



White Bear Lake Area SENIOR VOICE

Senior Program Around the District



*Bear and alumni at the
All School Reunion*



*Phyllis Storberg at a
Many Faces Event*



*Veteran's Day
Program with
VFW Post #1782
and Ukulele Bears*



Dr. Kazmierczak at TRIAD



Fun with Senior Crafts



*Robert Lundberg reunites with
a cousin at District Center*



Dementia Friends at Keystone Place at LaValle Fields



Community Connections in Hugo

THANK YOU TO ALL!!



Successful Annual Holiday Boutique & Bake Sale!

Thank you to all who prepared, set up, worked the boutique, cleaned up, and to all those who attended. The Boutique & Bake Sale had an increase in sales from last year, as well as an increase in attendance.

Walk to End Hunger

Thank you to all of our generous donors!

We raised \$878.20 for our Meals on Wheels program!

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.

Senior Center and Meals on Wheels delivery will be closed:

January 1
New Year's Day

January 20
Martin Luther King Day

February 17
Presidents' Day

Senior Center Mid-Year Memberships

Fees are \$10 for January through June 2020.

Come join fun activities with great people at the White Bear Senior Center. Membership is required to attend ongoing group activities. Scholarships are available.

Sign up in our Main Office or call 651-653-3121.

Computer & Technical Device Help

Jan 15, Feb 19, Mar 18 / 9 - 11 am / FREE / Senior Center

Medicare Insurance Counseling

1st & 3rd Tuesday of the Month / FREE / Senior Center

To schedule a 1-hour appointment call 1-800-333-2433.



Foot Care Clinic

Every Friday and 2nd & 4th Tuesday

\$28 / Senior Center / Roseann Mitchell, RN

To schedule 30-minute appointment call 651-653-3121.

Craft Corner Gift Shop

Monday - Friday / 11 am - 3 pm / Senior Center

Pick up your unique handmade gifts here!

LionsHelp

The White Bear Lake Lions Club helps seniors 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 651-653-3125 and talk to Mary, Elder Resource Specialist, about your project today!

The Senior Program accepts the following donated items.

New School Supplies: Donated to ISD 624 students.

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

Used Cell Phones - Collected by TRIAD

Pop Tabs - TRIAD collects for the Ronald McDonald House.

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

New baby, acrylic and cotton yarn (no wool) - Yarn B's Knitting Group

New yarn (no wool) - Mitten Makers

Yarn, new greeting cards - Craft Corner Gift Shop

Books - for Lending Library

From the Superintendent: Thank You Community

The community approved the district's bond referendum request with 57.4% yes votes in early November. With this vote of confidence and support in our schools, our staff and our students, we can now begin planning to Build Our Future!

The bond funds will be used to address projected enrollment growth throughout the district; provide safe, secure and healthy learning environments for all students through investments in our aging facilities and infrastructure; increase opportunities for students by creating a single unified grades 9-12 high school; and create flexibly-designed learning spaces to support student-centered instruction. We have a lot of planning ahead of us for the construction projects that will be taking place throughout the district, and we will soon be sharing out information about what the engaged process will look like moving forward.



Tax Relief Measures

Certain Minnesota Tax Credits and Deferrals may affect certain property owners' situations:

- Minnesota Homestead Credit Refund (regular refund has income limitations, special refund does not have income limitations)
- Senior Citizen Property Tax Deferral

Information can be found on the Minnesota Department of Revenue's website at www.revenue.state.mn.us/property-tax-refund

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9-19



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

Dance for Life Wellness Program NEW!

Strengthen your brain, balance and body and have a blast doing it! Studies have shown that partner dance, more than any other physical or cognitive activity studied, can delay the onset of dementia by up to 75%. Consistency is the key! This 10 week, twice per week, wellness program will improve your mood and your fitness level. It's a great way to stay in shape, improve balance to prevent falls, and to meet new friends. Escape cabin fever and swing into spring with the Dance for Life Wellness program! No partner necessary - singles and couples welcome. No special clothes or shoes required.

Enjoy 20 afternoons of cutting the rug with 50-minutes of formal instruction followed by 30 minutes of open dance/practice, twice a week.

Final class, April 15, is from 6:00 - 7:00 pm followed by a dessert and coffee reception. Please invite friends and family to celebrate.

1302.203 20 sessions / \$100 / Mon & Wed / Feb 3 - Apr 15
 Lessons 1:00 - 1:50pm / Open Dance: 2:00 - 2:30pm
 Hanifl Performing Arts Center, 4941 Long Ave, WBL
 No class March 9 & 11

**Don't need lessons?**

Join us for Open Dance
 2:00 - 2:30pm
 \$5 drop in fee.
 Pay at the door.

Registration for lessons required. Call 651-653-3121.

***Class fees are kept low for Dance for Life Wellness thanks to a grant from
 The Greater White Bear Lake Community Foundation.***

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

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**For a consultation or to learn more:
 651-789-5030 | hospicemn.com**

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Walking Club

WBL High School - North Campus

The Walking Club is a fun and social opportunity for walkers of all ages and speeds to enjoy possibly the best indoor walking facility in the area.

The North Campus' circular design makes an ideal location for uninterrupted walking.

FREE / Mon - Thu / Jan 6 - May 23 / 6 - 9pm

Yoga

Beginning & Intermediate Students

Yoga to stretch your body and refresh the mind. A special emphasis on alignment and building self-awareness will help you work safely in the poses. Learn how to work the body, calm the mind, and achieve a deep relaxation at the end of each class.

Bring a yoga mat, 2 blocks, and a blanket to class.

1604.200 Feb 3-Apr 6 / 6:30-7:30pm / \$75
Normandy Park, Early Childhood Gym
2483 E County Rd F, Door A



Get Up & Go Fitness

Purchase \$40 punch card for 8 classes at Senior Center. Classes are held at WB Dance Center, 2462 East County Rd F, WBL

Aerobics

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

A less vigorous program to improve endurance, flexibility and strength, balance and coordination.

Mon - Strength Aerobics

Wed/Fri - Regular Aerobics

Thu - Light Impact Aerobics

Yoga

Tuesday 9:30 - 10:30am

A less strenuous style of yoga.

SILVER AND FIT PROGRAM

Call your health insurance plan to see if you qualify to receive Silver & Fit discount. If so, bring insurance information to our Front Office.

LET US HELP YOU TRANSITION

DOWNSIZING & TRADITIONAL SALE



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SRES

651-398-3801

TIMLUNDGREN@LREGMN.COM

COLLEEN KETCHAM

SRES

612-321-1171

CCKETCH@GMAIL.COM



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Navigating supportive services for elders can be overwhelming. Bring your questions!

Registration appreciated. Call 651-653-3121.

Community Connections - Hugo

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

No Class Jan 20 & Feb 17

1655.221 Mar 16 How to navigate local services and resources

Learn about the new White Bear Area Guide to Senior Services. Explore how to use the guide, discover available assistance to navigate services, and what programs can help those with limited funds.

Community Connections - Vadnais Heights

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

1655.210 Jan 28 Easy Cooking on a Budget

Planning and cooking for one or two can be a challenge but it doesn't have to be. Learn easy tips and ideas for meal planning with an emphasis on easy to prepare, budget friendly, and tasty dishes.

1655.211 Feb 25 How to navigate local services and resources

1655.212 Mar 24 All you need to know about the 2020 Census

Learn about changes to the 2020 Census and how to make sure you and your neighbors get counted.

Community Connections - White Bear Lake

11:30 am - 1:00pm Thursday FREE
Ramsey County Library-White Bear Branch
2150 2nd Street, White Bear Lake

No Class Jan 2

1655.205 Feb 6 Medications & You

As more medications become available, drug regimens become increasingly complex. Having a team in place to help manage these regimens is vital to a healthy, long life!

1655.206 Mar 5 How to navigate local services and resources

TED Talks

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

TED Talks

11:30am - 1:00pm FREE

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

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

1660.270 Feb 13 This could be why you are depressed and anxious

No Class Mar 12 - Spring Break



Crafts @ the Senior Center

2nd Tuesday of Month
10am - Noon \$10

Birch Trees

1401.200 Jan 14



Lavender Flowers

1401.201 Feb 11



Wine Cork Succulents

1401.202 Mar 10



Coffee & Canvas: Fanciful Peacock

1561.206

Jan 30 / 10am - 12:30pm
\$15 / Senior Center

Sunflowers Bob Ross Style Oil Painting

1560.200

Feb 20 / 5:30 - 9:30pm
\$41 + \$20 Class Fee
South Campus



AARP Smart Driver (Ages 55+)



Classes are at the Senior Center.

MN law mandates a 10% reduction in car insurance premiums for persons 55+ who complete a defensive driving class.

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

1578.200 Tu/Th Jan 7 & 9 12:30-4:30pm

1578.201 Tu/W Feb 18 & 19 12:30-4:30pm

1578.202 Tu/Th Mar 10 & 12 8:30am-12:30pm

Renew early! Rates are going up July 1, 2020.

REFRESHER COURSE (4-HOURS) \$25

1579.220 Tu Jan 14 8:30am - 12:30pm

1579.221 Th Jan 23 5 - 9pm

1579.222 W Jan 29 12:30 - 4:30pm

1579.223 Tu Feb 4 8:30am - 12:30pm

1579.224 Tu Feb 11 5 - 9pm

1579.225 Th Feb 13 12:30 - 4:30pm

1579.226 M Mar 2 5 - 9pm

1579.227 Tu Mar 17 8:30am- 12:30pm

1579.228 Th Mar 26 12:30 - 4:30pm

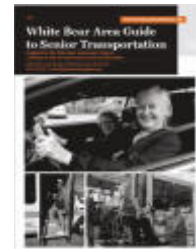
1579.304 Tu Apr 7 8:30am - 12:30pm

White Bear Area Senior Guides: Housing, Transportation & Services

Available online at: www.whitebearseniorprogram.org under *ELDER RESOURCES*

Paper copies are available at the Senior Center.

Would you like one mailed to you? Call 651-653-3121.





Tom Becker - Realtor
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➤ Reach the Senior Market

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CONTACT

Contact Gina Shaughnessy to place an ad today!
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or (800) 950-9952 x2487

8 Community Education Classes

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

Drafting Your Own Will

1143.203 Feb 5 & 12 / 6:30-8:30pm / \$59
South Campus 304

Growing Micro Greens

1490.205 Feb 10 / 6:30-8pm / \$20
South Campus 304

Learn to Knit

1565.201 Feb 12, 19, 26 / 6:30-8:30pm / \$40
South Campus 302

Beat the Winter Blues

1573.207 Feb 15 / 10:30-11:30am / \$36
South Campus 304

System for Life's Transitions

1513.201 Mar 25 / 6:45-8pm / \$22
+ \$25 workbook fee due at class
South Campus 304

Bake & Take Cookies

Bring a friend or youth ages 8+

1632.205 Mar 28 / 9am-Noon
\$42 individual / \$55 pair
+ \$17 fee due at class
South Campus 206

For more classes and events see the 2020 Winter Community Services and Recreation Brochure

View online at:
communityservices.isd624.org/adults-seniors



--- FREE CLASSES ---

Registration Required

Five Keys to Retiring Fearlessly

Sponsored by Matthew Merrick, Thrivent

After years of hard work, retirement may finally be in sight. Learn the five keys to unlocking a fearless retirement while also answering many of your questions.

1535.200 Feb 20 / 6:30-8pm / South Campus

1535.205 Mar 23 / 6-7:30pm / South Campus

Social Security: Timing is Everything!

Sponsored by Matthew Merrick, Thrivent

Social Security is a vital income source for many retirees. However, it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

1534.210 Feb 3 / 6-7:30pm / South Campus

Selling Your Home as You Transition in Life

Sponsored by Joy Erickson, Edina Realty

Learn the basic fundamentals of how to prepare your home to sell quickly and successfully. Discover how to get the biggest bang for your buck and how to get the best sale price. Bring your questions and your specific home concerns for discussion. This is a big decision as you make transitions in life, the more information the better.

1130.203 Feb 24 / 6-7:30pm / South Campus

Elephant in the Room

Navigating Difficult Conversations with Aging Parents

Guided by a health care worker, learn language and tools to help discuss the unique needs that come with aging parents. Learn how and when to broach topics such as health care wishes, treatment options, living arrangements and more, in a way that feels more approachable.

1146.206 Mar 23 / 6:30 - 8pm
\$20 / South Campus

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



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*Building Community through
Storytelling: recognizing, honoring
and embracing all cultures with
humility and respect.*

Book Discussions

"The Lions Binding Oath"

by Ahmed Ismail Yusuf

Free / January 30 / 6 - 8pm

Mahtomedi Ed. Center, 1520 Mahtomedi Ave

Registration required, call 651-407-2018.

"Beloved Child" by Diane Wilson

Free / March 24 / 6 - 7:30pm

Hanifl Performing Arts Center

4941 Long Ave, WBL

For more information call 651-478-7427.

Community Workshop

Power, Privilege & Identity

Facilitated by Mike Rios-Keating

Free / April 18 / 6:30 - 8:30pm

WBL District Center

Registration required. Call 651-407-7501.

We are Minnesotans: A Photostory of Immigration and Community Transformation

Waihon Liew will share his family's refugee and immigration story, the help he received, and how he is paying it forward.

1655.204 \$15 / Feb 5 / 6:30 - 7:30pm

South Campus Media Center

Dream of Wild Health: Indigenous Foods, Medicines and Lifeways

Hope Flanagan, respected elder and cultural teacher, shares her expertise regarding Indigenous farming, seed preservation, and healthy lifeways.

1655.215 Free / Feb 11 / 9:30 - 10:30am

South Campus

Registration required - call 651-407-7501.

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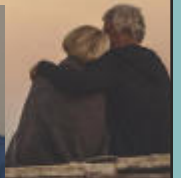
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White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071

White Bear Lake Lions 74th Annual Show

CENTRAL AUDITORIUM, 4855 Bloom Avenue, White Bear Lake

Feb. 27—29, 2020

Meet Me at the Malt Shop



Written by Lion Mike Machus Directed by Lion Chuck Hunt
Musical Direction: Lion Darlene Zabadal Choreography: Maria Pomerleau
Featuring Lake Area Dance Center Dancers

TICKETS are available from your favorite Lion or ONLINE at
www.whitebearlions.org

Feb. 27, 28 Shows at 7:00 pm

Feb. 29 Shows at 2:00 pm and 7:00 pm

Tickets: Adults \$10, Seniors (65+) \$8, Children (12 & under) \$5
(minimal processing fee for online tickets).





Join us for a FREE informational meeting about the unique travel opportunities sponsored by WBLAS Community Services & Recreation, 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.

The travel show is free, but advanced registration is required.

1200.200 Mar 6 / 2-3 pm / Senior Center

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

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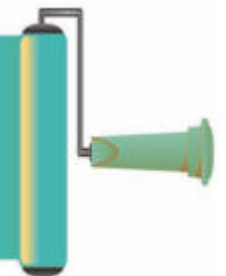
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JANUARY 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 30	Dec 31	Jan 1	2	3
9:30 Aerobics -Dance Center	No Yoga	No Aerobics	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
Meals on Wheels CLOSED	Meals on Wheels and Senior Center CLOSED	Meals on Wheels and Senior Center CLOSED	10:00 Yarn B's	9:30-3:00 Foot Care
10:00 Readers Chat				10:00 Duplicate Bridge
12:00 Mah Jongg			12:00 Mah Jongg	
12:30 Cribbage		<i>Happy New Year!</i>	12:30 Cribbage	1:00 In Stitches
12:30 Duplicate Bridge			1:30 Dominoes	
6	7	8	9	10
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	9:00 Medicare Counseling	9:00 Woodcarving	10:00 Yarn B's	9:30-3:00 Foot Care
12:00 Mah Jongg		9:00 Adult Coloring		10:00 Duplicate Bridge
12:30 Cribbage	12:30 500 Cards	10:30 News & Views	11:30 TED Talks, WBL Library Vaping & E-cigarettes	
12:30 Duplicate Bridge	12:30 AARP Smart Driver Class	12:00 Pinochle	12:00 Mah Jongg	1:00 In Stitches
		12:00 Contract Bridge	12:30 Cribbage	
		1:00 Friends Who Care at Senior Center	12:30 AARP Smart Driver Class	
13	14	15	16	17
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	8:30 AARP Smart Driver Class	9:00 Woodcarving	10:00 Yarn B's	9:30-3:00 Foot Care
10:00 Ukulele Bears	9:30-3:00 Foot Care	9:00 Adult Coloring		10:00 Duplicate Bridge
12:00 Mah Jongg	10:00 Senior Craft Class Birch Trees	9:00-11 Computer Help	12:00 Mah Jongg	
12:30 Cribbage	12:30 500 Cards	10:30 News & Views	12:30 Cribbage	1:00 In Stitches
12:30 Duplicate Bridge	1:00 Advisory Team	12:00 Pinochle	1:30 Dominoes	
		12:00 Contract Bridge		
		1:00 Friends Who Care meet at Red Lobster		
20	21	22	23	24
NO Aerobics	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
Meals on Wheels and Senior Center CLOSED	9:00 Medicare Counseling	9:00 Woodcarving	10:00 Yarn B's	9:30-3:00 Foot Care
 Martin Luther King Day	12:30 500 Cards	9:00 Adult Coloring	12:00 Mah Jongg	10:00 Duplicate Bridge
		10:30 News & Views	12:30 Cribbage	
		12:00 Pinochle		1:00 In Stitches
		12:00 Contract Bridge	5:00pm AARP Smart Driver	
		1:00 Friends Who Care at Senior Center		
27	28	29	30	31
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 Readers Chat	9:30-3:00 Foot Care	9:00 Woodcarving	10:00 Yarn B's	9:30-3:00 Foot Care
12:00 Mah Jongg		9:00 Adult Coloring	10:00 Coffee & Canvas Art Fanciful Peacock	10:00 Duplicate Bridge
12:30 Cribbage	12:30 500 Cards	10:30 News & Views	12:00 Mah Jongg	
12:30 Duplicate Bridge	2:00 at Vadnais Hgts City Hall Easy Cooking on a Budget	12:00 Pinochle	12:30 Cribbage	1:00 In Stitches
		12:00 Contract Bridge	1:30 Dominoes	
		12:30 AARP Smart Driver Class		
		1:00 Friends Who Care meet at Jimmy's		



FEBRUARY 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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	10:00 Yarn B's <i>11:30 at White Bear Lake Library Medications and You</i>	9:30-3:00 Foot Care 10:00 Duplicate Bridge
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards	12:00 Pinochle 12:00 Contract Bridge <i>1:00 Friends Who Care meet at TGIF</i>	12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	1:00 In Stitches
10	11	12	13	14
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 Lavender Flowers 12:30 500 Cards 5:00pm AARP Smart Driver	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 <i>11:30 TED Talks, WBL Library Feeling depressed & anxious</i> 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	9:30-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches <i>Happy Valentine's Day!</i>
17	18	19	20	21
NO Aerobics	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
Meals on Wheels and Senior Center CLOSED	9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 9:00-11 Computer Help 12:00 Pinochle 12:00 Contract Bridge 12:30 AARP Smart Driver Class <i>1:00 Friends Who Care meet at Rudy's Redeye</i>	10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:30-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches
 Presidents Day	12:30 500 Cards 12:30 AARP Smart Driver Class			
24	25	26	27	28
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 Readers Chat 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:30-3:00 Foot Care 12:30 500 Cards <i>2:00 at Vadnais Hgts City Hall Navigating Local Services</i> Happy Mardi Gras!	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 12:00 Mah Jongg 12:30 Cribbage	9:30-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches
AARP Tax Aide Service - FREE Mon, Tues, Thurs from 9:00 - Noon Dates: Feb 3 - April 15 <i>First Come-First Served</i> South Shore Trinity Lutheran Church, White Bear Lake		 Dance For Life Wellness Program Mon & Wed / Feb 3 - April 15 Lessons 1:00-1:50 / Open Dance 2:00-2:30 at Hanifl Performing Arts Center, White Bear Lake <i>(see Page 4 for more details)</i>		



MARCH 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	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	9:00 Medicare Counseling	9:00 Woodcarving	10:00 Yarn B's	9:30-3:00 Foot Care
12:00 Mah Jongg	12:30 500 Cards	9:00 Adult Coloring	11:30 at White Bear Lake Library Navigating Local Services	10:00 Duplicate Bridge
12:30 Cribbage		10:30 News & Views		
12:30 Duplicate Bridge		12:00 Pinochle		
5:00pm AARP Smart Driver		12:00 Contract Bridge	12:00 Mah Jongg	
		1:00 Friends Who Care meet at The Stadium	12:30 Cribbage	1:00 In Stitches
			1:30 Dominoes	2:00 Travel Show
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	8:30 AARP Smart Driver Class	9:00 Woodcarving	8:30 AARP Smart Driver Class	9:30-3:00 Foot Care
10:00 Ukulele Bears	9:30-3:00 Foot Care	9:00 Adult Coloring	9:00 Craft Corner Meeting	10:00 Duplicate Bridge
	10:00 Senior Craft Class Wine Cork Succulents	10:30 News & Views	10:00 Yarn B's	
12:00 Mah Jongg		12:00 Pinochle		1:00 In Stitches
12:30 Cribbage	12:30 500 Cards	12:00 Contract Bridge		
12:30 Duplicate Bridge	1:00 Advisory Team	1:00 Friends Who Care at Senior Center	12:00 Mah Jongg	
			12:30 Cribbage	
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	8:30 AARP Smart Driver Class	9:00 Woodcarving		9:30-3:00 Foot Care
10:00 Ukulele Bears	9:00 Medicare Counseling	9:00 Adult Coloring	10:00 Yarn B's	10:00 Duplicate Bridge
		10:30 News & Views		
12:00 Mah Jongg		9:00-11 Computer Help		
12:30 Cribbage	12:30 500 Cards	12:00 Pinochle	12:00 Mah Jongg	
12:30 Duplicate Bridge		12:00 Contract Bridge	12:30 Cribbage	1:00 In Stitches
1:00 at Rice Lake Centre-Hugo Navigating Local Services	St Patrick's Day	1:00 Friends Who Care meet at Bierstube	1:30 Dominoes	
			First Day of Spring	
23	24	25	26	27
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 Readers Chat	9:30-3:00 Foot Care	9:00 Woodcarving	10:00 Yarn B's	9:30-3:00 Foot Care
		9:00 Adult Coloring		10:00 Duplicate Bridge
12:00 Mah Jongg		10:30 News & Views		
12:30 Cribbage	12:30 500 Cards	12:00 Pinochle	12:00 Mah Jongg	
12:30 Duplicate Bridge	2:00 at Vadnais Hgts City Hall Learn about the 2020 Census	12:00 Contract Bridge	12:30 Cribbage	1:00 In Stitches
		1:00 Friends Who Care at Senior Center	12:30 AARP Smart Driver Class	
30	31			
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	AARP Tax Aide Service - FREE		
12:00 Mah Jongg		Feb 3 - April 15	Mon-Tues-Thurs	
12:30 Cribbage	12:30 500 Cards	South Shore Trinity Church	from 9:00am-Noon	
12:30 Duplicate Bridge		White Bear Lake	First Come-First Served	

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White Bear Area Senior Program, White Bear Lake, MN

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WHITE BEAR LAKE AREA SCHOOLS
4855 BLOOM AVENUE, WHITE BEAR LAKE, MN 55110**



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Normandy Park Education Center
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COMMUNITY

EVENTS

WINTER GET-AWAY

January 19-22 / \$175 includes food/lodging/activities
Sponsored by Mounds View Public Schools

Join other 50+ adults at the Laurentian Environmental Center for the Young at Heart Winter Get-Away. Enjoy a variety of indoor and outdoor activities including snowshoeing, cooking, cross country skiing and more! Call 651-621-6020 for more information.

FIX-IT CLINIC

January 25 / 10:30am - 1:30pm

Free assistance to repair broken items; household appliances, clothing, electronics and more. For a list of what to bring visit: www.RamseyRecycles.com

THEN & NOW: DOWNTOWN WHITE BEAR LAKE/PART 1
January 27 / 6-8pm / WB Library / Free

Explore the buildings and scenes of downtown White Bear Lake that have changed. You will be surprised by so much that has remained the same!

RESOURCES

AARP FOUNDATION FREE TAX ASSISTANCE

Feb 3 - Apr 15 / 9am - Noon / Mon, Tue, Thu

South Shore Trinity Lutheran Church,
480 Shore Blvd, White Bear Lake

Walk-ins only, no appointments. Closed April 9.

PREPARE + PROSPER

2610 University Ave W, Suite 450, St. Paul

Offers free tax preparation with IRS certified volunteers for individuals with an annual income under \$35,000. To schedule an appointment call 651-287-0187 or visit www.prepareandprosper.org.

FOR ADDITIONAL TAX INFORMATION

Contact the Minnesota Department of Revenue. Call 1-800-657-3666 or visit: www.revenue.state.mn.us

THURSDAY COMMUNITY SUPPER

Thursdays / 6 - 9pm / Free

St. Andrew's Lutheran Church
900 Stillwater Road, Mathomedi, MN
Call 651-762-9160 with questions.