

White Bear Lake Area School District
**COMMUNITY SERVICES
& RECREATION**



Flip to see
Bear's Bulletin!

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

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ADULT ENRICHMENT

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ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 24.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntxiv mus nyeeem rau phab nplooj ntawv 24.

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.

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



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

**EXTRAVAGANZA:
READY FOR SCHOOL**
For WBLAS Students + Families

FUN, INFORMATIVE, & FREE

**SATURDAY, AUGUST 26
10AM-5PM**

NORTH CAMPUS CAFETERIA: 5040 BALD EAGLE AVE, 55110

- **NEW BACKPACKS + SCHOOL SUPPLIES (QUANTITIES LIMITED)**
- **SCHOOL VACCINES & SPORTS PHYSICALS**
- **HELP COMPLETING ALL FORMS NECESSARY FOR THE START OF THE SCHOOL YEAR: LUNCH FORMS, ANNUAL FAMILY UPDATE, TRANSPORTATION, ETC.**
- **FREE FOOD**
- **INFO FOR IMPORTANT & HELPFUL COMMUNITY RESOURCES**
- **FREE RAFFLE**
- **FREE BLOOD PRESSURE SCREENING**
- **FUN ACTIVITIES FOR THE WHOLE FAMILY**

Hosted by WBLAS Student, Family, & Community Engagement + the WBLAS Department of Equity & Achievement.
Collaborators: St. Andrews Community Resource Center, WBL Area Food Shelf, Bear Care Clinic, WBLAS Pre-K & ECFE Programs, WBLAS Community Education Department, WBL CUB Foods, WBLAS Education Foundation & more!

ONLINE Classes: Online class link will be emailed 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.

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 ID number at the time of registration and during the class(es). This discount cannot be used for the following: 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.

White Bear Lake Area Schools Community Services & Recreation

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

communityservices.isd624.org

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

ONLINE Registration www.whitebear.ce.eleyo.com

DIRECTOR

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

ADMINISTRATIVE ASSISTANT

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

Adult Basic Education (651) 252-4425
Jessica Ponthan jessica.ponthan@isd624.org

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

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

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

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

Out of School Time Coordinator (651)-407-7504
Nicole Oswald nicole.oswald@isd624.org

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

Receptionist (651) 407-7501
Katie Huttler katherine.huttler@isd624.org

Youth Enrichment & Development Specialist (651) 407-7544
Zeebo Karouso zeebo.karouso@isd624.org

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



COMMUNITY EVENTS



White Bear Press
HEALTH EXPO

Wednesday, Sept 13
White Bear Area Senior Center
2484 E County Rd F, WBL
11:00 AM - 2:00 PM

Visit vendors from senior housing insurance, auto, financial services, health care, flu shots, and more.

Food, Door Prizes & Entertainment!

WHITE BEAR AREA SENIOR CENTER ANNUAL FLEA MARKET



**Sat, Sept 30
9am-2pm**

WB Senior Center
2484 E Cnty Rd F, WBL

Food Truck:
Cuchillo / 11am-3pm

Want to Sell?
\$20 / 18' x 18' space
\$10 / 6' table (limited #)

Register: 651-653-3121
bit.ly/3NtKbzw



Individual, Groups and small businesses welcome

WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

BEAR BIKE RIDE FOR YOUTH SPORT SCHOLARSHIPS

Sat, Sept 30 / 9:00am start at WBL District Center
Rides: 9-mile, 25-mile, 50-mile



Register to Ride or Donate




White Bear Area Senior / Craft Corner
Fall Boutique & Bake Sale

November 3 & 4
Fri, 9am-7pm Sat, 9am-4pm

WB Senior Center, 2484 E County Rd F, WBL
On the corner of County Rd F & Bellaire

Celebrate the 24th Annual LIGHTS OUT AFTER SCHOOL

Join us in celebrating afterschool programs and their important role in the lives of children, families and communities.

Thursday, October 26

Watch for details from your elementary school.




TO THANK YOU FOR YOUR SERVICE

VETERANS DAY Celebration

Fri, Nov 10 | 10- 11:30am Senior Center

Join us in honoring all veterans of the United States Armed Forces.

Alcohol Ink Flower Beginner Class

Alcohol Ink gives you the freedom to paint without rules. Learn the basics of alcohol ink while blowing flower petals with an airbrush. A \$15 fee at class.

0919-576 | Tue, Sep 19 | 6:30-8:30 PM | \$35 | Senior Center

Alcohol Ink Glitter Ornaments

Do you want to make gorgeous one-of-a-kind ornaments for your Christmas tree or as an incredible gift? Make beautiful Alcohol Ink Glass Glitter Ornaments in colors of your choice. A \$20 fee due at class. Additional ornaments available for \$4.

1203-576 | Fri, Dec 8 | 6:30-8:30 PM | \$35 | Senior Center

Alcohol Ink Workshop

Join us for this amazing workshop to learn about alcohol inks! This special medium is not like any other art form. It's exciting to watch the inks move and flows! You will be amazed at the color intensity and personality of the ink. Experiment with heat guns and blowers to create florals, as well as markers and gold foil to add details. A \$20 supply fee is due at class.

1117-500 | Fri, Nov 17 | 10:00 AM-3:00 PM | \$45
Senior Center

Basics of Drawing

Anyone can learn the basics of drawing by exploring shapes, lines, sketching techniques and depth. We will even add a bit of watercolor paint to a few of your designs. Come away with new skills, a sketchbook and an instruction booklet to continue your practice. No experience necessary, all supplies included.

1130-730 | Thu, Nov 30 | 9:00-11:30 AM | \$45
Senior Center

Painting with Vanessa

Acrylics: Learn to paint quick and expressive acrylic paintings with one brush and a limited color palette. Working quickly allows colors to blend and brush strokes to show creating dynamic results in your acrylic paintings.

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

Fall Leaves | 2324-740 | Wed, Sep 13

Village | 2324-741 | Wed, Nov 8

Bird | 2324-742 | Wed, Dec 6

Watercolor: Learn to paint a beautiful scene in watercolors. Follow step-by-step instructions and engage in discussion on the difference between dry brush work, wet on wet, and wet on. Great, no fear way to learn to paint in watercolors.

6:30-8:30 PM | \$20 | Online

Farm Road | 2324-732 | Thu, Sep 7

Blue Vase | 2324-732 | Wed, Oct 25

Winter Tree | 2324-733 | Thu, Nov 9

Winter Stream | 2324-734 | Thu, Dec 14



Alcohol Ink Flower



Alcohol Ink Glitter Ornament



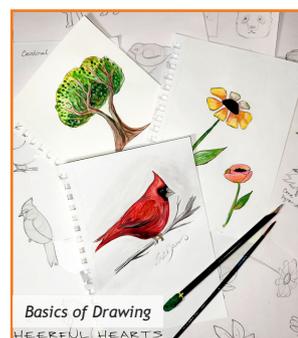
Alcohol Ink Glitter Ornament



Acrylic: Village



Watercolor: Blue Vase



Basics of Drawing
HEERFUL HEARTS



Cardinal Oil Painting



Adult Pottery Wheel



Collage Pumpkin



Mandala Coffee Mug



Fluid Painting: Chain Drag Painting



Fabulous Flowers



Wine Glass Painting



Make Your Own Oven Mitt



Glass Mosaic: Suncatcher

Cardinal Oil Painting: Bob Ross Style (Age 16+)

Find your joy of painting in this easy to follow Bob Ross style by painting a lovely cardinal. Paint on a 16" x 20" canvas ready to be hung on your wall at home. A \$20 supply fee due at class.

1018-576 | Wed, Oct 11 | 5:30-9:30 PM | \$50
Senior Center

Collage Pumpkin Canvas

Join local artist Sandy Danus of Cheerful Hearts Studio and learn how to create a mixed media art piece using acrylic paints, art papers and your imagination. You will be guided through this fun process to create a unique art piece you can be proud of.

1031-731 | Tue, Oct 31 | 9:00-11:30 AM | \$35 | Senior Center

Mandala on Coffee Mugs

A mandala design mug is a perfect choice for a gift to a loved one or as an artful addition to your own home. Paint 2 colorful mugs that catch the eye with its bright colors and contrast. A \$10 supply fee is due at class.

0925-500 | Fri, Sep 29 | 5:30-7:30 PM | \$40
Senior Center

Adult Pottery Wheel

Discover the fun of throwing clay! Learn how to work on the wheel and then decorate and glaze your pieces. Make up to four pieces to take home. A \$15 material fee due at class.

1003-551 | 3 Sessions | Sat, Nov 4-18 | 9:00-11:00 AM
\$40 | South Campus

Gift of Clay (Age 2+)

Enhance your gift giving by making simple handmade gifts out of clay; from dreidels to gift labels, ornaments to small plates. Enjoy making and giving away your creations, or keep them for yourself! Kids 2-14 accompanied by an adult. \$15 material fee due at class.

1202-552 | 2 Sessions | Sat, Dec 2 & 9 | 8:00-8:45 AM
\$30 | South Campus

1202-553 | 2 Sessions | Sat, Dec 2 & 9 | 9:00-10:30 AM
\$30 | South Campus

Family Wheel Time

Interested in learning how to create pottery on the wheel? Discover the fun of throwing clay! Spend time with your family learning how to work on the wheel and then decorate and glaze your pieces. Make up to four pieces to take home. A \$15 material fee due at class.

1007-550 | 3 Sessions | Sat, Oct 7-21 | 9:00-10:00 AM
\$30 | South Campus

Fabulous Flowers

Get creative and turn random pieces of fabric and ribbon into decorative flowers that can be displayed or worn on your favorite hat, jacket or outfit. Have fun as you cut, hand-sew and/or glue together a variety of colors and patterns. Then finish by embellishing your flowers with special buttons and bobbles! Supply list will be emailed. A \$10 supply due at class.

1214-600 | Thu, Dec 14 | 6:00-8:30 PM | \$30
Senior Center

Fluid Painting - Chain Drag Painting (Age 16+)

A contemporary art technique that involves pouring a mixture of colorful paints and medium onto a canvas. Mixed together they create a vibrant, abstract, full of unexpected texture and movement. A \$10 supply fee due at class.

1030-500 | Thu, Nov 30 | 5:30-7:00 PM | \$30 | Senior Center

Glass Mosaic

Glass mosaic sounds like a fancy, difficult art form; however, in this class, you will learn how fun it can be! Idea books with patterns and stencils will inspire you, then, choose from dozens of colors of pre-cut glass. The first night choose your project and go home with homework. Night 2 we will be grouting. Bring an old towel and rubber gloves.

Suncatcher or Table Lamp (Age 10-15 w/Adult)

There will be time to make multiple suncatchers. A materials fee due at class. Lamp: \$30, Suncatchers: \$18-\$25.

1001-601 | 2 Sessions | Tue, Oct 3 & 10 | 6:00-9:00 PM
\$30 | South Campus 202

Table or Sign (Age 16+)

1126-680 | 2 Sessions | Sat, Dec 2 & 9 | 9:00 AM-12:00 PM
\$30 | South Campus 202

Wine Glass Painting

Need to find a time and place to hang out with friends and paint something fun. Join us in painting personalized wine glasses! You will receive two wine glasses to express your creativity. A \$10 supply fee due at class. Additional glasses available for \$8.

1030-510 | Mon, Oct 2 | 5:30-7:30 PM | \$35 | Senior Center

Snowflake Wrapping Paper Print Workshop

Create three sheets of custom wrapping paper. You will focus on pattern, shape, and utilizing non-traditional "food and nature" related items to create amazing snowflakes!

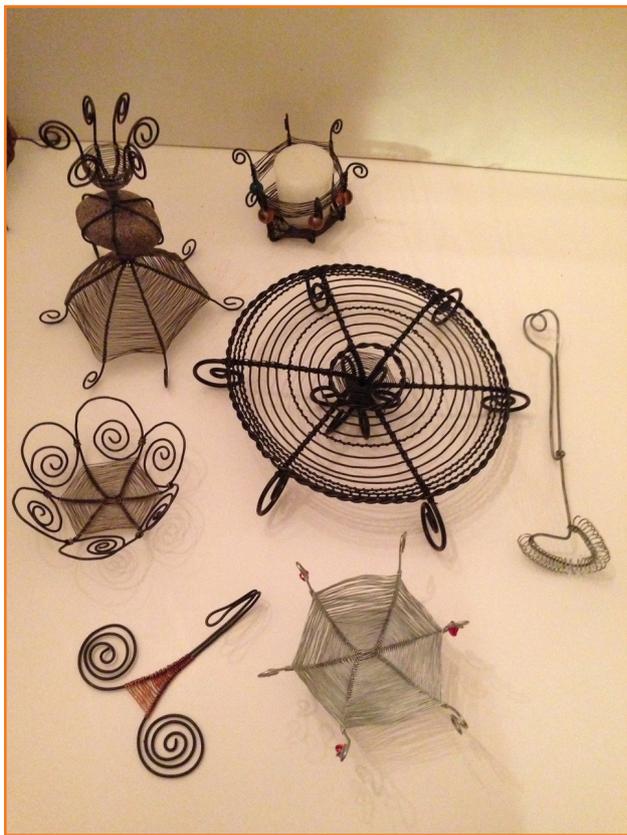
Adults & Students

\$10 | Sat, Dec 9 | Senior Center

1209-500 | 10:30-11:30 AM

1209-501 | 11:30-12:30 PM

1209-502 | 1:00-2:00 PM



Luffarslöjd: Introduction to Wirework

Luffarslöjd, an old craft of making beautiful and useful objects for everyday use with bits of wire. Farmers used wire to make repairs, travelers made things in exchange for food or permission to spend the night in the barn such as whisks, trivets, or decorative items. The design of wire items is really limited only by one's imagination.

1214-710 | Sat, Oct 14 | 10:00 AM-4:00 PM | \$50
South Campus

T-Shirt Quilt

You have saved all the shirts for years. It is time to make the t-shirt quilt you have been dreaming of. Be guided through the basics of making a t-shirt quilt; from stabilizing the t-shirts, to cutting and sewing the blocks into a 72"x90" quilt top. Leave class with a unique, individualized quilt you will treasure. Basic sewing skills required. \$10 supply fee due at class. Supply list will be emailed to you.

1017-600 | 3 Sessions | Wed, Nov 15-29 | 6:00-9:00 PM
\$60 | South Campus

Make Your Own Oven Mitt

Prerequisite: Must know how to sew and bring a sewing machine and extension cord to class. Easily learn to sew an oven mitt with step by step instructions. Make one mitt in class and take home the pattern and instructions to make more for gifts. No quilted material needed, we will quilt it in class.

1022-500 | Thu, Nov 9 | 6:00-9:00 PM | \$30 | Senior Center



Polar Bear Wood Sign

Celebrate the winter with our hand painted wooden Polar Bear sign. Using acrylic paints, learn about different brush techniques, mixing colors and having fun while learning a new skill.

1204-732 | Mon, Dec 4 | 6:00-8:30 PM | \$40 | Senior Center

Photo Organization: Print & Digital

Imagine all your photos organized, in one place, permanently, safely, and you have a system that lets you find any photo in literally seconds! This includes old slides, movies, and memorabilia too. Learn about scanners, digitizing old media, cloud storage accounts, software for creating digital books and projects, and how to repair damaged photos.

1112-720 | Mon, Nov 13 | 6:30-8:30 PM | \$30 | Senior Center

Shutterfly - Do More with Your Digital Photos

Explore options to turn your captured memories into custom home decor items or gifts. Shutterfly has canvas prints, photo tiles, or cozy items like photo pillows, fleece blankets, and other home goods that will double as unique keepsakes.

1219-501 | Tue, Dec 19 | 5:30-7:30 PM | \$30/household
ONLINE



10 Easy Tips to Improve Your Writing NOW

We write everyday: emails, social media posts, work projects, etc. Improving is a matter of knowing simple tricks to make your writing more impactful and readable. Practice exercise will help you make sentences flow properly while still maintaining reader interest. Leave with a workbook full of writing tips and tricks.

1001-702 | Sat, Oct 7 | 2:00-5:00 PM | \$40 | ONLINE

How to Write Your Life Story

Create the inspirational autobiography you have been thinking about! Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. You will receive an outline handout to help you organize and write your memoir step-by-step. Printing/publishing options will be discussed.

1001-700 | Sat, Oct 7 | 10:00 AM-1:00 PM | \$40 | ONLINE

Beginner's Guide to Getting Published

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past, the editor's desk.

1005-705 | Thu, Oct 5 | 6:00-8:00 PM | \$35/household ONLINE

Explore 50 Different Self Publishing Options

Prerequisite required: Beginner's Guide to Getting Published
Discover the pros and cons of self publishing options, including print-on-demand, e-book publishing, Amazon options, and see how they compare to traditional publishing. Receive informative handouts and a rated description of 50 self publishing companies.

1005-707 | Thu, Oct 5 | 8:00-9:00 PM | \$25 | ONLINE

How to Start Any Home Business + 250 Home Business Ideas!

Tired of working for someone else? Turn your talents and hobbies into profits. Discover 250+ legitimate home business ideas, mandatory legal documentation, ways to market your product/services, and about tax deductions.

1001-703 | Wed, Oct 4 | 6:00-8:00 PM | \$35 | ONLINE

Make Money with a Virtual Assistant/Word Processing Business

If you can type, you can make money. Discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. Learn to be your own boss, set your own hours, and make more money.

1001-704 | Wed, Oct 4 | 8:00-9:00 PM | \$25 | ONLINE

Field Trips

Pedal Pub Bike Tour (Age 21+)

You have seen them around. Everyone looks happy. Now it is your turn! Join us on a 90-minute Pedal Pub Bike tour around downtown St. Paul! Stops can include shops and breweries or just bike the entire time. All tours are BYOB (water/soda are encouraged, glass containers and alcohol above 8% is prohibited). Coolers will be provided. Bring snacks if you want them!

0924-760 | Thu, Sep 28 | 5:30-8:00 PM | \$60
Meet at Mancini's Char House, 531 7th St W, St Paul

Taylor's Falls Scenic Boat Tour (Age 50+)

Spend the day exploring the St. Croix River Valley on a paddle boat ride down the river with Taylor's Falls Scenic Boat Tours. Enjoy a sack lunch with beverage and shop at Sprouting Out Cheese & Buffalo Store!

Get on bus at: Gladstone Community Center,
1945 Manton St, Maplewood
Bus Departs: 9:30 AM, Bus Returns: 3:00 PM

1005-801 | Thu, Oct 5 | 9:30 AM-3:00 PM | \$85

American Swedish Institute's Holiday Exhibition (Age 50+)

Experience the Nordic Rooms, a celebratory exploration of Nordic holiday traditions and customs. Step back in time and experience the exquisite 33-room Turnblad Mansion and the American Swedish Institute. Get a close-up look at detailed wood carvings, sculpted ceilings and hand-crafted Swedish tile stoves plus history of the Turnblad family, the art and architecture of the mansion and the history of early Minneapolis. Enjoy a smorgasbord luncheon of traditional Swedish dishes, and visit the Bokhandel Gift Shop.

Get on bus at: Gladstone Community Center,
1945 Manton St, Maplewood
Bus Departs: 9:00 AM, Bus Returns: 3:00 PM

1206-801 | Wed, Dec 6 | 9:00 AM-3:00 PM | \$75

Honky Tonk Christmas @ the Sidekick Theater (Age 50+)

'Tis the season for a hootenanny! Celebrate the most wonderful time of the year with this funny, heartwarming musical extravaganza. Whether you enjoy good old-fashioned country Christmas songs or you like contemporary holiday tunes with a distinctly Nashville twist, you won't want to miss out! Lunch included.

Get on bus at: Mahtomedi Education Center, 1550 Mahtomedi Ave, Mahtomedi
Bus Departs: 10:30 AM, Bus Returns: 4:00 PM

1206-800 | Wed, Dec 12 | 10:30 AM-4:00 PM | \$65



MANY FACES • MANY STORIES

The 2023-2024 Theme: Many Faces, Many Tables Connecting Culture and Community Through Food.

Pad Thai (Age 16+)

Stop ordering out for Pad Thai! Learn to make your own delicious chicken Pad Thai at home! Make an authentic Pad Thai sauce with diverse flavor profiles of sweet, salty, sour and spicy. Perfect for your next family dinner or entertaining. A \$20 supply fee due at class.

1010-600 | Tue, Oct 10 | 6:30-8:30 PM | \$35
South Campus



Czech Kolaches

These pastries are egg-rich, slightly sweet, turnover shaped, and filled with fruit mixtures such as apricot, cottage cheese, poppy seed or prune. Plan to take an assortment home to share with family, friends or freeze them! Leave class with many different recipes, tips and techniques to master this Old World delicacy! A \$15 supply fee due at class.

2324-700 | Sat, Oct 21 | 9:00 AM-1:00 PM | \$35
South Campus



Ethiopian/Eritrean Cooking

Explore the delicious flavors and techniques of authentic Ethiopian and Eritrean cuisine. Learn to cook dishes with a variety of fresh ingredients and flavors, from light and mild to sizzling plates packed with exotic spices. This cuisine is famous for flavorful vegetarian dishes that can be enjoyed by meat-eaters and vegetarians alike! Both vegetarian and meat-based recipes will be available at class. A \$20 fee due at class.

1115-601 | Wed, Nov 15 | 6:00-8:00 PM | \$35
South Campus

Lefse (Norwegian Potato Flatbread)

Lefse (LEF-sah), a wonderful Norwegian flatbread often made with mashed potatoes, is made for banquets, holidays, weddings and all special occasions! It can be served with scrambled eggs and smoked fish, or cheese and jam, or butter and cinnamon-sugar, or hot dogs, or really any topping that appeals to you! A \$9 supply fee due at class.

2324-701 | Fri, Nov 17 | 6:00-9:00 PM | \$35
South Campus





East Indian Instant Pot: Butter Chicken, Coconut Curried Lentils & Naan

Two dishes will be made during this class. Choose one for your cook-along and watch a demonstration of the other, or if you have a second Instant Pot® on hand, make both! Make the popular Butter Chicken and wonderful Coconut Curried Lentils with your own luscious homemade Naan.

0917-700 | Sat, Sep 23 | 4:00-6:00 PM | \$30/household ONLINE

Escape to the Mediterranean!

Escape to the Mediterranean with the flavors of Greece! Create a classic full flavored mouth watering meal of grilled chicken souvlaki, tzatziki, Greek veggie rice, pita bread, and a greek salad dressing!

1022-710 | Tue, Oct 24 | 6:00-8:00 PM | \$30/household ONLINE

Dim Sum Stuffed Steamed Buns

Dim Sum is considered a shared dining and social experience that includes some sort of luscious and billowy soft Stuffed Steamed Buns. Join us in creating two types of Dim Sum Stuffed Steamed Buns with homemade dough and two types of fillings: Chinese BBQ Chicken and a savory vegetarian filling.

1029-712 | Fri, Nov 3 | 6:00-8:30 PM | \$35/household ONLINE

Jamaican Meat Hand Pies!

Take your culinary repertoire to another level! Make meat pies of luscious mouth watering ground meat filling, seasoned with warm savory spices, and flavors of Jamaica. Then bake it inside a tender flaky golden tinted pastry! All spices and seasonings can be personalized. Hear tips for freezing and reheating!

1029-711 | Sat, Nov 4 | 4:00-6:00 PM | \$30/household ONLINE

Cooking Beans in the Instant Pot

Are you ready to take your bean game from basic to BOOM? Sick of the soak? Learn how to turn dry beans into savory superstars! Be amazed at how versatile, economical, and easy it is to whip up a batch of beans for any occasion, without the overnight soak! On the menu: BBQ Baked Beans, Greek Salad with Black Eyed Peas, One Pot Lebanese Lentils and Rice, Borracho Beans, Hummus, and more!

0924-600 | Thu, Sep 28 | 6:30-8:00 PM | \$30/household ONLINE

Air Fryer Advanced

Get ready to level up your air frying skills! Create a wide variety of dishes without turning on your stove. Learn how to whip up delicious and healthy meals in no time, all without sacrificing flavor or texture. Whether you're an omnivore, a veggie fanatic, or a dessert enthusiast there are recipes for everyone.

1001-600 | 2 Sessions | Thu, Oct 5 & 12 | 6:30-8:00 PM \$45/household | ONLINE

Instant Pot Holiday Hacks

Want to shake up your holiday cooking routines and impress your guests with some delicious, time-saving dishes? From turkey stock to cranberry sauce, make ahead mashed potatoes to sweet pumpkin cheesecake, Kirsten's cool cooking hacks will simplify your kitchen efforts during the hectic holiday season. Discover how to turn your pressure cooker into a holiday miracle worker from the comfort of your own home in this live cooking demonstration.

1029-600 | Thu, Nov 2 | 6:30-8:00 PM | \$30/household ONLINE

Monthly Meal Planning

Tired of staring blankly into your fridge, wondering what to make for dinner? Fear not, hungry friend, this class will spice up your kitchen game in one fun-filled weekend! From "A Month of Meatless Mondays" to "Taco Tuesdays Ten Ways" to "Souper Sundays", there's something for everyone. We believe that meal planning should be fun! Get favorite tips/tricks for making meal prep a breeze and grocery shopping to prepping ingredients in advance.

1126-600 | 2 Sessions | Sat/Sun, Dec 2 & 3 | 3:00-4:00 PM \$45/household | ONLINE





55+ Driver Safety

If you're 55 or older, receive a 10% 3 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

2324-815 | Tue/Wed, Sep 12 & 13 | 5:30-9:30 PM
Senior Center or ONLINE

2324-816 | Wed/Thu, Sep 27 & 28 | 1:30-5:30 PM | ONLINE

2324-817 | Wed/Thu, Oct 11 & 12 | 1:30-5:30 PM | ONLINE

2324-819 | Tue/Thu, Oct 24 & 26 | 5:30-9:30 PM | ONLINE

2324-818 | Wed/Thu, Nov 8 & 9 | 5:30-9:30 PM
Senior Center or ONLINE

2324-819 | Tue/Wed, Nov 28 & 29 | 1:30-5:30 PM
Senior Center or ONLINE

2324-820 | Tue/Wed, Dec 12 & 13 | 1:30-5:30 PM | ONLINE

Refresher Class | \$35

2324-800 | Thu, Sep 7 | 9:00 AM-1:00 PM | Senior Center

2324-830 | Tue, Sep 19 | 5:30-9:30 PM | ONLINE

2324-801 | Tue, Sep 26 | 9:00 AM-1:00 PM
Senior Center or ONLINE

2324-802 | Tue, Oct 3 | 1:00-5:00 PM | Senior Center

2324-831 | Tue, Oct 10 | 5:30-9:30 PM | ONLINE

2324-803 | Thu, Oct 26 | 5:30-9:30 PM | Senior Center

2324-832 | Thu, Nov 2 | 5:30-9:30 PM | ONLINE

2324-804 | Fri, Nov 10 | 9:00 AM-1:00 PM | Senior Center

2324-805 | Tue, Nov 28 | 5:30-9:30 PM | Senior Center

2324-806 | Fri, Dec 8 | 1:00-5:00 PM | Senior Center

2324-833 | Tue, Dec 19 | 1:00-5:00 PM | ONLINE

2324-807 | Wed, Dec 20 | 5:30-9:30 PM | Senior Center

2324-808 | Tue, Jan 9 | 9:00 AM-1:00 PM | Senior Center

2324-809 | Mon, Jan 22 | 5:30-9:30 PM | Senior Center

Drafting Your Own Will

What happens to all your stuff when you pass? Who will take care of your children if tragedy strikes? Learn various techniques of property distribution, protection of the estate and beneficiaries, explore basic concepts and assess your need for a simple will. Receive personal attention, sample forms and language, and learn situations that may require a review or revision of your will. By the end of class you will be able to sign your will.

0924-712 | 2 Sessions | Wed, Oct 18 & 25 | 6:30-8:30 PM
\$65 | Senior Center

Economic Update

Financial topics seem to make the news every day. Should the headlines you see influence the decisions you make regarding your financial strategy? Find out how to use the latest economic data to help you make informed decisions about your money.

1203-600 | Tue, Dec 5 | 6:30-7:30 PM | \$25 | Senior Center

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

Get answers to 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 to gift assets? What about separate assets not of the marriage? If I am alone, what tools protect me best? What is the death tax? How to avoid leaving a mess for children? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust?

0107-700 | Mon, Jan 8 | 6:30-8:00 PM | \$25/household
ONLINE

Financial Power of Attorney & the Health Care Directive

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

0917-714 | Tue, Sep 19 | 6:30-8:30 PM | \$40 | Senior Center

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

Wonder how to pay for the nursing home and still leave an inheritance for the next generation? We'll discuss: how to meet nursing home goals, long term care insurance, home healthcare, qualifying for Medicaid, and if your trust protects your assets. Get the answers and learn how to create an effective plan to deal with uncertainties.

1001-701 | Wed, Oct 4 | 6:30-8:00 PM | \$30 | Senior Center

How to Retire from an Attorneys Perspective

You work your whole career with the goal of someday retiring. The years leading up to your retirement date are crucial. What to do in the active years of your retirement and the winding down of your retirement years. Subjects will include: Estate planning while working, during retirement, and at the end of life, when to take your Social Security, key financial products and services available, what to look for in a finance professional, and the final plans before the end.

0910-700 | Thu, Sep 28 | 6:30-8:00 PM | \$30 Senior Center

How to be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? Learn where your student will fit best academically, socially and financially, which schools will offer the largest merit scholarships, how to apply for grants, and how does the FAFSA work? Interactive class discussion.

\$25/family | 6:30-8:30 PM | ONLINE

2023-600 | Wed, Sep 27

2023-601 | Thu, Oct 19

2023-602 | Mon, Nov 13

2023-603 | Tue, Dec 5

Need to Know Changes to the College Process (Gr 9-11 families)

Admission trends have changed how colleges admit students. Substantial changes to the FAFSA and college financial aid may make college more expensive. Schools have gone "ACT/SAT" optional, but not necessarily when they award scholarships. Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

1002-500 | Mon, Oct 2 | 7:00-8:00 PM | \$25/family ONLINE



So You Are the Executor, Trustee, HealthCare Agent, Guardian or Attorney-In-Fact... Now What?

Discover your role, responsibilities, and liabilities as the one in charge, or for those trying to decide whom to appoint to one of these legal roles. We will discuss common experiences and pitfalls of serving as an Executor and answer questions like: What is involved in opening an estate? How much court time is required? What is involved in closing the probate and preparing the final accounting?

1119-700 | Tue, Nov 21 | 6:30-8:00 PM | \$30/household Senior Center

So You're Thinking of Leaving Minnesota?

What issues influence deciding where we want to call home? Is it taxes, political landscape, weather, debt/income retirement concerns, cost of living, or health concerns? Learn when to start this discussion, what states don't tax Social Security, pensions or other qualified retirement income sources, worst places for estate taxes, how to establish domicile and medical and retirement facilities - who is good, who is not-so-good and more!

1210-700 | Thu, Dec 14 | 6:30-8:00 PM | \$20/household ONLINE

FREE classes thanks to a sponsorship by Lakeside Legacy Wealth Advisor Team at Thrivent

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. Get answers to your questions and learn what Social Security can mean for you. When to apply, how to maximize benefits, how does it affect a spouse and more.

0901-650 | Tue, Sep 5 | 12:00-1:30 PM | Free ONLINE

1022-650 | Wed, Oct 25 | 6:00-7:30 PM | Free Senior Center

Five Keys to Retiring Fearlessly

Do you know what next steps to take so you can retire? Get insights to help you achieve your retirement goals, by answering the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? This is a learning opportunity only. No products will be sold.

1001-603 | Thu, Oct 5 | 12:00-1:30 PM | Free ONLINE

1204-603 | Mon, Dec 4 | 6:00-7:30 PM | Free Senior Center

Will Taxes Affect Your Retirement?

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share. In this seminar, attendees learn: How future tax changes may create the potential for higher taxes. Ways to create tax-free retirement income. How Social Security is taxed. How to work efficiently within current tax brackets.

1022-600 | Thu, Oct 26 | 6:30-7:30 PM | \$25 | Senior Center

**FREE classes thanks to a sponsorship by
Ryan Johnson of Ameriprise Financial Services, LLC**

From SIMPLE to Sophisticated: Small Business Retirement Plans

Small business owners will learn ways to take advantage of: Asset consolidation, making flexible contributions that may allow tax savings, compare the features and benefits of SEP, SIMPLE, 401(k) and Individual 401(k) plans.

**1105-676 | Thu, Nov 16 | 6:00-7:30 PM | Free
Senior Center**

Putting Your Compensation to Work. Take Control of Your Saving & Investing

Examine how you can make the most of the compensation you receive, including finding "hidden" compensation opportunities, maximizing available benefits and effectively managing income.

**1008-676 | Thu, Oct 12 | 6:00-7:30 PM | Free
Senior Center**

The SECURE Act 2.0: Four Key Considerations

This seminar addresses four key considerations of the new SECURE ACT legislation and how this law may affect financial plans.

**0917-685 | Thu, Sep 21 | 6:00-7:30 PM | Free
Senior Center**

Pickleball Club

The White Bear Area Pickleball Club runs year-round. Membership Required: Through June 30, 2024
Club Dues: \$25/resident; \$30/non-resident

For locations and times:
www.communityservices.isd624.org/adults-seniors/adult-recreation

Register Online: www.whitebear.ce.eleyo.com,
Search for Pickleball

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

Fitness

Chair Yoga

A modified form of yoga, using exercise principles of traditional yoga to increase participant's health and fitness by replacing a floor mat with a chair. Find mobility in a gentle, supportive way that is very beneficial. Chair Yoga will improve your flexibility, concentration, and strength, while boosting your mood, reducing stress and decreasing joint pain.

**2324-750 | 5 Sessions | Mon, Sep 11-Oct 16 | 10:00-10:45 AM
\$35 | Senior Center | No Class Sep 25**

**2324-751 | 4 Sessions | Mon, Nov 13-Dec 18 | 10:00-10:45 AM
\$30 | Senior Center | No Class Nov 27**

Nordic Pole Walking

Nordic Pole Walking will turn your simple walk into a full body workout without feeling like you are working any harder! This walking style increases heart rate and creates resistance to build better bone density while working your upper body and legs. Specially designed poles enhance your natural walking experience, burn more calories, improve your posture and gait. Poles provided by the instructor.

**0925-570 | Mon, Sep 25 | 5:30-6:45 PM | \$30
Memorial Beach Park Parking Lot, 5000 Lake Ave N, WBL**

Lynch Pickleball Camp

Beginner Pickleball: You'll learn the rules, scoring and how to play with fun lessons and drills. Play with a partner of like ability to practice the various skills and to play a match in a low key fun environment. Intermediate Beginner Pickleball: Know the game already? Take your game to the next level and improve skills. Warm up and then get things rolling with some fun drills, games and competition.

4 Sessions | \$110 | North Campus Field House

BEGINNER PLAYERS

**2324-914 Beg | Tue, Oct 3-Nov 24 | 6:30-8:00 PM
No Class Nov 7**

2324-923 Beg | Tue, Nov 14-Dec 5 | 6:30-8:00 PM

INTERMEDIATE PLAYERS

**2324-915 Int | Tue, Oct 3-Nov 24 | 8:00-9:30 PM
No Class Nov 7**

2324-924 Inter | Tue, Nov 14-Dec 15 | 8:00-9:30 PM





Soma Yoga

Re-educate muscles to release tension and create freer mobility. Learn to move from within your body using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina. All skill levels are welcome.

0903-510 | 6 Sessions | Tue, Sep 5-Oct 10 | 9:30-10:30 AM
\$45 | ONLINE

0903-511 | 7 Sessions | Tue, Oct 17-Nov 28 | 9:30-10:30 AM
\$50 | ONLINE

0903-512 | 6 Sessions | Tue, Dec 5-Jan 16 | 9:30-10:30 AM
\$45 | ONLINE | *No Class Dec 26*

Tai Chi

A Chinese discipline utilizing a series of slow, graceful, low impact body movements, and specialized breathing techniques, to improve balance, health, and relaxation. Tai Chi can enhance your fitness, increase your sense of tranquility, and elevate you to new levels of vitality and well being.

0925-567 | 8 Sessions | Mon, Sep 25-Nov 13 | 8:00-9:00 PM
\$75 | Matoska International Cafeteria

Yoga - Whole Body Vinyasa

Increase your strength and flexibility. The breath is incorporated into each exercise to relieve stress and anxiety. Each pose will be described in detail for beginners as well as modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga!

\$15 drops ins

2023-536 | 7 Sessions | Tue, Sep 12-Oct 24 | 5:30-6:30 PM
\$85 | Senior Center

2023-537 | 6 Sessions | Tue, Nov 14-Dec 19 | 5:30-6:30 PM
\$75 | Senior Center

Classes Taught by Janice Novak

6:00-7:30 PM | \$30/family | ONLINE

Acupressure to Relieve Stress, Anxiety, Insomnia & More

0925-600 | Tue, Sep 26

Hips, Thighs & Otherwise

1002-600 | Wed, Oct 4

Is Your Waistband Too Tight Today?

1015-500 | Mon, Oct 16

Thyroid Things You Need To Know

If you take thyroid medication but are still gaining weight and other symptoms, there's more you need to know.

1022-501 | Mon, Oct 23

Posture & Osteoporosis: How to Build Better Bones

Learn how to reduce the risk of osteoporosis and how to re-gain bone mass.

1022-502 | Tue, Oct 24

Overcome Your Carbohydrate Cravings

Crave starches, snack foods, and sweets? The more you eat, the more you want? Learn to break this cycle.

1105-500 | Mon, Nov 6

JUST BREATHE! Techniques to Calm, Center & Balance

1105-501 | Wed, Nov 8

Seated Abdominal Strengtheners that Won't Stress Your Back Or Neck

Learn effective exercises to strengthen the abdomen without stressing back, joints, or getting on the floor.

1109-500 | Tue, Nov 14

Feet, Knees and Ankles

They support the weight of your body. Learn to take care of them and help correct common problems.

1109-501 | Wed, Nov 15

Face Yoga

Facial exercises to take years off your appearance.

1203-500 | Mon, Dec 4

Women, Weight & Hormones

Discuss concrete solutions for controlling appetite and cravings; simple daily steps to boost your metabolism; major sources of hormone mimicking.

1203-501 | Tue, Dec 5



Aging Eyes

Our eyes change so much as we age. Learn the causes of low vision, healthy eyes, and devices and recourse for low vision. There will be time for questions and answers at the end.

1015-620 | Fri, Oct 20 | 12:00-1:30 PM | \$5 | Senior Center

Hearing Life

Learn about hearing health and loss as well as discover the many features and benefits of the newest hearing technology. Learn the importance of comprehensive hearing care versus over-the-counter hearing devices. Share experiences with others who have hearing loss. There will be time for questions and answers to ask any specific questions or address concerns. You can also have your hearing aids cleaned and checked.

1020-750 | Fri, Oct 20 | 10:00 AM-12:00 PM | \$5 Senior Center

Healthy Feet = Happy Feet

Feet are the foundation of your body. Just like with any structure, the foundation is critical for a stable structure. Do you have painful feet, calluses, joint pain, and questions about what can be done? Learn to keep your feet healthy, how to keep moving, and why so many people have trouble with their feet as we age?

0928-750 | Thu, Sep 28 | 10:00-11:00 AM | \$5 Senior Center

Emergency Preparedness Class

Have you been in an emergency situation and not know what to expect? Preparing is not easy but with simple tips you can be ready for the unexpected. Learn what information you will need, what to expect when calling 911, what the rules are in the metro area for medical emergencies, how to get help at home after hospitalization and more.

0919-750 | Tue, Sep 19 | 10:00-11:00 AM | \$5 | Senior Center

Everything You Want To Know About Medicare

Understand Medicare including Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This is an ideal course for people that are turning 65 or older and coming off their employer medical plan.

0924-601 | Wed, Oct 25 | 6:30-8:00 PM \$25 | Senior Center

Healthy Living with Chinese Medicine

Learn the basic principles of Chinese Medicine that anyone can apply to their own life for greater health and well-being. Some of these philosophies include the concept of qi, and how to boost/unblock our own qi, energy work, yin/yang theory, and living in tune with the cycles of nature.

1009-710 | 4 Sessions | Mon, Oct 9-30 | 6:00-7:00 PM \$40 | Senior Center

Introduction to Intuitive Eating

Intuitive Eating is a framework based on ten principles that can help you improve your relationship with food and your body. It rejects diet culture and helps you relearn how to listen to and trust internal cues of hunger, fullness, and satisfaction rather than following external diet rules. If you have a history of frequent dieting, are tired of tracking every bite or movement, have a difficult relationship with food, a long list of good/bad foods, describe yourself as an emotional eater, struggle with body image, or equate health with the size of your body, Intuitive Eating could help you stop the food fight, drop the guilt, and find your balance. This session is designed to help you understand 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.

1015-700 | Wed, Oct 18 | 6:30-8:00 PM | \$30 Senior Center

Nutrition for One (or Two!)

Does cooking a balanced meal seem like too much work? Discover the nutritional implications of taking shortcuts (like eating out) when it comes to putting food on the table. Learn to boost the nutritional profile of foods and meals you prepare. Discuss batch cooking, shopping tips, and how to plan meals for one/two people all with healthy food options.

1002-700 | Thu, Oct 12 | 10:00 AM-12:00 PM | \$15 Senior Center

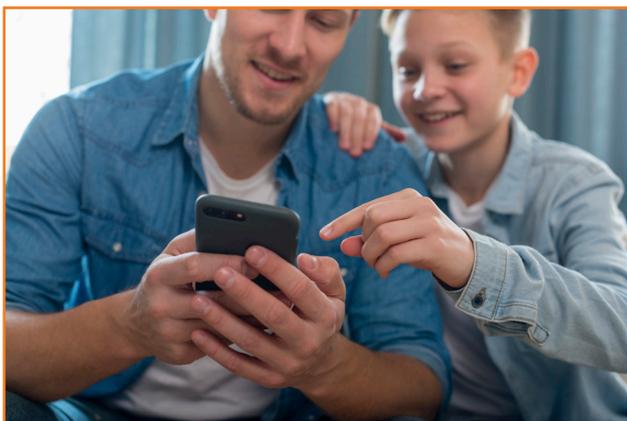
SHINRIN YOKU – Forest Bathing

Experience an ancient wellness practice. An immersive, meditative, and awe-inspiring Japanese forest bathing experience (Shinrin Yoku). Feel how nature's fractals, sounds, and sensations reduce your stress and anxiety, and enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of green forested spaces.

1008-570 | Sat, Oct 14 | 1:00-3:00 PM | \$40 Tamarack Nature Center, 5287 Otter Lake Rd, WBL



Stay connected and follow us on Facebook!
@wblasrec



Cell Phones & Parenting - Oh My!

Are you keeping your child safe on their Smartphone? Learn the recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry.

0924-501 | Tue, Sep 26 | 12:00-1:00 PM | \$20/household ONLINE

My Kid Wants To Be a YouTuber - Help!

Does your child dream of having their own YouTube channel? Eliminate the worry as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel. You'll learn how this hobby can become a practical career, safety practices, and even create fun videos!

1001-503 | Thu, Oct 5 | 12:00-1:00 PM | \$20/household ONLINE

A Parent's Guide to Tik Tok

Have you heard about the latest new app called TikTok? In this fun class we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media.

0917-905 | Tue, Sep 19 | 12:00-1:00 PM | \$20/household ONLINE



Travel Show

Join us as we discuss the exciting rebound in the travel and tour industry. The pandemic temporarily slowed travel, but a great opportunity is ahead of us to venture out again!

Upcoming Trips

- 10/2024 - Normandy and Paris River Cruise 80th Anniversary of Day
- 10/24/24 - New England Rails & Trails
- 12/6/24 - New York City Holiday
- 3/19/24 - Hawaii & Island Adventure
- 4/17/24 - Highlights of Englands, Scotland & Wales
- 5/24/24 - America's Canyonlands
- 7/21/24 - Majestic Canadian Rockies
- 9/24/24 - California Coast & Yosemite

**0917-502 | Fri, Oct 27 | 9:30-11:30 AM
Free | Senior Center**



Elder Law 101

Did you know that the cost of assisted care, memory care and nursing home care ranges from \$5,000 to \$15,000 per month in Minnesota? Do you have a plan for how you will pay for this type of care if you need it? Does your estate plan have the right documents to allow your family to help make supported decisions for you as you age? Explore essential legal documents for aging including Power of Attorney, health care directives, wills and trusts as well as discuss Medicaid, Veterans Benefits and Asset Protection options if you need long term care.

1019-603 | Thu, Oct 19 | 10:00-11:30 AM | \$5 | Senior Center

Estate Planning with Firearms

Do you own firearms? Have you planned for who will get your firearms after death or if you develop dementia or memory loss? Does your family know what you want? This session will explore these topics and more as we learn about best practices for planning with firearms.

1108-603 | Wed, Nov 8 | 10:00-11:00 AM | \$5 Senior Center

Fraud & Scams Targeting Seniors

Worried that you could be (or have been) a victim of fraud? Learn to detect a variety of fraud activities, including Medicare fraud and what to do if fraud is suspected. Hear about the top scams currently being directed towards older adults and highlight why seniors are specifically targeted. Tips will be offered on how to avoid falling for scams and where to get help.

1008-600 | Thu, Oct 12 | 10:00-11:00 AM | Free Senior Center

The Safety Aware Adult

Discover practical self-defense strategies for recognizing risks and tactics for staying safe in your daily life. Gain knowledge and training in the three pillars of self-defense: avoidance, escape, and, as a very last resort, physical engagement. Created for adults of all ages.

1008-500 | Sat, Oct 14 | 9:00 AM-1:00 PM | \$50 North Campus Field House



White Bear Press
HEALTH EXPO
Wednesday, Sept 13
White Bear Area Senior Center
 2484 E County Rd F, WBL
11:00 AM - 2:00 PM

Visit vendors from senior housing insurance, auto, financial services, health care, flu shots, and more.

Food, Door Prizes & Entertainment!



Fall into Winter

Learn about how to put your garden to bed in this class, with information about what to do for your garden and landscape between September and February.

0917-559 | Mon, Sep 18 | 6:30-8:00 PM \$20/household | ONLINE

All About Seed

Seeds are the foundation of a garden. Learn about choosing seeds, growing seeds, and saving seeds. It's all in the name: this class is All About Seeds.

1210-561 | Sat, Dec 16 | 10:00-11:30 AM \$20/household | ONLINE

Houseplant Success

Indoor plants are a little different than outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems. The U of M Extension Master Gardener volunteers of Ramsey County, recommend visiting their website to find reference tools, including handouts, websites, and book suggestions that can help you take the information from the class to the next level.

The link for the website is:
www.ramseymastergardeners.org/sb-houseplants

0917-561 | Sat, Oct 21 | 6:30-8:00 PM \$20/household | ONLINE

Growing Microgreens

Microgreens are quick-growing vegetable and herb seedlings that are raised indoors. Learn about growing microgreens for use in salads or as fresh green in many types of dishes any time of year.

1119-560 | Mon, Nov 20 | 6:30-8:00 PM \$20/household | ONLINE

MinnesotaHelp Network™

Did you know that there are over 40,000 resources for older adults and their family members in Minnesota? Learn to navigate the MinnesotaHelp database to find resources. Users can create directories, save searches and plans, and compare services side-by-side. We will introduce you to the Long-term Care Choices Navigator, a tool to help seniors and their caregivers find aging services to enable seniors to live and age well in the community.

0924-610 | Wed, Sep 27 | 10:00-11:00 AM | Free Senior Center

Understand Social Media Analytics with Ease

Learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must for anyone of all ages, whether you're an employee, small business owner, volunteer, etc! Start understanding today on how a post performed on social media.

1029-502 | Tue, Oct 3 | 12:00-1:00 PM | \$20/household ONLINE

Intro to Online Genealogy

Discovering your family history has never been easier. Gone are the days of traveling to courthouse basements and archives. Learn how to get started from your home! Learn how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

1022-701 | Mon, Oct 23 | 6:00-7:30 PM | \$30 | Senior Center

Using Google & All it Has to Offer

What is the use of Google? Google offers Gmail, Chrome, Maps, Drive, Spreadsheets, YouTube, Calendar ...and much more! You can upload and store all of your files online. GoogleDocs and GoogleSheets are free and you can then share these files with others and access them from any computer, smartphone, or tablet. With Google you can quickly and easily get answers on your smartphone or computer. Come and find out more about using Google and all it has to offer.

0919-501 | Tue, Sep 19 | 5:30-7:30 PM | \$30/household ONLINE

Using Snapchat Safely in 2023!

Learn what Snapchat is and learn the foundation for how Snapchat is used, what the basic features include, how the app works, how to set up safety features, how to check on profile details, and how advertisers work to target audience members, and more.

0910-503 | Thu, Sep 14 | 12:00-1:00 PM | \$20/household ONLINE

What to Share & What NOT to Share on Social Media

Using social media is all about being social and sharing your thoughts, experiences, photos, and more, but deciding what to share on social media is a delicate dance. Share too much or the wrong things and your friends will quit reading your post and maybe even unfriend you. Share too little and your friends will forget you're even there. You need to figure out just what kinds of things to share and how often to share them.

1128-501 | Tue, Nov 28 | 5:30-7:30 PM | \$30/household ONLINE

You Auto Know

Have you always wished you knew more about your vehicle? Join us for a fun-filled automotive class that will cover the basics of vehicle maintenance, checking vehicle fluids, tire inspections, how to choose a repair facility and many hands-on activities.

1002-510 | 2 Sessions | Tue & Thu, Oct 3 & 5 | 5:30-8:00 PM \$35 | South Campus 211

iPad & iPhone Getting Started

Learn the basics of how to navigate your device. Some of the items you will learn include, how to move icons and use folders, discover the features of Safari declutter, explore the mail App, add a calendar event, use reminders, the Notification Center settings, manage contacts, Facetime, use the navigation, the App Store and more!

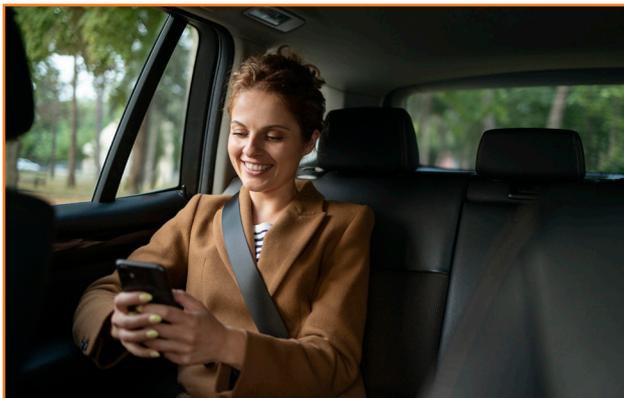
1024-501 | Tue, Oct 24 | 5:30-7:30 PM | \$30/household ONLINE

Homeownership Essentials: A Guide for First-Time Buyers

The course will guide participants through every aspect of the home buying process, providing them with the knowledge, resources, and confidence needed to transition from renter to homeowner successfully. We cover everything from budgeting and credit to navigating the real estate market and closing the deal.

1012-685 | Thu, Oct 12 | 7:00-8:00 PM | \$20 | Senior Center





How to Use Uber for Transportation Independence & the NewTrax Bus Service

Expand your independence through the ride sharing service Uber. Learn how to schedule and cancel a ride, pay for your ride and about tipping, and more. We'll also cover how to use Uber for appointments, errands and at major airports so that you can travel with confidence. Then, NewTrax, a local nonprofit transportation company will join us to explain their weekly bus circulator routes in our area.

0917-506 | Thu, Sep 21 | 12:00-1:00 PM | \$20 Senior Center

Golden Transition: Simplifying Senior Living

A specially designed program for seniors considering a change in their living arrangements. Learn the options available, including transitioning from a multi-story house to a one-level home or condo, and understanding the benefits and potential challenges of moving to assisted or independent living communities. Feel confident in having the knowledge and resources to make an informed decision that suits your lifestyle and needs.

1117-687 | Fri, Nov 17 | 1:00-2:00 PM | \$5 | Senior Center

So You Want to Be Anti-Racist?

Looking to deepen your understanding of what it means to be anti-racist? Discover tools to engage in uncomfortable conversations, develop racial literacy, and begin to unpack how race operates in our everyday lives often without consent and/or acknowledgment, all the while building the muscles to move into action!

1102-800 | 6 Sessions | Thu, Nov 2-Dec 14 | 7:00 -8:30 PM \$69 | ONLINE

Native American: Appreciating Instead of Appropriating Indigenous Culture

Learn how to spot cultural appropriation and understand why it's harmful to Indigenous people and nations. Hear real-life examples on how cultural appropriation shows up in various industries, such as fashion, design, and wellness. Gain strategies for avoiding appropriation and ideas to support Native artists and creators in the local community.

1106-760 | Mon, Nov 6 | 6:30-7:30 PM | \$20 | ONLINE

History with Kay Simmer

10:00 AM-12:00 PM | \$18 | Senior Center

Secrets of the U.S. Secret Service

The enormous job of protecting the president has included close calls, tragic failures, mind numbing attention to detail, and some funny moments. Recently this elite organization has been tarnished with scandal. Learn its history from Lincoln's Pinkerton agents to the 6,500 employees of today.

0924-904 | Fri, Sep 29

Little of Anything on the Prairie

America's heartland, the prairie states, were among the last to be settled because it was so darn hard to live there. Explore the hardships, from drought to Indian raids to grasshoppers, blizzards and wind induced insanity. Learn about the people who fought to survive there, their ingenuity in overcoming obstacles and their reasons for leaving civilization for that "little house on the prairie."

1008-904 | Fri, Oct 13

Blue-Nosed Puke Stockings

That's what the crew of the Mayflower called the Puritan Pilgrims. Learn about their origins, beliefs and lifestyle. We'll also cover Puritanism's power in America, the Salem Witchcraft Trials, and how it all contrasts to modern day religious extremism.

1112-904 | Fri, Nov 17

OPEN HOUSE
WB Senior Center

Explore weekly activities, learn about Meals on Wheels, our Foot Care Clinic, and shop at the Craft Corner.

Event Vendors:
Diabetic Shoes & Mobility Show
Blood Pressure Screening
Travel Opportunities

FRI, OCT 6 | 10 AM - 12:00PM
Senior Center, 2484 E Cnty Rd F, WBL

"Shake It off" Line Dance

Taylor Swift's fun, sassy song invites you to move your feet, sing along and ... "Shake it off"! So grab some friends and enjoy an hour of fun that will have you dancing the night away! No Partner needed

0927-700 | Wed, Sep 27 | 6:00-7:00 PM | \$20 South Campus

Easy Partner Dancing for All Occasions

No matter the occasion, be prepared to dance! Learn easy to remember mini-routines, danceable to all your favorite songs from the past to the present, including pop, blues, rock, country and more. Couples stay partnered - solo attendees rotate, but partners are uncertain.

0917-560 | 4 Sessions | Tue, Sep 19-Oct 10 | 6:30-8:00 PM \$65 | Matoska International

Latin Dance Workshop

Experience the romance and passion of Latin dancing with the saucy Salsa and the beautiful Rumba. With stunning spins and intimate holds you'll be prepared for any event or just an intimate evening home. Couples only please.

0927-701 | Wed, Sep 27 | 7:00-9:00 PM | \$35/pair South Campus

Harmony Adventure for Women

Experience great fun singing four part harmony with the Vallee de Croix Women's Chorus. Participants will attend evening rehearsals and be provided with music, learning materials and vocal coaching, culminating in holiday performance opportunities in December. A free voice lesson is included in your registration. If you love to sing and have been looking for a fun group to be a part of, this is the place for you! There is a \$35 sheet music fee due the first night of choir.

1009-532 | 9 Sessions | Mon, Oct 9-Dec 4 | 7:00-9:00 PM \$30 | Our Savior's Lutheran Church, 1616 Olive St W, Stillwater

Lake County Chorus

Ladies, let your star shine! Join us and discover the joy of 4 part a capella women's barbershop harmony! Our group is composed of women from all walks of life, and degrees of musical knowledge and experience. We'll teach you songs and introduce you to the art of women's barbershops. At the end of these lessons, you are invited to participate in our Christmas performance to show off what you have learned.

1001-540 | 8 Sessions | Tue, Oct 3-Nov 21 | 7:00-9:30 PM \$30 | Redeemer Lutheran Church, 3770 Bellaire Ave, WBL

BEAR BIKE
RIDE FOR YOUTH SPORT SCHOLARSHIPS
 Sat, Sept 30 / 9:00am start at WBL District Center
 Rides: 9-mile, 25-mile, 50-mile

Register to Ride or Donate

WINTER FARMERS MARKET
SATURDAYS
 NOV 11, DEC 9, JAN 13, FEB 10
 10:00 AM - 1:00 PM
 White Bear Senior Center
 2484 East County Rd F, WBL

LOCALLY GROWN & PRESERVED
 AND HAND CRAFTED ITEMS
 20+ LOCAL VENDORS
 FOOD TRUCKS ON SITE

Items including meats, cheese, eggs, micro greens, and maple syrup. Locally preserved options: jams, jellies, sauces, sauerkraut, and kombucha will be available.

White Bear Area Senior / Craft Corner
Fall Boutique & Bake Sale
 November 3 & 4
 Fri, 9am-7pm Sat, 9am-4pm
 WB Senior Center, 2484 E County Rd F, WBL
 On the corner of County Rd F & Bellaire

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

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 visiting our website at whitebear.ce.eleyo.com and search "membership". **Yearly memberships are due by June 31.**

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

Current Wave is a monthly email that provides supplemental information to the Voice newsletter. To subscribe 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 Center Open House

Fri, Oct 6 | 10:00 AM-12:00 PM | Free

Explore what we have to offer at the Senior Center! Learn about our weekly activities from group leaders, Meals on Wheels, our Foot Care Clinic, and visit our Craft Corner Boutique and how to become a consignee. In addition, TRIAD will have a booth about their program, a Diabetic Shoe & Mobility clinic where you can view and order products, Keystone Place will be offering blood pressure screenings and learn about travel opportunities from Premier Travel.

New Group at the Senior Center!

Friday Chatter | 2nd & 4th Friday
 10:00 AM-12:00 PM

Fridays at the Senior Center can be very quiet. We have had several requests for some type of new social group to be created. Well, we heard you! Join us for Friday Chatter! This is a chance to sit, relax and chat with friends, or make new friends. The coffee will be on and we hope to have some sponsored treats! We will also have a few games on hand if anyone is interested. For our members who knit, carve, color, etc, bring your supplies and take advantage of this open time!

Senior Center is closed:

Set 4, Nov 23, 24,
 Dec 25-29, Jan 1

Meals on Wheels is closed:

Sept 4, Nov 23, 24,
 Dec 25, 26, 28, 29 Jan 1

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 14-15!

Foot Care Clinic at the Senior Center

2484 East County Rd F, WBL

\$50/cash or check

\$53 credit card

35 minute appointment

Call 651-653-3121 to make an appointment.



55+ Defensive Driving
 8-Hr Initial classes
 4-Hr Refresher classes
 In-Person or online available
 See page 12 for more information.



**TO THANK YOU
 FOR YOUR SERVICE**

VETERANS DAY
Celbebration

Fri, Nov 10 | 10- 11:30am
Senior Center

Join us in honoring all veterans of the United States Armed Forces.

Meals on Wheels is a community based program that delivers nutritious 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.



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.

Hot or Cold Meals - Order Monthly

Menus sent to client monthly

Pick & Choose

when you want meals
Delivered between
 11:30 AM - 12:45 PM

Meal Price Range

\$5.50 - \$8.90
 depending on
 monthly income

Frozen Meals Options - Delivered Weekly

Included: Vegetable, side, dessert, beverage

Chicken/Turkey Meals

- Arroz Con Pollo
- BBQ Chicken Bowl
- Breakfast Turkey Sandwich
- Chicken Penne Parma Rosa
- Chicken Tinga
- Chicken Wild Rice Soup
- Chicken w/Swiss & Mushroom
- Hmong Style Chicken
- Honey Garlic Chicken
- Latin Roast Chicken
- Rosemary Chicken
- Sweet & Sour Chicken
- Turkey Taco Bowl
- Vietnamese Style Chicken

Pork Meals

- Baked Ham
- BBQ Pork Sandwich
- Ginger Honey Pork
- Hmong Sweet Pork
- Pork Al Pastor
- Pork Stir Fry
- Vegetarian Meals**
- Black Bean Enchilada
- Bake
- Lentil Soup
- Oatmeal
- Ratatouille
- Vegetarian Lasagna

Beef Meals

- Beef Lasagna
- Beef Stew
- Beef Tacos
- Chili
- Meatloaf
- Pot Roast

Fish Meals

- Fish Taco Bowl
- Ginger Soy Fish
- Mustard Herb Fish
- Parmesan Crusted Fish
- Tuna Casserole

.....
Watch for the Next Community Bridge Catalog to come out in mid September.

Alcohol Inks

Come and play with these amazingly colorful inks that will move and flow right in your hands! Each painting is unique, bright and powerful. You'll take home many little gems of paintings as well as some on tiles!

Fri, Oct 6 | 5:30-7:30 PM | \$15 | WBL Senior Center

Masquerade Mask Making

Paint, glue, and bedazzle your own masquerade mask to wear when celebrating Halloween!

Thu, Oct 19 | 6:00-7:30 PM | \$15 | WBL Senior Center

BINGO

Join us for a fun night of Bingo!

Tue, Nov 21 | 6:00-7:30 PM | \$15 | WBL Senior Center

Wood Slice Ornaments

Join us in making 3 ornaments using decorative napkins or a favorite picture! Pictures must not be bigger than 3.5 inches.

Tue, Dec 5 | 6:00-7:30 PM | \$15 | WBL Senior Center

January

Catch those elusive winter sun rays with a colorful beaded sun catcher!

Thu, Jan 11 | 6:00-7:30 PM | \$15 | WBL Senior Center



For more information,
 contact White Bear Meals on Wheels
 at 651-653-3123 or
MealsOnWheels@isd624.org

Community Bridge participants are welcomed to take any of the regular adult enrichment classes. Please call 651-653-3121 to register.



whitebear.ce.eleyo.com



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

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



How Can We Serve You?

Scan QR Code to take survey

Contact our ABE Specialist 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, or visit 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

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

Muaj keb 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

Call 651-653-3100 or visit whitebear.ce.eleyo.com to register.

Early Childhood Screenings are held at:

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

Early Childhood Screening Dates	
September 22, 29	8:30 AM-3:15 PM
October 6, 13	8:30 AM-3:15 PM
November 3, 17	8:30 AM-3:15 PM
December 8	8:30 AM-3:15 PM



Follow us on Facebook!
White Bear Lake
Early Childhood Programs

Infants

AGES BIRTH-5 BY SEP 1, 2023

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

Ones

AGE 1 BY SEP 1, 2023

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines, and parenting styles.

Tuesdays | 8:45-10:45 AM | Normandy Park

Gradual parent/child separation will occur as the class and children’s needs are met

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

Non-separating for first semester

ECFE Terrific Twos

AGE 2 BY SEP 1, 2023

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

Multi-Age

AGES BIRTH-5 BY SEP 1, 2023

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.

Mondays | 6:00-7:30 PM | Normandy Park

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

Parent-Child Playschool

AGES 2-3 BY SEP 1, 2023

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.

In the fall, children come to school with a parent/ guardian and spend time in a traditional ECFE classroom gaining these skills and separating during parent time.

Starting the first week November, we will implement the second day as child-only. Children may attend the second day, Tuesday, 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 starting Nov 14.

Family Literacy

AGES BIRTH TO 5 (BEFORE KINDERGARTEN)

This multi-age class meets two days per week and is for families wanting to practice English. Parents and children attend together to improve their English language skills through conversation, learning activities, music, and more. An English/ESL teacher and an ECFE teacher teach the class together.

Mondays & Wednesdays | 11:00 AM-1:30 PM
Normandy Park

Tuesdays & Thursdays | 11:30 AM- 2:00 PM
Normandy Park

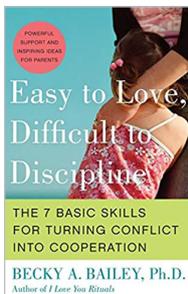
Conscious Discipline Virtual Parenting Circle

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.

Thursdays | 6:30-7:45 PM | \$60 | ONLINE

Level 1-Runs for 12 weeks

Session A: Sep 28-Jan 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.



Fall Farm Fun at Pinehaven

AGES 1+

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

Wed, Oct 18 | 9:00 AM-12:30 PM | \$10/person ages 1+

Fall Parent Event

CONSCIOUS DISCIPLINE FOR PARENTS

Conscious Discipline is an evidence-based approach that supports social/ emotional development. It provides an array of behavior management strategies that parents can use to turn everyday situations into learning opportunities. Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for your family. Join us for an explanation of conscious discipline and a conversation about how to implement some of the strategies in your home environment.

FREE | Thursday, Nov 2 | 6:30-7:30 PM | Normandy Park

Childcare: \$5/child with a \$10 max/family

Grandparents Class

AGES BIRTH-5 BY SEP 1, 2023

When we had young children they didn't come with instruction manuals and as we journey into being grandparents, we find that they still don't. Whether you are on full time duty raising your grandchild or want to have a special time with your young grandchild, this ECFE class is for you. Come and connect with other grandparents and have a chance to play in an environment set up with young children in mind. We will explore the unique joys and challenges of being a grandparent during our separation time.

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

Multi-Age Pop In & Play Time!

AGES BIRTH-5 BY SEPT 1, 2023

Parents and children will enjoy a variety of activities and circle time with our Early Childhood teachers. Grandparents and other caregivers are welcome.

Tuesdays | 11:00 AM-12:00 PM | \$5/session

Normandy Park | *Non-separating*



Young Explorers

AGES 2.5-3 BY SEP 1, 2023

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.

\$45 | Fridays | Oneka Elementary

Session 1: "Look What I Can Do!"

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

Sep 15, 22, 29 | 8:45-10:45 AM

Session 2: "Fall Harvest"

Autumn leaves are falling down, falling down, falling down. Come join us as we explore and learn about fall harvest, create autumn crafts and make a fall sensory item to take home.

Oct 6, 13, 27 | 8:45-10:45 AM

Session 3: "Forest Animals"

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

Nov 3, 10, 17 | 8:45-10:45 AM

Session 4: "Gingerbread Friends & Fun"

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

Dec 1, 8, 15 | 8:45-10:45 AM



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 1-5 with adult

Wednesdays

Nov 1-Mar 6 | 5:30-7:30 PM

No class Nov 22, Dec 20, 27

\$3/child

\$7/immediate family

Payable at the door each night.

FAMILY EVENTS

- **ECFE Open House - Normandy Classes**
Sept 7, 2023 | 8:45-10:45 AM
Normandy Park
- **ECFE Open House - Oneka Classes**
Sept 8, 2023 | 8:45-10:45 AM
Oneka Elementary
- **PAC Fall Event**
Oct 26, 2023 | 5:00-6:30 PM
Normandy Park
- **Winter Wonderland**
Dec 18, 2023 | 9:00-11:00 AM
Normandy Park
- **PAC Winter Event at Jack Yost Park**
Feb 8, 2024 | Evening-TBD
- **Movin' and Messin'**
Feb 9, 2024 | 9:00-11:00 AM
Normandy Park
- **Library Story Time**
Feb 27, 2024 | 6:00-7:15 PM
Oneka Elementary
- **Spring Fling**
Apr 9, 2024 | 9:00-11:00 AM
Normandy Park
- **PAC Spring Event**
May 9, 2024 | Evening-TBD
West Park
- **End of the Year ECFE Party**
May 30, 2024 | 5:30-7:00 PM
Normandy Park



JOIN OUR PARENT ADVISORY COUNCIL (PAC)!

Every Early Childhood program is required to have an advisory council that assists in the developing, planning and monitoring of the ECFE program. The PAC consists of parents participating in the program, local community professionals, and agency representatives who can offer input and guidance on community needs.

The PAC meets 4 times a year.

- The PAC runs 3 special events per year (fall, winter, spring).
- The PAC helps to approve special grants for the program.
- The PAC supports 2 fundraisers per year.

Meeting Dates and Time TBD If interested send an email to wblearlychildhoodpta@gmail.com

Music Together
IN THE VALLEY

TRY A FREE CLASS

SING, DANCE, PLAY, LAUGH and LEARN with your infant, toddler or preschooler in our delightful, award-winning classes.

FREE DEMO CLASSES in WBL September 12-14
10-week fall session begins September 26-28

REGISTER at [MusicTogetherClasses.org](https://www.MusicTogetherClasses.org)



Normandy Park Baby Closet

Located at Normandy Park
Early Childhood Education Center

**2482 County Rd F East
White Bear Lake, MN 55110**

Open Mon.-Fri. 8:00-3:00pm
Or by appointment
651-653-3100

The Normandy Park Baby Closet is a free resource for families in the White Bear Lake school district that are in need of infant toiletries such as diapers, wipes, lotion and other hygiene items. We also have occasional donations of baby food & formula available.

The closet is stocked by donations from program families, and our community partnership with the White Bear Lake Area Educational Foundation.

EXTENDED

WHITE BEAR LAKE
AREA SCHOOLS

DAY

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

- >> 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).
- >> Contract change fee after August 1, 2023: \$10

REGISTRATION INFO:

- Registration is open for school year 2023-2024 for incoming grades pre-K-5. Visit whitebear.ce.eleyo.com to register.
- Registration fee: \$30
- All registrations accepted on a space available basis.
- Questions? We are here to help! Call 651-407-7511 or email communityservicesbilling@isd624.org.

Extended Day will be **CLOSED** on the following days:

Aug 1-Sep 6, 2023	School Year Site Set Up
Oct 18, 2023	Staff Development Day
Nov 22-24, 2023	Thanksgiving Break
Dec 25, 2023-Jan 1 2024	Winter Break
Feb 9, 2024	Staff Development Day
Feb 19, 2024	President's Day
May 27, 2024	Memorial Day

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!	

Extended Day will be **OPEN** on the following 2023-2024 non school days:

Non school day	Location	Registration Deadline
Oct 19-20 & 23, 2023	North Star, Vadnais	Oct 4, 2023
Nov 6-7, 2023	North Star, Lincoln, Willow	Oct 23, 2023
Dec 21-22, 2023	Otter	Dec 7, 2023
Jan 25-26, 2024	Oneka, Birch, Lakeaires	Jan 11, 2024
Mar 11-15, 2024	North Star, Lincoln, Vadnais	Feb 26, 2024
Mar 29, 2024	Oneka, Otter, Willow	March 16, 2024
Apr 22, 2024	Oneka, Birch, Matoska	Apr 8, 2024

- Non-School days are not included in your contract. If you plan to use any of these days you will need to register at whitebear.ce.eleyo.com.
- If you are looking to only register for non school days, please register for a drop-in contract and select the non school days needed.
- Registration fee by deadline: \$48/day
Registration fee after deadline: \$63/day
- Families can cancel after the deadline has passed until 7 days prior to the programming date for a \$10 fee.

CONSISTENT CONTRACT RATES	
SESSION & HOURS	RATE
Before School: 6:30-7:45 AM	\$6.75
After School: 2:15-4:30 PM	\$11.95
After School: 2:15-6:00 PM	\$19.95
Matoska AM: 6:30-8:30 AM	\$10.65
Matoska PM: 3:00-6:00 PM	\$15.95

PICK YOUR DAYS RATES	
SESSION & HOURS	RATE
Before School: 6:30-7:45 AM	\$8.05
After School: 2:15-4:30 PM	\$14.40
After School: 2:15-6:00 PM	\$23.90
Matoska AM: 6:30-8:30 AM	\$12.80
Matoska PM: 3:00-6:00 PM	\$19.15

DROP IN RATES	
SESSION & HOURS	RATE
Before School: 6:30-7:45 AM	\$9.50
After School: 2:15-4:30 PM	\$17.15
After School: 2:15-6:00 PM	\$27.20
Matoska AM: 6:30-8:30 AM	\$15.00
Matoska PM: 3:00-6:00 PM	\$21.75

Skyhawks: Hockey Tots: Age 2-4

This program is designed for children to have a safe and fun way to learn the fundamentals of hockey. The goals are to teach basic concepts and techniques of floor/street and ice hockey. This Clinic will emphasize passing, puck/ball handling, shooting, teamwork, and safety (non-checking).

0918-168 | 4 Sessions | Thu, Sep 21-Oct 12 | 4:00-4:30 PM
\$85 | Vadnais Heights Elementary

Skyhawks: Soccer Tots: Age 2-4

Using our progression based curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for their next step into soccer. This camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their sport skills!

1023-168 | 4 Sessions | Tue, Oct 24-Nov 21 | 4:00-4:30 PM
\$85 | Willow Lane Elementary | No Class Oct 31

DASH: Sports Sampler TYKES: Age 2-8

DASH Sports Sampler camps provide players an introductory experience to several popular sports. This camp includes instruction in Soccer, Flag Football, and T-ball. Players will learn how to run, throw, catch, kick, and more! This is a 6 class camp, and 2 classes each will be dedicated to practicing and playing each of the three sports. Participants should bring a baseball glove and water bottle. Parent participation is required for the 2-3 year old group and recommended when needed for the 4-5 year old group.

6 Sessions | Sat, Sep 9-Oct 14 | Oneka Elementary

Age 2-3 | 0904-001 | 9:00-9:30 AM | \$89

Age 4-5 | 0904-002 | 9:40-10:10 AM | \$89

Age 6-8 | 0904-003 | 10:20-11:05 AM | \$99

Skyhawks: T-Ball Camp: Age 3-5

Skyhawks T-ball takes the energy and excitement of this great all-American team sport and puts it all together into one 4-week class. All aspects of the game are taught through drills and exercises that focus on pitching, hitting, and catching. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Skyhawks T-ball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily play aimed at developing the whole player.

0918-182 | 4 Sessions | Tue, Sep 19-Oct 10 | 4:00-4:30 PM
\$85 | Lakeaires Elementary

0918-183 | 4 Sessions | Wed, Sep 20-Oct 11 | 4:00-4:30 PM
\$85 | Oneka Elementary

**Skyhawks: Baseball Camp: Age 5-11**

Skyhawks Baseball takes the energy and excitement of this great all-American team sport and puts it all together into one 4-week class. All aspects of the game are taught through drills and exercises that focus on pitching, hitting, and catching. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Skyhawks Baseball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily play aimed at developing the whole player.

0919-182 | 4 Sessions | Tue, Sep 19-Oct 10 | 2:20-3:50 PM
\$99 | Lakeaires Elementary

0919-183 | 4 Sessions | Wed, Sep 20-Oct 11 | 2:20-3:50 PM
\$99 | Oneka Elementary

Skyhawks: Floor Hockey: Age 5-11

This program is designed for children to have a safe and fun way to learn the fundamentals of hockey. The goals are to teach basic concepts and techniques of floor/street and ice hockey. This Clinic will emphasize passing, puck/ball handling, shooting, teamwork, and safety (non-checking).

0918-167 | 4 Sessions | Thu, Sep 21-Oct 12 | 2:20-3:50 PM
\$99 | Vadnais Heights Elementary

Skyhawks: Speed, Agility and Quickness: Age 5-11

Skyhawks speed and agility camp is designed for athletes at any skill level looking to improve their current athletic performance. Increase your speed, improve your agility and overall quickness with our fast paced drills coordinated by Skyhawks coaches. Please bring appropriate athletic wear and a water bottle.

1023-167 | 4 Sessions | Tue, Oct 24-Nov 21 | 2:20-3:50 PM
\$99 | Willow Lane Elementary | No Class Oct 31

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.

9:00 AM-2:00 PM | \$159 | Hardwood Creek Farm

1016-201 | Thu, Oct 19

1016-202 | Fri, Oct 20

1016-203 | Fri, Nov 24

Kidcreate: STEAM-sational: Gr K-5

Calling all smarty-pants! Get ready to explore S.T.E.A.M concepts in totally rad and creative ways that will result in cool creations you'll be proud to brag about - from your very own pinball machine, a creative Venus flytrap, a colorful kaleidoscope and magic ink that will light up a cityscape, plus loads of experiential learning and messy fun along the way!

6 Sessions | \$119

1002-121 | Mon, Oct 9-Nov 20 | 2:15-3:15 PM
North Star Elementary | No Class Nov 6

1002-125 | Tue, Oct 10-Nov 21 | 3:00-4:00 PM
Matoska International | No Class Nov 7

1002-122 | Wed, Oct 11-Nov 29 | 2:15-3:15 PM
Otter Lake Elementary | No Class Oct 18 and Nov 22

1002-124 | Thu, Oct 12-Dec 7 | 2:15-3:15 PM
Oneka Elementary | No Class Oct 19, Nov 16 & Nov 23

1002-123 | Fri, Oct 13-Dec 1 | 2:15-3:15 PM
Lincoln Elementary | No Class Oct 20 and Nov 24

Kidcreate: Scent-sational Art: Gr K-5

Come for the pretty pineapple printmaking, but stay for the sweet citrus scent! In this class, we'll draw, paint, sculpt and more, but we'll do it all with a very special twist- these SCENT-SATIONAL works of art all smell as sweet as they look! Come learn the secret ingredients for sweet-smelling artwork as we create cute pointillism cupcakes, a field of tulips, and more. Yes, you read it all right- this class is full of scratch and sniff artwork that smells as sweet as it looks!

4 Sessions | 2:15-3:15 PM | \$79

1002-171 | Mon, Oct 9-30 | Birch Lake Elementary

1002-172 | Tue, Oct 10-31 | Vadnais Heights Elementary

1002-173 | Wed, Oct 11-Nov 8 | Lakeaires Elementary
No Class Oct 18

1002-174 | Thu, Oct 12-Nov 9 | Willow Lane Elementary
No Class Oct 19

Abrakadoodle: Amazing Art Lab: Gr K-5

Do you love art, painting, and sculpting clay? Then this class is for you! Explore your artistic side as you have fun using different materials like watercolors, pastels, clay, canvas and more! Join this award-winning program and learn tricks that make art magic.

4 Sessions | 2:15-3:15 PM | \$95

1002-013 | Mon, Oct 2-30 | Lakeaires Elementary
No Class Oct 23

1002-011 | Wed, Oct 4-Nov 1 | Birch Lake Elementary
No Class Oct 18

1002-012 | Thu, Oct 5-Nov 2 | Vadnais Heights Elementary
No Class Oct 19

1002-014 | Fri, Oct 6-Nov 3 | Willow Lane Elementary
No Class Oct 20

Abrakadoodle: Dare to Draw: Gr K-5

Oil pastels, Watercolor, metallic markers and more! Try it all in this fun art class that explores the FUNdamentals of drawing. Using an easy step-by-step method, you'll learn how to draw people, animals and still life. See confidence grow in this fun and unique class!

1106-013 | Mon, Nov 6 | 9:00 AM-12:00 PM | \$75
Lincoln Elementary

Abrakadoodle: Ultimate Holiday Gift Making: Gr K-5

New projects! Get a jumpstart on holiday gift making creating the perfect gifts for relatives or friends. Fun to make and nice to give projects! Each child will bring home four beautifully hand-made and gift-wrapped presents, just in time for the Holidays!

1106-012 | Tue, Nov 7 | 9:00 AM-12:00 PM | \$75
Lincoln Elementary

1106-011 | Thu, Dec 21 | 9:00 AM-12:00 PM | \$75
Lincoln Elementary

A Parent's Guide to Tik Tok

0917-905 | Tue, Sep 19 | 12:00-1:00 PM
\$20/household | ONLINE

Cell Phones & Parenting - Oh My!

0924-501 | Tue, Sep 26 | 12:00-1:00 PM
\$20/household | ONLINE

My Kid Wants To Be a YouTuber - Help!

1001-503 | Thu, Oct 5 | 12:00-1:00 PM
\$20/household | ONLINE

See page 17 for course descriptions

Young Rembrandts: Draw it!: Gr K-5

New school year and ALL NEW art from Young Rembrandts. We're back with all new amazing drawings. If your kids looking to build skills or develop new techniques, they will love this class. Beginners are welcome! Don't miss out, it's time to register! Beginners are welcome!

5 Sessions | 2:25-3:25 PM | \$75

1030-024 | Wed, Nov 1-Dec 6 | Willow Lane Elementary
No Class Nov 22

1030-023 | Thu, Nov 2-Dec 14 | Lakeaires Elementary
No Class Nov 16 and Nov 23

1030-022 | Mon, Nov 13-Dec 11 | Vadnais Heights Elementary

1030-021 | Tue, Nov 14-Dec 12 | Birch Lake Elementary

DASH Sports: Multi-Sport: Gr K-5

DASH Sports Multi-Sport camp includes fun skills training and games in three sports: Soccer, Flag Football, and Baseball. This camp is 5 days total with 3 days being sports specific skills training (one day for each sport) and the final two days being game/scrimmage days, where players can showcase their skills in each sport. Campers come out of this camp with a great understanding of key skill components and gameplay of each sport. Athletes should bring a baseball glove, water bottle and athletic shoes and clothing. Balls and all other equipment are provided.

5 Sessions | 2:20-3:20 PM | \$89

1002-073 | Tue, Oct 3-31 | Otter Lake Elementary

1002-072 | Wed, Oct 4-Nov 8 | North Star Elementary
No Class Oct 18

1002-071 | Thu, Oct 5-Nov 9 | Birch Lake Elementary
No Class Oct 19

DASH Sports: Phy. Ed Games Camp (Non-School Day):Gr K-5

DASH Sports Phy. Ed Games camp provides participants with a fun experience learning and playing your favorite physical education games! Games may include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Wiffle Ball, Soccer, and more! Participants will learn teamwork, and values such as respect, hustle, and pride, all in a fun environment while increasing athleticism and learning teamwork and gameplay. Campers should bring two snacks, a lunch, water bottle, and athletic clothing/shoes. All other equipment is provided.

9:00 AM-4:00 PM | \$79 | Central Middle School

1016-091 | Wed, Oct 18

1016-092 | Thu, Oct 19

1016-093 | Fri, Oct 20

1016-094 | Mon, Oct 23

Celebrate the 24th Annual

LIGHTS OUT AFTER SCHOOL

Join us in celebrating afterschool programs and their important role in the lives of children, families and communities.

Thursday, October 26

Watch for details from your elementary school.



Gina Mayer: Aladdin Musical Theater Class: Gr K-5

Calling all dancers and singers! Come learn songs and dances from Aladdin and put on a musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! All that is needed are comfortable clothing and sneakers or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

1002-004 | 5 Sessions | Tue, Oct 3-Dec 12 | 2:15-3:45 PM
\$150 | Lincoln Elementary School | No Class Nov 7

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.

21 Sessions | \$350

1002-021 | Mon & Wed, Oct 2-Dec 20 | 2:20-3:20 PM
Lincoln Elementary | No Class Oct 18, Nov 6 & Nov 22

1002-022 | Mon & Wed, Oct 2-Dec 20 | 2:20-3:20 PM
Oneka Elementary | No Class Oct 18, Nov 6 & Nov 22

1002-023 | Mon & Wed, Oct 2-Dec 20 | 3:00-4:00 PM
Matoska International | No Class Oct 18, Nov 6 & Nov 22

1002-024 | Tue & Thu, Oct 3-Dec 21 | 2:20-3:20 PM
Otter Lake Elementary | No Class Oct 19, Nov 9 & Nov 23

1002-025 | Tue & Thu, Oct 3-Dec 21 | 2:20-3:20 PM
North Star Elementary | No Class Oct 19, Nov 9 & Nov 23

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.

0911-051 | 6 Sessions | Sat, Sep 16-Oct 21 | 1:00-2:00 PM
\$100 | North Campus High School

0911-052 | 6 Sessions | Sat, Oct 28-Dec 9 | 1:00-2:00 PM
\$100 | North Campus High School | No Class Nov 25

AKA Sports: Multi-Sport: Gr 1-5

Are your kids getting their 60 minutes of active play a day? Can't decide which sport you like best? Get introduced to a variety of new sports and games with our Multi-Sports Sampler. In this after school program, kids get to learn skills and play different sports, which may include such sports as: Lacrosse, Floor Hockey, Basketball, Tennis, Soccer, Baseball and/or other sports in this 4-6 week multi-sport camp that focuses on the importance of sportsmanship, cooperation and team play. Don't miss this enriching camp that includes instruction, games and a whole lot of fun.

5 Sessions | \$59

0919-104 | Mon, Oct 2-Nov 13 | 2:20-3:20 PM
Oneka Elementary | No Class Oct 23 and Nov 6

0919-103 | Tue, Oct 3-31 | 2:20-3:20 PM
Lincoln Elementary

0919-102 | Wed, Oct 4-Nov 8 | 3:00-4:00 PM
Matoska International | No Class Oct 18

CSGA: Elementary Coding & 3D Design: Gr 1-5

Computer programming is an excellent way to learn logical problem solving skills in a fun, engaging way that kids love! Whether we're creating a scratch computer game, programming a robot, or designing a 3D object, this club offers a unique and challenging opportunity for students to expand their 21st century skill set. Challenge your creativity by designing 3D objects using Computer Aided Design software and then printing your design prototypes. Learn about measurement, units, & scale while creating your prototyped designs. Attempt to recreate small, functional, full scale, real life objects in addition to your own designs. We will be using 3D printers and CAD software.

1002-131 | 8 Sessions | Mon, Oct 2-Dec 4 | 2:15-3:15 PM
\$99 | Otter Lake Elementary | No Class Oct 23 and Nov 6

1002-134 | 9 Sessions | Tue, Oct 3-Dec 5 | 2:15-3:15 PM
\$109 | Oneka Elementary School | No Class Oct 17

1002-133 | 8 Sessions | Wed, Oct 4-Dec 6 | 2:15-3:15 PM
\$99 | North Star Elementary | No Class Oct 18 and Nov 22

1002-132 | 8 Sessions | Thu, Oct 5-Dec 7 | 2:15-3:15 PM
\$99 | Lincoln Elementary | No Class Oct 19 and Nov 23

1002-135 | 8 Sessions | Fri, Oct 6-Dec 8 | 3:00-4:00 PM
\$99 | Matoska International | No Class Oct 20 and Nov 24

CSGA: Elementary Morning Chess Club: Gr 1-5

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. Tournament play is encouraged outside of the club, but not required. The Winter/Spring Session will include an In-Club Tournament.

1002-141 | 8 Sessions | Mon Oct 2-Dec 4 | 6:40-7:30 AM
\$60 | Otter Lake Elementary | No Class Oct 23 and Nov 6

1002-144 | 9 Sessions | Tue Oct 3-Dec 5 | 6:40-7:30 AM
\$69 | Oneka Elementary | No Class Oct 17

1002-143 | 8 Sessions | Wed, Oct 4-Dec 6 | 6:40-7:30 AM
\$60 | North Star Elementary | No Class Oct 18 and Nov 22

1002-142 | 8 Sessions | Thu, Oct 5-Dec 7 | 6:40-7:30 AM
\$60 | Lincoln Elementary | No Class Oct 19 and Nov 23

1002-145 | 8 Sessions | Fri, Oct 6-Dec 8 | 7:35-8:15 AM
\$60 | Matoska International | No Class Oct 20 and Nov 24

Minnesota Xtreme: Intro to All Stars: Gr 1-12

Intro to All-Star Cheer is a 7 week program for children ages 6 & up. Intro to All Stars is a FUN way to learn the basics needed to become an All-Star cheerleader. This class is geared towards those that want to become part of our All Star Team, but also caters to those who just want a FUN, low-pressure, noncompetitive, technique-centered progression program. All participants will receive a t-shirt and bow.

0911-167 | 7 Sessions | Wed, Sep 13-Nov 1 | 6:00-7:00 PM
\$125 | Minnesota Xtreme, ADDRESS
No Class Oct 18

0911-168 | 7 Sessions | Thu, Sep 14-Nov 2 | 5:45-6:45 PM
\$125 | Minnesota Xtreme, ADDRESS
No Class Oct 19

Tech Academy Online: Game Coding: Nintendo Characters: Gr 2-4

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. Inspire your student to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like Legos. Additional technical requirement: PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1009-117 | Thu, Oct 12 | 6:00-7:30 PM | \$35 | ONLINE

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Monday Night Archery Club: Gr 2-12

Come and join us for Monday Night Archery Club! Learn how to sight, stand, aim, shoot, and have fun in the sport of archery! There will be NASP approved archery equipment available for all to use.

1127-012 | 13 Sessions | Mon, Nov 27-Mar 25 | 6:00-8:00 PM
\$199 | North Campus High School-Auxiliary Gym
No Class Dec 25, Jan 1, Jan 15, Feb 19 & Mar 11

Tech Academy Online: Video Production Podcasting: Gr 3-8

This course will give you hands-on experience developing your own game. Students will create their own version of asteroids from scratch, using construct 3, a visual coding platform that teaches students the basics and structure of programming. Computer skills are needed (this includes good keyboard and mouse skills). Additional technical requirement: Constructs 3 PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1127-118 | Thu, Nov 30 | 6:00-8:00 PM | \$39 | ONLINE

Tech Academy Online: Video Production: YouTube Shorts & IG Reels: Gr 3-8

Learn the art of production video shorts for Tiktok, YouTube Shorts, and Instagram Reels. Edit the video, add motion graphics, and special effects to your own video short, while practicing storytelling and film production techniques. Additional technical requirement: cellphone video camera or external webcam and Filmora (free version) software.

1016-118 | Fri, Oct 20 | 9:00 AM-12:00 PM | \$59 | ONLINE

Tech Academy Online: 3D Printing: Jewelry Design & Fabrication: Gr 3-8

Bring your creations to life in this 3D printing class. The ancient craft of jewelry making is brought to the modern world using TinkerCad. Students will learn to build 3D models on the computer using CAD software. They will design a pair of earrings and a ring. Picking one to be printed and be mailed home. Additional technical requirement: TinkerCad (login information will be provided during class).

0925-116 | 2 Sessions | Thu, Sep 28-Oct 5 | 6:00-7:30 PM
\$79 | ONLINE

Elementary and Middle School Competitive Archery Team: Grd 4-8

Come be apart of an archery team! We practice two nights a week from late November to late March. There will be some smaller tournaments that archers can participate in as well as a regional tournament, and the state tournament if we qualify. Tournaments are available for everyone to participate and may be subject to change. Information will be shared as it becomes available.

1127-013 | 39 Sessions | Tue-Thu, Nov 28-Mar 28
6:00-8:00 PM | \$365
North Campus High School-Auxiliary Gym
No Class Dec 21, Dec 26-28, Jan 25, Jan 31, Feb 27, Mar 5, Mar 12-14, Mar 20-21, Mar 26-27

Online: 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. 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.

1002-105 | 4 Sessions | Sat, Oct 7-28 | 9:00-11:00 AM
\$89 | ONLINE

Tech Academy Online: Coding: 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 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. Additional technical requirement: PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1009-116 | 2 Sessions | Wed, Oct 11-18 | 6:00-8:00 PM
\$79 | ONLINE



Stay connected and follow us on Facebook!
@wblasrec

Tech Academy Online: Video Game Design: Gr 4-8

This course will give you hands-on experience developing your own game. Students will create their own version of asteroids from scratch, using construct 3, a visual coding platform that teaches students the basics and structure of programming. Computer skills are needed (this includes good keyboard and mouse skills). Additional technical requirement: Constructs 3 PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1120-118 | 2 Sessions | Tue, Nov 21-28 | 6:00-8:00 PM
\$79 | 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, experiment with design, 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. Additional technical requirement: Replit account PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

1016-117 | 2 Sessions | Tue, Oct 17-24 | 6:00-8:00 PM
\$79 | ONLINE

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

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 the materials will be provided).

1009-049 | 4 Sessions | Mon, Nov 20-Dec 11 | 4:00-5:30 PM
\$149 | Central Middle School



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

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!

0918-075 | 9 Sessions | Tue, Oct 3-Dec 5 | 4:00-5:30 PM
\$109 | Central Middle School | No Class Nov 7

0918-076 | 8 Sessions | Thu, Oct 5-Dec 7 | 4:00-5:30 PM
\$99 | Sunrise Middle School | No Class Oct 19 and Nov 23

Jennifer Latuff: Clay Pumpkin Patch: Gr 6-8

Fall is coming so let's have fun making small decorative pumpkins from clay! Explore how clay holds so much potential for your creativity. Create a variety of shapes, colors and decorative small pumpkin forms that you can keep around all season long. This class will be 2 sessions, one for making and one for decorating. Pick up of final work will be discussed at the last class.

1002-204 | 2 Sessions | Tue, Oct 3-10 | 4:00-5:00 PM
\$45 | Sunrise Middle School

1002-205 | 2 Sessions | Thu, Oct 5-12 | 4:00-5:00 PM
\$45 | Central Middle School

Jennifer Latuff: Creative Clay Coin Banks: Gr 6-8

Learn how to work with clay! Come learn how to transform a simple pinch pot into a coin bank. Not just a piggy bank, but any animal or monster creation you can think of! Come and have fun making a useful object with your own hands. This class will be 3 sessions 2 for making the form and the last for adding color. Pick up of final work will be discussed at the last class.

1030-205 | 3 Sessions | Thu, Nov 2-30 | 4:00-5:00 PM
\$59 | Central Middle School | No Class Nov 16 and Nov 23

1030-204 | 3 Sessions | Tue Nov 14-28 | 4:00-5:00 PM
\$59 | Sunrise Middle School

Jennifer Latuff: Pumpkin Carving: Gr 6-8

Pumpkin carving like a sculptor (one day event) Come carve some pumpkins and use real sculpting tools to learn new ways of using gourds as sculptural material. Traditional techniques are welcomed but new ways of sculpting and carving will open up your creativity. Materials fee will be \$10 and will provide 1 pie pumpkin and all the tools and supplies needed. Prepare for a mess and take home your creation at the end!

1023-204 | Tue, Oct 24 | 4:00-5:00 PM | \$25
Central Middle School

1023-205 | Thu, Oct 26 | 4:00-5:00 PM | \$25
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.

1016-001 | Wed, Oct 18 | 9:00 AM-12:30 PM | \$65 District Center

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

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Create four investment portfolios to compare risk vs return on investment. Understand how an IPO could become the next blue chip company of tomorrow. Track and trade your stocks, mutual funds, and cryptocurrencies to build wealth, not just savings. Use a personal finance simulator to see how improving your education & experience can raise your income, if you can budget your resources and pay your bills! Learn how difficult it is to finance post secondary education while still holding down your simulated job. Finally, if students have interest, they can attempt to build and grow a simulated business. This club is meant to be a full year program, but can be stand alone each session students participate.

0918-099 | 9 Sessions | Thu, Sep 21-Nov 30 | 6:45-7:30 PM \$119 | ONLINE | No Class Oct 19 and Nov 23



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: Anyone under the age of 18 will have to have a waiver signed by a guardian/parent. There will be opportunities for hands-on participation. Wear clothes that you will not mind if they get dirty. Safety Glass and gloves will be provided for you. You do not need your own vehicle for this course. Learning will take place on school-owned shop cars.

1009-300 | Wed, Oct 11 | 4:00-6:00 PM | \$10 South Campus High School

How to be a Smart College Shopper

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

\$25/family | 6:30-8:30 PM | ONLINE

2023-600 | Wed, Sep 27

2023-601 | Thu, Oct 19

2023-602 | Mon, Nov 13

2023-603 | Tue, Dec 5

Need to Know Changes to the College Process (Gr 9-11 families)

Admission trends have changed how colleges admit students. Substantial changes to the FAFSA and college financial aid may make college more expensive. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

1002-500 | Mon, Oct 2 | 7:00-8:00 PM \$25/family | ONLINE

Driver's Education (Ages 14-18)

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.

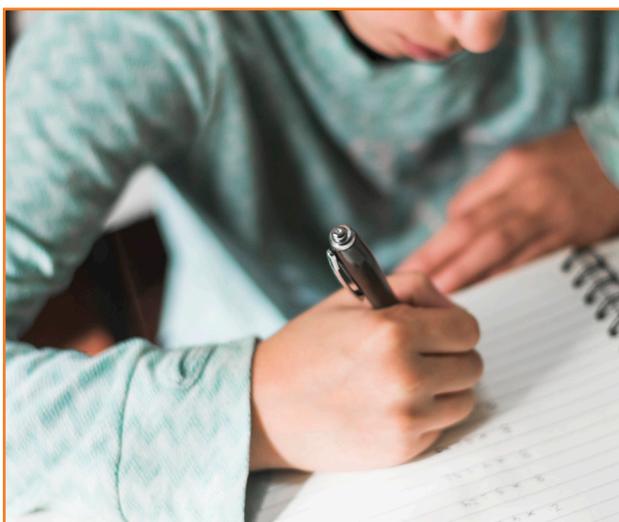
Please register on the A+ Driving School website at White Bear Lake Drivers Education. Once you go to the A+ Driving website you will then select in-person classes or distance learning.

10 Sessions | Mon-Thu | 3:15-6:15 PM
\$420 - payment plans available | North Campus

- Oct 2-17, 2023
- Nov 13-30, 2023 No class Nov 22 & 23
- Dec 4-19, 2023
- Jan 23-Feb 8, 2024
- Apr 3-18, 2024
- May 8-23, 2024

10 Sessions | Mon-Thu
Choose from 3:00-6:00 PM, 4:00-7:00 PM, or 6:15-9:15 PM
\$420 - payment plans available | ONLINE

- Sep 13-28, 2023
- Oct 2-17, 2023
- Oct 25-Nov 9, 2023
- Nov 13-30, 2023 No class Nov 22 & 23
- Dec 4-19, 2023
- **WINTER BREAK SESSION**
Dec 21-31, 2023 | 9:30 AM-12:30 PM, 12:45-3:45 PM
No Class Dec 25
- Jan 2-18, 2024
- Jan 22-Feb 8, 2024
- Feb 12-27, 2024
- Feb 28-Mar 14, 2024
- Mar 18-Apr 2, 2024
- Apr 3-18, 2024
- Apr 22-May 7, 2024
- May 8-23, 2024



ACT Prep Course: Gr 10-12

ADVANTAGE EDUCATIONAL PROGRAMS

IN-SCHOOL: Traditional classroom format with in-person instructors who present test-taking strategies, critical review, and time management for all testing areas of the ACT.

0918-101 | 4 Sessions | Tue, Sep 19-Oct 10 | 5:45-8:45 PM
\$180 | South Campus

0918-102 | 4 Sessions | Sat, Oct 28-Nov 18
9:00 AM-12:00 PM | \$180 | South Campus

0918-103 | 4 Sessions | Thu, Nov 2-Dec 7 | 5:45-8:45 PM
\$180 | South Campus | No Class Nov 16 & 23

ONLINE: 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.

0918-004 | 4 Sessions | Sat, Sep 23 - Oct 14
9:00 AM-12:00 PM | \$180 | ONLINE

0918-005 | 4 Sessions | Sat, Nov 4-Dec 2
9:00 AM-12:00 PM | \$180 | ONLINE | No Class Nov 25

SELF-PACED ONLINE: Prep for the ACT at your own pace and around your busy schedule. 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 are given one year to complete the course.

0801-301 | 2 Sessions | Aug 1, 2023- Aug 1, 2024 | ONLINE

0801-301 | 2 Sessions | Dec 31, 2023-Dec 31, 2024 | ONLINE



WBL Recreational Sports

Youth Rec Coordinator

Matt Riebow 651-407-7506

WBL School Sports

Middle School Athletic Office 651-407-7506

South Campus Athletic Office 651-773-6206

North Campus Athletic Office 651-653-2933

Vadnais Park and Recreation Sports

Vadnais Heights

Park & Recreation 651-204-6000

Sport Specific Organizations

Baseball www.whitebearbaseball.com

Basketball www.whitebearbasketball.com

Cheerleading www.whitebearcheer.com

Fast Pitch Softball www.wbafsa.com

Football www.wbyouthfootball.org

FLIPS Gymnastics www.flipsgym.com

Hockey www.wblhockey.com

Lacrosse www.wblax.com

Soccer www.whitebearsoccer.org

Speedskating in Roseville www.skatetheoval.com

Ultimate Frisbee www.wblultimate.blogspot.org

Volleyball www.whitebearvolleyball.org

Wrestling Club www.leaguelineup.com/wbl-icebears

WB Sailing Club www.whitebearsailingschool.com

Facilities

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

White Bear Area YMCA (651) 777-8103

Ramsey County Arena (651) 748-2515

Tamarack Nature Center (651) 407-5350

WBLAS Facility Reservation Line (651) 407-7503

WB Armory & Sports Center (651) 429-8572

Girls Rec Volleyball (Gr 3-6)

Become part of the White Bear Lake Community Services & Recreation Youth Volleyball league. Teams will practice once a week and play matches on Saturdays. Teams that participate are from Little Canada, Mahtomedi, Oakdale, and Stillwater. Matches will be held in various locations. Teams are created by schools/area or if a coach submits a roster. Coaches will contact players with more details. Head coaches are needed!

Practice will start in mid September

League games run from Sept 17-Nov 5

7400.100 Grades 3-4 | \$119

7400.101 Grades 5-6 | \$119

REGISTRATION DEADLINE: **AUGUST 31**

Rec Basketball League (Gr 3-12)

Join the rec basketball league! All players will be placed on teams with volunteer coaches. Boys and girls will play in separate leagues. Practice will be on the weekdays and games will be on Saturday mornings starting in December. Teams will be formed by coaches submitting a roster or by players school/area. Your coach will contact you when teams are formed.

Practice begins mid November for grades 3-8 and will vary throughout the week depending on your coaches availability.

Rec High School League for boys & girls grades 9-12 will start early January. Games are played on Sunday afternoons in WBL, Stillwater, and Mahtomedi. Teams can choose to play in the upper or lower division. The upper division is for players with previous basketball experience and looking for better competition.

7300.100 3rd Grade Boys | \$119

7300.101 3rd/4th Grade Girls | \$119

7300.102 4th Grade Boys | \$119

7300.104 5th/6th Grade Boys | \$119

7300.105 5th/6th Grade Girls | \$119

7300.106 7th/8th Grade Boys | \$119

7300.107 7th/8th Grade Girls | \$119

7300.108 High School 9th/10th Boys | \$124

7300.109 High School 9th/10th Girls | \$124

7300.110 High School 11th/12th Boys | \$124

7300.111 High School 11th/12th Girls | \$124

REGISTRATION DEADLINE: **GR 3-8: OCTOBER 31**
GR 9-12: DECEMBER 15

**VOLUNTEER COACHES
ARE NEEDED!**

.....

Email communityservices@isd624.org
if you are interested.

Beardown Basketball Clinic (Gr K-2)

Welcome to the Beardown Youth Basketball Clinic for grades K- 2 in collaboration with the White Bear Basketball Association! Boys and girls will learn how to dribble, pass, pivot, rebound, and shoot. Each grade will advance in basketball skills and instruction. Participants should register for current grade.

5 Sessions | Sat, Nov 5 - Dec 17 | North Campus | \$85
No Class November 25

7300.112 9:00 am (Kindergarten) | 9:00-9:45 AM

7300.113 10:00 am (1st Grade) | 10:00-11:00 AM

7300.114 11:15 am (2nd Grade) | 11:15 AM-12:15 PM

REGISTRATION DEADLINE: **OCTOBER 31**

5 Sessions | Sat, Jan 6-Feb 3 | \$85

7300.115 9:00 am (Kindergarten) | 9:00-9:45 AM

7300.116 10:00 am (1st Grade) | 10:00-11:00 AM

7300.117 11:15 am (2nd Grade) | 11:15 AM-12:15 PM

REGISTRATION DEADLINE: **JANUARY 9**



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 > 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

To apply for financial assistance, completion and approval of the Educational Benefit Form is required. Contact nutritionservices@isd624.org for information. Discounts will be reflected at registration.

IMPORTANT

- All athletes must be registered before participating in practice or competitions.
- 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 > 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 > Youth Programs > Middle School Athletics

Community Services & Recreation
4855 Bloom Ave., White Bear Lake, MN 55110
651-407-7501
communityservices.isd624.org

Matt Riebow, Coordinator
matthew.riebow@isd624.org

Sue Lenne, Sunrise Athletics
sue.lenne@isd624.org
Fax Physicals: 651-653-2716

Christine Beckers, Central Athletics
christine.beckers@isd624.org
Fax Physicals: 651-407-7502

Discounts Available... APPLY TODAY!



The Application for Educational Benefits offers families the opportunity to receive various DISCOUNTS & FREE services.

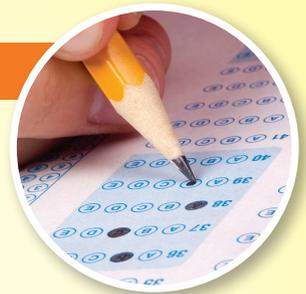


INTERNET ACCESS

Eligible for discounted internet access services.

AP TESTS

Reduced registration fee for AP tests.



COLLEGE APPLICATION FEES

Discounted rate on fees associated with applying for college.



SCHOOL FUNDING

Helps the school qualify for education funds and discounts.



MOST SPORTS/ACTIVITIES

Free or discounted pay-to-participate sport and activity fees.

OTHER BENEFITS

Potential discounts on utility bills, driver's ed, field trips, Summer EBT



WBLAS families can complete the application any time.

Applying online is fast and secure at schoolcafe.com/isd624.

Visit the WBLAS Nutrition Services web page to download a paper application at isd624.org/departments/nutrition-services

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

2032-2024 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 /DRK_ISD624

ISD624.ORG

Innovative Education

As we begin a new school year, we're excited to consider the ways our students reach academic excellence utilizing innovative educational opportunities.

Through a lens of student-centered instruction, we recognize all students grow and learn in different ways and at different rates, and that all students can achieve. Our varied programs aim to develop deep relationships to understand each and every student as a whole person with individual strengths, unique academic interests, and personal needs.

We offer a variety of academic opportunities for students to explore their interests, excel and design their future. Whether a student is interested in programming a robot, singing on stage, learning how to build a car engine, or earning free college credits while in high school, the opportunities abound.

We know that learning happens best when students are agents and owners of their own learning in an environment that is safe, supportive and challenging — with high expectations for student success. Behind the scenes, we employ strategies that build intentional relationships and use real-time data and feedback that enable students to achieve academic, social, emotional and personal goals.

Our educators inspire, facilitate, and challenge students, nurturing curiosity and confidence. We provide a window to their future. Our employees understand that they play a role in our students' experiences, that we're all educators regardless of our job title.

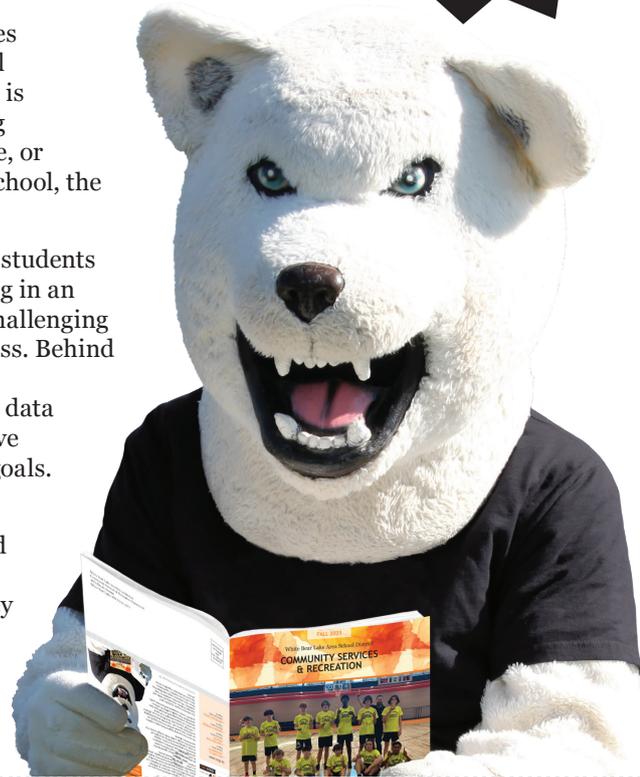
Continued on District News page III

Translations:

Para Español por favor llame al 651-407-7625

Xav tau ntwav Hmoob hu rau 651-407-7623

Flip book to see
Community Services &
Recreation Catalog



In this issue

- » **NEW HIRES & ASSIGNMENTS**
School News,
Page II
- » **CONSTRUCTION UPDATES**
District News,
Page III
- » **AWARDS & HONORS**
District News,
Page IV
- » **IMPORTANT DATES**
Important Info,
Page VI

New Hires & Assignments



Birch Lake Elementary Principal

Julian Stanke is the new principal at Birch Lake Elementary. Stanke comes to the district from South St. Paul Public Schools, where he served as assistant principal at South St. Paul Middle School. Prior to his most current role, he held multiple positions in the SSPPS district, including K-6 Spanish teacher and student support specialist.



Central Middle School Associate Principal

Lonal Van begins this fall as associate principal at Central Middle School. He formerly served at Sunrise Park Middle School as dean of students and has worked with the WBLAHS credit recovery and district's Freedom Schools programs. Prior to working in White Bear, Van worked for the Minneapolis Public School District for 10 years. He also has experience in the classroom teaching fourth grade.



Central Middle School Dean of Students

Edward Davis will begin his time with White Bear Lake Area Schools this fall, serving in the role of dean of students at Central Middle School. He comes to the district from Minneapolis Public Schools, where he has served as dean of students at Olson Middle School. Earlier in his career, he taught fourth and fifth grade in the Minneapolis Public Schools system.



White Bear Lake Area High School - North Campus Principal

Long-time district administrator Carrie Barth, who most recently served as associate principal at WBLAHS - South Campus and served as Sunrise Park Middle School associate principal prior to moving to the high school, will serve a one-year assignment as principal at WBLAHS - North Campus before the unified high school houses all White Bear Lake Area High School students in the fall of 2024.



Otter Lake Elementary Principal

District administrator Ang Nelson, who has most recently served in the principal role at White Bear Lake Area High School - North Campus, is the new principal at Otter Lake Elementary. Prior to her time as principal, Nelson served as associate principal at North Campus. She came to White Bear from the Forest Lake Area School District.



Principal on Special Assignment

Cynthia Mueller, former Otter Lake Elementary principal, will serve as a Principal on Special Assignment as a member of the district-wide Teaching and Learning team for the 2023-24 school year. Mueller will provide instructional leadership through collaboration with principals and instructional coaches to support student literacy outcomes and the implementation of the district's strategic plan.



White Bear Lake Area High School - South Campus Associate Principal

Chandra Hanke will serve as the interim associate principal at White Bear Lake Area High School - South Campus for the 2023-24 school year. Hanke comes to the district after serving in a student management specialist position at Maple Grove Senior High School, and with prior experience in the roles of online academy lead, dean of students, and instructional leader at Fridley Online Academy.



Sunrise Park Middle School Dean of Students

Brian White, who formerly served as coordinator of the district's Multi-Tiered System of Supports (MTSS), is the new dean of students at Sunrise Park Middle School. Prior to working in White Bear, White served in the roles of dean of students for KIPP Academy Charter Schools and special projects manager in the Equity Office of Saint Paul Public Schools.



Unified White Bear Lake Area High School Principal

Russell Reetz is the new principal for the unified White Bear Lake Area High School. He will facilitate work being done this year as the two campuses prepare to come together into one unified building in Fall 2024. Reetz comes to us from Eden Prairie High School, where he was an associate principal. He has also served in director of activities roles, formerly served on the Minnesota State High School League Board of Directors and is an active mentor to athletic directors throughout the country with the InsideOut Initiative. He began his career teaching physical education, health and DAPE, and he has coached football and track and field.

Construction Updates

Since 2019, when the community supported a bond referendum, the list of completed facilities projects has grown to include new Transportation and North Star Elementary buildings, South Campus gym and classroom additions, ALC renovations, and elementary additions at Birch Lake, Lakeaires, Lincoln, Matoska, Otter Lake, Vadnais Heights and Willow Lane.

This fall, the Oneka Elementary addition and updates will be completed. Progress will be made throughout the school year on the Unified WBLAHS so that it can open to grades 9-12 in Fall 2024, when the current WBLAHS - South Campus will open as Mariner Middle School. Work will also continue for the phased projects at Central Middle School and for the current Sunrise Park Middle School, which will be ready in Fall 2025 as a multi-use facility to include District Offices, Early Childhood, Transition Education Center (TEC) and the Senior Program.

Recently, a popular topic of conversation has been the expanded indoor and outdoor spaces for student and community activities. The WBLAHS Field House has seen its share of action, with the indoor walking track being opened to community members last spring, the Boys' and Girls' Track Teams hosting season-opening indoor track and field meets, and a variety of camps and activities taking place at the five-court indoor space. The stadium and turf fields surrounding the current North Campus have seen practices and contests, along with community use when the spaces are not reserved for activities. The new courts on Bald Eagle Avenue, which are painted and lined for both tennis and pickleball, are scheduled to be completed in mid-August to be used for the fall sports season and available for community use.

The district's building projects are made possible by the community's support of the 2019 Building Our Future bond referendum.



Complete information about the district's facilities projects, including construction details about individual projects, videos and presentations that have been shared at School Board meetings, can be found at isd624.org/BuildingOurFuture.



WE ARE HIRING!

Find Employment info at isd624.org/employment

Competitive wages / On the job training / Flexible work hours
Chance to work near home / Opportunity for: benefits, time off, holidays
Make a difference for kids in your community



Continued from front page

We encourage students to dream about their aspirations, explore opportunities, design their future and create their success.

We are transforming learning. Our flexible learning spaces and learning studios ignite opportunities for communication, collaboration, creativity and critical thinking. The community's support of the 2019 bond referendum resulted in visible structural changes, but the invisible changes that have occurred are even more important. The students' connection to their learning has been strengthened by their changed environments.

We have a lot to look forward to this school year, and we're excited to begin!

Dr. Wayne Kazmierczak
Superintendent

Awards & Honors



Nutrition Services Award

White Bear Lake Area High School - North Campus Kitchen Manager Natalie Sagdalen was surprised last spring, as part of the national School Lunch Hero Day, with the news that she was selected to receive the Minnesota School Nutrition Association Hero Award. The state-level award recognizes an individual who goes above and beyond each day at their job. Those who are considered for the award must be nominated by any staff member within the school district.



National Communications Awards

The district was recently awarded national honors from the National School Public Relations Association. The 2022-23 Activities Calendar and a 2022 Capital Projects Levy postcard mailer were given Awards of Merit, while the 2022 Annual Update and "A Few of Our Favorite Things" video received Awards of Excellence, which is the highest honor given.

Links to the award-winning projects can be found on a News Post on the district's website, isd624.org.

Teacher of the Year Honors

WBLAHS - North Campus Social Studies and AVID Teacher Mark Domschot was chosen from a pool of six finalists to represent the district as the 2023 Teacher of the Year. The process, which took place in the spring, includes an open nomination process, submission of written responses to a series of questions regarding teaching and learning and personal educational philosophies, and a finalist interview panel.



The district's 2022 Teacher of the Year recipient Mae Haley continued on to the state-wide program and was named a semifinalist in the 2023 Minnesota Teacher of the Year program this spring.

District Receives Bus Stop Arm Grant

White Bear Lake Area Schools has been awarded a grant of \$122,000 through the Minnesota Department of Public Safety Office of Traffic Safety for the installation of stop arm cameras on all 36 school district buses. Data from the Minnesota Department of Public Safety estimates drivers disregard stop arms, which are meant to help students cross the street safely as they get on and off the bus, more than 100,000 times in a given school year. Buses outfitted with a series of cameras will now be able to record a violator's car, their face and their license plate, so that if they drive through a stop arm they could have to pay a hefty fine.



Calendars

The 2023-24 and 2024-25 academic year calendar one-page flyers are now available online on the district's website, directly at isd624.org/about/calendar.

The 2023-24 Activities Calendar will be mailed to all district families in late-August. Community members who would like a copy of the printed calendar are invited to pick one up in September at District Center (4855 Bloom Avenue, White Bear Lake).

The online calendar available at the district's website allows users the ability to subscribe to building-level and program-specific calendars.

Planning for Student Success

As we begin the 2023-24 school year, our district's updated Strategic Plan strategies provide us with a focus moving forward:

- 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.

Last spring, the School Board approved a fifth strategy that was developed throughout the year by an Action Team made up of community members and district staff members. The Foundation of Success will be used to help us achieve systemic alignment to ensure that we provide educational experiences that are designed to develop skills and competencies vital to students' eventual postsecondary success and engagement: fundamental learning, flexible and critical thinking, community engagement, character, communication, and teamwork.

The strategic work continues into this coming school year. Teams from schools and programs came together this summer to review their site's current reality, consider alignment with the district's new Strategic Plan strategies, and work on building a school- or program-level Action Plan.

White Bear Lake Area Schools



Foundation of Success

Our objective is to ensure each student achieves their personal goals & desired career pathway. We will provide educational experiences designed to develop skills defined by the following learned attributes:

Fundamental Learning

Achieve essential educational outcomes through:

- Academic Knowledge & Skills
- Career Pathways
- Global & Cultural Perspective
- Life Skills
- Personal Well-being

Flexible & Critical Thinking

Evaluate & understand information with an intent to reflect on new ideas/ solutions to opportunities by being:

- Adaptable
- Analytical
- Creative
- Curious
- Resourceful

Community Engagement

Understand & appreciate social dynamics with an objective to improve our communities for future generations by being:

- Authentic
- Empathetic
- Humble
- Respectful of Others
- Service Oriented

Character

Demonstrate integrity by being:

- Compassionate
- Ethical
- Resilient
- Responsible
- Trustworthy

Communication

Build capacity to interact in meaningful ways through:

- Conflict Resolution Tools
- Digital Literacy Capabilities
- Listening for Understanding
- Verbal and Non-Verbal Abilities
- Writing Skills

Teamwork

Work effectively across organizational, personal, and cultural differences to achieve common goals through:

- Accountability
- Collaboration
- Leadership
- Mentorship
- Relationships



Complete information about the district's Strategic Plan, including mission, beliefs, objectives and strategies, can be found on our website at isd624.org/about/strategic-planning.

See what we're up to!

• 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 recipient list may contact us via email at communications@isd624.org.

• CONSTRUCTION UPDATES

Find periodic updates about the construction projects happening throughout the district at isd624.org/BuildingOurFuture.

• STAY SOCIAL

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube for 624 Fact posts and *The Week in 62.4 Seconds* video share-outs. Find links on the District's website.



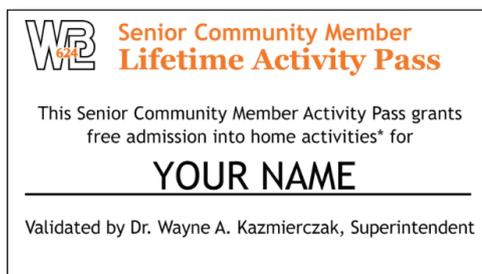
Community members are invited to stop by throughout the academic year for an informal chat with Superintendent Kazmierczak over a cup of coffee.

Find us at Caribou Coffee in Downtown White Bear Lake:
 - Nov. 15, 2023 from 4-5 p.m.
 - Feb. 22, 2024 from 12-1 p.m.
 - May 7, 2024 from 7:30-8:30 a.m.

FREE Senior Activity Pass

Almost 1,000 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.

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



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 at communityservices.isd624.org/about/digital-backpack.

Requesting an Interpreter

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

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



IMPORTANT DATES

- » **SEPTEMBER 5**
FIRST DAY OF SCHOOL:
GRADES 6 & 9
- » **SEPTEMBER 6**
FIRST DAY OF SCHOOL:
GRADES 1-5, 7-8, 10-12+
- » **SEPTEMBER 7**
FIRST DAY OF SCHOOL:
KINDERGARTEN
- » **SEPTEMBER 11**
FIRST DAY OF SCHOOL:
EARLY CHILDHOOD
- » **SEPTEMBER 11**
SCHOOL BOARD REGULAR
MEETING
5:30 p.m. at District Center
- » **SEPTEMBER 25**
COFFEE WITH DR. K
10:30-11:30 a.m. at Senior
Center (Normandy Park)
- » **SEPTEMBER 25**
SCHOOL BOARD WORK
SESSION
5:30 p.m. at District Center
- » **OCTOBER 9**
SCHOOL BOARD REGULAR
MEETING
5:30 p.m. at District Center
- » **OCTOBER 18-23**
NO SCHOOL
- » **OCTOBER 23**
SCHOOL BOARD WORK
SESSION
5:30 p.m. at District Center
- » **NOVEMBER 13**
SCHOOL BOARD REGULAR
MEETING
5:30 p.m. at District Center
- » **NOVEMBER 15**
COFFEE WITH DR. K
7:30-8:30 a.m. at Downtown
WBL Caribou Coffee
- » **NOVEMBER 27**
SCHOOL BOARD WORK
SESSION
5:30 p.m. at District Center



White Bear Lake Area Schools

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

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



Enrollment
information at
isd624.org/enroll

Translations:

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

Why Be a Bear?

Our students benefit from:

- Safe, nurturing and challenging environments.
- Student-centered 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.

• **STAY SOCIAL**

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

