



THE VOICE

White Bear Lake Area

DECEMBER 2024 - FEBRUARY 2025

THANK GOODNESS IT'S FOOD!

It's that time of the year when we start up TGIF congregate dining at the Senior Center. Join us! Let us serve you a meal while you relax and chat with friends!

Friday Lunches | \$6

- Lunch Seating Times: 11:15 AM & 12:30 PM
- January 17 Panera Soup & Sandwich
 - February 21 To be announced

Friday Dinners | \$6

- Seating Times: 4:30 PM & 5:30 PM
- March 7 To be announced
 - April 18 To be announced

Any proceeds from the meals goes towards White Bear Area Senior Center programming. Thank you for joining and supporting us!



SAVE THE DATE

NATIONAL VIETNAM WAR VETERANS DAY

Honor Our Men & Women
 Mon, Mar 24 | 10:00 - 11:30 am
 WB Senior Center



HELP SUPPORT OUR LOCAL SENIORS

WBL MEALS ON WHEELS FUNDRAISER

Many local older adults, our neighbors, continue to face challenges and need your help more than ever. The cost of food has gone up dramatically in recent years and many seniors on fixed incomes simply don't have enough money to cover the cost of groceries and other expenses. Every day, more people turn to Meals on Wheels for help, and our resources are stretched. Your donation will help ensure that we won't need to turn anyone away.

All donations will be used for our local White Bear Lake Meals on Wheels program. Every donation, no matter the size, helps.

Did you know that a donation of:

- \$15 feeds one person for two days of meals
- \$35 feeds one person for one week of meals
- \$70 feeds one person for two weeks of meals
- \$140 feeds one person for a month of meals

To make a donation:

- Call the Senior Center at 651-653-3121
- Stop by the Senior Center
- Mail a check to 2484 East County Rd F, White Bear Lake MN 55110
- Or online at: <https://bit.ly/WBLMOW>

Thank you for your support.



CLASS REGISTRATION

Classes starting in January & February will open online December 1. Call the Senior Center for immediate registration: 651-653-3121

SENIOR CENTER

651-653-3121

Mon - Fri | 8:00 AM - 4:00 PM
2484 East County Road F
White Bear Lake, MN 55110

Adult Programs & Facilities Coordinator

Jon Anderson | 651-653-3126
jon.anderson@isd624.org

Adult Program Specialist

Michelle Hubbard | 651-653-3124
michelle.hubbard@isd624.org

Administrative Assistant

Jeanelle Kummer | 651-653-3121
jeanelle.kummer@isd624.org

Meals on Wheels

Jamie Tueffel | 651-653-3123
mealsonwheels@isd624.org

Craft Corner Gift Shop

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



Check out the Craft Corner's new embroidered aprons, thanks to a generous donation! This will help assist customers looking for help, increase their professionalism, and contribute to the community of their boutique sales.

WEEKLY ACTIVITIES

NO ACTIVITIES Dec 23-26, 30, 31, Jan 1, 17 Feb 17, 21

Join us for Thank Goodness it's Food on : Jan 17 & Feb 21

500 Cards

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

Bridge - Contract

Wed / 12:00 - 3:45 PM
\$1.00 per player

Bridge - Duplicate

We are sad to announce this group folded and will no longer be meeting.

Coloring

Tue / 9:30 - 11:00 AM

Cribbage

Mon & Thu / 12:30 - 3:00 PM
\$2.00 per player

Dominoes

Thu / 1:30 - 3:30 PM
Thu, 1st, 3rd, 5th
\$.25 per player (optional)

Guys & Gals Social Group

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

Hand & Foot

Fri / 12:30 - 3:30 pm

In Stitches

Fri / 1:00 - 3:00 PM

Mah Jongg

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

Mugs & Musings

Fri / 2nd & 4th of Month
10:00 AM - 12:00 PM

Painting Group

Tue / 10:00 AM - 4:00 PM

Pinochle

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

Reader's Chat

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

Ukulele Bears

Mon / 10:00 - 11:30 AM
Lessons 2nd & 3rd Mon 9:30AM

Woodcarvers Group

Wed / 8:30 - 11:00 AM

Yarn B's

Thu / 10:00 - 11:30 AM

WE ARE CLOSED

Senior Center

Dec 23-26, 30, 31
Jan 1, Feb 17

Meals on Wheels

Dec 24-26, 30, 31
Jan 1, Feb 17

***MOW will deliver meals
on Dec 23 & 27***

FOOT CARE CLINIC

30-minute appointment
with a footcare nurse:
651-653-3121

White Bear Area Senior Center

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

**2025 Price Increase
\$55 & \$58**

MEDICARE COUNSELING

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

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

Meet with Kirk Possehl - Call for dates: 651-653-3121

MEALS ON WHEELS - 651-653-3123



MEALS ON WHEELS UPDATE

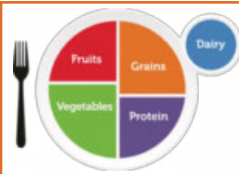
Jamie Tueffel has joined our Meals on Wheels team as our new Meals on Wheels Program Specialist. If you see her, please give her a warm welcome!

Here's a message from Jamie: "Hi, my name is Jamie. I live here in White Bear Lake with my husband and three children. We enjoy spending time outdoors, biking around White Bear Lake and walking at Tamarack. You may run into us at the High School during a girls soccer game, or at Cup & Cone, getting a sweet treat. I enjoy traveling, reading and spending time with our new puppy, Sully. After 10 years in Optometry, helping others, I wanted to continue serving in my own community. I feel that Meals on Wheels will fit that goal. I look forward to working with neighbors and volunteers who make this program the success that it is." - Jamie

MEALS ON WHEELS



For many, the thought of meal prep can be daunting. Between shopping for ingredients, cooking, and cleaning up, it can take up valuable time and energy. Meals on Wheels eliminates that stress by providing fully prepared meals delivered right to your door. We offer flexibility in delivery methods: choose from hot, cold, or frozen meals that suit your lifestyle. This not only saves you time but also allows you to focus on other important aspects of your life. For more details call 651-653-3123.



MYPLATE.GOV A USDA website to help you improve your nutrition and well being. Take the MyPlate quiz to see if you are making every bite count! <https://www.myplate.gov/myplate-quiz>

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Kati Rolloff
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Monday – Friday, 8 a.m. – 5 p.m.
humana.com/krolloff

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A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK



Our community's support of the 2019 bond referendum has been instrumental in transforming our district. This fall, we've not only welcomed back returning students but also embraced families who had previously left the district. Drawn by our state-of-the-art facilities and exceptional educational programs, these families have rejoined our thriving school community. Our students are flourishing in these modern learning environments, empowered to explore their passions and reach their full potential.

We're especially excited to announce the upcoming debut of the new White Bear Lake Area High School Performing Arts Center. The space is expected to open in December, and we hope you'll join us for the inaugural events! The high school band will take the stage at 7:00 p.m. on December 5, followed a couple of weeks later by the choir's performance at 7:00 p.m. on December 17. Join us to enjoy the impressive new venue and the incredible talent of our students!

At the other end of the school building, we're excited to invite you to stay active during the winter months by taking advantage of our top-notch athletic facilities. District residents are welcome to use the WBLAHS Field House walking track for indoor laps from 6:00 - 9:00 p.m., Monday through Thursday, throughout the winter.

Thank you for your continued partnership and support,
Dr. Wayne A. Kazmierczak, Superintendent

LIMITED TIME OFFER

Move in now and save

At Good Samaritan Society - Heritage Place of Roseville,
you can relax and enjoy life and we'll take care of the rest.

Join our friendly independent living community and enjoy
new reduced rates, plus your third month free. You'll also receive
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Offer expires Dec. 31, 2024.

Call (651) 515-2973 for more information.



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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

AROUND THE WHITE BEAR AREA SCHOOL DISTRICT



MATT MENIER, PRINCIPAL, WILLOW LANE ELEMENTARY

At Willow Lane Elementary we are dedicated to creating a learning environment where every student feels valued, engaged, and challenged to reach their full potential. Our team is committed to fostering academic excellence and a supportive, inclusive community where students are encouraged to explore, grow, and achieve their goals.

Our Vision and Values: at Willow Lane, we believe in the power of collaboration, innovation, and service learning. Our vision is to build a strong foundation in academics, social-emotional development, and character-building that will prepare our students for

lifelong learning. We prioritize:

Growth Mindset: Instilling a love of learning and resilience in our students, helping them see challenges as opportunities.

Community: Creating strong partnerships with families, staff, and the greater White Bear Lake community to ensure students have the resources and support they need. Excellence and Equity: Committing to high-quality education that meets the needs of every student, with a focus on equity and inclusivity.

Academic Programs and Support We offer a range of academic programs tailored to meet the diverse needs of our students. We are proud of the ways we have grown as educators by being life long learners ourselves. We have successfully implemented a new literacy curriculum (Core Knowledge Language Arts) supporting students at all learning levels. Our dedicated staff provides targeted interventions,

Continued on page 14

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THE MEMBERS IN YOUR
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Ben Allrich

ballrich@lpicommunities.com
(800) 950-9952 x2757

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GET CREATIVE!



TALL SNOWMAN

Dec 19 | 10am-12pm
\$40 | Sr Center

Join us for a fun morning of learning how to paint a snowman on a tall 10x20 canvas.

SEASONAL WATERCOLOR

GREETING CARDS

Dec 10 | 5:30-7:30 PM | \$35
Senior Center

ART JOURNALING

WATERCOLOR, PEN & INK

Fri, Jan 17 - Feb 21 | 6:00-7:30 PM
\$50 | Online

A great stress reliever with weekly lessons to refine your drawing skills.

FANCY FLEECE HAT

Feb 3 | \$39
6:00-8:30 pm
Mariner MS



Basic sewing skills required.
Supply list online.

MANDALA ON A COASTER

Feb 25 | \$30
5:30-7:30pm
Sr Center



Learn to create a traditional mandala pattern on four coasters.

FUNNIES! Answers on p 14

1. How do Christmas trees get ready?
2. Where do snowmen put their money?
3. What does Frosty's mom put on her face at night?

WRITING FOR BEGINNERS

Instructor LeeAnne Krusemark, author, editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Ed.

Creative Writing 101

Mar 6 | 4-6 pm | \$34 | Online

Writing Short Stories

Mar 6 | 6-8 PM | \$34 | Online

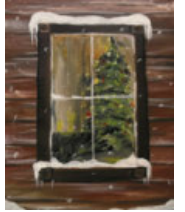
Introduction to Journaling

Mar 7 | 4-6pm | \$34 | Online

PAINTING WITH

VANESSA: ACRYLIC

Dec 18 | 6:30-8:30pm
\$20 | Online



Learn to paint quick and expressively with one brush and a limited color palette. Quick work allows colors to blend and brush strokes to show, creating dynamic results in your acrylic paintings.



BRAIN WORKOUT

PHALLEN PHRASE PUZZLE

Hint: Climate

Directions:

The letters from each cell are below the puzzle. Rebuild the original message by choosing the letters for each cell.

Crossword puzzle grid with the following letters placed:

			,	T										S					S	
								T												
														I						
						E					'		O			E				
											,	L	T							

Available letters:

H
F E S S
T R E G E R U E I
B U D S I H N W E I I S N I T U T A O W L L
A N O I T N S E I W I A V E E O W O P L L C G E T O E T
L E T H T H E C F O W R T T H N F O L D S N I D H T F U G O



**SUPPORT THE
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1000 NESTING DOLLS & KRAMARCZUK'S DELI

Fri, Feb 28 | 9:30 am - 2:45 PM | \$54 | Senior Center

Join us in exploring America's largest collection of nesting dolls, showcasing some of the earliest dolls and the evolution of this craft through the 20th century, followed by free time to explore the museum and gift shop. Then, enjoy an Eastern European lunch at Kramarczuk's Deli featuring traditional dishes such as sausages, sandwiches and desserts. Then shop in their market for sausages, breads, and pastries. *Lunch not included in the fee.*

DAY TRIP: HISTORY THEATER: THE ROOT BEER LADY

Thu, Jan 30 | 8:30 AM - 12:30 PM | \$54 | Mahtomedi District Center

Hear about the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters. The story reflects the beauty and hardships of Molter's solitary yet satisfying life beginning in 1934. The play, funny and passionate, explores her independence, fortitude, and love of nature. *Play only, no lunch. No refunds after 1/3*

DAY TRIP: 37 POSTCARDS @ DAYTRIPPERS DINNER THEATRE

Thu, Apr 24 | 10:45 AM - 4:00 PM | \$99 | Gladstone Community Center

After years abroad, Avery is happy to return home, but almost nothing is as he remembered it. Forced to either accept the oddities of his family, or leave them behind, 37 Postcards suggests that you can, in fact, go home again... You just never know what you're going to find. *Lunch included. No refunds after 4/18*

DAY TRIP: EXPLORE THE MN LANDSCAPE ARBORETUM

Tue, May 20 | 8:30 AM - 12:30 PM | \$79 | Mahtomedi District Center

Join us for a guided tram tour highlighting various collections, display gardens, and the Arboretum Farm! Also time to explore on your own and visit the gift store. Lunch included. *No refunds after 5/5*

HISTORY CLASSES

IN THE FOLK TRADITION: NESTING DOLLS IN RUSSIAN CRAFTS



Dec 12 | 10:30 AM - 12:00PM
\$15 | Senior Center

Russia's folk tradition came to include such things as toys, embroidery, wood carving, and nesting dolls. Especially important are the traditions made of wood.

BESIDE THE GOLDEN DOOR: A HISTORY OF US IMMIGRATION

Mar 14 | \$18 | 10 AM - 12PM
Senior Center | Simmer

Learn about past and present immigration laws, enforcement efforts, and the expectations and realities faced by the newcomers, including the naturalization process and receive a copy of the test required for citizenship.

TRAVEL OUTSIDE OF MINNESOTA

Discover great travel opportunities! Learn about the trips, the sites and the details to make your traveling a success from travel industry leaders.



Thu, Feb 13 | 10:00 - 11:30 AM
Free | Senior Center

2025 Trips

May: Mackinac Island & Niagara Falls

Jul: Cape Cod & Its Islands

Aug: Scandinavia

Sep: Canadian Rockies & Glacier National Park

Oct: Rome & the Amalfi Coast

WB Senior Center Fundraiser

PARKING LOT SALE

MAY 14TH
9AM - 2PM

2434 E COUNTY RD F
WBL

\$25
2 parking spaces

Set up your own garage sale in our parking lot! You need to get rid of it? ... Sell it here!

REGISTER
651-653-3121

CRAFT CORNER NEWS

During the hot summer and fall seasons, our many artisans and crafters worked diligently to prepare for various sales to showcase their creations at local and state fairs, where they've received well-deserved recognition.

This year, we are excited to partner with area Girl Scouts for the *Elves Workshop* on Saturday, December 7. As the Craft Corner transitions to winter, we will continue hosting craft shows at several pop-up events in local senior housing communities. All holiday items will be available throughout December at the Senior Center.

Crafters are also gearing up for upcoming occasions like Valentine's Day, Easter, Mother's Day, and, of course, the Spring Boutique in March. The Craft Corner will be open during the Saturday Winter Farmers Markets—check the back cover for dates.

If you're interested in becoming a Craft Corner consignee, please call our office on Tuesdays at 651-653-3130.

Girl Scout Troops & the Craft Corner present

THE ELVES WORKSHOP

Handmade crafts, gifts and baked goods by local girl scout troops and our Craft Corner consignees.

Sat, Dec 7 | 10 AM - 4 PM | Senior Center

SANTA WILL ALSO BE COMING!!



White Bear Craft Corner

SPRING BOUTIQUE & BAKE SALE

Handmade Items for
Everyday to Holiday

Fri, March 28 9:00 am - 7:00 pm Sat, March 29 9:00 am - 4:00 pm

White Bear Area Senior Center
2484 E County Rd F, White Bear Lake
Corner of Cty Rd F & Bellaire / 651-653-3121



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55+ DRIVER SAFETY

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

In Person @ Senior Center

Dec 12 1:00 - 5:00 PM
 Jan 16 9:00 AM - 1:00 PM
 Jan 22 5:00 - 9:00 PM
 Feb 7 12:00 - 4:00 PM
 Feb 25 5:00 - 9:00 PM
 Mar 11 9:00 - 11:00 AM
 Mar 17 5:00 - 9:00 PM

Online @ Home

Dec 10 9:00 AM - 1:00 PM
 Jan 16 1:00 - 5:00 PM
 Feb 11 9:00 AM - 1:00 PM
 Mar 25 5:00 - 9:00 PM

These classes are FREE thanks to a sponsorship by Trivent Financial

FIVE KEYS TO RETIRING FEARLESSLY

Feb 4 | 12:00-1:30 PM | Online
 Apr 10 | 6:00-7:30PM | Sr Center

SOCIAL SECURITY - TIMING IS EVERYTHING

Jan 30 | 12:00-1:30 PM | Online
 Mar 18 | 6:00-7:30 PM | Sr Center

WILL TAXES AFFECT YOUR RETIREMENT

Feb 11 | 6:00-7:30 PM | Sr Center
 Apr 15 | 12:00-1:30 PM | Online

ELDER FINANCIAL ABUSE PREVENTION

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

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

DIVORANCE GUIDANCE NETWORK

Thu, Jan 9 or Mar 6 12:00 - 1:00 PM | \$25 | Online

Navigate this life change with education, connection, trusted support and confidence. Get advice from a family law attorney, financial planner, and realtor.

REVERSE MORTGAGES: MYTHS & TRUTHS

Wed, Jan 29 | 1:00 - 2:30 PM \$5 | Senior Center

Get an understanding of this product by learning its history and receive real life examples.

5 MISTAKES THAT CAN RUIN YOUR HARD-EARNED RETIREMENT

Thu, Feb 13 | 6:30 - 8:00 PM \$25 | Online

Whether you're in your 40's or 60's there are areas where mistakes can lead to results that range from discomfort to disaster. Let's identify those issues and get you answers.

LET'S PROBATE A MN ESTATE

Mon, Feb 24 | 6:30 - 8:00 PM \$30 | Online

Learn the entire process with current forms, responsibility of roles, and real life examples.

PRE PLANNING FOR THE INEVITABLE

Thu, Feb 27 | 10:0 - 11:30 AM \$5 | Senior Center

Preplan your departure to ease the stress on those left behind.

Q&A WITH A MN WILLS & TRUST PLANNING ATTORNEY

Mon, Mar 10 | 6:30 - 8:00 PM \$30/person, \$45/couple Senior Center

Get answers to questions such as: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home?...and much more!

HOW TO PAY FOR THE NURSING HOME: AN ATTORNEY'S PERSPECTIVE

Tue, Apr 8 | 6:30-8:00 PM \$30 | Online

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance for the next generation. Bring your questions.

An investment in knowledge pays the best interest.
-Benjamin Franklin

"A HOME IS MORE THAN JUST A PLACE TO LIVE, IT'S A PLACE TO CREATE MEMORIES." - UNKNOWN



Prepare Your Home for Sale
Tue, Feb 4 | 10:00 - 11:30 AM
\$5 | Senior Center

Everything Your Want to Know About Medicare
Wed, Feb 19 | 10:00 - 11:30 AM
\$5 | Senior Center

10 Steps to Selling Your Home (and avoid getting scammed)
Wed, Feb 26 | 10:00 - 11:30 AM
\$5 | Senior Center

Buying & Selling in Today's Market
Thu, Mar 20 | 6:30 - 8:30 PM
\$30 | Senior Center

**SENIOR HOUSING:
SHOULD I STAY OR GO?**

**Thu, Feb 20 | 10:00 - 11:30 AM
\$5 | Senior Center**

We will be discussing lifestyle options for senior living. Should you stay and age in place - making home modifications to reduce safety risks OR should you go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

SAVE THE DATE

SENIOR HOUSING DAY

Wed, April 2 | 11:00 - 2:00 PM | Free | Senior Center

Learn about senior housing communities in our area. Whether you are a senior, older adult, the adult child of someone who needs to find a new home or needs to start thinking about next steps. Representatives will be available to answer your questions about their properties, amenities, and their services.

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HOME, HEALTH & WELLNESS



PHOTO ORGANIZATION FOR DIGITAL AND PRINT IMAGES

Mon, Feb 3 | 6:30-8:30PM
\$30 | Senior Center

Imagine! Your photos organized and in a system that allows you to access any photo in literally seconds!

KNIFE SKILLS & SHARPENING

Thu, Feb 20 | 6:30 - 8:30 PM
\$40 | Senior Center

Learn about knives, what makes them sharp, various sharpening methods, affordable tools and how to use them. View online for list of supplies to bring to class.

THE POWER OF GOAL SETTING

Thu, Mar 20 | 1:00 - 2:30 PM
\$10 | Senior Center

Learn the ins and outs of successful goal setting practices and receive first-hand advice around what it takes to turn your dreams into a reality.

MAKEUP BOOTCAMP FOR WOMEN 40 AND BETTER!

Thu, Mar 20 | 7:00 - 9:00 pm
\$39 | Senior Center

Join this "boot camp" to update your look with tips and techniques for ageless beauty.

EXPLORING OUR OWN MORTALITY

Thu, Feb 20 | 10:00 - 11:30 AM | \$5 | Sr Center

The majority of us do not like to talk about our own mortality and death, let alone that of someone else we love and care about. Yet only a very thin line separates us from death. This seminar will focus on the fears and anxieties around death and, more importantly, to take the time to enjoy the little things that we take for granted or those things that stop us from really living.

UNDERSTANDING DISENFRANCHISED GRIEF

Thu, Mar 13 | 10:00 - 11:30 AM | \$5 | Sr Center

Disenfranchised grief refers to grief that is not publicly acknowledged, often stemming from losses that society does not recognize as significant such as death of a pet, the loss of mental health, or aging. This can profoundly affect an individual's emotional well-being and relationships. Understanding this grief is crucial for navigating personal loss and achieving resolution.

ONLINE HEALTH CLASSES

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

January 15

Seven Steps to Reverse or Prevent Diabesity

January 22

Hips, Thighs & Otherwise

February 4

Thyroid Things You Need to Know

February 10

Metabolism Boosters & Busters

February 25

Acupressure to Relieve Stress, Anxiety, Insomnia

March 31

Acupressure to Relieve Migraine, Headaches, Nausea & Vertigo

TECHNOLOGY CLASSES

Power Up with Google Suites: Essential Tools for Everyday

Thu, Jan 9 | 12:00 - 1:00 PM
\$25 | Online

Cell Phones & Parenting: Balancing Connectivity & Safety

Tue, Feb 4 | 12:00 - 1:00pm
\$25 | Online

How to Use Venmo Safely

Thu, Feb 13 | 12:00 - 1:00 PM
\$25 | Online

Intro to Google Suites: Gmail, Drive & Docs

Mon, Mar 31 | 6:30-8:30 PM
\$30 | Online

[View full class descriptions online](#)

UNDERSTANDING SUICIDE "A CRY FOR HELP"

Thu, Apr 3 | 6:00 - 8:00 PM | \$20/person or \$30/pair | Senior Center

Explore contributing factors and causes that lead to suicide. Look at warning signs and how to respond when we think someone might be thinking of ending their life. The main focus of this seminar is prevention, intervention, and post-intervention.

CHAIR YOGA

Improve your flexibility, strength, and concentration while seated. *Taught by our Get Up & Go Fitness instructor Sandy Douglas!*

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

- Jan 6 - Feb 10 \$30
- Mar 3 - Apr 14 \$37

Also available: \$8 Drop In fee per session.

SOMA YOGA

Re-educate muscles to release tension, gain strength, flexibility, and balance.

Tue | 9:00 - 10:00 AM | Online

- Dec 3 - Jan 28 \$54
- Feb 4 - Mar 25 \$64

VINYASA - WHOLE BODY YOGA

Designed to increase strength and flexibility and relieve stress.

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

- Jan 7 - Feb 25 \$84
- Mar 11 - Apr 15 \$72

TAI CHI

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

Wed, Mar 19 - May 7 | \$75
8:00 - 9:00 PM | Matoska School

LYNCH PICKLEBALL CAMP

At WBLAS Field House

Beginner Level: Learn the rules, scoring and how to play with fun lessons and drills.

Tue | 7:00 - 8:30 PM | \$115

- Feb 4 - 25
- Mar 4 - 25

GET UP & GO FITNESS

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

SilverSneakers & OnePass Accepted

\$55 Punch card/ 8 Drop-in Classes

Tue - Fri | 9:30 - 10:30 AM
White Bear Dance Center

JOIN US FOR FREE INDOOR WALKING

WBL High School Field House
5040 Bald Eagle Ave, WBL

Free, ground level, indoor walking.

Please wear dry shoes. Benches available for changing shoes.

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

SUDOKU

Difficulty:
4 Stars

Answer on page 14.



"The human brain is an incredible pattern-matching machine."
- Jeff Bezos

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

EASY PARTNER DANCING

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. If you think you have no rhythm and two left feet, this is the perfect course for you.

4 Sessions | \$67/person
6:30 - 8:00 PM

- Wed, Jan 22-Feb 12
Lakeaires
- Thu, Mar 20- Apr 17
Matoska

SALSA DANCING

Add spice to your week with a bit of salsa. Sassy spins, flirty moves and a close hold creates a fun night.

Thu, Feb 27 | \$35/couple
7:00 - 9:00 PM | Matoska

Matt Menier: Continued from Page 5

enrichment opportunities, and consistent progress monitoring, ensuring students can thrive academically.

Social-Emotional Learning We recognize the importance of social-emotional learning (SEL) as a foundation for success. Our programs, including Second Step and the BARR (Building Assets Reducing Risks) U-Time, help students develop essential skills such as empathy, self-control, cooperation and communication. These initiatives not only help our students build resilience and self-awareness but also foster a sense of belonging and connection within our school.

Service Learning We are intentional about connecting our community to our students, and connecting our students to the world. Students participate in service learning projects to identify problems in our society and deliver solutions to those problems. Through generous community partnerships, our students regularly donate thousands of dollars to worthy causes. We also have a robust group of volunteers who serve as reading buddies to dozens of students to support their academic journey.

Engaging Families and Community We see our families and community as integral partners in our students' education. Through regular communication, family events, and volunteer opportunities, we encourage parents and guardians to actively participate in their child's learning journey. Together, we create a strong, supportive network that enhances the educational experience at Willow Lane.

Looking Ahead As we look forward to this school year and beyond, we remain committed to our mission of providing a well-rounded education that prepares students for a successful future. With your continued support, we will keep building a nurturing, inspiring, and vibrant community at Willow Lane Elementary.

We are excited to continue working together with the support of our school district and community partners. If you are interested in learning ways you can support our students please contact me.



DONATIONS ACCEPTED

at the Senior Center

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

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

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

February is Reading Month

"A book lying idle on a shelf is wasted ammunition. Like money, books must be kept in constant circulation... A book is not only a friend, it makes friends for you. When you have possessed a book with mind and spirit, you are enriched. But when you pass it on, you are enriched threefold."
-Henry Miller, The Books in My Life

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

ANSWER KEY

Funnies | page 6

1. They spruce up
2. In snow banks
3. Cold Cream

Phallen Phrase Puzzle | page7

Oh, the weather outside is
frightful
But the fire is so delightful
And since we've no place to go
Let it snow, let it snow, let it snow

Sudoku | page 13

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

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INDEPENDENT SCHOOL DISTRICT #624
White Bear Lake Area Schools
4855 Bloom Ave, White Bear Lake, MN 55110-2371



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

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COMMUNITY



Over 20 local food vendors will be sharing locally grown and crafted items including meats, cheese, eggs, micro greens, maple syrup and locally preserved options, like jams, sauces, sauerkraut, and kombucha. Great gifting options such as soaps, and specialty hand crafted goods as well.

The Senior Center Craft Corner will also be open for shopping!

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

THANK YOU LIONS!



The White Bear Lake Lions Club is a service-orientated organization, with about 70 members who are involved in numerous service projects and fund-raising events throughout the year. Proceeds of the fund-raising events are given to our community and worthy causes.

The support from the White Bear Area Senior Center has been invaluable, as they not only contribute significant financial donations each year, but this year they also sponsored our Holiday Lunch to help manage meal costs. Their generosity extends beyond finances, as evidenced by their commitment over the past few summers, where they've offered their time and equipment for our Summer Senior BBQ, fostering community spirit and enriching our programs for seniors.

Other great works the Lions word on are the Bear Water Runs, WBL Toy Shelf, Holiday Bell Ringing, Manitous Days Parade, and the Yellow Ribbon Project.

To learn more about the White Bear Lake Lions visit <https://www.whitebearlions.org/>