



# THE VOICE

## White Bear Lake Area

**MARCH - MAY 2024**

### DONATED MATERIAL GETS A NEW LIFE

Have you donated material to the Senior Center? Wonder what happens to it?

Donations are placed on our free table for members to take what they want. Even small pieces are taken for crafts or shredded to use as pet bed stuffing! Or some nicer, bigger pieces are given to those who sew or quilt. They love the freebies!

Nancy Cottle, a Center member, has sewn dozens of colorful pillowcases for both adults and children out of donated material. She has an amazing eye for color and pattern.

The pillowcases have been distributed to Meals on Wheels customers, Willow Elementary students, and Early Childhood families. Recently Nancy brought us a quilt make for donated materials.

Thank you Nancy and all of the donors!



Donated quilt in background and pillow cases.

### THANK GOODNESS IT'S FOOD!

**Eat Dinner at the Senior Center!**

\$5 | Seating at 4:30 PM & 5:30 PM

**Fri, March 15**

**Donatelli's**

Pizzas with a variety of toppings, salad and dessert

*Deadline: Thu, March 7*

**Fri, April 19**

**Manitou Bar & Kitchen**

Meatloaf, mash potatoes, gravy, veggies and dessert

*Deadline: Thu, April 11*

**Registration Required: 651-653-3121**



**Senior Housing Day**  
**Fri, April 26 | 11 AM - 2 PM**  
Whether you are an older adult, senior, or the adult child of someone who is ready for their next home, find the answers you are looking for here!

Senior Facilities + Moving Experts  
Realtors + Senior Services Experts  
Speakers + Treats!

**White Bear Area Senior Center**  
**2484 East County Rd F, WBL**

White Bear Area Senior Center  
Craft Corner

### SPRING BOUTIQUE

*From everyday to holiday*

**Fri, March 22**

9:00 am - 7:00 pm

**Sat, March 23**

9:00 am - 4:00 pm



### National Vietnam War Veterans Day

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

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

Presentation by the  
VFW 1782 Color Guard, the  
Nathan Hale Chapter of the  
Daughters of the American  
Revolution and Army  
Specialist 4th Class  
Daryl LeMire.

Coffee & Treats

Free event, but registration appreciated 651-653-3121.



# WHITE BEAR AREA SENIOR CENTER / 651-653-3121

## SENIOR CENTER

651-653-3121

Mon - Fri | 8:00 AM - 4:00 PM

2484 East County Road F  
White Bear Lake, MN 55110

### 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 | 651-653-3126  
mealsonWheels@isd623.org

### Craft Corner Gift Shop

651-653-3130  
Mon - Fri | 11:00 AM - 3:30 PM



Woodcarvers

## WEEKLY ACTIVITIES

### 500 Cards

Tue / 12:30 - 3:00 PM  
\$1.00 per player

### 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

### Coloring

Tue / 9:30 - 11:00 AM

### 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

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

## SORRY WE ARE CLOSED

### Senior Center & Meals on Wheels

May 27

### WEATHER CLOSINGS

The Senior Center & Meals on Wheels  
closes when White Bear Lake  
Area Schools closes

## FOOT CARE CLINIC

Schedule a 30-minute  
appointment with a nurse at  
651-653-3121.

WB Senior Center  
2484 E Cnty Rd F, WBL

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

## MEDICARE COUNSELING

Get your questions answered about Medicare and health insurance  
supplements with a medicate specialist at the Senior Center.

Meet with Kirk Possehl - Call 651-653-3121 Feb 20, Mar 19

Meet with Trellis - Call 1-800-333-2433 Feb 13, Mar 12, Apr 16

*"TO BE DOING GOOD DEEDS IS MAN'S MOST GLORIOUS TASK." SOPHOCLES*



## CRIBBAGE COMPANIONS

**Fri, Apr 26, May 3 - 31 | 1:00 - 2:00 PM**  
**Willow Elementary**

Cribbage Companions is a new program at Willow Lane Elementary that will pair 4th grade students with community members.

The purpose is to strengthen connections, create joyful experiences, build positive mentor relationships, and reinforce math and critical thinking skills.

Whether it's because of the lingering effect of the pandemic or the impact of screen time and social media, loneliness has now been considered a great health threat and compares to smoking 15 cigarettes a day. In 2023 the Surgeon General declared loneliness an epidemic in the United States impacting the young more than any other demographic. To combat this disturbing epidemic are the healing powers of joyful connections. Cribbage Companions is a program that will not only build strong relationships, it will strengthen brain power among all participants.

If you are interested in volunteering, contact Jon Anderson at the Senior Center: 651-653-3126 or email [jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

## MEALS ON WHEELS

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

There is a large variety of frozen meals available for delivery. We have many customers who will order a week's worth of meals just to have on hand. Frozen meals, like the hot meals, include a vegetable, side, dessert and beverage and have the same nutritional value and dietary options. Choose from dishes made with chicken, turkey, beef, fish, pork, or vegetarian.

If you could benefit from a few easy meals in the freezer, contact Doug at 651-653-3123.

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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071



## A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK



I've recently had the opportunity to experience the important work being done at our Senior Center.

In December, I enjoyed hanging out at Normandy for the Holiday Meal. After helping to distribute meals to the first round of guests I sat down for a quick meal of my own. With the chatter happening at my table, and at tables around me, it was clear that those who were there were enjoying the nourishment of food and fellowship. Some tables were filled with large groups of long-time comrades. Others were occupied with community members who sat down as strangers and left the table as friends - long after their meal was finished, and with promises to meet up to continue the conversation. The excitement of sharing a meal and the connections being made were heartwarming to witness.

At other times, the chatter around the table has been a bit more subdued - but the conversations are just as important. This was true of a Senior Center Fraud Prevention presentation, which took place last spring and came to fruition more recently for one of our event attendees. Noting that the situation her friend was describing seemed "not right," and was a lot like the questionable scenarios with false urgency described by the White Bear Lake Police Department at the presentation, one of our seniors was able to help her friend avoid a scam that would have had dire financial consequences.

These conversations and connections make me incredibly proud of our Senior Center offerings. Staff members put together programs that fill important needs and community members excitedly come together to engage and learn alongside one another.

Thank you for joining us at the table!

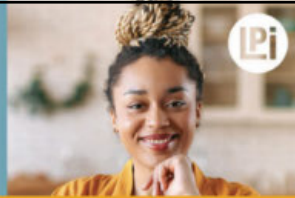
Dr. Wayne A. Kazmierczak, Superintendent

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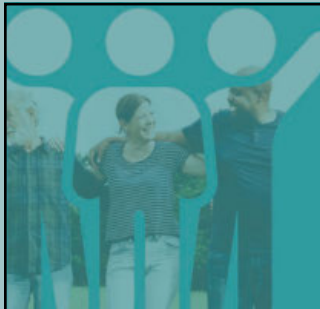
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White Bear Area Senior Program, White Bear Lake, MN

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## AROUND THE WHITE BEAR AREA SCHOOL DISTRICT



## TECHNOLOGY & INNOVATION

### School District Technology by the Numbers

On average, 13,000 wireless devices connect to the network daily.

There are over 1,000 Wi-Fi antennas, 200 networking switches, and roughly 1,400 telephones.

We have approximately 10,000 computers.

Do you find that every time you turn around, a new piece of technology is knocking at your door? The WBLAS Technology Department, consisting of 18 staff members, is responsible for managing technology and all its changes for the students, staff and community that make up our school district. In this role, the department:

- manages the infrastructure essential for the proper functioning of our computer and telephone network.
- ensures that staff and students have the tools and training they need to leverage technology effectively.
- implements robust cybersecurity measures to protect staff and student data.
- provides technical support to staff and students.
- researches and plans for emerging technologies to ensure that our school district remains at the forefront of technology and provides students with a future-driven experience.

*Continued on page 14*

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# ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Z" = "E"

"I UZIXOZV IEEZXUY ZUZVLWUQ; OZ  
XIL LZJZV UZBB DOZVZ OWY  
WLEBTZLXZ YUFCY."

— OZLVQ S. IKIN

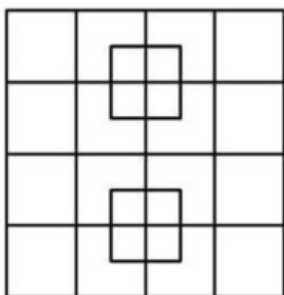
## ACROSS

- 1 Galatea's beloved
- 5 Knave of clubs
- 8 Malay title of respect
- 12 Florida tree
- 13 Last Queen of Spain
- 14 Condition (suf.)
- 15 Cob (2 words)
- 17 Bone: Gr.
- 18 Soul or spirit (Fr.)
- 19 Claro
- 21 Youngster
- 22 Feline
- 23 Theme: music
- 25 Brother of Esau
- 28 Altar shelf
- 31 Axillary
- 32 Reverence
- 33 Dressed
- 34 Threefold
- 36 Small anvil
- 37 Eject
- 38 Serum (pref.)
- 39 Chance

## DOWN

- 41 Twofold direction
- 43 Compass
- 46 Above (Ger.)
- 48 Term
- 50 Foreign (pref.)
- 51 Amer. Automobile Assn. (abbr.)
- 52 S Afr. Boer assembly
- 53 Land west of Nod
- 54 Nat'l Public Radio (abbr.)
- 55 Work (Sp.)

## How Many Squares Are There?



7			3	2	8	9		
	6	1				8		
					7			3
		3	7				9	
9						2		1
		8	2	6			4	
				8		1		
		9		4				

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DIFFICULTY: ★★☆☆

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18				19				20		21		
			22				23		24			
25	26	27				28				29	30	
31					32				33			
34				35				36				
			37					38				
39	40			41		42				43	44	45
46			47		48				49			
50					51				52			
53					54				55			

- 6 Anagram (abbr.)
- 7 Sea cow
- 8 P.I. peasant
- 9 Fluid
- 10 Proceedings
- 11 Want
- 16 Wound crust
- 20 Macerate
- 22 Horn
- 24 Scot. court officer
- 25 Punjab inhabitant
- 26 Pub fare
- 27 Vitamin A source
- 28 Railway (abbr.)
- 29 Article (Fr.)
- 30 Eastern daylight time (abbr.)
- 32 Craftsman
- 35 Asbestos (abbr.)
- 36 To or from a distance (pref.)
- 38 Phil. island
- 39 Richness
- 40 Son of Ruth
- 42 Wagon tongue
- 43 Knife
- 44 Endure
- 45 Mother of Brunhilde
- 47 Lance of King Arthur
- 49 Theater sign

**PUZZLE  
ANSWERS  
ON  
PAGE 14**



## THANK YOU

Ukulele Bears received a wonderfully sentimental donation of a ukulele from Lori Anderson. Lori received the instrument from her grandfather for Christmas in 1971. It will be put to good use!



Our apologies for the mistake in last editions word search. The puzzle theme was switched, but not the title! That must have been very confusing! The good news . . . means you enjoy and read our publication!

## YARN B'S: WARMING HEARTS & HEADS & HANDS

The Yarn B's are a talented group of women that meet weekly to knit, talk, and have fun. They crochet, knit and loom, winter hats for babies, toddlers, teens and adults, chemotherapy hats, and they also make mittens, winter neck scarves, baby booties and baby blankets. They work with organizations to come up with patterns they enjoy doing but most importantly to match the needs of those receiving them.

The yarn they use is either bought by the ladies or it has been generously donated to the Senior Center. Each member works at their own pace and makes what brings joy to them. They also work together when it comes to solving issues with making projects they

may be stuck on. All items made are donated.

The Yarn B's happily welcome newcomers and will teach new members how to crochet, knit or loom. Giving back to the community and socializing keeps these members coming back.

In January 2023 to January 2024 they have donated:

296	Youth and adult hats
84	Baby and toddler hats
74	Chemotherapy Hats
48	Neck scarves
25	Blankets
1	Pair of booties

Handmade  
with Love  
by the Yarn B's

*Label attached  
to all items they  
donate.*

The Yarn B's has donated to:

- Fort McCoy
- Homeless Encampments
- Jack's Basket
- Maplewood Salvation Army
- Minnesota Oncology
- Ronald McDonald House
- Roseville Salvation Army
- St. John's Hospital Oncology
- St. Paul Salvation Army
- White Bear Lake Early Childhood Center
- White Bear Lake Lions Toy Shelf

Yarn donations are accepted all year in the Senior Center Office. Donated yarn cannot be wool, only 100% cotton or acrylic yarn.

**Join the Yarn B's**  
**Thursdays / 10:00 - 11:30 AM**



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Community!



## **55+ DRIVER SAFETY**

According to Minnesota state law, people age 55 and older who complete a state-approved defensive driving course are eligible to receive a 10 percent, three-year discount on auto insurance.

### **8-Hour Initial Class**

Online *or* Senior Center

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

### **4-HOUR REFRESHER CLASS**

Online

Apr 23 12:00 - 4:00 PM

In-Person

May 17 1:00 - 5:00 PM

May 29 5:00 - 9:00 PM

## **DAY TRIP TO MINNESOTA STATE CAPITOL**

**Thu, Mar 14 | 9:30 AM - 1:00 PM | \$25 | Mahtomedi Ed. Center**

Enjoy a guided tour and then lunch in the restored German-themed Rathskeller Café in the Capitol's basement. Tour highlights include: building history, decorative art restored to the original 1905 style; new public spaces; and a visit to the chambers.

## **FIELD TRIP: MUSEUM OF RUSSIAN ART & LUNCH**

**Tue, Apr 9 | 9:30 AM - 3:00 PM | \$65 | Mahtomedi Ed. Center**

Join us in experiencing Russian culture! Take a guided tour of the museum which promotes understanding of the art, people, and culture. Then it is off to lunch for an authentic Russian and Ukrainian lunch.

## **DAY TRIPPERS THEATER: TIL BETH DO US PART**

**Thu, Apr 25 | 11:00 AM - 4:30 PM | \$95 | Gladstone Center**

After a buffet lunch, it's time for some laughter. Career-driven Suzannah needs a lot more help from her husband at home. She wants to go for a promotion in London and he wants to nap on the sofa. Throw in a personal assistant, wise-cracking best friends, a British boss lady, and comedy ensues!

## **ROLLING IN DOUGH:**

### **THE GUILDED AGE**

**Fri, Mar 15 | 10:00 AM - 12:00 PM**

**\$18 | Simmer | Sr. Center**

Hear about the 19th century's fabulously wealthy class. Get a glimpse of their lifestyles that didn't always bring happiness.

### **FAMOUS WHO DUNNITS**

**Wed, Mar 20 | 9:30 - 11:30 AM**

**\$18 | Graham | Sr. Center**

Dossciss famous American cases which remain in the minds of millions; Oswald act alone or James Earl Ray? What about Claus Von Bulow, Dian Fossey, D.B Cooper and so many more!

## **THE STRANGE ENGLISH LANGUAGE**

**Wed, Apr 3 | 9:30 - 11:00 AM**

**\$18 | Graham | Sr. Center**

What's your linguistic IQ? Why is English so hard - so many exceptions to the rules? Why is it goose and geese but not moose and meese? Have some fun learning the oddities of our language.

### **IT'S GOOD TO BE PRESIDENT**

**Fri, Apr 19 | 10:00 AM - 12:00 PM**

**\$18 | Simmer | Sr. Center**

Special little luxuries, unusual services, privileges, and perks U.S. presidents have enjoyed that may surprise you.

## **RUN! HISTORY OF**

### **PRESIDENTIAL ELECTIONS**

**Fri, May 17 | 10:00 AM - 12:00 PM**

**\$18 | Simmer | Sr. Center**

In early elections, few people could vote and modern smear tactics are tame compared to the old days.

### **FOOD AND GEOGRAPHY**

**Wed, May 29 | 9:30 - 11:00 AM**

**\$18 | Graham | Sr. Center**

How did German Chocolate Cake Waldorf Salad or Buffalo Wings get their geographical names? Learn about this history of these names and more.



## **LIVE FROM IRELAND: DUBLIN**

**Sun, Apr 7 | 1:00 - 2:30 PM | \$20 | Online**

Join Jillian "Live from Ireland" as she shares an eclectic mix of Dublin's public art, architecture, mythology, historical figures, and a little Irish fun.



## CRIBBAGE TIDBITS

Cribbage was invented by Sir John Suckling, a Cavalier poet. In the 1630s Suckling, a famous courtier and gambler, altered the earlier game of noddly by inventing the crib.

Brought to America by English settlers, it became popular in the colonies, especially in New England. Requiring only two players, it was readily adopted by fishermen as a way to pass the time.

It also became popular with sailors and was a common pastime in the navy during World War II, especially among American submariners patrolling for Japanese ships.

- The cribbage board predates cribbage and was used for scoring other games, such as whist. (a similar board was even found in an Egyptian pyramid.)
- The pegs for scoring are also known as spilkins
- Cribbage is immortalized in Charles Dickens' *The Old Curiosity Shop*
- Every March, the World's Largest Cribbage Tournament attracts 600-700 players

Join cribbage on Mon & Thu at the Senior Center from 12:30-3:00 PM.



## THANK YOU

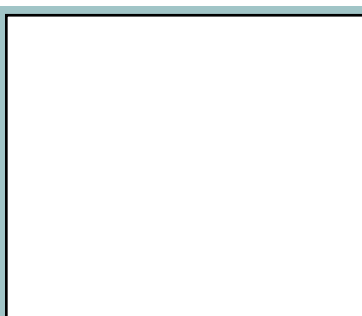
Meals on Wheels delivers meals to those who need help with food. This may be due to the inability to prepare or obtain their own meals, often due to age, disability, or illness, or just need help.

Volunteer drivers play a crucial role in ensuring our success. Drivers contribute to the well-being of those who may be isolated or facing challenges in accessing nutritious meals. Their visits can make meaningful, positive impacts on customers.

One of our long-time drivers, John Skog, has decided to retire from delivering meals. Thank you John for eight wonderful years of delivering meals. You will be missed!

**Tony Schmalzbauer**  
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## HEALTH & WELLNESS



### WHAT ENERGY HAS TO DO WITH YOUR HEALTH

Fri, Mar 15 | 1:00 - 2:30 PM | Free | Senior Center

Presented by Healing Waters Health Center

Explore AcuEnegetics®, a well respected treatment approach that uses cutting edge bio-electrical healing techniques. It combines Chinese, Judaic, Indian and Western healing traditions, together with modern research and techniques to create this powerful and effective treatment modality. Learn how the electrical system in the body is connected to heart attacks, breast cancer and digestive problems, then listen how others have found relief without medication and who live with better mobility.

### Sitting Bedside: Providing Support During the Final Months

Tue, Mar 5 & 12 | 6:30 - 8:30 PM  
\$30 | Online

Discuss the signs of nearing death, support options, active dying, sitting bedside, creating a plan, acknowledging boundaries, and finding ways to be supportive while sitting bedside (or not) and understanding the dying process.

### Emergency Preparedness

Tue, Apr 16 | 10:30 - 11:45 AM  
Free | Senior Center

Emergency situations are stressful. Learn how to plan and prepare for emergency situations and maybe even avoid them. Preparing for the unexpected is not easy but with simple tricks and tips you can help you and your family have a plan if the unexpected happens.

### Advanced Health Care Planning

Wed, Mar 27 | 12:00 - 1:00 PM  
Free | Senior Center

Learn about advanced health care planning and how to discuss your wishes with family, friends and healthcare providers. You can learn to prepare your directives for the healthcare power of attorney and living will.

### Benefits of Exercise

Fri, Apr 19 | 10:00 AM - 12:00PM  
Free | Senior Center

Functional abilities is the actual or potential capacity of an individual to perform the activities and tasks that can be normally expected. Loss of function can be related to normal aging as well as disease. Learn how exercise can improve quality of life regardless of age or previous level of activity.

### Are Your Strong Enough?

Wed, Mar 29 | 10:00 AM - 12:00 PM  
Free | Senior Center

We all know exercise is the cornerstone of strength, balance decreasing falls, and more. Come learn how to ward off the slippery slope of aging by learning how simple exercises can be a fun way to reverse weakness, which is a natural part of aging.

### Healthy Feet = Happy Feet

Tue, May 17 | 10:00 - 11:30 AM  
Free | Senior Center

Learn about your feet, a critical foundation for a stable structure. Do you have painful feet, calluses, joint pain, and questions about what can be done? Choose to keep your feet healthy and keep moving as you age by joining us!

### Expand Your Horizons with Gusto

Thu, May 9-23 | 10:00 AM - 11:30 AM | \$20 | Senior Center

Discuss how to ignite a positive perception of aging and help develop pathways creating a more accurate narrative about aging.

### Fall Risk Reduction Class

Fri, May 17 | 10:00 AM - 12:00 PM  
Free | Senior Center





## NORDIC POLE WALKING

Turn a simple walk into a full body workout without feeling like you are working any harder! This style of walking will increase your heart rate and create resistance to build better bone density while working your upper body as well as your legs.

Wed, Apr 17 | 5:30 - 6:45 PM | \$30  
North Campus Field House

## PICKLEBALL

Beginners will learn the rules, scoring and how to play with fun lessons and drills. Intermediates will improve skills with fun drills, games, and competition.

Tue | Apr 9 - 30 & May 7 - 28 | \$110 | North Campus Field House  
Beginners: 6:30 - 8:00 PM | Intermediates: 8:00 - 9:30 PM

## BASICS OF GOLF

Learn how to practice effectively, the shortcuts to improvement, gain consistency from the smallest swing to the full-swings, and most importantly, have fun while learning.

Tue, Apr 23 - May 21 | 6:30 - 7:30 PM | \$120 | UofMN Practice Range

## CHAIR YOGA

Stay seated and increase your health and fitness with chair yoga. Improve your flexibility, concentration, and strength while boosting your mood, reducing stress and decreasing joint pain in a gentle fashion.

Mon | 10:00 - 10:45 AM  
Senior Center

Mar 4 - 18 \$21  
Apr 1 - May 13 \$42

\$7/day drop in rate

## FOREST BATHING

Join an immersive and meditative walk in the woods. We will slow down and connect our senses to the healing, stress-reducing beauty of the forest.

Sat, Apr 27 | 9:00 - 11:00 AM  
\$40 | Tamarack Nature Center



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White Bear Area Senior Program, White Bear Lake, MN

F 4C 02-1071



## GET CREATIVE



### THE VILLAGE

**Fri, Mar 15 | 10:00 AM - 12:00 PM**  
**\$35 | Senior Center**

Learn to create an expressive acrylic painting by working quickly which allows colors to blend and brush strokes to show, creating dynamic results. Get step-by-step instructions and learn about composition and color mixing.



### FABLOUS SUN FLOWER

**Fri, Apr 5 | 10:00 AM - 2:00 PM**  
**\$40 | Senior Center**

Create a 3-dimensional sunflower on canvas. We will be laying torn papers, napkins, stencils, glue, paint, glitter and a variety of other fun materials.

A \$15 supply fee due at class.  
 Bring a bag lunch to class!



### BURST OF SUNFLOWRS

**Tue, Apr 23 | 6:00 - 8:00 PM**  
**\$35 | Senior Center**

Make a vibrant sunflower with Alcohol Inks. By using a hand blower you will create petals of different shapes and a dropper to create the center. Come and enjoy experiementing with this medium. A \$15 fee due at class.



### SPRING FIELD (ADULT/CHILD)

**Fri, Apr 26 | 5:30 - 7:30 PM**  
**\$40 | Senior Center**

This is a fun and creative activity to explore your artistic sides together. In this interactive and engaging class you'll create a cohesive and beautiful work of art to be proud of!

\$20 supply fee due at class.



### MY BEACH

**Wed, May 8 | 5:30 - 9:30 PM**  
**\$55 | Senior Center**

Find your joy of painting in this easy to follow Bob Ross style oil painting class with step-by-step instructions.

A \$20 fee due at class. Wood frames will be available to purchase from the instructor after class.



### WATERCOLOR WINDMILL

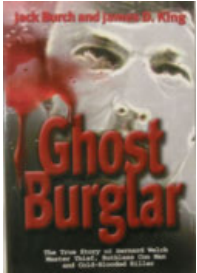
**Fri, May 24 | 10:00 AM - 12:00 PM**  
**\$35 | Senior Center**

Paint a beautiful watercolor scene with step-by-step instructions and discussion on techniques used, such as wet-on-wet and wet-on-dry. This is a great, no fear way to learn to paint with watercolors.

#### **AUTHOR SERIES #4:**

#### **JACK BURCH**

**Fri, Apr 19 | 1:00 - 2:30 PM**  
**Free | Senior Center**



Join us in learning about Jack Birch's path to becoming an author and about his fascinating

book "Ghost Burglar". Hear how Jack tracked down an old TV news story, interviewed a retired police detective and more to research the details of this true crime book.



#### **SCONCES: DIY PROJECT**

**Tue, Mar 19 | 5:30 - 7:30 PM**  
**\$40 | Senior Center**

Discover how to make beautiful and functional wall-mounted light fixtures that add a touch of elegance and ambiance to any space. All supplies are provided. There is a \$10 supply fee due at class.



#### **CROCHET MARKET BAG**

**Fri, Apr 12 | 12:30 - 3:30 PM**  
**\$30 | Senior Center**

Recycle used plastic bags into wonderfully, unique market bags! Learn what types of bags work, how to cut the plastic, and lay out colors to create patterns. Bring to class: Size 10 / J / 6mm crochet hook, stitch markers, and sharp scissors.

### **ARE YOU LOOKING FOR SOMETHING TO DO ON WEDNESDAYS?**

Our Pinochle group is looking for a few good men and women to join them. This is a fun, easy game and learning its simple rules only takes a few minutes. Pinochle is a trick-taking ace-ten card game, typically for two to four players and played with a 48-card deck. The deck consists of two copies of each of the 9, 10, jack, queen, king, and ace cards of all four suits.

If you would like to join in and learn, please call the Senior Center by any Monday afternoon. Players will meet with you on Wednesday at 11:00 AM, prior to group time, to teach you the rules and practice.

Pinochle | Wed | 12:00 - 3:00 PM | \$1.00 per player



### **LOVE PLAYING BRIDGE?**

The Senior Center has two options to play! Both require \$1 to play.

- Contract Bridge: Wed | 12:00 - 3:45 PM | No partner needed
- Duplicate Bridge: Mon | 12:30 - 3:30 PM | Partner needed

### **CRAFT CORNER HOLIDAY OUTREACH**

Over the holiday season the Craft Corner Gift Corner took the shop on the road to local Senior Living Facilities. They hosted five 'pop up' sales filled with both holiday and everyday gift items.

"It was wonderful bringing joy to the residents. Those who are unable to drive anymore don't get out much. It was a real treat for them. There was one gentleman in particular who was so happy to be able to buy his wife a Christmas present on his own and surprise her. This is why we do this. It brings us as much joy as the customers."



## OLD EYE GLASSES

### Why we collect old eye glasses and where they go

For 80 years, Lions Clubs have collected old, unwanted eyeglasses for redistribution to developing countries. The Minnesota Lions have collected more than 12 million pairs of eyeglasses for distribution.

After collection, the Wisconsin Lions Foundation, a regional facility, volunteers clean, repair, and classify the glasses by prescription. They are then ready for medical mission work.

Glasses are sent to emerging countries that lack the resources to manufacture quality lenses. The cost new glasses is far beyond the means of the average citizen and exams can cost a month's wages and be 50 miles away. The donated glasses are given away for free and cost fewer than 8 cents a piece for the Lions to process.

### Please Donate:

- Adult/children glasses with both lenses intact and the bows are not broken
- Plastic or metal frames,
- Non-prescription sun glasses, including clip-on
- Readers



## Continued from page 5 TECHNOLOGY DEPARTMENT

You may be surprised to learn some of the diverse areas we work on. The technology department is also responsible for:

- reporting to the state all student enrollment data.
- supporting the technology involved in athletic events, extracurricular activities and community events.
- managing the technical aspects (sound, lighting, video) for the district auditoriums, including plays, choir, band and orchestra concerts.
- planning and monitoring the installation of technology during construction projects.
- creating flexible learning and work spaces.



In all this work, our departmental philosophy of "Service, Innovation, and Lifelong Learning," leads us as we all work together to keep White Bear Lake School District an educational leader.

Steve Asper

Director of Technology & Innovation

## ITEMS TO DONATE TO THE SENIOR CENTER

Books & Puzzles  
Buttons, Fabric, Ribbon  
Cell Phones & Chargers  
Eyeglasses & Hearing Aids  
Greeting Cards - New  
Paper Grocery Bags  
Pop Tabs  
Used US & Foreign Stamps  
Yarn - New & Partial Skeins

## FREE TECHNOLOGY HELP

### White Bear Library

Individual basic computer and technology help is available by appointment. Staff will help with emails, mobile devices, e-books, social media, and more.

Schedule your appointment at 651-724-6007.

## PAGE 6 PUZZLE ANSWERS

**Enigma Puzzle:** "A teacher affects eternity; he can never tell where his influence stops." enry B. Adams

### Answer to Sudoku

7	4	5	3	2	8	9	1	6
3	6	1	4	9	5	8	2	7
8	9	2	6	1	7	4	5	3
4	2	3	7	5	1	6	9	8
9	5	6	8	3	4	2	7	1
1	7	8	2	6	9	3	4	5
5	3	7	9	8	2	1	6	4
6	1	9	5	4	3	7	8	2
2	8	4	1	7	6	5	3	9

### How Many Squares? 40

A	C	I	S		P	A	M		T	U	A	N
M	A	B	I		E	N	A		A	N	C	E
M	A	L	E	S	W	A	N		O	S	T	E
A	M	E		C	I	G	A	R		T	A	D
				C	A	T		T	E	M	A	
J	A	C	O	B		R	E	T	A	B	L	E
A	L	A	R		A	W	E		C	L	A	D
T	E	R	N	A	R	Y		T	E	E	S	T
			O	U	S	T		S	E	R		
L	O	T		B	I	N	A	L		S	B	E
U	B	E	R		S	E	M	E	S	T	E	R
X	E	N	O		A	A	A		R	A	A	D
E	D	E	N		N	P	R		O	B	R	A



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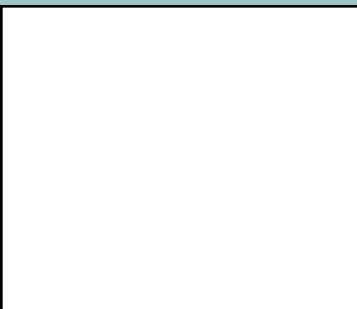
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White Bear Area Senior Program, White Bear Lake, MN

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**INDEPENDENT SCHOOL DISTRICT #624**  
**White Bear Lake Area Schools**  
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**White Bear Area Senior Center**  
**Normandy Park Education Center**  
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**In Person Shopping:**

Monday, Tuesday, Wednesday, Friday  
3:00 – 6:00 pm

**All are welcome and no  
appointment is needed!**

The new White Bear Food Shelf, Community Market, opened in late January. It feels like a retail space when you shop and check out, but all items are free.

The Community Market offers wraparound services, where neighbors can meet on site with experts on rental assistance, county benefits like WIC, adult enrichment classes from the school district and more, allowing our neighbors an easier way to connect with services.

**PARKING LOT SALE**

**Sat, May 18 | 9 AM - 2 PM | White Bear Senior Center**

Have your spring garage sale with us! Individuals, non-profits, small businesses, EVERYONE, is invited to register and set up their own mini-sale.

Our past sales have had over 30 sellers with a variety of items from baby clothes, toys, tools, clothing, jewelry, art, plants and more.

**Attention: Sellers/Vendors**

Space: \$20 / 18 x 18 ft spot *size of 2 parking spots*  
Need a Table?: \$10 each / 6 foot *limited # available*

Call 651-653-3121 to reserve you spot today!

**White Bear Area Community Services & Recreation**  
**SENIOR CENTER**

**Become a Member Anytime**

Adults 50+ are invited no matter where you live. Membership is required to attend on-going activities listed on page 2. Stop in for a tour to see what we have to offer.

Call 651-653-3121 visit us at the Senior Center.

*July - June Annual Fee: \$30/person or \$50/couple*