



THE VOICE

White Bear Lake Area

SEPTEMBER - DECEMBER 2024



Program will Increase Access to Meals for Veterans

A new program is allowing Meals on Wheels to increase service to those who have served their country. Funding approved by the Minnesota Legislature last year aims to provide up to five, free, healthy home-delivered meals a week to veterans who are not currently receiving them.

Meals on Wheels looks forward to serving anyone who could benefit from this program. To be eligible, veterans must be:

- age 60+, or
- experiencing food insecurity, or
- unable to obtain food due to a medical or mental health condition.

Veterans interested in receiving meals should call Metro Meals on Wheels at 612-623-3363 for more information and to enroll.

NEW WEEKLY ACTIVITY

Hand & Foot | Fridays Starting September 6 | 12:30 - 3:30 PM

We asked and you answered! Hand & Food, a multi-player rummy-type card game of Canista, starts in September! A small group of players spent part of the summer setting up the 'house rules' and getting organized. They are ready for more players to join in and are excited to teach anyone who does not know how to play!

Last year's new group, Mugs & Musings is still going strong, providing a welcoming space to connect over coffee (tea) and conversation. If you're looking for a new social outlet, stop by on the 2nd & 4th Fridays of the month. They would love to include new people!



WB 624 UPDATE DISTRICT BUILDINGS

The White Bear Lake Area School District is continuing its' transformation this fall! Students in grades 9-12 will be moved into the newly renamed White Bear Lake Area High School on Bald Eagle Avenue, and the former Sunrise Middle School students will relocate to Mariner Middle School on McKnight Road.

The Sunrise building is now undergoing renovations to move new District Center and Community Services & Recreation staff in by January 2025. Construction will continue in the building, with the Senior Center expected to move in July 2025.

VETERANS DAY
Ice Cream Social
 Fri, Nov 8 | 1:30-3:00 pm | Sr Center



Honor our Veterans & their families with us.

Registration appreciated: 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 | 651-653-3123
mealsonwheels@isd624.org

Craft Corner Gift Shop

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



A big thank you and congratulations to our *Get Up & Go* instructor Sharon for her 30+ years with WBLAS District and Community Services & Recreation!
Happy Retirement!

WEEKLY ACTIVITIES

No Activities: Oct 16, Oct 31, Nov 1

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

Hand & Foot *NEW GROUP*

Fri / 12:30 - 3:00 pm
Starts Fri, Sep 6

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

WE ARE CLOSED

Senior Center

Sep 2, Nov 28, 29,
Dec 23-26, 30, 31, Jan 1

Meals on Wheels

Sep 2, Nov 28, 29,
Dec 24-26, 30, 31, Jan 1

*MOW will deliver meals
on Dec 23 & 27*

FOOT CARE CLINIC

Schedule a 30-minute
appointment with a nurse:
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 Medicare specialist at the Senior Center.

Meet with Trellis - 2nd Tue of each month. Call: 1-800-333-2433

Meet with Kirk Possehl - Schedule at: 651-653-3121 Oct 17, 22, Nov 21

MEALS ON WHEELS - 651-653-3123



MEALS ON WHEELS LUNCH

SENIOR CENTER
 Fri, Oct 25 | \$5
 11:30 AM - 1:00 PM

MENU

- Lasagna with Meat
- Chicken & Wild Rice Soup
- Macaroni & Cheese

SIDES

Meals come with a veggie and dessert.

REGISTER
 Call 651-653-3121



Meals on Wheels offers a convenient and affordable solution for those looking to mix up their meal routine. We offer a variety of meal options and flexibility in delivery methods (hot, cold, frozen), catering to your individual needs. Whether you're tired of eating the same old meals or need a helping hand with meal prep, Meals on Wheels has got you covered.




THANK YOU

A big thank you to all of our Meals on Wheels volunteers! Our program's success is only possible through your dedication. From the kitchen helpers who cook the meals to the cleaners who keep our kitchen sanitized and organized, to the drivers who face the elements to deliver meals! Your selfless help is truly appreciated! Our route drivers have had to navigate through big rains, puddles, heat, humidity, sleet, snow and all the types of Minnesota weather to ensure that our clients receive the nourishment they deserve. Every volunteer's dedication and commitment makes a huge difference in the lives of our community seniors.

Are you turning 65 or New to Medicare?

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Kati Rolloff
 651-564-2827 (TTY: 711)
 Monday – Friday, 8 a.m. – 5 p.m.
humana.com/krolloff

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A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK



This fall will be one for the books. The plan laid out five years ago in our 2019 Building Our Future bond referendum is coming to fruition at White Bear Lake Area High School, as we open our 9-12 high school campus and dramatically expand opportunities for students. Courses once limited to the junior and senior years will be more readily accessible to younger students who seek challenge and rigor. Our Career Pathways will allow a unique progression for students to explore interests and pursue their passions.

Tour the newly renovated WBLA High School and see for yourself the ways we're transforming learning at a Community Open House event on Thur., August 29 from 3:00 - 6:00 PM! (5040 Bald Eagle Ave, WBL)

Stick around that night for our season opener football game, which will kick off at 7:00 PM. It's the perfect opportunity to see the new facilities and cheer on our Bears! Enjoy complimentary admission to the game through our Lifetime Activity Pass program. (Find the pass application at isd624.org/SeniorActivityPass). Additionally, I hope you'll join me at a Senior Program "Coffee with Dr. K" event from 9-10 a.m. on Friday, November 22 at the Senior Center. Enjoy a cup of joe and informal conversation as we celebrate the start to a terrific school year!

Thank you, Dr. Wayne A. Kazmierczak, Superintendent



WBLAHS Community Open House
3-6 p.m. Thursday, Aug. 29



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AROUND THE WHITE BEAR AREA SCHOOL DISTRICT



ALISON GILLESPIE

Assistant Superintendent for Teaching & Learning

As Assistant Superintendent for Teaching and Learning, I'm constantly inspired by the teamwork and dedication that drives our district's success. Our teachers, leaders, staff, students, families and community members all work together to ensure that every child gets the best education possible.

Our office serves as a central hub for our school system. The team includes four directors who lead their respective areas and serve as liaisons between school buildings and our district's teaching and learning divisions. We're always looking for new ways to make learning exciting and meaningful for all students. We team up with principals and teachers in four key areas:

- **Curriculum and Instruction:** We make sure that what's taught in the classroom is interesting, relevant and challenging for students of all abilities. We also provide ongoing training for our leaders and teachers so they can stay up-to-date with the latest teaching methods.
- **Equity and Inclusion:** We believe everyone deserves to feel welcome and supported in our schools. We celebrate our diversity and ensure all students have the tools they need to succeed. This includes extra academic support for those who need it, school counseling services and support for families and students who speak different languages.

Continued on page 9

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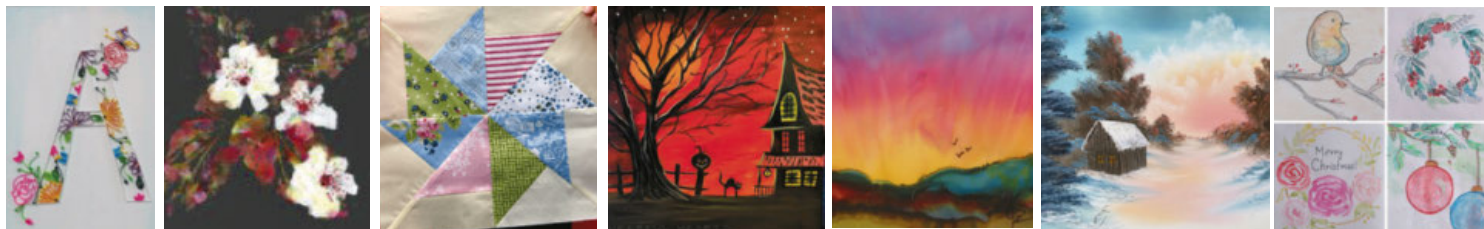


Visit

www.mycommunityonline.com



VIEW ALL FALL ART CLASSES HERE: <https://bit.ly/3R0CLXv>



Quilling: Paper Mongram

Thu, Sep 19 | 5:30 - 7:30 PM | \$35 | Senior Center

Card Making

\$5/Session | Senior Center

Fri, Sep 20 | 1:00 - 3:00 PM

Thu, Oct 10 | 10:00 AM - 12:00 PM

Mon, Dec 9 | 9:00 - 11:00 AM

Fabulous Fall (alcohol inks)

Thu, Oct 10 | 6:00 - 8:00 PM | \$35 | Senior Center

Quilt Blocks

Wed, Oct 16 & 23 | 6:00 - 9:00 PM | \$42 | Mariner MS

Trick or Treat! (acrylic painting)

Thu, Oct 17 | 6:30 - 8:30 PM | \$40 | Senior Center

Soap Making

Sat, Oct 26 | 10:00 AM - 12:00 PM | \$35 | Mariner MS

Alcohol Ink Workshop

Tue, Oct 29 | 10:00 AM - 3:00 PM | \$46 | Sr Center

Winter Cabin (oil painting)

Dec 4 | 5:30 - 9:30 PM | \$50 | Senior Center

Seasonal Watercolor Greeting Cards

Tue, Dec 10 | 5:30 - 7:30 pm | \$35 | Senior Center

Tall Snowman (acrylic painting)

Thu, Dec 19 | 10:30 AM - 12:00 PM | \$40 | Sr Center



ART HISTORY

Presented by the Museum of Russian Art

WOMEN ARTISTS IN RUSSIA

Fri, Oct 18 | \$15

10:30 AM - 12:00 PM

Senior Center

Discover how women artists were vital to the development of their culture's visual artistry, contributing to their country and the international scene.

IN THE FOLK TRADITION: RUSSIAN NESTING DOLLS

Thu, Dec 12 | \$15

10:30 AM - 12:00 PM

Senior Center

Explore the history of nesting dolls in the context of the folk tradition which gives added context to understanding artistry in wood.



ONLINE WRITING CLASSES

The instructor is an author, editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Beginner's Guide to Getting Published

Thu, Oct 10 | 6:00 - 8:00 PM | \$35

Explore the World as a Travel Writer

Fri, Oct 11 | 4:00 - 6:00 PM | \$35

Introduction to Screenwriting

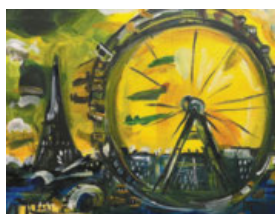
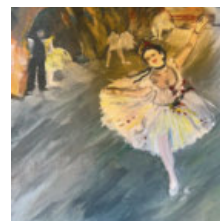
Sat, Oct 12 | 1:00 - 3:00 PM | \$35

Write Your 1st Novel in 90 Days

Sat, Oct 19 | 10:00 AM - 12:00 PM | \$35

PAINT & LEARN

Join artist Vanessa Merry in painting famous artworks, while learning about the artist's lives, the art style, and their place in history.



\$40 | 10:00 AM - 12:00 PM
Senior Center

Fri, Oct 4: Impressionist:
Edward Degas

Thu, Nov 14: Post-Impressionist:
Marc Chagall

FOR FULL CLASS DESCRIPTIONS GO TO: WWW.WHITEBEAR.CE.ELEYO.COM



**Easy Craft Classes
at the Senior Center**

WOODBURNING

**Thu, Sep 5 | \$15
9:30-11:30AM**

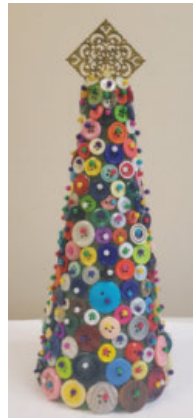
Nature scene on a
3.5" wood cookie
ornament



HOLIDAY TREE

**Fri, Nov 15 | \$15
9:30 - 11:30 AM**

Create a whimsical
holiday tree to
brighten up any
room.



NESTING DOLLS

**Fri, Dec 13 | \$15
9:00 AM - 12:30 PM**

Join us in the craft class to paint
your very own unique set of
nesting dolls with simple designs
and patterns. We will be
concentrating on the three largest
of the set, but you are welcome to
paint all five.

**CARD MAKING &
SCRAPBOOKING**

Create your personalized greeting
cards or scrapbook pages!

\$5 Session / Senior Center

**Fri, Sep 20 | 1:00-3:00 PM
Thu, Oct 10 | 10:00-11:30 AM
Mon, Dec 9 | 9:00-11:00 AM**

SIP & SCRIPT

**Thu, Oct 15 & 22 | \$49
10:00 AM - 12:00 PM**

Mahtomedi Dist Center

Lakeshore Players Theatre
presents a fun, low-key social
class that offers a chance for
adults to socialize theatrically,
sharpen memories, improve
communication, express
creativity and forge new
connections. With the guidance
of professional theater artists,
participants will read the script
"The Games' Afoot", a mystery/
comedy, aloud as a group. Then,
share some laughs and discuss
the story, characters
and themes. Join in on
the fun!



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ALL ABOUT CRUISES

Mon, Oct 7 | 6:00-8:30pm | \$25/person \$40/Couple | Senior Center

Have you wondered what all is included in a cruise? Discover the different types of cruises, the surprising array of amenities onboard and the most important considerations to keep in mind when deciding which cruise is best for you.

DAY TRIP: CRANBERRY COUNTRY TOUR

Wed, Oct 9 | 8:00 AM - 6:30 PM | \$119 | Gladstone Community Center

Join us in exploring all things Cranberry in Warren, Wisconsin! We'll have a delightful lunch at the Cranberry Country Café. Then, dive into the rich history of cranberry cultivation with a tour of the Discover Cranberries Museum and visit a cranberry marsh and a creamery.

DAY TRIP: CEMETERY TOUR AROUND MINNEAPOLIS

Tue, Oct 15 | 9:00 - 4:30 PM | \$90 | Mahtomedi District Center

Join expert tour guide and speaker, Doug Ohman, to explore the fascinating world of cemeteries around Minneapolis. We'll visit some of the earliest burial grounds; the last visible vestiges of our past. Lunch will be at Patrick's Bakery and Café located at Bachman's Greenhouse, where we can also do a little shopping.

DAY TRIP: SIDEKICK THEATER: BELLS WILL BE RINGIN'

Wed, Dec 11 | 10:30 AM - 4:00 PM | \$75 | Mahtomedi District Center

Celebrate the most wonderful time of the year with this heartwarming holiday show, featuring some of the Twin Cities' best vocalists and a dynamic band. This spirited show brings a modern vitality to holiday favorites from the past and present day, and promises to leave you feeling merry and bright! Lunch will be served prior to the show.

TRAVEL BACK IN TIME

Friday History Classes

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

Senior Center

Sep 13: Go to Heaven for the Climate & Hell for the Company

Discover why Mark Twain was and is still popular, his views on Washington and why he died a bitter man.

Oct 11: Ben Franklin: Statesman, Scientist & Ladies' Man

Inventive, intelligent, funny, charming and yes, even sexy. Discover how this portly, stringy haired fellow became respected and beloved here and abroad.

Nov 8: Moonshine MN

Hear how gangsters kept the booze flowing during Prohibition and made St. Paul the wettest city in America during the 1920's.

TRAVEL OUTSIDE OF MINNESOTA

FREE Travel Shows at the White Bear Area Senior Center

Discover great travel opportunities from 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
Tue, Sep 10 | 6:00 - 7:30 PM

Croatia, Slovenia & Adriatic Coast

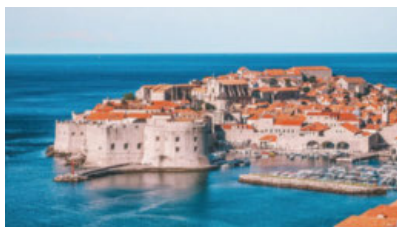
Apr 3-16, 2025

Colors of Morocco

Nov 6-20, 2025

Kingdoms of Southeast Asia

February 4-22, 2026



FREE TRAVEL SHOW
Fri, Sept 27 | 1:00 - 2:30 PM

2025 Trips

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

Alison Gillespie: continued from Page 5

- **Student Support:** We know that well-being is just as important as their academics. We provide a wide range of services to support their emotional, social and academic needs, including special education resources. Our goal is to ensure all students feel safe, happy and ready to learn and succeed.
- **Classroom Technology:** We use technology to make learning more engaging and to prepare students for the modern world. We make sure that teachers and students have the training and support they need to use these tools effectively.

Our commitment to excellence is further demonstrated by the many programs we offer to meet the unique needs of our diverse community. We tailor learning to each student's strengths and interests, offering a wide range of courses at all levels, including opportunities to earn college credit in high school. We also help students explore exciting careers in fields like healthcare, engineering, and the trades and teach valuable life skills to ensure they're well-prepared for their future.

At White Bear Lake Area Schools, we believe education is a shared responsibility. We welcome your involvement, whether you're a parent, grandparent, neighbor or business owner. We value your support and believe together, we can create a thriving community where every student reaches their full potential.

TECHNOLOGY CLASSES

\$20 per class | Online

How to Use Venmo Safely
Thu, Oct 3 | 12:00 - 1:00 PM

Canva for Beginners
Thu, Oct 10 | 12:00 - 1:00 PM

Practical ChatGPT for Everyone
Thu, Oct 15 | 12:00 - 1:00 PM

Practical Computer Class for Older Adults
Sat, Oct 19 | 11:00 AM - 12:00 PM

Google Sheets for Beginners
Thu, Nov 7 | 12:00 - 1:00 PM

How to Use Uber for Transportation Independence
Tue, Dec 10 | 12:00 - 1:00 PM

Getting to Know your Andriod

Tue-Thu, Oct 22-24 | \$55
10:00 - 11:00 AM | Online



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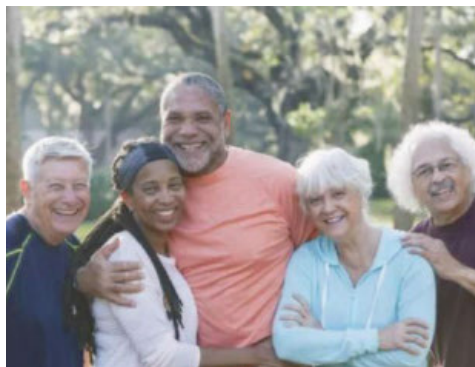
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55+ DRIVER SAFETY

Effective July 1, first-time participant classes are only 4-hours!

According to Minnesota State Law, adults 55+ who complete a defensive driving course are eligible to receive a 10%, 3-year auto insurance discount.

In Person @ Senior Center

- Sep 10 9:00 AM - 1:00 PM
- Oct 17 9:00 AM - 1:00 PM
- Nov 15 9:00 AM - 1:00 PM
- Dec 12 1:00 - 5:00 PM

Online @ Home

- Sep 17 5:30 - 9:30 PM
- Oct 9 9:00 AM - 1:00 PM
- Oct 22 1:30 - 5:30 PM
- Nov 12 1:00 - 5:00 PM
- Nov 19 5:30 - 9:30 PM
- Dec 10 9:00 AM - 1:00 PM

These classes are FREE thanks to a sponsorship by Trivent Financial

FIVE KEYS TO RETIRING FEARLESSLY

- Sep 10 | 6:00-7:30PM | Sr Center
- Oct 24 | 12:00-1:30 PM | Online

SOCIAL SECURITY: TIMING IS EVERYTHING

- Sep 24 | 12:00-1:30 PM | Online
- Nov 12 | 6:00-7:30 PM | Sr Center

DRAFT YOUR OWN WILL

Wed, Oct 16 & 23 | 6:00 - 7:30 PM | \$64 | Senior Center

Learn the various techniques for property distribution of your estate. Explore basic estate planning concepts and assess your needs for your estate plan. Simple forms and language will be provided. Questions welcome. Week two, you will sign the will you created. *Legal advice will not be given about the language in the will or be reviewed by the attorney.*

FIVE PEOPLE YOU NEED ON YOUR WAY TO HEAVEN

Wed, Sep 18 | 6:30 - 8:00 PM \$30 | Online

Learn who they are and what they are responsible for doing.

ELDER FINANCIAL ABUSE PREVENTION

Tue, Oct 1 | 10:00 - 11:30 AM \$5 | Senior Center

Learn about common types of financial abuse, indicators and signs, how to report and get help.

SO YOU'RE THINKING OF LEAVING MINNESOTA

Tue, Oct 17 | 6:30 - 8:00 PM \$30 | Senior Center

Discuss issues such as estate taxes, location of assets, cost of living, concerns, weather and more.

REVERSE MORTGAGES: MYTHS & TRUTHS

Thu, Oct 24 | 10:00 - 11:30 AM \$5 | Senior Center

Understand the history of reverse mortgages and why they are used.



SHOULD I STAY OR GO?

Tue, Nov 5 | 10:00 - 11:30 AM \$5 | Senior Center

Discuss your lifestyle options and what is best for you.

WHAT TO KNOW BEFORE YOU GO

Wed, Oct 18 | 1:00 - 2:30PM \$5 | Senior Center

Learn how to take the burden off your loved ones by planning your funeral before your time of need.

ESTATE PLANNING SEMINAR

Thu, Nov 7 | 10:00 - 11:00 AM \$5 | Senior Center

Learn the primary concerns when estate planning.

PREPARE WISELY: ESTATE STRATEGY ESSENTIALS

Tue, Nov 12 | 10:00 - 11:30 AM \$5 | Senior Center

Learn what documents you need so your final wishes are known and carried out.

PRE-PLANNING FOR THE INEVITABLE

Wed, Dec 4 | 6:30 - 8:00 PM \$30 | Senior Center

Learn how to help loved ones avoid unnecessary stress and confusion when you are gone



CRAFT CORNER

As the summer vibes fade away, the Craft Corner is transforming into an autumnal oasis, inviting customers to get cozy for the next season. With fall merchandise arriving in September, the boutique will be filled with an array of handcrafted treasures, including

an art exhibit by Luann Hoppe in the library.

Don't miss our Annual Fall Boutique on November 1 & 2. Our crafters are already planning and creating throw blankets, snugly mittens, jewelry, kitchen towels, seasonal decorations, thoughtful holiday gifts, and much more! The carefully curated selection will fill our space and entice shoppers to linger, discovering one-of-a-kind and thoughtful creations.



This season, make a statement with unique and vibrant creations by Etoile Jensen and Dawn Vlasin. Etoile's wool hyacinth flowers and wreaths bring a pop of color to any room, while Dawn's skill with intricate bead and colored pearl work is amazing! Her carefully crafted ornaments and decorations is sure to draw attention.

Be sure to stop into the Craft Corner to see the amazing work of all of our crafters, Monday - Friday from 11:00 AM - 3:30 PM or at the Fall Holiday Boutique!



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HOME, HEALTH & WELLNESS



STAY LOOSE & MANAGE PAIN WITH SELF MYOFASCIAL RELEASE (SMR)

Wed, Nov 6 | 9:30 - 11:30 AM | \$25 | Mahtomedi District Center
Flexibility, the range of movement around joints, changes as we age. Fascia, the joints connective tissue, is also ever-changing from repetitive movement and lack of movement. The result is stiffness, overuse, injuries or just general lack of flexibility. Hear the factors that lead to inflexibility and the specific needs and physical limitations we may face. Leave class with SMR techniques you can do on your own.

Nature Heals

Wed, Sep 11 | 6:30 - 8:00 PM
\$25 | Online

Learn the science of how time spent in nature helps to improve our physical and mental well-being.

Six Pillars of Brain Health

Wed, Sep 18 | 10:00 - 11:30 AM
\$5 | Senior Center

Take a holistic step to stay sharp as you age with exercise, stress management, diet and connecting with others.

Managing Blood Pressure with Exercise & Nutrition

Thu, Oct 17 | 9:30 - 11:30 AM
\$25 | Mahtomedi District Center

Healthy arteries and veins are a priority as we age. Get tips on healthy foods, quantities and exercise.

Feet First: Start at the Bottom if You Want to Feel Tip-Top

Wed, Dec 11 | 9:30 - 11:00 AM
\$25 | Mahtomedi District Center

Learn about the mechanics of your feet and fall prevention. Hear about myofascial release, foot massage and proper shoe choice.

Fall Proof Workshop

Wed, Sep 18 | 9:30 - 11:00 AM
\$25 | Mahtomedi District Center

Hear why our risk for falling increases as we age, as well as exercises and strategies we can use to reduce those risks.

Reconnecting Mind, Body & Spirit

Tue, Oct 29 | 6:00 - 7:30 PM
\$30 | Senior Center

Learn simple practices to reconnect your mind, body and spirit to help you feel more grounded and peaceful in activities and relationships important to you.

Posture, Get It Straight!

Tue, Nov 19
6:00 - 7:30 PM
\$30 | Online

Learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out.

Let's Talk About Medicare

Thu, Oct 10 | 6:00 - 7:30 PM
\$30 | Senior Center

As you get closer to 65, the more important this conversation is. Discover what Medicare covers, what it costs, what to consider when deciding on a plan and when to enroll.

Everything You Want to Know About Medicare

Wed, Nov 6 | 1:00 - 2:30 PM
\$5 | Senior Center

Learn more about Medicare! Topics will include Parts A, B, C and D, estimated costs, supplements, MAPD and when is the right time to sign up.

White Bear Press

20 Health Expo

24 Wed, Oct 16 | 12 - 2pm

WB Senior Center



Senior Housing	Financial Services
Health Care	Insurance
Flu Shot	
and much more	

Food, Door Prizes & Entertainment!



Lynch Pickleball

4 Sessions | Tue | \$115
High School Field House

Beginners: Learn the Rules
6:30 - 8:00 PM

Intermediate: Improve Skills
8:00 - 9:30 PM

Session 1: Sep 10 - Oct 1
Session 2: Oct 8 - 29
Session 3: Nov 5 - 26

Nordic Pole Walking

Using special poles, this style will increase your heart rate and create resistance to build better bone density while working your upper body and legs.

Wed, Sep 25 | 5:30 - 6:45 PM
\$35 | High School Field House

Tue, Oct 8 | 5:30 - 6:45 PM
\$35 | High School Field House

Chair Yoga

Stay seated and improve your flexibility, concentration and strength. Boost your mood, reduce stress and decrease joint pain in a gentle fashion.

Mon | 10:00 - 10:45 AM
\$8 Drop In | Senior Center

- Sep 9 - 30 | \$30
- Oct 7 - 21 | \$30
- Nov 11 - Dec 16 | \$37

Soma Yoga Online

Helps re-educate muscles to release tension and create freer mobility. Emphasis is on moving from within our bodies using the breath and meditation to calm minds and gain strength, flexibility, balance and stamina.

Tue | 9:00 - 10:00 AM **NEW TIME**

- Sep 3 - Oct 1 | 5 Classes | \$40
- Oct 15 - Nov 26 | 7 Classes | \$54
- Dec 3 - Jan 28 | 7 Classes | \$54

Tai Chi

Utilizes a series of slow, graceful, low impact body movements and breathing techniques to improve balance, health and relaxation.

Wed, Oct 2 - Nov 2 | 8:00 - 9:00 PM
\$75 | Matoska School

Whole Body Vinyasa Yoga

Designed to increase your strength and flexibility and relieve stress.

Tue | 5:30 - 6:30 PM | \$72
Senior Center (\$15 DROP IN)

- Sep 17 - Oct 29
- Nov 5 - Dec 17

Women's Self Defense

Hear the strategies and the skill set to protect yourself from an attack. Learn preemptive tactics, verbal interventions, escape maneuvers, physical techniques and the effective use of self-defense devices to quickly and successfully end a potentially dangerous encounter or assault. A strong emphasis will also be placed on empowering the mind, which is of paramount importance in prevailing in an attack.

Wed, Sep 11 | 6:00 - 8:30 PM
\$30 | Matoska School

INDOOR WALKING

High School Field House
5040 Bald Eagle Ave, WBL

Free Indoor Walking
Mon - Thu | 6:00 - 9:00 PM
Wear dry shoes.

Starts Late October

Why do hamburgers go to the gym? To get better buns.



NUMBER BLOCK PUZZLE

- Fill in the missing numbers.
- The missing numbers are integers between 3 & 5.
- The numbers in each row add up to totals to the right.
- The numbers in each column add up to the totals along the bottom.
- The diagonal lines also add up the totals to the right.

				17
				17
3				16
				18
5				15
17	16	16	17	17

Answer on page 14

Shapes of all types!

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

ARROW
 CIRCLE
 CONE
 CRESCENT
 CROSS
 CUBE
 CUBOID
 CYLINDER
 DECAGON
 DIAMOND
 HEART
 HEMISPHERE

HEPTAGON
 HEXAGON
 KITE
 NONAGON
 OCTAGON
 OCTAHEDRON
 OVAL
 PARALLELOGRAM
 PENTAGRAM
 POLYHEDRON
 PRISM
 PYRAMID

QUADRILATERAL
 RECTANGLE
 RHOMBUS
 RING
 SEMICIRCLE
 SPHERE
 SQUARE
 STAR
 TRAPEZIUM
 TRAPEZOID
 TRINAGLE
 TETRAHEDRON

DONATIONS ACCEPTED

at the Senior Center

Please only donate the below listed items. *Items must not smell musty or smoky*

- Books
- Fabric, buttons, ribbon
- Cell Phones with Chargers
- Eyeglasses & Hearing Aids
- Greeting Cards - New
- Paper Grocery Bags
- Pop Tabs
- US & Foreign Stamps
- Yarn (full & partial skeins)

We no longer accept plastic bags, Campbells Soup, Box Tops.

Answer from Page 13 NUMBER BLOCK

5	4	5	3	17
3	4	4	5	16
4	5	4	5	18
5	3	3	4	15
17	16	16	17	17



Why did the apple pie cross the road?

It saw a fork up ahead.

It's THAT TIME HIGH SCHOOL SPORTS & ACTIVITIES FANS!

Senior community members (age 65+) who live in the District are invited to participate in the **Senior Activities Pass** program and enjoy complimentary admission to school athletics and activities. Visit the Senior Center fill to fill out an application and receive your pass. If you have questions, contact Rachael Markuson, Assistant to the Superintendent at 651-407-7563 or email rachael.markuson@isd624.org.



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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
2484 East County Road F
White Bear Lake, MN 55110-2371

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COMMUNITY

Winter Farmers Market

Saturdays | 9:00 AM - 1:00 PM
Nov 9, Dec 14, Jan 11, Feb 8
White Bear Area Senior Center

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

Locally Grown.
Hand Crafted.
20+ Vendors
Food Trucks



Senior Center Craft Corner FALL BOUTIQUE

From everyday to holiday

Fri, Nov 1 Sat, Nov 2
9:00am - 7:00pm 9:00am - 4:00pm

White Bear Area Senior Center
2484 E Cty Rd F, WBL



HAVE YOU PAID YOUR DUES?

It is that time again! Annual Fee: July 1 to June 30: \$30/person \$50/couple

Join us at the Senior Center! Membership is required to attend weekly activities and to help offset daily expenses and facility costs. **Not a member yet? Come for tour!**

Memberships can be paid at the Senior Center Office or call 651-653-3121.