



THE VOICE

White Bear Lake Area

Hello from the Front Office!

I would like to start by saying thank you for supporting our Senior Center. Every day here provides me with new experiences and lots of smiles. I am very fortunate to have a wonderful staff to develop programs and create experiences that I hope are enriching to those who participate.

We have tried to lean into bringing people together. Many of our current program offerings do that through cards, music, crafts, or a variety of other options. However, one area we were missing was a time for people to gather and talk, laugh, play a game, or whatever you want to do. We started a new group, every other Friday, called Mugs & Musings. We have had great attendance and feedback so far plus, we have had wonderful bakery items supplied for this from local businesses!

Our meals have also become a big part of what we do. Who doesn't like food?! We have organized a Holiday Luncheon on December 15th, make sure you sign up early as we have limited seating. We are thankful for the grant we received from the Vadnais Heights Area Community Fund which allowed us to keep meal costs down.

We will also continue to do our TGIF (*Thank Goodness it's Food*) program starting in January. We are working on finding some new restaurants to partner with us. Our first meal will come from Red Luna Taco Factory in Mahtomedi. The participating restaurants that have worked with us have been very helpful to keep costs down while providing us a wonderful meal.

Lastly, I would like to highlight the White Bear Lake Winter Farmers Market here at the Senior Center. This will be an indoor and outdoor market featuring locally grown and crafted foods, local farmers, vendors, food trucks and a bonfire with cider! The dates are Nov., 11, Dec. 9, Jan. 13, and Feb. 10.

I hope to see you at some of these fun events over the next few months!

Jon Anderson

Adult Programs and Facility Coordinator

Holiday Luncheon

Friday, December 15 | \$5
Seating: 11:30 AM & 12:45 PM
White Bear Area Senior Center

LUNCH OPTIONS

Deli Turkey Sandwich & Wild Rice Soup
Ham Sandwich & Chicken Noodle Soup
Mediterranean Veggie & Creamy Tomato Soup

Meal Provided By Panera

Register: 651-653-3121

*This program is thanks to a grant from the
Vadnais Heights Area Community Foundation.*



Thank Goodness It's Food!

Dine with us one Friday a month from January to April at the Senior Center! In January and February we will be serving lunch and for March and April eat dinner with us!

Friday Lunch | \$5

Lunch Seating Times: 11:15 AM & 12:45 PM

January 12 - Red Luna (Tacos)

February 16 - Key's Café

Friday Dinner | \$5

Dinner Seating Times: 4:30 PM & 5:45 PM

March 15 - Meal to be announced

April 19 - Meal to be announced

*Any proceeds from the meals goes back into
programming for the White Bear Area Senior Center.
Thank you for supporting us!*

WHITE BEAR AREA ADULT PROGRAMS

SENIOR CENTER

651-653-3121

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

2484 East County Road F

White Bear Lake, MN 55110

www.whitebearseniorprogram.org

ADULT PROGRAMS & FACILITIES COORDINATOR

Jon Anderson | 651-653-3126

jon.anderson@isd624.org

ADULT PROGRAM SPECIALIST

Michelle Hubbard | 651-653-3124

michelle.hubbard@isd624.org

ADMINISTRATIVE ASSISTANT

Jeanelle Kummer | 651-653-3121

jeanelle.kummer@isd624.org

MEALS ON WHEELS

Doug Nelson | 651-653-3123

mealsonwheels@isd624.org

CLOSED DATES

Senior Center

Dec 25-29, Jan 1, 15, Feb 19

Meals on Wheels

Dec 25-26, 28-29 Jan 1, 15, Feb 19

WEATHER CLOSINGS

If White Bear Lake Schools are closed due to severe weather, so is the Senior Center.

Craft Corner Gift Shop

Inside the Senior Center

Mon - Fri | 11:00 AM - 3:30 PM

Featuring hand-crafted items from knitting to woodworking by local seniors. Adults 50+ interested in becoming a consignee, call the Senior Center Craft Corner Office on Tuesdays at 651-653-3130.



Weekly Activities

500 Cards

Tue / 12:30 - 3:00 AM

\$1.00 per player

Coloring

Tue / 9:30 - 11:00 AM

Bridge - Contract

Wed / 12:00 - 3:45 PM

\$1.00 per player

Bridge - Duplicate

Mon / 12:30 - 3:30 PM

Partner Needed

\$1.00/player

Cribbage

Mon & Thu / 12:30 - 3:00 PM

\$1.50 per player

Dominoes

Thu / 1:30 - 3:30 PM

Thu, 1st, 3rd, 5th

\$.25 per player (optional)

Guys & Gals Social Group

Wed / 1:00 - 2:30 PM

Restaurant: 1st & 3rd

Sr. Center: 2nd & 4th

In Stitches

Fri / 1:00 - 3:00 PM

Mah Jongg

Mon & Thu / 12:30 - 3:30 PM

Mugs & Musings **NEW**

Fri / 2nd & 4th of Month

10:00 AM- 12:00 PM

Painting Group

Tue / 10:00 AM - 4:00 PM

Pinochle

Wed / 12:00 - 3:00 PM

\$1.00 per player

Reader's Chat

4th Mon / 10:00 - 11:30 AM

Ukulele Bears

Mon / 10:00 - 11:30 AM

Lessons 2nd & 3rd Mon

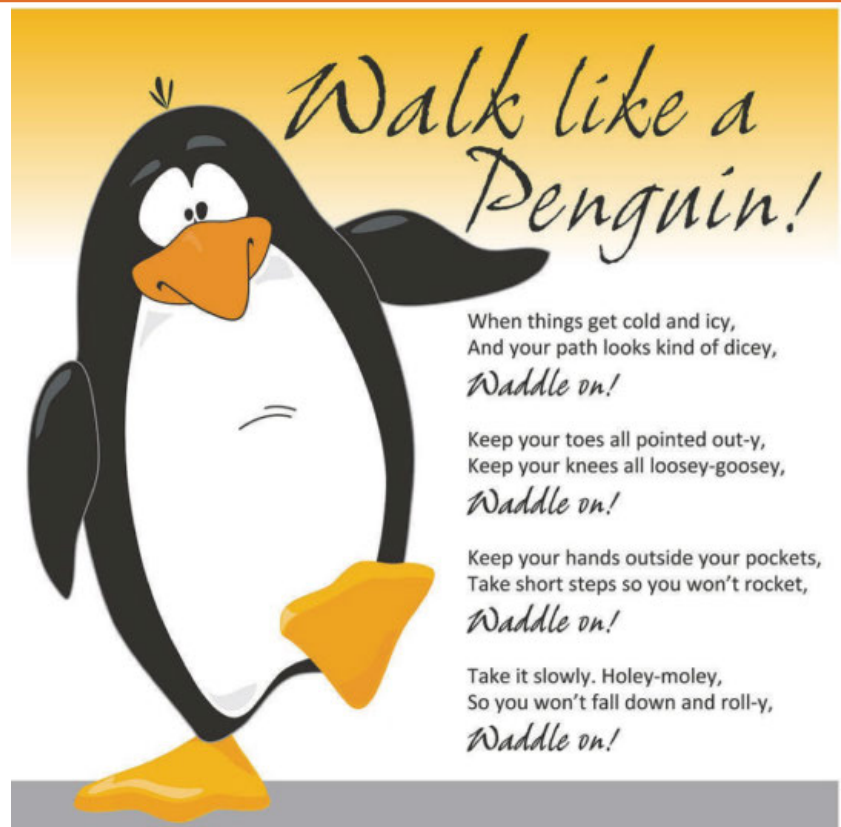
9:30 AM

Woodcarvers Group

Wed / 8:30 - 11:00 AM

Yarn B's

Thu / 10:00 - 11:30 AM



SENIOR CENTER 651-653-3121

Lunch with Us & Meals on Wheels

Fri, Dec 1 | 11:30 AM - 1:00 PM | \$5

Tired of cooking and wish someone would cook for you? Are you considering Meals on Wheels to make life easier? Are you unsure of the quality and taste of the meals?

Get answers to these questions by joining us for a lunch featuring select items from the Meals on Wheels menu! Choose from client favorites!

Dining will be set up inside the Senior Center.

Meal Options:

- **Pot Roast:** Dinner roll, butter, mashed potatoes, vegetable
- **Chicken with Swiss & Mushrooms:** spaetzli, vegetables
- **Vegetarian Lasagna:** with a side of vegetables

All meals come with a cookie and water or coffee.

REGISTER HERE

651-653-3121 or www.whitebear.ce.eleyo.com



Meals on Wheels

Wouldn't it be great to have a few frozen meals in the freezer for the days you don't have time to cook?

Let us prep meals for you! Meals on

Wheels has a large variety of meals that are delivered to your home. Choose between daily hot lunches or order a week's worth of frozen meals to have on hand.

Frozen meals, like the hot and cold meals, include a vegetable, side, dessert, and beverage. All meals have the same high nutritional value, meet dietary guidelines, and there are a variety of meal options. Choose from dishes made with chicken, turkey, beef, fish, pork, or vegetarian meals.

If you or someone you know would benefit from having meals delivered, contact Doug at 651-653-3123 or mealsonwheels@isd624.org.



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK



With a season of giving thanks approaching, I'd like to take a moment to thank all of you for your involvement in our programs.

A couple of weeks ago, I spent my Monday morning at the Senior Center being serenaded by the Ukulele Bears group. It was terrific to be able to hear a variety of songs, from toe-tapping tunes to the more solemn and traditional. I heard some songs I knew and enjoyed hearing others for the first time. I've got to hand it to that room of musicians - they sounded terrific!

Involvement in other activities may be less melodic, but is music to my ears nevertheless. The district's summertime Strategic Planning sessions had involvement from Senior Center representatives who offered powerful testimonials about their time on the team. They shared that they were inspired to be in a room filled with district staff and family members working together to bolster our students' experiences, but their involvement provided equal inspiration for those in the room. The power of having members of the community remain invested in the school district even after their direct involvement in the educational system cannot be overstated.

These are but two examples of the ways members of your Senior Center are pitching in to create a strong community for all levels of learners in White Bear Lake Area Schools. Your participation makes a difference and is appreciated.

Thank you for being an important part of great things that are happening here!

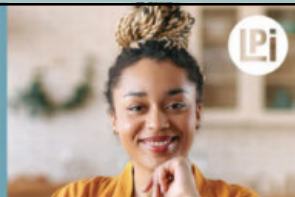
Dr. Wayne A. Kazmierczak, Superintendent

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AROUND THE WHITE BEAR AREA SCHOOL DISTRICT



Marisa Vette
Director of
Communications

Communication Department

The White Bear Lake Area Schools Communications Department is responsible for a variety of district-level communications efforts and works in coordination with the Superintendent.

Working as a two-person department, the team produces annual publications such as the Activities Calendar, Back to School communications and the Annual Update, which highlights information including student achievement, finance, and district profile and district-wide initiatives. The team also creates the Bear's Bulletin, a quarterly piece that is mailed to all district residents as a flip-book to the Community Services Catalog.

Each week, the Communications Department issues media releases to keep the local press informed of district happenings, produces a 62.4-second video update highlighting stories around the district, sends an internal staff update, and shares an electronic Community e-Newsletter to district families, staff and community subscribers. Each day throughout the academic year, the department shares a "624 Fact" on the district's social media channels.



Tia Quirk
Communications
Specialist

In addition to the regularly-scheduled communications managed by the department, the team supports district colleagues with communications-related projects.



Go Bears!

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CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

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THINGS TO Do



Senior Center BINGO

FRIDAYS: JAN 5, MAR 29, MAY 17
\$5.00 | 1:00 - 3:00 PM
2484 East County Rd F, White Bear Lake

Have you received a gift that was lovely but you will never use, a scent you just don't like, or gift card to somewhere you never go? Bring it in for the prize table!



National Vietnam War Veterans Day

FRI, MARCH 29 | 10:00 - 11:30 AM
WHITE BEAR AREA SENIOR CENTER

★ ★ ★

HONORING ALL WHO SERVED
AND THEIR FAMILIES



WINTER FARMERS MARKET
Sat: Dec 9, Jan 13, Feb 10
10:00 AM - 1:00 PM
White Bear Senior Center
2484 East County Rd F, WBL

Locally Grown. Hand Crafted. 20+ Vendors Food Trucks

Meats, Cheese, Eggs, Micro Greens, and Maple Syrup. Locally preserved: jams, Jellies, Sauces, Sauerkraut, and more.

Winter Market Classes
Call to register: 651-653-3121
Dec 19 - Snowflake Wrapping Paper
\$10 | Classes start: 10:30am, 11:30am, 1:00 pm
Jan 13 - Grow Your Own Microgreens
\$25 | 12:00 - 1:00 pm
Feb 10 - To be Announced



White Bear Lake Area Schools

WALKING TRACK

FREE & INDOORS

North Campus Field House
5040 Bald Eagle Ave,
White Bear Lake

Mon -Thu | 6:00 - 9:00 PM
Please Wear Clean Dry Shoes

"VISION IS THE ART OF SEEING WHAT IS INVISIBLE TO OTHERS". - JONATHAN SWIFT

Craft Corner Boutique

The old adage *"out with the old and in with the new"* is appropriate for the Craft Corner this season as they have barely wrapped up the Fall Holiday Boutique and are thinking forward to the late Winter and Spring seasons! But fear not, throughout December they will still carry holiday items for your gift-giving needs.

In the New Year they will start looking forward to Valentine's Day, St. Patrick's Day, then the Spring Boutique in March with items for Mother's Day, Easter, and other spring events. The consignees are always very busy.

We are also excited to have a presence again this winter at the Saturday Winter Markets at the Senior Center. Visit us on December 9, January 13, February 10 from 10AM-1PM along with other amazing vendors!

Remember! We always have hats, mittens, and scarves during winter months for adults and children!



White Bear Area Senior / Craft Corner

Spring Boutique

For everyday to holiday

Friday, March 22
9:00 am - 7:00 pm

Sat, March 23
9:00 am - 4:00 pm

White Bear Senior Center
2484 E Cnty Rd F, WBL
Corner of County Rd F & Bellaire



Hollywood Crafters

Needle Point: Judi Dench, Julia Roberts
Painters: Pierce Brosnan, Anthony Hopkins
Pottery: Serena Williams, Brad Pitt, Seth Rogan
Knitters: Betty Davis, Meryl Streep, Robbin Williams
Crochet: Aretha Franklin, Vanna White, Cher
Woodworkers: Nick Offerman, William H. Macy

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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071



Aurora Borealis



Clay Succulents



Sugar Plum Tree



Sun Flower

Snowflake Wrapping Paper

Sat, Dec 9 | \$10 | Senior Center

Classes start at 10:30am, 11:30am, 1:00 pm

Aurora Borealis - Acrylic

Thu, Jan 18 | 10:00-11:00AM | \$20 | Sr. Center

Clay Succulent Garden

Wed, Feb 7 | 10:00 - 11:00 AM | \$20 | Sr. Center

Sugar Plum Tree - Alcohol Inks *

Thu, Feb 15 | 6:00 - 8:00 pm | \$35 | Sr. Center

Paint with Vanessa - Acrylic: Village

Fri, Mar 15 | 10:00 am - 12 pm | \$35 | Sr. Center

Fabulous Sun Flower: Mixed Media*

Fri, Apr 15 | 10 AM - 2:00 pm | \$40 | Sr. Center

SEWING CLASSES

SEWING BY HAND

Fabulous Flowers

Turn random pieces of fabric and ribbon into decorative flowers that can be displayed or worn on your favorite hat, jacket or outfit.

Thu, Dec 14 | 6:00 - 8:30 pm | \$30 | Sr. Center



SEWING WITH A SEWING MACHINE

You must bring a sewing machine and supplies to each class.

What's a Bobbin

Have a sewing machine, but you don't know how to use it?

Tue, Jan 30 - Feb 13 | 6:00 - 8:30 PM

\$60 | South Campus *



Smitten Mittens

Turn an old wool sweater into mittens.

Wed, Feb 7 | 6:00 - 9:00 PM

\$40 | South Campus *



Beyond the Bobbin

Turn your basic sewing skills into something more!

Wed, Mar 20 - Apr 10 | 6:00 - 8:30 PM

\$60 | South Campus *

ONLINE CLASSES

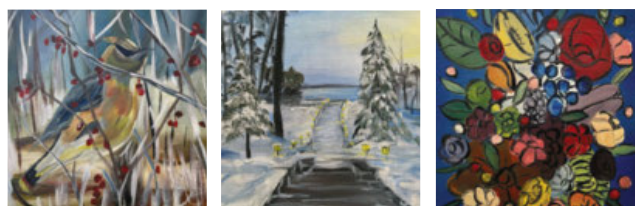
Painting with Vanessa

Enjoy step-by-step instructions with individual assistance throughout class. Prior to class receive a supply list to purchase supplies and follow along. View class images at

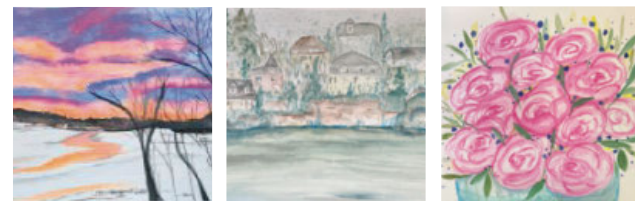
www.whitebear.ce.eleyo.com & search: VANESSA

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

Acrylic Classes: Dec 6, Jan 17, Feb 26



Watercolor Classes: Dec 14, Jan 25, Feb 29



Marketing Bags - Crochet Upcycling

Fri, Apr 12 | 12:30 - 3:30 pm

\$30 | Senior Center

Must know how to crochet

Crochet wonderfully unique, sturdy recycled, market bags! Learn what types of plastic works, how to cut the plastic, and lay out colors to create patterns.



* **RED ASTERIK = Means additional fees are due to instructor at class. View online or call for details: 651-653-3121**

"EVERYTHING HAS BEAUTY, BUT NOT EVERYONE SEES IT". CONFUCIUS

Makeup Boot Camp for Women 40 & Better

Mon, Jan 29 | 7:00 - 9:00 pm
\$35 | Senior Center

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this "boot camp" to update your look with tips and techniques for ageless beauty. Learn about a variety of products, application, and the latest trends in makeup and skin care from a professional makeup artist with 30 years of experience.

Google Sheets for Beginners

Tue, Feb 13 | 12:00 - 1:00 PM | Online | \$20

Whether it's for work or for play, this class will teach you comprehensive skills, which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets!

How to Use Venmo

Thu, Feb 15 | 12:00 - 1:00 PM | Online | \$20

Expand your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses or receive money without using cash or checks. Leave class with an understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.



Did you know....

Individual basic computer and technology help is now available in-person, by appointment, at the Ramsey County Libraries for free?! Staff will help with your basic technology questions including email, working on resumes or documents, mobile devices, e-books, and social media. They also have times for Drop-in Help as well as technology classes to help with travel, managing software updates, websites, blogs, and more. Call the library of your choice for details.



Tony Schmalzbauer

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White Bear Area Senior Program, White Bear Lake, MN

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Hospice: What it's All About

Fri, Jan 26 | 10:00 - 11:30 AM | Free | Sr. Center
Hospice is specialized care for someone with a terminal illness. Learn the benefits of hospice as well as the myths. We will cover: definition of, misconceptions, the hospice team, benefits of hospice, eligibility requirements.

Heart Health for Women

Mon, Feb 5 | 6:00 - 7:30 PM | \$30 | Online
Symptoms of women's heart disease is often unrecognized. Discuss signs, symptoms, risk factors, hormones, foods/nutrients that can help prevent and reverse heart disease, and four numbers that could save your life.

Vitamins & Herbs

Mon, Mar 4 | 6:00 - 7:30 PM | \$30 | Online
Learn seven guidelines to determine if a supplement is well balanced or a waste of money.

What Energy Has to Do with Your Health

Fri, Mar 15 | 1:00 - 2:30 pm | Free | Sr. Center
Learn how the electrical system in the body is connected to heart attacks, breast cancer and digestive problems. Listen how others have found relief without medication and live with better mobility.

Are You Strong Enough?

Fri, Mar 29 | 10:00 - 12:00 pm | Free | Sr. Center
Learn how to ward off the slippery slope of aging with some education on how exercise can be a fun way to reverse weakness, a natural part of aging.

Emergency Preparedness

Tue, Apr 16 | 10:30 - 11:45 pm | Free | Sr. Center
Plan for emergency situations and maybe even avoid them. It's not easy but with simple tips you can help everyone get through it smoothly.



FOOT CLINIC

WB Senior Center, 2484 E Cnty Rd F, WBL

30-minute appointment

Schedule Appointment: 651-653-3121

\$50/Cash-Check, \$53/Credit-Debit

Chair Yoga

10:00 - 10:45 AM | Mon | Senior Center
2024-750 | Jan 29 - Feb 12 | \$21
2024-752 | Mar 4 - 18 | \$21
\$7 One Day Drop-in Fee

Soma Yoga (online)

9:30 - 10:30 AM | Tue | Online
0903-512 | Dec 5 - Jan 16 | \$45
2024-510 | Jan 23 - Feb 27 | \$45

Yoga - Whole Body Vinyasa

5:30 - 6:30 PM | Tue | Senior Center
2024-536 | Jan 9 - Feb 20 | \$72
\$15 One Day Drop-In Fee

Nordic Pole Walking

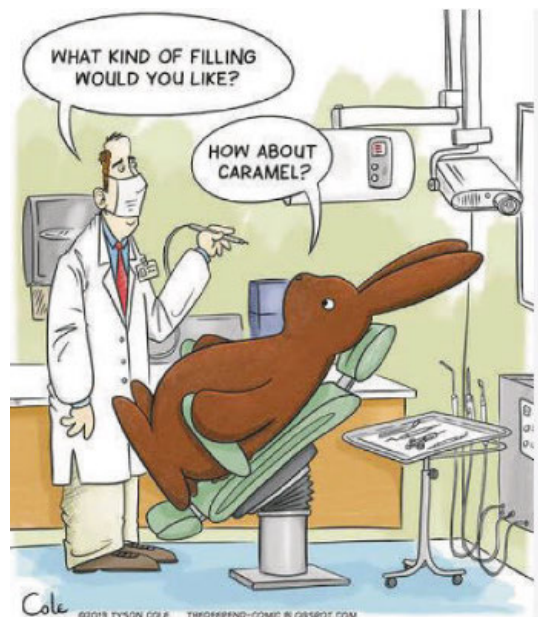
Wed, Feb 21 | 5:30 - 6:45 PM
\$30 | North Campus Field House

Turn a simple walk into a full body workout without feeling like you are working any harder. It increases your heart rate and creates resistance to build better bone density while working your upper body and your legs. Burn more calories, improve your posture and gait. Poles provided by the instructor.

Beginner Pickleball Lessons

Feb 6-Mar 5 | 6:30 - 8:00 PM | \$110
North Campus Field House

Learn the rules, scoring and how to play with fun lessons and drills. We'll match you up with a partner of like ability to practice the various skills and to play a match in a low key fun environment.



"THE LONGER I LIVE, THE MORE BEAUTIFUL LIFE BECOMES." – FRANK LLOYD WRIGHT

Get Up & Go Fitness - Aerobics

Improve endurance, flexibility, strength, balance and coordination at a slower, less vigorous tempo.

\$55 / 8 Drop-in Classes (*Pay at Senior Center*)

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

White Bear Dance Center

SilverSneakers & OnePass Accepted

Instructor Sandy Douglas has been teaching fitness classes for 37 years at the White Bear Area Senior Center, WBL YMCA, White Bear Sport Center and other locations. She is certified Silver Sneakers yoga, chair yoga, weight training and more. Sandy enjoys helping people stay fit and creating a fun class they enjoy coming back to.

"Just believe in yourself. Even if you don't, just pretend that you do and at some point, you will." – *Venus Williams*

White Bear Lake Area Schools

WALKING TRACK

FREE & INDOORS

North Campus - Field House

5040 Bald Eagle Ave
White Bear Lake

Mon -Thu | 6:00 - 9:00 PM

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White Bear Area Senior Program, White Bear Lake, MN

F 4C 02-1071

REGISTER FOR CLASSES: 651-653-3121

55+ DRIVER SAFETY

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At Senior Center or Online

Feb 20 & 21 5:30 - 9:30 PM

Mar 19 & 20 1:30 - 5:30 PM

Online Only

Dec 12 & 13 1:30 - 5:30 PM

Jan 23 & 24 1:30 - 5:30 PM

Apr 23 & 24 5:30 - 9:30 PM

4-Hour Course / \$35

At Senior Center

Dec 8 1:00 - 5:00 PM

Dec 20 5:30 - 9:30 PM

Jan 9 9:00 AM - 1:00 PM

Jan 22 5:30 - 9:30 PM

Feb 9 9:00 AM - 1:00 PM

Feb 20 1:00 - 5:00 PM

Online Only

Dec 19 1:00 - 5:00 PM

Jan 31 12:00 - 4:00 PM

Feb 8 9:00 - 1:00 PM



I need a vacation
so long, I forget all
my passwords!



Jersey Boys at the Chanhassen Dinner Theater

Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons from the streets of New Jersey to the heights of stardom. Experience electrifying performances including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You" and many others. Lunch included in price.

0214-802 | Wed, Feb 14 | 10:00 AM - 5:00 PM | \$99

Mahtomedi Education Center, 1525 Mahtomedi Ave, Mahtomedi

Bus Departs: 10:00 AM Bus Returns: 5:00 PM

Day Trip to the Minnesota State Capitol

How long has it been since you've been to the Minnesota State Capitol? Maybe you went there on a school field trip many years ago, or perhaps you're just new to the area. Now is the time to add a visit to your list and go! Enjoy a 45-minute guided tour, then eat lunch in the newly restored German-themed Rathskeller Café in the basement of the Capitol.

0314-803 | Thu, Mar 14 | 9:30 AM - 1:00 PM | \$25

Mahtomedi Education Center, 1525 Mahtomedi Ave, Mahtomedi

Bus Departs: 9:30 AM Bus Returns: 1:00 PM

Museum of Russian Art & Moscow on the Hill

Join us in experiencing Russian culture! Take a guided tour of the Museum of Russian Art. Get an understanding of the art, people, and culture of Muscovite Russia, the Russian Empire, and the Soviet Union, and its former republics. The current exhibit is Icons of the Late Empire, the visual language of Eastern Christianity, plus time to explore on your own. Then it is off to lunch at Moscow on the Hill, for an authentic Russian and Ukrainian lunch.

0409-800 | Tue, Apr 9 | 9:30 AM - 3:00 pm | \$65

Mahtomedi Education Center, 1525 Mahtomedi Ave, Mahtomedi

Bus Departs: 9:30 AM Bus Returns: 3:00 PM

Travel Back in time with Kathy Simmer

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

March 15

Rolling In Dough: The Gilded Age

The final three decades of the 19th century saw the rise of the fabulously wealthy class. Get a glimpse of their lifestyles that were admired by the masses, but didn't always bring happiness.

April 19

It's Good to be King or President

Hear about the special little luxuries, the unusual services, and the privileges and perks that our presidents of the United States have relished over the years.

May 17

Run! History of Presidential Elections

Tired of the current political climate? Step back in time and learn how it used to be done. In our early presidential elections, few people were allowed to vote and modern smear tactics are tame compared to the old days.



Find the Animals

Answer: p14

I	X	F	Y	N	Q	A	Q	I	E
F	A	M	I	L	Y	F	N	B	I
T	L	E	D	T	A	E	E	A	N
Y	C	G	A	M	R	K	P	O	N
E	E	E	I	D	K	E	H	N	A
Z	R	L	L	B	S	Z	E	N	R
G	Y	I	R	T	O	Y	W	I	G
U	H	L	T	E	P	E	T	S	P
C	N	X	I	K	H	S	G	U	R
S	E	C	Y	M	I	T	R	O	E
N	O	F	L	B	A	N	A	C	L
V	U	A	I	E	A	F	N	F	A
B	L	O	O	D	W	B	D	L	T
H	R	E	H	T	O	M	F	O	I
A	U	N	T	S	G	Z	A	V	V
E	T	U	R	R	A	I	T	E	E
D	T	I	A	N	U	M	H	T	S
P	E	M	S	Z	R	V	E	X	D
H	P	E	G	A	I	R	R	A	M
S	Y	R	T	S	E	C	N	A	I

Fallen Phrase Puzzle

The letters from each cell are below the puzzle. Try to rebuild the original message by choosing the letters for each cell. *HINT: Musical Quote*

Answer: p14



			Y						I																			
S		M	A	O		T	H		I	L	J		D		S		A	N	D									
I	U	H	E	D	A	Y		Y	D	E	W	L	M	L	A		O	N	E	U	S	I		O	O	B	U	
Y	O	T	M	E	N	W	T		A	Y	U	I	O	L	L	Y	L	I	V	E	A	A	E	R	H	N	E	E

Author Series

Join us in meeting local authors that are featured in the Craft Corner.

Verne Pickering: *Stands Before His People*

Fri, Jan 19 | 1:00 - 2:30 PM

Join us for an afternoon leaning about Enmegahbowh, who was born in Minnesota and the first Ojibwe Episcopalian priest in the United States and was involved in the diplomacy between the Ojibwe, traders, and the United States government.



Anne M. Picard - Poetry

Friday, Feb 23 | 1:00 - 2:30 pm

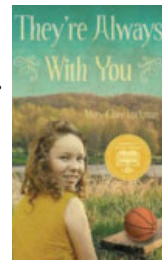
Poetry is a powerful art of seeing the world using words and feelings, memories and nature's beauty. Enjoy poetry written and read by local poet Anne M Picard. She will also share some of her favorite poets such as Mary Oliver, David Whyte, and John O'Donohue. Feel free to bring in a copy of your favorite poet, or if you write poetry, bring it in to share!



Mary Claire Lockman

Tue, Feb 27 | 10:00 - 11:30 AM

Mary Clare Lockman wanted to be a writer in high school. She loved books and writing assignments. She pursued a career in healthcare, becoming an Oncology RN. While still nursing, she began to take writing classes and received a B.A. in Creative Writing. "The process of writing is very interesting," she states. "There is something magical about taking a blank sheet of paper, putting words on it, and you've got action, image, and characters. You've got a story." Join us to learn more about how Mary Clare became an author, her writing process, publishing, and more.



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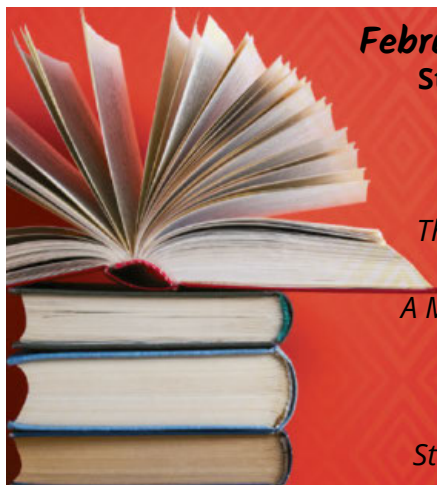
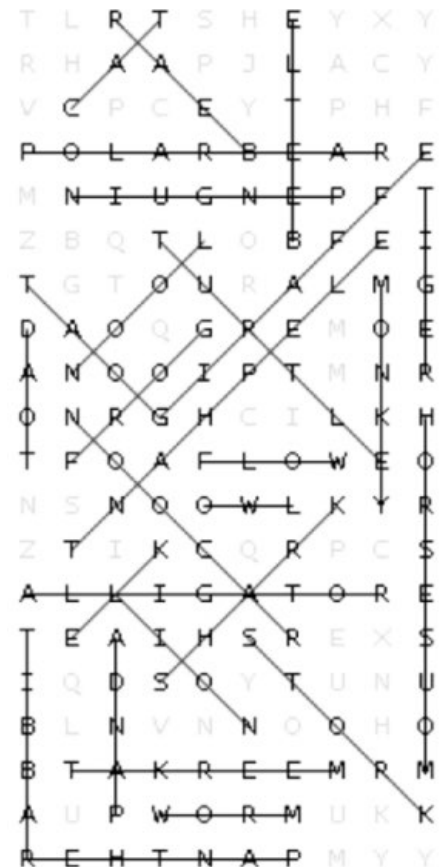
- Books & Puzzles
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- Cell Phones with Chargers
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- Paper Grocery Bags
- Plastic Grocery Bags - Clean
- Pop Tabs
- US & Foreign Stamps - Used
- Yarn - New & Partial Skeins
- US & Foreign Stamps - Used
- Yarn - New & Partial Skeins

ANSWERS from Page 13

Fallen Phrase Puzzle

"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one." John Lennon

Fallen Phrase Puzzle



February is I Love to Read Month Staff Survey of Favorite Books

Jon Anderson:

Vince Flynn novels

Michelle Hubbard:

The Passage Trilogy, Justin Cronin

Jeanelle Kummer:

A Man Called Ove, Fredrik Backman

Doug Nelson:

Box Car Children books

Mary Jo Wurzer:

Stranger in the Woods, Jean Stoick

"Let's be reasonable and add an eighth day to the week that is devoted exclusively to reading."

– Lena Dunham, writer

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

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COMMUNITY

EVENTS

Winter Farmers Market

Sat, Dec 9, Jan 13, Feb 10 | 11:00 AM - 3:00 PM
Senior Center, 2484 E County Rd F, WBL

White Bear Lake WinterFest

Sat, Dec 9 | 11:00 AM - 3:00 PM
Downtown White Bear Lake
Enjoy live strolling carolers, find unique gifts at specialty shops, and check out the ice sculptures throughout town.

WORLD SNOW SCULPTING CHAMPIONSHIP

Jan 17 - 21 | Lowell Park in Stillwater
Along the waterfront

SOUTH CAMPUS

ORCHESTRA CONCERT

Thu, Feb 22 | 7:00 PM
South Campus Theater
3551 McKnight Rd, WBL



RESOURCES

HANDYMAN HENCH

651-263-3107 | handyman@gmail.com
Local handyman does carpentry and yard work.
Fall and spring clean up and snow removal.

HALLMARK ENTERPRISES

651-653-9920
Carpentry, odd jobs, tree trimming, and roof snow removal.

**For more resource pick up
a copy of our latest Senior
Guide to Senior Services
at the White Bear Area
Senior Center.**

