

White Bear Lake Area School District COMMUNITY SERVICES & RECREATION

September - December 2021



Flip book to see
Bear's Bulletin!



Bear's Bulletin, a White Bear Lake Area School District publication, can be found on the reverse of this catalog. The piece covers District and school news, accomplishments, 624 Facts and notice of upcoming events.
Flip this book to see the District updates!



What's Inside

ADULT ENRICHMENT

Many Faces.....	5
Arts & Hobbies	6
Cooking	9
Finance	11
Fitness	13
Health.....	14
Home.....	17
Music & Dance.....	18
Senior Center / Older Adults	19
Adults with Disabilities	21
ABE - English Language Classes.....	21

YOUTH PROGRAMS

Early Childhood	22
Extended Day	26
Middle School FLEX.....	27
Driver's Ed	28
ACT Prep.....	28
Youth Enrichment	29
Youth Recreation	34

ISD624

Cultural Liaisons.....	36
Resources.....	37
Community Programs.....	37
District Information.....	38
School & District Locations.....	39

Flip book to see
Bear's Bulletin!

White Bear Lake Area Schools continue to follow the recommended guidance regarding the COVID-19 virus from the Minnesota Department of Health. Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes or has any COVID-19 requirements to participate.



Our team is excited to welcome everyone back to school for the 2021-2022 school year! We had an extremely exciting summer and were thrilled to see so many of you participate in our programs. As we put summer in our rear view mirror and move forward into fall, we are happy to bring you our **Fall 2021 Community Services & Recreation catalog**. Inside you will find new, innovative, educational, and recreation programs for our entire White Bear Lake Area Schools Community. We aim to offer a variety of cost-effective lifelong learning opportunities to meet the needs and interests of our entire community.

From the entire Community Services & Recreation team we hope you have a wonderful start to the new school year and we look forward to seeing you in any one of many classes, programs, events, and leagues this fall!

Our Mission

The mission of Community Services & Recreation, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Don't forget to self-screen before attending in-person classes. Students, teachers, and staff should stay home if they have signs of infectious illness, and should contact their health care provider for testing and care. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Self Screen Before Class:

Have you had:

- Fever of 100.4 or higher?
- Difficulty/hard time breathing?
- New cough or cough that gets worse?
- Few loss of taste or smell?

If you are sick or have any of these symptoms, do not attend class and call 651-407-7501. If you become sick a few days after class, please call 651-407-7501 to inform us for contact tracing purposes.

Online Classes: When you register for an online class, a link to the class will be emailed to you 1-2 days prior to the start date.

Facilities Reservations: All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voicemail Line, (651) 407-7503, or email your request to: facilities@isd624.org.

Refunds & Prorating: Notify Community Services & Recreation immediately if you need to withdraw from a class. Full refunds or credits are given if a class is canceled. Refunds are not issued after a class has begun. There are no prorated fees. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity.

Processing fees for classes:

- Under \$50 have a \$5 fee
- \$50-\$149 have a \$10 fee
- \$150-\$399 have a \$20 fee
- \$400+ have a \$30 fee

UCare Discount: UCare members may be eligible for a \$15 discount on most classes. If a class is less than \$15, the class will be free of charge. Members must be on UCare at the time of registration, and during the class(es). Members need to include their UCare ID number when registering. This discount cannot be used for the following classes: Private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips.

Your Privacy is Important to Us: Your registration information is considered private data under state and federal law. Information is used for the purposes of administering the activity, contacting you about upcoming activities, events or activity changes. If you may choose to withhold this information, this could limit the distribution of information to the participant or instructor.

Liability Waiver: There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

Do You Have a Disability? Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call 651-407-7501 to discuss accommodations.

Need Financial Assistance? WBL Community Services & Recreation is dedicated to providing learning opportunities for people of all ages. Limited financial assistance is available. For details and to apply, call 651-407-7501.

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110

communityservices.isd624.org

Information & Registration (651) 407-7501
FAX (651) 407-7502
communityservices@isd624.org

Online Registration www.whitebear.ce.eleyo.com

DIRECTOR

Tim Maurer (651) 407-7509
tim.maurer@isd624.org

ADMINISTRATIVE ASSISTANT

Christine Beckers (651) 407-7505
christine.beckers@isd624.org

Adult Basic Education (651) 407-7501

Adult Enrichment Programmer (651) 653-3124
Michelle Hubbard michelle.hubbard@isd624.org

Adult Programs & Facilities Coordinator (651)-653-3126
Jon Anderson jon.anderson@isd624.org

Early Childhood Coordinator (651) 653-3102
Darcy Rodriguez darcy.rodriguez@isd624.org

Facility Scheduling (651) 407-7503
facilities@isd624.org

Out of School Time Coordinator (651) 407-7510
Christina Thayer Anderson christina.anderson@isd624.org

Out of School Time Billing & Registration (651) 407-7511
Stacy Bertelsen communityservicesbilling@isd624.org

Receptionist (651) 407-7501
Stephanie Sears stephanie.sears@isd624.org

Youth Enrichment & Development Specialist (651) 407-7544
Tracy Cook tracy.cook@isd624.org

Youth Recreation &
Middle School Sports Coordinator (651) 407-7506
Matt Riebow matthew.riebow@isd624.org



That's Community Ed!

REGISTER 

whitebear.ce.eleyo.com

Fall Flea Market

**SATURDAY,
SEPTEMBER 18**



**8am - 3pm
Rain or Shine!**

White Bear Area Senior Center

Looking to sell? Individuals, non-profits, or small businesses are invited to set up their own mini sale in the White Bear Area Senior Center parking lot!

For questions or to reserve your spot call **651-653-3121** or visit whitebear.ce.eleyo.com.

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

REGISTRATION IS OPEN!

Middle School
Before & After School Programming:
Breakfast Club and FLEX
Middle School Enrichment
Middle School Intramural Sports

LIMITED SPOTS AVAILABLE!

See page 27 for more details.



FALL BOUTIQUE

Friday, November 5
9 am - 7 pm

Saturday, November 6
9 am - 3 pm

Senior Center
2484 E County Road F, WBL

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 cloths, cards and more!

Dr. Comfort diabetic shoes



Covered by Medicare
for people with diabetes & Rx

Diabetic Shoe Show

FREE / Tue, Nov 16 / 8 am - 4 pm

Senior Center
2484 E County Road F, WBL

Short presentation at 10 am & 1:30 pm:
14 Easy Tips to Keep Your Feet Healthy!

No registration necessary.

Baby Shower

INFANTS UP TO 6 MONTHS OLD

Join us for a FREE community baby shower!
See page 24 for details!

Tue, Oct 19 / 9:30 - 11:30 am / Normandy Park

RUNNING FOR BEARS

5K SCHOLARSHIP RUN

Gather your family, friends, and neighbors and come out to get active and celebrate our community spirit.

Sat, October 9 | 9:30 am - 12 pm

Mark Sather Trail

Start and finish at West Park

AGES 6-18: \$15 • ADULT: \$25

Register at whitebear.ce.eleyo.com

Course # 8000.100

All ages and abilities welcome.



MANY FACES • MANY STORIES

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

Community Book Read and Author Discussion: Somewhere in the Unknown World: A Collective Refugee Memoir by Kao Kalia Yang

Our communities are changing ethnically and every person comes here with their own story. Take time this summer to investigate the many refugee stories that Ms. Yang brings to life in her new book. Then join us for an evening with Ms. Yang as she discusses her desire to capture these stories and preserves each individual's journey.

6:30 - 7 pm: Book Signing with Ms. Yang

7:00 - 8 pm: Author Discussion

8:00 - 8:30 pm: Question and Answer

**Books will be able for purchase at event

1655.120 / \$10 / Thu, Sep 30 / 6:30 - 8:30 pm

Mahtomedi High School, 8000 75th St N, Mahtomedi

Breaking the Silence on Race: How to Talk About Race with Your Child(ren)

Do you fumble to find the right words for what to say to your child about race? Do you wonder if you are keeping the conversation developmentally appropriate? Join The HOPE Speaks Project to learn more about why and how to have this life long conversation with your child.

\$7 per person or \$10 for 2 people / Oct 5 / 7 - 8:30 pm

Mahtomedi High School Theater, 8000 75th St N, Mahtomedi

Register at mahtomedi.ce.eleyo.com.

Celebrating Minnesota African American Communities

Members of Minnesota's Black Community Project will discuss the making of "Minnesota's Black Community in the 21st Century" book that contributes to the history of Minnesota African Americans professions during the pre and post-Civil Rights era.

1655.100 / 1 session / \$20 per household

Tue, Oct 26 / 6 - 7:30 pm / [ONLINE](#)

Hmong 101: Communities & Culture

Listen to a comprehensive and interactive multicultural presentation about the Hmong groups in Minnesota, the Upper Midwest, and the entire United States. Offered in partnership with the Hmong Cultural Center.

1655.105 / 1 session / \$20 per household

Thu, Oct 14 / 7 - 8:30 pm / [ONLINE](#)

White Bear's Native American Heritage

Join us as we explore the history and impact of Native Americans on the area around White Bear Lake.

FREE / Mon, Nov 22 / 6 - 7 pm / [ONLINE](#)

Visit rlreads.org.

Native American Storytelling: History of the Ojibewa-Anishanabe

Join Ojibewa-Anishanabe storyteller, Bud Johnston of Pipestone, as he shares the history and traditions of his American Indian tribe and breaks down cultural stereotypes.

1655.110 / 1 session / \$20 per household

Mon, Oct 11 / 7 - 8 pm / [ONLINE](#)

Showing Up for Social Justice: Your Values & Beliefs

It is impossible to ignore the current injustices in our country. Join us to learn more about social justice and what you can do to support change. We will explore terminology and discuss our role as community members in the quest for justice. Together, we will analyze in what ways we contribute to upholding unjust social hierarchies.

1655.115 / 1 session / \$30 per household

Sat, Oct 9 / 9:30 - 11 am / [ONLINE](#)

So You Want to Be Anti-Racist?

This six week course is offered to anyone looking to deepen their understanding of what it means to be anti-racist. Participants will be given tools to engage in uncomfortable conversations, develop their racial literacy and begin to unpack how race operates in their everyday lives often without consent and/or acknowledgment, all the while building the muscles to move into action!

1655.125 / 6 sessions / \$65 per household

Wed, Nov 3 - Dec 15 / 7 - 8:30 pm / [ONLINE](#)

A Century of Civic Engagement: League of Women Voters Minnesota

Explore the history of the first 100 years of the Minnesota League of Women Voters and the role women have played in shaping our communities. The exhibit will also be available during additional times in September. For more details visit Whitebearhistory.org.

FREE / Sat, Sep 18 / 2 - 8 pm

WBL Area Historical Society, 1280 Hammond Rd, White Bear Twp

No registration necessary

Stories from the Stones:

A Discovery Walk Through Union Cemetery

Join us for a discovery walk through Union Cemetery in White Bear Lake as we "meet" several people from our community's past. Guided tours will begin every 20 minutes.

FREE / Sep 25 & 26 / 12 - 4 pm

Union Cemetery, 2nd Ave & Hwy 96

Register at whitebearhistory.square.site/events.



Blow Your Own Paperweight (Ages 14+ w/adult)

If you've never tried glassblowing before, it can be intimidating at first. After all, the furnaces temperature can reach over 2000 degrees! The class is designed with a beginner in mind so anyone can experience this amazing process. Under an instructors guidance, learners will experience how glass is manipulated and formed into a simple shape. Creating a glass paperweight teaches the fundamentals of gathering, coloring, shaping and transferring the piece off of the blowpipe.

1414.120 **1 session / \$80**
Sat, Nov 13 / 10 am - 1 pm
Vandalia Glassworks
 103 Concord Exchange N, South St. Paul



Glass Mosaic Photo Frame/Sign (Ages 8-15 w/adult)

Discover the fun of working with cut glass to create a beautiful photo frame to highlight your special photo. Sign ideas include welcome, house numbers, state of MN, flowers, or last name. Patterns are also available. The first night is working on your project and the second night is grout and learning about glass cutting.

Class fee: Photo Frame - \$10 per frame, Signs - \$14-\$30 depending on size.

1403.103 **2 sessions / \$45**
Thu, Nov 11 & 18 / 6:30 - 9 pm
South Campus 202



Blow Your Own Bud Vase (Ages 14+ w/adult)

The bud vase is a great class to take after the paperweight class. Students will become comfortable using heat, gravity, and optic molds to create different shapes and textures for your vessel. This class will also provide a glimpse of the skills that are needed to create more sophisticated vessels and sculptures.

1414.114 **1 session / \$90**
Sat, Dec 11 / 10 am - 1 pm
Vandalia Glassworks
 103 Concord Exchange N, South St. Paul



Alcohol Ink State Coasters Workshop (Age 15+)

Learn to create stunning, one-of-a-kind alcohol ink coaster. Show your Minnesota (or any state of your choosing) pride with alcohol ink coasters. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. You will leave the workshop with knowledge of a new technique that you can then take home and expand your artist interest.

1512.115 **1 session / \$40**
Tue, Nov 16 / 7 - 8:30 pm
South Campus 202



Acrylic Painting

Learn to create unique, quick and expressive acrylic paintings. Working quickly allows colors to blend and brush strokes to show, creating dynamic results. With step-by-step instructions you will create a beautiful piece of art work while learning about composition and color mixing. No experience is necessary; all supplies are included.

MILKY WAY

1561.120 **1 session / \$35**
Fri, Sep 24 / 12:30 - 2:30 pm
Senior Center

SNOWY RIVER

1561.125 **1 session / \$35**
Fri, Nov 19 / 12:30 - 2:30 pm
Senior Center



Fields of Flowers

Come and have an amazing time creating wonderful fields of flowers! Use a palette knife to blend colors and achieve a 3-dimensional look. We'll be painting on two square canvases to create two similar or different fields of flowers. You'll be able to display each painting on their own or together as a focal point for a wall. No experience necessary; all supplies included.

1413.103 **1 session / \$40**
Tue, Nov 23 / 10 am - 1 pm
Senior Center

Watercolor Painting

Create a beautiful watercolor painting with step by step instructions. Discuss techniques used in watercolor painting, such as, wet on wet and wet on dry. This is a great, no fear way to learn to paint in watercolors. No experience needed! All supplies included.

SUNSET LANDSCAPE

1561.105 **1 session / \$35**
Fri, Oct 29 / 12:30 - 2:30 pm
Senior Center

POINSETTIA

1561.115 **1 session / \$35**
Fri, Dec 10 / 12:30 - 2:30 pm
Senior Center

Acrylic Pouring Ornaments (Ages 10+ w/adult)

Take the art of acrylic pouring to a whole new level by creating fun festive ornaments for the holiday season. These unique one-of-a-kind seasonal decorations make great gifts! You will learn different acrylic pouring techniques and then put these techniques to use on 2 round bulb ornaments and 2 wooden cut out silhouettes. All supplies provided including a tray to transport your works home in.

1512.120 **1 session / \$45**
Wed, Dec 8 / 6:30 - 8:30 pm
South Campus 202

Stay connected and follow us
 on social media!



@wblasrec



@WBLCommunityEdu



Linocut Printmaking for the Holidays

Linocut Printmaking is a printmaking technique in which you carve a design into a sheet of linoleum using a variety of specialized tools. Learn how to design, carve a holiday of your choosing. Then create multiple prints and discuss the numerous possibilities for your new “stamp” in holiday decorating. All supplies included.

1561.130 **1 session / \$40**
Thu, Nov 18 / 6 - 8 pm
Gladstone Community Center
 1945 Manton St, Maplewood

Learn to Knit

Knitting is relaxing, fun and creative...and can be learned on the first night! By night three, you will be able to create a beautiful scarf, hat or a handy washcloth. You will need to bring to class: Solid, light colored bulky weight yarn, size 10 knitting needles, and scissors.

1565.160 **3 sessions / \$40**
Fri, Oct 15 - 29 / 5:30 - 7:30 pm
Senior Center

Organize Your Photos - Digital and Print

Imagine, all your photos organized and imagine being able to find any photo in literally seconds! Learn about scanning old media; slides, photos, movies etc. We will explore cloud organization systems for your photos as well as editing and repairing old movies and damaged photos. By the end of this class you will have a plan for a system in place so you can find any photo in literally seconds!

1512.112 **1 session / \$30**
Thu, Oct 7 / 6:30 - 8:30 pm
Senior Center

ONLINE ART HISTORY CLASSES

Modern Art: Movements, Artists & Masterpieces

Learn about major art movements including Impressionism, Cubism, Surrealism, Dadaism, and Abstract Expressionism. Explore and discuss some of the key works of Claude Monet, Salvador Dali, Van Gogh, Henri Matisse, and Jackson Pollock.

1200.170 **1 session / \$25 per household**
Sat, Oct 16 / 10 am - 12 pm
ONLINE

Modern Sculpture

Learn about the most influential and famous sculptors from Impressionism to mid-20th century such as Auguste Rodin, Umberto Boccioni, Henry Moore, Man Ray and Alexander Calder. Explore the major art movements associated with unique styles and sculptures of these artists.

1200.175 **1 session / \$25 per household**
Wed, Oct 27 / 6 - 8 pm
ONLINE

Contemporary Art: Styles, Ideas and Artists

Explore the contemporary art practices starting in the 1950's through today by studying the iconic work of Andy Warhol, Cindy Sherman, Jeff Koons, Grayson Perry and many others. Art styles will include Pop Art, Minimal Art, Environmental Art, Conceptual Art, Performance Art, Appropriation Art, and Video Art.

1200.180 **1 session / \$25 per household**
Sat, Nov 6 / 10 am - 12 pm
ONLINE

Contemporary Sculpture

Explore the innovative and experimental contemporary sculpture practices starting in the 1950's and continuing today by studying the works of artists such as Claes Oldenburg, Jasper Johns, Eva Hesse, Maurizio Cattelan, Ron Mueck and Katharina Fritsch. Learn about the contemporary art styles associated with unique styles and approaches of these artists.

1200.185 **1 session / \$25 per household**
Wed, Nov 17 / 6 - 8 pm
ONLINE

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.



All About Pasta in the Instant Pot

Why wait for a large pot of water to boil or haul a heavy pot over to the sink to drain noodles? Using the Instant Pot to cook pasta is fast and easy. The instructor will demonstrate a classic Mac

and Cheese, comforting BBQ Beef and Pasta Casserole, and spicy Dan Dan Noodles. Participants will receive an extensive handout along with the link to join prior to class as well as a link to a recording after class.

1560.100 **1 session / \$25**
Thu, Sep 23 / 6:30 - 8 pm
ONLINE

Instant Pot Holiday Hacks

Save time and precious stove space by enlisting your Instant Pot in your Thanksgiving preparations! Learn how to prepare make-ahead mashed potato casserole, a simple cranberry sauce, fast turkey broth, and the perfect last minute side dish—garlicky green beans. A handout will be emailed prior to class and a link to the recording afterwards.

1560.105 **1 session / \$25**
Thu, Oct 21 / 6:30 - 8 pm
ONLINE

Instant Pot Desserts

Learn how to create your own Instant Pot desserts. Creamy cheesecake, decadent flourless chocolate cake, light upside down summer berry cake and more—what do all these treats have in common? They're made in an electric pressure cooker! A handout will be emailed prior to class as a link to the recording afterwards.

1560.107 **1 session / \$25**
Mon, Nov 15 / 6:30 - 8 pm
ONLINE



Air Fryer Veggies—From Asparagus to Zucchini

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! The instructor will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including lemon pepper broccoli, miso sesame kale chips, and roasted sweet potatoes. Participants will receive a handout and class link prior to class as well as a link the class recording for your reference.

1560.109 **1 session / \$25**
Thu, Nov 4 / 6:30 - 8 pm
ONLINE

Easy Ethiopian/Eritrean Cooking

Explore the delicious flavors and techniques of authentic Ethiopian and Eritrean cuisine with instructor Mimi Selam. With approachable techniques you can replicate at home, you'll learn to cook dishes with a variety of fresh ingredients and flavors, from light and mild to sizzling plates packed with exotic spices. This flavorful cuisine is easily made into a vegetarian dish or change into a meat based dish to make everyone satisfied! A \$20 food fee is due at class.

1633.150 **1 session / \$30**
Mon, Oct 18 / 6 - 7:30 pm
ONLINE

Ethiopian Breakfast Cook A-Long

Ethiopian food has become a favorite among foodies worldwide. The food is light, healthy and flavorful, ranging from very spicy to very mild. Prepare a traditional Ethiopian breakfast for your family and friends including chechebsa, fuul (fava beans) and herbed Eritrean tea. You will be provided an ingredient list and a link prior to class to cook along.

1633.136 **1 session / \$30**
Sat, Nov 6 / 9 - 10:30 am
ONLINE

Vitamins & Herbs: Facts And Fallacies

Thu, Oct 7 / 6 - 7:30 pm / ONLINE

The Healing Power of Plants

Mon, Nov 1 / 6 - 7:30 pm / ONLINE

See page 16 for additional details.

Chicken, Chicken and More Chicken! (Ages 15+)

Discover new creative ways to cook chicken beside baking. From a skillet to the oven learn new ways to cook a whole chicken to boneless parts. Some of the dishes we will prepare include: Cordon Blue, Marsala with Sage, Crab-stuffed Breasts, Crispy Parmesan Strips, Pineapple-Raspberry Nibbles and more! You will leave class with a detailed recipe handout. Be sure to bring containers to take home leftovers. A \$15 food fee is due at class.

1632.130 **1 session / \$40**
Tue, Sep 28 / 6 - 9 pm
South Campus 206

Scrumptious Scones! (Age 15+)

Traditionally scones were a Scottish delicacy, but are now famous worldwide. These quick breads come in assorted shapes and flavors. Learn to include dried fruits such as cherries and blueberries as well as a traditional currant scone. We'll eat them warm from the oven with a lemon curd and a Devonshire cream as well as a chocolate spread. Bring in empty containers to take home a sampling of scones! An \$11 food fee is due at class.

1632.132 **1 session / \$40**
Wed, Oct 13 / 6 - 9 pm
South Campus 206

Mediterranean Chicken and Homemade Hummus (Ages 15+)

Mediterranean cuisine is prized for its incredibly delicious flavor and abundance of healthy ingredients. Experience a homemade Mediterranean-style chicken and rice with a side of hummus. Easy to learn and no experience necessary.

1633.138 **1 session / \$40**
Wed, Dec 8 / 6:30 - 8 pm
South Campus 206

Four Famous Cookies (Ages 15+)

Learn how to create the rolled Norwegian cookie, Krumkakes, made with cream, butter, cinnamon or vanilla, and Italian Pizzelles; a crisp and light anise or vanilla flavored cookie. Next will be the Swedish Sandbakkelse, chewy almond flavored cookies baked in tiny tins to resemble tarts, and lastly the Rosette. These deep fried delicacies are paper thin Scandinavian delicacies dusted with confectioners' sugar. Expect great recipes and tips to make your baking a success! Bring containers for your goodies! A \$13 food fee due at class.

1632.134 **1 session / \$40**
Mon, Dec 13 / 6 - 9 pm
South Campus 206

Fall Flea Market

**SATURDAY,
SEPTEMBER 18**



**8am - 3pm
Rain or Shine!**

White Bear Area Senior Center

Looking to sell? Individuals, non-profits, or small businesses are invited to set up their own mini sale! For questions or to reserve your spot call **651-653-3121** or visit whitebear.ce.eleyo.com.

55+ Defensive Driver Safety

INSTRUCTOR: MINNESOTA SAFETY COUNCIL

If you're 55 or older, receive a discount on your auto insurance and improve your driving skills! Review basic crash prevention techniques that have proven to reduce traffic violations and incidents. The class consists of lecture, films and discussions and does not have any tests! At the end of class, you will receive a certificate of completion to give to your insurance company.

FULL CLASS

2 sessions / \$40 / Senior Center or ONLINE

1578.110 Wed & Thu, Sep 22 & 23 / 5:30 - 9:30 pm

1578.115 Thu, Oct 7 & 14 / 5:30 - 9:30 pm

1578.120 Wed, Nov 10 & 17 / 4:30 - 8:30 pm

1578.125 Wed & Thu, Dec 8 & 9 / 8:30 am - 12:30 pm

REFRESHER CLASS

1 session / \$35 / Senior Center

1579.100 Thu, Sep 9 / 8:30 am - 12:30 pm

1579.103 Mon, Sep 13 / 5:30 - 9:30 pm

1579.105 Tue, Sep 14 / 1 - 5 pm

1579.115 Tue, Oct 5 / 8:30 am - 12:30 pm

1579.120 Fri, Oct 15 / 1 - 5 pm

1579.125 Wed, Oct 27 / 5:30 - 9:30 pm

1579.130 Tue, Nov 9 / 8:30 am - 12:30 pm

1579.135 Fri, Nov 12 / 1 - 5 pm

1579.140 Mon, Nov 15 / 5:30 - 9:30 pm

1579.145 Tue, Dec 7 / 8:30 am - 12:30 pm

1579.150 Tue, Dec 14 / 1 - 5 pm

Drafting Your Own Will

Developing a will is an important step in providing for the ones you love and for you to "Finish Well". In the first class learn the various techniques of property distribution, protection of the state and beneficiaries, explore basic will concepts and assess your will needs. You will receive individualized personal attention and sample forms. During the second class, we will discuss safekeeping techniques and circumstances that may require a review or revision of your will. You will also sign your will to make it official.

1143.113 **2 sessions / \$60**
Wed, Nov 10 & 17 / 6:30 - 8:30 pm
Senior Center



Elder Law: Know Your Rights

Receive an overview of the areas of law most often handled by elder law attorneys: Medical Assistance/Long term Care Planning, Estate Planning, Probate and Guardianship.

1536.306 **1 session / \$20**
Thu, Nov 18 / 10 - 11:30 am
Senior Center

Financial Power of Attorney & the Health Care Directive

Unexpected events happen. Plan now and learn about the use and benefit of a Financial Power of Attorney and the Health Care Directive. Understand what the agent's responsibility is and factors in selecting your agent(s). You will leave class with all the forms and information you need to aid you in preparing them.

1142.115 **1 session / \$40**
Tue, Oct 12 / 6:30 - 8:30 pm
Senior Center

How to Pay for the Nursing Home

We all come into the world with nothing and leave with nothing. The biggest fear - how to pay for the nursing home and still leave the next generation something. With ever changing estate planning laws and great increases in nursing home costs the fear is real so you need to understand your options. We will talk through many scenarios including how to plan and place your assets to meet your nursing home goals.

1132.132 **1 session / \$15**
Wed, Sep 22 / 6:30 - 8:30 pm
ONLINE



How to Be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? Learn how to be a smart shopper, where your student will fit best, academically, socially and financially. Also learn which schools will offer your student the largest merit scholarships and how to apply for grants and how FAFSA works.

1609.109 **1 session**
\$20 per person or \$30 per family
Mon, Sep 27 / 6:30 - 8:30 pm
South Campus Theater

Keeping the Cabin, Farm or Business in the Family

The division of Mom and Dad’s estate can lead to bitter battles between children and even grandchildren which can impact their relationships forever. When the next generation deals with these important family legacy asset questions and issues often arise: Who will pay the taxes? How can I ensure my children receive equal inheritance? What is the effect of estate taxes? Get the answers to these and other questions and learn how to keep important family legacy property in the family without driving the family apart.

1132.135 **1 session / \$15**
Wed, Dec 8 / 6:30 - 8 pm
ONLINE

Let’s Probate an Actual Minnesota Estate

In this class we will walk-thru a Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts . . . and all the steps in between. Learn the process forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. We will discuss the roles, responsibilities, and liabilities of the Executor/Personal Representative. Hear real-life examples and solutions to a multitude of issues involving a typical (or not typical) Minnesota Probate Estate.

1122.122 **1 session / \$15**
Mon, Oct 4 / 6:30 - 8 pm
ONLINE

FREE CLASSES THANKS TO A SPONSORSHIP BY MATTHEW MERRICK OF THRIVENT FINANCIAL.

Five Keys to Retiring Fearlessly

After years of hard work, retirement may finally be in sight. Learn the five keys to unlocking a fearless retirement and gain insight into Social Security. While it can be confusing, making the most of your Social Security has a lot to do with when you apply for benefits. This is a great opportunity to get answers to your questions and learn what Social Security can mean for you.

1535.100 **1 session / FREE**
Thu, Oct 21 / 6 - 7:30 pm
ONLINE

Social Security: Timing is Everything!

Social Security is a vital income source for many retirees. But 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.

1535.105 **1 session / FREE**
Mon, Nov 15 / 6 - 7:30 pm
ONLINE

RUNNING FOR BEARS

5K SCHOLARSHIP RUN

Gather your family, friends, and neighbors and come out to get active and celebrate our community spirit.

Sat, October 9 | 9:30 am - 12 pm

Mark Sather Trail
Start and finish at West Park

AGES 6-18: \$15 · ADULT: \$25

Register at whitebear.ce.eleyo.com
 Course # 8000.100

All ages and abilities welcome.

Soma Yoga

MULTI-AGE CLASS FOR ALL LEVELS

The practice of Soma Yoga helps re-educate our muscles to release tension and create freer mobility. The class emphasizes moving from within our bodies using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina.

6 sessions / \$45 per household / 9:30 - 10:30 am

1600.100 Tue, Sep 21 - Oct 26 / **ONLINE**

1600.105 Tue, Nov 9 - Dec 14 / **ONLINE**

Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

1623.103 7 sessions / \$55
Mon, Oct 4 - Nov 15 / 6 - 7 pm
Oneka Elementary Cafeteria

Abdominal Strengtheners That Won't Make You Get On The Floor

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, without stressing back or neck joints and without getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints.

1642.122 1 session / \$35
Tue, Dec 7 / 6 - 7:30 pm
ONLINE

Is Your Waistband Too Tight Today? 6 Strategies To Win The Battle Of A Bulging Belly

Have you ever found that in the morning your pants fit fine but by mid-afternoon the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing exercises. Learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscles - the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. All of this without getting on the floor!

1642.121 1 session / \$35
Thu, Dec 2 / 6 - 7:30 pm
ONLINE

Yoga - Whole Body Vinyasa

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

6 sessions / \$75 / 5:30 - 6:30 pm

1600.150 Tue, Sep 14 - Oct 26 / **Senior Center**

1600.155 Tue, Nov 9 - Dec 14 / **Senior Center**

Pickleball

The White Bear Area Pickleball Club runs year-round. Starts January 1 and expires December 31.

Club Dues: \$25 for district residents / \$30 for non district resident

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

Outdoor Pickleball:
 North Campus, Bald Eagle Ave, WBL

Sunrise Middle School, 2399 Cedar Ave, WBL

Register online at whitebear.ce.eleyo.com, course # 9600.500
 In-Person: Pay Sue Grun cash or check at Pickleball.

Questions? Call Jon at 651-653-3126 or jon.anderson@isd624.org

View schedule at:

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

Nordic Skiing Pass

Get your season long Nordic Skiing pass now for the University of MN Les Bolstad Golf Course, 2175 Larpenteur Ave W, St. Paul

- The course is open based on natural snow fall, generally December through March.
- Your email receipt from ISD 624 will serve as your proof of purchase of a season pass. Save your email on your phone or print the receipt. Passes are non-refundable. All skiers over the age of 16 are required to have a ski pass.

1364.164 / \$30 / University of MN Les Bolstad Golf Course, 2175 Larpenteur Ave W, St. Paul

Get Ready Golf

Anyone who has the desire to get more involved in golf while both learning and having fun, this is where you want to be! Class will be a combination of range and short game area learning, using the UofM Practice Range's unique 3-hole short course. You will not only "learn to play" but will "play to learn".

1364.160 4 sessions / \$75
Thu, Sep 23 - Oct 24 / 5 - 6 pm
University of MN Practice Range
 2275 Larpenteur Avenue West, Falcon Heights

See Get Up & Go Fitness classes on page 19.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias causes memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of these diseases; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

1642.160 **1 session / \$10**
Wed, Sep 29 / 7 - 8 pm
Mahtomedi District Education Center
1520 Mahtomedi Ave, Mahtomedi

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

1642.165 **1 session / \$10 per person**
Wed, Oct 27 / 7 - 8 pm
Mahtomedi District Education Center
1520 Mahtomedi Ave, Mahtomedi

Understanding and Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us on learning how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

1642.167 **1 session / \$10 per person**
Wed, Dec 1 / 7 - 8 pm
Mahtomedi District Education Center
1520 Mahtomedi Ave, Mahtomedi

Hospice 101: Busting the Myths

Have you heard, "*Hospice is for the final days of life. Hospice is a location*"? NOT SO! Learn more about these and many other common myths of hospice. Understand what hospice is, the services available, admission guidelines, and payment sources for those with a limited life expectancy. Be an informed consumer as your family or loved one navigates decisions around end-of-life care.

1642.180 **1 session / \$10**
Wed, Oct 6 / 1 - 2:30 pm
Senior Center

Everything You Want To Know About Medicare

Do you know what Parts A, B, C & D are in regards to Medicare? It is complicated. Join us for a thorough but simple explanation of what this all means! We will also discuss the application process estimated costs, supplements, MAPD and when is the right time to sign up. This is an ideal course for people that are turning 65, or over 65, and coming off their employer medical plan.

1245.135 **1 session / \$15**
Wed, Oct 20 / 6:30 - 8 pm
Senior Center

Foot Pain Relief - What Your Podiatrist Probably Isn't Telling You

Feet are our foundation - let's give them the attention they deserve! Discover how simple movements and adjustments in alignment can relieve foot pain and discomfort while simultaneously improving overall body health. Learn the alignment points to alleviate foot pain and pressure; how shoe choice affects the entire body (not just foot health); the five main components to look for in shoes/footwear; the ideal role of orthotics; and exercises to move, stretch, and strengthen the muscles of the feet and lower legs. You will have the opportunity to actively participate in the gentle exercises while standing in socks or bare feet.

1642.155 **1 sessions / \$35**
Wed, Nov 10 / 6 - 8 pm
Senior Center

Stay connected and follow us
on social media!



@wblasrec



@WBLCommunityEdu



Hypnosis: Weight Loss/Health Eating, Stop Smoking/Vaping, or Chewing Tobacco

Do you feel like your life revolves around food, smoking, or vaping? Stop the cravings and urges with hypnosis and learn how to get healthy today! No more weight gain, no more cravings! All students come together at introductions and then split into groups for their hypnosis sessions. Lifetime members pay a nominal fee. Participants will receive a hypnosis reinforcement CD and membership card to attend future classes.

1550.100 **1 session**
\$65 Tobacco/Vaping
\$65 Weight Loss
\$120 Smoke/Vape & Weight Loss
\$0 Lifetime Member
Mon, Oct 4 / 5:45 - 9 pm
Senior Center



Preparing Body for Baby

Discover how to have a pain-free pregnancy. Blending alignment with simple lifestyle adjustments (changing how you sit, stand and make daily choices) can result in avoiding the most common prenatal aches and pains. This workshop combines education and exercises to create optimal movement help prevent foot, back and neck pain, core weakness/distasis recti and pelvic floor issues. While this workshop is appropriate for everyone, if you are trying to get pregnant, are currently pregnant, or have been pregnant, you will gain the most benefit from this workshop.

1642.150 **1 session / \$35**
Wed, Oct 13 / 6 - 8 pm
Senior Center

Posture, Get It Straight: Look Younger, Thinner & Feel Better

Ever caught your own reflection to see that your head hangs too far forward or your shoulders are too rounded, or you slump too much? Learn how to correct common posture issues and an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car, or working out. There are many benefits to improving posture. The good news is no matter how long you may have had poor posture it can be improved. Your clothes will fit and look better, too!

1642.117 **1 session / \$35**
Thu, Oct 14 / 6 - 7:30 pm
ONLINE

The Art Of De-Aging: Peel Years Off Your Bio Age

Your chronological age is the number of years you have been alive - a fixed number that cannot be changed. Your biological age, however, is measured by how well your organs and body systems work. You have more control over how your body ages than you may think. Research shows you can peel years off your bio age. Also learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming. Help yourself look better, feel young, and age with health and vigor.

1642.120 **1 session / \$35**
Wed, Nov 10 / 6 - 7:30 pm
ONLINE

Thyroid Things You Need To Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms! Learn how thyroid function can make any illness worse and the five things that need to be measured, but usually aren't!

1642.115 **1 session / \$35**
Tue, Sep 28 / 6 - 7:30 pm
ONLINE

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

The Healing Power of Plants

Learn how a plant based diet gives the 85 year old instructor great health, while his siblings, who eat the standard American diet, have experienced cancer, heart disease, and dementia. Watch videos show how a plant based diet stops breast cancer in 14 days, reverses diabetes in 16 days and open a clogged artery in 30 months. You will receive Press Release 240 (meats carcinogenic ratings), a list of plant based proteins and a list of food the presenter eats.

1642.140

1 session / \$25

Thu, Oct 7 / 6 - 7:30 pm

ONLINE

Vitamins & Herbs: Facts And Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng, Echinacea, & DHEA.

1642.119

1 session / \$35

Mon, Nov 1 / 6 - 7:30 pm

ONLINE



TRAVEL SHOW

Join us for an informational meeting about unique travel opportunities. Get detailed inside information regarding the destinations below, trip activities, and transportation. Attending travel shows does not commit you to the trip. Join us even if you are just curious. The Travel Show is free but advanced registration is required.

1200.100

1 session / FREE

Tue, Oct 5 / 2 - 3 pm

Senior Center

UPCOMING TRIPS

- February 28, 2022: Cuba Discovery
- May 13, 2022: Mackinac Island, the Grand Hotel & Niagara Falls
- July 21, 2022: Nova Scotia & the Canadian Maritimes
- October 5, 2022: Iceland Explorer

Fall Into Winter

Learn how to put your garden to bed for the winter! A Minnesota Master Gardener will provide information and tips about what to do for your garden and landscape between September and February.

1490.130 **1 session / \$25 per household**
Mon, Sep 27 / 7 - 8:30 pm
ONLINE

A Year in the Wilderness

Imagine a year long adventure into the Boundary Waters. That's 365 days of exploring the wilderness. Your instructors took this journey and documented the trip to help keep America's most visited wilderness area in people's consciousness throughout the year. They traveled over 2,000 miles by canoe and ski with sled dogs, while visiting over 500 lakes, rivers and streams. Using images, videos, stories, and excerpts from their book, they will share our nation's most popular wilderness with you and demonstrate why we must cherish and protect our public lands.

1200.120 **1 session / \$20 per household**
Thu, Oct 7 / 7 - 8 pm
ONLINE

Sustainable Alternatives to Plastics

What are plastics and how did they become such an integral part of our daily lives? Examine the hidden costs of convenience and offer sustainable alternatives to plastics. Learn steps to take to lessen our everyday plastic use.

1200.116 **1 session / \$20 per household**
Wed, Oct 20 / 6:30 - 8 pm
ONLINE

FREE CLASS SPONSORED BY JOY ERICKSON, EDINA REALTY

Repairs, Renovations & Staging vs Selling Your Home As-Is

How to get the best Return on your Investment

Do you keep wondering what would help you sell your house for the most money without overspending on unnecessary projects? Given the current seller's real estate market, find the best advice on how to get the best "bang for your buck". You may not need to do as much as you think and there may be a few inexpensive items that can help. Bring pictures of your home on your phone for advice on the cost effective ways to prep your house.

1200.103 **1 session / FREE**
Wed, Oct 27 / 6:30 - 8 pm
Senior Center

A Road Trip Around Minnesota: Lakes & Waterfalls

Go on a virtual road trip around the state to learn about some of Minnesota's largest in-land lakes and fantastic waterfalls. In today's world, these same waterways are vital to the state and local community economies; as well as to the citizens as a form of recreation and relaxation. After this class, you will be able to create your own road trip ideas for one last fall road trip.

1200.160 **1 session / \$25**
Thu, Nov 18 / 6:30 - 7:30 pm
ONLINE

A Road Trip Around Minnesota: Veteran Memorials

Thu, Nov 11 / 10 - 11 am Senior Center
See page 19 for details.

Armchair Travels: The Mighty Five

Did you know that Utah is home to five National Parks? Not only that but they also have amazing State Parks, National Monuments, and Recreation Areas! Join our instructor as he highlights images from a recent summer road trip. Learn about the Mighty Five plus some other bonus information. This is a great time to plan your road trip for next summer.

1200.162 **1 session / \$25 per household**
Thu, Dec 9 / 6:30 - 7:30 pm
ONLINE

An American Love Affair: Cars of the 1950's

What is your favorite classic car? The instructor's is the 1957 Chevy Belair! Growing up watching "Happy Days" and having family trips to car shows started a lifelong love affair with cars and trucks, especially from the 1950's. World War II was over, manufacturing went back to normal, and the economy was starting to blossom. Highways allowed people to travel the country, and vehicle production really took an amazing turn in the 1950's. We'll take a look at the details that made these cars so special.



1200.164 **1 session / \$25**
Tue, Dec 14 / 6:30 - 7:30 pm
ONLINE

Learn to Play Mah Jongg

Want to learn how to play Mahjong? Now is your chance! Learn to play the American style of Mahjongg! Mahjong (or mah-jongg) is a tile game developed in 19th century China and has spread throughout the world. It is commonly a four player game.

1642.142 **4 sessions / \$10**
Tue, Sep 28 - Oct 19 / 9 - 11 am
Senior Center

Minnesota Starwatch

ALL AGES WELCOME!

Make the stars your friends as we watch the great celestial show in the skies over Minnesota. After a short orientation, we will go out to the field of giant telescopes aimed at Jupiter, Saturn, star clusters, galaxies, and more. Live video telescopes will also be available. Get to know constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured! Bring lawn chairs to make yourself comfy!

1130.100 **1 session / \$25**
Fri, Oct 15 / 7 - 9 pm
Highview Middle School
 2300 7th St NW, New Brighton

Music & Dance

Wedding Dance Crash Course - It's Not too Late!

You thought about it! You wanted to! But where did the time go? Not to worry. In this 2-hour workshop learn fun moves and simple tips to have you feeling comfortable and looking great for any occasion! With the expert guidance of 3-time Ballroom Dance champion, Monica Mohn, you'll be dancing before you know it! Couples only please!

1300.130 **1 session / \$40 per couple**
Thu, Sep 30 / 7 - 9 pm
South Campus Cafeteria



Safe and Secure Online for Seniors

For many adults, the Internet and online world can be scary and intimidating. But, with awareness, this doesn't have to be the case. While we need to be knowledgeable of the dangers, we don't have to be fearful. Created by the Center for Cyber Safety and Education, this presentation will teach you to use online tools safely. Increase your digital security with awareness and training.

1130.110 **1 session / \$15**
Tue, Oct 12 / 6:30 - 8 pm
Senior Center

Safe and Secure Online for Parents and Children

We can no longer wait until children are in middle or high school to begin teaching them basic safety practices. It's not too late! Start teaching younger children about online stranger danger, keeping personal information private, not sharing passwords and being kind online to others. Created by the Center for Cyber Safety and Education, this class uses Garfield and his friends who share real life cyber situations and learn what they should and shouldn't be doing on the Internet.

1130.115 **1 session / \$20**
Wed, Nov 10 / 6 - 8 pm
Senior Center

Ballroom Dancing for Beginners (Ages 15+)

Beginners and prior attendees are invited to practice steps and turns in popular ballroom dances, including swing, waltz, foxtrot, salsa, and more. Enjoy dancing to music frequently played at weddings and parties. The perfect course for anyone getting married or preparing for an upcoming event. Have a fun-filled weekly date while acquiring a skill to last a lifetime. Dance moves are easy & you're sure to be successful!

1300.120 **4 sessions / \$60 per person**
Thu, Oct 28 - Nov 18 / 7 - 8:30 pm
South Campus Cafeteria

Harmony Adventure for Women

Sing in 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. At the end of the season, we will have December holiday performance opportunities. A free voice lesson is included in your registration. If you love to sing and have been looking for a fun group to be a part of, this is the place for you!

1320.100 **9 sessions / \$40**
Mon, Oct 11 - Dec 6 / 7 - 9 pm
Our Savior's Lutheran Church
 1616 Olive St W, Stillwater

White Bear Area Senior Center

Normandy Park Education Center
 2484 East County Road F, White Bear Lake, MN 55110
 Mon - Fri / 8 am- 4:30 pm / 651-653-3121
 Email: whitebearseniorprogram@isd624.org
www.WhiteBearSeniorProgram.org

The White Bear Area Senior Program provides education, recreation, volunteer opportunities, resource navigation and support services for seniors and their families.

Senior Center Membership

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.

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

The Voice Newsletter

The Voice is a quarterly newsletter. If you would like to be added to our mailing list please call 651-653-3121.

Current Wave Monthly Email

Monthly eNewsletter with supplemental information to The Voice newsletter. To receive this email call 651-653-3121.

Volunteer Opportunities

- » Meals on Wheels Drivers and Kitchen Helpers

For more information on any of these opportunities, please call 651-653-3123.

See application online at whitebearseniorprogram.org under VOLUNTEER.

The WB Senior Center Advisory Council is looking for new members. If you would like more information call 651-653-3126.

Meals on Wheels

Doug Nelson, (651) 653-3123
MealsOnWheels@isd624.org

Meal on Wheels is a community service where volunteers deliver hot or cold nutritious meals Monday-Friday during the noon hour. Special diets are available. You can also choose to have frozen meals delivered once a week.

All residents of the White Bear Lake Area School District and Mahtomedi are eligible for delivery regardless of age or income. Meals are priced on a sliding fee scale.

Meals on Wheels Donation

Meals are provided at a reduced rate due to generous donations from participants, foundations, and the wider community, and also through support of the White Bear Lake Area School District, Consortium of Lake Area Senior Services, Ramsey County, Metro Meals on Wheels, local Lions Clubs and others.

To donate to Meals on Wheels, please visit whitebear.ce.eleyo.com, search course #9999.501.

Craft Corner Gift Shop

Open 8 am - 3:30 pm daily
 (651) 653-3130

Looking for a unique gift for a birthday or special event? Our gift shop is the perfect place to shop for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 50 years of age or older, or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

Senior Center & Meals on Wheels are closed:
Nov 25, 26,
Dec 22, 23, 24, 29, 30, 31

Get Up & Go Fitness (AGES 18+)

\$55/punch card for 8 classes

Purchase punch cards at the White Bear Area Senior Center.

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

Aerobics

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

No class on Mondays.

To improve endurance, flexibility and strength, balance and coordination. Designed for people needing a slower tempo and less vigorous program.

Silver and Fit Program

Your health insurance plan may participate in the program. Contact your insurance provider to find out about cost. Silver and Fit applies to one facility only.

Qualifying members can participate in the Get Up & Go classes for free.

See more fitness classes on page 13!

Fall Holiday Boutique

Friday, November 5
 9 am - 7 pm

Saturday, November 6
 9 am - 3 pm

Shop this fall's holiday boutique for unique home crafted items by local seniors!

Day Trips

Osceola and St. Croix Falls Train Tour



Join us to ride the vintage train along the beautiful St. Croix River valley! Along the way we will see waterfalls, wildlife, native vegetation, and golden sandstone bluffs. We will check in at the Osceola Train Depot and then enjoy a 90 minute trip down the river. After our scenic ride we will be having lunch

on your own at the Watershed Café (you need to pay for your own lunch). View the WaterShed menu at thewatershedcafe.com.

Bus Pick Up & Drop Off: Mahtomedi District Ed Center, 1520 Mahtomedi Ave, Mahtomedi, MN 55115

Departure: 10 am sharp, Return: approximately 3:00 pm

1215.110 **1 session / \$40**
Thu, Sep 9 / 10 am - 3 pm

Theater Show: Breaking Up is Hard to Do



Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn in

search of good times and romance over one wild Labor Day weekend. The score showcases 18 Sedaka classics, including "Where the Boys Are", "Sweet Sixteen", "Calendar Girl", "Love Will Keep Us Together", and of course, the chart-topping title song. Price includes Theater tickets and lunch.

Pick Up & Drop Off: Mahtomedi District Ed Center, 1520 Mahtomedi Ave, Mahtomedi, MN 55115
Departure: 10:30 am sharp, Return: 4:00 pm

1215.115 **1 session / \$65**
Wed, Oct 13 / 10 am - 3 pm

Senior Center Open House

Fri, Sep 17 / 9 - 11 am

Explore the Senior Center activity options! Enjoy some treats, explore the Senior Center and learn about our many activities, groups, classes, and services.

FREE Blood Pressure Screening

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

A nurse from The Shores of Lake Phalen Assisted Living in Maplewood will be here to check blood pressure.

Learn to Play Mah Jongg

Want to learn how to play Mahjong? Now is your chance! Learn to play the American style of Mahjongg! Mahjongg (or mah-jongg) is a tile game developed in 19th century China and has spread throughout the world. It is commonly a four player game.

1642.142 **4 sessions / \$10**
Tue, Sep 28 - Oct 19 / 9 - 11 am
Senior Center

Veterans Day Program

Thu, Nov 11 / Senior Center

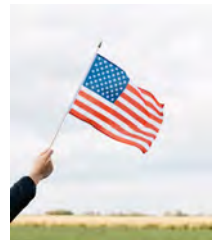
Registration appreciated: 651-653-3121

9 - 10 am:

Coffee & Donuts

10 - 11 am:

Road Trip Around Minnesota:
Veteran Memorials



A Road Trip Around Minnesota: Veteran Memorials

Minnesota is home to a fantastic variety of Veteran Memorials. Everything from street names; to granite monuments, to statues, and other ways to honor our Veterans. Join our instructor as he guides us around the state to see some of these memorials that he has discovered through his travels.

Safe and Secure Online for Seniors

1 session / \$15

Tue, Oct 12 / 6:30 - 8 pm / Senior Center

See page 18 for additional details.

Foot Care Clinic at the Senior Center

2484 East County Rd F, White Bear Lake

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

\$45 / 35 minute appointment. Call 651-653-3121.

Appointment with nurses from Sole Purpose Professional Foot Care, LLC

At your appointment they will:

- Brief medical history and referrals if needed.
- Trim and file toenails
- Reduce thick toenails, calluses, and corns
- Treatment of ingrown nails
- Minor skin irritation, cuts, cracks, maceration
- Light massage and moisturization



Community Bridge Consortium

(651) 748-7252
To register call 651-748-7232.
www.isd622.ce.eleyo.com

Programming for Adults with Cognitive Disabilities

Brochure Mailing List Sign-Up

(651) 748-7232

The Community Bridge Consortium publishes a quarterly brochure that lists a variety of customized classes/activities for adults with Developmental Cognitive Disabilities (DCD).

These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call 651-748-7232 for information or to be placed on the brochure mailing list.

Mixed Media Canvas, 'Bee Kind'

On a 10x10 in canvases we'll create a bee and flower painting you can choose your own background color. We will be using torn papers, napkins, stencils, glue, paint, pastels, lace, glitter and a variety of other fun materials. By layering paint, papers, fabrics and stenciling, you'll create an amazing dimensional piece of art! No experience necessary, all supplies included.



Sat, Oct 16 / 10 am - 12 pm / \$15 per person
South Campus High School - 202, 3551 McKnight Rd, WBL

Alcohol Ink Art

Create amazing artful tiles that can be displayed or used as a coaster! We will be using sharpie markers and rubbing alcohol to make unique one of a kind pieces.



Mon, Nov 15 / 6 - 7:30 pm / \$12 per person
WB Senior Center, 2484 E County Road F, WBL

Stained Glass Trees

Create your own abstract winter wonderland with watercolor and decoupage colored tissue paper.



Thu, Dec 9 / 6 - 7:30 pm / \$10 per person
WB Senior Center, 2484 E County Road F, WBL

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.



ENGLISH LANGUAGE CLASSES

CLASES DE INGLES / KAWM NTAWV ASKIV
Classes are held ONLINE* on Tuesdays and Thursdays.

Join our community of adult learners and improve your English language skills!

- Classes are held online on Tuesdays and Thursdays.
- Teachers are available from 9 am - 12 pm or 5 - 8 pm
- To register, please call 651-407-7501.

¡Aprendamos inglés juntos!

- Mejore sus habilidades en el idioma inglés participando en nuestras clases gratuitas.
- Las clases toman lugar en línea cada martes y jueves con maestros disponibles de 9 am - 12 pm o 5 - 8 pm.
- Para inscribirse, llame al 651-407-7625.

Thov nej tuaj koom peb kawm lus Askiv nrog cov laus!

- Lub chav kawm nyob online hnuv Tuesdays thiab Thursdays.
- Cov xib fwb qhia ntawv qhia lub sij hjawm xws li thaum 9 am - 12 pm los sis 5 - 8 pm.
- Yog xav kawm, thov hu rau tu xov tooj 651-407-7501.

Somali, English/other languages: Haddii aad u baahan tahay macluumaad this turjumay Soomali fadlan la xiriir 651-592-3950.

English/other languages: 651-407-7625.

**Online classes may change to in-person pending further guidance.*

Interested in advanced language classes, GED or other services? Please contact the Harmony Learning Center at 651-748-6208 for a variety of Monday - Friday classes.



FALL BOUTIQUE

Friday, November 5
9 am - 7 pm

Saturday, November 6
9 am - 3 pm

Senior Center
2484 E County Road F, WBL

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 cloths, cards and more!

Early Childhood

Early Childhood Family Education

ECFE offers classes for parents and their children ages birth to five years of age (before kindergarten).

- » Programs are designed for parents and their infants, toddlers and preschool age children.
- » Classes help strengthen family relationships and provide information and resources to parents.
- » Programs strive to build a strong foundation for families by forming a partnership between home and school.

Early Childhood Programs

- » Early Childhood Family Education (ECFE)
- » White Bear Lake Area Preschool
- » Early Childhood Screening
- » Outreach programs and services, Special Education programs and services, home visits and much more!

Program Brochures

Program brochures are available at any of the program sites, the Community Services office or online at earlychildhood.isd624.org.

Early Childhood Sites

Each of the White Bear Lake Area Schools' Early Childhood program sites have unique areas that foster large muscle development and active play. Locations and codes for those school are listed below.

- **Hugo Elementary - HU**
14895 Francesca Avenue, Hugo
- **Normandy Park - NP**
2482 E County Road F East, White Bear Lake
- **Tamarack Nature Center - TAM**
5287 Otter Lake Road, White Bear Township

Sliding Fee Scale for ECFE Classes			
Gross Annual Household Income	Fee A	Fee B	Fee C
\$100,000+	\$550	\$430	\$750
\$75,000 - 99,999	\$475	\$370	\$625
\$50,000 - 74,999	\$365	\$280	\$500
\$35,000 - 49,999	\$280	\$225	\$375
\$20,000 - 34,999	\$225	\$150	\$275
\$0-19,999	\$140	\$120	\$160

Please note the appropriate combined family income. This is your class fee for the school year.

ECFE CLASSES

Infants

AGES BIRTH - 12 MONTHS

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

Ages Birth -12 months

Mon / 8:45 - 10:15 am / NP

Cost: Fee B

Ages Birth - 6 months

Mon / 10:30 - 11:30 am / NP

Starts Jan 3, 2022

Cost: Free

Ones

AGE 1 BY SEPT 1, 2021

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines and parenting styles. Gradual parent/child separation will occur as the class and children's needs are met.

Tue, Sep 14 / 8:45 - 10:45 am / NP

Fri, Sep 17 / 8:45 - 10:45 am / HU

Cost: Fee A

Terrific Twos

AGE 2 BY SEPT 1, 2021

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development. This class is a traditional ECFE class with parent and child time and a gradual separation for a parent education component.

Tue, Sep 14 / 8:45 - 10:45 am / HU

Thu, Sep 16 / 8:45 - 10:45 am / NP

Cost: Fee A

Multi-Age

AGES BIRTH - 5 BY SEPT 1, 2021

Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning and other topics. Gradual parent/child separation is flexible and can occur as the child's needs are met.

Mon, Sep 13 / 6 - 7:30 pm / NP

Cost: Fee B

Tue, Sep 14 / 8:45 - 10:45 am / NP

Cost: Fee A

Parent-Child Playschool

AGES 2 - 3 BY SEPT 1, 2021

Playschool is an opportunity for children to become more comfortable and confident in a classroom setting, learn to follow rules, routines and directions, begin to initiate social interactions, and become an integral part of a group. Children will come to school with a parent/guardian and spend time in a traditional ECFE classroom gaining these skills and separating during parent time. Starting the week of November 3 we will implement the second day as child-only. Children may attend the second day, Wednesday, as soon as they are 2.5 years old.

Mon & Wed / 8:45 - 10:45 am / NP

Monday: Parent/child day

Wednesday: child only starting Nov 3

Parent-Child Playschool Fee Scale	
Income	Class Fee
\$0-29,999	\$450
\$30-49,999	\$550
\$50-69,999	\$650
\$70-89,999	\$750
\$90,000+	\$850

Knee-High Nature

AGES 2 - 3 BY SEPT 1, 2021

In this unique parent-child program, we explore, investigate, and unearth nature's secrets that lie beyond the classroom doors. Parents will have one-on-one time with their child(ren); indoors and outside. There will also be time for parents to meet with the teacher in a different room to discuss their child's learning and development while children spend time with a Naturalist learning more about themselves, each other and the natural world.

Mon / 8:45 - 10:45 am / TAM

Wed / 8:45 - 10:45 am / TAM

Cost: Fee C

Playground Playgroup

AGES BIRTH - 5

Meet us at West Park for some playground fun! These playground session lasts 3 weeks. During our hour and a half time together we will sing songs, read stories and explore outside together. Each session will have different adventure activities led by a licensed ECFE teacher. This play group is geared for children age birth to five years old (before kindergarten). Dress for the weather and come ready to play, create, and learn together.

Thursdays / 8:45 - 10:15 am

3 Week Sessions / \$20

Session A Sept 16, 23, 30

Session B Oct 7, 14, 28

Session C Nov 4, 11, 18

Session D Dec 2, 9, 16

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Young Explorers

AGES 2.5 - 3 BY SEPT 1, 2021

There is fun and learning as your child participates in these mini sessions. Children enjoy theme based classes where we work on age appropriate developmental skills while exploring new learning experiences. Mini sessions offered Sept - May.

Sign up for one or all the sessions. Parents are invited to join their child the last 30 minutes of the last class to view their creations and receive recipes/directions for the activities we've done. Children should be mostly bathroom independent with limited accidents.

Session 1: "Look What I Can Do!"

Welcome to our classroom! This month we are exploring the classroom, learning how to use school materials, such as glue, scissors, markers, and crayons, exploring the school building, and learning the routines in a classroom. Get ready to play, learn and have some fun in Young Explorers.

\$45 / Thu / Sept 16, 23, 30 / 8:45 - 10:45 am / HU

Session 2: "Fall Harvest"

Autumn leaves are falling down, falling down. We love fall! Come join us as we explore our school forest, learn about the fall harvest, create Autumn crafts and make apple pie playdough to take home.

\$45 / Thu / Oct 7, 14, 28 / 8:45 - 10:45 am / HU
No class Oct 21

Session 3: "Habitats & Hibernation"

Winter is coming and all the woodland creatures are getting ready for the change in season. Come and learn about animal habitats and which animals hibernate. Together we will make a big bear cave in our classroom.

\$45 / Thu / Nov 4, 11, 18 / 8:45 - 10:45 am / HU

Session 4: "Gingerbread Friends & Fun"

"Run, run, run as fast you can! You can't catch me, I'm the Gingerbread Man." This month we'll be exploring (and maybe tasting) all things gingerbread! We'll be reading gingerbread books, playing in our very own gingerbread house, creating gingerbread artwork and building a gingerbread house to take home.

\$45 / Thu / Dec 2, 9, 16 / 8:45 - 10:45 am / HU





Early Childhood Screening

SCREEN AT THREE

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

3 reasons to screen at age 3:

- » Screening can ensure school success
- » If health or developmental concerns are identified, educational services are available immediately
- » It is fun for children and provides caregivers with valuable information regarding child development

To register, call 651-653-3100 or visit whitebear.ce.eleyo.com.

Early Childhood Screenings are held at:

Normandy Park Educational Center
2482 East County Road F, White Bear Lake, MN

Upcoming Early Childhood Screening Dates	
Sep 17, 24	8:30 - 10:30 am / 12:15 - 2:15 pm
Oct 1, 15	8:30 - 10:30 am / 12:15 - 2:15 pm
Oct 18	3 - 7 pm
Nov 5, 12	8:30 - 10:30 am / 12:15 - 2:15 pm
Nov 13	8:30 - 11:30 am
Dec 3	8:30 - 10:30 am / 12:15 - 2:15 pm

Fall Farm Fun at Pinehaven

AGES 1+

Join us for a bus trip to the farm. We will take a trolley ride out to the pumpkin fields and pick a pumpkin to bring home. Next, we will visit the animals on the farm. Children will get to pet a variety of sheep, goats, donkeys, cows, mini horses and even see the emu and peacocks. Afterwards families can explore the play sets, corn pits, and giant slide. Check in starts at Normandy Park at 8:45 am. Bus leaves at 9 am and returns to Normandy Park at 12:30 pm. Families can drive separate or sign up for the bus ride. Bring a snack. This is a caregiver and child field trip. Registration is limited, event is rain or shine.



Mon, Oct 18 / 9 am - 12:30 pm / NP

\$9.50 per person for ages 1+

Preparing Body for Baby

Discover how to have a pain-free pregnancy. Blending alignment with simple lifestyle adjustments (changing how you sit, stand and make daily choices) can result in avoiding the most common prenatal aches and pains. This workshop combines education and exercises to create optimal movement help prevent foot, back and neck pain, core weakness/distasis recti and pelvic floor issues. While this workshop is appropriate for everyone, if you are trying to get pregnant, are currently pregnant, or have been pregnant, you will gain the most benefit from this workshop.

1642.150

1 session / \$35

**Wed, Oct 13 / 6 - 8 pm
Senior Center**

Baby Shower

INFANTS UP TO 6 MONTHS OLD

You and your infant are invited to join us! You will meet our Early Childhood staff, receive free takeaways from our resource fair, take a tour of our facility, and enjoy some healthy snacks while meeting other new parents in the community.



FREE / Tue, Oct 19 / 9:30 - 11:30 am / NP

White Bear Lake Area Preschool Program

Four star (highest possible rating) Parent Aware rated White Bear Lake Area Preschool provides a safe and nurturing environment for a child's first school experience away from home.

Age-appropriate activities provide a variety of meaningful hands-on learning experiences in literacy and math, science and social studies, art and sensory, music and dramatic play.

White Bear Lake Area Preschool practices are aligned with kindergarten entry expectations.

We are accepting registrations for our preschool sections for school year 2021-2022. Please call our office at 651-653-3100 to inquire about current openings.

Please reference the class options, age requirements, and descriptions online at whitebear.ce.eleyo.com.

2021-2022 Preschool Registration

REGISTRATION NOW OPEN

Please call our office at 651-653-3100 to inquire about current openings for school year 2021-2022.

The brochure is available in our office and online at earlychildhood.isd624.org/registration.

Registration accepted in-person at Normandy Park Education Center and online at whitebear.ce.eleyo.com.

Registrations MUST include the following items or your enrollment will not be accepted:

- ◆ A non-refundable \$55 registration fee
- ◆ Copy of birth certificate (new families only)
- ◆ Current immunization record faxed to: 651-653-3155 *a new copy needed every year

If you have any questions, please call 651-653-3100.

Tuition Assistance

School Readiness tuition assistance forms are available in the Normandy Park Early Childhood Office. For more information call 651-653-3100.



Follow us on Facebook!
White Bear Lake
Early Childhood Programs

Fall Parent Event

Talking to your kids about race and diversity

Families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future - but only if we talk about it! (The Children's Community School, 2018)

Children are never too young to learn about diversity. As caregivers, we must have confidence in ourselves to facilitate these conversations and teach children about the world around them.

Join us for an interactive conversation about how to talk about race, learn tools and tips to facilitate positive conversations with your family.

FREE / Thu, Nov 11 / 6:30 - 7:30 pm / NP

\$5 per child with a \$10 max per family for child care.

Parent-Child Gym Time

Families can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children.

Age 6 mo - 5 yrs with adult

Wednesdays, Nov 3 - Mar 2
5:30 - 7:30 pm

No class Nov 24, Dec 22, 29

\$3/child \$7/immediate family

Payable at the door each night.

FREE Gym Night!

11/17, 12/15, 1/19, 2/16

(sponsored by the PTA)

Creative Movement for Preschoolers

AGES 4-6 / INSTRUCTOR: CHILDREN'S PERFORMING ARTS

Fly like a bird, melt like the snow, sail on a pirate ship! Do all these and more as we explore the many ways our bodies can move and tell a story. Children will develop large and fine motor skills, as well as coordination, rhythm and teamwork while being encouraged to explore expression through movement and the thrill of improvisation. Join us for the fun!

1901.100

6 sessions / \$100

Wed, Oct 6 - Nov 10 / 9:30 - 10:15 am
Hanifl Performing Arts Center

EXTENDED

WHITE BEAR LAKE
AREA SCHOOLS **DAY**

EXTENDED DAY is a youth-focused and choice-based program for pre-K through 5th grade students. Extended Day offers students the opportunity to develop strong social skills and positive relationships with peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities include health and fitness, service projects, arts and crafts, creative play, languages and literacy, cooking, science, and much more.

- » 2 after school options: 2:15 - 4:30 pm and 2:15 - 6:00 pm at early start schools.
- » Pick Your Day contract available - only 5 day notice required.
- » Drop-ins available (24 hours notice).
- » No minimum number of days required for consistent contracts (attend 1-5 days per week).
- » Unsure of schedule? No contract change fees and partial refund for cancellations prior to the first day of the school year.

REGISTRATION INFO:

- Registration fee: \$30/child
- Registrations received after July 15 accepted on a space available basis.

Sample Fall 2021 Daily Afternoon Schedule	
2:15	Check-in & Group Team Building Game
2:25	Daily Meeting: Review daily choices and schedule and Social Emotional Learning Activity
2:45	Homework, Literacy Time (Read to Self, Read Aloud, Word Games, etc.)
3:00	Snack Opens
3:15	Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered
4:00	Daily Special or Youth Led Activity such as STEAM, Social Studies, Social Emotional Learning & Life Skills, Literacy, and Service Projects
4:45	Free Choice: Active Play, Dramatic Play, Games, Art, etc.
6:00	Program Close
*All activities offered are open for varying lengths. Students will be able to access a variety of choices after school to tailor to their own individual enrichment interests!	

Questions? We are here to help!
Call 651-407-7511 or email
communityservicesbilling@isd624.org



CONTRACT TYPES & RATES:

CONSISTENT

Mix and match mornings and afternoons but requires consistent days from week to week.

SESSION & HOURS*	RATE
Before School: 6:30 - 7:45 am	\$6.15
After School: 2:15 - 4:30 pm	\$11.00
After School: 2:15 - 6:00 pm	\$18.30
Matoska AM: 6:30 - 8:30 am	\$9.80
Matoska PM: 3:00 - 6:00 pm	\$14.65

PICK YOUR DAYS

Choose varying days each week, requires a minimum of 5 days advance notice.

SESSION & HOURS*	RATE
Before School: 6:30 - 7:45 am	\$7.35
After School: 2:15 - 4:30 pm	\$13.20
After School: 2:15 - 6:00 pm	\$22.00
Matoska AM: 6:30 - 8:30 am	\$11.75
Matoska PM: 3:00 - 6:00 pm	\$17.60

**All elementary schools (except Matoska) have switched to the same, new times.*

2021-2022 NON SCHOOL DAYS:

DATE	LOCATION	REGISTRATION DEADLINE
Oct 20-22, 2021	Oneka & Willow	Oct 13, 2021
Nov 1 & 2, 2021	Lincoln, Oneka, Vadnais	Oct 24, 2021
Nov 24, 2021	Birch, Hugo, Matoska	Nov 17, 2021
Jan 14, 2022	Birch, Hugo, Matoska	Jan 7, 2022
Feb 7, 2022	Oneka, Otter, Willow	Jan 31, 2022
Mar 7-11, 2022	Lincoln & Oneka	Feb 28, 2022
Apr 15, 2022	Birch, Hugo, Matoska	Apr 8, 2022
Apr 25, 2022	Oneka, Otter, Willow	Apr 17, 2022

Breakfast Club

Is your child an early riser? Do you live out of district and are looking for an option for your child before work and school? Want a safe space for your student to get ready for the day? This is the club for them!

Breakfast Club will run Monday-Thursday mornings at both middle schools for 6-8th grade students. This club will provide students with an opportunity hang out with friends, finish up any assignments, participate in fun, hands-on activities, and prepare for their day ahead.

Registration is required. Space is limited!

Course #: 2500.100 - Central

Course #: 2499.100 - Sunrise

7:45 - 9 am / \$120 per session

Session dates: Mon - Thu, Sep 13 - Dec 16

No Class Oct 18 - 21, Nov 1 - 2, & Nov 22 - 25

Financial assistance and scholarships are available!

Register at whitebear.ce.eleyo.com.



FLEX is an after school program designed just for middle schoolers! Students will have opportunities to design their daily activities,

work on homework, participate in open gym, and hang out with friends in a safe, relaxed, and engaging atmosphere. Students may be picked up, bike/walk home, or take the activity bus.

Schedule is flexible and can wrap around intramural, enrichment, or other after school athletics and activities. Must complete contract and select each day your child will attend. Multiple absences will result in removal from program to allow students in waitlist to enter.

Registration is required. Space is very limited!

4 - 5:20 pm / FREE

Session dates: Mon - Thu, Sep 13 - Dec 16

No Class Oct 18 - 21, Nov 1 - 2, & Nov 22 - 25

To register visit whitebear.ce.eleyo.com, keyword FLEX.



MIDDLE SCHOOL ENRICHMENT

Enrichment classes just for middle schoolers! Shuttle services will be available between Central/Sunrise as well as an evening activity bus.

MN Swordplay

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. Participants are encouraged to have fun no matter what their ability. Attacking, defense, timing and intense tactics are all integrated into this class. Fencing equipment (mask, jacket, glove, and weapon) provided. Come dressed comfortably, including long sweat pants and running shoes.

2414.111

6 sessions / \$75

Tue, Sep 21 - Oct 26 / 4:20 - 5:20 pm

Central Middle School

Crazy for Manga

Learn to draw the characters you love! In this exciting art class, you will learn the best techniques for drawing and shading Manga characters. We will focus on how to draw features of the face such as eyes and expressions, various angles of the head, and basic poses.

2798.100

6 sessions / \$67

Thu, Sep 16 - Oct 28 / 4:20 - 5:20 pm

Sunrise Middle School

Stay tuned! Additional enrichment classes coming soon exclusively for middle school: robotics, cooking, theatre, creative writing and more!

MIDDLE SCHOOL INTRAMURALS

Welcome to the new middle school Intramural program! Our main goal is to provide new sports offerings directly after school for all students in grades 6-8. Students will be able to choose from soccer, ultimate frisbee, basketball, and more over the course of the school year. Activity bus to transport students to and from each school will be provided.

Soccer - Course #: 7000.001

Mon, Sep 13 - 27 / 3:30 - 5:30 pm / Sunrise Middle School

Wed, Sep 15 - 29 / 3:30 - 5:30 pm / Central Middle School

Ultimate Frisbee - Course #: 7000.002

Mon, Oct 4 - 25 / 3:30 - 5:30 pm / Sunrise Middle School

Wed, Oct 6 - 27 / 3:30 - 5:30 pm / Central Middle School

No Class Oct 18 & 20

Cost per activity: \$10

Registration opens: September 1

Driver's Ed & ACT Prep

Driver's Education: A+ Driving School

AGES 14+ / INSTRUCTOR: A+ DRIVING SCHOOL

Students may start classroom driving lessons at age 14, take the Knowledge Test and obtain their Instruction Permit at age 15, and take the Road Test and obtain their Provisional License at age 16. To be eligible to take the Road Test, students must have had their Instruction Permit for a minimum of six months

Classroom Phase: This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving. If a lesson is missed, a make-up lesson can be arranged with the office at either the next session or at another of A+'s locations.

Behind-the-Wheel Phase: After students pass the permit test, they are required to complete 6 hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Department of Public Safety.

Parent Involvement: A+ Driving School is proud to offer a 90 minute parent informational meeting 90 minute meeting that will cover the following information and make your student the safest driver possible: GDL Process and licensing, accident avoidance, A+ Driving School's classroom policies and BTW scheduling, parental guidelines and insurance rates and discounts. This is open to ANYONE at any stage of the licensing process. Attending this class will meet the requirement to REDUCE the number of hours that students need to drive with a parent from 50 to 40 hours.

Fees include classroom instruction, materials and 6 hours of behind-the-wheel training. Permit and road exam fees are not included. *Payment plans available.*

10 sessions / \$395

- 2000.100** Mon - Thu, Sep 13 - 28 / Various*
ONLINE
- 2000.110** Mon - Thu, Sep 13 - 28 / 3:15 - 6:15 pm
North Campus
- 2000.101** Mon - Thu, Oct 4 - 19 / Various*
ONLINE
- 2000.102** Mon - Thu, Oct 25 - Nov 11 / Various*
ONLINE
No Class Nov 1 & 2
- 2000.111** Mon - Thu, Oct 25 - Nov 11 / 3:15 - 6:15 pm
North Campus
No Class Nov 1 & 2
- 2000.103** Mon - Thu / Nov 15 - Dec 2 / Various*
ONLINE
No Class Nov 24 & 25
- 2000.104** Mon - Thu, Dec 6 - 21 / Various*
ONLINE
- 2000.112** Mon - Thu, Dec 6 - 21 / 3:15 - 6:15 pm
North Campus
- 2000.105** Mon - Sat, Dec 22 - Jan 1 / Various*
ONLINE

*Classes are available 4 - 7 pm or 6:15 - 9:15 pm. You may choose any class time.

ACT Preparatory Course

JUNIORS & SENIORS

Advantage Educational Programs is giving students the option of preparing for the ACT exam in a variety of ways: In-School, Online, or Live Virtual.

\$150 / In-Person Course: This course consists of four, three-hour classes that meet once a week at South Campus. It includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, English strategies and review, essay writing, reading comprehension, and math strategies and review. Students will also have free access to our online course.

\$60 / Online - At Your Own Pace: This course is an excellent alternative for any student unable to attend in-school classes or for a student preferring to prepare for the ACT exam on their own, and study at their desired pace.

\$150 / Live Virtual Course: This course is an excellent alternative for any student unable to attend an in-school class, but still prefers the interaction with one of the Advantage instructors. The instructors teach live via virtual classroom and are available to answer questions if needed.

4 sessions / South Campus 610 or **ONLINE**

2100.100 Thu, Sep 23 - Oct 14 / 5:45 - 8:45 pm
In-Person - South Campus

2100.101 Sat, Sep 25 - Oct 16 / 12:15 - 3:15 pm
In-Person - South Campus

2100.102 Thu, Oct 28 - Nov 18 / 5:45 - 8:45 pm
In-Person - South Campus

2100.103 Sat, Oct 30 - Nov 20 / 12:45 - 3:15 pm
In-Person - South Camp

2100.777 **ONLINE** - At Your Own Pace

2100.900 Mon, Aug 2 - 23 / 5:45 - 8:45 pm
ONLINE - Live Virtual

2100.901 Mon, Sep 27 - Oct 18 / 5:45 - 8:45 pm
ONLINE - Live Virtual

How to Be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? Learn how to be a smart shopper, where your student will fit best, academically, socially and financially. Also learn which schools will offer your student the largest merit scholarships and how to apply for grants and how FAFSA works.

1609.109 **1 session**
\$20/person or \$30/family
Mon, Sep 27 / 6:30 - 8:30 pm
South Campus 304

Stay connected
and follow us on
social media!



@wblasrec



@WBLCommunityEdu



Art Attack

GRADES K-5

Art Attack will be a great way to not only create interesting and unique art pieces, but it also provides an opportunity to explore new ways of making art. All of the projects can be replicated at your own home but warning! IT MIGHT GET MESSY!

1712.101 **4 sessions / \$40**
Wed, Nov 3 - Dec / 2:25 - 3:25 pm
Birch Lake Elementary
No Class Nov 24

Baking Basics

GRADES K-5

Discover artistic baking and cookie decorating in this hands-on camp! Learn how to measure, mix, and create just like a real pastry chef. After making your masterpieces, be prepared to sample yours and your peer's creations! Class fee includes the cost of groceries. Camp time will include snack.

1693.100 **4 sessions / \$40**
Wed, Sep 29 - Oct 27 / 2:25 - 3:25 pm
Lakeaires Elementary
No Class Oct 20

BearScare Fun Run Bootcamp

GRADES K-5

Join this week long camp to have fun while getting prepared for the Annual BearScare Run @ Otter Lake Elementary on Saturday on October 30th!

1692.121 **4 sessions / \$40**
Mon - Thu, Oct 25 - 28 / 2:25 - 3:25 pm
Lincoln Elementary

1692.122 **4 sessions / \$40**
Mon - Thu, Oct 25 - 28 / 2:25 - 3:25 pm
Otter Lake Elementary

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Cheer Camp!

GRADES K-5

Cheerleaders will learn and practice the foundational skills of cheerleading! Learn WBL cheers practicing words and motions, practice tumbling skills such as cartwheels and handstands, work on jumps like toe touches, and be introduced to beginning stunts!

1711.100 **3 sessions / \$30**
Thu, Dec 2 - 16 / 2:25 - 3:25 pm
Lakeaires Elementary

Claylicious with Kidcreate Studio

GRADES / INSTRUCTOR: KIDCREATE STUDIO

Sculpt, slab, coil, and carve... roll up your sleeves, because this class is all clay, all the time! We'll sculpt silly puppies, fuzzy hedgehogs, a chocolate layer cake that looks good enough to eat, and more. This is your chance to use tons of air-dry clay, Model Magic®, and so much more as you have a totally claylicious time!

4 sessions / \$59

2904.101 **Tue, Oct 5 - 26 / 2:25 - 3:25 pm**
Lincoln Elementary

2904.100 **Wed, Oct 6 - Nov 3 / 2:25 - 3:25 pm**
Hugo Elementary
No Class Oct 20

2904.102 **Tue, Nov 9 - 30 / 2:25 - 3:25 pm**
Lakeaires Elementary

2904.103 **Mon, Nov 15 - Dec 6 / 2:25 - 3:25 pm**
Willow Lane Elementary

Club Pay It Forward

GRADES K-5

Pay It Forward is an expression for describing the act of repaying a good deed to others instead of the person that did the original good deed. In this club we will learn ways of spreading kindness forward. We will be changing the world with one small act of kindness at a time! Snack will be included.

1698.100 **4 sessions / \$40**
Tue, Dec 7 - Jan 4 / 2:25 - 3:25 pm
Vadnais Heights Elementary

Creative Movement for Preschoolers

AGES 4-6 / INSTRUCTOR: CHILDREN'S PERFORMING ARTS

Fly like a bird, melt like the snow, sail on a pirate ship! Do all these and more as we explore the many ways our bodies can move and tell a story. Children will develop large and fine motor skills, as well as coordination, rhythm and teamwork while being encouraged to explore expression through movement and the thrill of improvisation. Join us for the fun!

1901.100 **6 sessions / \$100**
Wed, Oct 6 - Nov 10 / 9:30 - 10:15 am
Hanifl Performing Arts Center



CSI Discovery

GRADES 3-5

Welcome new recruits! It is your job to discover what happened to Jerry using forensic tools! You will learn fingerprint analysis, learning height through wingspan, dusting for fingerprints, and much more... All to solve a mystery! Help us learn what happened to Jerry and put his skeleton back together.

4 sessions / \$40

2366.100 Tue, Oct 26 - Nov 16 / 3:10 - 4:10 pm
Mastoska International

2366.101 Thu, Oct 28 - Nov 18 / 2:25 - 3:25 pm
Oneka Elementary

2366.102 Mon, Nov 22 - Dec 13 / 2:25 - 3:25 pm
Willow Lane Elementary

Energy Engineers

GRADES K-5

Are you passionate about saving the earth? Do you seek a career in sustainable energy? Come and join us for the opportunity to learn about different careers in sustainability. We will cover 3 progressive fields including Wind energy, Solar technology and Geo-Thermal/ Hydroelectric. We will also be building your very own solar panel!

2371.100 4 sessions / \$40
Mon, Nov 8 - 29 / 2:25 - 3:25 pm
Lakeaires Elementary

Flag Football

GRADES 2-5 / INSTRUCTOR: YOUTH ENRICHMENT LEAGUE

Get ready to dash to the end zone with our high-octane Flag Football course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week we do basic skill-building exercises followed by action-packed games to cement those skills. Sure to energize young athletes!

1700.100 4 sessions / \$50
Tue, Sep 21 - Oct 12 / 2:25 - 3:25 pm
Lakeaires Elementary

1700.101 4 sessions / \$50
Thu, Sep 23 - Oct 14 / 2:25 - 3:25 pm
Lincoln Elementary

Glitz & Dazzle

GRADES 2-5

Do you love art and things that dazzle and sparkle? This is the camp for you! We'll draw, paint, and collage; make a sparkling paper maché project; sculpt a glittery clay project; and make cool accessories to wear, among other dazzling projects. Along the way we'll listen to music, paint our nails, and spend time hanging out.

1693.116 4 sessions / \$40
Tue Nov 9 - 30 / 2:25 - 3:25 pm
Oneka Elementary

Grandmasters of Chess Fall

GRADES K-5 / INSTRUCTOR: YOUTH ENRICHMENT LEAGUE

New and returning students invited. Learn, Practice and Play chess each class. The {YEL!} Teach It!...Practice It!...Play It! method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value)!

6 sessions / \$90

2412.100 Mon, Oct 25 - Dec 6 / 2:25 - 3:25 pm
Oneka Elementary
No Class Nov 1

2412.101 Tue, Oct 26 - Dec 7 / 2:25 - 3:25 pm
Otter Lake Elementary
No Class Nov 2

2412.102 Wed, Oct 27 - Dec 8 / 2:25 - 3:25 pm
Vadnais Heights Elementary
No Class Nov 24

2412.103 Thu, Oct 28 - Dec 9 / 3:10 - 4:10 pm
Matoska International
No Class Nov 25



Empowering youth to thrive on life's stage.

Classes • Camps
Workshops • Productions

Now Registering!

Hanifl Performing Arts Center
4941 Long Ave, White Bear Lake, MN
www.childrensperformingartsmn.org
651-336-8613

Mix & Match Science

GRADES K-5

Do you love to color? Mix ingredients to make something new? If you answered yes, this is the camp for you! We will create art, cooking activities, and make some things explode! Become a mix and match scientist!

1704.100 **4 sessions / \$40**
Tue, Sep 28 - Oct 19 / 2:25 - 3:25 pm
Vadnais Heights Elementary

1704.101 **4 sessions / \$40**
Thu, Oct 28 - Nov 18 / 2:25 - 3:25 pm
Willow Lane Elementary

Soccer

GRADES K-3 / INSTRUCTOR: YOUTH ENRICHMENT LEAGUE

Get outside and get kickin'! We teach the fundamentals of dribbling, passing, receiving and scoring. Emphasis is on teamwork, fundamentals, safety and fast-paced action. Get your pulse pounding today.

1701.100 **4 sessions / \$50**
Tue, Sep 21 - Oct 12 / 2:25 - 3:25 pm
Oneka Elementary

1701.103 **4 sessions / \$50**
Thu, Sep 23 - Oct 14 / 2:25 - 3:25 pm
Otter Lake Elementary

Obstacle Course Racing Training Camp

GRADES K-5

This camp will give kids a look into what an Obstacle course race is all about and how much fun fitness can be! Come and join us on our fitness adventure!

1719.101 **4 sessions / \$40**
Tue, Sep 28 - Oct 19 / 2:25 - 3:25 pm
Hugo Elementary

1719.100 **4 sessions / \$40**
Thu, Oct 28 - Nov 18 / 2:25 - 3:25 pm
Vadnais Heights Elementary

Ocean Odyssey

GRADES K-5

We'll gear up to learn about the oceans through active movement and games, taking a deeper look at oceanic creatures, create art projects, perform experiments about the difference between freshwater and saltwater and oil spills AND create take-home souvenir replicas of the ocean (ocean slime & discovery bottles).

1696.100 **4 sessions / \$40**
Tue, Oct 26 - Nov 16 / 2:25 - 3:25 pm
Birch Lake Elementary

The Great Escape: Matoska Edition

GRADES 2-5

Escape Room Matoska Elementary style! We will be using the Break Out Edu. kits to have fun trying to break into our box of fun. We will work in teams to create our own Break out story and have a friendly competition to see who gets the fastest time! Come join in the fun!

1693.102 **4 sessions / \$40**
Mon, Nov 8 - 29 / 3:10 - 4:10 pm
Matoska International

We Art Together Again

GRADES K-5 / INSTRUCTOR: YOUNG REMBRANDTS

Drawing and fun are the ingredients for a great time. In Young Rembrandts cartoon classes, our students experience just that. Young Rembrandts' students will capture the spirit of fall as they draw wind expressions, imagine themselves apple picking and get into some great scarecrow expressions. Get ready to have fun and become an amazing cartoonist.

10 sessions / \$115

2419.100 **Mon, Sep 20 - Nov 29 / 2:25 - 3:25 pm**
Vadnais Heights Elementary
No Class Nov 1

2419.101 **Tue, Sep 21 - Nov 30 / 2:25 - 3:25 pm**
Lincoln Elementary
No Class Nov 2

2419.102 **Tue, Sep 21 - Nov 30 / 2:25 - 3:25 pm**
Oneka Elementary
No Class Nov 2

2419.103 **Wed, Sep 22 - Dec 8 / 3:10 - 4:10 pm**
Matoska International
No Class Oct 20 & Nov 24

2419.104 **Wed, Sep 22 - Dec 8 / 2:25 - 3:25 pm**
Otter Lake Elementary
No Class Oct 20 & Nov 24

2419.105 **Fri, Sep 24 - Dec 10 / 2:25 - 3:25 pm**
Willow Lane Elementary
No Class Oct 22 & Nov 26

2419.106 **Thu, Sep 30 - Dec 16 / 2:25 - 3:25 pm**
Birch Lake Elementary
No Class Oct 21 and Nov 25

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Super STEM Challenge!

GRADES K-5

Challenge your thinking! If you love to experiment, engineer and explore... This class is for you! Join us as we work with different materials and go through the engineer process step by stem. Can you build the tallest tower or drop an egg without a scramble?

4 sessions / \$40

- 1692.100** **Mon, Sep 27 - Oct 18 / 2:25 - 3:25 pm**
Birch Lake Elementary
- 1692.101** **Mon, Sep 27 - Oct 18 / 2:25 - 3:25 pm**
Lincoln Elementary
- 1692.102** **Tue, Sep 28 - Oct 19 / 2:25 - 3:25 pm**
Hugo Elementary
- 1692.103** **Tue, Sep 28 - Oct 19 / 2:25 - 3:25 pm**
Otter Lake Elementary
- 1692.104** **Wed, Sep 29 - Oct 27 / 2:25 - 3:25 pm**
Oneka Elementary
No Class Oct 20
- 1692.105** **Wed, Sep 29 - Oct 27 / 2:25 - 3:25 pm**
Willow Lane Elementary
No Class Oct 20
- 1692.105** **Thu, Sep 30 - Oct 28 / 3:10 - 4:10 pm**
Matoska International
No Class Oct 21

Safe and Secure Online for Parents and Children

We can no longer wait until children are in middle or high school to begin teaching them basic safety practices. It's not too late! Start teaching younger children about online stranger danger, keeping personal information private, not sharing passwords and being kind online to others. Created by the Center for Cyber Safety and Education, this class uses Garfield and his friends who share real life cyber situations and learn what they should and shouldn't be doing on the Internet.

- 1130.115** **1 session / \$20**
Wed, Nov 10 / 6 - 8 pm
Senior Center

**THURSDAY NIGHT SKI and
5TH GRADE LEARN TO SKI
IS COMING BACK!**

Visit whitebear.ce.eleyo.com for further details!

CUB SCOUTS
Catch the Fun!
Boys & Girls Welcome! Anyone in grades K-5 can join!

JOINCUBS.ORG

ONLINE CLASSES

3D Printing & CAD

GRADES 3-7 / INSTRUCTOR: TECH ACADEMY

New Projects this semester! This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD (online web app), and use the 3D slicing program Cura to bring their creations to life. This course serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life. Students will be designing 1-2 objects, and the 3D print will be mailed home. No experience is necessary, but familiarity with doing common tasks using a computer and keyboarding is required.

2113.200 **2 sessions / \$92**
Sat, Oct 2 & 9 / 8 - 10 am
ONLINE

Game Coding: Mario Kart

GRADES 3-6 / INSTRUCTOR: TECH ACADEMY

Learn the fundamentals of coding with Scratch by creating a Nintendo theme game. Inspire your student to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like Lego.

2112.100 **1 session / \$38**
Sat, Oct 23 / 9 - 11 am
ONLINE

Extreme Coding: Super Snake

GRADES 4-8 / INSTRUCTOR: TECH ACADEMY

Make an interactive games using Scratch. We will show students how to put code blocks together and recreate the classic video game snake. This course will cover the fundamental coding concepts like sequencing, conditionals, variables, and more.

2112.101 **1 session / \$38**
Fri, Nov 19 / 9 am - 12 pm
ONLINE

Competitive Archery

For students in grades 3-8 looking to participate competitively. Students can participate in 5 archery competitions. Other tournaments are available and encouraged. Competitive Archery season is December-March on Tuesday & Thursday each week.

Course # 2700.101 / Cost: \$350
 Registration opens Sept 1

MIDDLE SCHOOL ENRICHMENT

Crazy for Manga

GRADES 6-8

Learn to draw the characters you love! In this exciting art class, you will learn the best techniques for drawing and shading Manga characters. We will focus on how to draw features of the face such as eyes and expressions, various angles of the head, and basic poses.

2798.100 **6 sessions / \$67**
Thu, Sep 16 - Oct 28 / 4:20 - 5:20 pm
Sunrise Middle School

MN Swordplay

GRADES 6-8

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. Participants are encouraged to have fun no matter what their ability. Attacking, defense, timing and intense tactics are all integrated into this class. Fencing equipment (mask, jacket, glove, and weapon) provided. Come dressed comfortably, including long sweat pants and running shoes.

2414.111 **6 sessions / \$75**
Tue, Sep 21 - Oct 26 / 4:20 - 5:20 pm
Central Middle School

Stay tuned! Additional enrichment classes coming soon exclusively for middle school: robotics, cooking, theatre, creative writing and more!

Find more information on before and after school middle school programming on page 27.

Archery Club

Students Grades 2-12. Learn how to sight, stand, aim, shoot, and have fun in the sport of archery! There will be NASP approved archery equipment available for all to use. Archery Club season is December-April on Monday nights.

Course # 2700.100 / Cost: \$195
 Registration opens Sept 1

WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

In the White Bear Lake Area, there are a variety of sports opportunities. Questions about specific information, tryout dates and seasons should be directed to the contacts below.

WBL Recreational Sports

» **Matt Riebow, Youth Rec Coordinator** 651-407-7506

WBL School Sports

» **Middle School Athletic Office** 651-407-7506

» **South Campus Athletic Office**..... 651-773-6206

» **North Campus Athletic Office**..... 651-653-2933

Vadnais Park and Recreation Sports

» **Vadnais Heights Park & Recreation**..... 651-204-6000

Sport Specific Organizations

» **Baseball** www.whitebearbaseball.com

» **Basketball**.....www.whitebearbasketball.com

» **Cheerleading**..... www.whitebearcheer.com

» **Fast Pitch Softball**..... www.wbafsa.com

» **Football**..... www.wbyouthfootball.org

» **FLIPS Gymnastics**.....www.flipsgym.com

» **Hockey**..... www.wblhockey.com

» **Lacrosse** www.wblax.com

» **Soccer**..... www.whitebearsoccer.org

» **Speedskating in Roseville**..... www.skatetheoval.com

» **Ultimate Frisbee**..... www.wblultimate.blogspot.org

» **Volleyball**..... www.whitebearvolleyball.org

» **Wrestling Club**..... leaguelineup.com/wbl-icebears

» **WB Sailing Club**..... www.whitebearsailingschool.com

Facilities

» **Hippodrome Ice Arena** Hipp Office: (651) 653-2699
Jon Anderson, Coordinator..... (651) 653-3126

» **White Bear Area YMCA**..... (651) 777-8103

» **Ramsey County Arena**..... (651) 748-2515

» **Tamarack Nature Center**.....(651) 407-5350

» **WBLAS Facility Reservation Line**.....(651) 407-7503

» **WB Armory & Sports Center**.....(651) 429-8572



Basketball Clinic

GRADES K-2 / BOYS & GIRLS

Welcome to the NEW Basketball Clinic for grades K- 2! Boys and girls will learn how to dribble, pass, pivot, rebound, and shoot. Each grade will advance more in basketball skills and instruction. Players should register for current grade.

Each session will meet 6 times on Saturdays at Central Middle School.

6 sessions / \$75 / Nov 6 - Dec 6

7300.112 GR K / 9 - 9:45 am

7300.113 GR 1 / 10 - 11 am

7300.114 GR 2 / 11:15 am - 12:30 pm

REGISTRATION DEADLINE: **OCTOBER 31**

6 sessions / \$75 / Jan 15 - Feb 19, 2022

7300.115 GR K / 9 - 9:45 am

7300.116 GR 1 / 10 - 11 am

7300.117 GR 2 / 11:15 am - 12:30 pm

REGISTRATION DEADLINE: **JANUARY 9**

Developmental Basketball

GRADE 3 / BOYS & GIRLS

The developmental league will be split up into practices & games to teach players the basic fundamentals of basketball. Practices, drills, and games will be on Saturday mornings at Central Middle School. Teams will also have 1 practice during the week to be announced by the coach. More info will be given on site.

League games will start on the 5th session. Players will be divided into teams and a game schedule will be distributed.

Season Dates: December 4 - Feb 26 (No sessions on Dec 25 & Jan 1)

7301.113 Boys / 10:30 am / \$99

7301.117 Girls / 9:00 am / \$99

REGISTRATION DEADLINE: **NOVEMBER 15**

Rec Basketball League

GRADES 4-12 / BOYS & GIRLS

Join the rec basketball league! All registered players will be placed on teams with volunteer coaches. Boys and girls will play in separate leagues. Practice will be during the weekdays and games will be played on Saturday mornings.

Teams are formed by coaches submitting a roster or by players school/area. Your coach will contact you when teams are formed.

Practice begins mid November for grades 4-8 and will vary throughout the week depending on your coaches availability.

Rec High School League for boys & girls grades 9-12 will start early January. Games are played on Sunday afternoons.

REGISTRATION OPENS SEPTEMBER 1 FOR ALL GRADES.

	BOYS	GIRLS	
GRADE 4	7300.102	7300.103	\$99
GRADE 5/6	7300.104	7300.105	\$99
GRADE 7/8	7300.106	7300.107	\$99
GRADE 9/10	7300.108	7300.109	\$109
GRADE 11/12	7300.110	7300.111	\$109

REGISTRATION DEADLINE: GR 4-8: OCTOBER 31
GR 9-12: DECEMBER 16

Girls Rec Volleyball

GRADES 3-6 / GIRLS

Join the WBL Community Services & Recreation Youth Volleyball league! Teams will practice once a week and play matches on Saturday. Teams that participate are from Little Canada, Mahtomedi, Oakdale, and Stillwater. Matches will be held in various locations.

7400.100 Grades 3 - 4 / \$84

7400.101 Grades 5 - 6 / \$84

REGISTRATION DEADLINE: AUGUST 31

Volunteer coaches are needed!

Contact Matt Riebow at 651-407-7506 or
matthew.riebow@isd624.org.

NEW THIS YEAR!

Middle School Intramurals

New sports offerings directly after school for all middle school students in grades 6-8.

See page 27 for additional details!

You'll learn gymnastics and SO MUCH MORE!



www.flipsgym.com

Develop confidence, coordination, flexibility and self-esteem — and have fun!

- Gymnastics for boys and girls, ages 18 months to 18 years
- Birthday parties
- Camps and field trips
- Open gym
- USAG competitive teams

Just around the corner!

One mile north of Maplewood Mall

651.777.4776

3505 Commerce Blvd., White Bear Lake, MN 55110

FREE TRIAL CLASS

Good for one FREE trial gymnastics class at FLIPS Gymnastics.

For new students only.

CALL TODAY!



Hmong and Asian American Cultural Liaison

Nirvana Yang
(651) 407-7623
nirvana.yang@isd624.org

Nyob Zoo (Hello), my name is Nirvana Yang and I am honored to be the Hmong and Asian American Cultural Liaison for the White Bear Lake Area School district. As an alumni of a college prep program for first generation students coming from low-income families, I understand difficulties students face while applying to colleges. I want to connect with families who need the additional support, as well as create programs to help students feel welcome to their school.



Early Childhood Latino Cultural Liaison

Amy Ottaviani
(651) 653-3157
amy.ottaviani@isd624.org

Saludos! I primarily work as an advocate for Latino students and families, but I also work as a School Readiness Teacher with preschoolers and parents from many cultures in our Family Literacy/Adult ESL class at Normandy Park. In these roles, I will continue to help families understand and navigate the school system, encourage family engagement, connect students and families with any needed community resources, and be a support for early childhood staff.



Enlace Cultural Español

Briana Santoscoy
(651) 407-7625
briana.santoscoy@isd624.org

Saludos a todos. Mi nombre es Briana Santoscoy. En mi rol de Enlace Cultural con el distrito escolar de WBL y las familias y los estudiantes Latinos, estoy enfocada en el acceso justo y equitativo de información para nuestras familias, en el apoyo para los estudiantes Latinos, y en aumentar la capacidad de las escuelas a saber colaborar con nuestra comunidad. Trabajé casi diez años en las escuelas públicas de Minneapolis, donde vivo con mi esposo y nuestros tres hijos. Si usted tiene preguntas o ideas relacionadas con la escuela o el progreso de su estudiante, o si usted está buscando recursos para su familia, favor de llamarme.



African American Cultural Liaison

Miles Webb, Sr.
(651) 407-7685
miles.webb@isd624.org

My name is Miles Webb and I am extremely happy and excited to work in the White Bear Lake Community as the African-American Cultural Liaison. I spent the last ten years working in the St. Paul Public Schools, first as a special education TA, then as a Behavior Specialist at Bruce Vento Elementary school. I have a Bachelor's degree in Psychology from Concordia University-St. Paul and I am currently enrolled in a masters program at St. Mary's University. I live in Hudson, Wisconsin with my wife and four children.



JOIN OUR EXTENDED DAY TEAM!

WE OFFER:

- Flexible schedule, shifts vary between 6:30 - 8:45 am and 1:45 - 6:00 pm
- Hourly pay range for Assistants: \$14.92-\$16.08 (rates will increase with new contract)
- Paid time off and holidays for any staff who works more than 12.5 hours/week!

Apply online at isd624.org/employment.

Resources

Support Hub

Providing families with resources to address barriers & enhance well-being. The Support Hub serves as a place for families and community members to access information they may need for essential services. This support provides important information regarding crisis services, basic needs, mental health and well-being, physical health, social emotional learning and more.

- District Resources
- Community Resources
- COVID-19 Information
- Crisis
- Mental Health & Well-Being
- Physical Health
- Race, Justice, and Trauma
- Social Emotional Learning
- Structure & Routine
- Technology

For more details and to view these resources, visit www.isd624.org > Departments > Student Services > Support Hub

Meals on Wheels Delivery

Meals on Wheels is a community service that delivers nutritious meals to your home with the help of volunteers. This service is available to all persons regardless of age or ability. See page 19 or more information.

Flip to see Bear's Bulletin!

In this issue you will find:

- Coffee with Dr. K
- New Hires
- School Board
- Facilities Update
- And more!



**Fall registration opens
August 15!**

Sign up today at
whitebear.ce.eleyo.com

- City of Hugo* www.ci.hugo.mn.us
(651) 762-6300
- City of Vadnais Heights* www.cityvadnaisheights.com
(651) 204-6000
- City of White Bear Lake* www.whitebearlake.org
CPR/First Aid Classes (651) 429-8568
cvoss@whitebearlake.org
- Community Action Head Start* www.caprw.org
Free preschool to income eligible families.
- The Gathering* www.lyngblomsten.org
(651) 646-2941
- Lakeshore Players* www.lakeshoreplayers.org
(651) 426-3275
- MacPhail Center for Music* www.macphail.org
(612) 321-0100
- Senior Chore Program* www.nyfs.org
NE Youth & Family Services (651) 429-8544
- Suburban Community Channels* www.sccvtv.org
(651) 747-3800
- Tamarack Nature Center* parks.co.ramsey.mn.us/tamarack/Pages/tamarack.aspx
(651) 407-5350
- Vadnais Sports Center* www.vadnaissportscenter.net
(651) 481-1000
- Washington County*
- Community Services* www.co.washington.mn.us
(651) 430-6000
- White Bear Area Emergency*
- Food Shelf* www.whitebearfoodshelf.org
(651) 407-5310
- White Bear Area YMCA* www.ymcatwincities.org
(651) 777-8103
- White Bear Center for the Arts* www.whitebeararts.org
(651) 407-0597
- White Bear Lake Area*
- Historical Society* www.whitebearhistory.org
(651) 407-5327
- White Bear Lake Armory* www.whitebearlake.org
(651) 429-8571
- White Bear Lake Sports Center* www.whitebearlake.org
(651) 429-8571

ISD 624 District Information

White Bear Lake Area School District ISD #624

4855 Bloom Avenue, White Bear Lake, MN 55110

(651) 407-7500

www.isd624.org

2021 School Board

Scott Arcand, Deb Beloyed,
Kim Chapman, Jessica Ellison,
Donald Mullin, Marge Newmaster, and
Angela Thompson

Dr. Wayne Kazmierczak, Superintendent
White Bear Lake Area Schools

The White Bear Lake Area School District serves the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.

Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- » Students who design and create their own future
- » A culture that respects diverse people and ideas
- » Safe, nurturing, and inspiring experiences
- » Exceptional staff and families committed to student success
- » Abundant and engaged community partners.

Core Values

The White Bear Lake Area School District builds quality lives and strong communities through:

- » compassion
- » integrity
- » respect
- » responsibility
- » service

School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

» **Two-Hour Late Start**

Morning Community Services, Early Childhood Program, and Senior Program activities will be canceled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

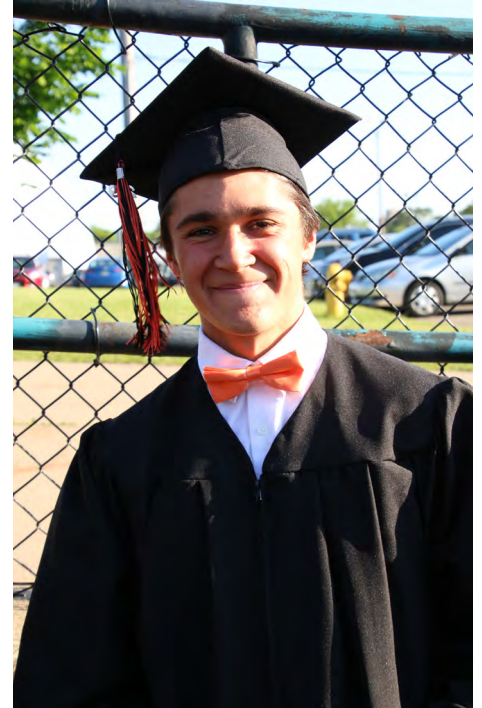
» **No School**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled.

» **Early Dismissal**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled for the remainder of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.



High School

- 1. **WBLAHS - NORTH CAMPUS**
5045 Division Ave
White Bear Lake, MN 55110
651-653-2920 / fax: 651-653-2630
- 2. **WBLAHS - SOUTH CAMPUS**
3551 McKnight Road
White Bear Lake, MN 55110
651-773-6200 / fax: 651-773-6215
- 3. **WBL AREA LEARNING CENTER**
2449 Orchard Lane
White Bear Lake, MN 55110
651-773-6400 / fax: 651-773-6402

Middle Schools

- 4. **CENTRAL**
4857 Bloom Avenue
White Bear Lake, MN 55110
651-653-2888 / fax: 651-653-2885
- 5. **SUNRISE PARK**
2399 Cedar Avenue
White Bear Lake, MN 55110
651-653-2700 / fax: 651-653-2716

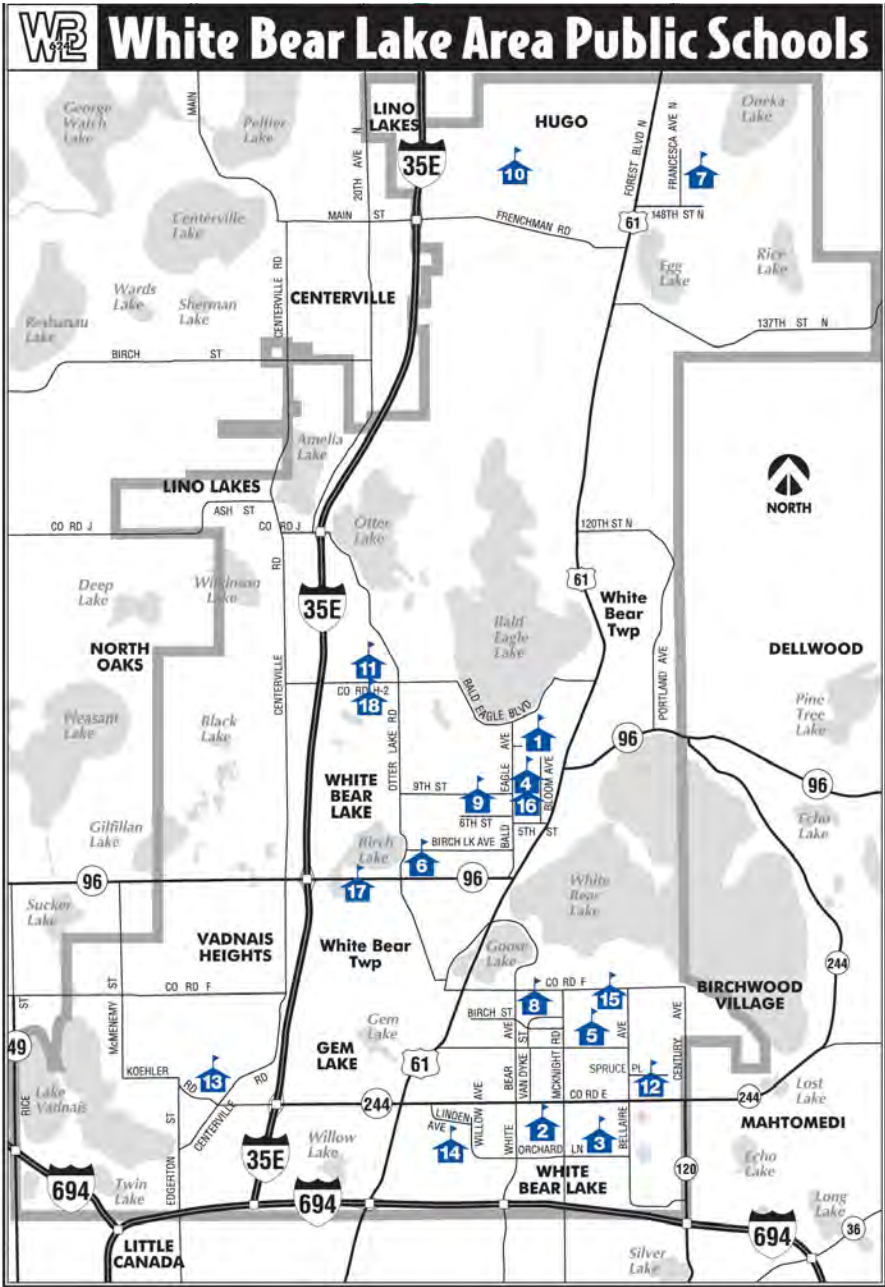
Elementary Schools

- 6. **BIRCH LAKE**
1616 Birch Lake Avenue
White Bear Lake, MN 55110
651-653-2776 / fax: 651-653-2778
- 7. **HUGO**
14895 Francesca Avenue North
Hugo, MN 55038
651-653-2798 / fax: 651-653-2800
- 8. **LAKEAIRES**
3963 Van Dyke Street
White Bear Lake, MN 55110
651-653-2809 / fax: 651-653-2811
- 9. **LINCOLN**
1961 Sixth Street
White Bear Lake, MN 55110
651-653-2820 / fax: 651-653-2822
- 10. **ONEKA**
4888 Heritage Parkway North
Hugo, MN 55038
651-288-1800 / fax: 651-288-1899
- 11. **OTTER LAKE**
1401 County Road H2
White Bear Township, MN 55110
651-653-2831 / fax: 651-653-2833
- 12. **MATOSKA INTERNATIONAL
IB WORLD SCHOOL**
2530 Spruce Place
White Bear Lake, MN 55110
651-653-2847 / fax: 651-653-2849
- 13. **VADNAIS HEIGHTS**
3645 Centerville Road
Vadnais Heights, MN 55127
651-653-2858 / fax: 651-653-2860
- 14. **WILLOW LANE**
3375 Willow Avenue
White Bear Lake, MN 55110
651-773-6170 / fax: 651-773-6176

Other Sites

- 15. **NORMANDY PARK EDUCATION CENTER**
 - » Early Childhood Program
2482 East County Road F
White Bear Lake, MN 55110
651-653-3100 / fax: 651-653-3155
 - » Senior Program
2484 East County Road F
White Bear Lake, MN 55110
651-653-3121 / fax: 651-653-3127
- 16. **DISTRICT CENTER OFFICES**
4855 Bloom Avenue
White Bear Lake, MN 55110
651-407-7501 / fax: 651-407-7502
- 17. **WHITE BEAR SPORTS CENTER**
1328 Highway 96 E
White Bear Lake, MN 55110
651-429-8571 / fax: 651-429-8545
- 18. **TAMARACK NATURE CENTER**
5287 Otter Lake Road
White Bear Township, MN 55110
651-407-5350 / fax: 651-407-5354

FOR MAPS TO DISTRICT
BUILDINGS VISIT
www.isd624.org/schools





FOLLOW DR. K /DRK_ISD624

ISD624.ORG

Welcoming Students Back

As we plan for the 2021-22 school year, we look forward to what is sure to be another memorable year. We will continue to provide options this fall to families, who can choose in-person learning for their students or opt to enroll in our Distance Learning Academy.

Our students will continue to learn in safe, nurturing and challenging environments where differentiated instruction and hands-on learning complement a focus on academic, social and personal development of each student. Additionally, our students will benefit from world language experiences and have access to college-level courses and Career Pathways opportunities.

Those who are looking for additional information and enrollment details can do so at isd624.org/BeABear.

Translations:

Para Español por favor llame al 651-407-7625

Xav tau ntaav Hmoob hu rau 651-407-7623

Flip book to see
Community Services &
Recreation Catalog

In this issue

- » **COFFEE WITH DR. K INFO**
District News, Page II
- » **NEW HIRES**
District News, Page III
- » **SCHOOL BOARD**
District News, Page V
- » **FACILITIES UPDATE**
District News, Page VI
- » **SCHOOL INFORMATION**
Our Schools, Page VII
- » **IMPORTANT DATES**
Important Info, Page VIII

Join us for the 2021-22 school year!

Choose from 2 options:

- Traditional in-person school
- Distance Learning Academy

Continued on District News page II



Welcome to 2021-22!



Continued from front page

Those who are already enrolled for the year will soon receive from the district the 2021-22 Activities Calendar and Back to School letter, which will be mailed to student homes before the first day of school. Those publications include important district dates and information. Schools will also reach out to their building families with important details to begin the school year.

In the meantime, back to school information can be found at isd624.org/BackToSchool. Details covered on the page include 2021-22 calendars, school supply lists, details about the Skyward Online Family Update, busing information and a link to the Application for Educational Benefits.

Also included on the page are the most current fall plans regarding face coverings, bus and district transportation, quarantine information and more. The details that are included on the page are as current as possible, making note that state and federal requirements could change plans before the start of the school year.

We appreciate the partnership and support from families and community members as we work together to keep those students who choose traditional school in our buildings for in-person learning this school year.

Here's to a terrific 2021-22!

Dr. Wayne A. Kazmierczak
Superintendent of White Bear Lake Area Schools

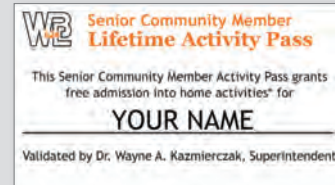
Find complete information at
isd624.org/BackToSchool

Mark Your Calendar for Coffee with Dr. K

FREE Senior Activity Pass

More than 300 Senior community members (those age 65+) who live in the District participate in the Senior Activities Pass program and enjoy complimentary admission to school activities.

Please apply at isd624.org/SeniorActivitiesPass and your pass will be mailed to you. If you have questions, please contact Rachael Markuson at 651-407-7563 or rachael.markuson@isd624.org.



Coffee with Dr. K

Community members are invited to stop by throughout the 2021-22 academic year for an informal chat with White Bear Lake Area Schools Superintendent Wayne Kazmierczak over a cup of coffee or tea at the Downtown Caribou Coffee location.

There is no set agenda, so feel free to order a beverage and then find Dr. K in the meeting room to join the conversation.

Dates of the 2021-22 Coffee with Dr. K events:

- Nov. 16, 7:30-8:30 a.m.
- Feb. 10, 11:30 a.m. - 12:30 p.m.
- May 10, 4-5 p.m.

District-wide Hires



Matt Menier

Matt Menier was chosen to serve as the Willow Elementary principal on a permanent basis after stepping into the role as an interim principal in November of 2020. Menier, who had previously served in the district as associate principal at Sunrise Park Middle School, will continue to work with our students, families and staff members on the exciting things happening at Willow.



Amber Walsh

Amber Walsh, who served in an interim principal role for the Distance Learning Academy (DLA) during the 2020-21 school year, was recently confirmed as the permanent principal of the DLA. The distance learning school is an option for students again this academic year. Walsh was previously a dean at Central Middle School in the district. She also has elementary principal experiences from earlier in her career.



Norman Bell

Norman Bell recently stepped into the role of associate principal for Sunrise Park Middle School. For the past two years, Bell has served as the assistant principal at L'Etoile Du Nord French Immersion School in Saint Paul. Having worked in the Saint Paul Public School District since 2010, he comes with a range of school leadership experience including service as a licensed school counselor, behavior interventionist, and cultural specialist.



Breanna Peloquin

Breanna Peloquin recently stepped into the dean of students role at Central Middle School. Peloquin came to White Bear from Mounds View Public Schools, where she has served for 16 of her 17 years as an educator. She has been a middle school health and physical education teacher, a high school dean of students and most recently an administrative intern at Irondale High School.



Ryan Clark

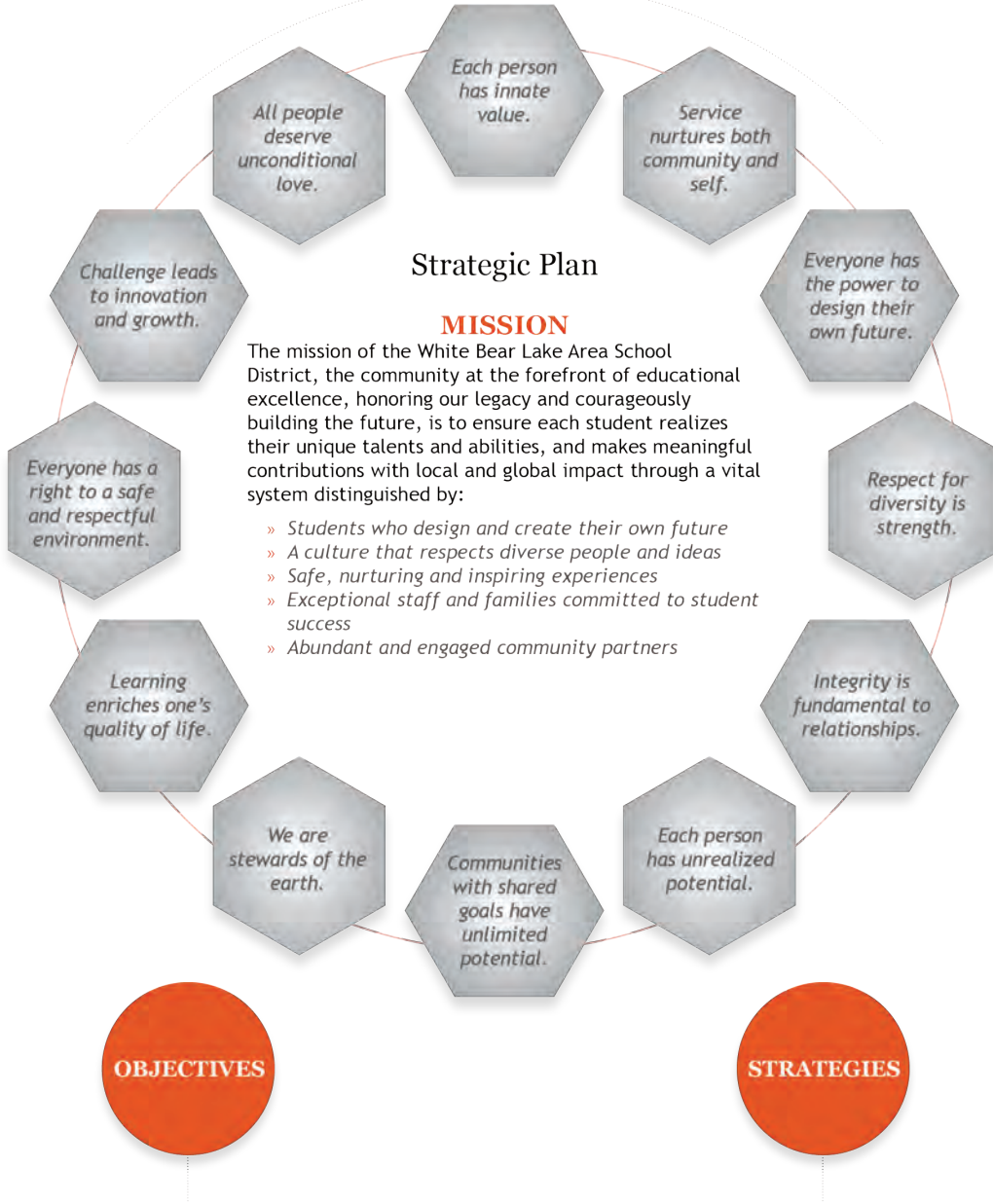
Ryan Clark was recently named dean of students at Sunrise Park Middle School. Clark has worked in the White Bear Lake School District since 2014, serving as a health, physical education and DAPE teacher, innovation coach, and instructional coach. During the 20-21 school year, he filled several critical roles for Sunrise, leading professional development, course registration, and 6th grade discipline.



Nathaniel Buelah

Nathaniel Buelah Jr. recently began in the district as the associate principal position at White Bear Lake Area High School - North Campus. Buelah comes to the district from Eden Prairie High School, where he served as dean of students. He was previously an ethnic studies teacher and served in a variety of roles in Minneapolis Public Schools.

WE BELIEVE:



Each student meaningfully contributes to community.

100% OF STUDENTS:

- feel valued.
- accomplish their personalized learning plan.
- are prepared for and implement their design for their future.
- graduate.
- creatively adapt to an ever-changing world.

WE WILL:

- ensure that each student is the primary agent in their learning.
- provide expanding access to a broad range of opportunities for all students.
- foster community engagement and partnerships.
- build organizational capacity.
- embrace all cultures with humility and respect.
- ensure learning environments enhance students' educational experience.
- engage families as partners in the education of their children.
- ensure the social and emotional growth of each student.
- imagine new concepts in learning and teaching at White Bear Lake Area High School.

Find district- and site-level plans at isd624.org/about/strategic-planning

Fall 2021 District 624 School Board



SCOTT ARCAND
scott.arcand@isd624.org
 Term expires 12/31/23



DEB BELOYED
deb.beloyed@isd624.org
 Term expires 12/31/21



KIM CHAPMAN
kim.chapman@isd624.org
 Term expires 12/31/21



JESSICA ELLISON
jessica.ellison@isd624.org
 Term expires 12/31/21



DON MULLIN
don.mullin@isd624.org
 Term expires 12/31/21



MARGE NEWMASER
margaret.newmaster@isd624.org
 Term expires 12/31/23



ANGELA THOMPSON
angela.thompson@isd624.org
 Term expires 12/31/23

GENERAL SCHOOL BOARD EMAIL ADDRESS:
schoolboard@isd624.org

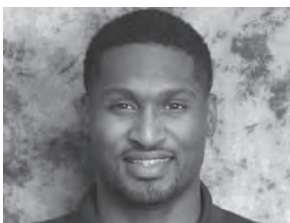
A White Bear Lake Area School Board Member election will take place on Election Day, November 2, 2021.

School Board Meetings

- Aug. 23 Work Session
- Sept. 13 Regular Mtng
- Sept. 27 Work Session
- Oct. 11 Regular Mtng
- Oct. 25 Work Session
- Nov. 8 Regular Mtng
- Nov. 22 Work Session
- Dec. 13 Regular Mtng

- » All Board meetings take place in the Community Room 112 at District Center (4855 Bloom Ave).
 - Both Regular and Work Session meetings begin at 5:30 p.m.
- » Agendas, Board Packets, Minutes, Highlights and Video links are posted on the District's website as they become available.
- » Regular School Board meetings are re-broadcast on Cable Channel 20 in the local viewing area the week of a regular business meeting:
 - Wed at 2 p.m., 6 p.m. & 9 p.m.
 - Thurs at 10 a.m.

District-wide Cultural Liaisons



MILES WEBB SR.
 African American Liaison
miles.webb@isd624.org



BRIANA SANTOSCOY
 K-12 Latino Liaison
briana.santoscoy@isd624.org



AMY OTTAVIANI
 Early Childhood Latino Liaison
amy.ottaviani@isd624.org



NIRVANA YANG
 Hmong & Asian Amer. Liaison
nirvana.yang@isd624.org

White Bear Lake Area Schools is currently in the process of filling an open Native American Liaison position.



Requesting an Interpreter

Families can request that a district staff member call them through the use of an interpreter who speaks the language they speak.

Information about how to make the request can be found in text and audio translations, in all languages spoken by students in the district, on the district website at isd624.org or at the QR code at left.



Facilities Update

The Transportation Department recently moved into their new location in Hugo, a 12,900-square foot facility that will house transportation staff and the district's fleet. Vehicles will be maintained and managed at the new facility.

The project, which allows for expansion of the unified high school campus into the old Transportation site, was made possible by the community's support of the 2019 Bond Referendum.



Find complete information about the district's Facilities projects at isd624.org/about/building-our-future

OUR MISSION

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- Students who design and create their own future
- A culture that respects diverse people and ideas
- Safe, nurturing, and inspiring experiences
- Exceptional staff and families committed to student success
- Abundant and engaged community partners

WE ARE HIRING!

Find Employment info at isd624.org.



- | | | |
|-----------------------|----------------------|----------------------------|
| - Substitute Teachers | - Extended Day staff | - Nutrition Services staff |
| - Bus drivers | - Paras | - MORE! |

651-407-7500
isd624.org



Equity Commitment:

To nurture the whole student, we disrupt systemic inequities by recognizing, honoring, and embracing all cultures with humility and respect.

4-Way Equity Decision Making Protocol

- 1 How does this help to provide opportunities to students who have been marginalized within the system in the past?
- 2 How does this help to ensure equitable access for all?
- 3 How does this help to eliminate barriers based on race/ethnicity, gender, disability, age, or other protected groups?
- 4 How does this ensure that the same rigorous standards for academic performance exist for all students?


Elementary Schools
Birch Lake

1616 Birch Lake Ave, WBL
Office: 651-653-2776
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-5
Jonathan Luknic, Principal

Hugo Elementary

14895 Francesca Ave N, Hugo
Office: 651-653-2798
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-1
Brian Morris, Principal

Lakeaires

3963 Van Dyke St, WBL
Office: 651-653-2809
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-5
Cary Krusemark, Principal

Lincoln

1961 Sixth St, WBL
Office: 651-653-2820
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-5
Dan Schmidt, Principal

Matoska Int'l IB World School

2530 Spruce Place, WBL
Office: 651-653-2847
Hours: 8:30 a.m.-3 p.m.
Grades served: K-5
John Leininger, Principal

Oneka

4888 Heritage Pkwy North, Hugo
Office: 651-288-1800
Hours: 7:45 a.m.-2:15 p.m.
Grades served: 2-5
Lori Mosser, Principal

Otter Lake

1401 County Rd H2, WBT
Office: 651-653-2831
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-5
Cynthia Mueller, Principal

Vadnais Heights

3645 Centerville Rd, VH
Office: 651-653-2858
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-5
Sara Svir, Principal

Willow Lane

3375 Willow Ave, WBL
Office: 651-773-6170
Hours: 7:45 a.m.-2:15 p.m.
Grades served: K-5
Matt Menier, Principal


Middle Schools
Central Middle School

4857 Bloom Ave
White Bear Lake, MN 55110
Office: 651-653-2888
Hours: 9:15 a.m.-4 p.m.
Grades served: 6-8
Cathryn Peterson, Principal
Robert Brewer, Assoc. Principal
Breanna Peloquin, Dean of Students

Sunrise Park Middle School

2399 Cedar Ave
White Bear Lake, MN 55110
Office: 651-653-2700
Hours: 9:15 a.m.-4 p.m.
Grades served: 6-8
Christina Pierre, Principal
Norman Bell, Assoc. Principal
Ryan Clark, Dean of Students


High School Campuses
WBLAHS - North Campus

5045 Division Ave, WBL
Hours: 8:25 a.m.-3:10 p.m.
Grades served: 9-10
Office: 651-653-2920
Angela Nelson, Principal
Dion Harriman, Assoc. Principal
Nathaniel Beulah, Assoc. Principal
Brian Peloquin, Activities Dir. (9-12)

WBLAHS - South Campus

3551 McKnight Rd, WBL
Hours: 8:45 a.m.-3:30 p.m.
Grades served: 11-12
Office: 651-773-6200
Don Bosch, Principal
Matthew Young, Assoc. Principal
Carrie Barth, Assoc. Principal
Brian Peloquin, Activities Dir. (9-12)

WBL Area Learning Center

2449 Orchard Lane, WBL
Hours: varied times
Grades served: 9-12
Office: 651-773-6400
Gretchen Harriman, Principal
** INSIGHT, recovery high school for students who have completed a chemical treatment program, housed at the ALC.*


Additional Sites
Early Childhood Program

For Ages 0-5
Main Office: 651-653-3100
Darcy Rodriguez, Early Childhood Supervisor
Angela Drange, ECSE Supervisor

Transition Education Center

Ages served: 18-21
13497 Fenway Blvd. Cir. N., Hugo
Office: 651-773-6051
Sara Derby, Supervisor

Distance Learning Academy

Office: 651-653-2741
Amber Walsh, Principal

Senior Program

For ages 50+
2484 East Cty Rd F, WBL
Office: 651-653-3121
Jon Anderson, Coordinator

Send Us Your Bear Wear Pics!

We are looking for photos of little ones in their "Born to be a Bear" onesies and "I'm a Bear" shirts!

Email photos to communications@isd624.org and you may find your little one(s) featured in a District publication!

Onesies are sent to families who live in the district upon the arrival of a little one, and shirts are sent to households with toddlers when they receive Screen at 3 information. Kindergartners receive shirts when their enrollment paperwork is complete.



Early Childhood Screening - Screen at 3

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten.

The best age at which to screen is age three. The White Bear Lake Area School District provides this screening at no charge.

3 REASONS TO SCREEN AT 3:

- Screening can ensure school success
- If health or developmental concerns are identified, educational services are available
- It is fun and provides parents/guardians with valuable information regarding child development



Register for Early Childhood Screening online at <https://whitebear.ce.eleyo.com> or 651-653-3100

Early Childhood Screening takes place at:
Normandy Park Education Center, 2482 East County Road F, WBL



Digital Backpack

The Community Services Department distributes electronic flyers on the 1st and 3rd Thursday of each month. Flyers include announcements from the school district, as well as local organizations that offer opportunities for youth.

Those who wish to request distribution of a flyer should email the files to Director Tim Maurer at tim.maurer@isd624.org.

Important Dates

- » **AUGUST 23**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **SEPTEMBER 8**
FIRST DAY OF SCHOOL (GR. 1-12+)
- » **SEPTEMBER 9**
FIRST DAY OF SCHOOL (GR. K)
- » **SEPTEMBER 13**
FIRST DAY OF EARLY CHILDHOOD PROGRAMS
- » **SEPTEMBER 13**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **SEPTEMBER 27**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **OCTOBER 4-9**
HOMECOMING WEEK
Oct. 8 Homecoming Football Game
- » **OCTOBER 11**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **OCTOBER 25**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **NOVEMBER 2**
ELECTION DAY
District-related ballot items:
- School Board Member Election
- » **NOVEMBER 8**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **NOVEMBER 16**
COFFEE WITH DR. K
7:30-8:30 a.m. at Downtown WBL Caribou Coffee
- » **NOVEMBER 22**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center



White Bear Lake Area Schools

**Leading minds to learning, hearts to compassion,
and lives to community service.**

Serving the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.



**Join us for the
2021-22 school year!**

Choose from 2 options:

- Traditional in-person school
- Distance Learning Academy

**Enrollment
information at
isd624.org/enroll**

Translations:

Para Español por favor llame al 651-407-7625
Xav tau ntawv Hmoob hu rau 651-407-7623

Why Be a Bear?

Our students benefit from:

- **Safe, nurturing and challenging** environments.
- **Differentiated** instruction.
- **Hands-on** learning.
- **World language** experiences.
- **Focus on academic, social and personal development** of each student.
- **College-level** courses and **Career Pathways** opportunities.

Stay Connected

• **E-NEWSLETTER**

The Community e-Newsletter is sent out each week, with alternating text and video editions. The text editions cover student and staff successes, school and Community Education offerings, and School Board proceedings. Those who wish to be added to the Community e-Newsletter list may contact us at communications@isd624.org.

• **STAY SOCIAL**

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube.

www.isd624.org



651-407-7500



[/isd624](https://www.facebook.com/isd624)