

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

Fall 2024



Flip to see
Bear's Bulletin!



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





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Flip to see
Bear's Bulletin!

ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 18.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntxiv mus nyeem rau phab nplooj ntawv 18.

Our Mission

The mission of Community Services & Recreation, a dynamic leader in community programming is to connect and engage individuals and the community in enriching lifelong learning experiences through collaboration distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, evolving experiences and programs
- Ensuring we reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Elementary Schools

BIRCH LAKE
1616 Birch Lake Avenue
White Bear Lake, MN 55110

LAKEAIRES
3963 Van Dyke Street
White Bear Lake, MN 55110

LINCOLN
1961 Sixth Street
White Bear Lake, MN 55110

MATOSKA INTERNATIONAL
2530 Spruce Place
White Bear Lake, MN 55110

NORTH STAR
15198 Forest Blvd N
Hugo, MN 55038

ONEKA
4888 Heritage Parkway North
Hugo, MN 55038

OTTER LAKE
1401 County Road H2
White Bear Township, MN 55110

VADNAIS HEIGHTS
3645 Centerville Road
Vadnais Heights, MN 55127

WILLOW LANE
3375 Willow Avenue
White Bear Lake, MN 55110

Middle Schools

CENTRAL
4857 Bloom Avenue
White Bear Lake, MN 55110

MARINER
3551 McKnight Road
White Bear Lake, MN 55110

High Schools

WBL AREA HIGH SCHOOL
5040 Bald Eagle Ave
White Bear Lake, MN 55110

WBL AREA LEARNING CENTER
2449 Orchard Lane
White Bear Lake, MN 55110

Other District Locations

DISTRICT CENTER OFFICES
4855 Bloom Avenue
White Bear Lake, MN 55110

**EARLY CHILDHOOD
NORMANDY PARK ED. CENTER**
2482 East County Road F
White Bear Lake, MN 55110

**SENIOR CENTER
NORMANDY PARK ED. CENTER**
2484 East County Road F
White Bear Lake, MN 55110

TAMARACK NATURE CENTER
5287 Otter Lake Road
White Bear Township, MN 55110

School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

» Two-Hour Late Start

Morning Community Services, Early Childhood Program, and Senior Program activities will be canceled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

» No School

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled.

» Early Dismissal

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled for the remainder of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.

ONLINE Classes: Online class link will be emailed 2-3 days prior to the start date. If you do not see the link, check your SPAM, then call 651-653-3121.

Facilities Reservations: All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voicemail Line, 651-407-7503, or email your request to: facilities@isd624.org.

Refunds & Prorating: Need to cancel your class registration? Notify us immediately. Refunds are not issued after an in-person class has begun or, for online classes, if the class link and materials have been sent to you already. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity or before receiving online materials. Call 651-653-3121.

Processing fees for classes:

- Under \$50 have a \$5 fee
- \$50-\$149 have a \$10 fee
- \$150-\$399 have a \$20 fee
- \$400+ have a \$30 fee

UCare Discount: UCare members may be eligible for a \$15 discount on most classes. If a class is less than \$15, the class will be free of charge. Members must have UCare ID number at the time of registration and during the class(es). This discount cannot be used for the following: private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips. **To have your discount applied, you must call 651-407-7501 to register.**

Your Privacy is Important to Us: Your registration information is considered private data under state and federal law. Information is used for the purposes of administering the activity, contacting you about upcoming activities, events or activity changes. If you choose to withhold this information, this could limit the distribution of information to the participant or instructor.

Liability Waiver: There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

Do You Have a Disability? Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call 651-407-7501 to discuss accommodations.

Need Financial Assistance? WBL Community Services & Recreation is dedicated to providing learning opportunities for people of all ages. Limited financial assistance is available. For details and to apply, call 651-407-7501.

Waitlist: Class waitlists are offered when classes have been filled. You have the option during sign up to be placed on a waitlist. When a spot opens or a new section becomes available, you will be contacted to see if you are interested in enrolling in the class. You will not be automatically enrolled.

White Bear Lake Area Schools Community Services & Recreation

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

communityservices.isd624.org

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

ONLINE Registration www.whitebear.ce.eleyo.com

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facilities@isd624.org

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Nicole Oswald nicole.oswald@isd624.org

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

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

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

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

WEATHER CANCELLATIONS

In the event of extreme or dangerous weather, classes and activities may be canceled. Notifications will be announced on local news sources, our website, or Facebook. Some cancellations may also be made by phone or email, depending on timing.

COMMUNITY EVENTS

SAT, OCT 12
BEAR BIKE
RIDE FOR YOUTH SCHOLARSHIPS
 9:00 AM start: WBL Area High School

Ride Options
 9 mile, 25 mile or 50 mile
NEW Kids ride around the school

You can support the kids without riding by donating.

All proceeds help pay student activity and sport registration fees.





VETERANS DAY
FRIDAY, NOVEMBER 8
1:30 - 3:00 PM

Ice Cream Social
Donated by Culvers
VETS & THEIR FAMILIES WELCOME!

White Bear Area Senior Center
 2484 E County Rd F, WBL
 Register: 651-653-3121



Senior Center Craft Corner
FALL BOUTIQUE
 From everyday to holiday

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

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



WBLAS Students + Families

READY FOR SCHOOL EXTRAVAGANZA

Saturday, August 24
10am-4pm
WBL High School
5040 Bald Eagle Ave, WBL

FUN, INFORMATIVE & FREE!

FREE FOOD & RAFFLE

New Backpacks & School Supplies
 (quantities limited)

Get help completing all required forms
Lunch Form, Annual Family Update, Transportation, etc.

School vaccines
Sports physicals

Important & helpful community resources

Free blood pressure screening

Fun activities for the whole family

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




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Art History

Women Artists in Russia **NEW!**

Explore the ways women artists in the Russian Empire were vital to the development of their culture's visual artistry. Textile artists, painters, folk artists and non-conformist women contributed both to their own country and internationally.

1018-800 | Fri, Oct 18 | 10:30 AM-12:00 PM | \$15
Senior Center | Museum of Russian Art

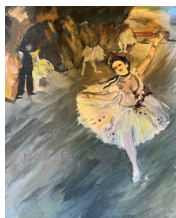
In the Folk Tradition: Nesting Dolls in Russian Crafts **NEW!**

Russia's great folk tradition includes crafts involving wood building, carving, and the beloved nesting dolls. Explore these dolls in the context of the folk tradition which gives added context to understanding wood artistry.

1212-801 | Thu, Dec 12 | 10:30 AM-12:00 PM | \$15
Senior Center | Museum of Russian Art

Paint & Learn: Art History & Acrylic Painting **NEW!**

The Impressionists. Discover who the major contributing artists were that led up to the Impressionist Movements, while painting in the style of Edgar Degas' ballerinas.



1004-735 | Fri, Oct 4 | 10:00 AM-12:00 PM
\$40 | Senior Center | Merry

The Post Impressionist.

Discuss the artists and their contributions to the art world as we paint in the style Marc Chagall.



1114-735 | Thu, Nov 14
10:00 AM-12:00 PM | \$40
Senior Center | Merry

Paint Online with Vanessa Merry **NEW!**

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

Acrylic Painting

2425-755 | Wed, Sep 11

2425-756 | Wed, Oct 30

2425-757 | Wed, Dec 18

Watercolor Painting

2425-750 | Thu, Sep 12

2425-751 | Fri, Oct 25

2425-752 | Fri, Nov 8



Paper Quilling Monogram **NEW!**



Discover the intricate art of paper quilling to create stunning monogram designs. Your instructor will demonstrate step-by-step instructions, providing tips and assistance as you embark on your quilling journey.

0919-512 | 2 Sessions
Thu, Sep 19 | 5:30-7:30 PM
\$35 | Senior Center | Avula

Fabulous Fall **NEW!**



Create an amazing abstract with alcohol inks, real leaves, and a hand blower to make flowers. If time, you can create a second piece with variations. Cash fee of \$15 due at class.

1010-850 | Thu, Oct 10 | 6:00-8:00 PM
\$35 | Senior Center | Anderson

Quilt Blocks 101 **NEW!**

Join us for this easy introductory class to create four quilt blocks: Ohio Star, Nine Patch, Pinwheel, & Fence Rail. Leave with instructions on turning your blocks into mug rugs or a wall hanging. Basic sewing skills required. See supply list here: <https://bit.ly/4e24PD0>

1016-740 | 2 Sessions | Wed, Oct 16 & 23 | 6:00-9:00 PM
\$42 | Mariner Middle | Bengtson



Trick or Treat! (Ages 14+ w/adult) **NEW!**

Get into the fall spirit by painting a spooky scene on an acrylic 12x12 canvas just in time for Halloween!

1017-732 | Thu, Oct 17 | 6:30-8:30 PM | \$40
Senior Center | Danus

Beginning Soap Making (Ages 10+ w/adult)

Create 6-8 handmade, wonderful smelling bars of soap. You choose the color, scent, and whether you will keep them or give them as gifts! Cash fee of \$15 due at class.

1026-750 | Sat, Oct 26 | 10:00 AM-12:00 PM
Mariner Middle | \$35 | Zeimetz

Adult/Child 10+

1026-751 | Sat, Oct 26 | 12:00-2:00 PM
\$35/person, \$62/pair | Mariner Middle | Zeimetz

Cotton Creations **NEW!**

Need a simple project to build your sewing machine skills? Choose from a variety of cotton fabrics and projects such as a bowl cozy, oven mitt, gift bag, and more! Basic sewing skills required. See supply list online: <https://bit.ly/3KnbhHm>

1028-740 | Mon, Oct 28 | 6:00-9:00 PM | \$40
Mariner Middle | Bengtson

Alcohol Ink Workshop

Alcohol ink creates amazing color, intensity and personality by ink movement. You'll use Yupo, ceramic tiles, heat guns, and blowers to create florals, and work with markers and gold foil to add details. Cash fee of \$20 due at class.

1029-500 | Tue, Oct 29 | 10:00 AM-3:00 PM | \$46
Senior Center | Schroeder

Colorful Glass Mosaic Table Lamp or Window (Age 12+ w/adult)

Design and create your own mosaic! An idea book, patterns, stencils, and dozens of colors of precut glass will be provided. On night one, design and start your project, then finish at home. Night two, you'll grout your project. Bring an old towel and cash project fee: window/\$85, lamp/\$30-\$45.

0111-750 | 2 Sessions | Fri, Nov 1 & 8 | 6:00-9:00 PM
\$35 | Mariner Middle | Guetter

Northern Lights Acrylic Pour (Ages 7+ w/adult) *NEW!*

Explore mixing acrylic paints with other materials to get a more fluid consistency which can be poured directly onto a canvas. We'll add details to our pour to make it look like a snowy night with Northern Lights in the sky.

1109-737 | Sat, Nov 9 | 10:00 AM-12:00 PM | \$40
Mariner Middle | Merry

Winter Cabin: Bob Ross Style Oil Painting (Ages 13-17 w/adult) *NEW!*

Find your joy of painting and be amazed at your talent! Paint a 16x20 canvas that will be ready for you to frame and hang on your wall at home. Cash fee of \$20 due at class.



1204-576 | Wed, Dec 4 | 5:30-9:30 PM | \$50
Senior Center | Rupp

Seasonal Watercolor Greeting Card *NEW!*

Craft beautiful watercolor Christmas greeting cards to send to loved ones. This class offers a delightful journey into the world of watercolor painting with a holiday twist.

1210-512 | Tue, Dec 10 | 5:30-7:30 PM | \$35
Senior Center | Avula

Tall Snowman *NEW!*

Paint this charming snowman canvas in acrylic paint on a tall 10x20 canvas, full of color and the holiday spirit!

1219-732 | Thu, Dec 19 | 10:00 AM-12:00 PM
\$40 | Senior Center | Danus



Sips 'n Scripts *NEW!*

Join this low-key social event that offers a chance for adults to socialize theatrically. With the guidance of professional theater artists, the group will read The Games' Afoot, a mystery/comedy script, then share laughs and discuss the story, characters, and themes.

1015-750 | Tue, Oct 15 & 22 | 10:00 AM-12:00 PM | \$49
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi
Lakeshore Players Theatre

Beginner's Guide to Getting Published

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

1010-602 | Thu, Oct 10 | 6:00-8:00 PM | \$35
ONLINE | Krusemark

Explore the World as a Travel Writer

Love to travel? Love to write? Learn how to use your senses to create more detailed, in-depth descriptions to capture and maintain readers' interest, how to submit your finished product to print and online markets, the business side of travel writing (tax deductions), and avoiding worn-out travel writing clichés.

1011-603 | Fri, Oct 11 | 4:00-6:00 PM | \$35
ONLINE | Krusemark

Introduction to Screenwriting for Television or Movies *NEW!*

Look inside the business of selling your script to agents and producers. Learn about screenwriting terms, formats for TV and the big screen, how to plot a story, develop characters, execute your work in the proper format, and more.

1012-604 | Sat, Oct 12 | 1:00-3:00 PM | \$35
ONLINE | Krusemark

Write Your First Novel in 90 Days!

Craft a novel start-to-finish in 90 days! Hear how to create multidimensional characters, a detailed plot, the ability to self-edit and receive constructive criticism. Leave class with confidence to move forward with the publishing process.

1019-606 | Sat, Oct 19 | 10:00 AM-12:00 PM | \$35
ONLINE | Krusemark

To see full course descriptions and course images visit whitebear.ce.eleyo.com.

Chocolate Truffles *NEW!*

Imagine... truffles, dipped in chocolate, maybe rolled in nuts or coconut, with a rich, creamy chocolate center, or flavored with espresso or liqueurs...with a pecan half or a candied cherry... oh my! Join us in making a rich assortment of truffles to delight your taste buds. Bring a container. Cash fee of \$13 due at class.

1010-710 | Thu, Oct 10 | 6:00-9:00 PM | \$40
Mariner Middle | Severson

Pad Thai (Ages 8+ w/adult)

Indulge yourself with an authentic pad thai sauce filled with a diverse flavor profile of sweet, salty, sour and spicy. Hands-on class with samples provided. Bring a container. Cash fee of \$20 due at class.

1015-600 | Tue, Oct 15 | 6:30-8:30 PM
\$40/person, \$70 w/child | Mariner Middle | Asfaha

Homemade Egg Rolls & Samosas (Ages 6+ /adult)

Make restaurant-quality egg rolls and samosas jammed with flavors from around the world and dipping sauces. Bring a container. Cash fee of \$20 due at class.

1022-520 | Tue, Oct 22 | 6:30-8:30 PM | \$40
Mariner Middle | Asfaha

Classic French Macarons *NEW!*

French macarons are delicate sandwich cookies with a crisp exterior. They have a unique nougat-like, chewy texture that is perfect with tea or given as a gift. All supplies included. Cash fee of \$15 due at class.



1030-712 | Wed, Oct 30 | 6:00-8:00 PM | \$40
Mariner Middle | Sullivan

East African Classic: Goat Stew, Chapati, Rice & Matooke *NEW!*

Join us for a tasting journey to East Africa! We'll make goat stew (or beef), pilau rice, matooke (mashed plantains with a peanut sauce), and chipati bread. Bring a container. Cash fee of \$20 due at class.

1105-521 | Tue, Nov 5 | 6:30-8:30 PM | \$40
Mariner Middle | Asfaha

Lefse (Norwegian Potato Flatbread) (Ages 10+ w/adult)

Eat lefse whenever you want, not just holidays! Made with potatoes, it can be served anything from scrambled eggs to hot dogs. Bring a container. Cash fee of \$9 due at class.

1120-710 | Wed, Nov 20 | 6:00-9:00 PM | \$40
Mariner Middle | Severson

Holiday Treats! Krumkakes, Pizzelles, Sandbakkelse, Rosettes

Learn how to bake Norwegian krumkakes, Italian pizzelles, Swedish sandbakkelse and rosettes! Bring a container. Cash fee of \$14 due at class.

1216-700 | Mon, Dec 16 | 6:00-9:00 PM | \$40
Mariner Middle | Severson

Baklava

Make baklava, a traditional pastry dessert that is known for its sweet, rich flavor and flaky texture, made with crispy phyllo dough, honey and nuts. Bring a 9x13 baking pan. Cash fee of \$20 due at class.

1217-523 | Tue, Dec 17 | 6:30-8:30 PM | \$40
Mariner Middle | Asfaha

ONLINE COOKING CLASSES**One Instant Pot/One Sheet Pan/One Skillet Meals**

Simplify dinner by making the entire meal in one dish! Learn to make a skillet gnocchi, sheet pan quesadillas or pesce primavera, and pressure cooker beef stroganoff soup or curried wild rice soup.

0924-600 | Tue, Sep 24 | 6:30-8:00 PM | \$30 | Madaus

Air Fryer Advanced

Whip up delicious and healthy meals like tandoori salmon and potatoes and basque style cheesecake in no time.

1001-600 | 2 Sessions | Tue, Oct 1 & 8 | 6:30-8:00 PM
\$47 | Madaus

Steamed Bao Buns & Korean Bulgogi BBQ Chicken! *NEW!*

Make steamed bao buns filled with a variety of fillings including Korean bulgogi BBQ chicken and pickled vegetables!

1011-600 | Fri, Oct 11 | 5:00-7:30 PM | \$40 | Georgakopoulos

Greek Gourmet! Pastitsio & Galaktoboureko! *NEW!*

Make Pastitsio, a layered pasta, savory spiced meat sauce topped with cheesy béchamel sauce, and custard dessert, Galaktoboureko (demonstrated only).

1207-600 | Thu, Nov 7 | 4:00-6:30 PM | \$40
Georgakopoulos

Festive Appetizers & Boards

Get ready to feast with Instant Pot hot crab & shrimp dip, air fryer buffalo cauliflower, jalapeño rarebit poppers, Mediterranean mezze boards, and more!

1012-600 | Tue, Nov 12 | 6:30-8:00 PM | \$35 | Madaus

College Admission Process for 2024

Discover how college admission changes may impact you and new strategies to consider to give your student the best opportunity to be admitted, maximize scholarships and financial aid.

1030-520 | Mon, Sep 30 | 7:30-8:30 PM | \$25 | ONLINE Wittman

How to be a Smart College Shopper

FAFSA? CSS Profile? Merit money? WHAT!?! Learn what each of these things is and get practical tips and tricks to help high school scholars achieve their dreams without accruing mountains of debt.

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

2425-653 | Mon, Sep 30 2425-654 | Thu, Oct 17

2425-655 | Tue, Nov 19 2425-656 | Thu, Dec 5

2425-657 | Tue, Jan 14

55+ Driver Safety

GREAT NEWS! Effective July 1, first-time participant will only need to take a 4-hour program as their initial training - the 8-hour will no longer be offered. Take this class to save 10% on your care insurance.

SENIOR CENTER

2024-500 | Tue, Sep 10 | 9:00 AM-1:00 PM | \$35

2024-508 | Thu, Oct 17 | 9:00 AM-1:00 PM | \$35

2024-511 | Fri, Nov 15 | 9:00 AM-1:00 PM | \$35

2024-514 | Thu, Dec 12 | 1:00-5:00 PM | \$35

ONLINE

2024-506 | Tue, Sep 17 | 5:30-9:30 PM | \$35

2024-507 | Wed, Oct 9 | 9:00 AM-1:00 PM | \$35

2024-509 | Tue, Oct 22 | 1:30-5:30 PM | \$35

2024-510 | Tue, Nov 12 | 1:00-5:00 PM | \$35

2024-512 | Tue, Nov 19 | 5:30-9:30 PM | \$35

2024-513 | Tue, Dec 10 | 9:00 AM-1:00 PM | \$35

The Five Important People You Need on Your Way to Heaven *NEW!*

Who will you count on as you age and move into the last stages of life? Learn the roles/responsibilities of these people, how big of a commitment it is, and what the pitfalls and problems could be for each of these roles.

0918-701 | Wed, Sep 18 | 6:30-8:00 PM | \$30 | ONLINE Ledin

What to Know Before You Go *NEW!*

After you die, the task of funeral arrangements can be daunting for your loved ones on one of the worst days of their lives. Take the emotional and financial burden away by planning your funeral before you need it. You'll also receive a book to answer the hundreds of questions you need to consider.

1018-750 | Wed, Sep 18 | 1:00-2:30 PM | \$5 | Senior Center Saukko

Elder Financial Abuse Prevention

Discover the common types of elder financial abuse, signs of illegal or unauthorized use of funds and how to report them and get help. Topics include fraud, theft, and acts of deception to gain control over a senior's money or property.

1001-752 | Tue, Oct 1 | 10:00-11:30 AM | \$5 | Senior Center Kavlie

Financial Foundations: Investing for Retirement

Lay a solid groundwork for your retirement goals. Learn the power of compound interest, why you must keep your retirement accounts visible, and prepare now to help manage your taxes in retirement.

1003-701 | Thu, Oct 3 | 6:30-8:00 PM | \$30 | Senior Center Schwartz

Draft Your Own Will *NEW!*

Prepare your will in two easy nights. Learn the various techniques for property distribution, explore basic estate planning concepts and assess your needs for your estate plan. You'll receive sample forms and language to use in drafting your will. Hear circumstances that may require a review/revision of your will and a brief review of the benefits of a trust. The second night you'll sign your simple will. Questions welcome!

1016-620 | 2 Sessions | Wed, Oct 16 & 23 | 6:00-7:30 PM \$64 | Senior Center | Estrem

So You're Thinking of Leaving Minnesota?

When and how should you start this discussion? Where do you want to retire? Which states do not tax Social Security and pensions. What are the worst states for estate taxes? All these issues and more will be discussed.

1017-700 | Thu, Oct 17 | 6:30-8:00 PM | \$30 | ONLINE Ledin

Women, Wealth & Wisdom

Learn to apply real-world lessons about managing finances and reaching financial goals. Hear stories about six women who have figured out a few things about their finances and enriched their lives in ways beyond what's in their bank accounts.

1029-700 | Tue, Oct 29 | 6:30-8:00 PM | \$30 Senior Center | Schwartz

Senior Housing: Should I Stay or Should I Go?

Discuss lifestyle options for senior living: Aging in place with home modifications to reduce safety risks; move to a home that's handicapped accessible or a single level living? Take an assessment and get the tools to make educated decisions.

1105-570 | Tue, Nov 5 | 10:00-11:30 AM | \$5 | Senior Center Kavlie

Special Needs Trust: Estate Planning for Families with a Special Needs Member

Create a plan to take care of a family member in your estate plan. Discuss how to properly protect your assets and provide for the future benefit of your loved one. Learn about the types as well as the pros and cons of a special needs trust.

1118-555 | Mon, Nov 18 | 6:30-8:00 PM | \$30 | ONLINE
Ledin

Why You Can't Always Trust Your Trust

The trust is a very popular tool to be used in our Estate Planning. However, there are a variety of vastly different trust options to be used and the question arises: Am I using the right trust for my needs and goals? Explore your goals and wishes to see where they fall in the realm of trusts.

1212-603 | Thu, Dec 12 | 6:30-8:00 PM | \$30 | ONLINE
Ledin

Prepare Wisely: Estate Strategy Essentials

Having a solid strategy in place can make things easier for your family after you're gone. Learn what documents you need so your final wishes are known and carried out.

1112-703 | Tue, Nov 12 | 10:00-11:30 AM | \$5
Senior Center | Schwartz

Pre-Planning for the Inevitable

Learn why pre-planning your death avoids unnecessary stress and confusion for your loved ones. Learn how to choose providers and important details to consider in navigating the inevitable.

1204-779 | Wed, Dec 4 | 6:30-8:00 PM | \$30 | Senior Center
Morairty

Balanced Homebuying: Planning for Your Purchase

Learn five steps for creating a purchase plan that reflects your priorities and goals. Whether it's your first home or you're moving, these valuable tips can prepare you for this big financial decision.

1019-702 | Thu, Dec 19 | 6:30-8:00 PM | \$30
Senior Center | Schwartz

Reverse Mortgages Myths & Truths

Understand the history of reverse mortgages and why they are used by exploring simple, easy to understand examples of real life situations. Hear the truths about this useful tool.

1024-750 | Thu, Oct 24 | 10:00-11:30 AM | \$5
Senior Center | Rose



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@wblasrec

\$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing

Earn a monthly income from selling other people's products by placing a merchant-provided advertisement link on your site, and get a commission for every sale, click or lead. Learn where to find free/low cost opportunities, recurring commissions, and hear site ranking secrets.

1016-605 | Wed, Oct 16 | 6:00-8:00 PM | \$35 | ONLINE
KruiseMark

Work Remotely & Become a Digital Nomad **NEW!**

Make your travels sustainable by earning a living as you travel. Uncover what you need to live on the road, including downsizing, storage, getting mail, the RV lifestyle, international living, long-term rentals, house sitting; including companies that want remote employees, volunteering, and more.

1102-609 | Sat, Nov 2 | 11:00 AM-2:00 PM | \$40
ONLINE | Henry

Make Money Mystery Shopping

Love shopping? Get paid to shop at local stores in your area, plus online shopping assignments you can do from anywhere. Mystery shopping is the most cost-efficient way for businesses to know their customers.

1116-610 | Sat, Nov 16 | 11:00 AM-2:00 PM | \$40
ONLINE | Henry

Introduction to Medical Terminology

Medical terminology is the first step to any career in the medical field or understanding your medical visits. Receive a solid foundation of medical language and basic medical billing and coding terminology.

1009-601 | Wed, Oct 9 | 5:00-8:00 PM | \$45 | ONLINE
KruiseMark

These FREE classes are thanks to a sponsorship from Thrivent Financial.

Five Keys to Retiring Fearlessly

Do you know what next steps to take so you can retire? Get insights to help achieve your retirement goals. Find out if you have enough to retire, if your retirement income will last, are your assets protected, and more.

0910-603 | Tue, Sep 10 | 6:00-7:30 PM | Senior Center

1024-603 | Thu, Oct 23 | 12:00-1:30 PM | ONLINE

Social Security: Timing is Everything!

Social Security can be confusing. Get answers to your questions and learn what Social Security can mean for you. When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse?

0924-650 | Tue, Sep 24 | 12:00-1:30 PM | ONLINE

1112-650 | Tue, Oct 3 | 6:00-7:30 PM | Senior Center

Nordic Pole Walking

Take your simple walk into a full body workout without feeling like you are working any harder! This style increases your heart rate and creates resistance to build better bone density while working your upper body and legs.

2425-580 | Wed, Sep 25 | 5:30-6:45 PM | \$35
High School Field House | Okey

2425-581 | Tue, Oct 8 | 5:30-6:45 PM | \$35
High School Field House | Okey

Soma Yoga **NEW TIME!**

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

9:00-10:00 AM | ONLINE

2024-520 | 5 Session | Tue, Sep 3-Oct 1 | \$40

2024-521 | 7 Sessions | Tue, Oct 15-Nov 26 | \$54

2024-522 | 7 Sessions | Tue, Dec 3-Jan 28 | \$54
No Class Dec 24, 31

Tai Chi

Utilizing slow, graceful, low impact body movements, and specialized breathing techniques, Tai Chi will help improve balance, health, and relaxation. Tai Chi will enhance your fitness and elevate you to new levels of well being.

1002-568 | 8 Sessions | Wed, Oct 2-Nov 20 | 8:00-9:00 PM
\$75 | Matoska International | Wood

Yoga-Whole Body Vinyasa

Designed to increase both your strength and flexibility. The breath is incorporated into each exercise to relieve stress and anxiety. Slow, easy to follow poses will be described in detail, with modifications for advanced students.

2024-540 | Tue, Sep 17-Oct 29 | 5:30-6:30 PM
\$84 or \$15 Drop in | Senior Center Gym | Parr

2024-542 | Tue, Nov 5-Dec 17 | 5:30-6:30 PM
\$84 or \$15 Drop In | Senior Center Gym | Parr

Women's Self-Defense Seminar (Ages 13+ w/adult)

Acquire the strategies to protect yourself from attack situations. Learn preemptive tactics, escape maneuvers, verbal interventions, physical techniques, and the effective use of self-defense devices.

0911-572 | Wed, Sep 11 | 6:00-8:30 PM | \$30
Matoska International | Wood

Adults 50+ can participate in the
Get Up & Go Fitness; low impact aerobics.
See page 16 for more details.

Minnesota Biome Hike **NEW!**

Join a Minnesota Naturalist on a 2-mile guided hike to experience habitat found within the three biomes of our state and describe the plant communities, creatures and ecological processes present. Also learn how to set up a trail camera and age trees.

1008-755 | Tue, Oct 8 | 9:30 AM-12:30 PM | \$20
Linwood School Forest & Community Park,
6256 227th Ave NE, Stacy, MN

Pickleball (Indoors)

Easy to learn and fun to play! Pickleball is played on a shortened tennis court and is a combination of tennis, badminton, and ping pong. Whether you are just learning or want to gain skills, you don't want to miss out!

\$115 | High School Field House

BEGINNERS

2425-960 | 4 Sessions | Tue, Sep 10-Oct 1 | 6:30-8:00 PM

2425-961 | 4 Sessions | Tue, Oct 8-29 | 6:30-8:00 PM

2425-962 | 4 Sessions | Tue, Nov 5-26 | 6:30-8:00 PM

INTERMEDIATE LEVEL

2425-960 | 4 Sessions | Tue, Sep 10-Oct 1 | 8:00-9:30 PM

2425-961 | 4 Sessions | Tue, Oct 8-29 | 8:00-9:30 PM

2425-962 | 4 Sessions | Tue, Nov 5-26 | 8:00-9:30 PM

Health & Wellness

The Art of De-Aging: Peel Years Off Your Bio Age

Peel years off your bio age with simple, scientifically proven actions. Also, learn facial acupressure points to help erase years from your face.

0930-585 | Mon, Sep 30 | 6:00-7:30 PM | \$30
ONLINE | Novak

Overcome Your Carbohydrate Cravings

Discuss a plan to STOP your cravings, help you lose weight and help keep your insulin levels balanced.

1008-500 | Tue, Oct 8 | 6:00-7:30 PM | \$30
ONLINE | Novak

Posture, Get It Straight! Look 10 Years Younger & Feel Better

Learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter. You will need a resistance band for class.

1030-569 | Tue, Nov 19 | 6:00-7:30 PM | \$30
ONLINE | Novak

Six Pillars of Brain Health **NEW!**

The risk of memory loss and serious cognitive decline advances, with age. Take steps to stay mentally sharp, with a holistic approach including exercise, education, stress management, diet, and connecting with others.

0918-750 | Wed, Sep 18 | 10:00-11:30 AM | \$5
Senior Center | AARP

Fall Proof Workshop **NEW!**

It's up to you to improve your balance and reduce fall risks. Learn why our risk for falling increases as we age, as well as exercises and strategies we can use to reduce those risks. Practice useful skills in class that you can do at home and handouts to keep you moving!

0918-760 | Wed, Sep 18 | 9:30-11:00 AM | \$25
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi
Bemer

Managing Blood Pressure With Exercise and Nutrition **NEW!**

Unhealthy arteries and veins are a key contributor to stroke and heart disease. Manage their health with a combination of the right food and exercise to keep your cardiovascular system healthy and reduce the risk of disease.

1017-760 | Thu, Oct 17 | 9:30-11:30 AM | \$25
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi
Bremer

Let's Talk About Medicare

Overwhelmed by Medicare information? Get the straight talk about what Medicare covers, what it costs, and how and when to enroll. We'll also review the types of insurance available and the factors to consider when deciding what type of plan is best for you

1010-601 | Thu, Oct 10 | 6:00-7:30 PM | \$30
Senior Center | Ehrman

Everything You Want To Know About Medicare

Turning 65 or coming off your employer medical plan? Dive into Medicare topics including Parts A-D, application process, estimated costs, supplements, MAPD, and when is the right time to sign up.

1106-601 | Thu, Nov 6 | 1:00-2:30 PM | \$5
Senior Center | DeKeuster

WHITE BEAR LAKE AREA HIGH SCHOOL
FIELD HOUSE - WALKING TRACK

FREE & INDOORS
MON - THU
6:00 - 9:00 PM
Starts late October



WBLA HIGH SCHOOL, 5040 BALD EAGLE AVE, WBL

Nature Heals **NEW!**

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

0911-620 | Wed, Sep 11 | 6:30-8:00 PM | \$25 | ONLINE
Ramsey County Master Gardener

Hypnosis: Weight Loss/Health Eating, Stop Smoking/Vaping, or Chewing Tobacco **NEW!**

Stop the cravings and urges with hypnosis and learn how to get healthy today!

1010-800 | Tue, Oct 22 | 5:45-8:45 PM | Senior Center
Fischer

\$50: Weight Loss

\$50: Stop Smoking/Chewing/Vaping

\$90: Both Weight Loss & Tobacco/Vaping

\$20: Lifetime Members

Reconnecting Mind, Body & Spirit **NEW!**

Do you feel overwhelmed and exhausted due to personal and societal pressures? Discover simple practices to improve overall well-being and help individuals feel more balanced and grounded. A \$9 supply fee due at class.

1029-601 | Tue, Oct 29 | 6:00-7:30 PM | \$30
Senior Center | Dauplaise

Stay Loose and Manage Pain with Self Myofascial Release (SMR) **NEW!**

The class explores how joint flexibility changes with age, leading to stiffness, injuries, or reduced flexibility. It covers the causes of these changes and provides take-home SMR techniques for improving flexibility at home.

1106-760 | Wed, Nov 6 | 9:30-11:30 AM | \$25
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi
Bremer

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

The class focuses on feet mechanics, exploring its role in balance, fall prevention, and pain management. Led by Mia Bremer, a fitness specialist, it covers exercises, myofascial release, foot massage, and shoe choices that affect how we walk and move. Participants will learn through hands-on experience.

1111-760 | Wed, Dec 11 | 9:30-11:00 AM | \$25
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi
Bremer

Communicating with Angels Class **NEW!**

Participate in a meditation to help you embrace 'oneness' in your daily life. Learn what angels are and the meditations to connect to your Guardian Angel and learn how to use oracle cards to conduct angel readings.

1213-601 | Fri, Dec 13 | 10:00 AM-4:00 PM | \$175
Senior Center | Walker

Fall Native Perennial Planting *NEW!*

Why should spring get all the glory? Fall presents a golden opportunity to get outside, buy bargain plants and the weather conditions are perfect for establishing roots.

0925-681 | Wed, Sep 25 | 6:30-7:30 PM | \$25
Senior Center | Hjelm

Dormant Seeding *NEW!*

Explore tips and tricks to increase your spring germination by a fall seeding. With dormant fall seeding, seeds stay in the soil all winter long to germinate in spring, often more effectively than spring and summer seedings.

1014-680 | Mon, Oct 14 | 6:30-8:00 PM | \$25
Senior Center | Hjelm

Managing and Minimizing Wildlife Damage *NEW!*

Shrubs and trees can make a tasty snack for winter wildlife. We will chat about different strategies to keep the deer, rabbits, and other chewing critters at bay this winter. A few small steps and techniques can save you money and headaches in the long run of winter.

1022-863 | Tue, Oct 22 | 6:30-8:00 PM | \$25
Senior Center | Hjelm

Growing Microgreens

Come learn about growing microgreens, quick-growing vegetable and herb seedlings that can be grown indoors and can be used in salads or as fresh greens in many types of dishes during the cold seasons of the year. This class is offered by the U of M Extension Master Gardener volunteers of Ramsey County, who are eager to share research-based gardening best practices with the people in their community.

1113-620 | Wed, Nov 13 | 6:30-8:00 PM | \$25 | ONLINE
Ramsey County Master Gardener

Winter Sowing *NEW!*

Learn how to get a jump on the growing season and start cold-tolerant seeds while the snow is still falling using Winter Sowing techniques. This class is offered by the U of M Extension Master Gardener volunteers of Ramsey County, who are eager to share research-based gardening best practices with the people in their community.

1211-620 | Wed, Dec 11 | 6:30-8:00 PM | \$25 | ONLINE
Ramsey County Master Gardener

The Challenge of Stuff-Our Version of The Antique Road Show *NEW!*

It's hard to sift through years of memories, let alone deciding where to begin. Let us help you by telling you what sells, what doesn't, and the cost of an estate sale. We'll also do our version of a road show!. Bring an item or picture of something you've been curious about to get an estimated value. A light lunch will be provided.

0917-700 | Tue, Sep 17 | 10:00-11:30 AM | \$10
Senior Center | Tillman

Emotional Ups & Downs of Decluttering

Letting go of possessions can be emotionally exhausting. Sorting through sentimental items can surface feelings of guilt, sadness, and anxiety. Discuss ways to simplify the process, the benefits of being a keeper or a tosser, and how to create a Legacy Closet for some of your cherished treasures. Lunch will be provided

1004-750 | Fri, Oct 4 | 1:00-2:30 PM | \$10 | Senior Center
Tillman

History: Go to Heaven for the Climate and Hell for the Company***NEW!***

How did Sam Clemens turn into Mark Twain? Why was he such a popular figure among the elite even as he poked fun at them? What were his views on Washington? Why was he so eager to become a rich man? What caused the bitterness near the end of his life? Discover the answers along with lots of Mark Twain humor.

0913-904 | Fri, Sep 13 | 10:00 AM-12:00 PM
\$18 | Senior Center | Simmer

History: Ben Franklin: Statesman, Scientist, Ladies' Man *NEW!*

Franklin is one of the most interesting characters in American history. He was wise, inventive, intelligent, funny, charming, and even sexy. Find out how this portly, stringy haired fellow became respected and beloved to the world, but was rejected by his only son for political reasons.

1011-904 | Fri, Oct 11 | 10:00 AM-12:00 PM | \$18
Senior Center | Simmer

History: Moonshine Minnesota *NEW!*

The Volstead Act was written by a Minnesota congressman, yet Minnesotans became known for their manufacture of high quality illegal liquor. Enjoy stories about the MN gangsters hiding in our state and the clever ways the locals kept the booze flowing.

1108-904 | Fri, Nov 8 | 10:00 AM-12:00 PM | \$18
Senior Center | Simmer

MANY FACES EVENT**First Person Plural**

An Outdoor Installation by Cadex Herrera

Explore the stories and contributions of immigrants from around the world residing in and around White Bear Lake.

Thu, Oct 24 | 6:00-8:00 PM
White Bear Center for the Arts

This work is funded in part by the MN Humanities Center with money from the Arts and Cultural Heritage Fund.



Photo Organization-Print & Digital: Updated Content! **NEW!**

Imagine all your photos organized in a system that allows you to access them in literally seconds! We'll address the unique needs of every generation's photo situation. This includes; slides, negatives, VHS, film movies, prints, old memorabilia, and more. We will talk about Artificial Intelligence, scanners, cloud storage, digitizing and restoration of older photos.

1112-720 | Tue, Nov 12 | 6:30-8:30 PM | \$30
Senior Center | Povolny

Bingo

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

2425-801 | Fri, Sep 27 | 10:00-11:30 AM | \$5
Senior Center

2425-802 | Wed, Nov 20 | 1:00-2:30 PM | \$5
Senior Center

Learn to Play Mah Jongg **NEW!**

Discover this ancient and challenging game of arranging tiles for a winning hand. Mah Jongg is a fantastic brain game that brings players together for sociability and fun. First, learn the basics and then finish with the ability to play together with confidence and enjoyment.

1016-650 | 6 Sessions | Wed, Oct 23-Nov 27
10:00-11:30 AM | \$60 | Senior Center | Colwell

Music & Dance

Harmony Adventure for Women

Sing in four part harmony with the Vallee de Croix Women's Chorus! If you love to sing and have been looking for a fun group to be a part of, this is the place for you. Receive music, learning materials and vocal coaching, ending in a December holiday performance. A \$35 sheet music fee due the first night.

1007-532 | 9 Sessions | Mon, Oct 7-Dec 2 | 7:00-9:00 PM
\$35 | Our Savior's Lutheran Church, 1616 W Olive St, Stillwater
Vallee de Croix Chorus

Mamma Mia's Dancing Queen Line Dance

Celebrate ABBA's induction to the Music Hall of Fame by joining us for a little dancing! ABBA's classic song just invites you to move your feet and sing along. No partner needed.

0925-500 | Wed, Sep 25 | 6:00-7:00 PM | \$20
Matoska International | Mohn

Swing Dance

Enjoy easy swing dancing, including an "Arch" and a "Loop", two of the patterns that can take you from the sidelines onto the dance floor and into each other's arms. Couples only, please.

0925-501 | Wed, Sep 25 | 7:00-9:00 PM | \$35/couple
Matoska International | Mohn



Easy Partner Dancing for All Occasions

Be one of the best dancers at your next event, or just for the fun of dancing together. Taking steps from classic ballroom dances, you'll learn easy to remember mini-routines, danceable to all your favorite songs from the past to the present, including pop, blues, rock, country and more.

1017-500 | 4 Sessions | Thu, Oct 17-Nov 14 | 6:30-8:00 PM
\$67 | Matoska International | Constantine | No Class Oct 31

Cell Phones & Parenting-Oh My!

Discover recommended safety settings on popular social media and parental apps for your child's Smartphone to keep them safe! Get a confident plan to simplify the technology of safe phone usage.

0919-510 | Thu, Sep 19 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

0919-519 | Thu, Dec 12 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

How To Use Venmo Safely in 2024

Learn how to pay friends, businesses or receive money without using cash or checks. Leave feeling confident on how to set up Venmo safely, avoid fees, and how to use this payment method in the real world.

1003-512 | Thu, Oct 3 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Create Social Media Content Without Panicking *NEW!*

Learn helpful tips and strategies to create social media content with ease and without freezing up in front of a camera. Leave confident on how to effectively create social media content for your specific audience, tips for filming a video and more!

1008-512 | Tue, Oct 8 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Canva for Beginners *NEW!*

This is the perfect digital tool for beginners! It opens up a world of possibilities with the easiest design website available all for free. Learn how to create designs from scratch or use templates with step-by-step guidance for any digital image you need. From online documents, to business cards, email signatures and more.

1010-513 | Thu, Oct 10 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Practical ChatGPT Training for Everyone *NEW!*

Curious about what ChatGPT is and how it may affect you? Discover how this accessible Artificial Intelligence works and why it's taking the world by storm. You'll also learn its practical everyday uses.

1015-514 | Tue, Oct 15 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Practical Computer Class for Older Adults *NEW!*

Discuss YouTube, which offers tons of free informative and entertaining videos, learn email tips and tricks and some shortcut keys, navigate Google Search, see a demonstration of online shopping, and more.

1019-630 | Sat, Oct 19 | 11:00 AM-12:00 PM | \$20
ONLINE | Wilson

Getting to Know Your Android *NEW!*

Designed for mature and recent Android users! See a phone demonstration covering topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, the Play Store, settings, and the Internet. Not for iPhone users.

1022-630 | 3 Sessions | Wed-Fri, Oct 23-25 | 10:00-11:00 AM
\$55 | Wilson

Simplified Social Media Business *NEW!*

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Learn to craft a simple but effective social media marketing strategy, listen directly to customers, and implement tips to grow your business all while staying organized.

105-515 | Tue, Nov 5 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Google Sheets for Awesome Beginners *NEW!*

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

1107-516 | Thu, Nov 7 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Grow Your Business with Instagram *NEW!*

Discover what can you do on Instagram that can result in huge growth for your customer base and sales! Learn the key steps needed in order to improve your company bottom line and gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

1205-517 | Thu, Dec 5 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

Getting More Out of Microsoft Word *NEW!*

Let's make your tasks in Microsoft Word a lot easier! You will save time and frustration and see how to properly use tabs, explore dictation, paragraph functions, the sort feature, work with soft and hard returns, and how to easily create and use tables. We'll also cover creating headers/footers and using the Format Painter to easily format existing text. Not for Apple/Mac users.

1108-631 | Fri, Nov 8 | 3:00-4:00 PM | \$20 | ONLINE
Wilson

How to Use Uber for Transportation Independence

Take back your independence with the ride sharing service, Uber. Learn to use Uber at home and at major airports so that you can travel with confidence and without having to ask a friend for a ride.

1210-518 | Tue, Dec 10 | 12:00-1:00 PM | \$20 | ONLINE
Welsh

All About Cruises *NEW!*

Do you dream of an exciting adventure stopping at exotic ports along the way? Cruising has become a very popular vacation for all ages. Discover the types of cruises available, the array of amenities onboard, and what to think about when booking your cruise.

1007-700 | Mon, Oct 7 | 6:00-8:30 PM
\$25/person, \$40/couple | Senior Center
Meadowbrook Travel

The Secrets of Travel Hacking: Free Air, Hotels & Cash Back *NEW!*

Earn thousands of frequent flier miles, hotel reward points, and cash-back without ever stepping foot on a plane. Learn strategies with the major reward programs: airlines, hotels, banks, etc. Tuition includes a digital book with more info.

1019-608 | Sat, Oct 19 | 11:00 AM-2:00 PM | \$40
ONLINE | Henry

Disney Vacation Planning Tips *NEW!*

Let a seasoned expert guide you on planning this memory rich trip! Hear about everything Walt Disney World has to offer, including resorts and amenities, attractions, ticket options, dining options, events that happen throughout the year, and how to minimize your time waiting in lines. You will also touch on Disneyland and Universal Studios.

1030-750 | Thu, Nov 7 | 6:00-7:30 PM
\$25/person, \$40/couple | Senior Center
Meadowbrook Travel

Day Trip: Cranberry Country Tour**(Age 50+) *NEW!***

Journey to Warrens, WI for all things cranberry! Lunch at a local cafe, then dive into the rich history of cranberry cultivation, tour Discover Cranberries Museum and visit the Wetherby Cranberry Marsh, where you can purchase fresh cranberries, and finally stop at Menomonie Creamery.

1009-790 | Wed, Oct 9 | 8:00 AM-6:30 PM | \$119
Gladstone Community Center, 1945 Manton Street, Maplewood

Day Trip: Cemetery Tour Around Minneapolis with Doug Ohman (Age 50+) *NEW!*

Explore the fascinating world of the earliest burial grounds in Minneapolis, with historical stories about local resting places, current cemetery practices and cemetery stops. Lunch at Patrick's Bakery and Café and shop at Bachman's Gift Store and Garden Center.

1015-800 | Tue, Oct 15 | 9:00 AM-4:30 PM | \$90
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi

Day Trip to Sidekick Holiday Show: Bells Will Be Ringin' (Age 50+) *NEW!*

Celebrate the most wonderful time of the year with a funny holiday show that combines some of the Twin Cities best vocalists with a dynamic band. This spirited show brings a modern vitality to holiday favorites, from the past to present day, and promises to leave you feeling merry and bright! Lunch is included. See Lunch Menu online.

1211-800 | Wed, Dec 11 | 10:30 AM-4:00 PM | \$75
Mahtomedi Ed Center, 1520 Mahtomedi Ave, Mahtomedi

Your Dream *Vacation* Awaits

Free Travel Shows at Senior Center

collette**2425-509 | Tue, Sep 10 | 6:00 - 7:30 PM**

Hear more about three incredible bucket-list trips to Croatia, Morocco and Southeast Asia. Experience these places with a guide by your side. Your flights, transfers, hotels, sightseeing has all been arranged, your only job is to have the time of your life!

**PREMIER**
WORLD DISCOVERY**0927-550 | Fri, Sep 27 | 1:00 - 2:30 PM**

Enjoy an educational highlight tour of trips and details of the 2025 Trips to: San Diego and Southern California, Great Trains & Grand Canyons, Mackinac Island Falls, Cape Cod & Islands, Highlights of Scandinavia, Canadian Rockies, Rome and the Amalfi Coast.



White Bear Area Senior Center partners with Collette & Premier World Discovery to bring you stress free travel options.

REGISTERwhitebear.ce.eleyo.com

White Bear Area Senior Center

Normandy Park Education Center, 2484 East County Road F, White Bear Lake, MN 55110
 Mon-Fri, 8:00 AM-4:00 PM | 651-653-3121 | Email: whitebearseniorprogram@isd624.org
www.WhiteBearSeniorProgram.org

Senior Center Membership

JULY 1-JUNE 30
 \$30/PERSON, \$50/COUPLE

Membership is required to attend ongoing group activities at the Senior Center.

New memberships and renewals can be processed in our Main Office, by calling 651-653-3121 or by visiting our website at whitebear.ce.eleyo.com and search "membership". **Yearly memberships are due by June 30.**



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

Current Wave is a monthly email that provides supplemental information to the Voice newsletter. To subscribe, call 651-653-3121.

Craft Corner Gift Shop

Open 11:00 AM-3:30 PM daily
 (651) 653-3130

Our gift shop is the perfect place for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 50+ years old or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

Foot Care Clinic at the Senior Center

2484 East County Rd F, WBL

\$50/cash or check
 \$53 credit card

35 minute appointment

Call 651-653-3121 to make an appointment.

See Day Trips for Ages 50+
 on page 15.

Weekly Activities

500 Cards

Tue | 12:30-3:00 PM

Bridge-Contract

Wed | 12:00-3:45 PM

Bridge-Duplicate

Mon | 12:30-3:30 PM | Partner Needed

Coloring

Tue | 9:30-11:00 AM

Cribbage

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

Dominoes

Thu (1st, 3rd, 5th) | 1:30-3:30 PM

Guys & Gals Social Group

Wed | 1:00-2:30 PM
 Restaurant: 1st & 3rd
 Senior Center: 2nd & 4th

Hand & Foot **NEW!**

Fri | 12:30-3:00 PM

In Stitches

Fri | 1:00-3:00 PM

Mugs & Musings

Fri (2nd & 4th) | 10:00 AM-12:00 PM

Mah Jongg

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

Painting Group

Tue | 10:00 AM-4:00 PM

Pinochle

Wed | 12:00-3:00 PM

Reader's Chat

Mon (4th) | 10:00-11:30 AM

Ukulele Bears

Mon | 10:00-11:30 AM
 Lessons: Mon (2nd & 3rd) | 9:30 AM

Woodcarvers Group

Wed | 8:30-11:00 AM

Yarn B's

Thu | 10:00-11:30 AM

Senior Craft: Russian Nesting Dolls

Join us to paint your very own unique set of nesting dolls with simple designs.

1213-733 | Fri, Dec 13
 9:00 AM-12:30 PM | \$15
 Senior Center | Hubbard

Senior Center is Closed:

Sep 2, Nov 28, 29,
 Dec 23, 24, 25, 30, 31, Jan 1

Meals on Wheels is Closed:

Sep 2, Nov 28, 29,
 Dec 24, 25, 30, 31, Jan 1
 MOW will deliver on Dec 23 & 27

Get Up & Go Fitness for Ages 50+

Purchase punch cards at the White Bear Area Senior Center. Classes held at White Bear Dance Center, 2462 Cty Rd F E, WBL.

\$55/punch card for 8 classes

Aerobics

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

Improve endurance, flexibility and strength, balance and coordination. Designed for people needing a slower tempo and less vigorous program.

Silver Sneakers & One Pass Health Discount

Participant members qualify for Free Get Up & Go classes.

See more fitness classes
 on page 10!

Chair Yoga

A modified form of yoga, using traditional yoga principals to increase health and fitness.

Mondays | 10:00-10:45 AM
Senior Center | \$8 Drop in Rate

2024-848 | 4 Sessions | Sep 9-30 | \$30

2024-849 | 4 Sessions | Oct 7-28 | \$30

2024-850 | 6 Sessions | Nov 11-Dec 16
\$38

Card Making & Scrapbooks

Create your own greeting cards, or bring your scrapbooking supplies and join us! TONS of supplies are available to spark your creativity! All supplies included, except please bring your own glue sticks.

\$5 | Senior Center | Avery

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



Community Bridge Consortium

To register call 651-748-7232.
www.isd622.ce.eleyo.com

Programming for Adults with Cognitive Disabilities

Brochure Mailing List Sign-Up

(651) 748-7232

The Community Bridge Consortium is a quarterly brochure listing a variety of classes/activities for adults with Developmental Cognitive Disabilities (DCD).

These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call 651-748-7232 for information or to be placed on the brochure mailing list.

Field Trip: Pine Tree Apple Orchard

Enjoy an afternoon outdoors with us! We will enjoy a wagon ride, a little break for donut and apple cider, then we walk to the pumpkin, then visit the apple trees to pick an apple. Optional activity: Visit the corn maze for \$3.00

Fri, Oct 11 | 1:00-3:00 PM | \$15

Pine Tree Apple Orchard, 450 Apple Orchard Rd, WBL

Halloween Costume Dance Party

Get ready for a “ghostly” good time! Wear your favorite costume and dance the night away as our favorite DJ, Tricia, plays “spooktacular” dance music! There will be a photo booth, games, prizes to win and “ang-tastic treats!”

Fri, Oct 25 | 6:30-8:00 PM | \$15 | Gladstone

Dia de los Muertos Festival (Day of the Dead)

Celebrated by Indigenous communities in Mexico, el Día de los Muertos is a time to remember deceased relatives and loved ones as they temporarily return to Earth. Join us in celebrating and honoring our almas (souls) with an Altar de Muertos and traditional rituals. Bring a picture of your loved ones (including pets), or a special item in remembrance of them, along with a battery-powered candle. There will be a food truck, face painting, live music, dancing, and more!

Fri, Nov 1 | 5:00-7:00 PM | FREE | Gladstone

Hmong New Year Celebration

Join us for a vibrant New Year celebration, hosted by our Hmong community, to honor their millennia-old traditions. This is a unique opportunity to immerse yourself in the rich tapestry of Hmong culture through its food, clothing, language, music, and dance. All are welcome!

Fri, Nov 8 | 5:00-7:00 PM | FREE | Gladstone

Winter Joy

“Winter’s Joy” captures the whimsical spirit of winter. Paint a happy snowman, a carrot nose, and coal eyes, as it greets its first friend of winter. Capture this moment of quiet friendship.

Mon, Nov 25 | 6:00-7:30 PM | \$15
Senior Center



Snow Ball Family Dance

Dance the night away with our energetic DJ Tricia spinning your favorite hits. Enjoy the festive decorations, snacks, and capture memories in our fun photo booth with props. Casual attire is encouraged - think nice jeans or slacks with a button-up shirt or a cute dress.

Fri, Dec 6 | 6:30-8:00 PM | \$15 | Gladstone

Bingo

B-I-N-G-O! Let’s play! Feel free to bring in items for the prize table.

Tue, Dec 10 | 6:00-7:30 PM | \$15 | Senior Center

Holiday Tree

Create a holiday tree with colorful buttons and pins to add a personal touch to your bedroom or end table. Use a variety of colors and shapes to create a whimsical and eye-catching display that reflects your personality. With some patience and attention to detail, your tree is sure to dazzle!

Tue, Dec 10 | 6:00-7:30 PM | \$15
Senior Center



Felt Wallet

Get ready to unleash your creativity and craft a one-of-a-kind felt wallet that’s as functional as it is fashionable! With this fun project, you’ll learn basic sewing skills and get to customize your design with colorful felt, embellishments, and a snap closure. Perfect for carrying small essentials like cash, cards, and ID, this charming wallet is sure to become your new go-to accessory.

Thu, Jan 23 | 6:00-8:00 PM | \$15 | Senior Center



Community Bridge participants are welcomed to take any of the regular adult enrichment classes.

Please call 651-653-3121 to register.



White Bear Lake Area Schools
Community Services and Recreation
Department, in cooperation with
North St. Paul-Maplewood-Oakdale
Community Education and Mahtomedi
Community Education, offers full-service Adult Basic
Education (ABE) programming for all area residents.



Contact Us!

Scan QR code to complete our
contact form.

Contact our White Bear Lake
ABE Specialist at 651-252-4425
(text or call).



Courses:

- **English Language Classes (ESL):** Join our community of adult learners and improve your English language skills. Classes are offered online and in-person
- **GED Prep & Testing:** General Education Development (GED) & Testing Preparation is a self-paced program designed to help you study and prepare to take the GED tests. Day or evening drop-in classroom training is available at no cost to adults in our community.
- **Health Care Careers:** We can help you train for an entry-level position on a track toward a career as a Home HealthAide (HHA), Certified Nursing Assistant (CNA), Licensed Practical Nurse (LPN) or Registered Nurse (RN). We work with local Senior Housing and assisted living and memory care facilities to help workers find employment.
- **Information Technology (IT) Careers:** We can help you prepare for a future career in the (IT) field. Students may begin this free course at any time and certification tests are offered on-site.
- **Paraprofessional Careers:** Adults seeking employment as a paraprofessional are often required to have an associate’s degree or at least 60 college semester credits. The ParaPro test is an alternative way to satisfy this requirement. We offer no cost study classes and practice tests for the ParaPro test. Testing is also available on-site. Students are responsible for testing fees.

For more information or questions on the many free classes offered, GED Diploma and testing, call 651-748-6208 or email harmonyabe@isd622.org. Office hours are Mon/Tue/Wed: 9:00 AM-8:00 PM, Thu: 9:00 AM-5:00 PM, Fri: 9:00 AM-2:00 PM.

Somali, English/other languages: Haddii aad u baahan tahay macluumaad this turjumay Soomali fadlan la xiriiir 651-592-3950.

English/other languages: 651-407-7625.

Clases de la Educación Básica de Adultos (Gratis)

- Inglés como Segundo Idioma
- Clases de GED
- Clases para entrar a carreras en: IT, el sector de salud, o escuelas profesionales

Para buscar empleo con las escuelas de White Bear: www.isd624.org/employment

Recursos Adicionales:

- Ayuda Alimentaria (White Bear Food Shelf)
- La Fundación Educacional de White Bear
 - “El Closet”- Ropa gratuita para familias
 - Ayuda financiera para clases y actividades de niños y adolescentes

Cursos Populares:

- Clases de manejar
- Preparación para el ACT

Para Español por favor llame al 651-407-7625.

Cov Chav Kawm Rau Cov Neeg Laus Basic Education (DAWB)

- Lus Askiv Yog hom lus Ob
- GED Kev npaj & Xeem
- Kev cob qhia ua haujlwm hauv: IT, Healthcare, or Paraprofessional hauv Tsev Kawm Ntawv

Ua haujlwm hauv 624:
www.isd624.org/employment

Muaj keb pab cuam:

- White Bear Lake Food Shelf
- White Bear Lake Educational Foundation
 - The Closet khaub ncaws-Khaub ncaws ua xav tau
 - Kev Pab Nyiaj rau Cov Hluas rau Kev Txhim Kho thiab Kev Ua Si

Cov chav kawm nrov:

- Kev Kawm Tsav Tsheb
- ACT Xeem Kev npaj

Xav tau ntawv Hmoob hu rau 651-407-7623.



ECFE Classes include Three Components:

- » **Parent-Child Interaction:** You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.
- » **Parent Education:** Meet with other parents and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children’s classroom for non-separating classes.
- » **Children’s Classroom:** While parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.

Early Childhood Screening

SCREEN AT THREE

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

3 reasons to screen at age 3:

- » Screening can ensure school success
- » If health or developmental concerns are identified, educational services are available immediately
- » It is fun for children and provides caregivers with valuable information regarding child development

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

Early Childhood Screenings are held at:

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

Early Childhood Screening Dates	
Thu, September 19	3:00-7:00 PM
Fri, September 20	8:30 AM-3:15 PM
Thu, October 10	3:00-7:00 PM
Fri, October 11	8:30 AM-3:15 PM
Thu, November 14	3:00-7:00 PM
Fri, November 15	8:30 AM-3:15 PM



Follow us on Facebook!
White Bear Lake
Early Childhood Programs

Infants

AGES BIRTH-12 MONTHS BY SEP 1, 2024

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

Mondays | 8:45-10:15 AM | Normandy Park

Ones

AGE 1 BY SEP 1, 2024

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines, and parenting styles. Gradual parent/child separation will occur as the class and children’s needs are met.

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

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

ECFE Terrific Twos

AGE 2 BY SEP 1, 2024

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development.

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

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

Multi-Age

AGES BIRTH-5 BY SEP 1, 2024

Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning and other topics. Gradual parent/child separation is flexible and can occur as the child’s needs are met.

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

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

Parent-Child Playschool

AGES 2-3 BY SEP 1, 2024

Playschool is an opportunity for children to become more comfortable and confident in a classroom setting, learn to follow rules, routines and directions, begin to initiate social interactions, and become an integral part of a group.

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

Starting the first week November, we will implement the second day as child-only. Children may attend the second day, Tuesday, as soon as they are 2.5 years old.

Mondays & Tuesdays | 8:45-10:45 AM | Normandy Park
Monday is a parent/child day, Tuesday is child only starting Nov 14.

Family Literacy

AGES BIRTH TO 5 (BEFORE KINDERGARTEN)

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

Mondays & Wednesdays | 11:00 AM-1:30 PM | \$25/month
Normandy Park

Tuesdays & Thursdays | 11:30 AM- 2:00 PM | \$25/month
Normandy Park

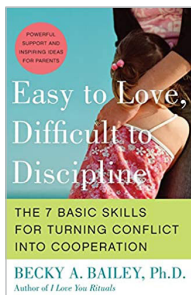
Conscious Discipline Virtual Parenting Circle

Join us for an online parenting circle led by a licensed parent educator. The focus of this group will be Conscious Discipline framework. We will become more aware of the importance of self-regulation as an effective and positive way to handle the frustrations of parenting. Learn what the Conscious Discipline philosophy is, followed by digging deeper into it's enlightening concepts that apply to not only your relationship with your child but also how to foster all relationships.

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

12 weeks, Weeks 1 and 2 will be in-person

Session A: Oct 1-Jan 7



Book Recommendation for Parents: Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation by Becky A. Bailey, Ph.D.

About the Author: Becky A. Bailey, Ph.D., specializes in early childhood education and developmental psychology. Her lectures reach more than 20,000 people annually, and her awards include a Parents' Choice Foundation commendation for three of her parenting audiotapes. She has appeared on CNN, PBS, and The Hour of Power with Dr. Robert Schuller, among other programs.

Young Explorers

AGES 2.5-3 BY SEP 1, 2024

Learn and discover exciting things in these "child only" drop off classes. Theme based classes offer opportunities to work on age-appropriate developmental skills to foster curiosity while exploring new learning experiences.

\$60/Session | Fridays | Oneka Elementary

Session 1: "Look What I Can Do!"

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

Sep 13, 30, 27 | 8:45-10:45 AM

Session 2: "Fall Harvest"

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

Oct 4, 11, 25 | 8:45-10:45 AM

Session 3: "Forest Animals"

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

Nov 8, 15, 22 | 8:45-10:45 AM

Session 4: "Gingerbread Friends & Fun"

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

Dec 6, 13, 20 | 8:45-10:45 AM

Grandparents Class

AGES BIRTH-5 BY SEP 1, 2024

Whether you are on full time duty raising your grandchild or want to have a special time with your grandchild, this ECFE class is for you. Come and connect with other grandparents and have a chance to play in an environment set up with young children in mind. We will explore the unique joys and challenges of being a grandparent during our separation time.

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

Multi-Age Pop In & Play Time!

AGES BIRTH-5 BY SEP 1, 2024

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

Tuesdays | 11:00 AM-12:00 PM

\$5/session, register monthly | Normandy Park
Non-separating

Fall Farm Fun at Pinehaven

AGES 1+

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

Wed, Oct 16 | 9:00 AM-12:30 PM | \$15/person ages 1+

Winter Parent Event

Enjoy an evening of stories, strategies and laughter with Katy Smith, parent educator and the 2011 Minnesota Teacher of the Year. Katy will inspire you to meet kids where they are and support them in ways that celebrate their development and make family life more enjoyable.

FREE | Thu, Jan 9 | 6:30-8:00 PM | Normandy Park Childcare: \$5/child with a \$10 max/family

Family Events

ECFE Open House-Normandy Classes

Sep 5, 2024 | 9:00-10:30 AM | Normandy Park

ECFE Open House-Oneka Classes

Sep 6, 2024 | 9:00-10:30 AM | Oneka Elementary

PAC Fall Costume Dance

Oct 24, 2024 | 5:00-6:00 PM or 6:30-7:30 PM
Normandy Park

Multicultural Storytime

Thu, Nov 21 | 6:00-7:15 PM | Oneka Elementary
Thu, Dec 5 | 6:00-7:15 PM | Normandy Park

Winter Wonderland

Jan 21, 2025 | 9:00-10:30 AM | Normandy Park

TCO PAC Event

Feb 28, 2025 | 8:45-10:45 AM | TCO Sports Garden

Movin' and Groovin'

Apr 7, 2025 | 9:30-11:00 AM | Normandy Park

PAC Children's Museum Field Trip

Apr 9, 2025 | 8:45 AM-12:15 PM
Meet at Normandy Park

End of the Year EC Party

May 29, 2025 | 5:30-7:00 PM | Location: TBD



PRESCHOOL REGISTRATION:

- Call 651-653-3100 or visit www.whitebear.ce.eleyo.com.
- Guides are available to view online at earlychildhood.isd624.org/registration.
Guides will not be mailed out.
- Registration may be dropped off at:
Normandy Park Education Center
Early Childhood Program - Door B
2482 East County Road F. White Bear Lake, MN 55110
(corner of Bellaire and County Rd F)
- Tuition based program. Scholarships are available.

Early Childhood Preschool Options:	
Full Day Preschool: Mon-Fri	
Sites:	Birch, Lakeaires, Otter, Oneka, Vadnais, Willow
Days & Hours:	Mon-Fri, 7:45 AM-2:15 PM
Additional Options:	May qualify for transportation, access to nutrition services, Extended Day options available
Full Day Preschool: M/W/F	
Sites:	Oneka, Birch
Days & Hours:	Mon/Wed/Fri, 7:45 am-2:15 pm
Additional Options:	May qualify for transportation, access to nutrition services, Extended Day options
Sites:	Normandy Park Education Center, Tamarack Nature Center
Days & Hours:	Mon/Wed/Fri, 8:30 AM-3:00 PM
Additional Options:	Students must bring their lunch everyday, No Extended Day offered at this location
Half Day Preschool	
Sites:	Normandy Park Education Center, Tamarack Nature Center
Hours:	8:30-11:00 AM & 12:30-3:00 PM
Sites:	Oneka (3's only)
Hours:	8:30-11:00 AM



Ornament Making Party

Join us for an ornament making party! You and your child will create adorable wooden Christmas trees, silly gnomes, and so much more.

1205-861 | Thu, Dec 5 | 9:30-10:30 AM | \$30 | Senior Center Kidcreate Studio

Finger Paint Turkey

Let's create the cutest, messiest finger-painted turkey you've ever seen! Get your hands dirty and let your imagination run wild as we mix and blend colors to bring our turkeys to life.

1014-860 | Thu, Nov 14 | 9:30-10:30 AM | \$30 | Senior Center | Kidcreate Studio

Music Together (Ages 1 mo-6 years)

Discover the joy of making Music Together! Sing, laugh, move, and learn along with your child for 45-minutes of pure fun each week in these award-winning classes. Tuition: \$199 for first child, \$119/additional sibling 8-months or older, free if under 1-month old.

FREE DEMO CLASSES

Wed, Sep 11 | WB Dance Center
2024-799 | 9:30-10:15 AM 2024-800 | 10:30-11:15 AM

Wed, Sep 11 | Normandy Park
2024-808 | 5:15-6:00 PM 2024-809 | 6:15-7:00 PM

Thu, Sep 12 | Waverly Gardens
2024-808 | 9:30-10:15 AM 2024-809 | 10:30-11:15 AM
Senior Residence will be joining us

FULL CLASSES

10 Sessions | Wed, Sep 25-Dec 4 | WB Dance Center
2024-804 | 9:30-10:15 AM 2024-805 | 10:30-11:15 AM

Wed, Sep 25-Dec 4 | Normandy Park
2024-810 | 5:15-6:00 PM 2024-811 | 6:15-7:00 PM

Thu, Sep 26-Dec 5 | Waverly Gardens
2024-818 | 9:30-10:15 AM 2024-819 | 10:30-11:15 AM
**Senior Residence will be joining us*

JOIN OUR PARENT ADVISORY COUNCIL (PAC)!

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

The PAC meets 4 times a year.

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

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

Parent-Child Gym Time

Families can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children.

Age 1-5 with adult

Wednesdays

Jan 8-Feb 26 | 5:30-7:30 PM

\$3/child

\$7/immediate family

Payable at the door each night.



The Baby Closet is stocked by donations from our community and funded by



Normandy Park Baby Closet

**Normandy Park Early Childhood Education Center
2482 County Road F, East White Bear Lake, MN 55110**

Open Monday - Friday 8:00 AM - 3:00 PM

Or by appointment - call 651-653-3100

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

EXTENDED DAY

WHITE BEAR LAKE AREA SCHOOLS

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

- >> After school: 2:15-5:30 PM
- >> Pick Your Day contract available-only 5 day notice required.
- >> Drop-ins available (24 hour notice and accepted if space is available).
- >> No minimum number of days required for consistent contracts (attend 1-5 days per week).
- >> Contract change fee after August 1, 2024: \$10

REGISTRATION INFO:

- Registration is open for school year 2024-2025 for incoming grades pre-K-5. Visit whitebear.ce.eleyo.com to register.
- Registration fee: \$30
- All registrations accepted on a space available basis.
- Questions? We are here to help! Call 651-407-7511 or email communityservicesbilling@isd624.org.

Extended Day will be CLOSED on the following days:

Nov 27-29, 2024	Thanksgiving Break
Dec 23, 2024-Jan 1, 2025	Winter Break
Jan 20, 2025	Martin Luther King Jr. Day
Feb 17, 2025	Presidents' Day
May 26, 2025	Memorial Day

Sample of Daily Afternoon Schedule	
2:15	Check-in & Group Team Building Game
2:25	Daily Meeting: Review daily choices and schedule and Social Emotional Learning Activity
2:45	Homework, Literacy Time (Read to Self, Read Aloud, Word Games, etc.)
3:00	Snack Opens
3:15	Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered
4:00	Daily Special or Youth Led Activity such as STEAM, Social Studies, Social Emotional Learning & Life Skills, Literacy, and Service Projects
4:45	Free Choice: Active Play, Dramatic Play, Games, Art, etc.
5:30	Program Close
*All activities offered are open for varying lengths. Students will be able to access a variety of choices after school to tailor to their own individual enrichment interests!	

Extended Day will be OPEN on the following 2024-2025 non school days:

Non school day	Location	Registration Deadline
Oct 16-18, 2024	North Star, Vadnais	Oct 2, 2024
Nov 4-5, 2024	North Star, Lincoln, Willow	Oct 21, 2024
Jan 21-22, 2025	Oneka, Birch, Lakeaires	Jan 6, 2025
Mar 10-14, 2025	Oneka, Otter, Vadnais	Feb 24, 2025
Apr 18, 2025	Oneka, Matoska, Birch	Apr 4, 2025

- Non school days are not included in your contract. If you plan to use any of these days you will need to register at whitebear.ce.eleyo.com.
- If you are looking to only register for non school days, please register for a drop-in contract and select the non school days needed.
- Registration fee by deadline: \$58/day
Registration fee after deadline: \$69/day
- Families can cancel after the deadline has passed until 7 business days prior to the programming date for a \$10 fee.

CONSISTENT CONTRACT RATES	
SESSION & HOURS	RATE
Before School: 6:30-7:45 AM	\$9.60
After School: 2:15-5:30 PM	\$19.75
Matoska AM: 6:30-8:30 AM	\$11.90
Matoska PM: 3:00-5:30 PM	\$16.85

PICK YOUR DAYS RATES	
SESSION & HOURS	RATE
Before School: 6:30-7:45 AM	\$11.35
After School: 2:15-5:30 PM	\$23.35
Matoska AM: 6:30-8:30 AM	\$14.05
Matoska PM: 3:00-6:00 PM	\$19.90

DROP IN RATES	
SESSION & HOURS	RATE
Before School: 6:30-7:45 AM	\$13.40
After School: 2:15-5:30 PM	\$27.55
Matoska AM: 6:30-8:30 AM	\$16.60
Matoska PM: 3:00-6:00 PM	\$23.50

REGISTER 

whitebear.ce.eleyo.com

ACT Prep

Advantage EP: In-School ACT Prep Course: Gr 10-12

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

0923-102 | 4 Sessions | Mon, Sep 23-Oct 21 | 6:00-9:00 PM
\$180 | White Bear Lake Area High | No Class Oct 14

0923-104 | 4 Sessions | Sat, Nov 2-23 | 9:00 AM-12:00 PM
\$180 | White Bear Lake Area High

0923-103 | 4 Sessions | Thu, Nov 7-Dec 5 | 6:00-9:00 PM
\$180 | White Bear Lake Area High | No Class Nov 28

Advantage EP: Virtual Online ACT Prep Course: Gr 10-12

The virtual classroom is structured the same as Advantage's in-person course; however, teaching is provided by an Advantage instructor through a live online classroom where students can interact with the teacher. Internet connection and access to a computer or laptop is required. Class recordings are sent to students to make-up any classes.

0916-004 | 4 Sessions | Sat, Sep 21-Oct 12
9:00 AM-12:00 PM | \$180 | ONLINE

0916-005 | 4 Sessions | Sat, Nov 9-Dec 7
9:00 AM-12:00 PM | \$180 | ONLINE | No Class Nov 30



A PLUS Driving School

A PLUS Driving School: Age 14-18

This 30-hour program will be conducted by a certified instructor from A+ Driving School and will fulfill the state driver's education requirement. The course will address the "how to" and "whys" of safe driving. The format of the class will be lecture and active discussion. After completion of the program, students will be able to set up and participate in behind the wheel sessions to meet the six hour state requirement.

Students may start classroom driving lessons at age 14, take the Knowledge Test and obtain their Instruction Permit at age 15, and take the Road Test and obtain their Provisional License at age 16. To be eligible to take the Road Test, students must have had their Instruction Permit for a minimum of six months.

The Driver's Education Program is divided into two phases:

Classroom Phase - teleconference/in-person: This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving. If a lesson is missed, a make-up lesson can be arranged with the office at either the next White Bear session or at another of A+'s locations.

Behind-the-Wheel Phase After students pass the permit test, they are required to complete six hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Dept. of Public Safety. Students can be picked up from and dropped off at home, school or work. Detailed information about scheduling the behind-the-wheel lessons will be provided.

Parent Involvement: A+ Driving School is proud to offer a parent informational meetings in White Bear Lake. *Attending this class will meet the requirement to REDUCE the number of hours that students need to drive with a parent from 50, to 40 hours.*

\$420 - payment plans available

4:00-7:00 PM | ONLINE

Mon-Thu, Sep 9-24

Mon-Thu, Sep 25-Oct 10

Mon-Thu, Oct 14-31

Mon-Thu, Nov 6-21

3:15-6:15 PM | District Center-Board Room

Mon-Thu, Sep 9-24

Mon-Thu, Oct 14-31

Mon-Thu, Nov 6-21

Mon-Thu, Dec 2-17

- College Admission Process for 2024
 - How to be a Smart College Shopper
- See page 8 for more class details.

Youth Enrichment: Art

Acrylic Studio Art: Watercolor Bookmarks: Gr 6-8

Whether you're a seasoned artist or a complete beginner, this class offers an opportunity to explore the enchanting world of watercolors and produce personalized bookmarks that will add a touch of elegance to your reading experience.

1111-049 | Tue, Nov 12 | 4:05-5:20 PM | \$29 | District Center

Kelly Tokay: smArt Club: Gr 2-5

Students will get to experience clay, painting, drawing, sculpture and/or printmaking. We will develop higher level skills by looking at art and creative thinking skills through the art making process. Learn how art intersects their culture, history, math, literacy, science and also helps them to calm their mind. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

0916-111 | 6 Sessions | Wed, Sep 18-Nov 13 | 2:15-3:35 PM
FREE | Lakeaires Elementary | No Class Oct 16, 30, Nov 6



Kidcreate: Drawing Made Easy: Gr K-5

Have you ever wished drawing was easy? Well in this class, it couldn't be easier! For each drawing project, students will learn a simple step-by-step method as they draw well-dressed llamas, cute kittens, adorable pandas, and more. Drawing is easy, fun and anyone can do it-and this class proves it!

1007-128 | 5 Sessions | Tue, Oct 8-Nov 12 | 3:00-4:00 PM
\$99 | Matoska International | No Class Nov 5

1007-127 | 5 Sessions | Wed, Oct 9-Nov 13 | 2:15-3:15 PM
\$99 | Oneka Elementary | No Class Oct 16

1007-126 | 5 Sessions | Thu, Oct 10-Nov 14 | 2:15-3:15 PM
\$99 | Lincoln Elementary | No Class Oct 17

Kidcreate: Foam, Slime & Potions: Gr K-5

Our hands-on camp will immerse your child into the enchanting realm of foam, slime and potions as we unravel the secrets of science. Prepare to concoct elixirs that magically change color, create your own bouncy balls and whip up some homemade PopRocks that fizz in your mouth. Each experiment combines the perfect blend of creativity and scientific exploration.

1111-131 | 4 Sessions | Mon, Nov 25-Dec 16 | 2:15-3:15 PM
\$75 | Otter Lake Elementary

1111-132 | 4 Sessions | Wed, Nov 27-Dec 18 | 2:15-3:15 PM
\$75 | North Star Elementary

Kidcreate: Introductory Drawing: Gr K-5

Learn a simple step-by-step method to truly fantastic drawings. From cute koalas to radiant sunsets to a lighthouse that really glows-in-the dark, we'll hone our drawing skills as we create unique masterpieces!

1007-131 | 6 Sessions | Mon, Oct 7-Nov 18 | 2:15-3:15 PM
\$115 | Otter Lake Elementary | No Class Nov 4

1007-132 | 6 Sessions | Wed, Oct 9-Nov 20 | 2:15-3:15 PM
\$115 | North Star Elementary | No Class Oct 16

Kidcreate: Science Magic: Gr K-5

Experience the thrill of defying gravity with your very own hovercraft, write secret messages in magical ink and create wands that light up!. Join this captivating journey, to witness magical results with experiments and unravel scientific secrets behind each spellbinding phenomenon.

1111-128 | 5 Sessions | Tue, Nov 19-Dec 17 | 3:00-4:00 PM
\$99 | Matoska International

1111-127 | 4 Sessions | Wed, Nov 20-Dec 18 | 2:15-3:15 PM
\$75 | Oneka Elementary | No Class Nov 27

Young Rembrandts: Drawing Palooza: Gr K-5

Watch in awe as pencils whirl across the paper, drawing everything from yummy taffy apples to charming seasonal scarecrows to bunnies full of sass. We'll even sketch vibrant flowers like Van Gogh.

0930-015 | 4 Sessions | Mon, Sep 30-Oct 21 | 2:15-3:15 PM
\$65 | Lincoln Elementary

0930-014 | 4 Sessions | Tue, Oct 1-22 | 2:15-3:15 PM
\$65 | Otter Lake Elementary

0930-017 | 4 Sessions | Wed, Oct 2-30 | 3:00-4:00 PM
\$65 | Matoska International | No Class Oct 16

0930-013 | 4 Sessions | Thu, Oct 3-31 | 2:15-3:15 PM
\$65 | North Star Elementary | No Class Oct 17

0930-016 | 4 Sessions | Fri Oct 4-Nov 1 | 2:15-3:15 PM
\$65 | North Star Elementary | No Class Oct 18

Young Rembrandts: Festive Drawings: Gr K-5

Students will learn to use exaggeration in their drawings to express a range of emotions. Projects include "Basketball Fun", "Baking Sequence" and "Decorating" for seasonal creativity.

1111-015 | 4 Sessions | Mon, Oct 28-Nov 25 | 2:15-3:15 PM
\$65 | Lincoln Elementary | No Class Nov 4

1111-014 | 4 Sessions | Tue, Oct 29-Nov 26 | 2:15-3:15 PM
\$65 | Otter Lake Elementary | No Class Nov 5

1111-017 | 4 Sessions | Wed, Nov 6-Dec 4 | 3:00-4:00 PM
\$65 | Matoska International | No Class Nov 27

1111-013 | 4 Sessions | Thurs, Nov 7-Dec 5 | 2:15-3:15 PM
\$65 | North Star Elementary | No Class Nov 28

1111-016 | 4 Sessions | Fri, Nov 8-Dec 6 | 2:15-3:15 PM
\$65 | North Star Elementary | No Class Nov 29

1111-126 | 4 Sessions | Thu, Nov 21-Dec 19 | 2:15-3:15 PM
\$75 | Lincoln Elementary | No Class Nov 28

CSGA: Elementary Morning Chess Club: Gr 1-5

Whether you consider yourself a beginner or intermediate player, join this club to meet and interact with other chess players and play on a weekly basis. If they are new to the game, players will learn the basic rules and strategies of chess. Tournament play is encouraged outside of the club, but not required.

0930-141 | 11 Sessions | Mon, Sep 30-Dec 16 | 6:50-7:30 AM
\$95 | Otter Lake Elementary | No Class Nov 4

0930-142 | 11 Sessions | Tue, Oct 1-Dec 17 | 6:50-7:30 AM
\$95 | Vadnais Heights Elementary | No Class Nov 5

0930-143 | 10 Sessions | Wed, Oct 2-Dec 18 | 6:50-7:30 AM
\$89 | Oneka Elementary | No Class Oct 16, Nov 27

0930-144 | 10 Sessions | Thu, Oct 3-Dec 19 | 6:50-7:30 AM
\$89 | Lincoln Elementary | No Class Oct 17, Nov 28

0930-145 | 10 Sessions | Fri, Oct 4-Dec 20 | 7:35-8:15 AM
\$89 | Matoska International | No Class Oct 18, Nov 29

CSGA: Scratch Coding Club & Robotics: Gr K-5

This program offers a crash course in coding your own games on Scratch. Students will create and develop 3-4 basic games while learning many foundational computer science skills with boundless potential for creativity and expansion. Apply your scratch coding skills to robotics or continue creating games. Test your robots by solving specific challenge problems generated during the program.

0930-155 | 11 Sessions | Mon, Sep 30-Dec 16 | 2:15-3:15 PM
\$155 | Otter Lake Elementary | No Class Nov 4

0930-156 | 11 Sessions | Tue, Oct 1-Dec 17 | 2:15-3:15 PM
\$155 | Vadnais Heights Elementary | No Class Nov 5

0930-157 | 10 Sessions | Wed, Oct 2-Dec 18 | 2:15-3:15 PM
\$139 | North Star Elementary | No Class Oct 16, Nov 27

0930-158 | 10 Sessions | Thu, Oct 3-Dec 19 | 2:15-3:15 PM
\$139 | Lincoln Elementary | No Class Oct 17, Nov 28

0930-159 | 10 Sessions | Fri, Oct 4-Dec 20 | 3:00-4:00 PM
\$139 | Matoska International | No Class Oct 18, Nov 29

Online: Code Championship Tournament Series | Virtual Computer Coding Competition: Gr 3-9

Build a computer bot to play head-to-head against other coders! Whether this is your first Code Championship event, or if you've been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. No previous coding experience necessary. The Code Championship Series is a series of four tournaments in four weeks. These tournaments will be hosted online using Google Meet and the Code Championship website. If you have a modern browser like Chrome or Firefox, no additional download is required. Please come knowing how to navigate the internet (basic typing and mouse control). The link to the Google Meet event will be emailed two days before the tournament.

1021-105 | 4 Sessions | Sat, Oct 26-Nov 16 | 9:00-11:00 AM
\$79 | ONLINE

Language Sprout: Spanish Language Class: Gr K-5

Come learn Spanish with Language Sprout. Our classes combine theme based and grammar lessons with hands-on learning to meet your child at their right level. Class includes a parent portal for continued learning at home.

0930-026 | 20 Sessions | Tue & Thu, Oct 1-Dec 17
2:20-3:20 PM | \$379 | Otter Lake Elementary
No Class Oct 17, Nov 5, 28

0930-027 | 20 Sessions | Tue & Thu, Oct 1-Dec 17
2:20-3:20 PM | \$379 | North Star Elementary
No Class Oct 17, Nov 5, 28

0930-022 | 20 Sessions | Mon & Wed, Oct 2-Dec 18
2:20-3:20 PM | \$379 | Vadnais Heights Elementary
No Class Oct 16, Nov 4, 27

0930-023 | 20 Sessions | Mon & Wed, Oct 2-Dec 18
2:20-3:20 PM | \$379 | Lincoln Elementary
No Class Oct 16, Nov 4, 27

0930-024 | 20 Sessions | Mon & Wed, Oct 2-Dec 18
2:20-3:20 PM | \$379 | Oneka Elementary
No Class Oct 16, Nov 4, 27

0930-025 | 20 Sessions | Mon & Wed, Oct 2-Dec 18
3:00-4:00 PM | \$379 | Matoska International
No Class Oct 16, Nov 4, 27

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

Take control of your present and future. Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Use a personal finance simulator to see how improving your education & experience can raise your income, if you can budget your resources and pay your bills!

0930-121 | 10 Sessions | Thu, Oct 3-Dec 19 | 6:45-7:30 PM
\$105 | ONLINE | No Class Oct 17, Nov 28

Nena's Designs: Etiquette Class: Gr 3-7

This camp will emphasize respect for others and will teach children manners and etiquette with a fun, hands-on approach. Your child will learn social etiquette, proper introductions and fine dining skills.

1104-203 | Mon, Nov 4 | 1:00-4:00 PM | \$95 | Central

Nena's Designs: Intensive Sewing Class: Gr 3-7

Nena will teach students how to sew, including basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Students will practice sewing with a sewing machine. They will create a sketch of garments and sew a project of their own creation.

1104-034 | Mon, Nov 4 | 9:00 AM-12:00 PM | \$99
Central Middle

See Adult & Child classes on pages 5-7.

Spark Equestrian: Academy Day Camp: Age 6-12

Spark Equestrian's day camps at Hardwood Creek Farm teach kids the basics of horse care, grooming and riding. Our indoor arena and barn are heated during the winter months. Kids should provide their own lunch and wear long pants with close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside. We play games, do a craft, and make treats for the horses.

9:00 AM-2:00 PM | \$159

Hardwood Creek Farm, 2306 80th St E, Hugo

1014-201 | Fri, Oct 18

1014-202 | Mon, Nov 4

1014-203 | Fri, Nov 29

1014-204 | Mon, Dec 23

1014-205 | Fri, Dec 27

1014-206 | Mon, Dec 30

Arde Kids: Architecture GR: 3-5

In addition to building the largest structures in the enrichment world, students will engage in a selection of diverse design challenges. They will draw architectural sketches, build mazes and chain reactions, and create 3D architectural models.

0930-171 | 6 Sessions | Tue, Oct 1-Nov 12 | 2:20-3:20 PM

\$89 | Oneka Elementary | No Class Nov 5

GR 3-5

0930-172 | 6 Sessions | Tue, Oct 1-Nov 12 | 3:30-4:30 PM

\$89 | Oneka Elementary | No Class Nov 5

Arde Kids: Model United Nations: Gr 4-8

When it comes to getting admitted to top US colleges, some activities stand out more than others. Through public speaking, critical thinking, and in-depth research, the Model UN experience teaches students critical 21st-century leadership skills that are valuable for college, careers, and lifelong learning.

GR 4-5

0930-173 | 5 Sessions | Wed, Oct 2-Nov 6 | 2:20-3:20 PM

\$89 | Otter Lake Elementary | No Class Oct 16

GR 6-8

0930-174 | 5 Sessions | Wed, Oct 2-Nov 6 | 4:00-5:00 PM

\$89 | Central Middle | No Class Oct 16

Cubing Enrichment Opportunities: Twist, Turn, Solve - Master the Rubik's Cube! Gr 2-5

This comprehensive course introduces beginners to the art of solving the iconic puzzle. From novice to advanced levels, this class offers a dynamic and engaging experience, fostering problem-solving abilities and providing a fun introduction to the world of speed cubing.

1111-091 | 6 Sessions | Mon, Nov 11-Dec 16 | 3:00-4:00 PM

\$99 | Matoska International

Engineering for Kids: Jr Engineering/STEM Club: Gr K-4

The Engineering for Kids Jr Engineering/STEM Club brings fun, hands-on lessons every week to introduce engineering concepts at a young age. For each lesson, students focus on developing 21st Century skills such as problem solving, critical thinking and teamwork.

0624-141 | 6 Sessions | Tue, Oct 1-Nov 12 | 2:15-3:15 PM

\$169 | Lincoln Elementary | No Class Nov 5

0624-143 | 6 Sessions | Wed, Oct 2-Nov 13 | 2:15-3:15 PM

\$169 | Otter Lake Elementary | No Class Oct 16

0624-142 | 6 Sessions | Mon, Oct 7-Nov 18 | 3:00-4:00 PM

\$169 | Matoska International | No Class Nov 4

0624-144 | 4 Sessions | Tue, Nov 19-Dec 10 | 2:15-3:15 PM

\$115 | Lincoln Elementary

0624-146 | 4 Sessions | Wed Nov 20-Dec 18 | 2:15-3:15 PM

\$115 | Otter Lake Elementary | No Class Nov 27

0624-145 | 4 Sessions | Mon, Nov 25-Dec 16 | 3:00-4:00 PM

\$115 | Matoska International

GoSolar! Kids: Solar Cars: Gr K-6

Stimulate your child's creativity by designing and building epic, solar-powered cars from easy-to-assemble toy construction kits. Let your little engineers explore the world of solar energy while learning how to problem solve and stretch their imagination.

1007-176 | 4 Sessions | Mon, Oct 7-28 | 2:15-3:15 PM

\$129 | North Star Elementary

1007-173 | 4 Sessions | Tue, Oct 8-29 | 2:15-3:15 PM

\$129 | Oneka Elementary

1007-172 | 4 Sessions | Wed, Oct 9-Nov 6 | 2:15-3:15 PM

\$129 | Lincoln Elementary | No Class Oct 16

1007-175 | 4 Sessions | Thu, Oct 10-Nov 7 | 2:15-3:15 PM

\$129 | Otter Lake Elementary | No Class Oct 17

1007-177 | 4 Sessions | Fri, Oct 11-Nov 8 | 3:00-4:00 PM

\$129 | Matoska International | No Class Oct 18

Tech Academy Online: Engineering in Minecraft: Gr 3-7

This course introduces students to Minecraft circuit-building and engineering concepts using Redstone. We will build 2-3 electrical contraptions in this course. Additional technical requirements: Minecraft Java Edition. PC needed (Windows or MacBook). Will not work on Chromebook, tablets, or phones.

1111-118 | Thu, Nov 14 | 6:00-8:00 PM | \$45 | ONLINE

Interested in a class?

Sign up early as classes can fill up quickly. If a class is full, you can join the waitlist. We'll contact you if a spot opens or a new section is added. You won't be automatically enrolled.

Tech Academy Online: Intro to 3D Printing: Gr 3-6

This 3D printing camp takes students through the 3D printing process from start to finish. Students will be designing a keychain, and the 3D print will be mailed home. No experience is necessary, but basic computer skills are required. Fees listed include printing fee for one project. Additional technical requirements: TinkerCAD (login information provided during class). PC Needed (Windows or MacBook). Will not work on Chromebook, tablets, or phones

1118-119 | Wed, Nov 20 | 6:00-8:00 PM | \$59 | ONLINE

Tech Academy Online: Multiplayer Minecraft - City Builder: Gr 2-6

Collaborate with fellow students to construct a city! Students will take home their completed world files at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp! Additional technical requirements: Minecraft Java Edition. PC (Windows or MacBook). Will not work on Chromebook, tablets, or phones.

0916-118 | 2 Sessions | Tue, Sep 17-24 | 6:00-7:30 PM | \$59 ONLINE

Tech Academy Online: Pokémon Game Coding: Gr 2-5

In this class, we introduce students to programming concepts using Scratch. Learn to create an interactive 2D video game using your FAVORITE Pokémon characters. Scratch is a drag-and-drop creative coding platform developed by MIT. Additional technical requirements: Scratch and Scratch account- instructions will be emailed. PC Needed (Windows or MacBook). Will not work on Chromebook, tablets, or phones.

1028-118 | 2 Sessions | Tue, Oct 29-Nov 5 | 6:00-7:30 PM \$59 | ONLINE

Tech Academy Online: Super Mario Game Coding: Gr 3-6

In this class, we introduce students to programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will make a Mario Kart - style game, and then pick characters and tracks to customize their games. Additional technical requirements: Scratch and Scratch account- instructions will be emailed). PC Needed (Windows or MacBook). Will not work on Chromebook, tablets, or phones.

1014-118 | 2 Sessions | Sat, Oct 19 & 26 | 8:00-10:00 AM \$79 | ONLINE



Stay connected and follow us on Facebook!
@wblasrec

Tech Academy Online: Video Production - Special Effects: Gr 3-7

Learn film editing basics and how to use Hollywood-style special effects techniques. We will be teaching students how to create magical special effects. Additional technical requirements: cell phone video camera or external webcam. Wondershare Filmora (free download). PC needed (Windows or MacBook). Will not work on Chromebook, tablets, or phones.

0923-118 | 2 Sessions | Sat, Sep 28-Oct 5 | 9:00-11:00 AM \$79 | ONLINE

DASH Sports: Sports Sampler: Gr K-5

Games include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Wiffle Ball, Soccer and more! Participants will learn the values of teamwork, respect, hustle and pride.

1104-091 | Mon, Nov 4 | 9:00 AM-4:00 PM | \$85 Central Middle

1104-092 | Tue, Nov 5 | 9:00 AM-4:00 PM | \$85 Central Middle

DASH Sports: Basketball Camp: Gr 1-3

DASH Sports Basketball camps provide players with an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided.

1118-095 | 5 Sessions | Mon, Nov 18-Dec 16 | 6:45-7:30 PM \$89 | Vadnais Heights Elementary

DASH Sports: Basketball Tykes: Age 2-5

DASH Sports Basketball Tykes camps provide players with an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle. Balls are provided. Parent participation is required for the 2-3 year old age group and recommended when needed for the 4+ year old age group.

AGE 2-3

1118-093 | 5 Sessions | Mon, Nov 18-Dec 16 | 5:10-5:40 PM \$85 | Vadnais Heights Elementary

AGE 4-5

1118-094 | 5 Sessions | Mon, Nov 18-Dec 16 | 5:50-6:35 PM \$89 | Vadnais Heights Elementary

DASH Sports: Floor Hockey Camp: Gr 1-3

DASH Sports Floor Hockey camps provide little athletes an introductory hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, and shoot in a fun and positive environment. Bring a water bottle

1118-096 | 5 Sessions | Mon, Nov 18-Dec 16 | 6:45-7:30 PM \$89 | Birch Lake Elementary

DASH Sports: Floor Hockey Tykes: Age 2-5

DASH Sports Floor Hockey Tykes camps provide little athletes an introductory hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, and shoot in a fun and positive environment. Bring a water bottle. Sticks and pucks are provided. Parent participation is required for the 2-3 year old age group and recommended when needed for the 4+ year old age group.

AGE 2-3

1118-098 | 4 Sessions | Mon, Nov 18-Dec 16 | 5:10-5:40 PM
Birch Lake Elementary | \$85

AGE 4-5

1118-097 | 4 Sessions | Mon, Nov 18-Dec 16 | 5:50-6:35 PM
Birch Lake Elementary | \$89

DASH Sports: Multi-Sport Tykes: Ages 2-6

DASH Multi-Sport Tykes camps provide players an introductory experience to flag football and t-ball. Little athletes will learn how to run, throw, catch, kick, and more! This camp ends with fun scrimmages and games. Bring a baseball glove. Parent participation is encouraged when needed.

AGES 2-3

0923-061 | 5 Sessions | Sat, Sep 28-Nov 2 | 9:00-9:30 AM
\$85 | Matoska International | No Class Oct 19

0923-062 | 5 Sessions | Sat, Sep 28-Nov 2 | 11:15-11:45 AM
\$85 | Oneka Elementary | No Class Oct 19

AGES 4-6

0923-063 | 5 Sessions | Sat, Sep 28-Nov 2 | 9:40-10:25 AM
\$89 | Matoska International | No Class Oct 19

0923-064 | 5 Sessions | Sat, Sep 28-Nov 2
11:55 AM-12:40 PM | \$89 | Oneka Elementary
No Class Oct 19

DASH Sports: Soccer Camp: Gr K-3

Dash Sports Soccer camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Bring a water bottle. Spikes and shin guards optional. Soccer balls are provided.

0930-094 | 5 Sessions | Mon, Sep 30-Oct 28 | 5:40-6:25 PM
\$89 | North Star Elementary

0930-093 | 5 Sessions | Tue, Oct 1-29 | 5:40-6:25 PM
\$89 | Lakeaires Elementary

DASH Sports: Soccer Tykes: Age 4-5

Dash Sports Soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle Spikes and shin guards optional. Soccer balls are provided. Parent participation is recommended when needed.

0930-092 | 5 Sessions | Tue, Sep 30-Oct 28 | 5:00-5:30 PM
\$85 | North Star Elementary

0930-091 | 5 Sessions | Mon, Oct 1-29 | 5:00-5:30 PM
\$85 | Lakeaires Elementary

Golf Squad: Evening Golf Lessons With a PGA Professional: Gr 1-12

Learning a game that focuses first on the integrity and character of the players translates to skills that are intrinsic to a happy and fulfilling life. The program is completely administered by Golf Squad On Campus. It has participation from schools all across the United States where students are being offered the opportunity to learn directly from PGA Professionals.

4 Sessions | 6:00-7:30 PM | \$169

0901-204 | Wed, Sep 11-Oct 2 | Matoska International

0901-206 | Thu, Sep 12-Oct 3 | Lincoln Elementary

0901-202 | Wed, Sep 17-Oct 8 | Oneka Elementary

0901-205 | Wed, Oct 9-Nov 6 | Matoska International
No Class Oct 16

0901-207 | Thu, Oct 10-Nov 7 | Lincoln Elementary
No Class Oct 17

0901-203 | Tue, Oct 15-Nov 12 | Oneka Elementary
No Class Nov 5





Homecoming 2024!

Homecoming week is October 6-12. Visit the high school's activities web page for a full list of events and activities. Join us at the football game on October 11th vs. Roseville!

GO BEARS!

Monday Night Archery Club: Gr 3-12

A club for kids to come and have fun shooting archery. Learn how to sight, stand, aim, and shoot. Equipment will be provided.

1111-012 | 12 Sessions | Mon, Nov 11-Feb 24 | 6:00-8:00 PM
\$199 | White Bear Lake Area High

No Class Dec 23, 30, Jan 20, Feb 17

Middle School Competitive Archery Team: Gr 6-8

Come be part of the archery team! We practice three nights a week from late November to late March. There will be smaller tournaments that archers can participate in, as well as a regional tournament. There is also the state tournament if we qualify. These tournaments are for those that qualify and who wish to partake.

1104-013 | 49 Sessions | Tue-Thu, Nov 6-Mar 27
6:00-8:00 PM | \$375 | White Bear Lake Area High

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

Learn the basics needed to become an All-Star cheerleader. This class is geared towards those that want to become part of our All Star Team, but also caters to those who just want a FUN, low-pressure, non-competitive, technique-centered progression program. Fee includes: 1-one-hour practice per week and a T-shirt & bow.

0915-166 | 7 Sessions | Thu, Sep 18-Nov 13 | 6:00-7:00 PM
\$125 | Minnesota Xtreme, 7250 Hudson Blvd, Oakdale

No Class Oct 16, 30

0915-165 | 7 Sessions | Wed, Sep 19-Nov 14 | 5:45-6:45 PM
\$125 | Minnesota Xtreme, 7250 Hudson Blvd, Oakdale

No Class Oct 17, 31

Skyhawks: Flag Football: Organized Scrimmages: Gr 3-5

Unlike traditional camps that focus on drills and skill development, our camp emphasizes the excitement and fun of scrimmaging. This encourages teamwork, strategy, and real-game experience.

0916-173 | 4 Sessions | Wed, Sep 18-Oct 9 | 3:00-4:00 PM
\$89 | Matoska International

0916-172 | 4 Sessions | Tue, Sep 17-Oct 8 | 2:20-3:20 PM
\$89 | Oneka Elementary

Skyhawks: Volleyball Camp: Gr K-5

Experience the thrill of team sports with Skyhawks Volleyball! Our dynamic program encapsulates all facets of the game—bumping, setting, spiking, hitting, and serving—through engaging drills and exercises. Tailored for beginners to intermediate players, we go beyond the court, emphasizing critical life skills such as leadership and teamwork.

GR K-2

1021-173 | 4 Sessions | Oct 21-Nov 11 | 5:30-6:30 PM | \$89
Matoska International

GR 3-5

1021-174 | 4 Sessions | Mon, Oct 21-Nov 11 | 6:35-7:35 PM
\$89 | Matoska International

Skyhawks: Pickleball Camp: Gr K-5

Tailored for both new and intermediate players. Learn the core fundamentals and techniques, covering groundstrokes, volleys, and serves. Beyond skill-building, participants emerge with a newfound love for the game, heightened confidence, and exposure to vital life skills such as teamwork, sportsmanship, and respect.

GR K-2

1118-173 | 4 Sessions | Mon, Nov 18-Dec 16 | 5:30-6:30 PM
\$89 | Lincoln Elementary | No Class Nov 25

1118-174 | 4 Sessions | Wed, Nov 20-Dec 18 | 5:30-6:30 PM
\$89 | Oneka Elementary | No Class Nov 27

GR 3-5

1118-176 | 4 Sessions | Mon, Nov 18-Dec 16 | 6:35-7:35 PM
\$89 | Lincoln Elementary | No Class Nov 25

1118-177 | 4 Sessions | Wed, Nov 20-Dec 18 | 6:35-7:35 PM
\$89 | Oneka Elementary | No Class Nov 27

TGA: TGA Pickleball Enrichment Program: Gr 1-6

Our trained and verified coaches combine athletics, academics, and life lessons to create fun and engaging pickleball programs. We include sport skill development, rules & etiquette lessons, physical activity, and a STEAM component that examines the concept.

6 Sessions | 6:00-7:00 PM | \$169

0909-094 | Mon, Sep 9-Oct 14 | Matoska International

0909-095 | Wed, Sep 11-Oct 23 | Oneka Elementary
No Class Oct 16

0909-092 Tue, Sep 10-Oct 15 | Matoska International

0909-093 Thu, Sep 12-Oct 24 | Oneka Elementary
No Class Oct 17

Minnesota Swordplay: Fencing: Gr K-12

Learn the fundamentals of safe swordplay and fencing in a fun and active learning environment. Learn new skills, basic techniques and train to compete! Emphasis on blade work, footwork and balance. All equipment is provided.

0909-052 | 5 Sessions | Sat, Sep 14-Oct 19 | 1:00-2:00 PM
\$85 | White Bear Lake Area High | No Class Oct 5

0909-053 | 5 Sessions | Sat, Oct 26-Nov 23 | 1:00-2:00 PM
\$85 | White Bear Lake Area High

SAT, OCT 12

BEAR BIKE

RIDE FOR YOUTH SCHOLARSHIPS

9:00 AM start: WBL Area High School

Ride Options

9 mile, 25 mile or 50 mile

NEW Kids ride around the school

All proceeds help pay student activity and sport registration fees.



You can support the kids without riding by donating.



Badwolf Studios: Dungeons & Dragons Adventure: Gr 3-12

Perfect for both experienced players and newcomers alike! Let our Professional Game Master take you on a Dungeons and Dragons journey designed to be completed in a single play session. Adventure sessions are the perfect opportunity to familiarize yourself with the world of D&D and try out new character ideas!

4:00-6:00 PM | \$25

1007-096 | Wed, Oct 9 | Mariner Middle

1007-097 | Wed, Nov 6 | Central Middle

1007-098 | Wed, Dec 11 | Mariner Middle

Badwolf Studios: Dungeons & Dragons Campaign: Gr 3-12

Learn how to build a Dungeons and Dragons character and then set out on your Adventures! Let the Game Masters remove the many barriers players experience and allow you to become engrossed in the story instead of the rule book. Characters will progress, level-up, and gain powerful abilities. Stories will evolve and challenge you. You'll get lost in a world where choices are infinite, but consequences are mandatory.

1004-099 | 6 Sessions | Tue, Oct 1-Nov 12 | 4:00-6:00 PM \$149 | Central Middle | No Class Nov 5

1004-101 | 6 Sessions | Thu, Nov 7-Dec 19 | 4:00-6:00 PM \$149 | Central Middle | No Class Nov 28

1004-100 | 5 Sessions | Tue, Nov 19-Dec 17 | 4:00-6:00 PM \$129 | Central Middle

Badwolf Studios: Learn-to-Play Dungeons and Dragons - Family Addition: Age 8+

Join us for a D&D Learn-to-Play session, designed for parents and their children to enjoy together! Learn the ins and outs of this classic tabletop role-playing game with a hands-on instructor. You'll create a character and enjoy a short segment of gameplay using what they've learned using math, team-building, and critical thinking skills. Each child and parent must register separately. Multiple families may be part of the same group.

1004-095 | Wed, Oct 30 | 6:10-8:10 PM | \$25 Central Middle

1004-096 | Mon, Nov 4 | 6:10-8:10 PM | \$25 Mariner Middle

Badwolf Studios: Learn-to-Play Dungeons and Dragons: Gr 3-12

Learn everything you need to enjoy tabletop gaming and Edition 5 of Dungeons & Dragons. Create characters, learn basic rules and take your character into a beginner friendly adventure.

1004-098 | Wed, Oct 30 | 4:00-6:00 PM | \$25 Central Middle

1004-097 | Mon, Nov 4 | 4:00-6:00 PM | \$25 Mariner Middle



Gina Mayer: Descendants - The Rise of Red Musical Theater Class: Gr K-5

Learn songs and dances from the new Descendants and put on a musical! Work as a team and build confidence as you put on a show from start to finish! Learn how to properly speak your lines, block a scene, develop your character and play theater games! The last 30 minutes of the final class is a performance for the family.

0930-004 | 10 Sessions | Tue, Oct 1-Dec 10 | 2:15-3:45 PM \$159 | Lincoln Elementary | No Class Nov 5

0930-007 | 10 Sessions | Wed, Oct 2-Dec 18 | 2:15-3:45 PM \$159 | Oneka Elementary | No Class Oct 16, Nov 27

0930-005 | 10 Sessions | Thu, Oct 3-Dec 19 | 3:00-4:30 PM | \$159 | Matoska International | No Class Oct 17, Nov 28

Children's Performing Arts: Broadway Bound: Gr 3-5

Ready to sing, dance, and leave it all on the stage? Students will learn songs, choreography and dialogue from popular Broadway musicals. On the last day of class, family/friends are invited to a special student showcase.

1104-236 | 2 Sessions | Mon & Tue, Nov 4 & 5 9:00 AM-3:00 PM | \$130 | Hanifl Performing Arts Center, 4941 Long Ave, WBL

Children's Performing Arts: Yer a Wizard: Gr 3-5

Pack your bags, hop on the Hogwarts Express and join us for a day of creative play and imaginative storytelling. Students will craft their very own wizard characters, be sorted into houses, attend classic Hogwarts classes and compete in the TriWizard Tournament!

1014-236 | Wed, Oct 16 | 9:00 AM-3:00 PM | \$70 Hanifl Performing Arts Center, 4941 Long Ave, WBL

WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

In the White Bear Lake Area, there are a variety of sports opportunities. Questions about specific information, tryout dates and seasons should be directed to the contacts below.

WBL Recreational Sports

Youth Rec Coordinator

Matt Riebow 651-407-7506

WBL School Sports

Central Middle School Athletic Office.....651-407-7500

Mariner Middle School Athletic Office.....651-773-6212

WBL Area High School651-773-6206

Vadnais Park and Recreation Sports

Vadnais Heights

Park & Recreation 651-204-6000

Sport Specific Organizations

Baseball www.whitebearbaseball.com

Basketball..... www.whitebearbasketball.com

Cheerleading..... www.whitebearcheer.com

Fast Pitch Softball.....www.wbafsa.com

Football..... www.wbyouthfootball.org

FLIPS Gymnastics..... www.flipsgym.com

Hockey www.wblhockey.com

Lacrosse..... www.wblax.com

Soccer..... www.whitebearsoccer.org

Speedskating in Roseville.....www.skatetheoval.com

Ultimate Frisbee www.wblultimate.blogspot.org

Volleyball.....www.whitebearvolleyball.org

Wrestling Club..... www.leaguelineup.com/wbl-icebears

WB Sailing Club www.whitebearsailingschool.com

Facilities

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

White Bear Area YMCA(651) 777-8103

Ramsey County Arena.....(651) 748-2515

Tamarack Nature Center(651) 407-5350

WBLAS Facility Reservation Line.....(651) 407-7503

WB Armory & Sports Center(651) 429-8572



Rec Basketball League (Gr 3-12)

Join the rec basketball league! The Recreation Basketball league is offered for boys and girls, grades 3-12. Practices will start mid November (for grades 3-8) and will vary throughout the week depending on your coaches availability. Schedules will be consistent as possible.

Boys & girls will play in separate leagues with games being played on Saturday mornings starting in December.

Teams are formed by coaches submitting a roster or by players school/area. Your coach will contact you when teams are formed mid November.

Recreational High School League for boys & girls grades 9-12 will start early January. Games are played on Sunday afternoons in WBL, Stillwater, and Mahtomedi.

Teams can choose to play in the upper or lower division. The upper division is for players with previous basketball experience and looking for better competition. Players should register for the correct skill level.

Volunteer head coaches are needed. Please call 651-407-7506 if interested.

7300.102 4th Grade Boys | \$129

7300.104 5th/6th Grade Boys | \$129

7300.105 5th/6th Grade Girls | \$129

7300.106 7th/8th Grade Boys | \$129

7300.107 7th/8th Grade Girls | \$129

7300.108 High School 9th/10th Boys | \$139

7300.109 High School 9th/10th Girls | \$139

7300.110 High School 11th/12th Boys | \$139

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

7300.101 3rd/4th Grade Girls | \$129

7300.100 3rd Grade Boys | \$129

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

Beardown Basketball Clinic (Gr K-2)

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

5 Sessions | Sat, Nov 2-Dec 7 | High School Field House
\$89 | No Class Nov 30

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

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

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

REGISTRATION DEADLINE: OCTOBER 31

5 Sessions | Sat, Jan 4-Feb 8 | Central Middle | \$89
No Class Jan 25

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

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

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

REGISTRATION DEADLINE: JANUARY 1



Middle School Intramurals

We have Soccer, Flag Football, Boys Volleyball, and Ultimate Frisbee.

More information can be found online at whitebear.ce.eleyo.com.



White Bear Lake Area Schools Middle School Athletics

Online Registration at: <http://lobby.wordwareinc.com> (smartschoolsK12)

SPORTS PHYSICALS

Get Form: communityservices.isd624.org > Youth Programs > Middle School Athletics

- Students must have a current qualifying Sports Physical Examination form on file in their school's Health Office.
- Sports Physicals are good for 3 years. To check on a physical date contact your school's athletic office.
NOTE: A Well-Child exam does not meet the Sports Physical requirements.
- Mail/Email/Fax the Sports Physical to the student's school.

FINANCIAL ASSISTANCE

Students currently receiving free/reduced meals will automatically receive a discount when registering.

IMPORTANT

- All athletes must be registered before he/she may participate in practice or competitions.
- Some sports may have additional team apparel fees.
- Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.
- If needed, please email your school's athletic secretary for a Family Key or any registration questions.
- An Activity Bus is available after practice for students. Pick up @ 5:30 pm. View schedule: communityservices.isd624.org > Youth Programs > Middle School Athletics

REGISTRATION OPENS	SEASON STARTS	SPORT	COST
August 1	1st week of school	Cross Country (6-8)	\$150
		Tennis - Girls (6-8)	\$150
		Soccer (6-8)	\$150
		Volleyball (6) <small>Oct Start</small>	\$145
		Volleyball (7-8)	\$150
February 15	Early April	Wrestling (6-8)	\$150
		Golf (6-8)	\$175
		Tennis - Boys (6-8)	\$150
		Track & Field (6-8)	\$160

Middle School Website visit for updates and general information on schedules, coaches info, meetings, and directions.
communityservices.isd624.org > Youth Programs > Middle School Athletics

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

Matt Riebow, Coordinator
matthew.riebow@isd624.org

Sue Lenne, Mariner Athletics
sue.lenne@isd624.org
Fax Physicals: 651-773-6212

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



whitebear.ce.eleyo.com



BEAR'S BULLETIN

GO GRADUATE GO TO
M GO SUCCEED GO BEARS GO ACHIEV
CEL GO EXPLORE GO GRADUATE GO IG
M GO SUCCEED GO BEARS GO ACHIEV
CEL GO EXPLORE GO GRADUATE GO IG



WELCOME TO THE FALL 2024 EDITION

In this issue

SCHOOL BOARD NEWS
Page II

DISTRICT NEWS
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UPCOMING EVENTS
Page VI

**Find info about a WBLAHS
Community Open House from
3-6 p.m. on Aug. 29!*

BE A BEAR!
Page VII

/isd624

FOLLOW WHITE BEAR LAKE
AREA SCHOOLS

SUPERINTENDENT'S MESSAGE

Embracing Our Future: Go Bears!

There is an old adage: "The best way to predict the future is to create it." Well, we've created it. It's time to embrace it!

More than five years ago, our community came together to envision the future for our children and our schools. We imagined transforming the way teachers teach and children learn. In 2019, our community approved our Building Our Future bond referendum, which upgraded and transformed each school.

In a rapidly changing world, each student is best served when they have an opportunity to realize their unique talents and abilities and design their own future. Personalizing education is at the heart of the relationships that our exceptional staff bring to our schools each day — fully committed to student success.

This fall, we will open our 9-12 high school campus, which will 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.

Continued on page II

TRANSLATIONS

Para Español por favor
llame al 651-407-7625

Xav tau ntawv Hmoob
hu rau 651-407-7623

FLIP TO SEE
COMMUNITY
SERVICES &
RECREATION
CATALOG



White Bear Lake Area School District
Community Services & Recreation Department
4855 Bloom Avenue
White Bear Lake, MN 55110-2371

School Board Meetings

- Aug. 12.....Regular Meeting
- Aug. 26..... Work Session
- Sept. 9.....Regular Meeting
- Sept. 23..... Work Session
- Oct. 14.....Regular Meeting
- Oct. 28..... Work Session
- Nov. 11.....Regular Meeting
- Nov. 25..... Work Session
- Dec. 9.....Regular Meeting

- » All Board meetings begin at 5:30 p.m. and take place in the Community Room 112 at District Center (4855 Bloom Ave).
- » Agendas, Board Packets, Minutes, Highlights and Video links are posted on the District’s website as they become available.
- » Regular School Board meetings are re-broadcast on Cable Channel 20 in the local viewing area the week of a regular business meeting:
 - Wed. at 2 p.m., 6 p.m. & 9 p.m.
 - Thurs. at 10 a.m.

Continued from cover

We have been architects of change, building a foundation to support our students and community for generations to come. From the early elementary years, students learn their unique strengths and then dream about and design their future. This journey is marked by innovation, collaboration, and an unwavering belief in the power of education to transform lives.

When we set our plan five years ago, it was not just a roadmap but a promise. We promised to create an environment where learning thrives, where every child feels valued, and where the future is not a distant dream but a tangible reality. And here we are, overcoming disruption and challenges and making our district the first choice for families who value excellence in education.

Our classrooms are now vibrant hubs of creativity and innovation. Our students will not be passive recipients of knowledge but active participants in their learning. They are critical thinkers, problem solvers, and compassionate individuals ready to make an impact, locally and globally. This transformation is a testament to our teachers’ dedication, our families’ support, and our community’s engagement.

As we look at our achievements, from student growth to graduation rates to facilities projects, it is essential to pause and recognize the significance of this moment. The goals we laid out and all we invested have led us here. Let’s celebrate our collective efforts. Let’s acknowledge that greatness doesn’t happen by accident. We have indeed created the future we envisioned.

The future holds boundless opportunities. As we stand on the cusp of this new era, I invite each of us to embrace this moment with Bear Pride. Let us continue to be the architects of our future. Let us inspire our students to dream big and to believe in their potential.

The future belongs to those who create it. So, go create. Go achieve. And Go Bears!

Dr. Wayne Kazmierczak
Superintendent

Calendars

The 2024-25 and 2025-26 academic year calendar one-page flyers are now available online on the district’s website, directly at isd624.org/about/calendar.

A printed 2024-25 Calendar will be mailed to all district families in late-August. Community members who would like a copy of the printed calendar are invited to pick one up in September at District Center (4855 Bloom Avenue, White Bear Lake).

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



INNOVATE GO INSPIRE GO LEAD GO PERFORM
 INNOVATE GO INSPIRE GO LEAD GO PERFORM
 DISCOVER GO EMPOWER GO EXCEL GO
 INSPIRE GO LEAD GO PERFORM GO SUCCEED

New District-wide Hires & Assignments



Kevin Fernandez

Kevin Fernandez was named as the district's Director of Building Operations this spring. Kevin has been with the district for 27 years and served the majority of that time as our Grounds Supervisor. With the passing of the 2019 bond referendum, his role moved to that of Construction Project Manager. Kevin will continue to manage the construction projects scheduled to be completed by the fall of 2025 along with his director duties.



Susan Herder

Susan Herder is the district's new Director of Technology and Innovation. She has served for more than a decade as the Instructional Technology Coordinator at Mounds View Public Schools, managing the district's institutional technology and serving as a liaison to the Curriculum Department. She has also had a supportive role related to Minnesota state reporting and the development, implementation and achievement of district and department goals. Herder previously served as a middle school math and science resource teacher in Mounds View. She planned and led content, curriculum adoption and technology integration professional development for all middle school and math teachers.



Dave Johnson

Dave Johnson, a longtime employee of the Transportation Department, is the district's new Director of Transportation. Dave brings a wealth of experience to this important leadership position. With a proven track record in leadership and 23 years in our District, he has been instrumental in developing and promoting safety protocols in all of our transportation related services.



Kristen Nelson

Kristen Nelson is the district's new Assistant Director of Early Childhood Programs. She has worked in early childhood or connected with early childhood her entire career. She has served as a preschool teacher, parent educator, home visitor and coordinator. For the last 9 years she has served as the Early Childhood Manager in Elk River Public Schools, overseeing ECFE, School Readiness and Preschool Screening. Prior to her time in Elk River, she worked as a family services collaborative coordinator for Morrison County Social Services and in various early childhood program positions in Albert Lea Area Schools and Austin Public Schools.



Jenni Sjosten

Jenni Sjosten has been hired to serve in the role of High School Associate Principal - ALC at the district's Area Learning Center. She has worked for Richfield Public Schools since 2017, serving as an instructional coach and multilingual lead teacher. Prior to her years in Richfield, Sjosten served as an assistant director at Global Academy in Columbia Heights, as a multilingual and Gifted and Talented Coordinator at Willmar Public Schools, and as a principal at Volunteers of America's Opportunity Alternative High School.

WE ARE HIRING!


Find info at isd624.org/employment

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

FREE Senior Activity Pass

More than 1,000 Senior community members (those who are age 65+) who live in the District participate in the Lifetime Activity Pass program and enjoy complimentary admission to school activities.

Complete the pass application at isd624.org/SeniorActivityPass and your pass will be mailed to you. If you have questions, please contact Rachael Markuson by email at rachael.markuson@isd624.org or by phone at 651-407-7563.

	Senior Community Member Lifetime Activity Pass
	<p>This Senior Community Member Activity Pass grants free admission into home activities* for</p> <p style="text-align: center;">YOUR NAME</p> <p>Validated by Dr. Wayne A. Kazmierczak, Superintendent</p>

Bear Wear Pics!

Email communications@isd624.org a photo of your little one(s) in their "Born to be a Bear" onesie or "I'm a Bear" shirt and you may find them featured in a District publication!

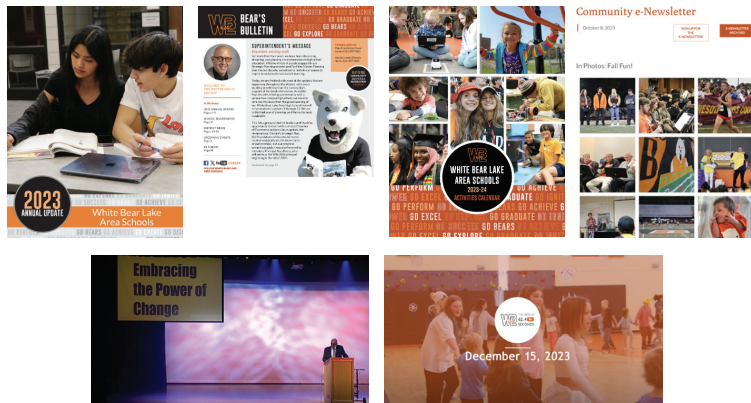
Onesies are mailed to families who live in the district upon arrival of a little one. Shirts are given to toddlers when they Screen at 3. Kindergartners receive shirts with completed enrollment paperwork.



District Receives National Communications Awards

The district was recently awarded national honors from the National School Public Relations Association.

The district's 2023 Annual Update, Bear's Bulletin flip-book to the Community Services Catalog and the 2023-24 Activities Calendar were all given Awards of Merit. The Embracing Change Convocation address, Community e-Newsletter and "The Week in 62.4 Seconds" video series received Awards of Excellence, which is the highest honor given.



Staff Honors & Awards

White Bear Lake Area School District staff members are high achievers. Here is a sampling of honors that have been awarded to our staff members:

- White Bear Lake Area Learning Center Teacher Michele Norcross was named the 2024 White Bear Lake Area Educators Teacher of the Year. The Language Arts teacher was chosen from an impressive slate of 6 finalists from throughout the district: Hannah Allen, Paige Kazak, Katie Solem, Michele Norcross, Ashley Peterson and Melissa Wickert.
- WBLAHS Teacher Nikki McGarthwaite was named a Minnesota Council on Economic Education Master Teacher.
- WBLAHS Speech Team Assistant Coach Anita Ukpokolo was named the 2024 Central Minnesota National Speech & Debate Association New Coach of the Year.
- White Bear Lake Area High School Boys' Swim and Dive Assistant Coach Tia Quirk was named Section 4AA Assistant Coach of the Year.

Requesting an Interpreter

Families and community members can request that a district staff member call them through the use of an interpreter who speaks the language they speak. Information about how to make the request can be found in text and audio translations at this QR code:



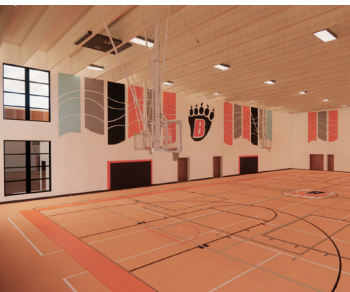


Building Our Future Update

This is an historic time for our school district and for the greater White Bear Lake Area community, as we are bringing our ninth through twelfth grade students together into one high school building this fall for the first time in a half-century. This change from a unique two-campus high school system was made possible by the community's passage of a \$326 million bond referendum, the largest in state history when it was voted upon in 2019.



Creating inspiring environments for students throughout the district has allowed us to realize the vision set forth by our Strategic Planning team. Our students are having more ownership of their learning as flexible learning spaces and learning studios are igniting opportunities for communication, collaboration, creativity and critical thinking.



Changes are also in order for Sunrise Park Middle School, which will move into the former WBLAHS - South Campus building that has been converted into Mariner Middle School this summer. Last spring, hundreds of students, staff, alumni and community members came together to celebrate Sunrise at an event that offered student performances and info booths, Sunrise Park history displays and an opportunity to share memories of Sunrise. The hallways were filled with guests who connected and enjoyed sharing memories of their time at the building. A special treat for alumni who came back to Sunrise was finding their photos in history posters and old yearbooks that were set out for display at the event.



Two projects that will be completed in phases that will continue through the fall of 2025 are Central Middle School and the Sunrise Park building. This summer, extensive work has been done at Central, with a gymnasium addition being added to the school's footprint and renovations being made to existing classroom areas. The summer of 2025 will see renovations made to the current District Center spaces to provide additional square footage for Central Middle School.

Renovations that began this summer will continue through the school year at the recently-vacated Sunrise Park building. District Services Center offices currently housed at District Center will move to Sunrise mid-year. Beginning in the fall of 2025, Sunrise will house the Early Childhood Center, Senior Center and Transition Education Center.

BUILDING PROJECTS

Completed projects

- Area Learning Center Phase 1
- Lincoln, Matoska, Vadnais Heights and Willow Lane Elementaries Updates
- New Transportation Facility
- WBLAHS - South Campus Phase 1 Gym Addition
- Birch Lake, Lakeaires, and Otter Lake Elementaries Updates
- North Star Elementary (New Elementary School)
- WBLAHS - South Campus Phase 2 Addition
- Area Learning Center Phase 2
- Oneka Elementary Updates

Ready for Fall 2024

- WBLAHS opens to grades 9-12 at the former WBLAHS - North Campus location
- Current WBLAHS - South Campus opens as Mariner Middle School
- Central Middle School Phase 1 updates

Ready for Fall 2025

- Central Middle School Phase 2 updates
- Sunrise Park houses Early Childhood Center, District Services Center, Senior Center and Transition Education Center



Complete info about the district's facilities projects, including construction details about individual projects, additional videos and presentations, can be found online at isd624.org/BuildingOurFuture.



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

Those who are interested in touring the renovated White Bear Lake Area High School are invited to join us for a Community Open House event from 3-6 p.m. on Aug. 29. Attendees are invited to stick around for our season opener football game vs. Minnetonka, which will kick off at 7 p.m. It's the perfect opportunity to see the new facilities and cheer on our Bears!

Community members will be invited in to see Mariner Middle School, located at the former South Campus, later this school year.

IMPORTANT DATES

- » **SEPT. 3**
FIRST DAY OF SCHOOL
for Grades 6 & 12
- » **SEPT. 4**
FIRST DAY OF SCHOOL
for Grades 1-5, 7-9
- » **SEPT. 5**
FIRST DAY OF SCHOOL
for K, 10-11 and 12+
- » **WEEK OF SEPT. 9**
FIRST WEEK for
Early Childhood Programs
- » **OCT. 6-12**
HOMECOMING 2024
Oct. 11 - parade in
Downtown WBL, football
game at WBLAHS Stadium



Community members are invited to stop by for an informal chat with Superintendent Wayne Kazmierczak over a cup of coffee for the first "Coffee with Dr. K" event of the school year!

4-5 p.m. on Tuesday, Nov. 19
Caribou Coffee in Downtown WBL

Stay Connected - and stay updated on upcoming events!

- **E-Newsletter** - The Community e-Newsletter is sent out each week, with alternating text and video editions. Text editions cover student and staff successes, school and Community Education offerings, and School Board proceedings. Request to be added to the recipient list by sending an email to us at communications@isd624.org.
- **Stay Social** - Join the district's social media circles - Facebook, Instagram and YouTube for daily 624 Fact posts and weekly video share-outs. Find links on the District's website.
- **Digital Backpack** - The Community Services Department distributes electronic flyers from the school district, as well as local organizations that offer opportunities for youth, on the first and third Thursday of each month. The Digital Backpack can be found at communityservices.isd624.org/about/digital-backpack.

