

FALL 2025

*Discover your passion
Define your joy*



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!*

WB
624





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Scan QR code to see full class descriptions for all our classes or visit bit.ly/WBL2025.

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 19.

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 19.

Welcome to a New School Year!

We're excited to welcome you to a new season of learning, growth, and community connection! As we begin this year, we're proud to share a fresh new look and a new name: **Community Education & Recreation** – formerly Community Services & Recreation. This change reflects the heart of who we are and connects our work to the broader field of Community Education across Minnesota.

Our programs are rooted in our refreshed core values of **Care, Connect, and Create** – with a shared goal of bringing **Joy** to our community. Whether you're trying something new or diving deeper into a long-time interest, we invite you to explore all that we have to offer.

With opportunities for all ages and interests, we hope you'll enroll in any number of opportunities we have available for you to discover your passion and defining your joy.

Welcome – and let's make it a great year together!

Our Mission

The mission of Community Education & 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 INT'L

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 - ENTRANCE

5045 Division Ave
White Bear Lake, MN 55110

WBLAHS FIELD HOUSE - ENTRANCE

5040 Bald Eagle Ave
White Bear Lake, MN 55110

AREA LEARNING CENTER

2449 Orchard Lane
White Bear Lake, MN 55110

Other District Locations

DISTRICT CENTER OFFICES @ SUNRISE PARK

2399 Cedar Ave, White Bear Lake, MN 55110

COMMUNITY EDUCATION & RECREATION

2399 Cedar Ave, White Bear Lake, MN 55110

SENIOR CENTER

2399 Cedar Ave, White Bear Lake, MN 55110

EARLY CHILDHOOD

NORMANDY PARK ED. CENTER

2482 East County Road F
White Bear Lake, MN 55110

TAMARACK NATURE CENTER

5287 Otter Lake Road
White Bear Township, MN 55110

WEATHER CANCELLATIONS

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

ONLINE Classes: 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: 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 emailed 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 651-407-7501. Some exceptions apply.

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 NEW FOR 2025: Eligible UCare members may receive an allowance to spend toward community education classes on a Healthy Benefits+ Visa card. Members must have UCare insurance at the time of registration. Limits and restrictions may apply.

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 or contacting you about upcoming cancellation changes. If you choose to withhold this information, this could limit the distribution of information.

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 Education & 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: When a class is at capacity, we create a waitlist, where you have the option to add your name. If a spot becomes available, we'll call you. If we do not reach you, a voicemail will be left, giving you some amount of time to return the call. If you do not contact us, we will call the next person on the list. Thank you for your understanding.

ISD 624 does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX, including in employment. Complete information in SB Policy 522.

White Bear Lake Area Schools Community Education & Recreation

OUR NEW ADDRESS IS

2399 Cedar Ave, White Bear Lake, MN 55110

Entrance is on the north/west side of the building by the tennis courts.

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

ONLINE Registration www.whitebear.ce.eleyo.com

DIRECTOR

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tim.maurer@isd624.org

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christine.beckers@isd624.org

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Jon Anderson jon.anderson@isd624.org

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facilities@isd624.org

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Leo Jackson leo.jackson@isd624.org

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

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

Youth Enrichment & Development Specialist (651) 407-7544
Jessica Edwards jessica.edwards@isd624.org

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



WE HAVE MOVED



WBLAS District Offices WBLAS Community Ed & Rec White Bear Area Senior Center

DISTRICT SERVICE CENTER @ SUNRISE PARK
2399 CEDAR AVE, WHITE BEAR LAKE



*Coffee & Treats
will be served*

JOIN US THE SENIOR CENTER GRAND RE-OPENING *Celebration*

Visit the Senior Center and the adult programs new space!
Designed for learning, connection, and community.
THU, SEPT 4 | 10AM - 12PM
District Service Center @ Sunrise Park
White Bear Area Senior Center
2399 Cedar Avenue, White Bear Lake

WBLAS Community Services & Recreation Senior Center Craft Corner Gift Shop



Holiday Boutique
White Bear Area Senior Center
November 7 & 8, 2025
2399 Cedar Ave, WBL

Handmade Items for Everyday to Holiday
Fri, Nov 7 / 9:00 am - 7:00 pm
Sat, Nov 8 / 9:00 am - 4:00 pm

**SUN, SEPT 21
BEAR BIKE**



RIDE FOR YOUTH SCHOLARSHIPS
9:00 AM start: WBL Area High School

Ride Options

9 mile, 25 mile or 50 mile - Kids ride around the school

All proceeds help pay student activity and sport registration fees.



Register



**Don't Ride?
Donate!**

Zentangle *NEW*

Doodling & tangling is a meditative drawing method using simple repetitive strokes to build and combine patterns, which make small works of art

▲ 0910-625 | Tue, Sep 9 | 10:00 AM - 12:00 PM | \$35
District Service Center

Monster Party: Adult & Child Class

A parent-child paint date is a fun and creative activity to bond and explore your artistic side together. You'll work together to create a painting with step-by-step guidance to create a cohesive and beautiful painting.



0929-625 | Mon, Sep 29 | 5:30 - 7:30 PM
\$30/pair + \$10 supply fee | District Service Center

Pet Portraits with Vanessa *NEW*

Paint your furry loved one! After registering, email a high quality jpeg photo of your pet to merrytimearts@comcast.net with the subject line Pet Portraits (only one pet). Photos must be received by September 26. Your pet will be hand drawn onto a 16 x 20 canvas for you to paint in acrylic in class with the help of a professional artist.



1003-757 | Fri, Oct 3 | 6:00 - 9:00 PM | \$60
District Service Center

Watercolor Greeting Card

There's no denying that watercolor is a beautiful way to paint. With an easy-to-use brush, you can make all kinds of different designs, shapes and effects to create stunning paintings. Share your love by making four handmade greeting cards.



1008-512 | Wed, Oct 8 | 5:30 - 7:30 PM | \$35
District Service Center

Macrame Dreamcatcher *NEW*

Discover the basics of macrame, a knot tying craft that dates thousands of years old. We'll cover essential knots, techniques, and patterns to help you create your own macramé wall hanging.

1015-810 | Wed, Oct 15 | 6:00 - 8:30 PM
\$35 + \$12 in-class fee | Gladstone Community Center,
1945 Manton St, Maplewood



WB Senior Center Member Discount Available.
Must call to register 651-653-3121.

Beginner Stained Glass Suncatchers *NEW*

Student 15-17 w/adult

Learn the basics of stained glass in a hands-on class where you'll create 2-4 suncatchers using provided patterns and materials. Gain experience in cutting, shaping, foiling, and soldering glass. All tools and supplies are included. See online for safety requirements.



1017-680 | 2 Sessions | Thu & Fri | Oct 16 & 17
5:30 - 9:30 PM | \$105 + \$20 in-class fee
District Service Center

Art History & Painting with Vanessa

Paint and learn the history behind art movements, who the major contributing artists were and what led up to the movement. While learning the history, paint a beautiful painting in the style of one of these artists with step-by-step directions all while gaining a deeper appreciation for this style.

Modern Art *NEW*

▲ 1013-758 | Mon, Oct 13
10:00 AM - 12:00 PM | \$40
District Service Center

Abstract and Expressionist Art *NEW*

▲ 1103-757 | Mon, Nov 3
10:00 AM - 12:00 PM | \$40
District Service Center

**Alcohol Ink Glitter Ornaments**

Make four gorgeous one-of-a-kind ornaments for your Christmas tree or as an incredible gift using Alcohol Ink and glass glitter ornaments! Receive some instruction on various processes, then express yourself through color!

1108-580 | Mon, Nov 10 | 6:00 - 8:00 PM
\$35 + \$20 in-class fee | District Service Center

Colorful Glass Mosaic: Candle Lantern or Table Lamp

Students Age 12-17 allowed with a registered adult

Discover how fun and easy glass mosaics can be as you create a colorful table lamp or candle lantern using precut glass, patterns, and stencils. The first night focuses on designing your piece and exploring your creativity, with homework! On the second night, you'll grout your project and learn about glass cutting and mosaic techniques. Bring an old towel.

**In Class Fees: Table Lamp: 8x8 Lamp/\$35,
4x9 Lamp/\$45 | Candle Lantern: 11 x 6 x 6/\$40**

1202-751 | 2 Sessions | Tue, Dec 2 & 9 | 6:00 - 9:00 PM
\$40 | District Service Center

All classes at the District Service Center
take place in the Senior Center.



Acrylic Painting with Artist Sandy Danus

Join us for a fun class of creativity and relaxation as we explore the beauty of nature through art! Paint a delightful nature scene or a spooking canvas for Halloween! Bring a touch of natural beauty into your home. Learn basic acrylic painting skills or brush up on some old ones.

Thistle Flowers (12x12 Canvas)

▲ 0917-732 | Wed, Sep 17 | 10:00 AM - 12:00 PM
\$40 | District Service Center

Spooky, Spooky Night (12x12 Canvas)

Students ages 13-17 must attend with an adult
1029-732 | Wed, Oct 29 | 6:00 - 8:30 PM | \$40
District Service Center

Harvest Wreath (12x12 Canvas)

▲ 1117-732 | Mon, Nov 17 | 1:00 - 3:30 PM | \$40
District Service Center

Cozy Cottages (11x14 Canvas)

▲ 1216-732 | Tue, Dec 16 | 12:00 - 2:30 PM | \$45
District Service Center

Winter Wonder: Bob Ross Style Oil Painting

Find your joy of painting in this easy painting class. You will be amazed at the talent you have! Paint on a 16" x 20" canvas that's ready to frame and hang!



1204-576 | Thu, Dec 4 | 5:30 - 9:30 PM
\$50 + \$20 in class fee | District Service Center

Don't Miss Emails From Us!

Course reminders and links to online classes are sent from
whitebear@ce.eleyo.com.

Please add us to your email contact list so you don't miss important information.

Sewing Classes



Basic sewing skills recommended, supply list found online at www.whitebear.ce.eleyo.com.

What's a Sewing Machine Bobbin?

This beginner-friendly sewing class is perfect for those who own a sewing machine but don't know how to use it. Learn how to set up and operate your machine, explore key accessories, and practice essential stitches. We'll discuss different fabric types and conclude with a fun field trip to a fabric store to help you shop confidently.

0925-801 | 3 Sessions | Thu, Sep 25 - Oct 9
6:00 - 8:30 PM | \$65 + \$5 in class fee
John Glenn Middle School, 1560 Cnty Rd B E #3609, Maplewood

Smitten Mittens

Turn an old wool sweater into mittens that are sure to keep the wearer cozy and warm this winter. Basic sewing skills required and supply list found online.

1030-742 | Thu, Oct 30 | 6:00 - 9:00 PM
\$35 + \$5 in class fee | John Glenn Middle School, 1560 Cnty Rd B E #3609, Maplewood

Upcycle It! Quilted Jacket **NEW**

Give an old quilt new life! You'll be amazed at how easy it is to transform a quilt into a beautiful jacket. Basic sewing skills required; supply list found online.

1106-744 | 2 Sessions | Thu, Nov 6 & 13
6:00 - 8:30 PM | \$45 + \$5 in-class fee
John Glenn Middle School, 1560 Cnty Rd B E #3609, Maplewood

New Location for All Cooking Classes! WBLAS High School Main entrance on 5045 Division Street, WBL

Czech Kolaches

Learn to make traditional Czechoslovakian Kolaches - sweet yeast pastries filled with apricot, cottage cheese, poppy seed, or prune. Create a variety to sample and take home!

0920-710 | Sat, Sep 20 | 9:00 AM - 1:00 PM
\$35 + \$15 in class fee | WBLA High School

Chicken Pad-Thai

Build an authentic Pad Thai sauce with the diverse flavor profile of sweet, salty, sour and spicy. You will wow your friends and family with your new found signature dish!

1010-600 | Fri, Oct 10 | 6:30 - 8:30 PM
\$40 + \$20 in class supply fee | WBLA High School

Perfect Fall Scones **NEW**

Learn how to master the perfect scone using some of our favorite fall flavors: cranberry-orange and pumpkin spice. So soft, crumbly, and easy to make...your morning coffee will never be the same!

1014-712 | Thu, Oct 16 | 6:30 - 8:30 PM | \$55
WBLA High School

Cake Pops! **NEW**

Cake pops made easy! Together we will master the art of these mini desserts and create fun, edible art.

1022-790 | Wed, Oct 22 | 5:30 - 8:30 PM
\$55, \$75 adult/child | WBLA High School

Rich & Hearty Gumbo **NEW**

Discover the secrets to a soul-winning, flavor-packed chicken and shrimp gumbo. Indulge in the rich flavors of this Southern classic, guaranteed to bring family and friends back to the table again and again.

1105-790 | Wed, Nov 5 | 5:30 - 8:30 PM | \$55
WBLA High School

Brazilian Coconut Chicken with Peanuts **NEW**

Students 15-17 welcome with a registered adult

Savor the flavors of Brazil with Chef Mimi's Coconut Chicken with steamed veggies or rice. This creamy and aromatic dish combines tender chicken, rich coconut milk, and nutty peanut butter, served with a hint of spice and fresh cilantro.

1111-600 | Tue, Nov 11 | 6:30 - 8:30 PM
\$40 + \$20 in class supply fee | WBLA High School



Pate Choux for Cream Puffs & Eclairs **NEW**

Learn how to master the tricky French pastry dough, Pate a Choux, used in delicacies such as eclairs and cream puffs! This dough is "cooked" on the stove, piped onto a baking sheet, and baked to a golden perfection and will make you the hit of your next party!



1118-712 | Tue, Nov 18 | 6:30 - 8:30 PM | \$55
WBLA High School

Holiday Treats! Krumkakes, Pizzelles, Sandbakkelse, Rosettes

Learn how to bake Krumkakes, the delicious and rich rolled Norwegian cookie, Italian Pizzelles, crisp and light anise or vanilla flavored cookies, almond Swedish Sandbakkelse, cookies cooked in tiny tins to resemble tarts, and Rosettes, paper thin Scandinavian delicacies dusted with confectioners' sugar.

1205-700 | Fri, Dec 5 | 6:00 - 9:00 PM | \$35 + \$15 in class fee
WBLA High School

Easy Ethiopian/Eritrean Cooking

Explore the delicious flavors and techniques of authentic Ethiopian/Eritrean cuisine! Learn to cook dishes with a variety of fresh ingredients and flavors, from light and mild to sizzling plates packed with exotic spices. Vegetarian and meat-based recipes will be available.

1217-601 | Wed, Dec 17 | 6:30 - 8:30 PM
\$40 + \$20 in class supply fee | WBLA High School

Healthy Cooking for 1 or 2 **NEW**

Join a Registered Dietitian Nutritionist for an engaging class focused on creating easy, healthy, delicious meals. Enjoy a live cooking demonstration, food sampling, and a Q&A session where you can get answers to your nutrition and cooking questions. You'll receive helpful resources, meal planning tips, easy recipes, and a virtual grocery store tour. Receive fresh ideas and inspiration to make healthy cooking fun and manageable.

▲ 1113-860 | Thu, Nov 13 | 11:00 AM - 12:00 PM
\$10 | District Service Center

Food Saving **NEW**

Learn the many ways to save, store, and preserve seasonal fruits and vegetables so you can enjoy the best flavors and highest nutrition for as long as possible. Learn best practices for storing fresh produce and the many different methods of food preservation.

0924-600 | Wed, Sep 24 | 6:30 - 8:00 PM | \$15
Edgewood Middle School, 5100 Edgewood Dr,
Mounds View

Students age 10+ may attend cooking classes with a registered adult.

55+ Driver Safety

This crash prevention course has a proven record of reducing traffic violations and incidents. Receive a 10% discount on your car insurance upon completion. No tests. Must take every 3-years to continue the discount.

Class Fee: \$35

2025-500 | Fri, Sep 5 | 9:00 AM - 1:00 PM
District Service Center

2025-501 | Wed, Sep 17 | 5:00 - 9:00 PM
District Service Center

2526-502 | Thu, Sept 18 | 9:00 AM - 1:00 PM | Online

2025-503 | Tue, Sep 23 | 12:00 - 4:00 PM
District Service Center

2025-504 | Wed, Oct 15 | 12:00- 4:00 PM
District Service Center

2025-505 | Thu, Oct 23 | 9:00 AM - 1:00 PM
District Service Center

2526-506 | Tue, Oct 28 | 5:00 - 9:00 PM | Online

2025-507 | Mon, Nov 3 | 5:00 - 9:00 PM
District Service Center

2526-508 | Thu, Nov 6 | 1:00 - 5:00 PM | Online

2025-509 | Tue, Nov 18 | 9:00 AM - 1:00 PM
District Service Center

2025-510 | Tue, Dec 2 | 5:00 - 9:00 PM
District Service Center

2526-511 | Thu, Dec 4 | 9:00 AM - 1:00 PM | Online

2025-512 | Thu, Dec 11 | 12:00 - 4:00 PM
District Service Center

On the Road to Safer Senior Driving **NEW**

As we age our bodies change. These changes affect our driving. A retired emergency nurse, will describe these changes and provide tips and actions that can be taken to counteract these age-related changes. Also learn ways to be safer in your vehicle out on the road and actions you can take if concerned about others driving.

▲ 0922-700 | Mon, Sep 22 | 1:00 - 2:15 PM | \$5
District Service Center

Draft Your Own Will

Prepare your will and understand basic estate planning. Week 1: Learn property distribution methods, assess your estate planning needs, and receive sample forms and language to draft your will. Explore when/if the will needs updating and briefly review trust benefits. Week 2: Sign your drafted will. No legal advice is provided and your will won't be reviewed by an attorney. Couples register separately.

0924-620 | 2 Sessions | Wed, Sep 24 & Oct 1 | 6:00 - 7:30 PM
\$64 | District Service Center

Consumer Road Show on Scams **NEW**

The Minnesota Attorney General's Office Consumer Road Show for Seniors highlights common scams related to money, credit, and housing. Attendees will learn how to protect themselves and access resources, including an online complaint form. A Q&A session is included.

1007-720 | Tue, Oct 7 | 1:00 - 2:00 PM | Free
District Service Center

Minnesota Medicaid & Elderly Waiver Program Information Session

Join us for a helpful session designed to guide individuals and families through financial options for long-term care. Learn about eligibility, asset spend down, special rules for singles and couples, and tips for applying. Includes an open Q&A. Ideal for anyone planning care for themselves or a loved one.

▲ 1008-700 | Wed, Oct 8 | 6:00 - 7:15 PM
\$30/person or \$40/pair | District Service Center

Q&A with a Minnesota Will & Trust Planning Attorney

Get answers to common estate planning questions. Topics include probate, wills vs. trusts, nursing home planning, asset gifting for couples, protecting individual assets, planning for those who are single, choosing estate plan representatives, and how to avoid burdening your children.

1020-701 | Mon, Oct 20 | 6:30 - 8:00 PM | \$30/household
Online

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

Five Keys to Retiring Fearlessly

Join this class to take the right steps towards retirement and get insights to help you achieve your retirement goals. Learn how much you need to retire, how long will your income last, and if your assets are protected?

2025-625 | Tue, Sep 30 | 12:00 - 1:30 PM | Free
Online

2025-626 | Wed, Nov 5 | 6:00 - 7:30 PM | Free
District Service Center

Social Security: Timing is Everything!

Social Security is a vital income source for many retirees. But it can be confusing and making the most of it has to do with timing it right. Get answers to questions like: When to apply for Social Security? How to maximize benefits? How will this affect a spouse?

2025-628 | Tue, Oct 28 | 12:00 - 1:30 PM | Free
Online

Will Your Taxes Affect Your Retirement?

It's critical to have a solid understanding of the tax status of investments to make informed decisions and avoid paying more than the fair share. Learn: How future tax changes may create the potential for higher taxes. Ways to create tax-free retirement income. How Social Security is taxed. How to work efficiently within current tax brackets.

2025-670 | Tue, Oct 14 | 12:00 - 1:30 PM | Online

2025-671 | Wed, Dec 3 | 6:00 - 7:30 PM
District Service Center

Everything You Want to Know About Medicare

Learn more about Medicare, including Medicare Parts A - D, the application process, estimated costs, supplements, MAPD, and when to sign up. If you are turning 65 or over 65, coming off an employer medical plan or currently enrolled in Medicare this is ideal for you!

▲ 1029-520 | Wed, Oct 29 | 10:00 - 11:30 AM | \$5
District Service Center

▲ 1218-521 | Thu, Dec 18 | 10:00 - 11:30 AM | \$5
District Service Center

Trusts & Long-Term Estate Planning: Why You Can't Always Trust Your Trust

Explore the different types of trusts in estate planning such as Living, Testamentary, and Irrevocable Trusts. Learn the distinct purposes and outcomes of each trust, common misconceptions, such as the limitations of a Living Trust for Medicaid protection, and how to reach your personal goals.

1124-603 | Mon, Nov 24 | 6:30 - 8:00 PM
\$30/household | Online

Design Your Own Modern Estate Plan **NEW**

Learn the fundamental legal basics for estate planning and building your legacy using modern legal solutions and common sense.

▲ 1204-721 | Thu, Dec 4 | 10:00 - 11:30 AM | \$5
District Service Center

1204-722 | Thu, Dec 4 | 6:00 - 7:30 PM | \$30
District Service Center

How to Pay for the Nursing Home: An Attorney's Perspective

Many baby boomers worry about affording nursing home care while preserving an inheritance for family. Address key concerns like long-term care planning, insurance options, Medicaid eligibility, asset protection, and spousal financial impact—helping you build a solid strategy for the future.

1203-701 | Wed, Dec 3 | 6:30 - 8:00 PM
\$30/person, \$40/couple | District Service Center

Three Ways to Plan for the 2nd Half of Life

Learn the pros and cons of wills, living trusts, probate, and protecting your savings. Why putting property in children's names may be a mistake, and how to protect their inheritance. Providing for the special needs or care of disabled children and grandchildren.

▲ 1029-705 | Wed, Oct 29 | 10:00 - 11:30 AM | \$5
District Service Center

Introduction to Voiceovers... Get Started in Voice Acting!

Explore the world of voiceovers and learn about industry trends, job opportunities, and essential tools for success. Practice reading a real script and get coaching from a professional voice actor to improve your delivery. The coach will contact you to schedule.

2025-811 | 90-minutes | \$49 | Online

How Not to Get Scammed when Selling Your House

Selling your home as-is can be a great option, but it's important to be cautious. Scammers often target sellers with lowball offers, hidden fees, or misleading fine print. It's essential to know what questions to ask, what does an as-is offer include, and strategies to make the selling process simple and secure. Hear real-life scenarios from a local as-is home buyer. Whether you're planning to move soon or just exploring your options, feel confident about your decisions.

▲ 0930-701 | Mon, Sep 29 | 1:00 - 2:30 PM | \$5
District Service Center

0930-702 | Tue, Sept 30 | 6:00 - 7:30 PM | \$25
District Service Center

How to Make Extra Cash Pet Sitting **NEW** *Ages 13-17 w/ adult present*

1001-721 | Wed, Oct 1 | 6:00 - 8:00 PM | \$34 | Online

How to Start Any Home Business + 250 Home Business Ideas!

1001-720 | Wed, Oct 1 | 4:00 - 6:00 PM | \$34 | Online

Start Your Own Online Business: A Beginner's Guide

1002-725 | Thu, Oct 2 | 6:00 - 8:00 PM | \$34 | Online

How to Travel for Free & Make Money Traveling

1004-600 | Sat, Oct 4 | 11:00 AM - 2:00 PM | \$40 | Online

Make Money Mystery Shopping

1180-610 | Sat, Nov 8 | 11:00 AM - 2:00 PM | \$40 Online

Four Strategies for a Smarter College Search

Students Grades 9-11 and their parents

The college search is a complicated process due to changes in FAFSA, financial aid rules, admission trends, and testing requirements. Understand how these changes impact your family and get strategies to boost your child's admission chances and financial aid opportunities.

0929-520 | Mon, Sep 29 | 7:30 - 8:30 PM
\$30/household | Online

Tips and Tricks for Finding and Affording the Just-Right-Fit College!

Discover the FAFSA, CSS Profile, merit aid, and more - along with practical tips to help students reach their college goals without heavy debt. Ideal for students and their parents or caregivers.

Online | 7:00 - 8:00 PM | \$30/household

2025-681 | Wed, Oct 29

2025-682 | Mon, Nov 17

2025-683 | Tue, Dec 9

Get Up & Go Fitness: Low Impact Aerobics

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

Purchase punch cards at the
White Bear Area Senior Center
2399 Cedar Ave, White Bear Lake

\$55/punch card for 8 classes

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

Silver Sneakers & One Pass Health Discount

Participant members qualify for
free Get Up & Go classes

Soma Yoga (Online)

The practice of Soma Yoga helps re-educate muscles to release tension and create freer mobility. The class emphasizes moving from within our bodies, or somas, using breath practice and meditation to calm minds, spirits, and gain strength, flexibility, and balance.

2025-528 | 5 Sessions | Tue, Sep 2 - Oct 14
9:00 - 10:00 AM | \$46 | Online | No Class Oct 7

2025-529 | 8 Sessions | Tue, Oct 21 - Dec 9
9:00 - 10:00 AM | \$64 | Online

Tai Chi (24 form Yang style)

Tai Chi is a Chinese exercise discipline that utilizes a series of slow, graceful, low-impact body movements, and breathing techniques, to improve balance, health, and relaxation. Enhance your fitness and elevate you to new levels of vitality and well-being.

0924-575 | 8 Sessions | Wed, Sep 24 - Nov 12
8:00 - 9:00 PM | \$79 | Matoska International World

Yoga - Whole Body Vinyasa

Vinyasa yoga is designed to increase both your strength and flexibility. The breath is incorporated and is designed to relieve stress and anxiety. Poses will be described in detail for beginners and modifications for more advanced students.

\$15 drops are welcomed!

2526-540 | 8 Sessions | Tue, Sep 2 - Oct 21 | 5:30 - 6:30 PM
\$96 | District Service Center

2526-541 | 8 Sessions | Tue, Oct 28 - Dec 16 | 5:30 - 6:30 PM
\$96 | District Service Center

Nordic Pole Walking

Turn your regular walk into a full-body workout with Nordic Pole Walking! Using special poles, this low-effort activity boosts your heart rate, burns more calories, improves posture, and strengthens bones and muscles. Poles are provided.

0916-585 | Tue, Sep 16 | 5:30 - 6:45 PM | \$35
Katherine Abbott Park, 1000 Lincolntown Ave, Mahtomedi

Hiking

Oak Savanna Hike at Fish Lake Nature Trail **NEW**

Ages 13-17 w/ adult present

Explore the diverse ecosystems on the trail which include a sand prairie, Fish Lake, and a rare bur oak savanna. The hike highlights local wildlife, such as red-headed woodpeckers, and discusses conservation efforts like bison grazing. There will be opportunities to observe birds, animals, and natural signs, like nests and tracks.

0909-760 | Tue, Sep 9 | 9:30 - 11:30 AM | \$20
Fish Lake Nature Trail, 23603-23699 Durant St. NE,
East Bethel, MN 55005. Look for this sign: 6335-FA25

Minnesota Biome Hike

Join a two-mile guided nature walk through Minnesota's three biomes—deciduous forest, coniferous forest, and prairie. Explore diverse ecosystems, like a tamarack bog, oak woodland, and restored prairie, while learning about local plants, wildlife, ecology, and the history of the forest. Learn about using trail cameras and aging trees with plenty of rest stops for birdwatching and observing wildlife.

1009-760 | Thu, Oct 9 | 9:30 AM - 12:30 PM | \$20
Linwood School Forest & Community Park,
6256 227th Ave NE, Stacy

Chair Yoga

A modified form of yoga, using exercise principles of traditional yoga to increase participants' health and fitness by replacing a floor mat with a chair. Find mobility in a gentle, supportive way that is very beneficial. Chair Yoga will improve your flexibility, concentration, and strength, while boosting your mood, reducing stress, and decreasing joint pain.

10:00 - 10:45 AM | District Service Center

2025-870 | 4 Sessions | \$30

2025-871 | 4 Sessions | \$30

2025-872 | 4 Sessions | \$30

2025-873 | 4 Sessions | \$30

\$8 drops in

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

Health & Wellness

Fall Prevention **NEW**

Learn why fall prevention is so important, why you should invest in your health, what causes us to fall, our natural fall prevention strategies and preventive measures designed to keep you on your feet and living life to the fullest. This class is primarily educational with some demonstrations and it is perfect for older adults who wish to continue to live a healthy lifestyle.

▲ 0929-700 | Mon, Sep 29 | 2:00 - 3:00 PM | \$5
District Service Center

All About Arthritis **NEW**

Gain a better understanding of arthritis and how to manage it with practical, non-surgical strategies to reduce pain and improve mobility. Learn about common types like osteoarthritis, risk factors, and lifestyle changes that can reduce pain and improve mobility. Learn a 5-minute exercise plan and actionable tips to help you take control of your joint health.

▲ 0917-861 | Tue, Sep 30 | 11:00 AM - 12:00 PM | \$5
District Service Center

Hand & Wrist Arthritis **NEW**

Dr. David Matson will present an overview of hand and wrist arthritis, including symptoms, diagnosis methods, and treatment options. The talk covers both non-surgical approaches (like medication and therapy) and surgical options for severe cases. Also, learn about expected outcomes, recovery, and long-term management.

▲ 1028-879 | Tue, Oct 28 | 11:00 AM - 12:00 PM | \$5
District Service Center

Low Vision Resource Seminar

A representative from Vision Loss Resources will discuss the major causes of vision loss, how to make the most of your usable vision, and also tools and devices that can help make life less frustrating if you have low vision. There will be time for questions and answers at the end.

▲ 1111-860 | Tue, Nov 11 | 1:00 - 2:30 PM | \$5
District Service Center

Shinrin-Yoku: The Art of Mindfulness & Meditation with Nature **NEW**

Experience a Japanese wellness practice that enhances connection with nature through mindfulness and sensory experiences. Explore grounding exercises, breath work, sensory awareness, meditation, mindful walking, light yoga, and tea meditation. The first two nights cover the history, principles, and benefits, while the third is a guided outdoor immersion.

1001-860 | 3 Sessions | Wed | \$80

Oct 1 & 8 | 6:00 - 7:00 PM | Gladstone Community Center

Oct 15 | 5:00 - 7:00 PM | Oakdale Discovery Center

Home

Repairs, Renovations & Staging vs. Selling Your Home As-Is **NEW**

Learn the basic fundamentals of how to prepare your home to sell. Discover how to get the most bang for your buck and how to get the best sale price. Bring your questions and your specific home concerns for discussion.

▲ 0917-860 | Wed, Sep 17 | 1:00 - 2:30 PM | \$5
District Service Center

Don't Move - Improve! Staying Safe & Sound at Home

Discover simple home modifications and adaptations to make your home livable for a lifetime! You'll also receive comprehensive home maintenance plans to complete preventive maintenance and inspections, keeping your home in tip-top shape.

▲ 1016-705 | Thu, Oct 16 | 10:00 - 11:30 AM | \$5
District Service Center

Downsizing to Right Sizing

If the idea of downsizing your belongings causes you stress, come to this seminar to find out about resources to make the process much smoother. You will come away with practical ideas, hear interesting examples, and find out about ways to downsize faster and more efficiently than you thought was possible. Feeling overwhelmed by downsizing? Get practical tips, helpful resources, and real-life examples to make the process easier, faster, and more efficient.

▲ 1023-301 | Thu, Oct 23 | 10:00 - 11:30 AM | \$5
District Service Center

Diabetic Shoe & Mobility Show

Fri, Oct 24 | 10:00 AM - 1:00 PM

Free | Senior Center

2399 Cedar Ave, WBL

Explore products designed for
comfort, support & independence!



Plus, get custom foot
measurements for
diabetic shoes

Hosted by Forest Lake Medical Supply

All classes at the District Service Center
take place in the Senior Center.

Houseplant Success

Caring for indoor plants is a little different than outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems.

0920-820 | Mon, Sep 22 | 6:30 - 7:30 PM
\$20/household | District Service Center

Got Buckthorn? **NEW**

Buckthorn is that invasive tree and shrub that is harming our native habitats. Learn how to identify both types of buckthorn and removal techniques, including chemical and chemical-free control. This class is timely because fall is the absolute best time for buckthorn control.

1013-620 | Mon, Oct 13 | 6:30 - 8:00 PM | \$20 | Online

Low Mow and Eco-Friendly Lawns **NEW**

Learn about environmentally friendlier lawn alternatives that will keep your backyard buzzing. Small changes can go a long way towards the environment while saving you time and money.

1021-820 | Tue, Oct 21 | 6:30 - 7:30 PM | \$30
Forest Lake Area Schools Ed. Center

Growing Blueberries in Your Backyard **NEW**

Learn how to successfully grow healthy, delicious blueberries! Learn about site prep, soil needs, top cultivars, pruning, and seasonal protection from critters and winter. Prepare this fall to plant in spring!

1022-587 | Wed, Oct 22 | 6:30 - 8:00 PM | \$30 | Online

Compost and Mulches **NEW**

Composts and mulches are nature's way of recycling; keeps waste out of landfills and it fertilizes without chemicals. Learn how to use composts and the various mulches out there for all your planting and landscaping needs whether homemade or purchased. The pros, cons, and everything in between... especially how to use mulches to tuck your plants in for the long winter ahead.

1030-820 | Thu, Oct 30 | 6:30 - 7:30 PM | \$20
Forest Lake Area Schools Education Center

Growing Microgreens

Come learn about growing microgreens, a quick-growing vegetable and herb seedlings that can be grown indoors and can be used in salads or as a fresh green in many types of dishes during the cold seasons of the year.

1101-600 | Sat, Nov 1 | 10:00 - 11:30 AM | \$20
John Glenn Middle School, 1560 Cty Rd B E #3609, Maplewood



Bee Houses: Adult/Child **NEW**

Learn about our native bees and their importance. We'll also be making bee houses to take home. Turn your crafty creativity into functional fun. More bees means more fruits, veggies, and flowers in your own backyard!

1117-820 | Mon, Nov 17 | 6:00 - 7:00 PM
\$20 Adult/Child Pair | Forest Lake Area Schools Education Center

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.

1113-820 | Thu, Nov 13 | 6:30 - 7:30 PM | \$20
Forest Lake Area Schools Ed. Center

Energy Efficiency and How to Get There **NEW**

Learn about energy saving opportunities at home, how to make your home more efficient, benefits of having an energy audit along with information about rebates, financing, and other incentives for making your home more efficient and sustainable.

▲ 0919-700 | Fri, Sep 19 | 10:00 - 11:00 AM | \$5
District Service Center

Dispelling the Myths of Hospice & How You Can Volunteer

Learn the facts about hospice and palliative care in this informational session with Moments Hospice. Topics include common myths, what hospice is and isn't, what services are covered and who pays for them, plus how to volunteer and provide companionship to patients.

▲ 1003-840 | Fri, Oct 3 | 1:00 - 2:30 PM | \$5
District Service Center



WB Senior Center Member Discount Available.
Must call to register 651-653-3121.

Dr. Mark Seeley: Minnesota's Most Historic and Impactful Blizzards **NEW**

Blizzards have long been part of Minnesota's climate, especially in the western prairie ecosystems. Many pioneer newspapers, diaries, and letters contain stories of blizzards and their impact. Hear survival stories prior to the National Weather Service system, historic climate observations, and documented blizzards in terms of speed, intensity, duration, and impact.

1029-687 | Wed, Oct 29 | 6:30 - 7:30 PM | \$25
Mahtomedi District Ed. Center

Dr. Mark Seeley: Minnesota's Worst Droughts and Drought Tendencies **NEW**

Drought has been part of Minnesota history even before statehood. Severe droughts have dried up lakes and streams, produced some of the worst wildfires, and bankrupted many farmers. Several of the most impactful droughts will be discussed. In addition, drought onset, duration, and drought recovery characteristics appear to be changing as a result of climate change.

1118-688 | Tue, Nov 18 | 6:30 - 7:30 PM | \$25
Mahtomedi District Ed. Center

History: The Assassination of President John F Kennedy: An In-depth Analysis **NEW**

Explore the findings of both the Warren Commission's 1964 report and the House of Representatives' 1979 investigation into President Kennedy's assassination. Hear and explore the new insights from recently released classified JFK documents, offering updated analysis and interpretations. You'll gain a deeper understanding of the ongoing controversies surrounding this historic event.

0930-865 | 2 Sessions | Tue/Wed | Sep 30 & Oct 1
6:00 - 8:00 PM | \$20 | Mahtomedi District Education

History: Minnesota's Ties to Early American History **NEW**

Explore Minnesota's pivotal but often overlooked role in early American history, including its connections to the Revolutionary War, War of 1812, Indian Wars, Mexican War, and Civil War. Discover how the state helped shape the nation's destiny.

1021-904 | Tue, Oct 21 | 10:00 - 11:30 AM | \$23
District Service Center

Historic Layers: Alaska in the Russian Empire **NEW**

Are Asia and America connected? This geographic question occupied imperial explorers, entrepreneurs and tsars in the 17th century. The answer led them to probe the American coast, to trade for furs, and to map the land. Alaska remained part of the Russian empire until it was sold to the United States. Learn about this unique history as it shapes Alaskan culture to this day.

0910-860 | Thu, Oct 30 | 10:00 - 11:30 AM | \$18
District Service Center



History: Teddy's Big Dig: the Panama Canal **NEW**

Explore Teddy Roosevelt's role in creating the Panama Canal, including a staged revolution, the failed French attempt, the fight against disease, and harsh worker conditions. Hear about the canal's massive construction and its modern rebuild.

0912-861 | Fri, Sep 12 | 10:00 AM - 12:00 PM
\$18 | District Service Center

History: Johnny Reb and Billy Yank: Daily Lives of Civil War Soldiers **NEW**

Why were they willing to put on wool uniforms and go fight heat, dysentery, and each other? You'll learn how these men felt about what they were doing, and how they coped with life in camp as well as in battle. Discipline, weaponry, their food, their music, their wounds, and their compassion. Even giant snowball fights! It's all here, so join us

1003-860 | Fri, Oct 3 | 10:00 AM - 12:00 PM
\$18 | District Service Center

History: The Commanders: Robert E. Lee and Ulysses S. Grant **NEW**

Both men graduated from West Point, but both regretted it. Lee is seen as the elegant gentleman, the Cavalier. Grant is often portrayed as the cigar chomping, hard drinking fighter. Actually, these men were very much alike, though their backgrounds were vastly different. Learn how each man differed from the myth and how each excelled in doing his duty for his country during the cataclysm of the Civil War.

1114-860 | Fri, Nov 21 | 10:00 AM - 12:00 PM
\$18 | District Service Center

All classes held in District Service Center
are held in the Senior Center.

So You're Thinking of Leaving Minnesota?

Choosing where to live in retirement involves many factors, including taxes, cost of living, healthcare, weather, and proximity to family. Explore when to start planning, how to establish domicile, and which states offer tax advantages or have high estate taxes. The quality of medical care and retirement facilities will also be reviewed with plenty of time for questions.

0924-700 | Wed, Sep 24 | 6:30 - 8:00 PM
\$30/household | Online

Senior Housing: Should I Stay or Should I Go

Explore the various lifestyle options for senior living. Should you stay and age in place by modifying your home for improved safety or should you move to a more accessible living arrangement, such as a single-level or handicap-friendly home? Through an assessment, we'll provide you with the insights and resources needed to make an informed decision.

▲ 1007-570 | Tue, Oct 7 | 10:00 - 11:30 AM | \$5
District Service Center

Photo Organization - Print & Digital

Learn how to organize and easily access all your photos, slides, prints, VHS, film, and more. Explore tools such as artificial intelligence (AI), scanners, cloud storage, and photo restoration to create a practical system to manage your photo collection.

1110-720 | Mon, Nov 10 | 6:30 - 8:30 PM | \$30
District Service Center

Women's Self-Defense for Women & Girls

Ages 13-17 must be accompanied by a registered adult

Discover strategies and skills to protect against attacks common to females. Learn tactics like preemptive actions, escapes, verbal interventions, physical techniques, and using self-defense tools. We'll also focus on mental empowerment to build confidence and strength for handling threatening situations.

0917-575 | Wed, Sep 17 | 5:00 - 8:00 PM | \$35
Skyview Middle School, 1100 Heron Ave N, Oakdale

Lunch & Learn at a Funeral Home **NEW**

You've attended a funeral before and have likely left with thoughts about planning for your own farewell. What would you want? Or not want? How do I make sure these wishes are carried out? Come join us for lunch and learn at a local funeral home to ask questions, get answers and uncover the benefits of getting a plan together in advance. For lunch we will have soup and sandwiches with a salad and some bars.

1006-860 | Mon, Oct 6 | 11:30 AM - 1:00 PM | \$5
Mueller Memorial Funeral Home,
4738 Bald Eagle, WBL

Music & Dance

Easy Partner Dancing for All Occasions

Get ready to dance confidently for any occasion! This fun course teaches easy-to-remember mini-routines based on classic ballroom steps, set to a variety of music styles like pop, rock, blues, and country. Perfect for beginners—even if you think you have no rhythm—it's a great way to bring laughter, romance, and joy to your relationship and social events.

0929-590 | 4 Sessions | Thu, Sep 18 - Oct 9
6:30 - 8:00 PM | \$67/person | Matoska International

Country Line Dance **NEW**

Are you ready to expand your line dancing skills? Join us for an exciting evening of country line dancing. You will learn the Honky Tonk Stomp, Slappin' Leather and even put a country twist to the Electric Slide. No partner needed for a fun night of dancing.

1014-520 | Tue, Oct 14 | 6:00 - 7:00 PM | \$25/person
Matoska International

Learn to Tango! **NEW**

Pure romance in dance form! This exciting workshop covers the basics of Tango... the embrace... the sultry walks... the sensuous footwork. Tango is "the history of love - for three minutes". Couples only please

1014-521 | Tue, Oct 14 | 7:00 - 9:00 PM | \$35/couple
Matoska International

Melodies for the Mind: How music supports a healthy aging brain **NEW**

Dopamine, cortisol, neuroplasticity, oh my! There is a body of evidence in the field of music therapy that supports the impact music has on the health and activity of the brain. Join an engaging and interactive presentation with Keynote Music Therapy to learn about this topic and gain some ideas and recommendations to try in your daily routine.

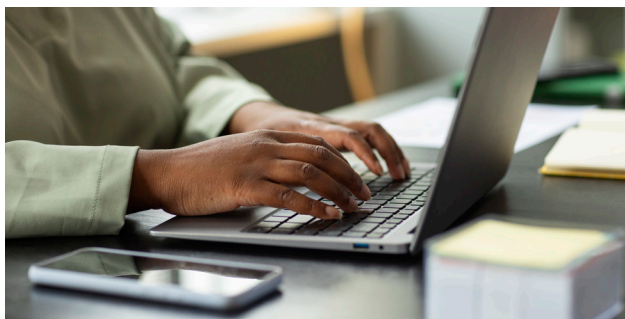
1112-860 | Wed, Nov 12 | 10:00 - 11:30 AM | \$15
District Service Center

Harmony Adventure for Women

Love to sing? Ready for some fun? Learn four-part harmony with the Vallee de Croix Women's Chorus. Participants will attend evening rehearsals and be provided with music, learning materials, and vocal coaching, culminating in December holiday performance opportunities. A free voice lesson is included in your registration.

1006-532 | 9 Sessions | Mon, Oct 6 - Dec 1 | 7:00 - 8:30 PM
\$35 | Our Savior's Lutheran Church, 1616 W Olive St, Stillwater

**All classes held in District Service Center
are held in the Senior Center.**



Beginner's Guide to Using Free AI: CHAT GPT for Writers

Learn how to create an account, write prompts, generate content, and explore AI's strengths, limitations, and ethical issues. Build skills to stay adaptable in a changing job market.

1007-726 | Tue, Oct 7 | 5:00 - 7:00 PM | \$35 | Online

Beginner's Guide to Starting a Free Blog **NEW**

Learn how to choose a template, create a unique name, and share your expertise. Learn to monetize with ads and affiliate links, and boost your blog's visibility online.

1008-727 | Wed, Oct 8 | 6:00 - 8:00 PM | \$35 | Online

Beginning Excel **NEW**

Get started by learning how to create documents, navigate the toolbar, and work with spreadsheets.

1201-516 | 3 Sessions | Mon, Dec 1 - 15 | 6:30 - 8:30 PM
\$75/person | Online

Canva for Awesome Beginners

This free and easy design tool creates professional materials like documents, business cards, and email signatures. Get step-by-step guidance and build confidence to design with ease.

0925-551 | Thu, Sep 25 | 12:00 - 1:00 PM | \$28 | Online

1218-551 | Thu, Dec 18 | 12:00 - 1:00 PM | \$28 | Online

How To Use Venmo Safely!

Discover how to send and receive mobile payments, avoid fees, and apply it in everyday situations.

1106-518 | Thu, Nov 6 | 12:00 - 1:00 PM | \$28 | Online

1216-519 | Tue, Dec 16 | 12:00 - 1:00 PM | \$28
Online or Senior Center

Introduction to Google Suites: Gmail, Drive & Docs

Must have Gmail account

Explore what Google can do for you! Dive into data storage, creating, saving, editing and sharing documents through Google Docs via a Gmail account.

1124-515 | Mon, Nov 24 | 6:30 - 8:30 PM | \$35 | Online

Navigate with Uber: Achieve Transportation Freedom

Expand your transportation options and independence through the Uber ride sharing service. Learn how to use Uber at major airports for appointments or errands.

1009-518 | Thu, Oct 9 | 12:00 - 1:00 PM | \$28
Choose location when registering: Online OR at Senior Center

Practical ChatGPT Training for Everyone

Join this engaging class to learn how ChatGPT works, why it's so popular, and how to use it in everyday life—both at work and at home.

0930-552 | Tue, Sep 30 | 12:00 - 1:00 PM | \$28 | Online

1202-552 | Tue, Dec 2 | 12:00 - 1:00 PM | \$28 | Online

Tech-Savvy Survival in 60 Minutes **NEW**

Build essential digital skills for everyday life in this class. Learn about QR codes, travel tech, event tools, and more to boost your confidence and tech know-how.

0911-550 | Thu, Sep 11 | 12:00 - 1:00 PM | \$28 | Online

Unlocking the Power of ChatGPT for Marketing Success **NEW**

This advanced session helps marketers enhance their ChatGPT skills with effective prompts, real-world examples, and practical strategies to improve campaigns.

1113-519 | Thu, Nov 13 | 12:00 - 1:00 PM | \$28 | Online

JOIN US AT THE..

WHITE BEAR LAKE SENIOR EXPO

EXPLORE 30+ EXHIBITORS

WED, OCT 8TH, 2025
9 AM - 1 PM

FREE ENTRY,
COFFEE & FOOD
GREAT GIVEAWAYS

LOCATION:
WHITE BEAR AREA
YMCA
2100 ORCHARD LN
WHITE BEAR LAKE, MN

WELLNESS,
LIFESTYLE, TRAVEL
& MUCH MORE!

ATTEND PRACTICAL
SESSIONS ON
TOPICS THAT
MATTER –
FULL SCHEDULE ON
THE "WHITE BEAR
LAKE SENIOR EXPO"
FACEBOOK EVENT.

THIS EVENT IS PROUDLY PRODUCED BY HEARTLAND SENIOR EXPOS. FOR MORE INFORMATION, VISIT WWW.HEARTLANDSENIOREXPO.COM

Traveling Well as a Senior *NEW*

Explore essential topics, special to older adults, to enhance your travel experiences by focusing on thoughtful pre-trip preparations. Learn to prepare backup plans, find and utilize accessible services, and the importance of the correct travel insurance.

▲ 0918-860 | Thu, Sep 18 | 10:00 - 11:30 AM | \$10
District Service Center

Day Trip: Minneapolis Brewery Tour
(Age 21+) *NEW*

Climb aboard for a brew-tiful adventure! Sit back and relax as we take you on a fun, educational evening of hops and history as we explore three breweries! Dive into the fascinating world of craft beer at HeadFlyer Brewing, where you learn about the process of brewing and the history of Minneapolis breweries. Then we'll visit Bauhaus Brew Labs and Forgotten Star Brewing Company. Cheers to great beer and even better stories!

1003-806 | Fri, Oct 3 | 5:30 - 9:00 PM | \$95 | Mahtomedi
District Education Center, 1520 Mahtomedi Ave, Mahtomedi

Day Trip: Great Northern Railway Trip *NEW*

Ride the rails to Trego, Wisconsin, a delightful day to experience historic rail travel aboard a beautifully restored train featuring cars from 1912-1918. Be transported back in time to surroundings of vintage décor and authentic details, recreating the golden age of railroads. Enjoy lunch in the dining car, while gazing out at the scenic countryside, making for an unforgettable journey that blends nostalgia with culinary delight. Menu is online.

1028-800 | Tue, Oct 28 | 8:00 AM - 4:30 PM | \$105
Mahtomedi District Ed. Center, 1520 Mahtomedi Ave,
Mahtomedi

Day Trip: Christmas in Duluth *NEW*

Enjoy a festive holiday outing to Duluth! Begin with a relaxing lunch at Black Woods Grill (chicken pot pie or meatloaf). After lunch, tour the Glensheen Mansion, where the smaller rooms are beautifully decorated for the holiday season (No elevator access available). Lastly, to the magical Bentleyville Tour of Lights at Bayfront Festival Park, an outdoor holiday display featuring millions of lights, music, Christmas trees, fire pits, and a gift shop. Enjoy complimentary hot cocoa, coffee, popcorn, and marshmallows for roasting. Our Coach Bus will have brief comfort stops in Hinckley in both directions.

1204-810 | Tue, Nov 4 | 10:00 AM - 9:30 PM | \$115
Gladstone Community Center, 1945 Manton St, Maplewood

Day Trip: A Christmas Carol at Sidekick Theatre *NEW*

Celebrate the most wonderful time of the year with the story of Ebenezer Scrooge and the ghostly visits he receives. This new musical rendition of the beloved Christmas tale blends music, storytelling, humor, and a joyous holiday spirit. Menu available online.

1202-810 | Tue, Dec 2 | 10:30 AM - 3:45 PM | \$79
Mahtomedi District Ed. Center, 1520 Mahtomedi Ave,
Mahtomedi

**Stay connected and follow us
on social media!**

Facebook: @wblasrec

Instagram: @WBLASComServRec

**Premier World Discovery Travel Show: Let the Adventure Begin!**

Join us as we discuss the exciting rebound in the travel and tour industry. Enjoy a brief educational presentation with highlights of trips and details of traveling with Premier World Travel.

1120-550 | Thu, Nov 20 | 10:00 - 11:30 AM | Free
District Service Center

Upcoming Trips in 2026:

- Mar: Historic Savannah & Charleston
- Mar: Holland River Cruise
- Apr: Sunny Tucson & the Old West
- May: Alaska: Call of the Wild
- Jun: Black Hills, Badlands & Mt Rushmore
- Jun: New York City & the Hudson River Valley
- Sep: West Virginia Rails & Williamsburg
- Dec: Sedona Holiday
- Dec: San Antonio Holiday

White Bear Area Senior Center

2399 Cedar Ave, White Bear Lake, MN 55110 **NEW ADDRESS**

Mon-Fri, 9:00 AM-3:00 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.

Weekly Activities

500 Cards

Tue | 12:30 - 3:00 PM

Bridge-Contract

Wed | 12:00 - 3:45 PM

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

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 | 12:00 - 3:30 PM

Painting Group

Tue | 10:00 AM - 4:00 PM

Pinocle

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

WE ARE CLOSED

Senior Center: Sept 1, Nov 27, 28,
Dec 24 - 31, Jan 1

Meals on Wheels: Sept 1, Nov 27, 28,
Dec 24 - 26, 30, 31, Jan 1

JOIN US FOR THE SENIOR CENTER GRAND RE-OPENING Celebration

THU, SEPT 4 | 10AM - 12PM

Visit the Senior Center and the adult programs new space!
Designed for learning, connection, and community.



Coffee & Treats
will be served

SENIOR HOLIDAY LUNCH

Tue, Dec 9 | \$6
Senior Center

Seatings at
11:30 am & 12:45 pm

★ Menu will be announced in October

★★★★★★

VETERANS DAY

Remember & Honor

FRI, NOV 14
10:00 - 11:30 AM
SENIOR CENTER

Join us for coffee,
treats and a concert
by the White Bear
Ukulele Bears

★★★★★★

Get Up & Go & Chair Yoga has moved to page 10 with Adult Fitness.

Foot Care Clinic at the Senior Center

\$55/cash or check, \$58 credit card

35 minute appointment

Call 651-653-3121
to make an appointment.

WB Senior Center
Member Discount Available.
Must call to register
651-653-3121.

REGISTER

whitebear.ce.eleyo.com

Meals on Wheels

Meals on Wheels

Meals on Wheels (MOW) is a community-based service that provides fresh, nutritious meals delivered directly to the homes of seniors and individuals with disabilities.



Meals on Wheels eliminates stress by providing fully prepared meals delivered right to your door.

We offer flexibility in our Monday - Friday delivery options: choose from hot, cold, or frozen meals that suit your lifestyle. We also offer gluten and dairy free, low sodium, mechanically soft and pureed meals. This not only saves you time, but allows you to focus on other important aspects of your life. For more details call 651-653-3123.

- Monday - Friday delivery between 11:30 AM - 1:00 PM.
- Weekend meals are delivered frozen on Thursdays.
- Adults living in the White Bear Lake & Mahtomedi School Districts are eligible to receive meals.
- Cost is on a sliding scale based on income.

Meals on Wheels

651-653-3123 | mealsonwheels@isd624.org

Diabetic Shoe & Mobility Show

Fri, Oct 24 | 10:00 AM - 1:00 PM

Free | Senior Center
2399 Cedar Ave, WBL

Explore products designed for
comfort, support & independence!



Plus, get custom foot
measurements for
diabetic shoes

Hosted by Forest Lake Medical Supply

WBLAS Community Services & Recreation Senior Center Craft Corner Gift Shop



Holiday Boutique
White Bear Area Senior Center
November 7 & 8, 2025
2399 Cedar Ave, WBL

Handmade Items for Everyday to Holiday
Fri, Nov 7 / 9:00 am - 7:00 pm
Sat, Nov 8 / 9:00 am - 4:00 pm

Community Bridge Consortium



Community Bridge Consortium

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

**A PLACE FOR ADULTS WITH COGNITIVE
DISABILITIES** *to explore their abilities*



Community Bridge is a consortium sponsored by the school districts of Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville Area, South Washington County, and White Bear Lake Area.

Experience a variety of classes and activities:

- Customized classes and recreational and social opportunities for adults with developmental cognitive disabilities (DCD)
- Accommodations for successful participation in classes
- Registration assistance
- American Sign Language interpreters

Receive our brochure of courses and activities 3 times a year:

June-September, October-January, February-May
651-748-7250 | www.isd622.org/communitybridge



Registration opens: September 2
www.isd622.ce.eleyo.com

English as Second Language



Normandy Park Education Center

2482 E County Rd F,
White Bear Lake, MN 55110
651-653-3120
www.isd624.org/abe

ESL Family Literacy Classes

Parent-child classes are offered for families with English as a second language who have children under 5 years old (before kindergarten). Parents and children attend together to improve English language skills through conversation, learning activities, stories, and more. There is a fee for ESL Family Literacy classes. Call for more information.



651-653-3120

Normandy Park Education Center
2482 E County Rd F, White Bear Lake, MN 55110

English Learning Lab with Childcare **NEW**

Attend online English classes while your child is cared for next door.

- **Beginning, Intermediate, & Advanced Classes**
Mon-Thu, 9:00 AM - 12:00 PM
(Family Literacy participants will leave early)

We are here to help!

Please send us a text message at 651-252-4425 if you need help registering or have questions.

Spanish/Español:

Estamos aquí para ayudarle. Por favor, envíenos un mensaje de texto al 651-252-4425 si usted:

- Necesito ayuda para registrarme
- ¿Tiene preguntas?
- Necesito un traductor

Hmong/Hmoob:

Peb nyob ntawm no pab! Thov xa peb ib phau ntawm lus ntawm 651-252-4425 yog hais tias koj:

- Xav tau kev pab sau npe
- Muaj lus nug
- Xav tau ib lub tshuab txhais lus

Somali/Soomaali:

Waxaan halkaan u joognaa inaan caawinno! Fadlan noogu soo dir fariin qoraal ah 651-252-4425 haddii aad: Waxaad u baahan tahay in lagaa caawiyo

- isdiiwaangelinta
- Su'aalo qabo
- Waxaan u baahanahay urjumaan



Harmony Learning Center

1961 County Road C East, Maplewood, MN 551109
651-748-6208 | harmonyabe@isd622.org
www.isd622.org/abe

ESL English Classes

English classes for reading, writing, speaking, and listening. Classes are offered at NO COST. Come join our community of adult English learners in a comfortable, friendly environment. Day, evening and online classes are available.

- **Beginning/Intermediate ESL**
Mon-Fri | 9:00 AM - 1:00 PM
Mon-Wed: 5:00 - 8:00 PM
- **Advanced ESL**
Mon-Fri | 9:00 AM - 1:00 PM
- **Grammar**
Tue | 1:30 - 3:00 PM
- **LEAP (Learn English for Academic Purpose)**
Mon-Thu | 9:00 AM - 1:00 PM
Mon-Wed | 5:00 - 8:00 PM
- **LEAP Writing**
Mon & Wed | 1:30 - 4:30 PM
- **Citizenship**
Mon | 5:00-8:00 PM | Online
For anyone at or above intermediate speaking and reading level in English and will meet the time requirement in one year or less.

How to Register

Registration takes 1 to 2.5 hours and must be done in person at Harmony Learning Center. There is no cost to register for classes. Students may register during the following hours:

- Monday-Wednesday: 9:30 AM - 8:00 PM
- Thursday: 9:30 AM - 5:00 PM
- Friday: 9:30 AM - 2:00 PM

Additional Course Options:

- **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.
- **Health Care Careers:** We can help you train for an entry-level position on a track toward a career as a Home Health Aide, Certified Nursing Assistant, Licensed Practical Nurse or Registered Nurse.
- **Information Technology Careers:** We can help you prepare for a future career in the Information Technology field.
- **Paraprofessional Careers:** We can help you obtain the certification to work in our schools as a paraprofessional.



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 18	3:00-7:00 PM
Fri, September 19	8:30 AM-3:15 PM
Thu, October 9	3:00-7:00 PM
Fri, October 10	8:30 AM-3:15 PM
Thu, November 13	3:00-7:00 PM
Fri, November 14	8:30 AM-3:15 PM



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.

Infants

AGES BIRTH-12 MONTHS BY SEP 1, 2025

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, 2025

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

Multi-Age

AGES BIRTH-5 BY SEP 1, 2025

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

Knee-High Nature

AGES 2-3 BY SEP 1, 2025

In this unique parent-child program, we venture beyond the classroom to explore and uncover nature's wonders. Parents and children will enjoy one-on-one time both indoors and outdoors. Additionally, parents will have the opportunity to meet separately with the teacher to discuss their child's learning and development, while children engage with a Naturalist to discover more about themselves, each other, and the natural world.

Thursdays | 11:30 AM - 1:30 PM | Tamarack

Fridays | 8:45 - 10:45 AM | Tamarack

Playschool: A First Step into the Classroom

AGES 2-3 BY SEP 1, 2025

Playschool offers children a supportive environment to build confidence in a classroom setting, practice following rules and routines, initiate social interactions, and develop a sense of belonging within a group.

In the fall, children attend with a parent or guardian in a traditional ECFE classroom, gradually building these skills. On Mondays, they begin separating during parent time. Starting November 18, 2025, a second child-only day will be introduced on Tuesdays. Children may attend this additional day once they turn 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 18.

Family Literacy

AGES BIRTH TO 5 (BEFORE KINDERGARTEN)

This multi-age class meets twice a week and is designed for families looking to practice English together. Parents and children participate in conversations, learning activities, music, and more to enhance their language skills. The class is co-taught by an English/ESL teacher and an ECFE teacher.

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

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

Connected and Confident Parenting Circle

Join our parenting circle (either online or in-person) led by licensed parent educator Nicole Dzik-Archambeau! Explore positive, practical strategies to manage parenting frustrations, build stronger connections with your child, and nurture healthier relationships – all the while focusing on self-regulation and personal growth using Conscious Discipline methodology.

Tuesdays | 6:30 - 7:45 PM | \$60

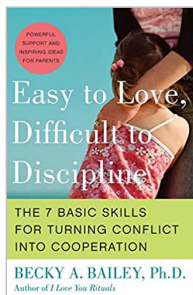
Runs for 9 weeks

Session A (ALL IN-PERSON at NP)

Dates: Sept 23, 30, Oct 7, 21, 28,
Nov 4, 11, 18, 25

Session B (first 2 classes in-person, the remaining session VIRTUAL)

Dates: Feb 17, 24, Mar 3, 17, 24, 31, April 14, 21, 28



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, 2025

In these engaging mini sessions, children will explore, learn, and discover exciting new things! Each themed class provides opportunities to develop age-appropriate skills, spark curiosity, and encourage hands-on learning. Mini sessions run from September through May. This is a drop-off class.



Session 1: "Me & My World"

Welcome to Me & My World! In this class, your toddler will explore the wonders of themselves and the world around them. Through fun activities, songs, and crafts, we'll focus on building self-awareness, learning about our bodies, emotions, family, and friendships. Each day is a journey of discovery as we celebrate all the unique things that make each child special. Let's grow, explore, and learn together in a safe and loving environment

\$63 | Fridays | Sept 12, 19, 26 | 8:45 - 10:45 AM | OE

Session 2: "Little Pumpkin Patch"

Welcome to Little Pumpkin Patch! This fall-themed class invites your child to explore the wonders of the harvest season, from pumpkins and apples to colorful leaves and cozy fun. Through creative crafts, songs, and hands-on activities, we'll celebrate all the joys of fall while nurturing curiosity and imagination. Let's jump into a season of harvest fun and watch our little ones grow just like the pumpkins in the patch!

\$63 | Fridays | Oct 3, 10, 24 | 8:45 - 10:45 AM | OE

Session 3: "Galaxy Gliders"

Welcome to Galaxy Gliders! In this out-of-this-world class, your child will embark on exciting space adventures as they learn about stars, planets, and rockets through fun crafts, songs, and imaginative play. Each day is a new mission as we explore the wonders of the universe, fostering creativity, curiosity, and teamwork in a safe, joyful environment. Get ready to blast off and discover the magic of space together!

\$63 | Fridays | Nov 7, 14, 21 | 8:45 - 10:45 AM | OE

Session 4: "Gingerbread Village"

Welcome to Gingerbread Village! In this sweet and cozy class, your child will dive into a world of gingerbread houses, cookies, and holiday cheer. Through creative crafts, songs, and interactive activities, we'll explore the magic of gingerbread and all the fun that comes with it. Each day is a new delicious adventure as we build, decorate, and celebrate together in a warm, festive atmosphere. Let's sprinkle some sugar and spice into our learning journey

\$63 | Fridays | Dec 5, 12, 19 | 8:45 - 10:45 AM | OE

Grandparents Class

AGES BIRTH-5 BY SEP 1, 2025

When we had young children, there was no instruction manual—and as we step into grandparenting, we find that hasn't changed! Whether you're raising your grandchild full-time or simply looking for special moments together, this ECFE class is for you.

Join other grandparents in a welcoming space designed for young children, where you can connect, play, and share experiences. During our separation time, we'll explore the unique joys and challenges of grandparenting while the children engage in fun, age-appropriate activities.

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

Multi-Age Pop In & Play Time!

AGES BIRTH-3.11 BY SEP 1, 2025

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

Art & Connection: A Family Event

Join us for a special one-time event where families with young children can connect through the joy of art! Parents will participate in a discussion exploring how the arts support children's academic and social-emotional growth. Art/creativity is also good self-care for parents! After parenting time, families will come together to do some art and enjoy a hands-on, creative experience. Don't miss this opportunity to learn, create, and connect! This event will be led by Barbara Burkhardt (ECFE Parent Educator - St. Paul Public Schools).

Fall Date TBD | 5:30 - 7:30 PM | NP



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

2025-745 | Wed, Sep 10 | 5:15 - 6:00 PM | Normandy Park

2025-746 | Wed, Sep 10 | 6:15 - 7:00 PM | Normandy Park

2025-747 | Thu, Sep 11 | 10:30 - 11:15 AM

Cerenity Senior Care, 1900 Webber St, White Bear Lake

2025-748 | Fri, Sep 12 | 9:15 - 10:00 AM | Normandy Park

2025-749 | Fri, Sep 12 | 10:15 - 11:00 AM | Normandy Park

FULL CLASSES | 10 Sessions

2025-850 | Wed, Sep 24 - Dec 3 | 9:15 - 10:00 AM
Normandy Park

2025-851 | Wed, Sep 24 - Dec 3 | 10:15 - 11:00 AM
Normandy Park

2025-854 | Thu, Sep 25 | 10:30 - 11:15 AM
Cerenity Senior Care, 1900 Webber St, White Bear Lake

2025-852 | Fri, Sep 26 - Dec 5 | 9:15 - 10:00 AM
Normandy Park

2025-853 | Fri, Sep 26 - Dec 5 | 10:15 - 11:00 AM
Normandy Park



JOIN OUR PAC!

What is the Parent Advisory Council (PAC)?

Every Early Childhood program is required to have an advisory council to help develop, plan, and monitor the ECFE program. The PAC is made up of parents in the program, local community professionals, and agency representatives who provide input and guidance on community needs.

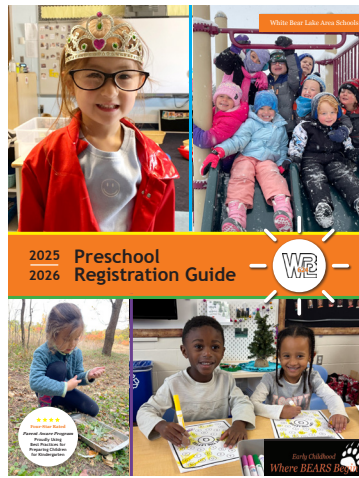
- The PAC meets 3 times per year. (Sept, Nov, & Apr)
- The First PAC Meeting is Wednesday, September 24: 11:00-12:00 PM @ NP
- Free Childcare Provided
- \$50 Incentives Available
- The PAC approves grants for EC programs.
- Runs special PAC sponsored events
- The PAC supports 2-3 fundraisers per year

earlychildhood.isd624.org/families/pta

If interested send an email to: wblecpac@gmail.com

PRESCHOOL REGISTRATION:

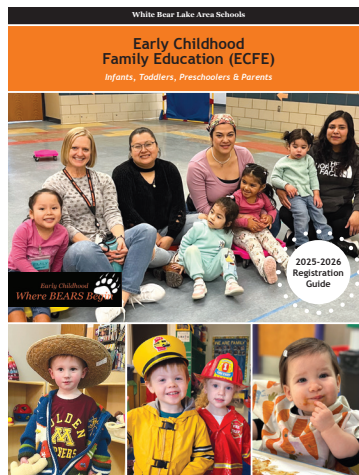
- Call 651-653-3100 or visit www.whitebear.ce.eleyo.com.
- Guides are available to view online at earlychildhood.isd624.org/registration.
Guides will not be mailed out.
- Registration may be dropped off at:
Normandy Park Education Center
Early Childhood Program - Door B
2482 East County Road F, White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



PRESCHOOL CATALOG



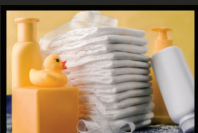
Early Childhood Preschool Options:	
Full Day Preschool: Mon-Fri	
Sites:	Birch, Lakeaires, Otter, Oneka, Vadnais, Willow
Days & Hours:	Mon-Fri, 7:45 AM - 2:15 PM
Additional Options:	May qualify for transportation, access to nutrition services, Extended Day options available
Full Day Preschool: M/W/F	
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
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



ECFE CATALOG



Follow us on Facebook!
White Bear Lake
Early Childhood Programs



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 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, 2025: \$10

REGISTRATION INFO:

- Registration is open for school year 2025-2026 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 Non-School Days:

Nov 26-28, 2025	Thanksgiving Break
Dec 24, 2025-Jan 2, 2026	Winter Break
Jan 19, 2026	Martin Luther King Jr. Day
Feb 16, 2026	Presidents' Day
Mar 20, 2026	Staff Development
May 25, 2026	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 2025-2026 Non-School Days:

Non school day	Location	Registration Deadline
Oct 15-17, 2025	Lincoln, Matoska	Oct 1, 2025
Dec 1, 2025	Lincoln, Matoska	Nov 17, 2025
Feb 13, 2026	Lincoln	Jan 20, 2026
Mar 6, 9-13, 2026	Lincoln, Matoska	Feb 20, 2026
Apr 3, 2025	Lincoln	Mar 20, 2026
Apr 27, 2025	Lincoln, Matoska	Apr 13, 2026

- 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 before deadline: \$61/day
Registration fee after deadline: \$72/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 - 7:30 AM	\$10.10
After School: 2:15 - 5:30 PM	\$20.75
Matoska AM: 6:30 - 8:30 AM	\$12.50
Matoska PM: 3:00 - 5:30 PM	\$17.70

PICK YOUR DAYS RATES

SESSION & HOURS	RATE
Before School: 6:30 - 7:30 AM	\$11.95
After School: 2:15 - 5:30 PM	\$24.50
Matoska AM: 6:30 - 8:30 AM	\$14.75
Matoska PM: 3:00 - 6:00 PM	\$20.90

DROP IN RATES

SESSION & HOURS	RATE
Before School: 6:30 - 7:45 AM	\$14.10
After School: 2:15 - 5:30 PM	\$28.90
Matoska AM: 6:30 - 8:30 AM	\$17.40
Matoska PM: 3:00 - 6:00 PM	\$24.68

Advantage EP: ACT Prep Course: Gr 10-12

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

0922-102 | 4 Sessions | Mon, Sep 22 - Oct 13
6:00 - 9:00 PM | \$180 | WBL High School

0922-103 | 4 Sessions | Thu, Oct 30 - Dec 4 | 6:00 - 9:00 PM
\$180 | WBL High School | No Class Nov 6 & 27

0922-104 | 4 Sessions | Sat, Nov 1 - 22 | 6:00 - 9:00 PM
\$180 | WBL High School

ONLINE: Taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

0915-004 | 4 Sessions | Sat, Sep 20 - Oct 11
9:00 AM - 12:00 PM | \$180 | Online

0915-005 | 4 Sessions | Sat, Nov 8 - Dec 6
9:00 AM - 12:00 PM | \$180 | Online | No Class Nov 29

Four Strategies for a Smarter College Search

Students Grades 9-11 and their parents

The college search process is becoming more complicated due to changes in FAFSA, financial aid rules, admission trends, and testing requirements. Understand how these changes impact your family and provide strategies to boost your child's admission chances and financial aid opportunities.

0929-520 | Mon, Sep 29 | 7:30 - 8:30 PM
\$30/household | Online

Tips and Tricks for Finding and Affording the Just-Right-Fit College!

FAFSA? CSS Profile? Merit Money? Learn what all these are and get many more practical tips and tricks that can be used right away to help high school scholars achieve their dreams without accruing mountains of debt. Designed for parents/caregivers and high school students.

2025-681 | Wed, Oct 29 | 7:00 - 8:00 PM | \$30/family
Online

2025-682 | Mon, Nov 17 | 7:00 - 8:00 PM | \$30/family
Online

2025-683 | Tue, Dec 9 | 7:00 - 8:00 PM | \$30/family
Online

Adult Student Classes

Beginner Stained Glass Suncatchers, Page 5

Colorful Glass Mosaic:
 Candle Lantern or Table Lamp Page 5

Cake Pops!, Page 7

Brazilian Coconut Chicken with Peanuts, Page 7

Easy Ethiopian/Eritrean Cooking, Page 7

How to Make Extra Cash Pet Sitting, Page 9

Drivers Education Ages 14- 18

A PLUS Driving School

This 30-hour course, led by a certified instructor from A+ Driving School, meets the Minnesota state requirement for driver's education. The class will cover both the "how" and "why" of safe driving through a combination of lecture and interactive discussion. Upon completion, students will be eligible to schedule and complete six hours of behind-the-wheel instruction as required by the state.

Students can begin classroom driving lessons at age 14, take the Knowledge Test and receive their Instruction Permit at 15, and become eligible for the Road Test and Provisional License at 16. To take the Road Test, students must hold their Instruction Permit for at least six months.

Classroom Phase - Teleconference or In-Person: This phase includes 30 hours of required classroom instruction designed to prepare students for the Minnesota permit test and the responsibilities of safe driving. If a lesson is missed, make-up sessions can be scheduled through the office, either during the next White Bear session or at another A+ location.

Behind-the-Wheel Phase: Once students pass the permit test, they must complete six hours of behind-the-wheel instruction, divided into three, two-hour sessions. Each session is one-on-one with a licensed instructor certified by the MN Department of Public Safety. Students can be picked up and dropped off at home, school, or work. Detailed scheduling information will be provided to help arrange these lessons.

Parent Involvement: A+ Driving School offers parent informational meetings to support families through the learning process. Attending this class fulfills the state requirement to reduce the student's supervised driving hours from 50 to 40. The course fee is \$420, with payment plans available.

4:00 - 7:00 PM | Online

Mon - Thu | Sep 15 - 30

Mon - Thu | Oct 6 - 23 | No class Oct 15 & 16

Mon - Thu | Nov 3 - 18

Mon-Thu | Dec 1 - 16

Mon-Thu | Jan 12 - 29

Mon-Thu | Feb 9 - 25

Mon-Thu | Mar 9 - 24

Mon-Thu | Apr 6 - 21

Mon-Thu | May 4 - 19

3:15 - 6:15 PM | White Bear Lake Area High School

Mon - Thu | Oct 6 - 23 | No class Oct 15 & 16

Mon - Thu | Nov 3 - 18

Mon - Thu | Dec 1 - 16

3:30 - 6:30 PM | White Bear Lake Area High School

Mon - Thu | Oct. 6 - 23

Mon - Thu | Nov 3 - 18

Mon - Thu | Dec 1 - 16

Mon - Thu | Feb 9 - 25

Mon - Thu | Apr 6 - 21

Mon - Thu | May 4 - 19

Abrakadoodle: Art Club Reloaded: Gr K-5

Learn cool art techniques and effects as we draw, paint and sculpt amazing masterpieces. Watercolor, air dry clay and more are part of this amazing class.

0915-016 | 5 Sessions | Thu, Sep 11 - Oct 9 | 2:15 - 3:20 PM
\$75 | Vadnais Heights Elementary

0915-017 | 3 Sessions | Thu, Dec 4 - 18 | 2:15 - 3:20 PM
\$45 | Vadnais Heights Elementary

Abrakadoodle: Ready, Set, Art!: Gr K-5

Unleash your creativity with painting, sculpting, and sketching while exploring different materials and learning about famous artists—where imagination comes to life through art!

1029-016 | 5 Sessions | Thu, Oct 23 - Nov 20 | 2:15 - 3:20 PM
\$75 | Vadnais Heights Elementary

Monster Party: Adult & Child Class



Enjoy a fun and creative bonding experience for parents and children as you explore your artistic sides together through a collaborative painting project. This class offers step-by-step guidance in painting techniques, along with helpful tips and tricks to help you create a cohesive and beautiful artwork as a team.

0929-625 | Mon, Sep 29 | 5:30 - 7:30 PM | \$30/pair
District Service Center

Kidcreate: Sniffable Snacks Art Class: Gr K-5

Step into the enchanting world of bioluminescence with exciting hands-on activities! Make glow-in-the-dark art under black lights, craft a galaxy you can hold in your hands, and create swirling storm jars.

0929-128 | 4 Sessions | Fri, Sep 12 - Oct 3 | 2:15 - 3:20 PM
\$100 | Lakeaires Elementary

0929-127 | 4 Sessions | Mon, Sep 29 - Oct 20 | 2:15 - 3:20 PM
\$100 | Birch Lake Elementary

0929-132 | 4 Sessions | Mon, Oct 27 - Nov 17 | 2:15 - 3:30 PM
\$100 | North Star Elementary

0929-129 | 4 Sessions | Mon, Nov 3 - 24 | 2:15 - 3:20 PM
\$100 | Vadnais Heights Elementary

0929-131 | 4 Sessions | Thu, Nov 6 - Dec 4 | 2:15 - 3:30 PM
\$100 | Otter Lake Elementary | *No Class Nov 27*

0929-130 | 4 Sessions | Fri, Nov 21 - Dec 19 | 2:15 - 3:20 PM
\$100 | Willow Lane Elementary | *No Class Nov 28*

Kidcreate: Wickedly Wonderful Art

Create magical masterpieces while you explore themes of friendship, courage, and enchantment. Bring the vibrant world of the green and pink witches to life. Spark your imagination!

1104-100 | 4 Sessions | Tue, Nov 4 - Dec 2 | 2:15 - 3:30 PM
\$100 | Oneka Elementary | *No Class Nov 25*

Now Make Art: Cardboard Creations: Gr K-5

Get creative with cardboard! Giant mazes, castles, games, or something the world has never seen before. Come and build your dreams to life!

1020-109 | 4 Sessions | Mon, Sep 8 - 29 | 2:15 - 3:20 PM
\$60 | Willow Lane Elementary

1020-107 | 5 Sessions | Fri, Oct 24 - Nov 21 | 2:15 - 3:20 PM
\$75 | Birch Lake Elementary

1020-108 | 6 Sessions | Tue, Nov 18 - Dec 23 | 2:15 - 3:20 PM
\$90 | Lakeaires Elementary

1020-110 | 3 Sessions | Mon, Dec 8 - 22 | 2:15 - 3:20 PM
\$45 | Willow Lane Elementary

Now Make Art: Clay City: Gr K-5

If you could build your very own city with others in your community, what would it look like? Using air dry clay, we'll imagine and build our dream community together. Learn some basic clay techniques and paint your creations before adding to the collective city.

1208-108 | 2 Sessions | Tues, Oct 7 - 14 | 2:15 - 3:20 PM
\$35 | Lakeaires Elementary

1208-109 | 4 Sessions | Mon, Nov 3 - 24 | 2:15 - 3:20 PM
\$70 | Willow Lane Elementary

1208-107 | 3 Sessions | Fri, Dec 5 - 19 | 2:15 - 3:20 PM
\$50 | Birch Lake Elementary

Now Make Art: Garbage Puppets: Gr K-5

Let's turn "garbage" into art! Turn everyday materials into brand new puppets and companions of your creation. Critters, people, or mythical creatures - the only limit is your imagination!

0908-108 | 4 Sessions | Tue, Sep 9 - 30 | 2:15 - 3:20 PM
\$60 | Lakeaires Elementary

0908-107 | 5 Sessions | Fri, Sep 12 - 10 | 2:15 - 3:20 PM
\$75 | Birch Lake Elementary

0908-109 | 4 Sessions | Mon, Oct 6 - 27 | 2:15 - 3:20 PM
\$60 | Willow Lane Elementary

Young Rembrandts: Across the Continents: Gr K-5

Join us for a colorful journey around the world as we explore global art traditions from New Zealand's Māori designs and Latin American Mola textiles to India's peacocks and African masks. Inspiring young artists will take a creative global journey celebrating world cultures through the soft glow and brilliance of pastels.

0908-013 | 4 Sessions | Tue, Sep 9 - 30 | 2:15 - 3:45 PM
\$55 | Birch Lake Elementary

0908-015 | 4 Sessions | Thu, Sep 11 - Oct 2 | 2:15 - 3:45 PM
\$55 | Willow Lane Elementary

0908-014 | 3 Sessions | Mon, Oct 6 - 20 | 2:15 - 3:45 PM
\$42 | Vadnais Heights Elementary

Young Rembrandts: Autumn Creations: Gr K-5

Students will learn awesome new art skills while making fun projects! We'll use different materials to build, decorate, and design. It's a great way to boost creativity and create some amazing artwork to take home.

1006-015 | 4 Sessions | Mon, Sep 8 - 29 | 2:15 - 3:20 PM
\$55 | Vadnais Heights Elementary

1006-014 | 5 Sessions | Wed, Sep 10 - Oct 8 | 2:15 - 3:20 PM
\$68 | Lakeaires Elementary

1006-013 | 4 Sessions | Tue, Oct 7 - 28 | 2:15 - 3:30 PM
\$55 | Birch Lake Elementary



Young Rembrandts: Drawliday: Gr K-5

Goodbye winter boredom, hello creativity! Turn your child's love for art into something extraordinary this season by mastering facial expressions and imaginative storytelling, boosting their confidence and artistic talent.

1201-016 | 5 Sessions | Thu, Nov 13 - Dec 18 | 2:15 - 3:30 PM
\$79 | Willow Lane Elementary | No Class Nov 27

1201-020 | 4 Sessions | Mon, Nov 17 - Dec 15 | 2:15 - 3:30 PM
\$79 | Lincoln Elementary | No Class Dec 1

1201-014 | 4 Sessions | Wed, Nov 19 - Dec 17 | 2:15 - 3:30 PM
\$79 | Lakeaires Elementary | No Class Nov 26

1201-019 | 4 Sessions | Wed, Nov 19 - Dec 17 | 3:00 - 4:15 PM
\$79 | Matoska International | No Class Nov 26

1201-018 | 4 Sessions | Thu, Nov 20 - Dec 18 | 2:15 - 3:30 PM
\$79 | North Star Elementary | No Class Nov 27

1201-013 | 4 Sessions | Tue, Dec 2 - 23 | 2:15 - 3:30 PM
\$79 | Birch Lake Elementary

1201-017 | 3 Sessions | Tue, Dec 2 - Dec 16 | 2:15 - 3:30 PM
\$62 | Otter Lake Elementary

Young Rembrandts: Spark Studios: Gr K-5

Spark your child's creativity while building their artistic skills! Fall-themed illustrations will teach warm and cool color theory, while fun activities like visualizing sounds and drawing emotions help them explore creativity and add humor to their cartoons.

1103-017 | 4 Sessions | Thu, Sep 18 - Oct 9 | 2:15 - 3:30 PM
\$79 | Oneka Elementary

1103-019 | 4 Sessions | Mon, Sep 22 - Oct 13 | 2:15 - 3:30 PM
\$79 | Lincoln Elementary

1103-016 | 4 Sessions | Tue, Sep 23 - Oct 14 | 2:15 - 3:30 PM
\$79 | Otter Lake Elementary

1103-015 | 4 Sessions | Thu, Oct 9 - Nov 6 | 2:15 - 3:30 PM
\$79 | Willow Lane Elementary | No Class Oct 16

1103-014 | 4 Sessions | Wed, Oct 22 - Nov 12 | 2:15 - 3:30 PM
\$79 | Lakeaires Elementary

1103-018 | 4 Sessions | Wed, Oct 22 - Nov 12 | 3:00 - 4:15 PM
\$79 | Matoska International

1103-012 | 4 Sessions | Mon, Oct 27 - Nov 17 | 2:15 - 3:30 PM
\$79 | Vadnais Heights Elementary

1103-013 | 4 Sessions | Tue, Nov 4 - 25 | 2:15 - 3:30 PM
\$79 | Birch Lake Elementary

Cooking

Bear Care: The Flavor Lab: Gr 6-8

A fun and interactive cooking class designed for middle schoolers, where kids learn to make delicious, easy-to-follow recipes. Along the way, they'll also learn essential nutrition knowledge, helping them understand how to fuel their bodies with balanced meals. It's a perfect mix of hands-on cooking and eating!

This program has tiered pricing:

\$0 - available for those who need financial assistance.

\$20 - covers the cost for your child.

\$40 - covers the cost for your child and scholarships an additional student.

0908-023 | 4 Sessions | Tue, Sep 9 - 30 | 4:15 - 5:30 PM
Central Middle School

Chicken Pad-Thai

Build an authentic Pad Thai sauce with the diverse flavor profile of sweet, salty, sour and spicy. You will wow your friends and family with your new found signature dish!

1010-600 | Fri, Oct 10 | 6:30 - 8:30 PM
\$40 + \$20 in class supply fee | WBLA High School

Cake Pops! *NEW*

Cake pops made easy! Together we will master the art of these mini desserts and create fun, edible art.

1022-790 | Wed, Oct 22 | 5:30 - 8:30 PM
\$55, \$75 adult/child | WBLA High School

*Students Age 10+ may attend
Adult Cooking classes with a registered adult.*

Engineering for Kids: Jr Engineering/STEM Club: Gr K-5

This engaging program introduces young learners to engineering through fun, hands-on lessons each week. Students develop key skills like problem-solving, critical thinking, and teamwork—building the confidence to face challenges and succeed in anything they pursue.

0908-001 | 4 Sessions | Tue, Sep 9 - 30 | 2:15 - 3:15 PM
\$90 | Vadnais Heights Elementary

0908-005 | 6 Sessions | Wed, Sep 10 - Oct 22 | 2:15 - 3:15 PM
\$135 | Lakeaires Elementary | *No Class Oct 15*

0908-007 | 6 Sessions | Thu, Sep 11 - Oct 23 | 2:15 - 3:15 PM
\$135 | Birch Lake Elementary | *No Class Oct 16*

0908-009 | 6 Sessions | Mon, Sep 22 - Oct 27
3:00 - 4:00 PM | \$135 | Matoska International

0908-002 | 4 Sessions | Tue, Oct 7 - 28 | 2:15 - 3:15 PM
\$90 | Vadnais Heights Elementary

0908-006 | 7 Sessions | Wed, Oct 29 - Dec 17 | 2:15 - 3:15 PM
\$160 | Lakeaires Elementary | *No Class Nov 26*

0908-008 | 7 Sessions | Thu, Oct 30 - Dec 18 | 2:15 - 3:15 PM
\$160 | Birch Lake Elementary | *No Class Nov 27*

0908-010 | 6 Sessions | Mon, Nov 3 - Dec 15 | 3:00 - 4:00 PM
\$135 | Matoska International | *No Class Dec 1*

0908-003 | 4 Sessions | Tue, Nov 4 - 25 | 2:15 - 3:15 PM
\$90 | Vadnais Heights Elementary

0908-004 | 4 Sessions | Tue, Dec 2 - 23 | 2:15 - 3:15 PM
\$90 | Vadnais Heights Elementary

Kid Scientific: Candy Lab: Gr K-5

Step into our Candy Lab and explore science through sweet experiments! From candy chemistry to edible art, every activity uses candy to teach cool scientific concepts. Mix, melt, and marvel at how sweets can be both delicious and educational!

1027-129 | 4 Sessions | Mon, Sep 8 - 29 | 2:15 - 3:20 PM
\$70 | Vadnais Heights Elementary

1027-130 | 5 Sessions | Fri, Sep 12 - Oct 10 | 2:15 - 3:20 PM
\$90 | Willow Lane Elementary

1027-127 | 4 Sessions | Mon, Oct 27 - Nov 17 | 2:15 - 3:20 PM
\$70 | Birch Lake Elementary

1027-128 | 5 Sessions | Fri, Nov 14 - Dec 19 | 2:15 - 3:20 PM
\$90 | Lakeaires Elementary | *No Class Nov 28*



Kid Scientific: Glow Magic: Gr K-5

Explore the magic of bioluminescence through hands-on activities. Create glow-in-the-dark art, galaxy crafts, and simulate storms in a jar. Let curiosity shine as we discover the wonders of light in nature

0908-127 | 3 Sessions | Mon, Dec 8 - 22 | 2:15 - 3:20 PM
\$70 | Birch Lake Elementary

0908-128 | 3 Sessions | Mon, Dec 8 - 22 | 2:15 - 3:20 PM
\$70 | Vadnais Heights Elementary

Kid Scientific: Science Arcade: Gr K-5

Join us as we transform complex scientific concepts into thrilling games and activities. Create DIY Catapults, learn about chain-reactions as you make an awesome Rube Goldberg Machine, and dive into a world of hands-on experiments that will turn learning into pure play. Get ready to unleash your creativity and critical thinking skills in a dynamic environment filled with fascinating scientific concepts!

1124-129 | 4 Sessions | Mon, Oct 6 - 27 | 2:15 - 3:20 PM
\$70 | Vadnais Heights Elementary

1124-128 | 4 Sessions | Fri, Oct 10 - Nov 7 | 2:15 - 3:20 PM
\$70 | Lakeaires Elementary | *No Class Oct 17*

1124-130 | 4 Sessions | Fri, Oct 24 - Nov 14 | 2:15 - 3:20 PM
\$70 | Willow Lane Elementary

1124-127 | 4 Sessions | Mon, Nov 24 - Dec 22 | 2:15 - 3:20 PM
\$70 | Birch Lake Elementary | *No Class Dec 1*

CSGA: Scratch Game Coding: Gr K-5

Get a crash course in coding games with Scratch. Create and develop 2-3 basic games while learning essential computer science skills with boundless potential for creativity and expansion.

1020-170 | 9 Sessions | Wed, Oct 8 - Dec 17 | 2:15 - 3:20 PM
\$99 | Vadnais Heights Elementary | *No Class Oct 15 & Nov 26*

1020-169 | 9 Sessions | Thu, Oct 9 - Dec 18 | 2:15 - 3:20 PM
\$99 | Lakeaires Elementary | *No Class Oct 16 & Nov 27*

DASH: Basketball Camp: Gr K-5

DASH Sports basketball camps provide players with a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Final day of camp we play scrimmages.

1110-186 | 4 Sessions | Mon, Nov 10 - Dec 8 | 2:15 - 3:20 PM
\$79 | Birch Lake Elementary | No Class Dec 1

1110-188 | 5 Sessions | Mon, Nov 10 - Dec 15 | 2:15 - 3:20 PM
\$95 | Lakeaires Elementary | No Class Dec 1

1110-189 | 5 Sessions | Thu, Nov 13 - Dec 18 | 2:15 - 3:20 PM
\$95 | Vadnais Heights Elementary | No Class Nov 27

DASH: Pickleball Camp: Gr K-5

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. Get an introductory experience to the game with an emphasis on technique and game play. Key elements of serving, returning, volleys, overheads, and lobbing will be covered. Camp ends with games on the final day. Campers should bring a pickleball paddle if you have one.

0908-189 | 4 Sessions | Wed, Sep 10 - Oct 1 | 2:15 - 3:20 PM
\$59 | Vadnais Heights Elementary

0908-188 | 4 Sessions | Thu, Sep 11 - Oct 2 | 2:15 - 3:20 PM
\$59 | Lakeaires Elementary

DASH: Soccer Camp: Gr K-5

Enjoy a well-rounded soccer experience focused on key skills like dribbling, passing, shooting, and defense. In a fun and supportive environment, players are grouped by skill level for tailored instruction while learning the values of Respect, Hustle, and Pride. The camp concludes with a scrimmage on the final day.

1006-186 | 4 Sessions | Mon, Oct 6 - 27 | 2:15 - 3:20 PM
\$59 | Birch Lake Elementary

1006-187 | 5 Sessions | Mon, Oct 6 - Nov 3 | 2:15 - 3:20 PM
\$79 | Lakeaires Elementary

1006-188 | 4 Sessions | Thu, Oct 9 - Nov 6 | 2:15 - 3:20 PM
\$59 | Vadnais Heights Elementary | No Class Oct 16

DASH: Sports Sampler: Gr K-5

Experience the excitement of multiple sports in one camp! Have fun learning new skills and playing a variety of sports-focused games. In this supportive environment, all skill levels are welcome, making this camp a great way to stay active, build teamwork and boost confidence!

0908-187 | 4 Sessions | Mon, Sep 8 - 29 | 2:15 - 3:20 PM
\$79 | Lakeaires Elementary

0908-186 | 5 Sessions | Wed, Sep 10 - Oct 8 | 2:15 - 3:20 PM
\$99 | Birch Lake Elementary

0908-201 | 5 Sessions | Wed, Sep 10 - Oct 8 | 2:15 - 3:20 PM
\$99 | Willow Lane Elementary

0908-202 | 3 Sessions | Wed, Dec 3 - 17 | 2:15 - 3:20 PM
\$59 | Willow Lane Elementary

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.

Minnesota Xtreme, 7250 Hudson Blvd, Oakdale, MN 55128

0915-166 | 7 Sessions | Wed, Sep 10 - Oct 29 | 6:00 - 7:00 PM
\$125 | Minnesota Xtreme | No Class Oct 15

0915-165 | 7 Sessions | Thu, Sep 11 - Oct 30 | 5:45 - 6:45 PM
\$125 | Minnesota Xtreme | No Class Oct 16

0915-167 | 6 Sessions | Wed, Nov 5 - Dec 17 | 6:00 - 7:00 PM
\$125 | Minnesota Xtreme | No Class Nov 26

Minnesota Xtreme: Tiny Cheer Basics - Future Elements: Ages 3-6

This is a great training class to prepare your young athlete for an exhibition or competitive team! In this class we will work on all areas of All Star cheerleading including tumbling, stunting, jumps and motions

Minnesota Xtreme, 7250 Hudson Blvd, Oakdale, MN 55128

0909-171 | 7 Sessions | Wed, Sep 10 - Oct 29 | 5:00 - 5:55 PM
\$95 | Minnesota Xtreme | No Class Oct 15

0909-172 | 7 Sessions | Wed, Nov 5 - Dec 17 | 5:00 - 5:55 PM
\$95 | Minnesota Xtreme

Minnesota Xtreme: Tumbling Fundamentals: Ages 6-12

This class continues to build students' foundational tumbling skills. We'll focus on proper technique and execution. Skills include basic motor development, body positions (pike, tuck, straddle, straight stand), lunge, lever, forward roll, backward roll, bridge/elbow bridge, beginner handstand, and cartwheel.

Minnesota Xtreme, 7250 Hudson Blvd, Oakdale, MN 55128

0915-171 | 7 Sessions | Mon, Sep 15 - Oct 27 | 5:00 - 5:55 PM
\$109 | Minnesota Xtreme

0915-172 | 7 Sessions | Mon, Nov 3 - Dec 15 | 5:00 - 5:55 PM
\$109 | Minnesota Xtreme

United Jui-Jitzu: Brazilian Jui-Jitzu & Self-Defense: Gr K-5

Students will improve coordination, build confidence, and learn self-defense skills, all while having a blast with friends. Brazilian Jui Jitsu is a great opportunity for students to engage in physical and calming activity by channeling energy into movement.

1020-146 | 4 Sessions | Thu, Sep 11 - Oct 2 | 2:15 - 3:15 PM
\$79 | Vadnais Heights Elementary

1020-145 | 4 Sessions | Tue, Oct 21 - Nov 11 | 2:15 - 3:15 PM
\$79 | Lakeaires Elementary

1020-144 | 4 Sessions | Wed, Oct 22 - Nov 12 | 2:15 - 3:15 PM
\$79 | Birch Lake Elementary



Mindful Movement Kids Yoga Club

Join us for a fun and engaging kids' yoga and mindfulness class! Through playful poses, games, and activities, children will explore movement, breathing, and relaxation while building focus, managing stress, and finding calm.

1101-200 | 4 Sessions | Mon, Nov 3 - 24 | 3:00 - 4:00 PM
\$115 | Matoska International

1101-201 | 4 Sessions | Tue, Sep 9 - 30 | 2:20 - 3:20 PM
\$115 | Lincoln Elementary

1101-202 | 4 Sessions | Tue, Nov 4 - 25 | 2:20 - 3:20 PM
\$115 | Lakeaires Elementary

1101-224 | 4 Sessions | Fri, Oct 3 - 31 | 2:20 - 3:20 PM
\$115 | Vadnais Heights Elementary

Pose & Play: Glow-Ga Party

Get ready to glow! This black light party is the ultimate day-off adventure. We'll stretch and pose under black light, play high-energy games, and make awesome glow-in-the-dark art. Neon outfits encouraged - let's light up the room with movement, creativity, and fun!

1015-099 | Wed, Oct 15 | 9:00 AM - 12:00 PM
\$80 | Matoska International

Pose & Play: Snow-Ga Party

Kids will enjoy a playful winter adventure filled with snowy stretches, fun games, and hands-on take-home projects like snow dough and snow globe sensory bottles-a perfect mix of movement, mindfulness, and frosty fun!

1201-130 | Mon, Dec 1 | 9:00 AM - 12:00 PM
\$80 | Lincoln Elementary

Make & Take: Fall Calming Creations

Unwind after school with mindful art and sensory play! Create calming projects like sensory bottles or pressed flower pumpkins while exploring creativity and simple relaxation techniques. Perfect for those who love to make, imagine, and relax!

1105-100 | 3 Sessions | Wed, Nov 5 - Nov 19 | 2:20 - 3:20 PM
\$100 | Willow Lane Elementary

1105-101 | 3 Sessions | Thu, Nov 6 - Nov 20 | 2:20 - 3:20 PM
\$100 | Lincoln Elementary

1105-102 | 3 Sessions | Fri, Nov 7 - Nov 21 | 2:20 - 3:20 PM
\$100 | Vadnais Heights Elementary

Make & Take: Winter Calming Creations

Create calming projects like falling snow sensory bottles, snowflake slime, or gingerbread play dough. We'll create, connect, and practice simple relaxation techniques along the way.

1201-101 | 3 Sessions | Wed, Dec 3 - 17 | 2:20 - 3:20 PM
\$100 | Birch Lake Elementary

1201-102 | 3 Sessions | Fri, Dec 5 - 19 | 2:20 - 3:20 PM
\$100 | Lincoln Elementary

1201-100 | 3 Sessions | Mon, Dec 8 - 22 | 2:20 - 3:20 PM
\$100 | Lakeaires Elementary

Stay connected and follow us
on social media!

Facebook: @wblasrec
Instagram: @WBLASComServRec



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Questions? Contact:
stacy.bertelsen@isd624.org



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WANT TO SHARE?**

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Community Ed!**

For more information contact
jessica.edwards@isd624.org

Tabletop Gaming



Badwolf Studios: Dungeons & Dragons Campaign: Gr 3-5

Learn how to build a D&D characters and then set out on your Adventures! D&D is one of the greatest games of all time, but it comes with a demanding learning curve and a time commitment that can feel overwhelming. We'll remove the barriers players experience and allow you to become engrossed in the story instead of the rule book. Get lost in a world where choices are infinite, but consequences are mandatory.

0908-298 | 4 Sessions | Tue, Sep 9 - 30 | 2:15 - 4:15 PM
2:15 - 4:15 PM | \$80 | Vadnais Heights Elementary

0908-299 | 5 Sessions | Wed, Sep 10 - Oct 8 | 2:15 - 4:15 PM
\$100 | Vadnais Heights Elementary

0908-281 | 4 Sessions | Wed, Oct 22 - Nov 12 | 2:15 - 4:15 PM
\$80 | Vadnais Heights Elementary

0908-282 | 4 Sessions | Wed, Nov 19 - Dec 17 | 2:15 - 4:15 PM
\$80 | Vadnais Heights Elementary | No Class Nov 26

Badwolf Studios: Magic the Gathering: Gr 3-5

Join us in a fun afternoon adventure exploring the Commander version of Magic: The Gathering featuring incredible creatures that cast powerful spells to defeat their foes. Students will build their own decks and bring them home to continue their journeys!

0908-099 | 5 Sessions | Mon, Sep 8 - Oct 6 | 2:15 - 4:15 PM
\$100 | Vadnais Heights Elementary

0908-100 | 5 Sessions | Mon, Oct 13 - Nov 10 | 2:15 - 4:15 PM
\$100 | Vadnais Heights Elementary

0908-101 | 5 Sessions | Mon, Nov 17 - Dec 22 | 2:15 - 4:15 PM
\$100 | Vadnais Heights Elementary | No Class Dec 1

Theater

Gina Mayer: Wicked Musical Theater Class: Gr K-5

Come learn songs and dances from Wicked 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! Friends and family are invited to a special performance in the final 30 minutes of the final class.

0929-008 | 10 Sessions | Wed, Sep 24 - Dec 10
2:15 - 3:45 PM | \$159 | Oneka Elementary
No Class Oct 15 & Nov 26

0929-009 | 9 Sessions | Thu, Sep 25 - Dec 11 | 2:15 - 3:45 PM
\$159 | Matoska International | No Class Oct 16, 23 & Nov 27

0929-006 | 9 Sessions | Fri, Sep 26 - Dec 12 | 2:15 - 3:45 PM
\$159 | Vadnais Heights Elementary | No Class Oct 17, 31 & Nov 28

0929-005 | 10 Sessions | Mon, Sep 29 - Dec 8 | 2:15 - 3:45 PM
\$159 | Lakeaires Elementary | No Class Dec 1

0929-007 | 10 Sessions | Tue, Sep 30 - Dec 9 | 2:15 - 3:45 PM
\$159 | Lincoln Elementary | No Class Oct 28

Just Kidding Improv: Improv Club: Gr 2-5

A laughter filled class for kids to learn communication skills, self-confidence and respect towards others ideas. We take our imaginations and silliness and apply it to scene work and games. The focus and structure that students learn in this class can also be applied to any number of areas in their lives. These classes can be taken multiple times - Come out and play!

0113-231 | 5 Sessions | Thu, Sep 11 - Oct 9 | 2:15 - 3:20 PM
\$79 | Lakeaires Elementary

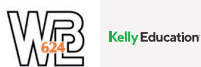
0113-232 | 5 Sessions | Thu, Oct 23 - Nov 20 | 2:15 - 3:20 PM
\$79 | Lakeaires Elementary

Bee Houses: Adult/Child **NEW**

Learn about our native bees and their importance. We'll also be making bee houses that you will be able to take home. Turn your crafty creativity into functional fun. More bees means more fruits, veggies, and flowers in your own backyard! All the supplies and materials are provided, just bring your creativity. Turn your crafty creativity into functional fun. More bees means more fruits, veggies, and flowers in your own backyard!

1117-820 | Mon, Nov 17 | 6:00 - 7:00 PM
\$20 Adult/Child Pair | Forest Lake Area Schools
Education Center

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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 School 651-773-6206

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

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. Each grade will advance in basketball skills

5 Sessions | Central MS | \$105 | No Class Nov 29

OPTION 1

7300.112 | Kindergarten | Sat, Nov 1 - Dec 6 | 9:00 - 9:45 AM

7300.113 | 1st Grade | Sat, Nov 1 - Dec 6 | 10:00 - 11:00 AM

7300.114 | 2nd Grade | Sat, Nov 1 - Dec 6 | 11:15 AM - 12:15 PM

OPTION 2

7300.115 | Kindergarten | Sat, Jan 3 - Feb 14 | 9:00 - 9:45 AM

7300.116 | 1st Grade | Sat, Jan 3 - Feb 14 | 10:00 - 11:00 AM

7300.117 | 2nd Grade | Sat, Jan 3 - Feb 14 | 11:15 AM - 12:15 PM

REGISTRATION DEADLINE: OPTION 1: OCTOBER 31
OPTION 2: JANUARY 1

Rec Basketball League (Gr 3-12)

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. Volunteer head coaches are needed. Please call 651-407-7506 if interested. 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 they are wanting to play in. There are no guarantees that players will be slotted in their requested division or team.

7300.100 3rd Grade Boys | \$129

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

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 | \$139

REGISTRATION DEADLINE: GR 3-8: OCTOBER 31
GR 9-12: NOVEMBER 30

Rec Volleyball (Gr: 3-6)

Welcome to the 2025 Rec Volleyball League! Teams will practice once a week and play matches on Saturday mornings/afternoons. Teams that participate are from Little Canada, Mahtomedi, Oakdale, and Stillwater. Matches will be held in various locations. Open for girls and boys grades 3-6. Practice will start in mid September. League games run from September 13 to November 1. *No games MEA weekend. Teams are created by schools/area or if a coach submits a roster. Coaches will contact players with more details. Head coaches are needed!

7400.100 Grades 3-4 | \$129

7400.101 Grades 5-6 | \$129

REGISTRATION DEADLINE: AUGUST 31

Girls Flag Football (Gr: 3-8)

Welcome to the NEW 2025 Girls Rec Flag Football season! Registration is open for girls in Grades 3-8. Games will be played Sundays with other local communities. All participants will get to keep their belts. Coaches pick practice times. Register students for the grade they are entering in the 2025-2026 school year. Teams are created by schools/area or if a head coach submits a roster. WBL Community Education & Recreation reserves all rights for team formation and creating rosters. Cost \$149.00 Parent volunteer coaches are needed!

7101-404 (Gr. 3/4) | \$149

7101-405 (Gr. 5/6) | \$149

7101-406 (Gr. 7/8) | \$149

REGISTRATION DEADLINE: AUGUST 31

EXCITING NEWS!

Our new youth gymnastics program begins this September.

Visit Eleyo for details and registration information!

Middle School Intramurals

We have 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



Sports Physicals

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, contact your school's Admin Assistant.

NOTE: A well-child exam does not meet the requirements.

Find the Sports Physical Form on the Middle School Athletics page at isd624.org/MiddleSchoolAthletics

Additional Notes

All athletes must be registered before he/she may participate in practice or competitions.

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 Admin Assistant for a Family Key or for any registration questions.

An Activity Bus is available after practice for students. View the schedule on the Middle School Athletics page at isd624.org/MiddleSchoolAthletics

Athletics Offered

Registration Opens August 1		
Sport	Season Starts	Cost
Cross Country (6-8)	First week of school	\$150
Soccer - Boys (6-8)		\$150
Soccer - Girls (6-8)		\$150
Tennis - Girls (6-8)		\$150
Volleyball (7-8)		\$150
Volleyball (6)	October	\$145
Wrestling (6-8)		\$150
Registration Opens Mid-September		
Basketball - Girls (7-8)	November	\$150
Basketball - Boys (7-8)	January	\$150
Registration Opens February 15		
Golf (6-8)	Early April	\$175
Tennis - Boys (6-8)		\$150
Track & Field (6-8)		\$160

Registration

isd624.org/MiddleSchoolAthletics

Financial Assistance

Students currently receiving educational benefits will automatically receive a discount when registering.

Contact Information

Community Education & Recreation
2399 Cedar Avenue
White Bear Lake, MN 55110
651-407-7501
communityed@isd624.org

Matt Riebow, Coordinator
matthew.riebow@isd624.org

Sue Lenne, Admin Assistant
Mariner Middle School
sue.lenne@isd624.org
Fax Physicals: 651-773-6215

Christine Beckers, Admin Assistant
Central Middle School
christine.beckers@isd624.org
Fax Physicals: 651-407-7502



BEAR'S BULLETIN

GO GRADUATE GO
GO SUCCEED GO BEARS GO ACHIEVE
GO EXPLORE GO GRADUATE GO
GO SUCCEED GO BEARS GO ACHIEVE
GO EXPLORE GO GRADUATE GO



WELCOME TO
THE FALL 2025 EDITION

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BE A BEAR!
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/isd624

FOLLOW WHITE BEAR LAKE
AREA SCHOOLS

SUPERINTENDENT'S MESSAGE

*White Bear Lake Area High School:
A Community's Pride and a Model of
Student Success*

There's a special kind of energy that fills the halls of White Bear Lake Area High School — an unmistakable sense of pride and purpose that's easy to spot, even for those just passing through. Guests touring the recently completed campus often express awe at the state-of-the-art design, and their admiration speaks volumes. It's a visible reminder of the community's support and foresight in passing the Building Our Future bond referendum in 2019. Thanks to that investment, the high school now stands as a testament to thoughtful planning, innovation, and opportunity.

That excellence has not gone unnoticed. The White Bear Lake Area High School construction project was recently named one of the Top Projects of 2024 by Finance & Commerce, a publication that highlights the best in development and design. The building's architecture and function-forward layout are not just aesthetically impressive — they're fostering a culture of collaboration, connection, and student empowerment.

But the impact of this transformation goes far beyond the building itself.

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



Residential Customer
ECRWSS EDDM

Non-Profit Org
US Postage
PAID
Twin Cities, MN
Permit #183

White Bear Lake Area School District
Community Services & Recreation Department
2399 Cedar Avenue
White Bear Lake, MN 55110

School Board Meetings

Aug. 11..... Regular Meeting
 Aug. 25..... Work Session
 Sept. 8..... Regular Meeting
 Sept. 22..... Work Session
 Oct. 13..... Regular Meeting
 Oct. 27..... Work Session
 Nov. 10..... Regular Meeting
 Nov. 24..... Work Session
 Dec. 8..... Regular Meeting

- » All Board meetings begin at 5:30 p.m. and take place in the Community Room at District Service Center (2399 Cedar Avenue).
- » 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

Inside these walls, students are thriving. Recent data shows that White Bear students took 828 Advanced Placement (AP) tests this past school year, with 79% of those earning scores of 3 or higher — the benchmark at which many colleges award credit. That academic momentum continues through a variety of college-level programs. Students are accumulating college credits through AP courses, concurrent enrollment, Project Lead the Way and Post-Secondary Enrollment Options. In fact, the total value of college credits earned by White Bear students while still in high school last year approached \$3 million — a remarkable return on investment for families and a head start for students.

White Bear Lake Area High School is also preparing students for life with hands-on, real-world experience. Career Pathway programs span nine key industries — from automotive and construction to health and wellness, education, IT and more — and offer students the chance to graduate with both professional certifications and a clear sense of direction. Through an extensive list of extracurricular activities, students are allowed to find their passion and hone the skills of the grit and determination.

Graduates are showing very publicly just how far preparation can take them. This spring, White Bear alumnus Joel Reichow made headlines by winning Grandma's Marathon with a time of 2:11:58, becoming the first athlete to win both the full and half marathon events in Duluth's storied race history. His win was celebrated not only for the feat itself, but also for the clear connection to his roots — from mentions of his high school coach's influence to the familiar orange and black of his race-day gear.

Meanwhile, other Bears are breaking into the big leagues — literally. Nolan Roed, a recent White Bear graduate and captain of the 2023-24 Boys' Hockey Team, was signed by the National Hockey League's Colorado Avalanche. Another alumnus, Derrick Smith, who graduated in 2022, has had a standout career as a pitcher at North Carolina State and was drafted by Major League Baseball's Colorado Rockies.

All of this adds up to something that the White Bear Lake Area Schools community can be truly proud of. From rigorous academics to activities and career-readiness, White Bear students are stepping into the world with confidence, preparation, and Bear pride — and it's clear the best is yet to come.

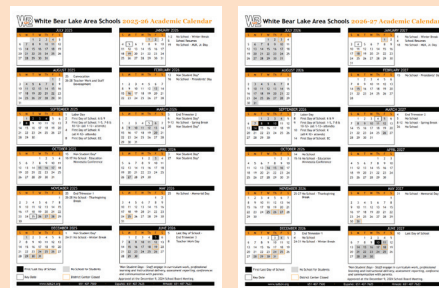
Dr. Wayne Kazmierczak, Superintendent

Calendars

The 2025-26 and 2026-27 academic year calendar one-page flyers are now available online on the district's website, directly at isd624.org/about/calendar.

A printed 2025-26 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 (2399 Cedar 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 DISCOVER GO EMPOWER GO EXCEL
 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



Jennifer Chappuis

Jennifer Chappuis has been chosen to serve as the district's new Assistant Director of Early Childhood Programs. Chappuis brings more than 22 years of experience as a dedicated educator and school leader, most recently serving as a PK-5 principal in Cannon Falls. She holds an Educational Specialist Degree in Educational Leadership from Minnesota State University, Mankato, and is deeply committed to building welcoming, developmentally appropriate learning spaces where all children and families feel valued and supported.



Jessica Edwards

Jessica Edwards has been named the Community Education and Recreation Department's new Enrichment & Development Specialist. Edwards steps into this district-level position after serving as the Out of School Time Site Supervisor at Vadnais Elementary. During the past 18 years, she has shown unwavering dedication to and passion for our community by serving students and families in our school age care, enrichment, targeted services and grant programs.



Disa Fabeck

Disa Fabeck joins the district in the role of Educational Technology and Assessment Coordinator with more than 15 years of experience in K-12 education. Her professional background includes serving as a high school science teacher as well as a District Coordinator for Research, Assessment, and Gifted Education. She brings extensive expertise in Multi-Tiered Systems of Support (MTSS), standards alignment, and data analysis. In recognition of her contributions, Fabeck was named Employee of the Year by Columbia Heights Public Schools in 2021. She is currently pursuing a Doctor of Education (Ed.D.) in Educational Leadership at Bethel University.



Morgan Baumbach

Morgan Baumbach recently joined the team as the district's Theater Technical Director. In this role, he leads all technical operations for school productions and supports a wide range of events in the district's performance spaces. With a strong background in technical theater and facility management, Morgan brings a deep commitment to producing high-caliber productions while creating meaningful educational opportunities for students. Prior to joining White Bear, Morgan served as the District Auditorium and Facilities Coordinator for Lakeville Area Schools.

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

**APPLY
TODAY**




Now hiring for 2025-26:

- Substitute Teachers
- Extended Day staff
- Nutrition Services staff
- Bus drivers
- Paras
- MORE!

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 www.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**

This Senior Community Member Activity Pass grants free admission into home activities* for

YOUR NAME

Validated by Dr. Wayne A. Kazmierczak, Superintendent

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!

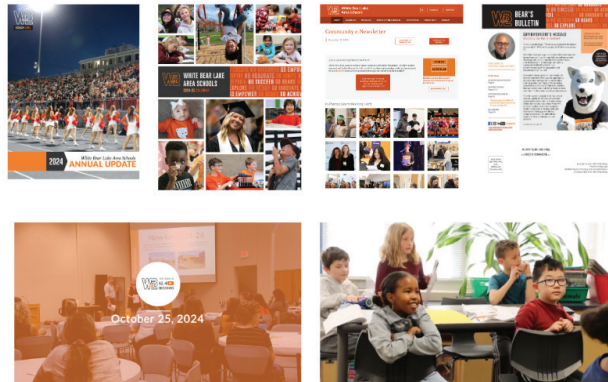
Onesies are mailed to families who live in the district upon arrival of a little one. Shirts are given to toddlers when they Screen at 3. Kindergartners receive shirts with completed enrollment paperwork.



District Receives National Communications Awards

The district recently received 2025 Awards of Excellence – the highest award possible – from National School Public Relations (NSPRA) for the following Communications Department publications and projects:

- 2024 Annual Update
- 2024-25 Calendar
- Community e-Newsletter
- Fall 2024 Bear's Bulletin
- Video Series - "The Week in 62.4 Seconds" videos
- Building Our Future - Impact on Teaching and Learning video



District Recognized for Farm to School initiative

ISD624 was recognized as a Bronze Berry Honoree in the 2025 Minnesota Grown Cream of the Crop Awards for Farm to School and Early Care, which recognizes K-12 school districts, early care centers, and family day cares that go above and beyond to promote and serve foods grown and raised by Minnesota farmers and producers.

"This recognition for White Bear Lake Area Schools is a testament to our Nutrition Services team's dedication to providing students with healthy, locally sourced meals while also supporting Minnesota's agricultural economy," said Assistant Superintendent for Finance and Operations Tim Wald. "Our participation in programs like these helps to build stronger connections between local farms, classrooms, and our community."

Some highlights from the WBLAS application include offering local options on the menu (cherry tomatoes, summer squash, mini bell peppers, purple sweet potatoes, carrots, apples, maple syrup, and edamame), sharing Pine Tree apples at community events, and supporting local food taste tests.

Local partnerships include food sourced by:

- Hamel Maple Syrup, Hamel
- SnoPac Farms, Caledonia
- Pine Tree Apple Orchard, WBL
- Taylor Ventures, Marine on St. Croix
- MhanPaj's Garden, WBL
- Hmong American Farmers Association, West St. Paul
- Hugh's Gardens, Halstad
- The Good Acre Food Hub, Falcon Heights

Building Our Future Update

While most of the facilities projects approved by the community in 2019 are now complete, final-stage construction continues at two buildings: Central Middle School and Sunrise Park.

Central Middle School students, who have already been enjoying the new gymnasium added during Phase 1 last summer, will soon benefit from this summer's Phase 2 upgrades. These include an expanded cafeteria, a new Learning Commons, and the transformation of former District Center areas back into academic spaces, adding valuable square footage to the school.

Community members are invited to check out the completed construction projects at Central Middle School by joining us for a Community Open House event that will take place during Homecoming week, from 4:30-6:30 p.m. on Wednesday, September 24.

Meanwhile, District Services Center offices have fully settled into their new home at Sunrise Park, following the move during the 2024-25 school year. Since spring 2025, School Board meetings have taken place in the Community Room boardroom at Sunrise. Most recently, the district's Senior Program transitioned to Sunrise Park, following a celebratory farewell picnic at Normandy Park.

Construction is also underway to prepare Sunrise Park to house the Early Childhood Center and Transition Education Center, with programming set to begin in the new space in Fall 2026.



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.



Carla Triggs named 2025 WBLAE Teacher of the Year

Mariner Middle School Language Arts teacher Carla Triggs was named White Bear Lake Area Educators' 2025 Teacher of the Year at a celebration and recognition ceremony this spring.

Triggs was chosen from an impressive slate of finalists from throughout the district:

- Lubna Abu-Sharkh, Multilingual Educator, Willow Lake Elementary
- Kelly Humphrey, Grade Two, Lakeaires Elementary
- Katie Solem, Grade Four, Oneka Elementary
- Kyle Lewis, Special Education, Otter Lake Elementary
- Sarah Treanor, Grade Four, Matoska International

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
- 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 District Services Center and Senior Center

Ready for Fall 2026

- Sunrise Park houses Early Childhood Center and Transition Education Center



Central Middle School Community Open House 4:30-6:30 p.m. Wednesday, September 24

Check out the completed construction projects at Central Middle School by joining us for a Community Open House event that will take place during Homecoming week, from 4:30-6:30 p.m. on Wednesday, September 24.

Attendees will have an opportunity to check out the gymnasium addition and the building's renovated spaces — including the expanded cafeteria, new Learning Commons and renovations made to the former District Center areas to return them to middle school spaces.

The renovations are part of the district-wide projects made possible by the community's support of the 2019 Building Our Future bond referendum.



IMPORTANT DATES

- » **SEPT. 2**
FIRST DAY OF SCHOOL
for Grades 6 & 9
- » **SEPT. 3**
FIRST DAY OF SCHOOL
for Grades 1-5, 7-8 & 10-12+ (all 1-12+ attends)
- » **SEPT. 5**
FIRST DAY OF SCHOOL
for K
- » **WEEK OF SEPT. 9**
FIRST WEEK for
Early Childhood Programs
- » **SEPT. 21-27**
HOMECOMING 2025
Sept. 26 - 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, November 11
Caribou Coffee in Downtown WBL

Stay Connected — and keep an eye out for upcoming events!

- **E-Newsletter** - The district's award-winning 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 award-winning 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.

GO EMPOWER GO EXCEL GO EXPLORE GO IGNITE GO INNOVATE
GO PERFORM GO SUCCEED GO BEARS GO ACHIEVE GO
GO EXCEL GO GRADUATE GO IGNITE GO INNOVATE GO

FOLLOW WHITE BEAR LAKE AREA SCHOOLS



- **Student-centered instruction.**
We believe all students grow and learn in different ways and at different rates — that all can achieve.
- **Expanded academic opportunities.**
Our students explore their interests, excel and design their futures.
- **Empowered, supported learning.**
Students are agents and owners of their learning in an environment that is safe, supportive and challenging — with high expectations for student success.
- **Inspiring, nurturing educators.**
Our educators facilitate learning and challenge students — fostering curiosity and confidence.
- **Transformative learning.**
Our flexible learning spaces and learning studios ignite opportunities for communication, collaboration, creativity and critical thinking.

NEW this year:
Elementary Spanish
Dual Immersion!

White Bear Lake Area Schools