Ramsey County Commissioner Victoria Reinhardt
- Saint Paul - Ramsey County Public Health
- Tiger Training & Family Fitness

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White Bear Area Senior Program
Normandy Park Education Center
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COMMUNITY

EVENTS

COMMUNITY COUNTS IN 2020

Nov 7 7:00 pm White Bear City Hall
With the White Bear League of Women Voters.

AIDA: THE TIMELESS LOVE STORY

7pm Show: Nov 15, 16, 21, 22, 23

2pm Matinée: Nov 16, 23

South Campus Theater

Free senior matinée on Nov 16 available at the Senior Center. All other tickets call 651-653-2967.

TURKEY BINGO

Nov 16 7pm Mahtomedi High School
Sponsored by Mahtomedi Fire Department

FREE CLASSES AT WHITE BEAR LIBRARY

Nov 13 6:30-8 pm Seed Talk

Nov 20 1:30-3 pm Social Media

Nov 22 1:30-3 pm Spotting Fake News

Call to register: 651-724-6007

MIRACLE ON 34TH STREET

Nov 22 - Dec 15 Lakeshore Players

Call for Tickets 651-478-7427

RESOURCES

TRANSIT LINK

651-602-5465

- Monday - Friday
- Option to reserve rides up to 5 business days in advance.
- \$3.50 each way, for trips over 15 miles + .75 and may need transfer.

METRO MOBILITY

651-602-6111

- 7 days a week, for ADA Certified Riders
- \$3.50 each way +.75 for trips over 15 miles.

GoGo GRANDPARENT

1-855-464-6872

- Request a ride within 15 minutes or six months in advance.
- Lyft/Uber fare +.27/minute concierge fee.

HELP AT YOUR DOOR

651-642-1892

- Can include multiple stops, driver can wait at appointments.
- \$20 for 30 min /10 miles.