



THE VOICE

White Bear Lake Area



Senior Center Open House

Fri, Sept 17 / 9 - 11 am

Celebrate Senior Center Month (*September*) with us at our Open House! Join us for coffee and treats while exploring the Senior Center and learning about all of our wonderful opportunities.

There will be a representative from our weekly activity groups (*see page 13 for a list*) available to provide information about their group and answer any questions you may have. We will also have information about our other services available, such as foot care, health screenings, and medicare counseling. We hope to see you here!

All of our groups would love new members! All adults ages welcome! Join us!

Fall Flea Market

SATURDAY,
SEPTEMBER 18



8am - 3pm
Rain or Shine!

White Bear Area Senior Center

You are invited to either **SELL or **SHOP**
at our Fall Flea Market!**

KCM Eggroll Truck will be here from 11 am - 2 pm!

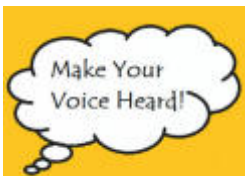
Individuals, non-profits or small businesses
are invited to register to set up their own
mini-sale in the Senior Center Parking Lot!

For more information call 651-653-3121 or visit
www.whitebear.ce.eleyo.com and search: FLEA.

Senior Center Advisory Committee Looking for New Members

Interested in having your voice heard? Consider becoming a Advisory Committee Member. This great group meets four times a year.

For more information call Jon Anderson at
651-653-3126.



Craft Corner Holiday Boutique

Fri, Nov 5, 9 am - 7 pm

Sat, Nov 6, 9 am - 3 pm

Shop this fall's holiday boutique for unique home crafted items by local seniors. Items include home and holiday decor, mittens and scarves, jewelry, kitchen items, doll clothes, cards and more!



Veterans Day Program



Thu, Nov 11 / Senior Center

9 - 10 am Coffee and Donuts

10 - 11 am *A Road Trip Around
Minnesota Veteran Memorials*

Minnesota is home to a variety of Veteran Memorials - from street names to monuments and statues, all to honor our Veterans. Join us for a virtual tour to see these memorials.

FREE, but registration is appreciated.
Call 651-653-3121.



Election Day

Tues, Nov 2

Where's your Polling place?

Visit: pollfinder.sos.state.mn.us

Contact Us

General Information

651-653-3121

2484 East County Road F, WBL

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

www.whitebearseniorprogram.org

Adult Programs & Facilities Coordinator

Jon Anderson 651-653-3126

jon.anderson@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Meals on Wheels

Doug Nelson 651-653-3123

MealsOnWheels@isd624.org

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



Handicapped Parking Reminder

Do not park in the handicap parking spots unless you have a proper license plate, an identifier hanging from your rearview mirror or on your dashboard. Future parking without proper identification will result in the police being called.

Medicare Counseling with Senior LinkAge Line Sept 14, Oct 12, Nov 2 / FREE / Senior Center

Get your questions answered about Medicare and health suppliments. **Schedule your appointment at 651-653-3121.**

Blood Pressure Screening

October 20 / 10:30-11:30 am / FREE / Senior Center

A nurse from The Shores of Lake Phalen Assisted Living in Maplewood will be donating her time.

DATES WE ARE CLOSED

Senior Center & Meals on Wheels

Nov 25, 26

Dec 22-24, 29-31

REMINDER

The yearly \$30 Membership Fee for the year is due.

Our year runs from July 1 to June 30.

Cash - Check - Credit Card accepted.

FOOT CARE

**Sept 21, 22, 27 Oct 19 & 20,
Nov 16 & 17, Dec 27 & 28**

30 minute appointment / \$45

Cash - Check - Credit card accepted

Soak feet 10 minutes in warm water prior to appointment.

Can't make your appointment?
Please call and let us know.

651-653-3121

Craft Corner Gift Shop

Open 11 am - 3:30 pm

Featuring hand crafted items supporting White Bear area consignees. Adults 50+ who are interested in being a consignee call the Craft Corner Office and leave a message at 651-653-3130.

Donations Welcome

Bring to Senior Center Front Office

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 - Collected for the American Legion Auxiliary.

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

New yarn (no wool) - Mitten Makers

New greeting cards - Craft Corner Gift Shop

Books & Puzzles - Lending Library

Plastic Bags - *clean* bags from stores such as Target, Menards, newspaper sleeves, etc. - Craft Corner

Paper Bags - *clean* grocery bags - Meals on Wheels

Fabric - Cotton, fleece, etc. No tiny scraps please. Used by crafters and sewers.

Cryptogram with a Twist

This cryptogram is a letter find/word jumble of a famous quote. Find all the letters that are **BOLD, RED, & UNDERLINED** (but none of these letters count) to get your letters to unscramble.



There are **91 Letters to find. Your Hint: nursery rhyme.**

Complete the form on page 12 and return to the Senior Center in person or by mail.

Forms received by October 1 will be entered into a drawing for a restaurant gift card. One entry per person please. Good Luck!



Congratulations to our summer *I Spy* Winners!

Claudia Vescio, was the first to turn her answers in! Then we randomly chose three other lucky winners, Gary Vidlock, Nancy Cottle and Darlene Johnson. Each received a gift card to a local restaurant. Thank you to everyone who participated!

What's with the Senior Center?

Who are Senior Center members?

Adults who enjoy the company of others, those who love to talk, laugh or participate in our various activities and games.

Is there a membership age limit?

In the past it has been ages 55+, but we would happily welcome any adult of any age or ability who has the time and desire to join us!

What if I have an idea for a new group?

Great! Bring your idea to the office and let's see if we can make it happen!

Are you turning 65 or New to Medicare?

Turn to Humana for your medical and prescription drug coverage in one Medicare Advantage plan.

Humana



Call a licensed sales agent

Deanna Coonradt

651-202-7248

Monday-Friday, 8 a.m.-5p.m.

humana.com/dcoonradt

Y0040_GHHJJ7PEN_20_C



GABLE PINES
AT VADNAIS HEIGHTS

INDEPENDENT LIVING . ASSISTED LIVING . MEMORY CARE

Good Friends Make Great Neighbors

Gable Pines at Vadnais Heights offers area senior adults the opportunity to live in a community with a true, small-town feel, while enjoying a wealth of services, excellent dining options, well-planned events and activities, as well as purpose-driven amenities.

CALL TODAY (651) 829-3171

9-19



Managed by Life Care Services®

1260 East County Road E. • Vadnais Heights, MN 55110 • GablePines.com • (651) 829-3171



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

White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

Connect With Us!

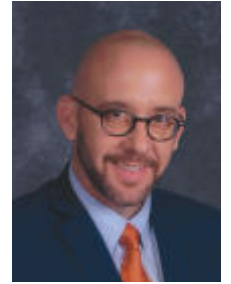
With the fall of 2021 approaching, I wanted to provide information about a few ways you, our older adult community, can get involved with White Bear Lake Area Schools outside of the Senior Program offerings.

The district is celebrating ten years of offering free Senior Activities Passes to district residents age 65+, an initiative that began during the 2011-12 school year. Since that time we've enjoyed welcoming hundreds of older adults into our stands to cheer on our students. You can find the application on the District's website, www.isd624.org, or call the Superintendent's Office at 651-407-7563 to request one via mail. We would love to have you join us!

Coffee with Dr. K events planned for the upcoming 2021-22 school year are another opportunity to engage in a small-group conversational setting. This initiative has been a fun way to connect with members of the community in an informal way. I've enjoyed many discussions with parents, grandparents and district residents with a cup of joe in-hand, covering topics such as reading supports, screen time, and facilities projects to name just a few. **Please mark your calendar for the these events at the downtown White Bear Lake Caribou Coffee: Nov 16 from 7:30-8:30am, Feb 10 from 11:30am-12:30pm, and May 10 from 4-5pm.**

If you're not able to take advantage of these opportunities, please do not hesitate to make a connection with us. As always, feel free to reach out to me with any questions you may have. I can be reached via email at wayne.kazmierczak@isd624.org or by phone at 651-407-7563. I would love to hear from you.

Dr. Wayne A. Kazmierczak, Superintendent



Love Where You Live

Come See Why Polar Ridge Was Voted The Best Senior Retirement Community...AGAIN!

Luxury Independent Living,
Assisted Living & Memory Care



Call (651) 770-4028 to schedule a tour!

polarridgeseniorliving.com



Polar Ridge
SENIOR LIVING

2365 Helen Street N
North St. Paul, MN 55109

Medicare Made Easy Always Free Consultations

The Possehl Agency
Kirk Possehl (612) 747-2726
possehlagency@gmail.com

Calling this number will direct you to a licensed sales agent

LIC. # 24078

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Dan Morrissey to place an ad today!
dmorrissey@lpicommunities.com
or (800) 950-9952 x5862

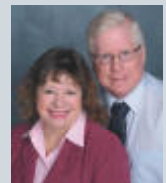
Do You Have Questions About Medicare?

We have the answers

We are local Medicare insurance brokers that represent all the major carriers in the Twin Cities area. We are committed to providing excellent customer service and pride ourselves on finding you a plan that best meets your needs and budget. We would be honored to be your trusted Medicare agents.

Give us a call to schedule a personal appointment.

No Cost. No Pressure. Just Help.



Jill and Tom
612.469.7382

www.truepartnersinsurance.com
jill.ehrman@truepartnersinsurance.com
tom.hill@truepartnersinsurance.com



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

White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

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.



FALL FUNNIES

1. What do you use to mend a **j**ack-o-lantern?
2. Why did the scarecrow win a prize?
3. What kind of vest do you wear in the fall?
4. What did one leaf say to the other?

Punch Lines on page 12.

Diabetic Shoe Show

Tue, Nov 16 / 8 am - 4 pm

Presentations at 10am & 1:30pm

14 Easy Tips to Keep Your Feet Healthy!



Are your shoes uncomfortable, cause pain, numbness or have tingling toes. . . or do you just need a new pair of shoes? Receive personal attention, fitting, and measuring. Insurance processing is available when placing **o**rders. Diabetics with Medicare may be entitled to one pair of shoes a year at little to no cost.

IMPORTANT Bring your Medicare & Supplemental insurance information.

LET US HELP YOU TRANSITION

DOWNSIZING & TRADITIONAL SALE



TIM LUNDGREN

SRES[®]

651-398-3801

TIMLUNDGREN@LREGMN.COM

COLLEEN KETCHAM

SRES[®]

612-321-1171

CCKETCH@GMAIL.COM



LUNDGREN
REAL ESTATE GROUP



LABELLE
REAL ESTATE GROUP



REAL ESTATE GROUP



Good Life
SENIOR LIVING

Assisted Living, Care Suites and Memory Care

Providing residents with Respect, Compassion and Quality Care as they transition through life.

www.goodlifesl.com | (651) 426-1335
5260 127th Street N, Hugo, MN 55038



SYNERGY
HomeCare

Care for
Everyone

Companionship • Personal Care
Light Housekeeping • Memory Care
Medication Reminders • Transportation
& Much More!

Call Today! 763.205.4440
synergyhomecare.com/blaine



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

White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071

**WORD SEARCH**

LEEK
CABBAGE
CAULIFLOWER
TURNIP
POTATO
CARROT
PARSNIP
PEA
SPINACH
RUTABAGA
BROCCOLI
PUMPKIN
ZUCCHINI
CELERY
ARUGULA
BEET
CASSAVA
GINGER
RADISH
SWEDE

Fun Fact

It's not just broccoli that's good for your heart. All cruciferous such as broccoli, cauliflower, and brussel sprouts can help with heart health.

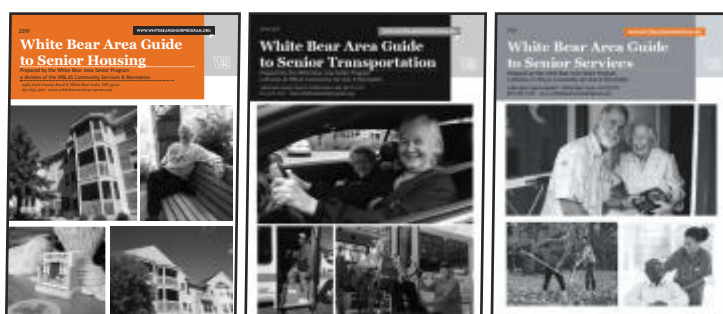



White Bear Area Senior Guides Housing, Services, and Transportation

View Online at:

www.whitebearseniorprogram.org
look under *RESOURCE GUIDES*

To have a copy mailed to you call 653-3121.





FUN FACT
People born in autumn live longer.

A study in the Journal of Aging Research found that babies born during the autumn months are more likely to live to 100 than those born during the rest of the year. Their study found that 30 % of US centenarians born during 1880-1895 were born in the autumn months.



Welcome Doug Nelson! Our New Meals on Wheels Specialist

How long have you been working for ISD624?

I have worked in WBL for 3 years. Previously I worked in the Vadnais Heights Elementary kitchen and the kitchen at South High School.

What were you doing prior to working for Meals on Wheels?

I've always played the organ at church, and played bass in symphonies and musicals. Besides working for White Bear Lake I was a technician refurbishing exercise equipment.

What do you do in your spare time?

I grow dahlias, I play in orchestras, and I fix random things that I find abandoned on the side of the road like chairs, lamps, dehumidifiers, and lawn mowers.

Do you have any favorite hobbies that you enjoy

I like growing flowers. I like wood working and cabinet making. I also like ice skating, which I had never tried until I was over 30.

What do you enjoy about Meals On Wheels

I like making sure people get fed and are safe in their homes. I also enjoy helping coordinate a place for the many volunteers to share their gifts with our clients. It makes me happy, when the delivery volunteers come back after their route and excitedly share how they brightened someone's day.

Where did you get those fun glasses?

On the internet is the simple answer. I think it would be much more fun if I said that I broke two different pairs and glued them together.



THE PILLARS OF WHITE BEAR LAKE

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

Enjoy Easy Living!
More Joy and Less Worry at The Pillars!
November/December Special--
\$3,500 in complimentary
professional moving!

Must be moved in by Jan. 30th

ASK ABOUT WAIVED COMMUNITY FEES AND VETERAN'S DISCOUNTS TOO!

THE PILLARS OF WHITE BEAR LAKE | 4650 CENTERVILLE ROAD | WHITE BEAR LAKE, MN 55127



651-653-3288 | PILLARSENIOR.COM/WHITEBEARLAKE

©2020 Fairview Health Services B00198

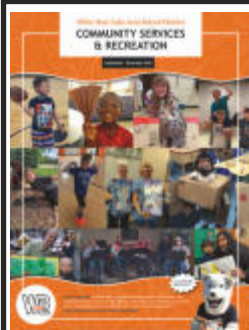
EBENEZER



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

White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071



Full Class Descriptions

can be found in the fall
*Community Services &
Recreation brochure* or at
www.whitebear.ce.eleyo.com

Need a copy?
Pick one up at the
Senior Center.

SENIOR DAY TRIPS

Bus Pick Up & Drop Off for Trips

Mahtomedi District Education Center
1520 Mahtomedi Ave, Mahtomedi, MN 55115
Register online or call 651-653-3121.



Osceola and St Croix Falls Train Tour

Join us in riding the vintage train along the beautiful St. Croix River Valley! Along the way we will see waterfalls, wildlife, native vegetation, and golden sandstone bluffs. From the Osceola Train Depot enjoy a 90 minute trip down the river. After the ride we will lunch at the Watershed Café (pay for your own lunch).

Departure: 10:00 am sharp (we will leave on time)

Return: 3:00 pm - approximately

1215.110 Thu, Sept 9 / 10 am - 3pm / \$40

Breaking Up is Hard to Do

A Musical Comedy at the Sidekick Theater

Set at a Catskills resort in 1960, is a sweet comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. Features 18 songs by Neil Sedaka such as "Where the Boys Are" and "Calendar Girl". Price includes theater tickets and lunch.



Departure: 10:30am sharp

Return: 4:00pm - approximately

1215.115 Oct 13 / 10:30 am - 4:00 pm / \$65

FUN FACT

September is National Senior Center Month

Aging masterfully is a core ideal of what many older adults wish to achieve at senior centers.

Whether through fitness classes, social activities, senior centers continue to be the experts in their communities on aging.

55+ Driver Safety Classes

Complete a defensive driving course and be eligible for a 10%, 3-year discount on auto insurance.

4-Hour Refresher Class / \$35

1579.100 Sept 9 8:30 am - 12:30 pm

1579.103 Sept 13 5:30 - 9:30 pm

1579.105 Sept 14 1:00 - 5:00 pm

1579.115 Oct 5 8:30 am - 12:30 pm

1579.120 Oct 15 1:00 - 5:00 pm

1579.125 Oct 27 5:30 - 9:30 pm

1579.130 Nov 9 8:30 am - 12:30 pm

1579.135 Nov 12 1:00 - 5:00 pm

1579.140 Nov 15 5:30 - 9:30 pm

1579.140 Dec 7 8:30 am - 12:30 pm

1579.140 Dec 14 1:00 - 5:00 pm

8-Hour Full Class / \$40

1578.110 Sept 22 & 23 5:30 - 9:30 pm

1578.115 Oct 7 & 14 5:30 - 9:30 pm

1578.125 Nov 10 & 17 8:30 am - 12:30 pm

1578.120 Dec 8 & 9 4:30 - 8:30 pm



Learn to Play Mah Jongg

1642.142 Sept 28-Oct 19 \$10
9-11 am Senior Center

Ladies - Love to Sing?

Join Harmony Adventure for Women!

Experience great fun through singing four part harmony with the Vallee de Croix Women's Chorus. Participants will attend evening rehearsals and be provided with music, learning materials and vocal coaching, culminating in December holiday performance opportunities. A free voice lesson is included.

1320.100 Oct 11 - Dec 6 7-9 pm \$40
Our Savior's Lutheran Church



TRAVEL SHOW

Tue, Oct 5 / 2-3 PM
FREE / Senior Center

Get information on these trips.

Upcoming Trips in 2022

Feb 28 Cuba Discovery
May 13 Mackinac Island, Grand Hotel & Niagara Falls
July 21 Nova Scotia & the Canadian Maritimes
Oct 5 Iceland Explorer

10 Warning Signs of Alzheimer's

1642.160 Sept 29 7 - 8 pm \$10

Understanding Alzheimer's and Dementia

1642.165 Oct 27 7 - 8 pm \$10

Understanding & Responding to Dementia Related Behavior

1642.167 Dec 1 7 - 8 pm \$10

These classes will be at:
Mahtomedi District Center
1520 Mahtomedi Ave

World Alzheimer's Day

Tuesday,
September 21

Wear Purple to
Show Support.
www.awareness-days.com

Hospice 101: Busting the Myths

1642.180 Oct 6 1 - 2 pm \$10

Financial Power of Attorney & Health Care Directive

1142.115 Oct 12 630-8:30 pm \$40

Drafting your Own Will

1143.113 Nov 11 & 17 6:30-8:30pm \$60

Foot Pain Relief

1642.155 Nov 10 6 - 8 pm \$35

Elder Law: Know Your Rights

1536.306 Nov 18 10 - 11:30am \$20

Classes are held at the Senior Center

Painting Classes @ the Senior Center

\$35 per class / 12:30 - 2:30 pm

1561.120 Sept 24 Acrylic: Milky Way

1561.105 Oct 29 Watercolor: Sunset Landscape

1561.412 Nov 19 Acrylic: Snowy River

1561.115 Dec 10 Watercolor: Poinsettia



Sole Purpose Professional Foot Care

Dana Fredricksen
Paula Tymesen

Dana@SolePurposeFootCare.net
Paula@SolePurposeFootCare.net

Treating your thick toenails,
calluses, corns, ingrown & more.

Located at "The Suites by Radiance"
7803 Afton Rd Ste #19, Woodbury
SolePurposeFootCare.net
651.983.6887 -or- 651.283.0303

AllinaHealth | aetna



Questions about Medicare?

Call
Benita Jackson
612-283-6032

JacksonB6@allinahealthaetna.us.com



**MARY EBB
LAW PLLC**
You have questions. We have answers.

**ELDER LAW + PROBATE
GUARDIANSHIP + ESTATE PLANNING**

Mary Joki Ebb

You have Questions.
We have Answers.



1310 Highway 96 E, Ste 203

White Bear Lake, MN 55110

www.maryebblaw.com | 651.340.0629

SANDBERG

**FUNERAL &
CREMATION SERVICES**

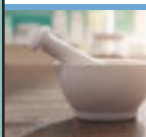
651-777-2600

sandbergfuneralhome.com

2593 7th Ave E., St. Paul

Family Owned & Operated Since 1942

MEDICINE CHEST PHARMACY



- Independent and Locally Owned
- A Pharmacy that treats you like family!
- Accepts most insurance plans

651-429-5356

2187 4th St., WBL

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Dan Morrissey** to place an ad today!
dmorrissey@lpicommunities.com
or (800) 950-9952 x5862



MAPLEWOOD CARE CENTER & THE HOMESTEAD AT MAPLEWOOD

Maplewood's Most Trusted Name since 1970

Assisted Living | Memory Support | Respite Care
Short-term Rehabilitation | Long-term Care

(651) 621-2459 | homesteadatmaplewood.org | 1890 Sherren Ave E Maplewood, MN 55109



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

White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071

Stay Active - Get Fit

Get Ready Golf

1364.160 Sept 23 - Oct 14 5 - 6 pm \$75
University of MN Practice Range

Soma Yoga (ONLINE)

1600.100 Sept 21 - Oct 26 9:30 - 10:30 am \$45

1600.105 Nov 9 - Dec 14 9:30 - 10:30 am \$45

Posture, Get It Straight (ONLINE)

1642.117 Oct 14 6-7:30 pm \$35

Is Your Waistband too Tight? (ONLINE)

1642.121 Dec 2 6-7:30 pm \$35

Get Up & Go Fitness

Drop in classes. Purchase a punch card at the Senior Center / \$55 for 8 classes.

Location

White Bear Dance Center (next to Senior Center)
Silver & Fit Program benefits accepted.

Aerobics

Tue, Wed, Thu, Fri 9:30 - 10:30 am

Improve endurance, flexibility, strength, balance and coordination. For those needing a slower tempo and less vigorous program.

Yoga - Whole Body Vinyasa

Whole Body Vinyasa is designed to increase both your strength and flexibility. The breath is incorporated into each exercise and is designed to relieve stress and anxiety. Each pose will be described in detail for beginners and modifications offered for advanced students. Improve the health of your body, mind and soul!

No previous yoga experience is necessary.

1600.150 Sep 14 - Oct 26 5:30-6:30 pm
Senior Center \$75

1600.155 Nov 11 - Dec 14 5:30 - 6:30 pm
Senior Center \$65

Pickleball

Year-Round Club / Jan 1 to Dec 31

Dues: \$25 WBL resident / \$30 non-district resident

Indoor: The Armory, 228 4th Street, WBL (downtown)

Outdoor: North Campus, Bald Eagle Ave, WBL
Sunrise Middle, 2399 Cedar Ave, WBL

Register whitebear.ce.eleyo.com, course # 9600.500

Schedule: communityservices.isd624.org/adults-seniors/adult-recreation

RUNNING FOR BEARS

5K SCHOLARSHIP RUN

Running for Bears

Sat, Oct 9
9:30am - Noon

Join us for our newest event,

Running for Bears, a 5K Run (or walk) to support scholarships across all of Community Services & Recreation department, including the Senior Program. Although this is a 5K, there will be mile markers for miles 1 and 2 to allow for a shorter distance than the full 5K.

The 5K starts and ends at West Park near Memorial Beach Park (West Park, 2350 11th St). Contact Jon for more information; 651-653-3126. Cost is \$25 and includes an event shirt.



To Join Us for the 5K

As a part of the White Bear Lake Area Community Services & Recreation Department, we would love to have the Senior Program, represented in this year's event!

Please join us as a walker, runner or volunteer along this wonderful White Bear Lake path. Please contact Jon Anderson at 651-653-3126.

Nordic Skiing Pass

Get your season Nordic Skiing pass!

University of MN
Les Bolstad Golf Course
2175 Larpenetour Ave W, St. Paul

- The course is open based on natural snow fall, generally December through March.
- Your emailed receipt from ISD 624 will serve as your proof of purchase of a season pass.
- Passes are non-refundable.
- Passes are required for all skiers over 16.

1364.164 \$30



FITNESS FACTS

- Any physical movement lowers the risk of dementia.
- Just being outdoors, especially in green spaces, quickly improves our health and happiness.
- Any exercise you do consistently will improve your Parkinson's symptoms and overall health.

ONLINE CLASSES

Class descriptions and registration at
www.whitebear.ce.eleyo
 or call 651-653-3121.

How to Pay for Nursing Home

1132.132 Sept 22 6:30 - 8 pm \$15

All About Pasta in the Instant Pot

1560.100 Sept 23 6:30 - 8 pm \$25

Thyroid, Things You Need to Know

1642.115 Sept 28 6 - 7:30 pm \$35

A Year in the Wilderness

1200.120 Oct 7 7 - 8 pm \$20

Native American Storytelling: History of the Ojibewa-Anishanabe

1655.110 Oct 11 7 - 8 pm \$20

Hmong 101: Communities & Culture

1655.105 Oct 14 7 - 8:30pm \$20

Modern Art: Movements, Artists & Masterpieces

1200.170 Oct 16 10 am - Noon \$25

Sustainable Alternatives to Plastics

1200.116 Oct 20 6:30 - 8 pm \$20

Modern Sculpture: Impressionism to 20th Century

1200.175 Oct 27 6 - 8 pm \$25

Vitamins & Herbs: Facts & Fallacies

1642.119 Nov 1 6 - 7:30pm \$35

Contemporary Art: Styles, Ideas & Artists

1200.180 Nov 6 10 am - Noon \$25

Art of De-Aging: Peel Years Off Your Bio Age

1642.102 Nov 10 6 - 7:30 \$35

Contemporary Sculpture: From mid-20th Century to Today

1200.185 Nov 17 6 - 8 pm \$25

Road Trip Around MN: Lakes & Waterfalls

1200.160 Nov 18 6:30 - 7:30 pm \$25

Armchair Travels: The Mighty Five

1200.162 Dec 9 6:30 - 7:30 pm \$25

An American Love Affair:

Cars of the 1950's

1200.164 Dec 14 6:30 - 7:30 pm \$25

www.nyfs.org



Telehealth options available

White Bear Area Clinic 1280 N. Birch Lake Blvd., White Bear Lake, MN (651) 429-8544	Shoreview Clinic 3490 Lexington Ave. N., Shoreview, MN (651) 486-3808
--	--

NYFS Northeast Youth & Family Services
Transforming Lives

Transforming lives today - creating a better tomorrow for youth, adults, families and our community

Counseling for all ages and stages of life
Covid-aware senior support services

Brighton
HOSPICE

WE ARE ALWAYS GUIDED BY OUR
COMMITMENT TO EXCELLENCE
services are covered 100% by Medicare

651-731-7692
www.brightonhospice.com

 **Keystone Place**
At LaValle Fields
A Life Fulfilling Retirement Community

Independent Living
 Assisted Living
 Memory Care

14602 Finale Ave., Hugó
651-888-6557

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



 Contact us at careers@4ipi.com
www.4ipi.com/careers



Coloring Group

Enjoy coloring? Join this relaxing activity! Members spend their time talking and being creative by color in books or creating their own cards. Spend the morning enjoying great company. Bring **in** your own materials. Extra books and colored pencils available for use.



Friday Morning Social

This new group is a way to meet others, to have little structure besides relaxing fun. Have a warm drink, a treat, play a quick game of cards or cribbage, or bring a book to read or the newspaper. It is about getting out and meeting new folks.

Guys & Gals Social Group

Connect with others who love to talk! Meets weekly for great conversation, **l**aughter, and to enjoy good food. Group rotates between the Senior Center and local restaurants. On the days they meet at the Senior Center they still often go out for a late lunch! *Restaurant schedule is available at the Senior Center.*

In Stitches

If you love: knitting, tatting, crocheting, work the loom, embrioder, work on macrame, rug hooking, or **l**ace making... this is the place to be! Bring your own project and enjoy some conversation.



Painting Group

Whether you enjoy watercolors, acrylics, oil painting or use tempra paints, enjoy a few hours of painting! Bring in your own project and enjoy the company or others.



Readers Chat

This is not your regular book club! Enjoy talking about books? Hearing what others are reading? Learning about new authors you never heard of or tried reading? Talk about your love of **b**ooks, authors, genres without the pressure of finishing a book on time!



Ukulele Bears

Love the sound of the Ukulele?! Can you play or want to learn to **pl**ay? Lessons are offered every week before the large group arrives. You will learn enough to be able to join in right away!



Woodcarving

Enjoy a morning of carving or whittling. This friendly group is always willing to help and teach others. Bring your own supplies, wood and knives. Patterns are available.



Yarn B's

Knit, Crochet, Loom. We focus on making adult and child hats, chemo hats, blankets, scarves and mittens and donate them to groups in need. Bring your own pattern or we have some available. Members are happy to teach knitting or how to crochet!



Cryptogram with a Twist - Contest Form

Mail or drop off this form to: White Bear Area Senior Center, 2484 East County Rd F, White Bear Lake, MN 55110 **on or before October 1**. One entry per person.

Winner will **l**be announced in the next **V**oice.

_____ W _____
 _____ W _____ W _____
 _____ W _____

HINT: It is a nursery rhyme.

Name: _____

Phone: _____

Crazy Brain Facts

Cholesterol is key to learning and memory. The brain has a higher cholesterol **c**ontent than any other organ, about 25%.

Your brain is mostly fat.

Consisting of minimum 60% fat, your brain is the fattiest organ in your body.

Fall Funnies Punch Lines

1. A pumpkin patch.
2. He was outstanding in his **f**ield.
3. A har-vest!
4. I'm falling for you.

WEEKLY ACTIVITIES

500 Cards

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

Coloring Group

Tuesdays / 9:30- 11:00 am

Contract Bridge

Wednesday / Noon - 3:45 pm
\$1.00 per player (no partner needed)

Cribbage

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

Duplicate Bridge

Monday / 12:30-3:30pm Friday / 10am - 1pm
\$1 per player (must have partner)

Friday Morning Social **NEW GROUP**

Friday / 8:30 - 10:30 am
Coffee, conversation, and more.

Guys & Gals Social Group *(Friends Who Care)*

Wednesday / 1 - 2:30 pm
1st & 3rd at restaurant, 2nd & 4th at Sr Center

Painting Group

Tuesday / 10:00 am - 1:00 pm

Pinochle

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

Dominoes

Thursday / 1:30 - 3:30 pm
1st, 3rd, 5th Thursdays

Mah Jongg

Monday & Thursday / 12:30 - 3:30 pm

In Stitches

Friday / 1:00 - 3:00 pm

Readers Chat

4th Monday / 10:00 - 11:00 am

Yarn B's

Thursday / 10:00 - 11:30 am

Woodcarving

Wednesday / 9:00 - 11:00 am

Ukulele Bears

1st, 2nd, 3rd Mondays / 10:00 - 11:30am
Beginners lessons start at 9:30 am

SPECIAL EVENTS @ the Senior Center

Health Expo

Wed, Sept 15 / 12:00 - 2:00 pm

Free Farmers Market *(drive through)*

Senior Center, 2484 E County Rd F, WBL
Sept 23 / 11:00 am - 1:00 pm

Senior Center Open House

Fri, Sept 17 / 11 am - 1 pm
Learn about our weekly activities & sign up!

Fall Flea Market

Sat, Sept 18 / 8 am - 3 pm
KCM Food Truck from 11 am - 2 pm

Blood Pressure Check

Wed, Oct 20 / 10:30 - 11:30 am

Diabetic Shoe Show

Tues, Nov 16 / 8 am - 4 pm

Veterans Day Program

Thur, Nov 11 / 9 - 11 am

Craft Corner Boutiques

Fall Boutique
November 5 & 6
Friday 9 am - 7 pm / Saturday 9 am - 3 pm

Spring Boutique

March 19 & 20
Friday 9 am - 7 pm / Saturday 9 am - 3 pm

Foot Care Dates

Sep 21 & 22 Oct 19 & 20
Nov 16 & 17 Dec 27 & 28

Medicare Counseling

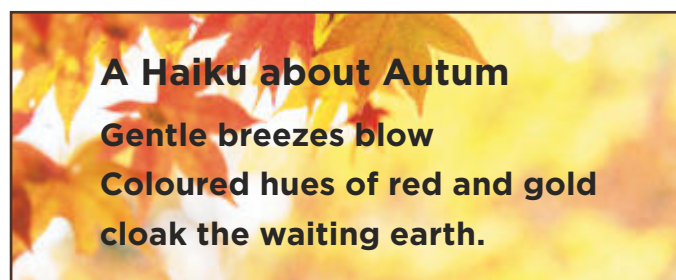
Sept 14, Oct 12, Nov 2
Call 651-653-3121 to schedule appointment.

Senior Center Closed Dates

Nov 25, 26 Dec 22-24, 29-31
Jan 17, Feb 21, May 30

Craft Corner Gift Shop Open

Monday - Friday / 11 am - 3:30 pm







- WILLS
- TRUSTS
- POWER OF ATTORNEY
- HEALTHCARE DIRECTIVE
- PROBATE
- ELDER LAW

YOUR HOMETOWN ESTATE PLANNING ATTORNEY

FREE Initial 1/2 Hour Office Consultation

4856 Banning Avenue, White Bear Lake
612.568.8758

skelly@sheilakellylaw.com
www.sheilakellylaw.com



We're Here for one reason. You.

- Assisted Living
- Therapy Services
- Out-patient Therapy
- Transitional Care/Rehabilitation
- Skilled Nursing/Memory Care

Call today to Schedule a tour.

Care Center and Transitional Care

1900 Webber St. | 651-232-1818

Residence | 4615 2nd Ave. | 651-232-1867

White Bear Lake, MN 55110

Cerenity
SENIOR CARE

White Bear Lake

CerenitySeniorCare.org

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

1-855-225-4251

WE'RE ON THE GO!

With Kowalski's On The Go you can
get all your fresh, local and favorite
groceries delivered right to your
door, or pick up at curbside!

Visit kowalskis.com to place your order.



PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Dan Morrissey**

to place an ad today!

dmorrissey@lpicommunities.com

or **(800) 950-9952 x5862**

Promises kept.

Assisted Living. Memory Care. Done Better.

Contact 651-294-4798



**Arthur's
Senior Care**

6-person homes in Roseville & Shoreview
arthursseniorcare.com

SUPPORT OUR ADVERTISERS!



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

White Bear Area Senior Program, White Bear Lake, MN

G 4C 02-1071

INDEPENDENT SCHOOL DISTRICT #624
WHITE BEAR LAKE AREA SCHOOLS
4855 BLOOM AVENUE, WHITE BEAR LAKE, MN 55110



White Bear Area Senior Program
Normandy Park Education Center
2484 East County Road F
White Bear Lake, MN 55110-2371

Non-Profit Org
US Postage
PAID
St. Paul, MN
Permit #183

COMMUNITY

EVENTS

SENIOR HEALTH EXPO

Wed, Sept 15 / 12:00 - 2:00 pm

Health & Wellness Booths * Flu- shots*

Assisted Living* Financial Wellbeing

Complimentary samples: Donatellis, Pizza Man, and Pine Tree Orchard.

Hosted by Press Publications and White Bear Area Senior Center.

WHITE BEAR FARMERS MARKET

Fri, Sept - Oct 8am - Noon

Downtown WBL on Clark Ave

Hometown Farmers Market with produce, flowers, bakery goods, sauces, honey, meats, salmon, mushrooms, maple syrup, and unique specialty items.

TRIAD PICNIC

Has been cancelled for this year.

RESOURCES

FALL YARD CLEAN UP

Oct - Nov

Contact the Senior Chore Program at 651-486-3808, Monday through Thursday.

NEED ASSISTANCE?

Community Action offers a variety of services to help meet the immediate needs of people living in Ramsey and Washington counties. Learn how they can help you pay your heat and water bills, keep your home safe and warm, access Supplemental Nutrition Assistance Program (SNAP) benefits, get your home weatherized, apply for a car loan, and assist you with filing your taxes.

Visit www.capr.org/get-assistance.html