

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 9:00-10:30
Color pencils & books available



Contract Bridge

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

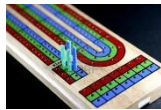


Duplicate Bridge

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
1st, 3rd, 5th Thursdays of the month



Friends Who Care

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



Mah Jongg

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



News & Views

Wednesday 10:30-11:15
Talk about the hot topics of the day



Pinochle

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



Readers Chat

4th 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



Yarn B's

Thursday 10:00-11:30



Knit, Crochet, Loom. Get hooked with *Yarn B's!*
Make children & adult hats, chemo hats, blankets,
scarves, and mittens. Patterns available or bring
your own.

Ukulele Bears

1st, 2nd, 3rd Mondays of the month
10:00-11:30am For all skill levels!
Beginners Workshop 9:30 on 2nd & 3rd 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 2nd & 4th 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

Yoga - Tuesday

Aerobics - Wed & Friday

Low-impact Aerobics - 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

1st and 3rd Tuesday of the month FREE
Individual Counseling with a trained volunteer.
Call 1-800-333-2433 to schedule a one-hour
appointment at the Senior Center from 9-Noon





to the
White Bear Area Senior Program

Membership is required to attend **ongoing group activities** at the White Bear Area Senior Center. (see *Group Activities & Services*)

You do NOT have to be a White Bear Lake resident to join. Our Members come from all over the Twin Cities area and Wisconsin.

We welcome everyone!

You do NOT need a Membership for:
Foot Care Clinic, Medicare Counseling,
AARP Smart Driver Classes, Computer Help,
special events and presentations at the
Senior Center.

Membership Annual Fee is \$20 and is good from
July 1st until June 30th the following year.
Stop in at the Main Office of the Senior Center to register.

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