



THE VOICE

White Bear Lake Area

JUNE - AUGUST 2024



SENIOR CENTER MOVE UPDATE

The School Board recently heard an update on the district's upcoming construction project at the Sunrise Park Middle School building. The Sunrise students and staff will be moving to the current South Campus building, which will re-open in the Fall of 2024 as Mariner Middle School.

The Sunrise Park building will then be renovated to house the Senior Center, Community Services and Recreation, District Service Center, Transition Education Center, and Early Childhood Center. This project will be constructed in phases from July 2024 until December 2025.

- Phase 1: July to December 2024 will include district office,

board room and storage spaces.

- Phase 2: December 2024 to June 2025 renovations will focus on the Senior Center, gymnasium, kitchen and cafeteria.
- Phase 3: June to December 2025 will complete the project with Early Childhood classrooms and Transition Education Center spaces.

The Senior Center is scheduled to move to the Sunrise location in late-summer 2025. The new space will have three flexible rooms for activities with storage space for supplies, a large screen TV with ceiling speakers, coat/purse and hooks in each room. One room will be set up with extra outlets and sturdier tables. Between two

continued on page 14

**June 12
WOMEN
VETERANS
DAY**

10:00 - 11:30 am | Senior Center

Join us in honoring our female veterans for their service and sacrifice.

We will have a short program and refreshments.

Sponsored by the VFW 1782 Auxiliary

**Summer
Senior
BBQ**

**Fri, Aug 9
11:00 AM - 1:00 PM
\$6 / Senior Center**

*Hamburgers, Veggie
Burgers, or Bratwurst
Chips, Fruit, Cookie*

**Registration Required
651-653-3121**

ANNUAL MEMBERSHIP FEES

July 1, 2024 thru June 30, 2025 | Fee Due in July | \$30 person

Membership is required to attend on-going groups. The Senior Center welcomes everyone, no matter where you live. The membership fees help offset daily expenses, supplies, and facility costs. We appreciate your participation and support. New memberships and renewals can be processed in the Senior Center Office or call 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

WE ARE CLOSED

Senior Center

June 19, July 4, 26-31
Sept 2

Meals on Wheels

June 19, July 4, Sept 2

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



White Bear Area Senior Center Ukulele Bears

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
\$2.00 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

Interested in playing Hand & Foot on Fridays Starting in September? Let us know!

MEDICARE COUNSELING

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

Meet with Trellis - Call 1-800-333-2433

Jun 11, Jul 9, Aug 13

Meet with Kirk Possehl - Call 651-653-3121

Jun 12, Jul 17, Aug 21
10:00 AM - 12:00 PM

FREE PONTOON RIDES & FISHING BY BEAR BOATING

Join Bear Boating on White Bear Lake this summer! Wheelchair accessible pontoons depart from the White Bear VWF on Highway 61. There is free parking in the Boatworks Parking Ramp next to the VFW. Dress in layers for the weather: cool lake breezes or summer sun.

Register in person at White Bear Area Senior Center to receive your Boarding Pass. Limit of 2 trips per person this season.

FISHING TRIPS (bring fishing license)

Thu	Jun 6	9:45 - 11:45 AM
Thu	Jun 13	3:15 - 5:15 PM
Tue	Jun 25	12:30 - 2:30 PM
Tue	Jul 9	9:45 - 11:45 AM
Fri	Jul 19	3:15 - 5:15 PM
Tue	Jul 30	3:15 - 5:15 PM
Thu	Aug 8	12:30 - 2:30 PM
Fri	Aug 16	9:45 - 11:45 AM
Fri	Aug 23	3:15 - 5:15 PM



BOATING TRIPS

Fri	May 31	12:30 - 2:30 PM
Mon	Jun 3	5:45 - 7:45 PM
Mon	Jun 17	5:45 - 7:45 PM
Wed	Jun 19	9:45 - 11:45 AM
Fri	Jun 28	5:45 - 7:45 PM
Mon	Jul 1	12:30 - 2:30 PM
Wed	Jul 17	5:45 - 7:45 PM
Mon	Jul 22	5:45 - 7:45 PM
Thu	Jul 25	12:30 - 2:30 PM
Fri	Aug 2	5:45 - 7:45 PM
Tue	Aug 6	9:45 - 11:45 AM
Mon	Aug 12	5:45 - 7:45 PM
Tue	Aug 20	12:30 - 2:30 PM
Mon	Aug 26	9:45 - 11:45 AM
Fri	Aug 30	9:45 - 11:45 AM

WHAT ARE QR CODES

QR codes, short for Quick Response, are typically black squares arranged in a grid on a white background... and they are everywhere! In fact, 89 million American mobile phone users scanned a QR code in 2022!



Invented in 1994 by a Japanese company, they were used for labeling parts, similar to a bar code. However they had a greater data capacity and their popularity grew.

Over COVID companies used QR Codes for restaurant menus, electronic tickets, to collect

Continued on p14

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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK



White Bear Lake Area High School Renames Gym in Honor of Longtime Coach and Educator, Jim Galvin

The White Bear Lake Area School District is proud to announce the renaming of the newly renovated White Bear Lake Area High School gymnasium to "Galvin Court." This honor recognizes the incredible contributions of Jim Galvin, a beloved coach, teacher, and community member, who has dedicated more than 50 years of service to the school district.

This renovation is part of the district's successful Building Our Future facilities plan, made possible by the overwhelming community support for a 2019 bond referendum. Thanks to your support, White Bear Lake Area High School students will benefit from state-of-the-art facilities that are safe, secure, and designed to promote modern, student-centered learning.

Join Us for a Community Open House! We invite you to celebrate with us and see the transformed high school firsthand! Join us for a Community Open House from 3 p.m. to 6 p.m. on Thursday, August 29 at White Bear Lake Area High School, 5040 Bald Eagle Ave, White Bear Lake, MN.

We hope to see you there!

Dr. Wayne A. Kazmierczak, Superintendent

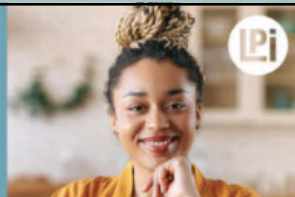


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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

AROUND THE WHITE BEAR AREA SCHOOL DISTRICT

Transition Education Center: Empowering Transitions

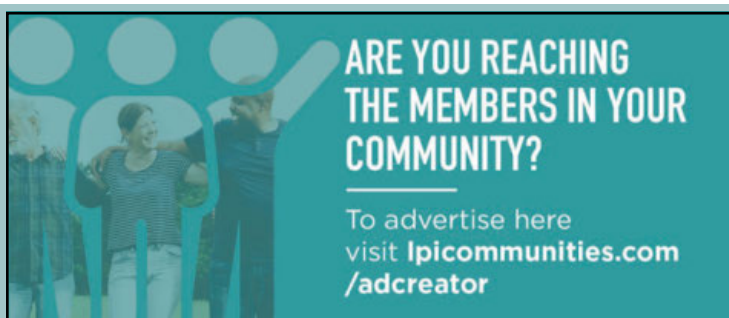
In the journey from school life to community integration, the Transition Education Center (TEC) stands as a beacon of support for students with and without disabilities. At the core of the TEC lies our commitment to honoring students' unique abilities and aspirations, and promoting collaborative partnerships permeates every program and interaction.

There are three programs that prepare students with disabilities to progress and move from school life to community.

- **Transition Plus** caters to young adults aged 18-22, focusing on post-secondary opportunities, employment, and independent living. Its tailored curriculum and work-based learning opportunities equip students with essential life skills while fostering personal growth.
- **TAPP** provides a structured environment for students with social-emotional barriers, offering a path to graduation through functional academics and the development of employment skills.
- **Project SEARCH**, a year-long internship program, bridges the gap between school and competitive integrated employment for students with disabilities. Partnering with Gillette Children's Specialty Healthcare in St. Paul, this initiative offers real-world work experiences across various hospital departments, empowering interns to become valued members of the workforce.

AWARE, our fourth program supports students in grades 6-12, offering a structured setting intended to teach responsibility and motivate students to learn and grow from a disciplinary situation as well as

Continued on p 14



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M U H E N B E R N E A T E W I T S T D H C A H E O H E B E

SUMMER FOOD RESOURCES FOR ALL

Summer Food Markets

10:00 AM - 12:00 PM

The Senior Center will not have markets this summer.

Community of Grace Church

4000 Linden St, WBL

Jun 20, Jul 18, Aug 15, Sep 19

Podvin Park, 1700 9th St, WBL

Jun 27, Jul 25, Aug 22, Sep 26

St. Andrew's Lutheran Church

900 Stillwater Rd, Mahtomedi

Jul 11, Aug 8, Sep 12

Willow Lane Elementary School

3375 Willow Ave, WBL

Aug 1



2446 E Cnty Rd F, WBL

In person shopping
for all community members

Mon, Tue, Wed, Fri
1:00 - 4:00 PM

Local Farmers Markets

Aldrich Arena

1850 White Bear Ave N

Wed, May 15 - Oct 30

8:00 AM - 12:00 PM

Oakdale, 1584 Hadley Ave N

Wed, June 5 - Oct 9

2:00 - 6:00 PM

White Bear Lake

Clark Ave between 2nd & 3rd St

8:00 AM - 12:00 PM

Fri, June 28 - Oct 25



1884 Whitaker St, WBL

Mon, Tue
4:00 - 7:00 PM

Wed, Thu, Fri
11:00 AM - 2:00 PM

No Markets on July 4 & August 29

Why do British people seem to lose their accents when they sing?

It's partly that many of the distinctive characteristics of an accent aren't reproduced well when you sing. Vowel sounds get stretched, and the precise articulation of the consonants is lost. The result is a neutral baseline accent that sounds vaguely American.

WEIRD FACTS

All mammals get goosebumps.

Giraffes hum to communicate with each other

Our dead cells are eaten by other cells in our body.

Australia is wider than the moon.

See more at weird facts at:
www.sciencefocus.com

What kind of sandals does a frog wear?

Answers on page 14



MEALS ON WHEELS

Let us prepare meals for you! Ramsey County residents age 60 and older have a variety of ways to receive low cost meals through White Bear Area Senior Center Meals on Wheels Program. We deliver a variety of meal choices: hot, cold, or frozen to your home. You can choose to hot daily meals or order a week's worth of frozen meals to have on hand.

Regardless of your delivery choice, all meals have the same high nutritional value and meet dietary guidelines. They include a vegetable, side, dessert, and beverage. We are able to accommodate people who have dietary restrictions.

If you or someone you know would benefit from meal delivery, contact Doug at 651-653-3123 or email mealsonwheels@isd624.org.

View our Meals On Wheel Monthly Menu

www.communityservices.isd624.org/adults-seniors/programs

A knock at the door might not seem like a big deal to many of us. But, to our aging population, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels can even save lives.



Our Meals on Wheel Volunteer Driver Cletus celebrated his 94th birthday this spring! Thank you for all your years of service!



55+ DRIVER SAFETY

According to Minnesota State Law, adults age 55 and older who complete a state-approved defensive driving course are eligible to receive a 10%, 3-year discount on auto insurance.

8-Hour Initial Class

Online or at Senior Center
Jul 16 & 17 1:30 - 5:30 PM

4-Hour Refresher Class

In-Person

Jul 23	5:00 - 9:00 PM
Aug 13	9:00 AM - 1:00 PM
Aug 14	5:00 - 9:00 PM
Sep 10	9:00 AM - 1:00 PM

Online

Jun 4	9:00 AM - 1:00 PM
Jul 9	1:00 - 5:00 PM
Sep 24	5:30 - 9:30 PM

FIELD TRIP: MIDTOWN GLOBAL MARKET

Wed, Jun 12 | 9:15 AM - 2:00 PM | \$40 | Mahtomedi Ed. Center

Start the day with a guided historical tour then you can explore, shop, and eat on our own! Home to over 50 vendors you will find specialty produce and grocery items, locally made jewelry, crafts, and a wide array of restaurants.

FIELD TRIP: MINNEAPOLIS SCULPTURE GARDEN & LUNCH

Thu, Jun 27 | 9:30 AM - 2:30 PM | \$75 | Mahtomedi Ed. Center

Join us on a fun day trip to explore more than 60 sculptures from the Walker's collection. Then head to Brit's Pub for a catered buffet lunch on their well-known roof deck patio.

THE JASON SHOW & PAVEK BROADCAST MUSEUM

Wed, Jul 10 | 8:15 AM - 3:30 PM | \$99 | Mahtomedi Ed. Center

Spend the morning at FOX 9 KMSP Broadcast Center in the live audience of The Jason Show. Then lunch at Scoreboard, followed by the Pavek Museum filled with antique radios, televisions, and more. Learn how electronic pioneers impacted the evolution of our society.

FIELD TRIP: SAINTS BASEBALL

Wed, Jul 24 | 11:30 AM - 4:30 PM | \$50 | Mahtomedi Ed. Center

Join us for a fun afternoon watching the St. Paul Saints play at CHS Field in St. Paul. Game starts at 1:00 pm. Bring a credit card for any refreshments you would like to purchase at the game.

TRAVEL OUTSIDE OF MINNESOTA

FREE Travel Shows at the White Bear Areas Senior Center

Discover great travel opportunities with our our travel partners. Learn about the trips, the sites, and the details to make your traveling a success from travel Industry leaders.



FREE TRAVEL SHOW

Fri, Jun 21 | 10:00-11:30 AM
Senior Center

Upcoming Trips in 2025

Feb: San Diego & Southern California

Apr: Great Trains & Grand Canyons

May: Mackinac Island & Niagara Falls

Jul: Cape Cod & Its Islands

Aug: Scandinavia

Sep: Canadian Rockies & Glacier National Park

Oct: Rome & the Amalfi Coast



FREE TRAVEL SHOW

Tue, Sep 10 | 6:00-7:30 PM
Senior Center

Croatia, Slovenia & Adriatic Coast

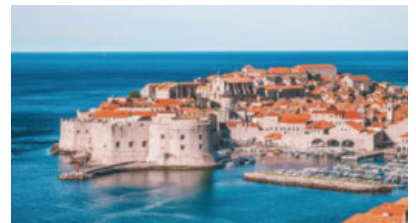
Apr 3-16, 2025

Colors of Morocco

Nov 6-20, 2025

Kingdoms of Southeast Asia

February 4-22, 2026



TECHNOLOGY CLASSES

How to Use Venmo

Expand your tech knowledge and learn what you need to know about the mobile payment service called Venmo.

Thu, Jun 6 | 12:00 - 1:00 PM
\$25 | Senior Center or Online

Computer Scams & What Not to Click On

Not for Apple /Mac or Tablets users

Find out what you should and should not click on: scams to know about, frustrating and suspicious popups, advertisements, Your haywire computer, e-mail ads and links.

Sat, Jun 15 | 9:00 - 10:00 AM
\$25 | Online

Tue, Aug 13 | 4:00 - 5:00 PM
\$25 | Senior Center or Online

All About Pictures:

Find, Organize, Edit & Save

Learn how to name, rename, and move pictures into folders to get organized. Discover the Photo Gallery and the minor editing of pictures, such as cropping and making enhancements. Also learn to use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other printed materials.

Thu, Jun 20 | 12:00 - 1:00 PM
\$25 | Online

Microsoft Word: The Very Basics

Mon, Jul 15 | 1:00 - 2:00 PM
\$25 | Online

Excel for Absolute Beginners

Sun, Aug 18 | 1:00 - 2:00 PM
\$25 | Online



Artificial Intelligence (AI)

Presented by AARP Fraud Network

An AI Presentation for seniors introduces the concept of artificial intelligence, explaining how machines can learn and perform tasks that usually require human intelligence. It focuses on practical applications, such as voice assistants, personalized recommendations, and medical diagnostics. The presentation aims to demystify AI, address concerns, and highlight its potential to enhance everyday life for seniors.

Wed, Jul 24 | 10:00 - 11:30 AM
\$20 | Senior Center

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HOME, HEALTH & WELLNESS



IMPROVING BLADDER CONTROL

Tue, Jun 11 & 18 | 3:00 - 4:00 PM | \$30 | Senior Center

Learn easy, daily life changes, overall view of bladder function, and exercises to improve bladder and bowel incontinence. These simple changes and exercises have improved the quality of life for many people both male and female. The exercises that will be taught help benefit the pelvic floor, muscles, low back pain, balance, and circulation.

Women, Weight & Hormones

Mon, Jun 3 | 6:00 - 7:30 PM
\$30 | Online

Weight not budging? Learn concrete steps to take to safely break the vicious cycle of hormone related weight gain.

Timeline & Steps: Time of Death To Cremation and Burial

Fri, Jun 28 | 2:00 - 3:30 PM
\$5 | Senior Center

What do you do when a death occurs? Who should get called?

Navigating the steps involved with the passing of a loved one can be difficult. Join us for a discussion and dialogue about the next steps after the final days.

Posture & Osteoporosis: How to Build Better Bones

Tue, Jun 4 | 6:00 - 7:30 PM
\$30 | Online

Learn simple techniques to improve posture, flatten the upper back and midsection, and reduce the risk of osteoporosis.

Becoming EcoWell: Crafting Your Blueprint for Healthy and Harmonious Living

Tue, Aug 20 | 6:30 - 8:30 PM
\$35 | Senior Center

Discover how our choices impact personal our well-being and the environments. Join us to explore personalized pathways to well-being that harmonize with a sustainable lifestyle."

Acupressure & Other Tools for Women 35+

Wed, Jun 5 | 6:00 - 7:30 PM
\$30 | Online

An ancient healing art offering relief from headaches, insomnia and anxiety, which points balance hormones, and more.

Container Gardens

Wed, Jun 12 | 6:30 - 8:00 PM
\$30 | Online

Learn the basics of designing and selecting plants and pots, and caring for container gardens for season-long satisfaction, no matter where you live.

Food Saving

Mon, Jul 15 | 6:30 - 8:00 PM
\$30 | Online

Learn ways to save, store, and preserve seasonal fruits and vegetables so you can enjoy the best flavors and highest nutrition for as long as possible.

Fall into Winter

Wed, Aug 14 | 6:30 - 8:00 PM
\$30 | Online

Learn how to put your garden and landscape to bed for the winter (*September thru February*).

HISTORY: DOWN & DIRTY: THE UGLY THIRTIES

Fri, Jun 14 | 10:00 AM - 12:00 PM
\$18 | Senior Center

Learn about the causes of several calamities as we entered the 1930's such as the 1929 Market Crash and the Dust Bowl. Hear the stories of those who suffered and survived through the ugly 1930s.

HISTORY: BEHIND THE INVENTIONS

Fri, Jul 19 | 10:00 AM - 12:00 PM
\$18 | Senior Center

Hear the stories behind inventions that we use daily, from electric lights to duct tape to Viagra - how the ideas occurred (or were stolen), how they were marketed and how they changed the way we live.



KAYAKING

Join us and admire the beauty of nature.

Beginner Class: Jun 6 | 5:30-7:00 PM
\$35 | Silver Lake Beach

6:00 - 7:30 PM | \$35

Tue, Jun 25 | Silver Lake Beach

Thu, Jul 18 | Matoska Park

Soma Yoga

Helps re-educate muscles to release tension and create freer mobility.

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

Jun 4 - Jul 23n | \$45

Jul 30 - Aug 27 | \$40

Vinyasa Yoga

Designed to increase your strength and flexibility and relieve stress.

Tue | 5:30 - 6:30 PM | \$72 (\$15 Drop in)

Bellaire Beach

Session 1: Jun 4 - Jul 9

Session 2: Jul 16 - Aug 27

Inclement weather? At Senior Center

Chair Yoga

Stay seated and 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

\$30 | Senior Center

\$7/day
drop in
rate

Jun 3 - 24

Jul 1 - 22

Aug 5 - 26

Nordic Pole Walking

Using specially designed poles, 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.

\$45 | North Campus

Session 1: Jun 18 | 10:00 - 11:15 AM

Session 2: Jul 25 | 9:00 - 10:45 AM

Lynch Pickleball

4 Tue Sessions | \$110

North Campus Field House

Beginners: Learn the Rules

5:30 - 7:00 PM

Intermediate: Improve Skills

7:00 - 8:30 PM

Session 1: Jun 4-25

Session 2: Jul 7-30

Session 3: Aug 6-27

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White Bear Area Senior Program, White Bear Lake, MN

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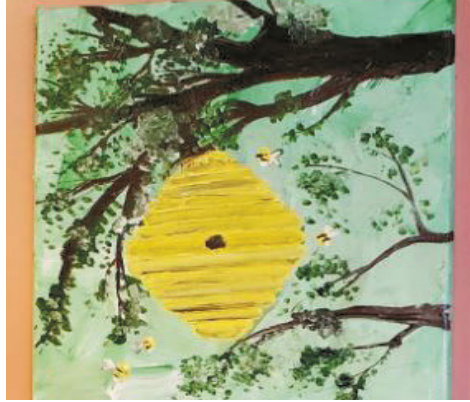
CALL TO REGISTER: 651-653-3121



FOLK ART BIRD HOUSE

Fri, Jun 7 | 10:00 AM - 12:00 PM
\$40 | Senior Center

Get step by step instructions on painting a charming Folk Art Birdhouse.



SUMMER BEE'S

Mon, Jun 17 | 10:00 - 11:30 AM
\$15 | Senior Center

Let's honor the over 400 Minnesota bee species and paint their home!



HAND EMBROIDERY BASICS

Wed, Jun 26 | 9:00 AM - 12:00 PM
\$35 | Senior Center

Join this fun introductory class to learn 10 basic stitches. Leave class with a project to practice on and the confidence to tackle a project on your own. Bring to class a 6" embroidery hoop, scissors and a \$5 supply fee.



SUMINAGASHI JAPANESE PAPER MARLBING

Fri, Jul 12 | 9:30 - 11:30 AM
\$40 | Sr Center

Learn how to make, Japanese paper marbling with ink. Learn about the supplies and how to apply ink to the surface of water to create beautiful patterns similar to marble or agates.



LOVELY LLAMA

Wed, Aug 7 | 10:00 AM - 12:00 PM
\$40 | Senior Center

Join us in a 12 x 12 Llama acrylic painting. No experience necessary, as we guide you every step of the way!



WET FELT PAINTING

Tue, Aug 27 | 9:30 - 11:30 PM
\$40 | Senior Center

Create a beautiful picture completely out of wool roving. Learn to use a wet felting process to create a one-of-a-kind image in wool that can be hung on a wall or made into a pillow.

LEARN TO PLAY MAH JONGG

Fri, Jul 12 - Aug 23 | \$60
1:00 - 2:30 PM | Senior Center

A fantastic game for giving our brains exercise and bringing players together for sociability and fun! Taught with enthusiasm, learn the basics, then finish with the ability to play together with confidence

FANTASY FOOTBALL TRAINING CAMP

Tue, Aug 20 | 6:30 - 8:30 PM | \$30 | Senior Center

Love football? Discover the fun of playing fantasy football. Learn to draft players, terms and abbreviations, receive online tools to compete week to week, and begin a league. Also learn about scoring, bye weeks, trades, drafting options, and more! You'll leave with a packet of all the information you need to have fun and be successful.



ELDER FINANCIAL ABUSE PREVENTION

Thu, Jun 20 | 10:00 - 11:30 AM | Free | Senior Center

Elder financial abuse, also known as financial exploitation, is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and acts of deception to gain control over a senior's money or property. Come and learn about common types of financial abuse, indicators and signs, how to report and get help.

Social Security is Everything

Free Class Provided by Trivent

Jun 4 | 12:00 - 1:30 PM | Online

Jun 27 | 6:00-7:30 PM | Online

A vital income source, but it can be confusing and timing is important. Get answers to your questions and learn what Social Security can mean for you.

Should I Stay or Should I Go?

Tue, Jul 16 | 10:00 - 11:30 AM

Free | Senior Center

Discuss lifestyle options for senior living; aging in place vs. moving. Take an assessment and get the tools to make an educated decisions.

FROM AN ATTORNEYS PERSPECTIVE

HOW TO RETIRE

Tue, Jun 18 | 6:30 - 8:00 PM

\$30 | Senior Center

The years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years are all crucial. We'll cover estate planning, social security, long term care riders, and more.

HOW TO PAY FOR THE NURSING HOME

Wed, Jul 17 | 6:30 - 8:00 PM

\$30 | Online

Get answers to how to meet nursing home goals? What about home healthcare, gifting money away and what happens if your spouse goes into the nursing home and exhausts the money.

Q&A WITH A MN WILL & TRUST PLANNING ATTORNEY

Thu, Aug 8 | 6:30 - 8:00 PM

\$30 | Online

An open-fourm session. Bring your questions and hear if you should I avoid Probate? Will vs Trust. Gifting assets. What is the death tax? How do I avoid leaving a mess?

Meet the Agent / Publisher: Get Your Manuscript Critiqued

Thu, Jul 18 | 4:30 - 6:00 PM | \$30 | Online

Talk to a real agent! Email one page of your in-progress manuscript for an in-class critique of your poetry, article, short story, etc.

Beginners Guide to Using Free CHAT GPT (AI)

Thu, Jul 18 | 6:00 - 8:00 PM | \$30 | Online

rtificial Intelligence) is here to stay and is the future for writers and content creators. Learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts

EMPOWHER: SUPPORTING YOU THROUGH DIVORCE, DEATH, AND LIFE CHANGES

Wed, Aug 14 | 5:30 - 7:00 PM | Free | WB Library

Are you or is someone you know considering divorce or separation? Whether you're contemplating a separation or already in the process, this event is designed to provide education, connection, and trusted support as you navigate life changes with more ease and confidence. Your coaches will include a family law attorney, financial planner, loan officer, realtor, and grief coach.

*This free class is thanks to a sponsorship by
Success Home Team at Keller Williams Select*

Senior Center - Continued / p1

of the rooms an accordion wall can be opened to create a larger space for events, such as Thank Goodness it's Food! The Library and Craft Corner will be centrally located for easy access, without interrupting groups and there will be a dedicated footcare room, and restrooms across the hall. Additionally, meeting spaces near the Senior Center will be accessible as needed. Meals on Wheels will also be operating at the District Services Center and will be working with our district Nutrition Services department to provide meals for clients.

Thank you to community members for their support of the 2019 bond referendum that made this renovation possible, and the participant feedback from multiple focus groups and committees. We look forward to transitioning programs to the renovated Sunrise Park. The location is sure to be hopping with activity and excitement as community members of all ages come together at the shared space!

Tim Maurer

Director of Community Services
& Recreation



April Field Trip: Lunch at Mosow on Hill

QR Codes - Continued / p3

payments, and much more.

By using your smartphone camera, focus on the QR code, and a message box appears telling you to 'tap here' to follow the QR Code to the designated message. This allows for quicker access to a website vs. manually remembering and entering a complicated website address.

QR codes have become one of the most used types of two-dimensional codes. With all of their capabilities and potential usages, we will be seeing them more frequently and probably for a long time to come.

**Try Our QR Code
to explore our
class offerings
and register!**



QR CODE TIDBIT:

Two-thirds of all QR Codes
are scanned by women.

TEC - Continued / p5

academic completion and restorative education opportunities. Students develop critical thinking skills to learn to navigate challenges constructively. At the heart of the TEC lies a commitment to student success and community integration. The dedicated staff in these programs are committed to empowering individuals with the skills needed for post-school success. Through personalized support, experiential learning, and collaborative partnerships, we not only prepares students for the future but also fosters a culture of inclusivity and empowerment.

As students transition back to their home schools or into the community, they carry with them the skills, confidence, and resilience cultivated within the walls of the Transition Education Center, poised to embrace the opportunities that lie ahead.

- Sara Derby, Assistant Director
of Student Support Services,
Transition Education Center



ANSWERS FROM P6

Fallen Phrase Puzzle Answer: The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.- Helen Keller

Frog Joke: Open-toed



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G 4C 02-1071

INDEPENDENT SCHOOL DISTRICT #624

White Bear Lake Area Schools

4855 Bloom Ave, White Bear Lake, MN 55110-2371



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

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COMMUNITY

THINGS TO DO

Arts in the Park

Jun - Aug | Tue Evenings (No 7/4)
Lakeside Memorial Park, Forest Lake

Manitou Days

Jun 15 - Jul 4 | Downtown WBL
www.manitoudays.com

Market Fest

Thu, Jun 15 - Jul 27 | 6- 9 pm
July 6 is Senior Night

Vadnais Heights Heritage Days

Aug 14 - 20
www.cityvadnaisheights.com

TRIAD GATHERING AT THE SENIOR CENTER

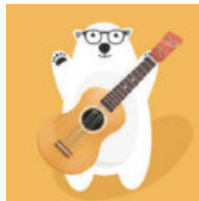
Mon, Jul 8 | 10:00 - 11:30 AM | Free | Senior Center

Seniors (60+) are invited to TRIAD gathering and program on Crime Prevention in our Community. Coffee and Cookies will be served.

WBL TRIAD is a cooperation between area Senior Citizens, the WBL Police & Fire Departments, and the Ramsey County Sheriff's Department. Their goal is to reduce criminal victimization of the elderly while enhancing law enforcement services to this growing segment of our

population. They provide a platform for seniors to exchange information with the police.

TRIAD programs include Marketfest information booths, Blood Drives, monthly Bingo at Cerenity Care Center, Senior Fall Picnic and other volunteer activities requested by Law Enforcement. A few hours a month volunteering with other Seniors in the community is a rewarding experience.



MUSIC IN THE PARK WITH THE UKULELE BEARS

Mondays | 10:00-11:30 AM | Free | Kohler Meadows Park, 365 Cnty Rd F E, Vadnais Hgts

In the warm summer months, our Ukulele Bears venture out of the Senior Center to practice! You are invited to listen to them and sing along! Remember to bring a lawn chair or blanket to sit on!