



# White Bear Lake Area SENIOR VOICE



## 2020 Census - Expect a New Look

Every 10 years, the U.S. Census Bureau conducts a census to count those living in the United States and its territories. The census is critical for a better understanding of our community. The data collected will be used to help determine congressional representation and federal funding decisions. It is critical that every person is counted.

Watch for information on the 2020 Census that will be mailed to you between March 12 and 20, 2020. Expect the census to look different than in the past as this is the first census with an option to respond electronically.

Most people in the Twin Cities Metro will not initially receive a paper census form. The mailing (most likely a postcard) that you receive will include instructions for responding to the census online or via phone. If you do not easily have access to respond via the internet, you can follow the instructions to respond by calling a phone number where you will be connected with a person to record your information. If you would prefer a paper questionnaire you can call the phone number on your postcard or wait until April 8 when paper forms will be mailed to people who have not responded yet.

Important funding to our community is dependent on everyone responding to the census. Missing just one person in the census will result in loss of federal funding of thousands of dollars over the next 10 years until the next census. Because of the change in how the census is being done, White Bear Lake Area Schools does not want to take any chance on missing anyone.

### Assistance in completing the 2020 Census online is available at all Ramsey County libraries.

The White Bear Librarian, Therese Sonnek, will also be offering help at the White Bear Area Senior Center from 9 - 11am on April 14 and 28. (2484 East County Road F, White Bear Lake)

## **NEW!** White Bear Area Senior Center Craft Corner Gift Shop Spring Boutique & Bake Sale



**Saturday, April 4 9:00 am - 3:00 pm**

Featuring hand-crafted gift items supporting White Bear Area Senior Program and the consignees. Shop for spring, graduation, and summer at the lake items!

Senior Center, 2484 East County Road F, WBL 651-653-3121

## Meals on Wheels Fundraiser

**Wednesday, April 29  
10am - 10pm**

**Vadnais Heights Culvers  
on Centerville off Hwy 96**

10% of sales goes to  
WBL Meals On Wheels



## Contact Us

### General Information

651-653-3121

2484 East County Road F, WBL

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

[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

### Administrative Assistant

Rose Price 651-653-3121

[rose.price@isd624.org](mailto:rose.price@isd624.org)

### Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

[michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org)

### Adult Programs Coordinator

Tara Jebens-Singh 651-653-3126

[tara.jebens-singh@isd624.org](mailto:tara.jebens-singh@isd624.org)

### Elder Resource Specialist

Mary Mengel 651-653-3125

[mary.mengel@isd624.org](mailto: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](mailto: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.

### Financial Assistance

We are dedicated to providing learning opportunities and memberships to all. Discounts and scholarships available.

### Senior Center and Meals on Wheels delivery will be closed:

May 25 - Memorial Day  
July 3 - Holiday Weekend

Senior Center will be closed  
Friday, June 19 at noon.

### FREE Computer & Technical Device Help *Including help with the 2020 Census*

Tuesdays - April 14, 28, May 12, June 9

9 - 11am / Senior Center

Receive one-to-one instruction provided by the Ramsey County Library. No appointment needed.

### FREE Medicare Insurance Counseling 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the Month / Senior Center

Get answers about your Medicare, health, supplements or long-term care insurance. To schedule a 1-hour appointment call 1-800-333-2433.

### Craft Corner Gift Shop

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

Shop for unique handmade gifts here!



### Foot Care Clinic

**NEW PRICING starting APRIL 1**

Every Friday and 2<sup>nd</sup> & 4<sup>th</sup> Tuesday

\$30 / Senior Center / Roseann Mitchell, RN

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

### 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!

## Senior Center Membership

**Yearly Membership Renewal Starts June 1.  
New Members Welcome!**

**Yearly Fee: \$30 / July 1, 2020 to June 30, 2021**

New Members are ALWAYS welcome, no matter where you live! We would love to have you join our fun!

Membership is required to attend ongoing group activities at the Senior Center. Members receive an access card which allows automatic entry into the building. Membership fees help offset expenses for coffee, supplies, staffing and facility costs.

***We appreciate your participation and support of the Senior Center!***

New memberships and renewals can be processed in our Main Office or call 651-653-3121.

## 100 Years! HAPPY BIRTHDAY!



Happy Birthday to our Senior Center Member, Isabelle Montgomery, who celebrated her 100th Birthday! Isabelle is a long-time member who arrives early every Tuesday to play 500 Cards and wins quite often!

Another Senior Center Member, DeReva Gross, will be celebrating her 100th Birthday in May. Reva, also a long-time member, loves to come every Tuesday to play 500 Cards. Happy Birthday to Reva!



## Get Up & Go Fitness

Purchase a \$40 punch card for 8 classes. Silver & Fit Program benefits accepted.

Classes are held at: White Bear Dance Center, 2462 East County Rd F

**No class May 25 and July 3.**

From June 15 through August 21, fitness classes will be at the Matoska School Cafeteria, 2530 Spruce Place, WBL. Enter through *Door A* on the south side of school.

### Aerobics - Mo/W/Th/Fr 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.

## Turning 65 or New to Medicare?

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9-19



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For ad info. call 1-800-950-9952 • www.4lpi.com

White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071





### April 16 is Healthcare Decision Day

It always seems too early, until it's too late. National Healthcare Decisions Day is a great reminder to take time to think about what is most important to you.

What are your hopes, dreams, and aspirations for living to your full potential? What about your wishes toward the end of your life? If you can't speak for yourself, do your loved ones know your wishes for medical care? Plan time to have these conversations.

Take the next step...

- Start with yourself - Think about your own healthcare decisions.
- Document your priorities and wishes - Complete a healthcare directive.
- Talk to family/friends/loved ones - Discuss your wishes with others and learn their wishes.
- Spread the word - Encourage others to talk about advance care planning.

### Have questions or need help completing your healthcare directive?

- Ask at your next doctor's visit
- Stop in to the Senior Center to pick up Advance Care Planning resources and forms.
- Contact Honoring Choice
  - Call 612-362-3705
  - Visit: [www.HonoringChoices.org](http://www.HonoringChoices.org)



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

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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

**FREE Pontoon Boat Rides for Seniors, Veterans, Active Duty Military and those living with a disability**

Sponsored by Bear Boating of White Bear Lake

Bear Boating is offering free two-hour pontoon boat rides and fishing trips around White Bear Lake. The pontoon boat is wheelchair accessible.

The boat departs from the VFW off Highway 61. Donations are welcome and greatly appreciated.

**To register, call 651-653-3121.** Registration is limited and fills up quickly. Please indicate if there will be a wheelchair so the boat crew can accommodate.

**BOAT CRUISE**

**1 - 3 pm**

Mon June 1  
Thu June 11  
Tue June 16  
Fri June 19  
Wed June 24

**6 - 8 pm**

Tue June 9

**FISHING TRIP**

**10 am - 12 pm**

Wed June 17  
Tue July 21  
Tue August 11

*A fishing license is required for those under 90 years old. All fishing equipment is supplied.*



**More July and August boat trips will be listed in the next Senior Voice or call 651-653-3121.**

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 TIMLUNDGREN@LREGMN.COM

  
**COLLEEN KETCHAM**  
 SRES  
 612-321-1171  
 CCKETCH@GMAIL.COM

LUNDGREN REAL ESTATE GROUP INC. LABELLE REAL ESTATE GROUP INC.

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

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

Registration appreciated. Call 651-653-3121.

### Hugo - Rice Lake Centre

1:00 - 2:00pm Monday FREE

Rice Lake Centre, 6900 137th St North, Hugo

**1655.322 Apr 20 Decorating for Small Spaces**

You can still live large in a small space. Learn storage and decorating tricks and tips for studio and small apartment living.

**1655.323 May 18 Grief, Loss and Compassion Fatigue**

An opportunity to pause and reflect upon loss, discuss how to manage grief and create resiliency that promotes the ability to provide compassionate care to others while also caring for yourself.

### Vadnais Heights City Hall

2:00 - 3:00pm Tuesday FREE

Vadnais Heights City Hall, 800 Co Rd E East

**1655.313 Apr 28 Decorating for Small Spaces**

*See description above.*

**1655.314 May 26 Stroke Awareness and Prevention**

Learn the classic signs and symptoms of strokes and new advances in stroke care.

### White Bear Lake Library

11:30am - 1:00pm Thursday FREE

Ramsey County Library - White Bear Branch  
2150 2nd Street, White Bear Lake

**1655.310 May 7 Grief, Loss and Compassion Fatigue**

*See description above.*

### White Bear Area Senior Center

11:30am - 12:30pm Thursday FREE

2484 East County Road F, White Bear Lake

**1655.309 Apr 2 Stroke Awareness and Prevention**

*See description above.*

### TED Talks

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

11:30am - 1:00pm FREE

**1660.360 Apr 9** What happened when we paired up thousands of strangers to talk politics



### Crafts @ the Senior Center

2nd Tuesday of Month

10am - Noon

#### Bracelet & Earring Set

**1401.310** Apr 14 / \$10

#### Button Bouquet

**1401.311** May 12 / \$10

#### Faux Glass Mosaic

**1401.401** June 9 / \$15

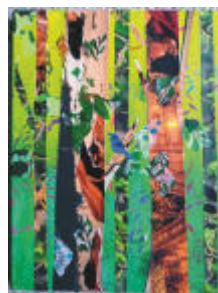


### Sunset Cabin: Oil Painting in the style of Bob Ross

**1560.300** Apr 23 / 10am - 2pm

\$41 + \$20 material fee

Senior Center



### Mixed Media: Trees & Textures

**1413.313** May 19 / 10am - 1pm

\$49 + \$15 material fee

Senior Center



### EVENING PAINT CLASS

#### Palette Up! Watercolor Poppies

**1414.206**

May 5 / 6:30 - 8pm

\$38 / South Campus

3551 McKnight Rd, WBL

## AARP Smart Driver Classes (Ages 55+)

Senior Center  
2484 East County Rd F, WBL  
651-653-3121

Minnesota law mandates a 10% reduction in car insurance premiums for persons 55+ who complete a defensive driving class. Courses consist of an overview of safe driving. There are no written or driving test. Advanced registration required - no drop ins.



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

<b>1578.300</b>	Tu/W	Apr 14 & 15	5 - 9pm
<b>1578.301</b>	Tu/W	May 5 & 6	5 - 9pm
<b>1578.302</b>	Tu/Th	May 19 & 21	5 - 9pm
<b>1578.400</b>	Tu/Th	Jun 9 & 11	12:30 - 4:30pm

## REFRESHER COURSE (4-HOURS) \$25

<b>1579.304</b>	Tu	Apr 7	8:30am - 12:30pm
<b>1579.305</b>	W	Apr 22	5 - 9pm
<b>1579.306</b>	W	Apr 29	12:30 - 4:30pm
<b>1579.307</b>	Tu	May 12	8:30am - 12:30pm
<b>1579.308</b>	Th	May 14	12:30 - 4:30pm
<b>1579.309</b>	M	May 18	5 - 9pm
<b>1579.310</b>	W	May 20	12:30 - 4:30pm
<b>1579.311</b>	Th	May 28	5 - 9pm
<b>1579.430</b>	W	Jun 3	12:30 - 4:30pm
<b>1579.431</b>	Th	Jun 4	8:30am - 12:30pm
<b>1579.432</b>	W	Jun 17	12:30 - 4:30pm
<b>1579.433</b>	Tu	Jun 23	12:30 - 4:30pm
<b>1579.434</b>	W	Jun 24	5 - 9pm
<b>1579.435</b>	Th	Jun 25	8:30am - 12:30pm

**AARP rate increase starts July 1:**  
**Full Course \$39 / Refresher Course \$35**

UCare Members receive \$15 discount. Must provide UCare Member ID# when registering.



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\*some restrictions apply. ©2020 Fairview Health Services 800111



For ad info. call 1-800-950-9952 • [www.4pi.com](http://www.4pi.com)

White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071

## 8 Community Education Classes

Register at: [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com) or call 651-653-3121.

### Drafting Your Own Will

**1143.303** Apr 8 & 15 / 6:30 - 8:30pm / \$59  
South Campus 304

### Elder Law: Know Your Rights

Learn about the areas of law most often handled by elder law attorneys: Medical Assistance /Long Term Care and Estate Planning, Probate and Guardianship.

**1536.306** Apr 11 / 10 - 11:30am / \$20  
South Campus 304

### Mindfulness Meditation

**1146.306** Apr 18-May 23  
10 - 11:30am / \$40  
South Campus 304



### Cut the Cord on Cable

Learn about low/no cost options for your phone, computer, or your mobile device. Discover easy online ways to watch your favorite stations and movies without a cable contract.

**1230.320** Apr 22 / 6:30-8:30pm / \$29  
South Campus 304

### Everything You Want to Know About Medicare

**1245.305** Apr 25 / 9:30 - 11am  
\$12/person \$17/couple  
South Campus 302

### Medications & You

What a drug is, what types there are, how they are available, how to maximize their benefits while minimizing unwanted effects, and how to determine if you are getting a good deal. As drug regimens become increasingly complex, having a team in place to help manage these regimens is vital to a healthy, long life.

**1514.314** May 4 / 6:30 - 7:30pm / \$20  
South Campus 304

### - - - FREE Sponsored Classes - - - *Registration Required*

#### Preparing to Downsize Your Life & Home

Sponsored by Tom Becker, Edina Realty

**1131.203** Apr 11 / 9 - 11am / South Campus 302

#### The New Reverse Mortgage

Understanding Reverse Mortgages and its uses, which now includes purchases!

Sponsored by Vaughn Kavlie

**1147.310** Apr 21 / 10 - 11:30am / Senior Center

#### Social Security: Timing is Everything!

Sponsored by Matthew Merrick, Thrivent Financial

**1534.314** Apr 22 / 6 - 7:30pm / South Campus

#### Five Keys to Retiring Fearlessly & Social Security: Timing is Everything!

Sponsored by Matthew Merrick, Thrivent Financial

**1535.306** May 5 / 6 - 7:30pm / South Campus

### How Not Hearing Well is Impacting You

Dr. Sarah Binfet,  
SoundGate Hearing Clinic

Learn the latest research on hearing loss, the effects of hearing loss on brain health and how it impacts other health conditions.

Discuss the importance of how good hearing helps maintain good brain health and go over what options and solutions are available to those with hearing loss. Most importantly, we will discuss how we can help!

Light refreshments will be served.

**1146.304** May 28 / 2-3pm / Free / Senior Center



## STAY ACTIVE



### Yoga 1604.201

Apr 13 - May 11 / 6:30 - 7:30pm

**\$51 / Normandy Park, Enter through Door A**

For beginning & intermediate students: Yoga to stretch your body and refresh the mind. Bring a yoga mat, a yoga block and blanket to class.

### Pickleball Club

A year round activity for adults 55+.

Membership fee of \$15 for school district residents.

To sign up call Jon at 651-407-7508.

### Learn to Kayak 1680.400

Jun 14 / 9 - 10:30am / \$25 / WB County Park

Enjoy a relaxing morning on the water. Learn how to get in/out safely, and paddle. All equipment provided, dress in layers and wear shoes that can get wet.





# MANY FACES • MANY STORIES

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

## Community Workshop

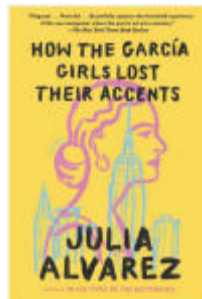
### Power, Privilege & Identity

Facilitated by Mike Rios-Keating  
April 8 / 6:30 - 8:30pm / Free  
WBL District Center, 4855 Bloom Ave, WBL  
Registration required - call 651-407-7501.

## Book Discussion

### "How the Garcia Girls Lost Their Accents" by Julia Alvarez

May 12 / 5:30 - 7pm / Free  
WBL North Campus Cafeteria  
5045 Division Ave, WBL  
Registration required -  
call 651-407-7501.



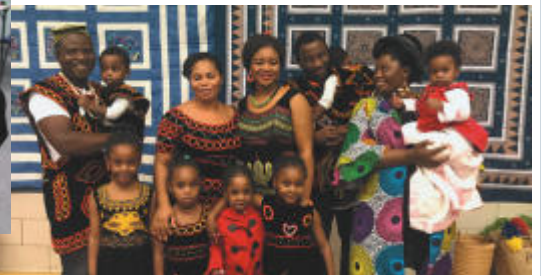
## 2nd Annual Many Cultures of Early Childhood

Fri, May 1 / 5 - 7pm  
Normandy Park / Free

Come enjoy our many  
cultures with wonderful  
food, dance, music,  
traditional costumes and more.

**Seniors Welcome!**

For more info call 651-407-7501.



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➤ Reach the Senior Market

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CONTACT

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White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071



### Celebrating Volunteer Appreciation Month in April.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that

older adults play a key role in the vitality of our neighborhoods, networks, and lives. Everyone benefits when everyone can participate.

We encourage you to connect, create, and contribute for stronger and more diverse communities!

Complete a Volunteer Application online at [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org), stop in to the Senior Center or call 651-653-3121 for more information

***Thank you to all our volunteers!!***



**MAKE YOUR MARK: MAY 2020**

We know the White Bear Lake area is a wonderful place for all ages to live, work and play. One thing that makes it such a wonderful place is how involved older residents are in local churches, civic and charitable organizations, schools and businesses.

"Make Your Mark" was selected as the 2020 theme of Older Americans Month to encourage and celebrate the countless contributions that older adults make to our communities. This year's theme highlights the difference everyone can make in the lives of older adults, in support of caregivers, and to strengthen communities.

There are so many ways to "Make Your Mark" in our local community. Become involved in weekly recreational and social activities at the Senior Center, participate in lifelong learning through Adult Enrichment and stay active through Adult Recreation programs. Many older adults stay engaged in service to others by providing companionship, transportation assistance and home support through Meals on Wheels, Neighbors Helping Neighbors, Help at Your Door, Little Brothers Friends of the Elderly, and Lutheran Social Services.

Stop in to the Senior Center or give us a call to get connected to these or other local service opportunities.

### NOT-TO-BE-MISSED!

### Come join us for the *Wheel of Friendship!*

Come *Spin the Wheel* and enjoy this fun, interactive gathering,

- packed with meaning, laughter and joy - along with light refreshments and explore the role friendship plays in the lives of those 65 and older.

Bring your friends, they'll be glad you did!

Brought to you by  
*Little Brothers - Friends of the Elderly*  
your gateway to new friendships.

**Free Class**

**Tuesday, May 26**

**10 - 11:30am**

White Bear Area Senior Center  
2484 East County Road F, WBL  
Call to register: 651-653-3121





## Our Age-Friendly Community

Developing age-friendly communities has been a focus throughout the country and here in Minnesota, Governor Tim Walz announced an initiative last year called MN 2030 and signed an executive order to establish the Governor's Council on Age-Friendly Minnesota.

The Consortium of Lake Area Senior Services (CLASS), is taking a leadership role in building awareness around achieving age-friendly communities in the northeast metro, with a series of educational programs beginning in April.

Please join city officials, local business leaders and community members to learn more at:

### Creating Age-Friendly Communities: Local, Business and State Perspectives

Tue, April 21 / 7:30 - 9:30am / Free

Hanifl Performing Arts Center, 4941 Long Ave, White Bear Lake

Register at: [www.whitebearchamber.com](http://www.whitebearchamber.com)

### Keynote Speakers:

- **Reena Shetty**, Planning Coordinator, Minnesota Board on Aging
- **Dan Pollock**, Assistant Commissioner for Continuing Care for Older Adults

Additional CLASS Education and Advocacy Themes for 2020 include:

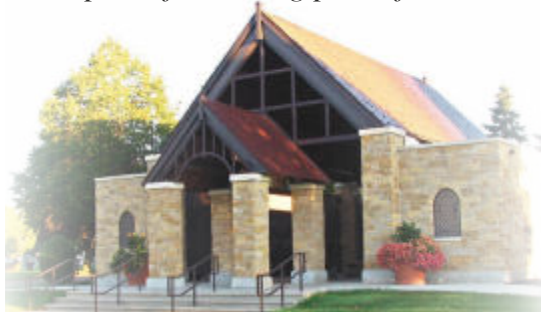
Transportation, Affordable Housing, and Dementia Friendly Communities

Visit the CLASS website to learn more: [www.lakeareaseniors.org](http://www.lakeareaseniors.org)



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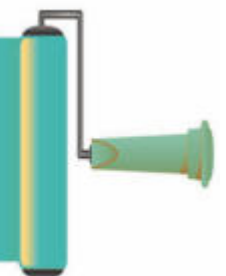
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# APRIL 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>NEW!</b> <b>Craft Corner</b> <b>SPRING BOUTIQUE &amp; BAKE SALE</b> <b>Saturday April 4</b> <b>from 9:00-3:00</b> <b>at Senior Center</b>		<b>1</b> 9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 12:00 Pinochle 12:00 Contract Bridge <i>1:00 Friends Who Care meet at Donatelli's</i> <i>April Fool's Day</i>	<b>2</b> 9:30 Aerobics -Dance Center 10:00 Yarn B's 11:30-12:30 at Senior Center <i>Stroke Awareness &amp; Prevention</i> 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	<b>3</b> 9:30 Aerobics-Dance Center 9:00-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches <b>Craft Corner</b> <b>SPRING BOUTIQUE &amp; BAKE SALE</b> <b>Sat April 4 9:00-3:00</b>
<b>6</b> 9:30 Aerobics -Dance Center 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	<b>7</b> 9:30 Yoga at Dance Center 8:30 AARP Smart Driver Class 9:00 Medicare Counseling 12:30 500 Cards	<b>8</b> 9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	<b>9</b> 9:30 Aerobics -Dance Center 10:00 Yarn B's 11:30 TED Talks at WBL Library <i>Strangers Talking Politics</i> 12:00 Mah Jongg 12:30 Cribbage	<b>10</b> 9:30 Aerobics-Dance Center 9:00-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches
<b>13</b> 9:30 Aerobics -Dance Center 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	<b>14</b> 9:30 Yoga at Dance Center <b>9:00-11 Computer Help</b> 9:00-3:00 Foot Care <b>10:00 Senior Craft Class</b> <i>Bracelet/Earrings</i> 12:30 500 Cards 5:00pm AARP Smart Driver	<b>15</b> 9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 12:00 Pinochle 12:00 Contract Bridge <i>1:00 Friends Who Care meet at Applebee's</i> 5:00pm AARP Smart Driver	<b>16</b> 9:30 Aerobics -Dance Center 10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes <i>National Healthcare Decisions Day</i>	<b>17</b> 9:30 Aerobics-Dance Center 9:00-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches
<b>20</b> 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 Centre-Hugo <i>Decorating for Small Spaces</i>	<b>21</b> 9:30 Yoga at Dance Center 7:30-9:30AM at Hanifl <i>Performing Arts Center</i> <i>Create Age-Friendly community</i> 9:00 Medicare Counseling <b>10:00 Reverse Mortgage</b> 12:30 500 Cards	<b>22</b> 9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center 5:00pm AARP Smart Driver	<b>23</b> 9:30 Aerobics -Dance Center 10:00 Bob Ross Painting 10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage	<b>24</b> 9:30 Aerobics-Dance Center 9:00-3:00 Foot Care 10:00 Duplicate Bridge 1:00 In Stitches <i>Arbor Day</i>
<b>27</b> 9:30 Aerobics -Dance Center 10:00 Readers Chat 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	<b>28</b> 9:30 Yoga at Dance Center <b>9:00-11 Computer Help</b> 9:00-3:00 Foot Care 12:30 500 Cards 2:00 at Vadnais Hgts City Hall <i>Decorating for Small Spaces</i>	<b>29</b> 9:30 Aerobics -Dance Center 9:00 Woodcarving 9:00 Adult Coloring 12:00 Pinochle 12:00 Contract Bridge 12:30 AARP Smart Driver Class <i>1:00 Friends Who Care meet Sal's Grill in Withrow</i>	<b>30</b> 9:30 Aerobics -Dance Center 10:00 Yarn B's 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	<b>April is National Volunteer Month!</b> <b>THANK YOU to our many Wonderful Volunteers!</b> 



# MAY 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
<b>Celebrate National Older Americans Month with theme of Make Your Mark!</b>				9:30 Aerobics-Dance Center  9:00-3:00 Foot Care 10:00 Duplicate Bridge  1:00 In Stitches
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
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 Yoga at Dance Center  9:00 Medicare Counseling  12:30 500 Cards  5:00pm AARP Smart Driver <i>Cinco de Mayo</i>	9:30 Aerobics -Dance Center  9:00 Woodcarving 9:00 Adult Coloring 12:00 Pinochle 12:00 Contract Bridge <b>1:00 Friends Who Care meet Outback Steakhouse</b> 5:00pm AARP Smart Driver	9:30 Aerobics -Dance Center  10:00 Yarn B's <b>11:30 -White Bear Lake Library Grief, Loss, Compassion Fatigue</b>  12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:30 Aerobics-Dance Center  9:00-3:00 Foot Care 10:00 Duplicate Bridge  1:00 In Stitches  <i>Happy Mother's Day -Sunday</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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 Yoga at Dance Center 8:30 AARP Smart Driver Class 9:00-3:00 Foot Care <b>9:00-11 Computer Help</b> <b>10:00 Senior Craft Class</b> <i>Button Bouquet</i> 12:30 500 Cards <b>1:00 Advisory Team</b>	9:30 Aerobics -Dance Center  9:00 Woodcarving 9:00 Adult Coloring  12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	9:30 Aerobics -Dance Center  10:00 Yarn B's <b>11:30 TED Talks at WBL Library 4 Questions to Ask Your Doctor</b>  12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	9:30 Aerobics-Dance Center  9:00-3:00 Foot Care 10:00 Duplicate Bridge  1:00 In Stitches <b>2:00 Diabetic Shoe Show</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:30 Aerobics -Dance Center 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge <b>1:00 at Rice Lake Centre-Hugo Grief, Loss, Compassion Fatigue</b> 5:00pm AARP Smart Driver	9:30 Yoga at Dance Center  9:00 Medicare Counseling <b>10:00 Class Mixed Media</b>  12:30 500 Cards  5:00pm AARP Smart Driver	9:30 Aerobics -Dance Center  9:00 Woodcarving 9:00 Adult Coloring  12:00 Pinochle 12:00 Contract Bridge 12:30 AARP Smart Driver Class <b>1:00 Friends Who Care meet at Great Moon Buffet</b>	9:30 Aerobics -Dance Center  10:00 Yarn B's  12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes 5:00pm AARP Smart Driver	9:30 Aerobics-Dance Center  9:00-3:00 Foot Care 10:00 Duplicate Bridge  1:00 In Stitches
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
NO Aerobics	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics-Dance Center
<b>Senior Center CLOSED NO Meals on Wheels</b>	9:00-3:00 Foot Care  12:30 500 Cards  <b>2:00 at Vadnais Hgts City Hall Stroke Awareness /Prevention</b>	9:00 Woodcarving 9:00 Adult Coloring 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 <b>2:00 Impacts of Hearing</b> 5:00pm AARP Smart Driver	9:00-3:00 Foot Care 10:00 Duplicate Bridge  1:00 In Stitches
<i>Memorial Day</i>				



# JUNE 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:30 Aerobics -Dance Center		9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners	9:00 Medicare Counseling	9:00 Woodcarving	8:30 AARP Smart Driver Class	9:00-3:00 Foot Care
10:00 Ukulele Bears		9:00 Adult Coloring	10:00 Yarn B's	10:00 Duplicate Bridge
		12:00 Pinochle		
12:00 Mah Jongg	12:30 500 Cards	12:00 Contract Bridge	12:00 Mah Jongg	1:00 In Stitches
12:30 Cribbage		12:30 AARP Smart Driver Class	12:30 Cribbage	
12:30 Duplicate Bridge		<b>1:00 Friends Who Care meet at Gulden's</b>	1:30 Dominoes	
<b>1:00 Pontoon Ride</b>				
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
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	<b>9:00-11 Computer Help</b>	9:00 Woodcarving	<b>9:00 Craft Corner Operations</b>	9:00-3:00 Foot Care
10:00 Ukulele Bears	9:00-3:00 Foot Care	9:00 Adult Coloring	10:00 Yarn B's	10:00 Duplicate Bridge
	<b>10:00 Senior Craft Class</b>	12:00 Pinochle	12:00 Mah Jongg	
12:00 Mah Jongg	<b>Faux Mosaic</b>	12:00 Contract Bridge	12:30 Cribbage	1:00 In Stitches
12:30 Cribbage	12:30 500 Cards	1:00 Friends Who Care at Senior Center	12:30 AARP Smart Driver Class	
12:30 Duplicate Bridge	12:30 AARP Smart Driver Class			
	<b>6:00pm Pontoon Ride</b>		<b>1:00 Pontoon Ride</b>	<b>Flag Day on Sunday</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Aerobics at Matoska	9:30 Aerobics at Matoska
9:30 Ukulele Beginners	9:00 Medicare Counseling	9:00 Woodcarving		9:00-11:00 Foot Care
10:00 Ukulele Bears		9:00 Adult Coloring	10:00 Yarn B's	Duplicate Bridge cancelled
		<b>10:00 Fishing Trip</b>		<b>Senior Center CLOSING at Noon</b>
12:00 Mah Jongg	12:30 500 Cards	12:00 Pinochle	12:00 Mah Jongg	
12:30 Cribbage		12:00 Contract Bridge	12:30 Cribbage	<b>1:00 Pontoon Ride</b>
12:30 Duplicate Bridge	<b>1:00 Pontoon Ride</b>	12:30 AARP Smart Driver Class	1:30 Dominoes	Manitou Days Parade 6:30pm
		<b>1:00 Friends Who Care meet at Mallards, Forest Lk</b>		Happy Father's Day on Sunday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Aerobics at Matoska	9:30 Aerobics at Matoska
10:00 Readers Chat	9:00-3:00 Foot Care	9:00 Woodcarving	8:30 AARP Smart Driver Class	9:00-3:00 Foot Care
		9:00 Adult Coloring	10:00 Yarn B's	10:00 Duplicate Bridge
12:00 Mah Jongg	12:30 500 Cards	12:00 Pinochle		
12:30 Cribbage	12:30 AARP Smart Driver Class	12:00 Contract Bridge	12:00 Mah Jongg	1:00 In Stitches
12:30 Duplicate Bridge		1:00 Friends Who Care at Senior Center	12:30 Cribbage	
		<b>1:00 Pontoon Ride</b>		
		5:00pm AARP Smart Driver		
<b>29</b>	<b>30</b>	<b>July 1</b>	<b>July 2</b>	<b>July 3</b>
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Aerobics at Matoska	NO Aerobics
		9:00 Woodcarving	10:00 Yarn B's	
12:00 Mah Jongg	12:30 500 Cards	9:00 Adult Coloring	12:00 Mah Jongg	<b>Senior Center CLOSED</b>
12:30 Cribbage		12:00 Pinochle	12:30 Cribbage	<b>NO Meals on Wheels</b>
12:30 Duplicate Bridge		12:00 Contract Bridge	1:30 Dominoes	
		<b>1:00 Friends Who Care</b>		



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# COMMUNITY

## EVENTS

**MATTER OF BALANCE: FALL PREVENTION CLASS**  
Thu, Apr 9 - May 28 / 1-3 pm / \$15 for 8 classes  
Redeemer Lutheran Church, 3770 Bellaire Ave  
To register call Becky Hulden: 651-632-5335

**HEALTHY BRAIN WORKSHOP**  
Wed, May 13 / 10am - Noon / Free  
St. John in the Wilderness Episcopal Church  
2175 1st St, White Bear Lake  
Walk-ins welcome.

**BREAKAWAY BIKE RIDE**  
May 16 / 9:30-11:30 am / Free  
Otter Lake Elementary, 1401 County Rd H2, WBL  
Celebrate spring, community, friends and family! All ages and abilities welcome. Call to register 651-407-7501.

**HIGH SCHOOL VISUAL ARTS EXHIBITION**  
April 23-May 15 / WB Center for the Arts / Free  
4971 Long Ave, WBL  
This exhibit features art submitted from six area high schools - including painting, drawing, fiber, pottery, photography, and sculpture.

## RESOURCES

**NEIGHBORS HELPING NEIGHBORS**  
Mon-Fri / 10am - 4pm Sat / 10am - 1pm  
1956 Spruce Place, White Bear Lake  
A volunteer run thrift store providing gently used clothing and accessories at a low cost with all proceeds supporting White Bear Area organizations, including the White Bear Area Senior Program Meals on Wheels!  
Volunteers Needed!  
Contact Sharon at 612-296-1619 or sharon6582@aol.com

**SENIOR CHORE PROGRAM SPRING CLEAN UP**  
April 22 - May 12  
Request raking and yard clean up by April 1.  
Schedule with Madelyn at 651-757-4061 or madelyn@nyfs.org.



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