

# White Bear Lake Area School District

## COMMUNITY SERVICES & RECREATION



**SKATING WITH BEARS**  
Feb 5, 2023 | More details inside!



**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!*





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Flip book to see  
Bear's Bulletin!



**WHITE BEAR LAKE  
SCHOOL-DIST.  
RECREATION-DEPT.**

**WB  
624**

## 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

**WB  
624**

*Out of School Time*

## EXTENDED DAY ASSISTANT

Have fun and make a difference!

- **Wages from \$18.50-20.50/hour**
- Fun work environment
- Position opportunities at all schools
- Part & full time positions available

### Additional Benefits:

- Paid time off (12.5+ hours/week)
- No nights, weekends or holidays
- On the job training
- 50% discount on tuition

**JOIN THE TEAM**

[bit.ly/3T23TEa](https://bit.ly/3T23TEa)



**ESPAÑOL:** Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 21.

**HMOOB:** Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntiv mus nyem rau phab nplooj ntawv 21.

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.

**ONLINE Classes:** When you register for an online class, a link to the class will be emailed to you 2-3 days prior to the start date. If you do not see the link, check your SPAM, then call 651-653-3121.

**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](mailto: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 have 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. **To have your discount applied, you must call 651-407-7501 to register.**

**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 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.

**Waitlist:** Class waitlists are offered when classes have been filled. You have the option during sign up to be placed on a waitlist. When a spot opens or a new section becomes available, you will be contacted to see if you are interested in enrolling in the class. You will not be automatically enrolled. You will be charged once you have confirmed.

## White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110  
[communityservices.isd624.org](http://communityservices.isd624.org)

**Information & Registration** ..... (651) 407-7501  
FAX (651) 407-7502  
[communityservices@isd624.org](mailto:communityservices@isd624.org)

**ONLINE Registration** ..... [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com)

**DIRECTOR**  
**Tim Maurer** ..... (651) 407-7509  
[tim.maurer@isd624.org](mailto:tim.maurer@isd624.org)

**ADMINISTRATIVE ASSISTANT**  
**Christine Beckers** ..... (651) 407-7505  
[christine.beckers@isd624.org](mailto:christine.beckers@isd624.org)

**Adult Basic Education** ..... (651) 252-4425  
Jessica Ponthan ..... [jessica.ponthan@isd624.org](mailto:jessica.ponthan@isd624.org)

**Adult Enrichment Specialist** ..... (651) 653-3124  
Michelle Hubbard ..... [michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org)

**Adult Programs & Facilities Coordinator** ..... (651)-653-3126  
Jon Anderson ..... [jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

**Early Childhood Coordinator** ..... (651) 653-3102  
Darcy Rodriguez ..... [darcy.rodriguez@isd624.org](mailto:darcy.rodriguez@isd624.org)

**Facility Scheduling** ..... (651) 407-7503  
[facilities@isd624.org](mailto:facilities@isd624.org)

**Out of School Time Coordinator** ..... (651)-407-7504  
Nicole Oswald ..... [nicole.oswald@isd624.org](mailto:nicole.oswald@isd624.org)

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

**Receptionist** ..... (651) 407-7501  
Katie Huttler ..... [katherine.huttler@isd624.org](mailto:katherine.huttler@isd624.org)

**Youth Enrichment & Development Specialist** ..... (651) 407-7544  
Zeebo Karouso ..... [zeebo.karouso@isd624.org](mailto:zeebo.karouso@isd624.org)

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





## Free Community Event



Sun, Feb 5 from 1-3 PM @ the Hipp  
Bring your own skates.

WBL Hippodrome, 4855 Bloom Ave, WBL

## SPRING BOUTIQUE & BAKE SALE

Fri, Mar 24 | 9AM - 7PM

Sat, Mar 25 | 9AM - 4PM

Shop this season's handmade items for all your gifting needs. Our handmade items will make any gift special.

Art - Baby - Books from Local Authors  
Doll Cloths - Floral Arrangements - Home Decor  
Jewelry - Kitchen Items - Totes

WB Senior Center  
2484 E County Rd F, WBL

## SAVE THE DATE



## Fish & Explore Outdoor WBL

Fri, June 2, 5:30-8:00 PM

Community Event

## Parking Lot Sale

Set up your own garage style sale here in our lot!  
You need to get rid of it?  
...bring it here!!

### Date

Sat, May 20  
9:00 AM - 2:00 PM

### Location

WBL Senior Center  
2484 East Cty Rd F  
White Bear Lake

\$20 for  
2 parking  
spots



Register: 651-653-3121  
[whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com)  
#0514-500

## NATIONAL VIETNAM WAR VETERANS DAY



Join us in thanking and honoring  
Vietnam veterans and their families  
for their service and sacrifice.

Wed, Mar 29 | 10:00 - 11:30 AM  
Senior Center

Registration appreciated: 651-653-3121.

## SUMMER 2023

Youth Enrichment and Youth Recreation  
registration opens MARCH 1!





# MANY STORIES

## Stories from the Heart

Join Native American Educator, Basewe and Native American Art Therapist, Stacy Atkins, in bringing more awareness to the Missing Murdered Indigenous Women and Girls movement. Basewe will lead us with healing and reflection of stories from the heart, then create a keepsake art piece with Stacy.

0212-980 | 1 Session | Wed, Feb 8 | 6:00-9:00 PM  
\$25 | South Campus

## Native American: Beyond Land Acknowledgment

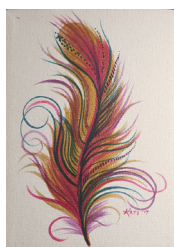
Learn what land acknowledgment is and why it's important to go beyond a simple statement. Walk through the action planning approach, equipping you with tools you can use to make an impact. An interactive and engaging presentation filled with real-life examples.

0305-530 | 1 Session | Mon, Mar 6 | 6:30-7:30 PM  
\$20/household | ONLINE

## Feathers From Above

Join Native American Art Therapist, Stacy Atkins for an evening of peaceful music, aromatherapy, and painting a feather which symbolizes so much for so many. \$10 fee due at class.

0319-981 | 1 Session | Thu, Mar 23  
6:00-8:30 PM | \$25 | South Campus



## Sisters of the Sun

Use acrylic paint to create this beautiful canvas of Sisters which symbolizes unity, trust, and honor. We can customize colors to your liking as well. \$10 fee due at class.

03-982 1 Session | Fri, May 5  
10:00 AM-12:00 PM | \$25  
South Campus

## Big Read Book Discussion: The Bear

Join us in a facilitated, in-depth conversation about *The Bear* by Andrew Krivak. Connect with other readers in the community and share your thoughts and impressions of the book. NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest.

0226-700 | 1 Session | Fri, Mar 3 | 6:30-8:00 PM  
\$15 | Senior Center

## 25 African American Artists You Should Know

Join us for the first of a four series class reviewing the work and lives of 100 African American artists from widely collected by museums and major private collectors. During this session we will learn the importance of these artists, their style, and major influences on their art.

0122-529 | 1 Session | Wed, Jan 25 | 6:30-8:30 PM  
\$20 | ONLINE

## Live From Dublin: Irish Myths & Legends

The Cattle Raid at Cooley, Finn Mac Cool, Benandonner, the Giant's Causeway and Newgrange. Mythology and the Irish landscape-so many historical places, names, legends. Which are real and which are fictitious? Join Jillian Geraghty as she shares her passion for Irish mythology, legends and folklore.

0226-560 | 1 Session | Sat, Mar 4 | 10:00-11:30 AM  
\$20 | ONLINE

## Martin Luther King, Jr. Holiday Breakfast Event: Keep Moving Forward

Gather to celebrate the life and work of Dr. King. This day is not only about honoring Dr. King, but a time for people to come together and to commit to continuing his work toward greater equity for all. Attendees will also watch a live broadcast from the Minneapolis MLK Jr. Holiday Breakfast.

Mon, Jan 16 | Free

6:45 AM: Continental Breakfast, 7:20 AM: Program  
Parkview United Church of Christ, 3737 Bellaire Ave, WBL

To register, visit to [www.mnparkviewucc.org](http://www.mnparkviewucc.org) or [whitebearunitarian.org](http://whitebearunitarian.org)

Many Faces, a collaboration of 26 organizations, has been awarded a grant MN Humanities Center grant to host a Wacipi (Powwow) to honor and celebrate Native American students from White Bear Lake Area Schools, Mahtomedi Public Schools, Century College and Northeast Metro 916 Intermediate School District.

The community is encouraged to participate in this traditional cultural event, a significant part of the rich heritage of our Native American neighbors. Watch for details about this 2023 spring event.

## DIY Large Charcuterie Board

Come make your own live-edge wood charcuterie board! Board will be three feet in length including the handle! A beautiful piece to use during gatherings!

**0409-735 | 1 Session | Tue, Apr 11 | 6:00-8:30 PM**  
**\$95 | Makerspace, 5966 Hwy 61 N, WBL**

## Fun with Epoxy Art (Ages 10+ with Adult)

Learn the basics of working with Epoxy. Decorate your own wall plaque, choose from several shapes. It's easy and fun to do. Feel free to bring any items from home you might want to use to personalize it like sea shells or a heart shape to mark where you live. Work on a second project for \$20.

**0312-732 | 1 Session | Thu, Mar 16 | 6:00-9:00 PM**  
**\$50 | Makerspace, 5966 Hwy 61 N, WBL**

## Glass Mosaic Classes

Glass mosaic sounds like a fancy, difficult art form; however, in this class, you will learn how it can be fun and easy while creating a tabletop or sign! Look through the idea book, browse the patterns, stencils, and choose from dozens of colors of precut glass. The first night we design and glue the glass to the project, the second night we grout the finished project and learn about mosaics.

### TABLE OR SIGN CLASS:

16"x16" table/\$65, sign depends on size/ \$16-\$40

**0521-680 | 2 Sessions | Wed, May 24 & 31 | 6:00-9:00 PM**  
**\$30 | South Campus**

### WINDOW OR TABLE LAMP:

4 Pane Window: (20"x25)/\$75 or Table Lamp (4"x9" or 8"x8") \$35

**0226-590 | 2 Sessions | Tue, Feb 28 & Mar 7 | 6:00-9:00 PM**  
**\$30 | South Campus**

## Intro to Woodworking-Basics

Discover the basics of working with wood and get hands-on practice. Learn about types of wood, its strengths and weaknesses, how it is cut, dried, sold, gluing, finishing and more! Tools we will be learning: table saw, miter saw, planer, jointer

**0219-730 | 1 Session | Tue, Feb 21 | 6:00-8:00 PM**  
**\$75 | Makerspace, 5966 Hwy 61 N, WBL**

**0414-731 | 1 Session | Tue, Apr 18 | 6:00-8:00 PM**  
**\$75 | Makerspace, 5966 Hwy 61 N, WBL**

## Market Bags-Crochet Upcycling **NEW**

Help save the planet by crocheting! Transform plastic bags into wonderfully unique, sturdy and fun market bags! Discover what types of plastic bags work, how to cut the plastic, and lay out colors to create patterns. Bring to class: Size 10 or J hook, tapestry needle, stitch markers, sharp scissors. Not for beginners.

**0521-750 | 1 Session | Fri, Apr 14 | 1:00-3:00 PM**  
**\$30 | Senior Center**

**0521-751 | 1 Session | Tue, May 23 | 6:00-9:00 PM**  
**\$30 | Senior Center**



## Pysanky: Ukraine Egg Decorating **NEW**

Discover the basics of this fun and fascinating way to decorate eggs called Pysanky. Learn about the supplies needed, how to create a design, and practice the wax-resist dyeing method. Kits will be available for sale if you want to start this new tradition at home.

**0326-656 | 1 Session | Mon, Mar 27 | 6:30-8:30 PM**  
**\$35 | Senior Center**

## Mosaic Bird Bath

Create a colorful birdbath to entice birds to your yard. Decorate a terracotta saucer with mosaic tiles. Bring to class a \$25 supply fee, rubber gloves and an old towel.

**0423-610 | 1 Session | Tue, Apr 25 | 6:00-9:00 PM**  
**\$35 | Senior Center**

**0423-612 | 1 Session | Tue, May 9 | 6:00-9:00 PM**  
**\$35 | Senior Center**

## Mississippi River (Ages 13-15 with Adult) **NEW**

Find your joy of painting in this easy to follow Bob Ross style painting class. We will paint on a 16"x20" canvas that will be ready for you to frame and hang on your wall at home. A \$20 material fee is due at class.

**1002-576 | 1 Session | Wed, Mar 29 | 5:30-9:30 PM**  
**\$60/person, \$110/pair | Senior Center**

## Adult & Child: Paint Date (Ages 10+ & Adult)

Experience a fun and relaxing environment with the challenge of a class guided by a professional artist. You will each work on your own canvas of the two canvas images. When the two sides join at the end of class, you will have one complete artwork and yes, you will take beautiful memories home with you. A \$20 supply fee is due at class.

### SNOW FRIENDS

**0219-620 | 1 Session | Thu, Feb 23 | 5:30-7:30 PM**  
**\$40/pair | Senior Center**

### SPRING FLOWERS

**0416-625 | 1 Session | Thu, Apr 20 | 5:30-7:30 PM**  
**\$40/pair | Senior Center**





Mosaic Bird Bath

## Building Your Vision: Taking Your Photography From Good To Great!

Do you want to be a photographer that TAKES snapshots; or one that CREATES images? Get ideas and concepts you can immediately put to practice. Discuss compositional basics and concepts of building your photographic vision to take your images from good to great!

0226-501 | 1 Session | Thu, Mar 2 | 6:30-7:30 PM  
\$20/household | ONLINE

## Photo Organization: Print & Digital

Imagine all your photos organized and all in one place, permanently, safely, and you have a system that lets you find any photo, slide or movie in literally seconds! Learn about scanners, digitizing old media, cloud storage accounts, software for creating digital books, and repairing damaged photos.

0319-720 | 1 Session | Wed, Mar 29 | 6:30-8:30 PM  
\$30 | Senior Center

0521-720 | 1 Session | Wed, May 17 | 6:30-8:30 PM  
\$30 | Senior Center



Mississippi River

## How to Write Your Life Story-For Fun or Profit **NEW**

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed.

0226-750 | 1 Session | Sat, Mar 4 | 10:00-11:00 AM  
\$30/household | ONLINE

## Write a Riveting Mystery, Suspense, or Crime Story **NEW**

Become a mystery writer! Discover the different sub-genres and three-act story structures of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" and create suspense until you're ready for the final reveal! Publishing options will also be discussed.

0226-751 | 1 Session | Sat, Mar 4 | 12:00-1:00 PM  
\$30/household | ONLINE



Adult &amp; Child: Paint Date - Snow Friends

## Be a Better Writer: 10 Easy Tips to Improve Your Writing Now **NEW**

We write everyday: emails, social media posts, work projects, and more. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable. Review examples and exercises to learn how to make sentences flow properly while maintaining reader interest.

0226-753 | 1 Session | Sat, Mar 11 | 2:00-4:00 PM  
\$30/household | ONLINE



Adult &amp; Child: Paint Date - Spring Flowers

For full details of our online cooking class with  
Tess Georgakopoulos and Kirsten Madau,  
visit our [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com).

### Air Fryer Veggies

Air Fried veggies are quick and healthy! The result is delicious.

**0409-706 | 1 Session | Thu, Apr 13**  
**6:30-8:00 PM | \$30/household | ONLINE**

### Breakfast Meal Prep

Need new, healthy, make-ahead breakfast ideas to start your day? Get ready for some delicious recipes!

**0122-700 | 1 Session | Thu, Jan 26**  
**6:30-8:00 PM | \$30/household | ONLINE**

### Focaccia, Stromboli & Calzones! **NEW**

Dive into the world of unique rolled and stuffed pizzas and calzones and focaccia bread!

**0319-702 | 1 Session | Sat, Mar 25**  
**4:00-6:30 PM | \$35/household | ONLINE**

### Fun with Falafel! **NEW**

Discover the wonderfully full-flavored falafel and all that's needed to enjoy them thoroughly!

**0430-705 | 1 Session | Sat, May 6**  
**4:00-6:00 PM | \$35/household | ONLINE**

### Instant Pot Basics **NEW**

Learn to make breakfast, lunch, dinner, appetizers and desserts in your pressure cooker!

**0129-701 | 4 Sessions | Thu, Feb 2-23**  
**6:30-8:00 PM | \$120/household | ONLINE**

### Instant Pot Noodle Soups **NEW**

Discover how easy it is to make soups such as Italian Sausage Tortellini, Chicken Wonton Soup and a vegan Minestrone.

**0226-702 | 1 Session | Thu, Mar 2**  
**6:30-8:00 PM | \$30/household | ONLINE**

### Mediterranean Mezze! **NEW**

Dazzle others with a delicious full-flavored mouth watering Mediterranean Mezze meal!

**0226-701 | 1 Session | Sat, Mar 4 | 4:00-6:00 PM**  
**\$35/household | ONLINE**

### Valentine Strawberries Rolls & Chocolate Dreams! **NEW**

Learn to make, mouth watering sweets such as Strawberry Cream Cheese Rolls, Kit-Kat No-Bake Cheesecake topped with a velvety chocolate ganache!

**0129-700 | 1 Session | Sat, Feb 4 | 4:00-6:30 PM**  
**\$35/household | ONLINE**



### Magnificent Muffins & Popovers

Join us creating sweet and savory treats that can be baked in an hour or less! Receive recipes, get tips, techniques, and a list of equipment needed to achieve success. We will incorporate flavors such as blueberry, bran-corn, cherry, ginger, golden raisin, maple sour cream, plus flavored butters, glazes and toppings. A \$13/person food fee is due at class.

**0205-620 | 1 Session | Mon, Feb 6 | 6:00-9:00 PM**  
**\$40/person, \$70/pair | South Campus**

### Scandinavian Gourmet Dinner

Enjoy an evening of cooking traditional Scandinavian dishes including apple stuffed pork loin, Swedish meatballs, cold poach salmon, carrot casserole, spinach soup, toska cake, Finnish nut logs, fruit soup, and more! Remember to bring containers for leftovers! A \$17/person food fee due at class.

**0416-624 | 1 Session | Fri, Apr 21 | 6:00-9:00 PM**  
**\$40/person, \$70/pair | South Campus**

## SAVE THE DATE



## Fish & Explore Outdoor WBL

Fri, June 2, 5:30-8:00 PM

Community Event



@wblasrec

Stay connected and  
follow us on social media!





## 55+ Driver Safety

If you're 55 or older, receive a 10% three-year discount on your auto insurance. 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.

**INITIAL CLASS** | 2 Sessions | \$45

2223-601 | Wed/Thu | Jan 25 & 26 | 5:30-9:30 PM  
ONLINE

2223-650 | Tue/Wed | Feb 7 & 8 | 5:30-9:30 PM  
ONLINE/Senior Center

2223-612 | Thu/Fri | Feb 16 & 17 | 5:30-9:30 PM  
ONLINE

2223-604 | Tue/Wed | Mar 14 & 15 | 1:30-5:30 PM  
ONLINE

2223-605 | Wed/Thu | Mar 29 & 30 | 5:30-9:30 PM  
ONLINE/Senior Center

**REFRESHER CLASS** | 1 Session | \$35 | Senior Center

2223-567 | Thu, Jan 26 | 9:00 AM-1:00 PM

2223-565 | Tue, Jan 31 | 5:30-9:30 PM

2223-568 | Fri, Feb 10 | 12:00-4:00 PM

2223-572 | Wed, Mar 8 | 5:30-9:30 PM

2223-576 | Tue, Mar 14 | 9:00 AM-1:00 PM

2223-577 | Wed, Mar 15 | 12:00-4:00 PM

2223-579 | Fri, Apr 14 | 9:00 AM-1:00 PM

2223-580 | Mon, Apr 17 | 5:30-9:30 PM

2223-581 | Thu, May 4 | 9:00 AM-1:00 PM

2223-582 | Thu, May 11 | 12:00-4:00 PM

2223-583 | Tue, May 23 | 5:30-9:30 PM

## How to Pay for the Nursing Home: An Attorney's Perspective

The biggest fear for many is how to pay for the nursing home and still leave an inheritance for others. We will discuss these topics and more: How will I meet my nursing home goals? Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What if my spouse goes into the nursing home and exhausts our money?

0111-600 | 1 Session | Wed, Jan 11 | 6:30-8:00 PM  
\$20 | ONLINE

## Charitable Planning Tools for Your Legacy

In 2018 the Individual and Married Standard Deduction amounts doubled. For many families this eliminated the "tax-incentive" to charitable giving. Understand charitable legacy tools and how to get the next generations involved, what provides tax relief now and later, and more.

0212-601 | 1 Session | Wed, Feb 15 | 6:30-8:00 PM  
\$20/household | ONLINE

## Successful Strategies to Protect the House, Farm, Cabin & More, Before & After Your Death

The Concern: Our family has a cabin, homestead, hunting land, farm or second home-how to protect this family legacy and move its use and enjoyment into the future? Get real-life solutions and explore four paths to resolution that will solve your problems without driving the family apart or sacrificing the family legacy asset.

0327-602 | 1 Session | Mon, Mar 27 | 6:30-8:00 PM  
\$20/household | Senior Center

These classes are free thanks to the sponsorship of Ryan Johnson of Ameriprise Financial Services, LLC

## Knowledge is Power: Financial Strategies for Women **NEW**

Learn ways to gain control over your financial situation; protect the people and things you love most and make informed financial decisions.

0226-676 | 1 Session | Wed, Mar 1 | 6:00-7:30 PM  
Free | Senior Center

0226-677 | 1 Session | Tue, May 2 | 6:00-7:30 PM  
Free | Senior Center

## Retirement on Your Terms **NEW**

Are you already retired or within 5 years of retirement? Continue to learn strategies focused on smart investing plans; maintaining lifestyle while allowing retirement accounts to continue to grow; and how to identify risks and track solutions to help protect what has been earned.

0326-685 | 1 Session | Wed, May 17  
9:00-10:00 AM | Free | Senior Center

## Creating Your Retirement Income: Strategies To Help You Live the Life You've Earned **NEW**

This seminar helps people make determinations on how much income will be needed in retirement, how to identify potential income sources, and how to make savings last.

0129-670 | 1 Session | Wed, Feb 1 | 9:00-10:00 AM  
Free | Senior Center

0129-675 | 1 Session | Fri, Mar 31 | 9:00-10:00 AM  
Free | Senior Center

## Drafting Your Own Will

Developing a will is an important step in life. Learn various techniques of property distribution, protection of the estate and beneficiaries, explore basic will concepts and assess your need for a simple will. You'll also learn about safekeeping techniques and circumstances that may require a review or revision of your will.

**0212-700 | 2 Sessions | Thu, Jan 19 & 26 | 6:30-8:30 PM**  
**\$65/person, \$120/pair | Senior Center**

**0423-710 | 2 Sessions | Wed, Apr 26-May 3 | 6:30-8:30 PM**  
**\$65/person, \$120/pair | Senior Center**

## Financial Power of Attorney & the Health Care Directive

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.

**0416-714 | 1 Session | Thu, Apr 20 | 6:30-8:30 PM**  
**\$40 | Senior Center**

## Q&A with a Minnesota Will & Trust Planning Attorney

Join us for a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. Get answers about questions such as: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? And so much more!

**0507-560 | 1 Session | Sat, May 13 | 10:00-11:30 AM**  
**\$25 | South Campus Media Center**

**0507-652 | 1 Session | Mon, May 15 | 6:30-8:00 PM**  
**\$25 | Senior Center**

## Celebrations of Life & Funerals: How To Talk About It & Green End of Life Options

An overview of why and how we should all be talking about our celebration of life or funeral wishes, and what green options are available in the Twin Cities.

**0219-605 | 1 Session | Tue, Feb 21 | 1:30-3:00 PM**  
**\$18/person, \$23/pair | Senior Center**

**0312-606 | 1 Session | Fri, Apr 21 | 1:30-3:00 PM**  
**\$18/person, \$23/pair | Senior Center**

## Trusts and Generational Estate Planning: Why You Can't Always Trust Your Trust

The trust is a very popular component and tool to be used in our Estate Planning. However, there are a variety of vastly different Trust options. Often used Trusts include: Living Trusts, Testamentary Trusts and Irrevocable Trusts, each serves a different purpose, each has a different result. We will clearly define the strengths and weaknesses of these different types of Trusts and when to use them. Explore your goals and wishes to see where they fall.

**0403-603 | 1 Session | Mon, Apr 3 | 6:30-8:00 PM**  
**\$20/household | Senior Center**

These classes are free thanks to the sponsorship of  
 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 while also answering questions about your last paycheck, what types of account you should have, and about Social Security.

**0306-651 | 1 Session | Mon, Mar 6 | 12:00-1:30 PM**  
**Free | ONLINE**

**0306-653 | 1 Session | Thu, May 4 | 5:00-6:30 PM**  
**Free | 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.

**0205-650 | 1 Session | Thu, Feb 9 | 12:00-1:30 PM**  
**Free | ONLINE**

**0205-652 | 1 Session | Tue, Apr 11 | 5:00-6:30 PM**  
**Free | ONLINE**

## Let's Probate an Actual Minnesota Estate

Take an in-depth walk-through of an actual MN Probate Estate. Learn about current forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. We will also discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative.

**0507-651 | 1 Session | Sat, May 13 | 1:00-2:30 PM**  
**\$20 | South Campus**

## Will Taxes Affect Your Retirement?

It is critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than your fair share. Learn ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

**0226-600 | 1 Session | Tue, Feb 28 | 6:30-7:30 PM**  
**\$20 | Senior Center**

**0226-601 | 1 Session | Tue, Apr 11 | 6:30-7:30 PM**  
**\$20 | Senior Center**

## Should I Stay or Should I Go?

Do you want to age in place and make home modifications to reduce safety risks OR move to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

**0219-570 | 1 Session | Thu, Feb 23 | 10:00-11:30 AM**  
**\$18/person, \$23/pair | Senior Center**

**0219-572 | 1 Session | Wed, May 24 | 10:00-11:30 AM**  
**\$18/person, \$23/pair | Senior Center**



## \$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site, and get a commission for every sale, click or lead! Learn where to find 1000+ free and low cost opportunities, how to avoid scams or links, and how to find high, recurring, and second-tier commissions.

0226-752 | 1 Session | Thu, Mar 9 | 5:00-6:00 PM  
\$20/household | ONLINE

## How to be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? How to be a smart shopper! Learn where your student will fit best academically, socially and financially. Which schools will offer your student the largest merit scholarships? How do you apply for grants and how does the FAFSA work?

6:30-8:30 PM | \$20/family | ONLINE

2223-600 | 1 Session | Wed, Jan 18

2223-602 | 1 Session | Mon, Feb 13

2223-604 | 1 Session | Tue, Mar 14

2223-606 | 1 Session | Thu, Apr 13

2223-608 | 1 Session | Mon, May 8

## SPRING BOUTIQUE & BAKE SALE

Fri, Mar 24 | 9AM - 7PM

Sat, Mar 25 | 9AM - 4PM

Shop this season's handmade items for all your gifting needs. Our handmade items will make any gift special.

Art - Baby - Books from Local Authors  
Doll Cloths - Floral Arrangements - Home Decor  
Jewelry - Kitchen Items - Totes

WB Senior Center  
2484 E County Rd F, WBL



## Throwing Sharp Objects **NEW** (Adults 18+)

What to do on a cold and dreary Sunday in February? Ax Throwing! Join us for a fun-filled trip to Stillwater's "The Lumberjack" for cathartic backwoods play in a warm and friendly environment. Coaches will teach us how to throw safely and stoke the fires of competition for LOL moments! Transportation is on your own. The restaurant will be open until 7:00 PM if you wish to eat.

0226-815 | 1 Session | Sun, Feb 26 | 2:30-4:00 PM  
\$30 | The Lumberjack, 123 2nd St N #102, Stillwater



## Canoe the St. Croix **NEW** (Adults 18+)

Enjoy nature? Love being on the water? Join us for a relaxing afternoon of leisurely paddling down the St. Croix River. We will start from MN Interstate Park for a leisurely 7-mile paddle. We will stop mid-way for a picnic and then continue a beautiful journey to Osceola Landing, where our transportation back to the city will pick us up. You need to pack your own cold lunch, we will have coolers to keep beverages cool.

All adults welcome, however you must be somewhat spry and capable of getting in and out of the canoe with limited balancing assistance.

The bus will depart/return from the Mahtomedi Education Center, 1520 Mahtomedi Ave, Mahtomedi.

0514-760 | Thu, May 25 | 11:00 AM-3:00 PM | \$50



### Chair Yoga **NEW**

Find mobility in a gentle way that is also really supportive and beneficial. Yoga will improve your flexibility, concentration, and strength, while boosting your mood, reducing stress and decrease joint pain.

**6 Sessions | 10:00-10:45 AM | \$40 | Senior Center**

**2223-700 | Fri, Jan 20-Feb 24**

**2223-701 | Fri, Mar 3-Apr 14 | No Class Mar 24**

**2223-702 | Fri, Apr 21-May 26**

### Soma Yoga

Soma Yoga will help re-educate muscles to release tension and create freer mobility. The emphasis is on moving from within our bodies using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina.

**9:30-10:30 AM | ONLINE**

**2223-505 | 7 Sessions | Tue, Jan 3-Feb 14 | \$55/household**

**2223-506 | 8 Sessions | Tue, Feb 21-Apr 11 | \$60/household**

**2223-507 | 5 Sessions | Tue, May 16-Jun 13 | \$40/household**

### Yoga-Whole Body Vinyasa

Designed to increase both 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. Poses will be described for beginners and modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga! \$15 drops-ins are welcomed!

**5:15-6:15 PM | Senior Center Gym**

**2023-533 | 7 Sessions | Tue, Jan 10-Feb 28 | \$70**  
*No Class Feb 14*

**2023-535 | 7 Sessions | Tue, Mar 14-Apr 25 | \$70**

**2023-537 | 5 Sessions | Tue, May 2-May 30 | \$50**



@wblasrec

Stay connected and  
follow us on social media!

### Pound

Channel your inner ROCKSTAR with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Bring your yoga mat, a water bottle and a sweat rag-you are going to need it!

**6:00-7:00 PM | Area Learning Center School-Gym**

**0101-560 | 5 Sessions | Fri, Jan 6-Feb 17 | \$45**  
*No Class Jan 13, Feb 10*

**0226-561 | 6 Sessions | Fri, Mar 10-Apr 14 | \$55**

**0416-562 | 6 Sessions | Fri, Apr 21-May 26 | \$55**

### Tai Chi **NEW LOCATION**

Tai Chi is a Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements, with specialized breathing techniques, to improve balance, health, and relaxation. Join us to experience how Tai Chi can enhance your fitness, increase your sense of tranquility, and elevate you to new levels of vitality and well being.

**0122-560 | 6 Sessions | Mon, Jan 30-Mar 13 | 8:00-9:00 PM**  
**\$55 | Matoska Elementary Gym | No Class Feb 20**

**0122-565 | 8 Sessions | Mon, Mar 27-May 15 | 8:00-9:00 PM**  
**\$70 | Matoska Elementary Gym**

### Lynch Pickleball Camp **NEW**

Join pickleball camp to meet new people and learn the game! Beginners will learn the rules, scoring and how to play with fun lessons and drills. We'll match you up with a partner to practice the various skills and to play a match in a low key fun environment.

Intermediate: Improve your skills and meet new people of like ability. We'll start with a warm up and then get things rolling with some fun drills, games and competition. Please wear appropriate clothing, shoes, and bring a paddle and a water bottle.

**4 Sessions | \$110 | North Campus Field House**

**0205-700 Beg | Tue, Feb 7-Feb 28 | 6:00-7:30 PM**

**0205-701 Int | Tue, Feb 7-Feb 28 | 7:30-9:00 PM**

**0305-702 Beg | Tue, Mar 7-Mar 28 | 6:00-7:30 PM**

**0305-703 Int | Tue, Mar 7-Mar 28 | 7:30-9:00 PM**

### Pickleball

The White Bear Area Pickleball Club runs year-round.

**Club Dues:** \$15 through June 30

**Indoor Pickleball:** Tue/Fri, 6:00-9:00 PM  
Lincoln Elementary, 1961 Sixth St, WBL  
*Watch schedule for changes*

Register online at [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com),  
course # 9600.500 or call 651-407-7501.

Questions? Contact Jon at 651-653-3126 or  
[jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

View schedule at:  
[communityservices.isd624.org/adults-seniors/adult-recreation](http://communityservices.isd624.org/adults-seniors/adult-recreation)



## Alzheimer's Association: Driving, Doctor Visits, Legal, and Financial Planning

When someone is showing signs of dementia, it's time to talk. These challenging conversations can be uncomfortable. Gain tips for breaking the ice with your family to address; going to the doctor for a diagnosis, deciding when to stop driving, and making legal and financial plans for future care.

**0312-902 | 1 Session | Mon, Mar 13 | 6:30-7:30 PM**  
\$15/household | ONLINE

## Alzheimer's Association: Healthy Living for Your Brain and Body

Discover how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate recommendations into a plan for healthy aging.

**0212-902 | 1 Session | Wed, Feb 15 | 6:30-7:30 PM**  
\$15/household | ONLINE

## Alzheimer's: Effective Communications Strategies

Transform your communication from just talking and listening to also sending and receiving messages through attitude, tone of voice, facial expressions and body language as you learn to decode verbal and behavioral messages delivered by someone with dementia.

**0409-909 | 1 Session | Thu, Apr 13 | 6:30-7:30 PM**  
\$15/household | ONLINE

## Everything You Want To Know About Medicare

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. Ideal course for people that are turning 65 or over 65 and coming off their employer medical plan.

**2223-535 | 1 Session | Wed, Feb 15 | 6:30-8:00 PM**  
\$20/person, \$35/pair | Senior Center

**2223-536 | 1 Session | Wed, May 17 | 6:30-8:00 PM**  
\$20/person, \$35/pair | Senior Center

## Parking Lot Sale

Set up your own garage style sale here in our lot! You need to get rid of it? ...bring it here!!

### Date

Sat, May 20  
9:00 AM – 2:00 PM

### Location

WBL Senior Center  
2484 East Cty Rd F  
White Bear Lake

\$20 for  
2 parking  
spots

Register: 651-653-3121  
whitebear.ce.eleyo.com  
#0514-500



## SHINRIN YOKU – Forest Bathing

Experience an immersive, meditative, and awe-inspiring Japanese forest bathing walk-Shinrin Yoku. Feel how nature's fractals, sounds, and sensations reduce your stress and anxiety, and enhance your focus.

**0430-565 | 1 Session | Sun, Apr 30 | 10:00 AM-12:00 PM**  
\$40/person, \$75/pair | Tamarack Nature Center

## Welcome to Survivor Angels **NEW**

Do you struggle with illness, chronic pain, loss, anxiety, what life throws at us, after-effects from trauma, PTSD? Discover how to put your Survivor Angels to work, to disengage you from negativity and engage your positive gifts and abilities to bring you peace, harmony and an improved ability to cope with life.

**0409-710 | 1 Session | Tue, Apr 11 | 6:00-8:00 PM**  
\$30 | Senior Center

## Youth Mental Health First Aid (YMHFA)

**NEW**

Just as CPR helps you assist an individual having a heart attack, YMHFA helps you assist someone experiencing a mental health or substance use-related crisis. YMHFA teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

Once you pay for the class you will need to finish your registration at: <https://bit.ly/916Events>.

Questions? Contact Theresa Wallace at  
[twallace@916schools.org](mailto:twallace@916schools.org)

**0129-800 | 1 Session | Fri, Feb 24 | 9:00 AM-1:30 PM**  
\$25 | Senior Center

**0406-801 | 1 Session | Tue, Apr 18 | 11:00 AM-4:30 PM**  
\$25 | Senior Center

## Effective Communication with Young People **NEW**

Would you like to improve how you communicate with the teen in your life? Join us to learn four tools of the Coach Approach: OARS (Open-ended questions, Affirmations, Reflections, Summaries). Receive examples of each, and you will have time to practice them. You will leave feeling encouraged and inspired to begin communicating in a way that allows your teen to feel seen, heard, and understood.

**0205-535 | 1 Session | Mon, Feb 6 | 7:00-9:00 PM**  
\$20 | ONLINE

Join a favorite instructor, Janice Novak, as she presents up-to-date info on pertinent health and wellness topics that can improve health, decrease sick days, improve productivity, alertness, energy and motivation.

### Activate Your Brain's Creativity Center

Tap into your brain's creativity center by practicing ancient breathing patterns, learn about acupressure points, Thumping, and Energy Medicine techniques.

**0122-572 | 1 Session | Tue, Jan 24 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Strong is the New Skinny!

Learn how to strengthen your arms, back, shoulders, chest, hips, and more using resistance bands while watching your favorite TV show! The benefits of strength help metabolism, bone density and more, plus it helps you age with quality and grace.

**0404-585 | 1 Session | Thu, Apr 20 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Feet, Knees and Ankles

Have you taken a good look at your feet, ankles or knees lately? Learn simple things to help correct common problems like flat arches and ankles that roll and address other issues like bunions, calluses, toes that bend funny, locking knees and more.

**0312-584 | 1 Session | Thu, Mar 16 | 6:00-7:30 PM**  
\$30/household | ONLINE



### Food & Mood

Did you know that what you eat can affect your mental health and mood? Learn about the food connection to neurotransmitters and seven key nutrients that might be low in those that experience symptoms of anxiety and depression.

**0305-655 | 1 Session | Wed, Mar 8 | 6:30-8:00 PM**  
\$30 | Senior Center

### Improve Your Health At Any Age

Discuss simple steps to take now to help make every system in your body as healthy as possible. Studies show your physiology depends on how well you take care of yourself. Your health now, greatly affects your well being in the future.

**0402-586 | 1 Session | Tue, Apr 4 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Acupressure & Other Tools for Women 35 and Older

**0122-578 | 1 Session | Mon, Jan 30 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Acupressure to Assist Weight Loss

**0514-587 | 1 Session | Thu, May 18 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Perimenopause & Menopause: Avoid the Pitfalls

**0205-580 | 1 Session | Wed, Feb 8 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Seated Abdominal Strengtheners

**0226-583 | 1 Session | Tue, Feb 28 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Soothe Those Achy Joints

**0129-579 | 1 Session | Tue, Feb 7 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Introduction to Intuitive Eating

This ten principled framework can help you improve your relationship with food and your body. Discover what Intuitive Eating is and what it is not. There will be an overview of the principles and discussion on how to determine if Intuitive Eating is right for you.

**0305-669 | 1 Session | Wed, May 24 | 6:30-8:00 PM**  
\$30 | Senior Center

### The Lowdown on the Pelvic Floor **NEW**

Let's get you back to enjoying laughing with your girlfriends, running after your kids, and freeing you up to sneeze without squeezing your legs together for dear life! Learn the ins, the outs, common issues of the pelvic floor, how the pelvic floor works in conjunction with other muscles of your body, and what you can start doing today to help improve symptoms!

**0223-668 | 1 Session | Tue, Apr 25 | 6:30-7:30 PM**  
\$25 | Senior Center

**0319-701 | 1 Session | Wed, Apr 5 | 12:30-1:30 PM**  
\$25 | ONLINE



## Learn to Play Mah Jongg

Discover the fun of American Style Mah Jongg. This four player game played with Mah Jongg tiles and a card is filled with strategy. Learn strategies and etiquette will be taught and reinforced throughout the learning sessions.

**0226-859 | 4 Sessions | Thu, Mar 2-30 | 9:30-11:30 AM**  
\$65 | Senior Center | No Class Mar 23

**0409-700 | 2 Sessions | Tue/Thu, Apr 25 & Apr 27**  
9:00 AM-12:00 PM | \$35 | Senior Center

## A Cure For Cabin Fever

Transform your pictures by learning to see and compose images creatively; find great backgrounds; what to focus on with your camera; and helpful Apps and resources that could help you create your best images yet!

**0212-500 | 1 Session | Thu, Feb 16 | 10:00-11:30 AM**  
\$20/household | ONLINE

## Kitchen Design 101: Curating Your Dream Kitchen

Looking for ideas on improving your kitchen? Hear about the advantages and disadvantages of open concept and how to make selections on cabinetry, layout, countertops and the task of putting it all together. See samples for everything kitchen and if you are DIY, your instructor will cover that too. Examples of costs and talk about the order of operations.

**0416-601 | 1 Session | Mon, Apr 17 | 6:30-8:30 PM**  
\$20/person, \$35/pair | Senior Center

## Cell Phones & Parenting-Oh My!

Are you keeping your child safe on their smartphone? How would you know? Learn recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more!

**0129-562 | 1 Session | Thu, Feb 2 | 12:00-1:00 PM**  
\$20/household | ONLINE

## Job Search Strategies that Bring Results!

Job searching is no fun. Get the inside scoop on how employers prefer to find talent. We'll review search activities that are known to be effective, and attendees will come away with a game plan to move ahead.

**0312-735 | 1 Session | Thu, Mar 16 | 6:30-7:30 PM**  
\$30/household | ONLINE

## LinkedIn: How To Use It To Give Your Career a Boost! **NEW**

Did you know most employers find and review applicants using LinkedIn? Learn elements of an impactful profile and tap the hidden job market by using this powerful networking tool. See how to make connections, find new contacts, and understand the goldmine of information within a company profile.

**0312-737 | 1 Session | Thu, Apr 13 | 6:00-7:15 PM**  
\$30/household | ONLINE

## Grow Your Business with Instagram **NEW**

Learn how Instagram can help you grow your customer base and sales. You'll also learn the key steps needed to improve your company bottom line and gain more followers, plus how to make your content irresistible!

**0430-539 | 1 Session | Tue, May 16 | 12:00-1:00 PM**  
\$30/household | ONLINE

## How to Use Uber for Independence

Hate driving in bad weather or when it's dark outside? Expand your transportation options and independence through Uber. Learn the basics and gain the knowledge on how to use Uber from home and from at major airports.

**0129-560 | 1 Session | Tue, Jan 31 | 12:00-1:00 PM**  
\$20/household | Senior Center or ONLINE

## Pruning Trees & Shrubs

Woody plants, like trees and shrubs, need regular pruning to encourage healthy growth and avoid potential problems. Learn the basics of trimming and pruning.

**0319-671 | 1 Session | Mon, Mar 2 | 6:30-7:45 PM**  
\$20/household | ONLINE

## Herb Gardening

Herbs pack a lot of flavors that help improve the taste of many foods. Get to know some of the herbs commonly used in cooking and learn how you can use them year-round.

**0514-674 | 1 Session | Mon, May 15 | 6:30-7:45 PM**  
\$20/household | ONLINE

## Introduction to Vegetable Gardening

This class teaches the basics of growing your first vegetable garden. Learn where to plant your vegetables, which plants to choose, and how to care for your garden all season long.

**0402-673 | 1 Session | Wed, Apr 5 | 6:30-7:45 PM**  
\$20/household | ONLINE

## Spring Into Summer

Learn how to wake up your garden with information about what to do for your garden and landscape between March and August.

**0219-670 | 1 Session | Wed, Feb 22 | 6:30-7:45 PM**  
\$20/household | ONLINE



## Loving Kindness

The practice of loving kindness helps us overcome self-dislike and improve self-love. Learn to enjoy acting more gently and lovingly toward others while becoming more compassionate, having balance in relationships and appreciating others' good fortune.

**0305-548 | 2 Sessions | Thu, Mar 9 & 16 | 6:00-7:30 PM**  
\$20/household | ONLINE

## Word Meditation **NEW**

Word Meditation is one of the easiest ways to meditate. It has the benefits of relaxation and stress reduction. It is easy to learn and easy to do, but there are some important guidelines for proper practice that not everyone knows. Learn how to develop your practice correctly.

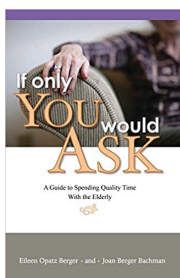
**0219-550 | 1 Session | Thu, Feb 23 | 6:00-7:30 PM**  
\$20/household | ONLINE

## Change Your Thoughts, Change Your Life Workshop **NEW**

Do you feel dissatisfied with your job, family or life, in general? Do you find yourself in similar unpleasant situations, wondering "why does this always happen to me?". Learn and apply a framework for addressing how you think, which has the potential to change your life.

**0205-530 | 1 Session | Thu, Feb 9 | 7:00-9:00 PM**  
\$20 | ONLINE

## If Only You Would Ask **NEW**



When visiting an elderly relative or friend, are you often at a loss for what to talk about? After initial pleasantries, do the minutes drag on? You may very well love this person, but find yourself struggling to carry on a conversation. If only you could think of something interesting to talk about! Join the authors of *If Only You Would Ask* to hear their story of how this book came to be and how to use it to keep the conversation going!

Everyone has stories to share, if only we ask the right questions!

**0514-520 | 1 Session | Wed, May 17 | 7:00-8:00 PM**  
\$15 | Senior Center

## Introduction to Voiceovers... Get Started in Voice Acting!

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more at [www.voicesforall.com/ooo](http://www.voicesforall.com/ooo)

**2223-750 | To be scheduled with instructor | \$50 | ONLINE**

Join instructor, Kathy Simmer, as she brings history of life with her historical research of the WHY of what happened and how it changed history's path.



## History: "The Doctors Mayo: History of the Mayo Clinic"

Who were some of the famous patients? How do you get to be a patient at the Mayo Clinic? Join us and find out!

**0416-901 | 1 Session | Fri, Apr 28 | 10:00 AM-12:00 PM**  
\$18 | Senior Center

## History: "White House Women"

Learn about the difficulties and the successes of these women of influence, as well as the "perks" of the job.

**0312-901 | 1 Session | Fri, Mar 17 | 10:00 AM-12:00 PM**  
\$18 | Senior Center

## History: "Slavery, Segregation and the Ku Klux Klan in Minnesota"

Join us in learning some surprising aspects of Minnesota's past.

**0519-901 | 1 Session | Fri, May 12 | 10:00 AM-12:00 PM**  
\$18 | Senior Center

## History: The History of Voting

*Presented by League of Women Voters*

Explore the expansion of voting rights over time through amendments to the U.S. Constitution and laws enacted by Congress, leading up to today's concerns about election integrity and attempts at voter oppression.

**2223-800 | 1 Session | Fri, Mar 10 | 11:00 AM-12:00 PM**  
\$18 | Senior Center



### Easy Partner Dancing

Discover how easy dancing can be! You will take steps from classic ballroom dances and learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more! The perfect class for those who think they have no rhythm and two left feet.

0426-560 | 4 Sessions | Thu, Mar 30-Apr 20 | 7:00-8:30 PM  
\$60/single | South Campus, 1st night at Matoksa

### Mamma Mia- Dancing Queen Line Dance

ABBA's classic song just invites you to move your feet and sing along! So grab some friends and enjoy an hour of fun that will have you dancing the night away! No Partner needed.

0219-695 | 1 Session | Thu, Feb 2 | 6:00-7:00 PM  
\$15/person | South Campus

### Party Line Dance

Just in time for wedding season! No need to sit and watch! Step into the party with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed.

0521-695 | 1 Session | Tue, May 23 | 6:00-7:00 PM  
\$15/person | South Campus

### Swing Dance Workshop

One night. One dance. A lifetime of fun! An "Arch" and a "Loop" are just two of the patterns that can take you from the sidelines onto the dance floor. Couples only.

0219-700 | 1 session | Thu, Feb 2 | 7:00-9:00 PM  
\$40/couple | South Campus

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

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!

0521-690 | 1 Session | Tue, May 23 | 7:00-9:00 PM  
\$40/couple | South Campus

**Waitlist:** Class waitlists are offered when classes have been filled. You have the option during sign up to be placed on a waitlist. When a spot opens or a new section becomes available, you will be contacted to see if you are interested in enrolling in the class. You will not be automatically enrolled. You will be charged once you have confirmed.

## Free Community Event



Sun, Feb 5 from 1-3 PM @ the Hipp  
Bring your own skates.

WBL Hippodrome, 4855 Bloom Ave, WBL

## White Bear Area Senior Center

Normandy Park Education Center, 2484 East County Road F, White Bear Lake, MN 55110  
Mon-Fri, 8:00 AM-4:30 PM | 651-653-3121 | Email: whitebearseniorprogram@isd624.org  
[www.WhiteBearSeniorProgram.org](http://www.WhiteBearSeniorProgram.org)

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

### Senior Center Membership

**JULY 1-JUNE 30 | \$30**

Membership is required to attend ongoing group activities at the Senior Center.

New memberships and renewals can be processed in our Main Office, by calling 651-653-3121 or visit our website at [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com) and search "membership".

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

**Current Wave Monthly Email** provides supplemental information to the Voice newsletter. To receive this email call 651-653-3121.

### Craft Corner Gift Shop

Open 11:00 AM-3:30 PM daily  
**(651) 653-3130**

Our gift shop is the perfect place for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 50+ years old 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 Housing Day

Is your current home becoming too hard to maintain? Join us in exploring your housing options! As you start thinking about your next move, visit the over 15 area housing options at the Senior Center to find the answers you are looking for here! Representatives will be available with information and answers to your questions about their properties, amenities, and their services.

**0416-501 | 1 Session | Sat, Apr 22  
10:00 AM-2:00 PM | Free  
Senior Center**

### Senior Crafts

#### WOOD BURNING

Learn the basics of pyrography. Designs will be available to choose from or bring in your own image. Took the class before? Join us to improve your skills! Project 11"x 6.5".

**22223-710 | Thu, Feb 9  
9:30-11:30 AM | \$15 | Senior Center**

#### WAVEY WREATH

Create a simple and colorfully fun wreath that can be up throughout the year!

**2223-711 | Wed, Mar 15  
9:30-11:30 AM | \$15 | Senior Center**

#### SPRING BIRD

Join us in making a pretty bird made of colorful fabrics and simple embroidery stitches. We'll fill the bird with fiber fill, but you are welcome to bring in scented sachet fill instead. No sewing skills are needed!

**2223-712 | Tue, May 23  
9:00-10:30 AM | \$15 | Senior Center**

### Bingo

Join us in a fun-paced game of Bingo!

**0108-700 | 1 Session | Tue, Jan 17  
1:00-3:00 PM | \$5 | Senior Center**

### Fraud Prevention

Join the White Bear Police Department for a presentation on fraud prevention tips. Discuss real life examples relating to scams against seniors, financial scams and fraud, web based scams and much more.

**0409-860 | 1 Session | Thu, Apr 13  
9:30-10:30 AM | Free | Senior Center**

**Senior Center is closed:  
Jan 2, 16, Feb 20, May 29**

**Meals on Wheels is closed  
Jan 2, 16, Feb 20, May 29**

### Get Up & Go Fitness

Purchase punch cards at the White Bear Area Senior Center. Classes held at White Bear Dance Center, 2462 Cty Rd F E, WBL.

\$55/punch card for 8 classes

### Aerobics

**Tue-Fri | 9:30-10:30 AM**

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

### Health Discount

Participant members qualify for Free Get Up & Go classes.

**See more fitness classes  
on pages 12!**

### Foot Care Clinic at the Senior Center

2484 East County Rd F, WBL  
\$50 / 35 minute appointment.  
Call 651-653-3121 to make an appointment.

Cash, check or credit card\*

*\*Credit cards will be charged an additional \$3 processing fee*

### Thank Goodness It's Food!

Due to the success and fun we had last year with TGI Food we will be offering the program again this winter! Meals will be served at the Senior Center. Call the Senior Center for registration and meal details: 651-653-3121.

**Fri, Jan, 20 | Lunch by EAT | 11:00 AM & 12:00 PM Seating | \$5**

**Fri, Feb, 17 | Lunch by Key's Café | 1:00 PM & 12:00 PM Seating | \$5**

**Fri, Mar 17 | Dinner, TBA | 4:30 & 5:45 PM Seating | \$5**

**Fri, Apr 28 | Dinner, TBA | 4:30 & 5:45 PM Seating | \$5**



## Field Trip: Canoe the St. Croix NEW

Love being on the water? Did you use to canoe when you were younger? You can again when you join us for a leisurely paddle down the St Croix River, stopping midway for a picnic lunch and restrooms! Pack your own lunch with a beverage, we will provide coolers. Dress in layers for the weather and shoes that can get wet. We just ask you to be somewhat spry and able to get in and out of the canoe with balancing assistance.

The bus will depart and return from the Mahtomedi Education Center 1520 Mahtomedi Ave, Mahtomedi.

**0514-760 | Thu, May 25 | 11:00 AM-3:00 PM | \$50**

## Day Trip to Ames Center in Burnsville: Church Basement Ladies Matinee, "Plowing Thru"

In the 9th installment of the highly successful series, the year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, PLOWIN' THRU.

Buffet Lunch features: Salisbury Steak with Gravy & Sautéed Onions, Au Gratin Potatoes, Roasted California Blend Vegetables, Soft Roll with Whipped Butter, Fresh Side Salad & Dressing, Fresh Baked Cookies, Watergate Salad, Lemonade, Coffee, and Water.

**0212-810 | Tue, Feb 14 | 11:00 AM-4:00 PM | \$65**

**SPRING  
BOUTIQUE  
& BAKE SALE**

**Fri, Mar 24 | 9AM - 7PM  
Sat, Mar 25 | 9AM - 4PM**

Shop this season's handmade  
items for all your gifting  
needs. Our handmade items  
will make any gift special.

Art - Baby - Books from Local Authors  
Doll Cloths - Floral Arrangements - Home Decor  
Jewelry - Kitchen Items - Totes

**WB Senior Center  
2484 E County Rd F, WBL**

**Meals on Wheels** is a community based program that delivers nutrition meals to homes through the help of volunteers. Meals on Wheels is for anyone in our community in need of support or for those who just need a break from cooking.



### Hot or Cold Meals - Order Monthly

Menus sent to client monthly

Pick & Choose	Meal Price Range
when you want meals	\$5.50 - \$8.90
<b>Delivered between</b>	depending on
11:30 AM - 12:45 PM	monthly income

### Frozen Meals Options - Delivered Weekly

Included: Vegetable, side, dessert, beverage

Chicken/Turkey Meals	Pork Meals
Arroz Con Pollo	Baked Ham
BBQ Chicken Bowl	BBQ Pork Sandwich
Breakfast Turkey Sandwich	Ginger Honey Pork
Chicken Penne Parma Rosa	Hmong Sweet Pork
Chicken Tinga	Pork Al Pastor
Chicken Wild Rice Soup	Pork Stir Fry
Chicken w/Swiss & Mushroom	
Hmong Style Chicken	Vegetarian Meals
Honey Garlic Chicken	Black Bean Enchilada
Latin Roast Chicken	Bake
Rosemary Chicken	Lentil Soup
Sweet & Sour Chicken	Oatmeal
Turkey Taco Bowl	Ratatouille
Vietnamese Style Chicken	Vegetarian Lasagna
Beef Meals	Fish Meals
Beef Lasagna	Fish Taco Bowl
Beef Stew	Ginger Soy Fish
Beef Tacos	Mustard Herb Fish
Chili	Parmesan Crusted Fish
Meatloaf	Tuna Casserole
Pot Roast	

**For more information,**  
contact White Bear Meals on Wheels  
at 651-653-3123 or  
[MealsOnWheels@isd624.org](mailto:MealsOnWheels@isd624.org)



## 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 is a quarterly brochure listing a variety of 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.



## Annual Softball Tournament

Join one of the three Community Bridge Consortium very basic softball/t-ball teams. Develop team spirit, learn the game, improve skills and engage in a bit of competition. Batters can hit from a batting 'T' or a coach-pitched ball. The season includes practices, scrimmages and concludes with a tournament. Schedule and directions to the scrimmage locations will be handed out at the first practice.

Three teams to choose from:

- CBNTS1 North St. Paul-Maplewood-Oakdale, Robinhood Park, 2039 Manton St, Maplewood
- CBWTS1 White Bear Lake Area Team, Sunrise Park School Fields, White Bear Lake
- CBSTS1 South Washington County, Hemingway Field #41, Cottage Grove

5 sessions | Thu, May 14-Jun 11 | \$55 | 6:30-8:00 PM

Tournament: Sat, Jun 13, 9:30 AM-1:00 PM  
Lakewood Hills Park in White Bear Lake



Mosaic Bird Bath

## Simple Animal Drawings

In a few, easy shapes you can draw anything from an owl, to a buffalo, to a squid!

Wed, Jan 25 | 6:00-7:30 PM | \$15 | Senior Center

## Pizza & a Craft

A relaxing night to make your own pizza and a simple surprise craft!

Wed, Feb 15 | 6:00-7:30 PM | \$15 | Senior Center

## Wavy Wreath

Create a simple and colorfully fun wreath that can be up throughout the year!

Wed, Mar 1 | 6:00-7:30 PM | \$15 | Senior Center

## Container Salad Garden

Grow your own salad! Get all the supplies you need, plus step-by-step instruction. Michelle Bruhn of Forks in the Dirt will guide you through the planting and tending of your very own container salad garden.

Thu, Apr 20 | 6:00-7:30 PM | \$15 | Senior Center

## Mosaic Bird Bath

Create a colorful birdbath to entice birds to your yard. Decorate a terracotta saucer with colorful mosaic tiles.

Tue, May 9 | 6:00-9:00 PM | \$25 | Senior Center

## Party Line Dance

No need to sit and watch! Step into the party with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed.

Tue, May 23 | 6:00-7:00 PM | \$10 | South Campus

**To register, call 651-748-7232**

Community Bridge participants are welcomed to take any of the regular adult enrichment classes. Please call 651-653-3121 to register and let us know if you will be bringing a personal assistant with you.





White Bear Lake Area Schools  
Community Services and Recreation  
Department, in cooperation with  
North St. Paul-Maplewood-Oakdale  
Community Education and Mahtomedi

Community Education, offer full-service Adult Basic Education (ABE) programming for all area residents through Harmony Adult Education.



The White Bear Area Basic Education Program is growing! We want to hear what your interests are, what classes you would like to take and how we can serve you. Contact Jess Ponthan at 651-252-4425 (text or call).

### Courses:

- **English Language Classes (ESL):** Join our community of adult learners and improve your English language skills. Classes are held online.
- **GED Prep & Testing:** General Education Development (GED) & Testing Preparation is a self-paced program designed to help you study and prepare to take the GED tests. Day or evening drop-in classroom training is available at no cost to adults in our community.
- **Health Care Careers:** We can help you train for an entry-level position on a track toward a career as a Home HealthAide (HHA), Certified Nursing Assistant (CNA), Licensed Practical Nurse (LPN) or Registered Nurse (RN). We work with local Senior Housing and assisted living and memory care facilities to help workers find employment.
- **Information Technology (IT) Careers:** We can help you prepare for a future career in the (IT) field. Students may begin this free course at any time and certification tests are offered on-site.
- **Paraprofessional Careers:** Adults seeking employment as a paraprofessional are often required to have an associate's degree or at least 60 college semester credits. The ParaPro test is an alternative way to satisfy this requirement. We offer no cost study classes and practice tests for the ParaPro test. Testing is also available on-site. Students are responsible for testing fees.

For more information or questions on the many free classes offered, GED Diploma and testing, call 651-748-6208, email [harmonyabe@isd622.org](mailto:harmonyabe@isd622.org), or visit [www.isd622.org/Page/6231](http://www.isd622.org/Page/6231). Office hours are Mon/Tue/Wed: 9:00 AM-8:00 PM, Thu: 9:00 AM-5:00 PM, Fri: 9:00 AM-2:00 PM.

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

**English/other languages:** 651-407-7625.

### Clases de la Educación Básica de Adultos (Gratis)

- Inglés como Segundo Idioma
- Clases de GED
- Clases para entrar a carreras en: IT, el sector de salud, o escuelas profesionales

Para buscar empleo con las escuelas de White Bear: [www.isd624.org/employment](http://www.isd624.org/employment)

### Recursos Adicionales:

- Ayuda Alimentaria (White Bear Food Shelf)
- La Fundación Educacional de White Bear
  - "El Closet"- Ropa gratuita para familias
  - Ayuda financiera para clases y actividades de niños y adolescentes

### Cursos Populares:

- Clases de manejar
- Preparación para el ACT

Para Español por favor llame al 651-407-7625.

### Cov Chav Kawm Rau Cov Neeg Laus Basic Education (DAWB)

- Lus Askiv Yog hom lus Ob
- GED Kev npaj & Xeem
- Kev cob qhia ua haujlwm hauv: IT, Healthcare, or Paraprofessional hauv Tsev Kawm Ntawv

### Ua haujlwm hauv 624:

[www.isd624.org/employment](http://www.isd624.org/employment)

### Muaj kev pab cuam:

- White Bear Lake Food Shelf
- White Bear Lake Educational Foundation
  - The Closet khaub ncaws-Khaub ncaws ua xav tau
  - Kev Pab Nyiaj rau Cov Hluas rau Kev Txhim Kho thiab Kev Ua Si

### Cov chav kawm nrov:

- Kev Kawm Tsav Tsheb
- ACT Xeem Kev npaj

Xav tau ntawv Hmoob hu rau 651-407-7623.

## ECFE Classes include Three Components:

- » **Parent-Child Interaction:** You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.
- » **Parent Education:** Meet with other parents and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children's classroom for non-separating classes.
- » **Children's Classroom:** While parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.

## 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](http://whitebear.ce.eleyo.com).

Early Childhood Screenings are held at:

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

Early Childhood Screening Dates	
Jan 6, 13, 20	8:30-10:30 AM, 12:15-2:15 PM
Feb 3, 17, 24	8:30-10:30 AM, 12:15-2:15 PM
Mar 3, 17, 24	8:30-10:30 AM, 12:15-2:15 PM
Apr 1	8 AM-12 PM
April 21, 28	8:30-10:30 AM, 12:15-2:15 PM
May 12, 19	8:30-10:30 AM, 12:15-2:15 PM

## Home Visits

- » ECFE makes house calls. Home visits are offered to families with children birth to age five (not yet in kindergarten). A licensed Family Educator will share information about community resources and talk about how children grow and develop, and how your child learns.
- » Contact Tami at 651-653-3159 or [tamara.lemieux@isd624.org](mailto:tamara.lemieux@isd624.org) to schedule your free home visit.



## Upcoming Events

- **JAN 26, 2023: Movin' and Messin'**  
9:00-11:00 AM | Normandy Park
- **FEB 28, 2023: Library Story Time**  
6:00-7:15 PM | Oneka Elementary
- **APR 11, 2023: Toddler Tunes**  
9:00-11:00 AM | Normandy Park
- **JUN 2, 2023: End of the Year Party**  
5:30-7:00 PM | Normandy Park

## 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

Jan 4-Mar 1 | 5:30-7:30 PM

\$3/child

\$7/immediate family

Payable at the door each night.

**FREE Gym Night!**

1/4, 2/8

(sponsored by the PTA)



## Infants

AGES BIRTH-1 BY SEP 1, 2022

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.

**Mondays | 8:45-10:15 AM | Normandy Park | Call to register**

## ECFE Terrific Twos

AGE 2 BY SEP 1, 2022

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.

**Wednesdays | 8:45-10:45 AM | Normandy Park**

**Thursdays | 8:45-10:45 AM | Normandy Park**

**Call to register**

## Multi-Age

AGES BIRTH-5 BY SEP 1, 2022

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.

**Thursdays | 6-7:30 PM | Oneka Elementary | Call to register**

## Parent-Child Playschool

AGES 2-3 BY SEP 1, 2022

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.

Mondays, 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.

Tuesdays is child-only days. Children may attend as soon as they are 2.5 years old.

**Mondays & Tuesdays | 8:45-10:45 AM | Normandy Park**

*Monday is a parent/child day, Tuesday is child only*

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

## Lunch Buddies

AGES BIRTH-5 BY SEP 1, 2022

Not all young children nap but all young children enjoy special time with their caregivers and other children. This class will meet for lunch and a play date weekly either at the park or at Normandy Park Education Center. Bring your own light lunch, and be ready to enjoy playing and having fun with messy materials and friends.

**Thursdays | 11:30 AM-1:30 PM | \$45/3 month session**

**Dec-Feb & Mar-May: Normandy Park-Weather permitting**

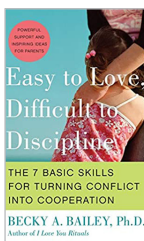
## Conscious Discipline Virtual Parenting Circle

Join us for an online parenting circle led by a licensed parent educator. The focus of this group will be Conscious Discipline framework. We will become more aware of the importance of self-regulation as an effective and positive way to handle the frustrations of parenting. Learn what the Conscious Discipline philosophy is, followed by digging deeper into it's enlightening concepts that apply to not only your relationship with your child but also how to foster all relationships.

**Tuesdays | 6:30-7:45 PM | \$55**

**Jan 10 & 17: in-person, rest ONLINE**

**Runs for 13 weeks | Jan 10-Apr 18 | No class Mar 7, Apr 11**



**Book Recommendation for Parents:** Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation by Becky A. Bailey, Ph.D.

**About the Author:** Becky A. Bailey, Ph.D., specializes in early childhood education and developmental psychology. Her lectures reach more than 20,000 people annually, and her awards include a Parents' Choice Foundation commendation for three of her parenting audiotapes. She has appeared on CNN, PBS, and The Hour of Power with Dr. Robert Schuller, among other programs.

## Music Together®

Sing, laugh, move and learn along with your baby, toddler or preschooler in these award-winning classes. Ten-week sessions start in January and April. Come try a FREE demo class to see if Music Together is a good fit for your family:

**Fri, Jan 6, 9:15-10 am, 10:15-11 am & 11:15 am-12 pm**

**Wed, Mar 29, 9:15-10 am**

**Fri Mar 31, 10:15-11:00 am**

Registration is required: [MusicTogetherClasses.org](https://MusicTogetherClasses.org)

## The Lowdown on the Pelvic Floor

**ATTENTION MOMS!** Learn the ins, the outs, common issues of the pelvic floor, after having a baby, how the pelvic floor works in conjunction with other muscles of your body, and what you can start doing today to help improve symptoms!

See page 14 for more information.

## Multi Age Pop in & Play Time!

AGES 0-4.11 BY SEP 1, 2022

Parents and Children will enjoy a variety of activities planned by the early childhood teacher. Grandparents and other caregivers are welcome!

**Tuesdays | 11 AM-12 PM | Normandy Park**

**\$20 | Jan 10, 17, 24, 31**

**\$20 | Feb 7, 14, 21, 28**

**\$15 | Mar 14, 21, 28**

**\$15 | April 4, 18, 25**

**\$20 | May 9, 16, 23, 30**


## Knee High Nature

AGES 2-3 BY SEP 1, 2022

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 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.

**Thursdays | 11:30 AM-1:30 PM | Tamarack**

**Call to register**



**Normandy Park  
Baby Closet**

The Baby Closet is a free resources for White Bear Area School District families in need of infant toiletries (*diapers wipes, lotion, etc.*). Occasionally there is also Baby formula and food.

**Open Mon-Fri  
8:00 AM - 3:00 PM  
or by appointment**

**2482 County Rd F East, WBL  
651-653-3100**

*Donations from program families and the White Bear Lake Area Education Foundation makes the program possible.*

## Young Explorers

AGES 2.5-3 BY SEP 1, 2022

Children will learn and discover exciting things in these "child only" drop-off classes. These theme-based classes offer opportunities to work on age-appropriate developmental skills that will foster curiosity while exploring new learning experiences. Children need to have independent toileting skills with limited accidents.

**Location: Oneka Elementary**

### Session 1: Winter Wonderland

Come join us as we explore the winter season, both inside and outside! We will learn all about snow, paint with ice, explore the nature path in winter and paint the snow. Be sure to bring your warm winter gear for outdoor play.

**Friday, Jan 6, 13, 20 | 8:45-10:45 AM | \$45**

### Session 2: Dinosaur Discovery

"We Are the Dinosaurs Marching, Marching!" Join us as we journey back in time to discover the large creatures that lived long ago. We will do a dinosaur dig, look at dinosaur fossils and bones, stomp some dinosaur tracks, and hatch a dinosaur egg.

**Fri, Feb 3, 17, 24 | 8:45-10:45 PM | \$45**

### Session 3: Amazing Animals

Animals, Animals, Animals Everywhere! Come explore all different kinds of animals including those at our house, at the zoo and on the farm. Children will have an opportunity to be a vet, make animal crafts and bring their favorite stuffie for our classroom parade.

**Fri, Mar 17, 24, 31 | 8:45-10:45 AM | \$45**

### Session 4: Signs of Spring

We will be watching and looking for all the signs of spring! During this session, the children will learn about the changes in nature during the spring season from bugs to flowers. We will dig in the dirt, create a spring mural with classmates, and explore and discover spring growth outside!

**Fri, Apr 21, 28, May 5 | 8:45-10:45 AM | \$45**

### Session 5: Let's Splash!

Come have some fun exploring water play both indoors and outdoors! During this last session for the school year, we will be splashing in our sensory table, fishing, painting with watercolors, and doing sink or float experiments. Be ready to get a little wet and have some fun!

**Fri, May 12, 19, 26 | 8:45-10:45 AM | \$45**

**facebook**

**Follow us on Facebook!**

**White Bear Lake  
Early Childhood Programs**



# EXTENDED DAY

WHITE BEAR LAKE  
AREA SCHOOLS

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.

- >> Two 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 hour notice and accepted if space is available)
- >> 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: \$40
- All registrations accepted on a space available basis based on the time of enrollment and child's grade level

Sample of 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!	

## CONTRACT INFORMATION

### CONSISTENT

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

### PICK YOUR DAYS

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

### SESSION & HOURS

- Before School: 6:30-7:45 PM
- After School: 2:15-4:30 PM
- After School: 2:15-6:00 PM
- Matoska AM: 6:30-8:30 PM
- Matoska PM: 3:00-6:00 PM

### RATES:

2023-2024 RATES WILL BE AVAILABLE  
ON MARCH 1 ONLINE AT  
[communityservices.isd624.org/youth/extended-day](http://communityservices.isd624.org/youth/extended-day)

Select Non-School day programming for 2023-2024 and information around sites will be available mid summer. Registration is open for these days up to 2 weeks prior to the scheduled Non-School day.

## Extended Day Summer 2023

- Registration opens March 1 at 11:00 AM
- Register by April 1 to receive a \$30 discounted registration fee
- Calendars available online when registration opens

**WR** *Out of School Time*  
**EXTENDED DAY ASSISTANT**

Wages: \$18.50 - 20.50/hour  
Positions at all schools  
Part & full time positions  
Paid time off  
No nights/weekends/holidays  
On the job training  
50% discount on tuition

**JOIN THE TEAM**



[bit.ly/3T23TEa](http://bit.ly/3T23TEa)

### **DASH Sports: Multi-Sport TYKES: Ages 2-5**

DASH Multi-Sport Tykes camps provide players an introductory experience in Soccer and T-ball. Little athletes will learn how to run, throw, catch, kick, and more! This camp ends on the final two days with fun scrimmages and games. Participants should bring a baseball glove. Parent participation is encouraged when needed. Please note there will not be access to the school buildings or bathrooms.

**AGES 2-3 | 0424-061 | 4 Sessions | Sat, Apr 29-May 20  
9:00-9:30 AM | \$75 | Oneka Elementary School**

**AGES 4-5 | 0424-062 | 4 Sessions | Sat, Apr 29-May 20  
9:40-10:25 AM | \$85 | Oneka Elementary School**

### **Skyhawks: Sunday Soccer: Age 3-12**

Using our progression based curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. This camp focuses on dribbling, passing, shooting and ball control. Your child will learn life skills such as teamwork and sportsmanship, make new friends and improve their sport skills preparing them to play on the playground or league play! Participants should wear athletic clothing and bring a water bottle.

**AGES 5-7 | 0501-172 | 4 Sessions | Sun, May 7-28  
1:00-2:00 PM | \$99 | Vadnais Heights Elementary**

**AGES 8-12 | 0501-173 | 4 Session | Sun, May 7-28  
2:10-3:10 PM | \$99 | Vadnais Heights Elementary**

**AGES 3-4 | 0501-174 | 4 Sessions | Sun, May 7-28  
3:20-3:50 PM | \$87 | Vadnais Heights Elementary**

### **DASH Sports: Multi-Sport: Gr K-2**

DASH Multi-Sport Tykes camps provide players an introductory experience in Soccer and T-ball. Little athletes will learn how to run, throw, catch, kick, and more! This camp ends on the final two days with fun scrimmages and games. Participants should bring a baseball glove. Parent participation is encouraged when needed. Please note there will not be access to the school buildings or bathrooms.

**0424-063 | 4 Sessions | Sat, Apr 29-May 20 | 10:35-11:35 AM  
\$89 | Oneka Elementary School**

### **Tech Tac Toe: STEAM Team Club: Gr K-3**

A super fun after school program for future Scientist and Engineers that introduces kids to cool engineering adventures and amazing discoveries. The program is packed with exciting projects to challenge their creative problem-solving skills and spark kid's love towards Science, Technology, Engineering and Math.

**0116-012 | 6 Sessions | Tue, Jan 17-Feb 28 | 2:20-3:20 PM  
\$129 | Oneka Elementary | No Class Feb 7**

**0116-011 | 6 Sessions | Wed, Jan 18-Feb 22 | 2:20-3:20 PM  
\$129 | Lakeaires Elementary**

**0116-010 | 6 Sessions | Thu, Jan 19-Mar 16 | 2:20-3:20 PM  
\$129 | Vadnais Heights Elementary  
No Class Jan 26, Feb 16, Mar 9**

**0116-013 | 6 Sessions | Mon, Jan 23-Mar 13 | 2:20-3:20 PM  
\$129 | Willow Lane Elementary | No Class Feb 20, Mar 6**



### **DASH Sports: Flag Football: Gr K-5**

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats and mouthguards are optional).

**0403-071 | 4 Sessions | Mon, Apr 3-May 1 | 2:20-3:20 PM  
\$79 | Birch Lake Elementary | No Class Apr 24**

**0403-073 | 4 Sessions | Wed, Apr 5-Apr 26 | 2:20-3:20 PM  
\$79 | Otter Lake Elementary**

**0403-072 | 4 Sessions | Tue, Apr 11-May 2 | 2:20-3:20 PM  
\$79 | North Star Elementary**

### **DASH Sports: Soccer: Gr K-5**

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a water bottle (spikes and shin guards are optional).

**0508-071 | 4 Sessions | Mon, May 8-Jun 5 | 2:20-3:20 PM  
\$79 | Birch Lake Elementary School | No Class May 29**

**0508-072 | 4 Sessions | Tue, May 9-30 | 2:20-3:20 PM  
\$79 | North Star Elementary**

**0508-073 | 4 Sessions | Wed, May 10-31 | 2:20-3:20 PM  
\$79 | Otter Lake Elementary**

### **DASH Sports: Multi Sport (Non-School Day): Gr K-5**

Looking for a fun non-school day filled with fun sports activities? This Multi-Sport camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Athletes will spend roughly 1.5 hours on each sport, performing fun, instructor-led skill-based activities and games. Also included in the daily activities will be other fun games such as Kickball, Capture the Flag, Wiffle Ball, Dodgeball, and more. Athletes should bring two snacks, a lunch, and a water bottle.

**0403-091 | 1 Session | Fri, Apr 7 | 9:00 AM-4:00 PM  
\$79 | Central Middle School**

**0403-092 | 1 Session | Mon, Apr 24 | 9:00 AM-4:00 PM  
\$79 | Central Middle School**



## Abrakadoodle: Amazing Clay Animals: Gr K-5

Join us at this amazing class and get ready for hands-on fun! Learn how to sculpt, coil, slab and pinch clay to make super cute, and fun animals out of air clay.

**0109-081 | 4 Sessions | Thu, Jan 12-Feb 9 | 2:20-3:20 PM \$65 | Birch Lake Elementary | No Class Jan 26**

**0109-082 | 4 Sessions | Fri, Jan 13-Feb 17 | 2:20-3:20 PM \$65 | Lakeaires Elementary | No Class Jan 27, Feb 10**

## Abrakadoodle: Meet the Masters: Gr K-5

Each week we'll focus on a famous artist as we learn about his/her style, we'll learn about art history, technique and vocabulary while painting, sculpting with clay, and drawing with pastels. Make room at home to display your masterpieces!

**0109-083 | 4 Sessions | Thu, Mar 16-Apr 13 | 2:20-3:20 PM \$65 | Birch Lake Elementary | No Class Mar 30**

**0109-084 | 4 Sessions | Fri, Mar 17-Apr 14 | 2:20-3:20 PM \$65 | Lakeaires Elementary | No Class Apr 7**

## Kidcreate: Crafty Like a Fox: Gr K-5

In this workshop, artists will use air-dry clay, Model Magic clay, paint, and more as they sculpt a clever little fox. Please pack a nut free snack and drink for your child.

**0306-223 | 1 Session | Tue, Mar 7 | 9:00 AM-12:00 PM \$49 | North Star Elementary**

## Kidcreate: Game On!: Gr K-5

Take a break and go "AFK" (away from keyboard) while exploring your favorite games in a brand new way! In this camp, we'll draw, sculpt, paint, and more as we create projects inspired by some of our favorite video games. Design your own avatar on a real canvas board, sculpt your favorite Among Us Crewmate, create Sonic the Hedgehog and so much more! This camp covers some of the hottest new games plus awesome throwback classics, too. Come get your game on! Please pack a nut free snack and drink for your child each day.

**0306-221 | 3 Sessions | Mon-Wed, Mar 6-8 9:00 AM-12:00 PM | \$125 | Lincoln Elementary School**

## Kidcreate: Magical, Mystical Unicorns: Gr K-5

Unicorn fans, you're in luck, because we have the perfect camp for you! We'll make unicorns that dazzle, sparkle, and shine as we explore a wide array of materials and techniques. We'll draw, sculpt, and even learn the secret recipe for making fabulous, glittery Unicorn Slime! Please pack a nut free snack and drink for your child.

**0306-222 | 1 Session | Mon, Mar 6 | 9:00 AM-3:00 PM \$99 | North Star Elementary**

## Kidcreate: Drawing as Easy as 1, 2, 3: Gr K-5

With this class, you'll learn drawing really is as easy as 1, 2, 3! If you can write an ordinary number, you can turn it into an extraordinary drawing by following our simple step-by-step processes. From zany zebras, cute puppies to a giant cactus and everything in between, you won't believe what you can create from an ordinary number. (Though we'll borrow some numbers, no actual math is required for this artsy good time!)

**0109-221 | 6 Sessions | Mon, Jan 30-Mar 20 | 2:20-3:20 PM \$115 | Otter Lake Elementary | No Class Feb 20, Mar 6**

**0109-222 | 6 Sessions | Mon, Jan 30-Mar 20 | 2:20-3:20 PM \$115 | Lakeaires Elementary School | No Class Feb 20, Mar 6**

**0109-227 | 6 Sessions | Tue, Jan 31-Mar 21 | 2:20-3:20 PM \$115 | Vadnais Heights Elementary | No Class Feb 7, Mar 7**

**0109-228 | 6 Sessions | Tue, Jan 31-Mar 21 | 3:00-4:00 PM \$115 | Matoska International | No Class Feb 7, Mar 7**

**0109-223 | 6 Sessions | Wed, Feb 1-Mar 15 | 2:20-3:20 PM \$115 | Lincoln Elementary School | No Class Mar 8**

**0109-224 | 6 Sessions | Wed, Feb 1-Mar 15 | 2:20-3:20 PM \$115 | Oneka Elementary School | No Class Mar 8**

**0109-225 | 6 Sessions | Thu, Feb 2-Mar 23 | 2:20-3:20 PM \$115 | North Star Elementary | No Class Feb 16, Mar 9**

**0109-226 | 6 Sessions | Thu, Feb 2-Mar 23 | 2:20-3:20 PM \$115 | Willow Lane Elementary | No Class Feb 16, Mar 9**

**0109-229 | 6 Sessions | Fri, Feb 3-Mar 24 | 2:20-3:20 PM \$115 | Birch Lake Elementary School | No Class Feb 10, Mar 10**

## Kidcreate: Let's Draw, Paint and Sculpt: Gr K-5

You asked for it, so here it is—a class with all that art has to offer and more! Your child will love experimenting with many different materials while learning lots of new techniques. We'll learn to draw a wacky llama, and we'll sculpt and paint a box full of delicious-looking donuts. We'll even create one of our most popular projects—a snow globe! Parents, you'll need to make space on the fridge and the mantle for these amazing works of art!

**0109-231 | 6 Sessions | Mon, Apr 10-May 22 | 2:20-3:20 PM \$115 | Otter Lake Elementary | No Class Apr 24**

**0109-232 | 6 Sessions | Mon, Apr 10-May 22 | 2:20-3:20 PM \$115 | Lakeaires Elementary School | No Class Apr 24**

**0109-237 | 6 Sessions | Tue, Apr 11-May 16 | 2:20-3:20 PM \$115 | Vadnais Heights Elementary**

**0109-238 | 6 Sessions | Tue, Apr 11-May 16 | 3:00-4:00 PM \$115 | Matoska International**

**0109-233 | 6 Sessions | Wed, Apr 12-May 17 | 2:20-3:20 PM \$115 | Lincoln Elementary School**

**0109-234 | 6 Sessions | Wed, Apr 12-May 17 | 2:20-3:20 PM \$115 | Oneka Elementary School**

**0109-235 | 6 Sessions | Thu, Apr 13-May 18 | 2:20-3:20 PM \$115 | North Star Elementary**

**0109-236 | 6 Sessions | Thu, Apr 13-May 18 | 2:20-3:20 PM \$115 | Willow Lane Elementary**

**0109-239 | 6 Sessions | Fri, Apr 14-May 19 | 2:20-3:20 PM \$115 | Birch Lake Elementary School**

## CSGA: Morning Chess Club: Gr K-5

Whether you consider yourself a beginner or intermediate player, join this club to meet and interact with other chess players in your school and play on a weekly basis. Players will learn the basic rules and strategies of chess if they are new to the game. Tournament play is encouraged beyond the club, but not required.

**0109-086 | 14 Sessions | Mon, Jan 9-May 8 | 6:45-7:30 AM**  
**\$115 | North Star Elementary**

*No Class Jan 16, Feb 20, Mar 6, Apr 24*

**0109-087 | 17 Sessions | Tue, Jan 10-May 9 | 6:45-7:30 AM**  
**\$139 | Otter Lake Elementary | No Class Mar 7**

**0109-088 | 17 Sessions | Wed, Jan 11-May 10 | 6:45-7:30 AM**  
**\$139 | Lincoln Elementary School | No Class Mar 8**

**0109-089 | 16 Sessions | Thu, Jan 12-May 11 | 6:45-7:30 AM**  
**\$130 | Willow Lane Elementary | No Class Jan 26, Mar 9**

**0109-090 | 14 Sessions | Fri, Jan 13-May 12 | 6:45-7:30 AM**  
**\$115 | Vadnais Heights Elementary**

*No Class Jan 27, Feb 10, Mar 10 & Apr 7*

## Lakeshore Players Theater: Explore!: Gr K-5

We take snippets of a popular musical (scenes and songs) and the students learn an abbreviated version, thus the title, "Explore!" It is an excellent way for students to test their interest in musical theatre without the pressure of attending long rehearsals and fully staged performances.

**0109-181 | 6 Sessions | Tue, Jan 10-Feb 21 | 2:20-3:50 PM**  
**\$170 | North Star Elementary | No Class Feb 7**

**0109-182 | 6 Session | Wed, Jan 11-Feb 15 | 2:20-3:50 PM**  
**\$170 | Otter Lake Elementary**

**0109-183 | 6 Sessions | Thu, Jan 12-Mar 2 | 2:20-3:50 PM**  
**\$170 | Lincoln Elementary School | No Class Jan 26, Feb 16**

**0109-187 | 6 Sessions | Mon, Mar 13-Apr 17 | 2:20-3:50 PM**  
**\$170 | Oneka Elementary School**

### Fun with Epoxy Art (Ages 10+ with Adult)

**Thu, Mar 16 | 6:00-9:00 PM**  
**\$50 | Makerspace, 5966 Hwy 61 N, WBL**

### Mississippi River Painting (Ages 13-15 with Adult)

**Wed, Mar 29 | 5:30-9:30 PM**  
**\$60/person, \$110/pair | Senior Center**

### Adult & Child: Paint Date (Ages 10+ & Adult)

**SNOW FRIENDS**  
**Thu, Feb 23 | 5:30-7:30 PM**  
**\$40/pair | Senior Center**

**SPRING FLOWERS**  
**Thu, Apr 20 | 5:30-7:30 PM**  
**\$40/pair | Senior Center**

See page 6 for more information

## Language Sprout: Afternoon Spanish Language: Gr K-5

Come learn Spanish with Language Sprout. This elementary-focused, immersive program will get your child speaking fast. Our classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Class includes a parent portal for continued learning at home.

**0109-271 | 35 Sessions | Mon & Wed, Jan 9-May 24**  
**2:20-3:20 PM | \$555\* | Oneka Elementary**

*No Class Jan 16, Feb 20, Mar 6, Mar 8, Apr 24*

**0109-281 | 25 Sessions | Mon & Wed, Jan 9-May 24**  
**2:20-3:20 PM | \$555\* | Vadnais Heights Elementary**

*No Class Jan 16, Feb 20, Mar 6, Mar 8, Apr 24*

**0109-270 | 35 Sessions | Tue & Thu, Jan 10-Jun 1**  
**2:20-3:20 PM | \$555\* | Lincoln Elementary**

*No Class Jan 26, Feb 7, Feb 16, Mar 7, Mar 9, Mar 30, Apr 4*

**0109-280 | 35 Sessions | Tue & Thu, Jan 10-Jun 1**  
**3:00-4:00 PM | \$555\* | Matoska International**

*No Class Jan 26, Feb 7, Feb 16, Mar 7, Mar 9, Mar 30, Apr 4*

**0109-291 | 17 Sessions | Fri, Jan 13-Jun 2 | 2:20-3:20 PM**  
**\$285\* | Otter Lake Elementary**

*No Class Jan 27, Feb 10, Mar 10, Apr 7*

**0109-292 | 17 Sessions | Fri, Jan 13-Jun 2 | 2:20-3:20 PM**  
**\$285\* | North Star Elementary**

*No Class Jan 27, Feb 10, Mar 10, Apr 7*

*\*Payment plans available*

## Young Rembrandts: Anime & Manga: Gr K-5

If you have Manga Mania, sign up for this class. We'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging - this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings.

**0109-014 | 6 Sessions | Thu, Jan 12-Mar 2 | 2:25-3:25 PM**  
**Oneka Elementary | No Class Jan 26, Feb 16**

**0109-021 | 6 Sessions | Thu, Jan 12-Mar 2 | 2:25-3:25 PM**  
**\$85 | Otter Lake Elementary | No Class Jan 26, Feb 16**

**0109-015 | 6 Sessions | Tue, Jan 17-Feb 28 | 2:25-3:25 PM**  
**\$85 | Lincoln Elementary | No Class Feb 7**

**0109-016 | 6 Sessions | Tue, Jan 17-Feb 28 | 2:25-3:25 PM**  
**\$85 | Birch Lake Elementary | No Class Feb 7**

**0109-023 | 6 Sessions | Tue, Jan 17-Feb 28 | 2:25-3:25 PM**  
**\$85 | Lakecaires Elementary | No Class Feb 7**

**0109-017 | 7 Sessions | Wed, Jan 18-Mar 1 | 3:05-4:05 PM**  
**\$99 | Matoska International**

**0109-020 | 7 Sessions | Wed, Jan 18-Mar 1 | 2:25-3:25 PM**  
**\$99 | Willow Lane Elementary**

**0109-013 | 5 Sessions | Mon, Jan 23-Feb 27 | 2:25-3:25 PM**  
**\$69 | North Star Elementary | No Class Feb 20**

**0109-019 | 5 Sessions | Mon, Jan 23-Feb 27 | 2:25-3:25 PM**  
**\$69 | Vadnais Heights Elementary | No Class Feb 20**





### Young Rembrandts: Monsters, Creatures and Creeps: Gr K-5

If your child is a fan of creepy, crawly monsters, this art workshop is the perfect fit. Your child will learn to draw and cartoon a variety of characters. They will learn to draw monsters of all shapes, sizes and colors with humorous expressions and animated poses. There are big monsters... and little monsters! Furry monsters... and scaly monsters! If we can imagine a monster, we'll draw it!

0320-001 | 8 Sessions | Mon, Mar 20-May 15 | 2:25-3:25 PM  
\$109 | North Star Elementary | No Class Apr 24

0320-006 | 8 Sessions | Mon, Mar 20-May 15 | 2:25-3:25 PM  
\$109 | Vadnais Heights Elementary | No Class Apr 24

0320-0022 | 7 Sessions | Tue, Mar 21-May 9 | 2:25-3:25 PM  
\$99 | Lakeaires Elementary | No Class Apr 4

0320-004 | 7 Sessions | Tue, Mar 21-May 9 2:25-3:25 PM  
\$99 | Birch Lake Elementary | No Class Apr 4

0320-005 | 8 Sessions | Wed, Mar 22-May 10 | 3:05-4:05 PM  
\$109 | Matoska International

0320-021 | 8 Sessions | Wed, Mar 22-May 10 | 2:25-3:25 PM  
\$109 | Willow Lane Elementary

0320-002 | 8 Sessions | Thu, Mar 23-May 18 | 2:25-3:25 PM  
\$109 | Oneka Elementary | No Class Mar 30

0320-010 | 8 Sessions | Thu, Mar 23-May 18 | 2:25-3:25 PM  
\$109 | Otter Lake Elementary | No Class Mar 30

### Young Rembrandts: Animal Cartoons: Gr K-5

If your child is a fan of cuddly animals and funny cartoons, this drawing workshop is especially tailored for his or her needs. Students will learn how to draw animals of all shapes, sizes, and colors and learn how to personify ordinary animals, transforming them into fully realized cartoon characters.

0403-001 | 2 Sessions | Mon/Fri, Apr 7 & 24  
9:00 AM-12:00 PM | \$85 | Matoska International

## SUMMER 2023

Youth Enrichment and Youth Recreation  
registration opens MARCH 1!

### Spark Equestrian: Academy Day Camp: Age 6-12

Spark Equestrian's day camps at Hardwood Creek Farm teach kids the basics of horse care, grooming, and riding. Our indoor arena and barn are heated during the winter months. Kids should provide their own lunch and wear long pants with close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside. We play games, do a craft, and make treats for the horses. During the riding portion of camp, students take turns leading each other around while learning how to walk, steer and stop.

0123-201 | 1 Session | Fri, Jan 27 | 9:00 AM-2:00 PM  
\$159 | Hardwood Creek Farm

0123-202 | 1 Session | Fri, Feb 10 | 9:00 AM-2:00 PM  
\$159 | Hardwood Creek Farm

0123-203 | 1 Session | Fri, Mar 10 | 9:00 AM-2:00 PM  
\$159 | Hardwood Creek Farm

0123-204 | 1 Session | Fri, Apr 7 | 9:00 AM-2:00 PM  
\$159 | Hardwood Creek Farm

0123-205 | 1 Session | Mon, Apr 24 | 9:00 AM-2:00 PM  
\$159 | Hardwood Creek Farm

### Skyhawks: Multi-Sport: Gr K-7

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine Soccer, Flag Football and Basketball into our fun-filled sessions. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Please note these programs may change site due to availability or be canceled due to unsafe weather.

0123-171 | 1 Session | Thu, Jan 26 | 9:00 AM-3:30 PM  
\$75 | Central Middle School

0123-172 | 1 Session | Fri, Jan 27 | 9:00 AM-3:30 PM  
\$75 | Central Middle School

0123-173 | 5 Sessions | Mon-Fri, Mar 6-10  
9:00 AM-3:30 PM | \$299 | Lincoln Elementary

### Minnesota Sword play: Fencing: Gr K-12

Learn the fundamentals of safe swordplay and fencing in a fun and active learning environment. All equipment is provided. Learn new skills, basic techniques and train to compete! Emphasis on blade work, footwork and balance.

0116-018 | 6 Sessions | Sat, Jan 21-Mar 11 | 1:00-2:00 PM  
\$100 | North Campus High School | No Class Jan 28, Feb 25

0116-019 | 6 Sessions | Sat, Mar 18-Apr 22 | 1:00-2:00 PM  
\$100 | North Campus High School

### Tech Academy Online: Game Coding: Gr 1-4

Don't Just PLAY games. CREATE them! All new games and characters! Create and learn to modify our arcade-style games using Scratch. Scratch is a programming language, developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirement: PC needed, will not work on Chromebook, tablets, or phones.

0109-115 | 2 Sessions | Sat, Apr 15-Apr 22 | 8:00-10:00 AM  
\$79 | ONLINE

### AKA Sports: Pickleball and Tennis: Gr 1-5

Join AKASPORT for a new program offering! Try out a combo Pickleball and Tennis course. Both sports are fun, easy to learn, and low impact activities. This program will focus on the skills of how to operate both types of rackets, how to serve and move on the court, and proper form. Rules of play will also be taught. This program is for beginners or connoisseurs of court sports. Join today and our trained staff will take you through a series of drills and fun games while ensuring that your kids will gain knowledge and skills from this program!

**0417-100 | 5 Sessions | Mon, Apr 17-May 22 | 2:20-3:20 PM \$59 | Lincoln Elementary | No Class Apr 24**

**0109-108 | 5 Sessions | Thu, Apr 20-May 18 | 2:20-3:20 PM \$59 | Oneka Elementary**

### CSGA: Coding Club: Gr K-5

Computer programming is an excellent way to learn logical problem solving skills in a fun, engaging way that kids love! Whether you are new to coding or an experienced programmer, this club offers an individually tailored, unique and challenging opportunity for students to expand their knowledge base of an incredibly practical and rewarding 21st century skill set

**0327-109 | 8 Sessions | Mon, Mar 27-May 22 | 2:20-3:20 PM \$135 | Lincoln Elementary | No Class Apr 24**

**0327-105 | 9 Sessions | Wed, Mar 29-May 24 | 2:20-3:20 PM \$149 | North Star Elementary**

**0327-108 | 8 Sessions | Fri, Mar 31-May 26 | 3:00-4:00 PM \$135 | Matoska International | No Class Apr 7**

**0327-106 | 9 Sessions | Thu, Apr 6-Jun 1 | 2:20-3:20 PM \$149 | Birch Lake Elementary**

**0327-107 | 8 Sessions | Tue, Apr 11-May 30 | 2:20-3:20 PM \$135 | Otter Lake Elementary**

### Tech Academy Online: Multiplayer Minecraft Adventure Map Builder: Gr 1-6

Work as a team to create a custom multiplayer adventure map that features monster spawners, hidden armor, and more. Choose to design an in-game dungeon or build a castle to explore. Create tons of mini-games with all of your friends! Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirement: Minecraft Java Edition Need PC, will not work on Chromebooks, tablets, or phones.

**0102-100 | 2 Sessions | Sat, Jan 7 & 14 | 8:00-10:00 AM \$80 | ONLINE**

### Tech Academy Online: Multiplayer Minecraft Colosseum Builder: Gr 1-6

Become the architect of mini-game battle arenas! Build your own arena, then challenge your friends! Students will get a copy of the world map to take home and expand on. We will be using the PC/Java Edition of Minecraft. Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirements: Minecraft Java Edition PC needed, will not work on Chromebook, tablets, or phones.

**0109-106 | 2 Sessions | Sat, Feb 4-11 | 10:30 AM-12:30 PM \$79 | ONLINE**

### Tech Academy Online: Escape the Ender Dragon: Escape Room: Gr 1-6

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed Escape Room Adventure Map. Our mission to race through the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home. Basic computer skills needed. Technical requirement: Minecraft Java Edition PC needed, will not work on Chromebook, tablets, or phones.

**0109-108 | 2 Sessions | Tue, Feb 14-21 | 6:00-7:30 PM \$59 | ONLINE**

### Tech Academy Online: Game Coding Pokemon: Gr 2-5

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Pokémon characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed. Technical requirement: PC needed, will not work on Chromebook, tablets, or phones.

**0109-102 | 1 Session | Thu, Jan 12 | 6:00-7:30 PM \$30 | ONLINE**

### Tech Academy Online: Game Coding Star Wars: Gr 2-5

In this class, we introduce students' programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed. Technical requirement PC needed, will not work on Chromebook, tablets, or phones.

**0109-105 | 2 Session | Sat, Feb 4-11 | 8:00-10:00 AM \$79 | ONLINE**

### Tech Academy Online: 3D Printing & CAD: Gr 2-6

New Projects! 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 is an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life. One 3D Designed will be printed and mailed to students. No experience is necessary, but familiarity with doing common tasks using a computer and keyboarding is required. Technical Requirement: Cura (free download).

**0109-114 | 1 Session | Sat, Apr 1 | 9:00 AM-12:00 PM \$79 | ONLINE**

### Tech Academy Online: Minecraft Coding Automations: Gr 2-6

Learn to use Redstone and command blocks to make automated machines in Minecraft Java Edition. Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirement: Minecraft Java Edition PC needed, will not work on Chromebook, tablets, or phones.

**0109-107 | 1 Session | Thu, Feb 9 | 6:00-7:30 PM \$29 | ONLINE**



## Tech Academy Online: Minecraft Mod Development Custom Mobs: Gr 2-6

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool for learning Minecraft modding and learning concepts of software programming. Students should be comfortable with keyboarding and, of course, playing Minecraft! Technical Requirement: Minecraft Java Edition PC only will not work on Mac, Chromebook, tablets, or phones. Mcreator-free downloadable software.

**0109-104 | 1 Session | Sat, Jan 21 | 9:00 AM-12:00 PM \$59 | ONLINE**

## Tech Academy Online: Minecraft ModPack Development: Gr 2-6

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. We will make a custom ModPack. Students should be comfortable with keyboarding, and, of course, playing Minecraft! At the end of the class, take home your Mods to share with family and friends. Basic computer skills needed. Technical Requirement: Minecraft Java Edition PC only, will not work on Mac, Chromebook, tablets, or phones. Mcreator-free downloadable software - must be downloaded and installed before class.

**0109-113 | 2 Sessions | Mon/Tue, Mar 6 & 7 9:00-11:30 AM | \$99 | ONLINE**

## Tech Academy Online: Multiplayer Minecraft Skyblock Creator: Gr 2-7

Work as a team to create a custom Skyblock World in Minecraft. Use creativity and Redstone to create this floating world! Students will get a copy of the world map to take home and expand on. Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirement: Minecraft Java Edition Need PC, will not work on Chromebooks, tablets, or phones

**0109-103 | 2 Sessions | Tue, Jan 17 & 24 | 6:00-7:30 PM \$59 | Online**

## CSGA: 3D Design & Printing: Gr 3-5

Challenge your creativity by designing 3D objects using Computer Aided Design software and then printing your designs. Learn about scale and when prototyping a design that is not at full size. Also design an object that is at functional scale and usable! We will be using 3D printers and CAD software.

**0109-133 | 8 Sessions | Mon, Jan 9-Mar 20 | 2:20-3:20 PM \$135 | Lincoln Elementary | No Class Jan 16, Feb 20, Mar 6**

**0109-132 | 9 Sessions | Tue, Jan 10-Mar 21 | 2:20-3:20 PM \$149 | Otter Lake Elementary | No Class Feb 7, Mar 7**

**0109-131 | 10 Sessions | Wed, Jan 11-Mar 22 | 2:20-3:20 PM \$169 | North Star Elementary | No Class Mar 8**

**0109-13 | 8 Sessions | Thu, Jan 12-Mar 23 | 2:20-3:20 PM \$135 | Birch Lake Elementary | No Class Jan 26, Feb 16, Mar 9**

**0109-134 | 8 Sessions | Fri, Jan 13-Mar 24 | 3:00-4:00 PM \$135 | Matoska International | No Class Jan 27, Feb 10, Mar 10**

## Tech Academy Online: Game Coding Mario Kart: Gr 3-7

In this class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart-style game. Then pick custom characters, track to customize their games. Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirement: PC needed, will not work on Chromebook, tablets, or phones.

**0109-112 | 1 Session | Thu, Mar 16 | 6:00-7:30 PM \$29 | ONLINE**

## Tech Academy Online: Game Coding Multiplayer: Gr 3-7

In this class, we introduce students' programming concepts using Scratch. Learn to create multiplayer games. Scratch is a drag-and-drop creative coding platform developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). Technical Requirement: PC needed, will not work on Chromebook, tablets, or phones.

**0109-111 | 2 Sessions | Sat, Mar 4-11 | 10:30 AM-12:30 PM \$79 | Online**

## Tech Academy Online: Video Production for YouTube Podcasting: Gr 3-7

Learn how to produce a YouTube-Learn the ins and out of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Technical Requirements: Cell Phone video camera or external webcam, Imovie (Mac) or Filmdora (Windows trial version) software, Audacity free software download.

**0109-110 | 2 Sessions | Sat, Mar 4 & 11 | 8:00-10:00 AM \$79 | ONLINE**

## Tech Academy Online: Video Production for YouTube: Gr 3-7

Learn how to produce a YouTube Video! YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Technical Requirement: Cell Phone video camera or external webcam Imovie (Mac) or Filmdora (Windows trial version) software.

**0102-101 | 2 Session | Sat, Jan 7 & 14 | 10:30 AM-12:30 PM \$80 | ONLINE**

## Concorde Education: Online Anime Club: Gr 3-8

Following the style of a literature analysis club, our anime club students compare the stories and styles of various anime before designing characters and stories of their own. Club meetings include screenings and discussions.

**0213-025 | 10 Sessions | Mon, Feb 13-May 8 | 4:30-5:30 PM \$110 | Online | No Class Feb 20, Mar 6, Apr 24**

### Code Championship Tournament Series Virtual Computer Coding Competition: Gr 3-9

Build a computer bot to play head-to-head against other coders! Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. The Code Championship Series is a series of four tournaments in four weeks (it's OK to miss one or two). These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Please come knowing how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

**0327-020 | 4 Sessions | Sat, Apr 1-22 | 9:00-11:00 AM**  
**\$89 | ONLINE**

### Higher Ground BJJ: Kids Brazilian Jiu-Jitsu: Ages 8-14

Kids Brazilian Jiu-Jitsu is a 6 week program designed to give your child an introduction to this fun and engaging martial art! Kids will learn the basic positions of BJJ that can help increase body awareness, athleticism, and physical boundaries. Technical practice, combined with games and BJJ specific drills will all be utilized in this fast paced, exciting class!

**0123-199 | 6 Sessions | Wed, Jan 25-Mar 1 | 5:00-6:00 PM**  
**\$179 | Higher Ground BJJ, 5960 US-61 #2, WBL**

### Tech Academy Online: Hacking Java Games: Gr 4-8

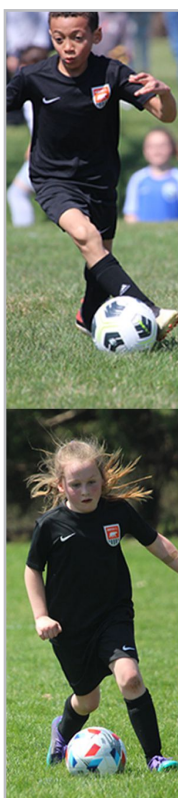
Hack into the code of classic games! Students will learn Java coding skills while modifying games. Coding beginners and more experienced students will love this class. This fun class is our staff's and students' favorite coding class. We will be editing text files. No experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required. Technical Requirement: PC needed, will not work on Chromebook, tablets, or phones. BlueJay-free download, Java development Environment, will provide download instructions before class.

**0109-109 | 1 Session | Sat, Feb 25 | 9:00 AM-12:00 PM**  
**\$59 | ONLINE**

### Tech Academy Online: Web Design: Gr 4-8

Learn to create web pages! Students will learn how to create an HTML web page, learn various HTML tags, and experiment with design, JavaScript, and CSS. No experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required. Technical Requirement: PC needed-will not work on Chromebook, tablets, or phones.

**0109-116 | 2 Sessions | Sat, Apr 15 & 22 | 10:30 AM-12:30 PM**  
**\$79 | ONLINE**



# MANITOU F.C.

## SPRING/SUMMER YOUTH SOCCER

## YOUNG LEGENDS LEAGUE 2023/2024

**U5-U6 Boys & Girls: Birth Years: 2019, 2018, 2017**

**U7-U8 Boys & Girls: Birth Years 2016, 2015**

**Games mid May - June**

**Game Locations: Beaver Ponds, Polar Lakes Park, Podvin Park**

**Season fee: \$99**

**Weekly Club-led Training**

**End of Season Jamboree June 27**

**For info and to register: [manitoufc.org/programs/](http://manitoufc.org/programs/)**

### Concorde Education: Online Music Production: Gr 5-12

Most of today's music is created and recorded on computers using software and online platforms called Digital Audio Workstations or DAWs. Essentially, all that's needed to start creating and recording music is a computer and a DAW. Whether you're a music lover looking to create your own music, collaborate with peers to create something amazing, an aspiring singer, rapper, instrumentalist looking to record, or if you are interested in creating music for a video game or film, this course will teach you the fundamental skills necessary to begin your music production journey.

**0213-026 | 9 Sessions | Tue, Feb 14-Apr 25 | 4:30-5:30 PM \$120 | ONLINE | No Class Mar 7, Mar 14**

### Concorde Education: Online Rocket League ESports Team: Gr 5-12

Want to take your gaming to the next level? Imagine winning competitions for your school, building your skills, pursuing scholarships, and future opportunities in the world of esports. We can help you realize those dreams. For many, the idea of being a professional gamer, streamer, or content creator might seem out of reach, but you must start with small steps. Our course is designed to teach the intricacies of in-game strategy, broadcasting and design to help you make a name for yourself. Our coaches can help you turn your hobbies into marketable skills for the future. Join us on the cutting edge and let the games begin!

**0205-028 | 20 Sessions | Wed, Jan 18-Jun 7 | 4:30-6:00 PM \$199 | ONLINE | No Class Mar 8**

### Concorde Education: Online Video Editing: Gr 5-12

Video Editing takes so many forms. Perhaps you're trying to tell a story, or you're putting together a highlight reel of gameplay footage-Regardless of what the end product of your video will be, editing helps play a huge role in how people engage with your video! Whether you're using an app on your phone or you have a more substantial program like Adobe Premiere, you'll learn some of the fundamentals of video editing and how to create a really cool and engaging video!

**0213-027 | 10 Sessions | Thu, Feb 16-Apr 27 | 4:30-5:30 PM \$120 | Online | No Class Mar 9**

### Acrylic Studio Art: Explore Acrylic and Watercolor Painting Gr 6-8

Four sessions in this creative painting class. Painting is a relaxing and a fun experience. This class will help you build your knowledge in basic acrylic and watercolor techniques. You will learn how to use different brushes and techniques in painting. Take-home unique projects from the last three classes. Beginners to intermediate participants. All materials provided.

**0227-048 | 4 Sessions | Mon, Feb 27-Mar 27 | 4-5:30 PM \$149 | Sunrise Middle School | No Class Mar 6**

**0227-049 | 4 Sessions | Tue & Wed, Mar 14-Apr 5 4-5:30 PM | \$149 | Sunrise Middle School**

### Acrylic Studio Art: Mandala Art on Canvas: Gr 6-8

Mandala art has a soothing power that will instantly relax and fascinate you. It's a vibrant and colorful art design, you will be painting on a 12x12 canvas, and all the dotting tools will be provided. Enjoy the Mandala Art print in your room or give it as a gift to a friend or family member.

**0130-048 | 1 Session | Tue, Jan 31 | 4:00-6:00 PM \$35 | Sunrise Middle School**

**0130-049 | 1 Session | Thu, Mar 16 | 4:00-6:00 PM \$35 | Central Middle School**

### CSGA: MS Strategy Game & RPG Club: Gr 6-8

CSGA Enrichment provides before & after school enrichment activities for all ages. Take strategy gaming to the next level! Play challenging and popular games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, and Godsforge. Role Playing & Collectable Card Games are run by students. Playing games develops analysis, problem solving, communication, and negotiation skills and...it's also great fun!

**0109-075 | 9 Sessions | Tue, Jan 10-Mar 2 | 4:00-5:30 PM \$125 | Central Middle School | No Class Feb 7 and Mar 7**

**0109-078 | 8 Sessions | Thu, Jan 12-Mar 23 | 4:00-5:30 PM \$115 | Sunrise Middle School | No Class Jan 26, Feb 16, Mar 9**

**0109-076 | 8 Sessions | Tue, Mar 28-May 23 | 4-5:30 PM \$115 | Central Middle School | No Class Apr 4**

**0109-077 | 8 Sessions | Thu, Apr 6-May 25 | 4:00-5:30 PM \$115 | Sunrise Middle School**

### Young Rembrandts: Crazy for Manga Art: Gr 6-8

If you find yourself doodling characters and comics on your off time, and if you like visual novels and animated series, Crazy for Manga is the course for you! In this course you will learn authentic techniques for drawing and sketching Manga and Anime style characters So, whether you are an absolute beginner, or an intermediate artist looking to perfect your skills, Crazy for Manga has engaging and rewarding activities to offer all skill levels.

**0130-011 | 4 Sessions | Thu, Feb 2-Mar 2 | 4:05-5:05 PM \$55 | Sunrise Middle School | No Class Feb 16**

**0130-012 | 6 Sessions | Thu, Apr 13-May 18 | 4:05-5:05 PM \$79 | Sunrise Middle School**





### Amy Timm: Child & Babysitting Safety: Gr 6-10

Participants will learn the responsibilities of being a prepared, safe, responsible and professional babysitter. Topics include supervision, behavior guidance, proper feeding and diapering techniques, personal safety, basic first aid, medical emergencies, and kitchen safety. Dolls, bottles, and diaper supplies will be provided at class for fun hands-on participation. This class is developed by the Health & Safety Institute and approved by the American Pediatrics Association. Class participants receive a manual and certification card.

**0424-013 | 1 Session | Mon, Apr 24 | 9:00 AM-12:30 PM**  
**\$65 | District Center**

### Lakeshore Players Theater: Dungeons and Dragons: Gr 6-12

Dungeons and Dragons or DnD is a game that has had a revitalization amongst today's young people. It is a tabletop game that promotes self expression, problem solving, teamwork, and decision making as a group of self created characters, with individual strengths and weaknesses. A game master leads them on an adventure to fight battles, solve puzzles, and ultimately complete the quest. The game master can create the story arch or can choose one provided which can be tailored to the developmental levels of the individual groups playing.

**0109-072 | 6 Sessions | Thu, Jan 12-Mar 2 | 4:00-5:30 PM**  
**\$170 | Sunrise Middle School | No Class Jan 26, Feb 16**

**0109-071 | 6 Sessions | Tue, Mar 14-Apr 25 | 4:00-5:30 PM**  
**\$170 | Central Middle School | No Class Apr 4**

### Young Engineers: Enormous Machines: Gr 1-7

**1003-020 | 3 Sessions | Mon, Jan 9-Jan 30**  
**6:30-8:00 PM | Central Middle School**  
*No Class Jan 16*

### Young Engineers: Entertaining Machines: Gr 1-7

**1003-020 | 3 Sessions | Mon, Apr 3-Apr 17**  
**6:30-8:00 PM | Central Middle School**

### Young Engineers: Newton's Machines: Gr 1-7

**1003-020 | 4 Sessions | Mon, May 1-May 22**  
**6:30 - 8:00 PM | Central Middle School**

### Young Engineers: Astonishing Machines: Gr 1-7

**1003-020 | 3 Sessions | Mon, Feb 6-Feb 27**  
**6:30 - 8:00 PM | Central Middle School**  
*No Class Feb 20*

More information can be found online at  
[whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com)

### Lakeshore Players Theater: Improvaganza: Gr 6-12

An improvisation class would teach students communication skills, quick thinking, problem solving, and many more life skills through a wildly popular artform. Students will learn the basics of short form improv through exercises and games which will lead to scene work and the introduction of longform improv. They will learn that improv isn't simply about making people laugh, but working as a team to create a completely made up story/scenario.

**0109-061 | 6 Sessions | Tue, Jan 10-Feb 21 | 4:00-5:30 PM**  
**\$150 | Central Middle School | No Class Feb 7**

**0109-062 | 6 Sessions | Thu, Mar 16-May 4 | 4:00-5:30 PM**  
**\$150 | Sunrise Middle School | No Class Mar 30, Apr 6**

### CSGA: Online Stock Market, Personal Finance & Business Club: Gr 6-12

Learn how the stock market works by analyzing real time data and trades using a stock market simulator. You actually will make simulated trades from your own portfolios! Learn about IPO's, Cryptocurrency markets, and mutual funds. Take control of your present and future by understanding personal finance. Topics include: wealth building, credit, banking, and navigating education & employment. Business start ups will be discussed based on interest. There will be opportunities to enter extra business, personal finance, and stock market competitions.

**0109-099 | 10 Sessions | Tue, Jan 10-Mar 21 | 6:45-7:30 AM**  
**\$149 | ONLINE | No Class Mar 7**

**0109-100 | 9 Sessions | Tue, Mar 28-May 23 | 6:45-7:30 AM**  
**\$135 | ONLINE**



**Camp Invention®**

Camp Invention is designed to ignite wonder, encourage confidence and build essential STEM (science, technology, engineering and mathematics) skills through collaborative, creative problem solving. As campers join their friends in so much hands-on fun and excitement, they will be blown away by their discoveries and STEM successes!

**Grades K-6**  
**July 10-14 from 9 AM-3:30 PM**  
**Location: TBA**

**REGISTRATION OPENS DECEMBER 15**

## Driver's Education (Ages 14+)

### 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.

**Behind-the-Wheel Phase:** After students pass the permit test, they are required to complete six 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 parent informational meetings in White Bear Lake. 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.

**\$420 | Payment plans available**

**ONLINE | Mon-Thu | Available class times: 3:00-6:00 PM, 4:00-7:00 PM, 6:15-9:15 PM**

- Jan 2-17\*
- Jan 18-Feb 2
- Feb 6-21\*
- Feb 22-Mar 9
- March 13-28
- Mar 29-Apr 13
- Apr 17-May 2
- May 3-18
- May 22-Jun 7

*\*Classes will run Jan 16, Feb 20*

**In-Person | Mon-Thu, 3:15-6:15 PM | North Campus**

- Feb 6-22 *No Class Feb 20*
- Mar 13-28
- May 3-18

## Derek Doescher: Brake for Basics: Ages 14-18

Are you excited to be getting your driver's license but nervous about taking care of your vehicle? This one-night course will give you an overview of how to make you a more informed vehicle owner. A few of the topics that will be covered during this course include vehicle maintenance, checking vehicle's fluids, checking the vehicle's tires, and how to jump-start a vehicle. After taking this course, you will have more confidence in being a new driver and having to take care of a vehicle. Please Note: There will be opportunities for hands-on participation. Please wear older clothes and closed-toed shoes that you will not mind if they get dirty. You do not need your own vehicle for this course. Learning will take place on school-owned shop cars.

**0417-300 | 1 Session | Thu, Apr 120 | 5:30-7:30 PM  
FREE | South Campus**

## ACT Prep Course: Gr 10-12

### ADVANTAGE EDUCATIONAL PROGRAMS

Traditional classroom format with in-person instructors who present test-taking strategies, critical review, and time management for all testing areas of the ACT. This 12-hour course meets one day each week for four weeks.

**0313-001 | 4 Sessions | Sat, Mar 18-Apr 22  
9:00 AM-12:00 PM | \$180 | South Campus  
*No Class Mar 25, Apr 8***

**0313-002 | 4 Sessions | Tue, Mar 21-Apr 18 | 5:45-8:45 PM  
\$180 | South Campus | *No Class Apr 4***

**0313-003 | 4 Sessions | Sat, Apr 29-May 20  
9:00 AM-12:00 PM | \$150 | South Campus**

Virtual classroom meets for three hours, one day each week, for four weeks and is taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

**0109-004 | 4 Sessions | Sat, Jan 14-Feb 4  
9:00 AM-12:00 PM | \$180 | ONLINE**

**0109-005 | 4 Sessions | Sat, Feb 11-Mar 4  
9:00 AM-12:00 PM | \$180 | ONLINE**

**0109-006 | 4 Sessions | Sat, Mar 11-Apr 8  
9:00 AM-12:00 PM | \$180 | ONLINE | *No Class Mar 25***

**0109-007 | 4 Sessions | Sat, May 6-Jun 3  
9:00 AM-12:00 PM | \$180 | Online | *No Class May 27***

Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course may ALSO have access to this online course at NO ADDITIONAL CHARGE. Students have one year to finish this course.

**0102-008 | 2 Sessions | Mon, Jan 2 | \$80 | ONLINE**

**0102-009 | 2 Sessions | Mon, Apr 3 | \$80 | ONLINE**

## How to be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? How to be a smart shopper! Learn where your student will fit best academically, socially and financially. Which schools will offer your student the largest merit scholarships? How do you apply for grants and how does the FAFSA work?

**2223-600 | 1 Session | Wed, Jan 18 | 6:30-8:30 PM  
\$20/family | ONLINE**

**2223-602 | 1 Session | Mon, Feb 13 | 6:30-8:30 PM  
\$20/family | ONLINE**

**2223-604 | 1 Session | Tue, Mar 14 | 6:30-8:30 PM  
\$20/family | ONLINE**

**2223-606 | 1 Session | Thu, Apr 13 | 6:30-8:30 PM  
\$20/family | ONLINE**

**2223-608 | 1 Session | Mon, May 8 6:30-8:30 PM  
\$20/family | ONLINE**

## Softball- Girls Recreation: Grades 2-12

Be a part of the team! Our girls WBL Slow Pitch Softball League will combine with other surrounding communities if needed. Practice will start mid-May weather depending. The season is 5 weeks with 10 games and will have an end of season tournament. Games start the first week in June and finish late July/early August. Register for your current grade.

Junior League games, Grades 8-10, start in May and will be played within North St. Paul on Monday nights.

- 7200.400**      **Grades 2-4, Coach Pitch**  
**Mon/Wed | \$94**
- 7200.401**      **Grades 5-7, Kid Pitch**  
**Tue/Thu | \$109**
- 7200.402**      **Grades 8-10, Junior League**  
**Mon | \$109**
- 7200.405**      **Grades 11/12 | \$109**

**REGISTRATION CLOSES APRIL 30**

## Baseball- Boys Recreation: Gr 2-5

Practices will start mid-May with games scheduled to start the first week in June and ending in early August. Games and practices will be at local WBL fields throughout the week. Games nights are Tuesday and Thursday. Head coaches choose time and location of practice. A coach will contact you with team information. Players will register for current grade level.

**7100.400 | Grades 2-3, Coach Pitch | \$94**

**7100.401 | Grades 4-5, Kid Pitch | \$109**

**REGISTRATION CLOSES APRIL 30**

## VOLUNTEER COACHES ARE NEEDED

Contact us at 651-407-7506  
if you are interested in coaching!

**Summer sports registration opens March 1st!**  
**Basketball, Tball, Tennis, Track, Volleyball, and much more!**



## White Bear Lake Area Schools Middle School Athletics

Online Registration at: [http://lobby.wordwareinc.com \(smartschoolsK12\)](http://lobby.wordwareinc.com (smartschoolsK12))

### SPORTS PHYSICALS

Get Form: [communityservices.isd624.org](http://communityservices.isd624.org) > Youth Programs > Middle School Athletics

- Students must have a current qualifying Sports Physical Examination form on file in their school's Health Office.
- Sports Physicals are good for 3 years. To check on a physical date contact your school's athletic office.  
*NOTE: A Well-Child exam does not meet the Sports Physical requirements.*
- Mail/Email/Fax the Sports Physical to the student's school.

### FINANCIAL ASSISTANCE

Students currently receiving free/reduced meals will automatically receive a discount when registering.

### IMPORTANT

- All athletes must be registered before he/she may participate in practice or competitions.
- Some sports may have additional team apparel fees.
- Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.
- If needed, please email your school's athletic secretary for a Family Key or any registration questions.
- An Activity Bus is available after practice for students. Pick up @ 5:30 pm. View schedule: [communityservices.isd624.org](http://communityservices.isd624.org) > Youth Programs > Middle School Athletics

REGISTRATION OPENS	SEASON STARTS	SPORT	COST
August 1	1st week of school	Cross Country (6-8)	\$150
		Tennis-Girls (6-8)	\$150
		Volleyball (6) Oct Start	\$145
		Volleyball (7-8)	\$150
	Late Oct.	Wrestling (6-8)	\$150
February 15	Early April	Golf (6-8)	\$175
		Tennis-Boys (6-8)	\$150
		Track & Field (6-8)	\$150

**Middle School Website** visit for updates and general information on schedules, coaches info, meetings, and directions.  
[communityservices.isd624.org](http://communityservices.isd624.org) > Youth Programs > Middle School Athletics

**Community Services & Recreation**  
4855 Bloom Ave., White Bear Lake, MN 55110  
651-407-7501  
[communityservices.isd624.org](http://communityservices.isd624.org)

**Matt Riebow, Coordinator**  
[matthew.riebow@isd624.org](mailto:matthew.riebow@isd624.org)

**Sue Lenne, Sunrise Athletics**  
[sue.lenne@isd624.org](mailto:sue.lenne@isd624.org)  
Fax Physicals: 651-653-2716

**Christine Beckers, Central Athletics**  
[christine.beckers@isd624.org](mailto:christine.beckers@isd624.org)  
Fax Physicals: 651-407-7502



# ISD 624 District Information & Locations

## White Bear Lake Area School District ISD #624

4855 Bloom Avenue, White Bear Lake, MN 55110  
(651) 407-7500 [www.isd624.org](http://www.isd624.org)

### 2022-2023 School Board

Scott Arcand, Deb Beloyed, Kathleen Daniels, Jessica Ellison, Marge Newmaster, Chris Streiff Oji, 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.



### Elementary Schools

#### BIRCH LAKE

1616 Birch Lake Avenue  
White Bear Lake, MN 55110

#### LAKEAIRES

3963 Van Dyke Street  
White Bear Lake, MN 55110

#### LINCOLN

1961 Sixth Street  
White Bear Lake, MN 55110

#### MATOSKA INTERNATIONAL IB WORLD SCHOOL

2530 Spruce Place  
White Bear Lake, MN 55110

#### NORTH STAR

14895 Francesca Avenue North  
Hugo, MN 55038

#### ONEKA

4888 Heritage Parkway North  
Hugo, MN 55038

#### OTTER LAKE

1401 County Road H2  
White Bear Township, MN 55110

#### VADNAIS HEIGHTS

3645 Centerville Road  
Vadnais Heights, MN 55127

#### WILLOW LANE

3375 Willow Avenue  
White Bear Lake, MN 55110

### Middle Schools

#### CENTRAL

4857 Bloom Avenue  
White Bear Lake, MN 55110

#### SUNRISE PARK

2399 Cedar Avenue  
White Bear Lake, MN 55110

### High Schools

#### WBLAHS-NORTH CAMPUS

5045 Division Ave  
White Bear Lake, MN 55110

#### WBLAHS-SOUTH CAMPUS

3551 McKnight Road  
White Bear Lake, MN 55110

#### WBL AREA LEARNING CENTER

2449 Orchard Lane  
White Bear Lake, MN 55110

### Other District Locations

#### DISTRICT CENTER OFFICES

4855 Bloom Avenue  
White Bear Lake, MN 55110

#### NORMANDY PARK EARLY CHILDHOOD EDUCATION CENTER

2482 East County Road F  
White Bear Lake, MN 55110

#### SENIOR CENTER

#### NORMANDY PARK ED. CENTER

2484 East County Road F  
White Bear Lake, MN 55110

#### TAMARACK NATURE CENTER

5287 Otter Lake Road  
White Bear Township, MN 55110



FOLLOW DR. K



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ISD624.ORG

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District News, Page IX
- » **WELCOME TO WHITE BEAR EVENTS**  
Upcoming Events, Page X

## Conversations and Support

With our first snowfall in the books and winter quickly approaching, I want to take a moment to say thank you for helping us successfully kick off the 2022-23 school year. This fall has felt more back to the norm than it has in recent years, with memorable athletic contests and events taking place, connections made during community meetings, and meaningful volunteer programs launching once again.

Much of the conversation in the district this fall has been related to the Capital Projects Levy Renewal that was on the Nov. 8 election ballot and passed with 59.5% approval. The levy renewal will fund safety and security measures and equipment throughout the district, classroom technology and equipment, curriculum and instruments, and buses and vans for student transportation. The ballot question was a renewal of an expiring levy at the same tax rate. It is projected to generate \$2,590,309 beginning in 2024 and will continue for an additional 10 years. We appreciate that our community members took time to learn about the levy renewal and ultimately approved continuation of this essential funding for our district. We are incredibly grateful for this renewed vote of confidence and support in our schools, our staff and our students.

Support has also been shown by community members who have given their time to participate in formal conversations about the district's future through Strategic Plan Action Teams that met throughout the fall.

*Continued on District News page VIII*

## Translations:

Para Español por favor llame al 651-407-7625

Xav tau ntawv Hmoob hu rau 651-407-7623

Flip book to see  
Community Services &  
Recreation Catalog



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

White Bear Lake Area School District  
Community Services & Recreation Department  
4855 Bloom Avenue  
White Bear Lake, MN 55110-2371

# STUDENT GROWTH & PROFICIENCY

## Minnesota Comprehensive Assessments (MCA)

Student proficiency is measured by the Minnesota Comprehensive Assessment (MCA) tests, Minnesota's state requirement for testing under the Federal Every Student Succeeds Act (ESSA).

Due to ongoing challenges with the COVID-19 pandemic, the participation rate for the MCA in spring 2022 was lower than in previous years, although we saw a recovery from the low in spring 2021. White Bear Lake Area Schools typically has seen more than a 95% participation rate for both assessments. Math had a 91.5% participation rate and Reading had a 94.4% participation rate. The state-level participation rate was similar.

2021-22 WBLAS MCA COMPARISON TO STATE AVERAGES

	State	WBLAS	WBLAS % above state
Reading	51.1%	55.2%	+4.1%
Mathematics	44.8%	48.3%	+3.5%

Source: Minnesota Department of Education's "Minnesota Report Card"

## Early Childhood

All of the District's preschools have a Parent Aware rating of four stars, the highest possible rating. Teachers assess the growth of children and take appropriate measures to ensure they are kindergarten-ready.

## Elementary

Students in our elementary programs are assessed by teachers using a range of grade-appropriate assessments in reading, math and science to measure progress toward local and state standards. Student proficiency is measured using MCA assessments. Instructional support is personalized so students who test below grade level receive extra intervention and support, and students who already exceed standards are challenged through our comprehensive Gifted and Talented program.

## Middle School

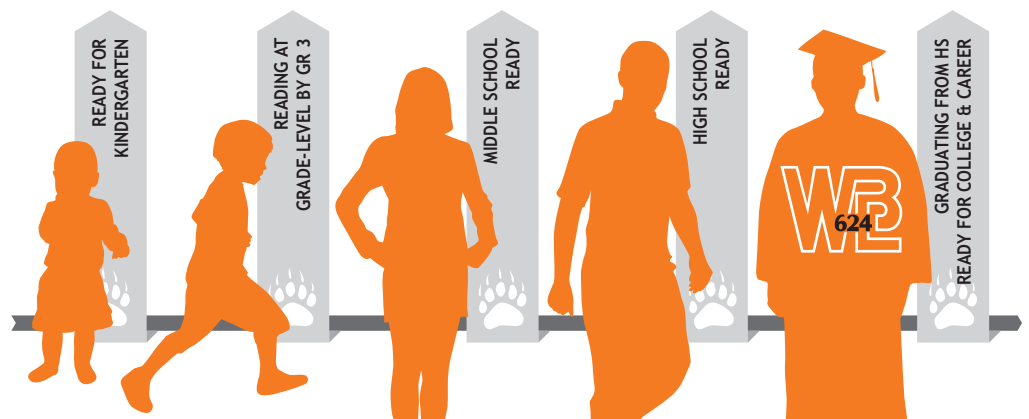
Our middle school students take the Minnesota Comprehensive Assessment (MCA). Teachers and counselors use these assessments along with other data to help students select courses. Intervention support is provided for students who test below grade level. Accelerated class options ensure each student is challenged.

## High School

High school teachers assess students through common assessments in each subject. Nationally-normed assessments include the PreACT offered to ninth and tenth graders in the fall and the PSAT and ACT offered to eleventh graders. Counselors and teachers use these data, along with an understanding of student motivation and goals, to help students select from more than 250 course offerings, including 55 college-level courses and seven career pathways areas.

## In addition to MCA data,

White Bear Lake Area Schools has utilized local academic measures that include data such as academic and social-emotional screeners, PreACT and ACT, academic grades and credits.



## Responding to student needs

Learning recovery and targeted support for each of our students was a focus throughout the 2021-22 school year as building and district teams worked to adjust instruction and intervention to meet the needs of all learners. The district also coordinated and implemented a robust set of summer programming for a wide variety of students in grades K-12.



# HIGH EXPECTATIONS & ENRICHMENT

**97%**






The 4-year graduation rate for the White Bear Lake Area High School - South Campus Class of 2021 was 97.0%, 13.7 percentage points above the state average. *Graduation rate calculations follow one year behind the current graduating year.*

**WBLAS continues to be a recognized leader for developing Career Pathways aligned to workforce needs.**

Launched in 2015, our pathway programs allow students to take one or two courses, or a series of courses. They also allow students opportunities for job shadowing, industry site visits, and credentials or certifications recognized in the field.

## Career PATHWAYS at ISD 624

### Pathways Currently Offered

 <b>Automotive</b>	 <b>Business</b>
 <b>Construction Skilled Trades</b>	 <b>Education</b>
 <b>Healthcare &amp; Wellness</b>	 <b>Information Technology</b>
 <b>Manufacturing &amp; Engineering</b>	

**55**

### Colleges and Universities on campus

During the 21-22 school year, 55 college level courses were offered at WBLAHS: 21 Advanced Placement (AP) classes, 30 College in the School (CIS/CitHS) courses, and 4 Project Lead the Way (PLTW) courses. Students also took advantage of Post-Secondary Enrollment Options (PSEO).

**Narrowing gaps** During 2021-22, the percentage of students who enrolled in college-level courses more closely mirrored our district's student demographic percentages.

<b>PLTW</b>	47 students earned 138 credits
<b>CIS</b>	327 students earned 859.5 credits
<b>AP</b>	404 students earned 1662 credits
<b>PSEO</b>	60 students earned 797.25 credits

**\$1.9 mil**

Total value of credits earned by WBLAHS students in college-level courses during 2021-22.

### SPECIAL RECOGNITIONS

Two students received special honors. One received College Board National Hispanic Recognition and another was a 2023 National Merit Scholarship Semifinalist

*All tuition calculations except concurrent enrollment based on U of MN tuition rate of \$538.70 per credit. Concurrent enrollment based on Century College tuition rate of \$203.59. PLTW grade cutoff B-, all others C-. Students may be counted more than once if they participated in more than one program. AP credit calculations based on U of MN score acceptance.*

**Half** of the members of the WBLAHS Class of 2022 earned at least one college credit before graduating.

**95**  
Advanced Placement Scholars

### 2022 Advanced Placement Scholars

52 AP Scholars  
18 AP Scholars with Honors  
25 AP Scholars with Distinction

### Student Support Services

We have high expectations for all students and offer a continuum of specialized instruction for students with special needs. Our programs are individualized and comprehensive.

### AVID

Our middle school and high school students have the opportunity to participate in the Advancement Via Individual Determination (AVID) program. AVID offers rigorous instruction to students in the academic middle who have the individual determination to prepare for a four year college. Lakeaires Elementary also offers elementary AVID strategies to students.

### BARR

Building Assets, Reducing Risk (BARR) programming is used in six of our buildings, with a focus on building relationships and early intervention.

### International Baccalaureate

Matoska International IB World School has been an elementary IB option for all families since 2010.

# FINANCE

## Financial management

To help the District meet its educational goals, White Bear Lake Area Schools remain committed to fiscal responsibility to ensure that maximum resources reach our classrooms.

## Stewardship

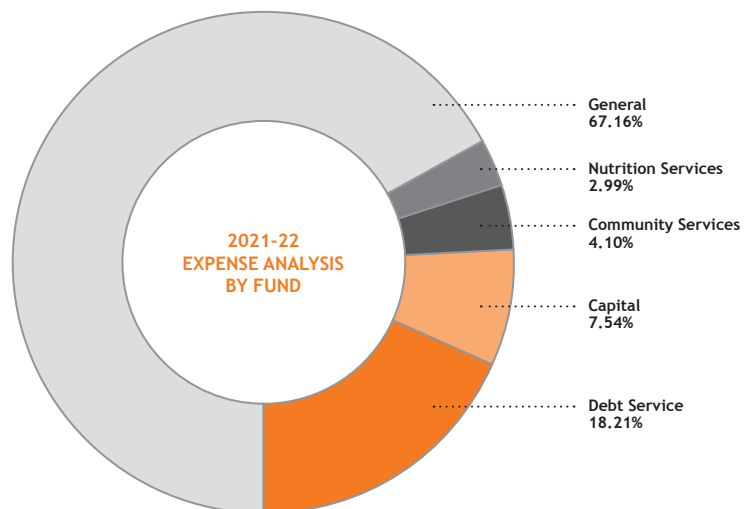
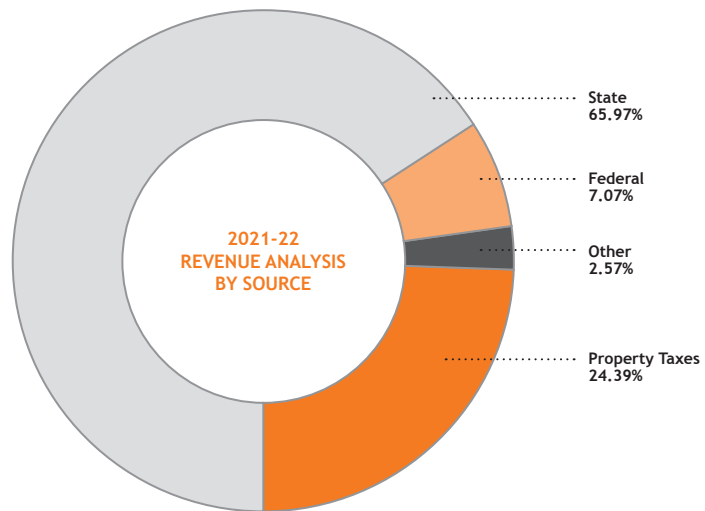
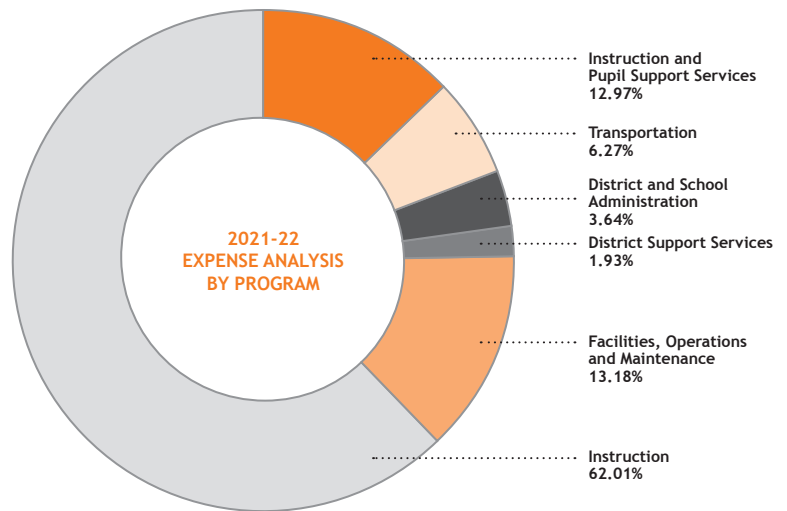
The district continues to demonstrate strong stewardship to our communities. A recent community survey showed:

- » 89% of respondents believe the community receives a good value from its investment.
- » 80% of respondents believe we have spent past referendum revenue responsibly.
- » Residents rated the district's financial management well above the industry norm, putting us in the top quarter of suburban districts.

In November of 2022, area residents voted on the District's Capital Projects Levy Renewal, with 59.5% in support of the question.

We have been recognized for excellence in financial reporting for more than 20 consecutive years by the Association of School Business Officials and Government Finance Officers Association.

The District has taken advantage of favorable interest rates to refinance outstanding debt, *saving taxpayers nearly \$500,000 through the next two years.*



## Partnerships

The district has many innovative partnerships with the White Bear Center for the Arts, White Bear Area YMCA, MacPhail Center for Music, Tamarack Nature Center and many others.

# 2022-23 DISTRICT PROFILE

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

## Core Values

The White Bear Lake Area School District builds quality lives and strong communities through compassion, integrity, respect, responsibility and service.

## District 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

STUDENT DEMOGRAPHICS 2022-23	
Free/Reduced Price Lunch	32.6%
English Language Learner	5.0%
Special Education	16.7%
American Indian/Alaska Native	0.45%
Asian	7.30%
Black/African American	6.78%
Hispanic/Latino	7.61%
Native Hawaiian/Pacific Islander	0.06%
Two or more races	6.42%
White	71.37%

Source: District data

STUDENT ENROLLMENT 2022-23	
Early Childhood <i>Includes all District preschool and early childhood programs at all District locations.</i>	821
Elementary (Grades K-5)	3,715
Middle School (Grades 6-8)	1,987
High School (Grades 9-12)	2,542
Transition Plus (T+) (Special Ed - ages 18-24)	35
<b>DISTRICT TOTAL K-T+</b>	<b>8,279</b>
<b>DISTRICT TOTAL BIRTH-T+</b>	<b>9,100</b>

Source: District data

In addition to English, students in our district



- Adangme
- Afrikaans
- Akan
- Aleut
- Amharic
- Anauk
- Arabic
- Aragonese
- Azerbaijani
- Belle
- Bengali
- Bosnian
- Bugis
- Burmese
- Chinese, Mandarin
- Cutchi-Swahili
- Czech
- English, Creolized
- Farsi
- Filipino, Pilipino

- French
- Ga
- German
- Gujarati
- Harari
- Hindi
- Hmong
- Ibo
- Japanese
- Karen
- Khmer, Cambodian
- Kom
- Krio
- Lao, Laotia
- Latvian
- Lithuanian
- Manda
- Marathi
- Nahuatl
- Nepali

- Oromo, Afaan Oromo, Oromiffa
- Portuguese
- Punjabi
- Russian
- Sign Language, ASL
- Singhalese
- Somali
- Spanish
- Swahili, Kiswahili
- Tagalog
- Tamil
- Thai
- Tigrinya
- Turkish
- Twi
- Ukranian
- Urdu
- Vietnamese
- Yoruba



# MISSION & STRATEGIC PLAN



## OBJECTIVES

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.

## STRATEGIES

### WE WILL:

- create and sustain a safe, equitable and nurturing environment.
- promote, encourage and support students' personal learning experiences and aspirations.
- ensure our organization continuously transforms to fulfill our mission.
- establish healthy and vital engagement with our entire community.

## PARAMETERS

### WE WILL:

- make all decisions based on the best interest of the student.
- respect the dignity and worth of each person.
- not compromise excellence.
- expect the best of everyone.
- practice participatory decision-making throughout the organization.

A fifth Strategy team is developing student-centered Foundation of Success elements, identifying skills and competencies vital to students' eventual postsecondary success and engagement.

## 2022 District 624 School Board



**SCOTT ARCAND**

[scott.arcand@isd624.org](mailto:scott.arcand@isd624.org)

Term expires 12/31/24



**DEB BELOYED**

[deb.beloyed@isd624.org](mailto:deb.beloyed@isd624.org)

Term expires 12/31/26



**KATHLEEN DANIELS**

[kathleen.daniels@isd624.org](mailto:kathleen.daniels@isd624.org)

Term expires 12/31/26



**JESSICA ELLISON**

[jessica.ellison@isd624.org](mailto:jessica.ellison@isd624.org)

Term expires 12/31/26



**MARGE NEWMASER**

[margaret.newmaster@isd624.org](mailto:margaret.newmaster@isd624.org)

Term expires 12/31/24



**CHRISTINA STREIFF OJI**

[christina.streiffoji@isd624.org](mailto:christina.streiffoji@isd624.org)

Term expires 12/31/26



**ANGELA THOMPSON**

[angela.thompson@isd624.org](mailto:angela.thompson@isd624.org)

Term expires 12/31/24

### GENERAL SCHOOL BOARD EMAIL ADDRESS:

[schoolboard@isd624.org](mailto:schoolboard@isd624.org)

### 2022-23 STUDENT REPRESENTATIVES:

- Lauren Collier, Gr 12, WBLAHS-South, Representative
- Arianna Vann-Cook, Gr 11, WBLAHS-South, Alternate Representative

## School Board Meetings

Jan. 9 ..... Regular Mtng  
 Jan. 23 ..... Work Session  
 Feb. 13 ..... Regular Mtng  
 Feb. 27 ..... Work Session  
 Mar. 13 ..... Regular Mtng  
 Mar. 27 ..... Work Session  
 Apr. 10 ..... Regular Mtng  
 Apr. 24 ..... Work Session  
 May 8 ..... Regular Mtng

- » All Board meetings begin at 5:30 p.m. and take place in the Community Room 112 at District Center (4855 Bloom Ave).
- » 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's Capital Projects Levy Renewal Passes

The White Bear Lake Area Schools Capital Projects Levy Renewal request on the November 8, 2022 ballot passed with 59.5% yes votes.

"We are incredibly grateful for this renewed vote of confidence and support in our schools, our staff and our students," said Dr. Wayne Kazmierczak, superintendent. "We appreciate that our community members took time to learn about the levy renewal and ultimately approved this essential funding for our district."

The Capital Projects Levy Renewal will be used to fund safety and security measures and equipment throughout the district, classroom technology and equipment, curriculum and instruments, and buses and vans for student transportation. The question on the ballot was a renewal of an expiring levy at the same tax rate, as a straight renewal of an existing levy.

"We are proud that our district's fiscal credibility is high," said Tim Wald, assistant superintendent for finance and operations. "When we surveyed our community, we learned that 89% of respondents believe the community receives a good value from its investment and 80% believe we have spent past referendum revenue responsibly. We do not take the community's trust for granted, and we will continue to be good stewards of the community's support."

Renewal of the levy is projected to generate \$2,590,309 beginning in 2024 and will continue for an additional 10 years.

Complete information about the renewal can be found at [isd624.org/CapitalProjectsLevyRenewal](https://isd624.org/CapitalProjectsLevyRenewal).



## FREE Senior Activity Pass

Almost 700 Senior community members (those who are age 65+) who live in the District participate in the Lifetime Activity Pass program and enjoy complimentary admission to school activities.

Those seniors who wish to apply online may do so at <https://bit.ly/3aSokLb> and your pass will be mailed to you.

If you have questions, please contact Rachael Markuson in the Superintendent's Office by phone or by email:

- 651-407-7563
- [rachael.markuson@isd624.org](mailto:rachael.markuson@isd624.org)

## Shavers welcomed to district

Brenton Shavers recently began his role as the district's Director of Educational Equity and Achievement.

Before coming to White Bear, Shavers served as the Executive Director of Northeast College Prep (NECP), providing overall school and district leadership, implementing the school's strategic plan, collaborating to embed equity-focused practices, and working with the school's board.

Shavers' experience includes service in leadership positions in Owatonna Public Schools and Kansas City, Kansas Public Schools. Much of his career was spent with Waterloo Community Schools, where he began as an elementary teacher and later served in the roles of assistant principal, principal, and athletic director. His experience also includes time implementing alternative educational programs and credit recovery for youths in the juvenile justice system.

"We look forward to Brenton leading our educational equity and achievement team. His experience and passion for serving students is key to strengthening collaborations that have been built throughout the district and to forging new ones," said Superintendent Wayne Kazmierczak.



## Bear Wear Pics!

"Born to be a Bear" onesies are sent to district families upon the arrival of a little one.

"I'm a Bear" shirts are mailed to households when they receive Screen at 3 information.

Kindergartners receive shirts when enrollment paperwork is complete.

Email Bear Wear pics to us at [communications@isd624.org](mailto:communications@isd624.org) and you may find your little one(s) featured in a District publication!

*Continued from front page*

The original 30-member planning team that launched the important process this summer reconvened earlier this year to hear an update and confirm the plans that had been developed by district-wide teams made up of family, staff and community representatives. The four updated strategies are:

- We will create and sustain a safe, equitable and nurturing environment.
- We will promote, encourage and support students' personal learning experiences and aspirations.
- We will ensure our organization continuously transforms to fulfill our mission.
- We will establish healthy and vital engagement with our entire community.

Student-centered Foundation of Success elements, developed by a fifth team, were also discussed as the team worked to identify skills and competencies vital to students' eventual postsecondary success and engagement. This strategic work continues to be a priority, as these efforts will serve as an important guide moving into the district's future.

We are in the midst of a great year, and I'm excited to have you be a part of it!  
Dr. Wayne Kazmierczak, Superintendent

## Digital Backpack

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

The Digital Backpack and submission instructions can be found at [communityservices.isd624.org/about/digital-backpack](http://communityservices.isd624.org/about/digital-backpack).





## Building Construction Updates

Since 2019, when the community supported a bond referendum, the list of completed facilities projects has grown to include quite a few locations. As we work toward completing the district-wide projects, which are scheduled to be completed through the 2024-25 academic year, the changes to the district's landscape are hard to miss.

The list of completed facilities projects has grown to include the Transportation Facility, Area Learning Center (ALC), and elementary additions at Birch Lake, Lakeaires, Lincoln, Matoska, Otter Lake, Vadnais Heights and Willow Lane. Gymnasium, classroom and office spaces were added at WBLAHS - South Campus as part of the plan to transition the building into a middle school when North Campus becomes the site of the unified high school in the fall of 2024. In Hugo, the new North Star Elementary opened for students this fall.

Other projects still in process include Oneka Elementary, which began last month, and Central Middle School, which is in the design phase. The future conversion of Sunrise Park Middle School to become a multi-use facility that houses District Offices, Early Childhood, Transition Education Center (TEC) and the Senior Program is also on the horizon.

The unified high school project is moving right along as well, with the building's current ninth and tenth grade students moving into the new 3-story classroom addition at the semester break so that renovation work can take place in the existing building.

Before the extensive work in the original portion of the building begins, we will host a community-wide event on Tuesday, January 18 to allow students, families, grads and community members the opportunity to "walk the circles" of North Campus one last time. Watch for additional information to be shared about this fun Circle Back event!

## PROJECT TIMELINE

### Ready for Fall 2021

- Area Learning Center Phase 1
- Lincoln, Matoska, Vadnais Heights and Willow Lane Elementaries Updates
- New Transportation Facility
- WBLAHS - South Campus Phase 1 Gym Addition

### Ready for Fall 2022

- Birch Lake, Lakeaires, Otter Lake Elementaries Updates
- New Elementary School (North Star Elementary)
- WBLAHS - South Campus Phase 2 Addition

### Ready for Fall 2023

- Area Learning Center Phase 2
- Oneka Elementary Updates

### Ready for Fall 2024

- Unified WBLAHS opens to grades 9-12
- Current WBLAHS - South Campus opens as middle school
- Central Middle School Phase 1 updates

### Ready for Fall 2025

- Central Middle School Phase 2 updates
- Current Sunrise Park Middle School becomes District Services Center housing Early Childhood Center, District Office, Senior Center and Transition Education Center

*Complete information about the district's facilities projects, including construction details about individual projects and presentations that have been shared at School Board meetings, can be found at the district website at [isd624.org/BuildingOurFuture](https://isd624.org/BuildingOurFuture).*





### Coffee with Dr. K

Community members are invited to stop by throughout the academic year for an informal chat with Dr. K over a cup of coffee.

Future events will take place at Caribou Coffee in Downtown White Bear Lake at the following times:

- Feb. 8, 2023 from 12-1 p.m.
- May 2, 2023 from 4-5 p.m.

**WELCOME TO  
WHITE  
BEAR**

January 2023

## Get to know us!

While all are welcome to visit our schools at any time, there will be special opportunities in January for families to learn more about our schools!

[www.isd624.org/Welcome](http://www.isd624.org/Welcome)

Check out the website to find opportunities to learn more about each of our educational programs:

- Elementary
- Middle School
- High School

Early Childhood program registration information will be available later in the spring.

### Stay Current on Events by Staying 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. Request to be added to the recipient list via email at [communications@isd624.org](mailto:communications@isd624.org).

#### • DIGITAL BACKPACK

The district's Community Services Department distributes electronic flyers from the school district, as well as local organizations that offer opportunities for youth, on the first and third Thursday of each month. The Digital Backpack and submission instructions can be found on the district's Community Services website at [communityservices.isd624.org/about/digital-backpack](http://communityservices.isd624.org/about/digital-backpack).

#### • STAY SOCIAL

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube for daily *624 Fact* posts and *The Week in 62.4 Seconds* video share-outs. Find links on the District's website.

## IMPORTANT DATES

- » **JAN. 9**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **JAN. 18**  
WALK THE CIRCLES ONE LAST TIME EVENT  
WBLAHS - North Campus  
*Details to be shared on district website as event approaches*
- » **JAN. 23**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **FEB. 8**  
COFFEE WITH DR. K  
12-1 p.m. at Downtown WBL Caribou Coffee
- » **FEB. 13**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **FEB. 27**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **MAR. 6-10**  
SPRING BREAK
- » **MAR. 13**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **MAR. 27**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **APR. 10**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **APR. 24**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **MAY 2**  
COFFEE WITH DR. K  
4-5 p.m. at Downtown WBL Caribou Coffee





# 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.



Enrollment  
information at  
[isd624.org/enroll](http://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.
- Career Pathways opportunities and College-level courses.

## 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](mailto:communications@isd624.org).

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