



THE VOICE

White Bear Lake Area

SEPTEMBER - DECEMBER 2025

OUR NEW HOME

Our move was a success - and so was our first week of activities! While the Senior Center isn't quite finished and everything isn't perfect just yet, we appreciate your patience and positivity as we adjust to our new normal.

We've set things up in a way we think works best, but things may shift as we discover better ways to use our space. Let us know of any major concerns that you or your group may have. We are keeping a list of ideas and concerns and are sharing with Building Operations, but many things we cannot control. Patience and kindness go a long way!

Where's the Senior Center sign?

Unfortunately there is not a SENIOR CENTER sign on the street or the building. On Cedar Avenue look for the SUNRISE PARK sign and on the building; District Service Center (pictured above).

Handicap Parking & Sidewalk Ramps

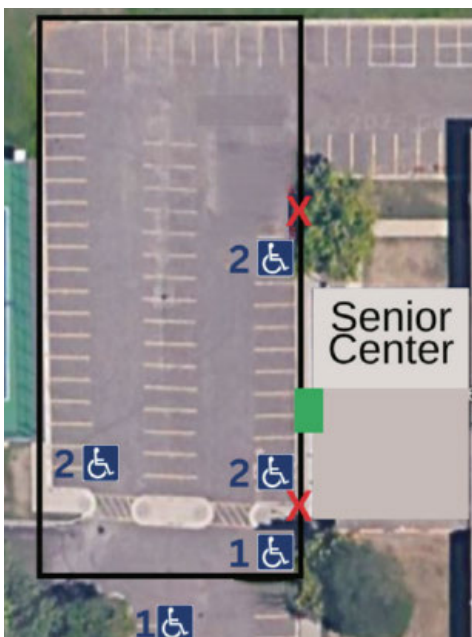
There are currently 8 handicap parking spaces in our log (same as our old space).

See map above: Front Door=Green, Ramps= Red X.

Door Cards to enter the Senior Center

Once the new door key cards/fobs arrive, we will begin distributing them. **Only Senior Center members** will need a key card or fob to enter the building. We will no longer be able to prop the doors open during busy times. Visitors, class participants, and the general public will need to ring the doorbell for entry.

NOTE: WBL Community Education & Recreation and the White Bear Area Senior Center are located **inside** of the WBLAS District Service Center @ Sunrise Park, 2399 Cedar Ave, WBL. Parking off Cranbrook.



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

Seating's 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

Concert by
White Bear Ukulele Bears

Coffee & Treats provided

SENIOR CENTER

651-653-3121

Mon - Fri | 9:00 AM - 3:00 PM

District Service Center @
Sunrise Park
2399 Cedar Ave
White Bear Lake, MN 55110

Adult Programs & Facilities Coordinator

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

Adult Program Specialist

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

Administrative Assistant

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

Meals on Wheels

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

Craft Corner Gift Shop

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

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

FOOT CARE CLINIC

30-minute appointment
with a footcare nurse.

White Bear Area Senior Center
651-653-3121

PRICING

\$55 Cash / Check
\$58 Credit / Debit Card

SENIOR CENTER ANNUAL MEMBERSHIP FEES ARE DUE

July 1, 2025 thru June 30, 2026 | Fee Due in July | \$35 person

To participate in ongoing Senior Center group activities (listed below), membership is required. We welcome all adults - regardless of where you live! You can sign up or renew your membership at the Senior Center Office or by calling 651-653-3121.



NEW! Class Discount with Membership!

Senior Center Members get \$5 off on these classes. Call or register in person to receive the discount: 651-653-3121.

WEEKLY ACTIVITIES

Groups must not arrive more than 30 minutes prior to their activity.

500 Cards

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

Bridge - Contract

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

Coloring

Tue / 9:30 - 11:00 AM

Cribbage

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

Dominoes

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

Guys & Gals Social Group

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

Hand & Foot

Fri / 12:30 - 3:30 PM

In Stitches

Fri / 1:00 - 3:00 PM

Mah Jongg

Mon & Thu / 12:00 - 3:00 PM

Mugs & Musings

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

Painters

Tue / 10:00 AM - 3:30 PM

Pinochle

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

Reader's Chat

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

Ukulele Bears

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

Woodcarvers Group

Wed / 8:30 - 11:00 AM

Yarn B's

Thu / 10:00 - 11:30 AM

Medicare Counseling

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

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

Meet with Kirk Possehl - 1st Thu of month, 10:00 AM - 12:00 PM.
Call for an appointment: 651-653-3121



MEALS ON WHEELS

If you are a Ramsey County, or live in southern Hugo, age 60 or older, the White Bear Area Senior Center Meals on Wheels Program offers a variety of affordable meal options delivered right to your door. Choose from hot, cold, or frozen meals to fit your schedule. All meals meet dietary guidelines and include an entrée, vegetable, side, dessert, and beverage. We can also accommodate special dietary needs.

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

How MEALS ON WHEELS IS FUNDED IN 2025

The delivery of meals to thousands of seniors in the Twin Cities is made possible through a unique mix of government support, grants from charitable foundations, and robust support from individuals in the community. While Twin Cities MOW programs continue service at a rate that has remained elevated since the Covid-19 Pandemic, funding support from government programs has returned to pre-pandemic levels. Recent cuts enacted by Congress to Medicaid and the

Continued on page 14

WHEN DOES MEALS ON WHEELS MOVE TO THE SUNRISE PARK LOCATION?

The Meals on Wheels program will continue operating out of the Normandy Park Education Center until approximately November 1. At that time, they will relocate to Sunrise Park, where they will have dedicated office space, packing space, and access to a kitchen.

Meals on Wheels will share the industrial kitchen that will also be used to provide school lunches for Transition Education and Early Childhood students starting in the fall of 2026.

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A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK

A New Chapter for the Senior Center: See You at Sunrise!

The recent Senior Center BBQ was a wonderful way to celebrate the end of an era for our senior programming at Normandy Park Education Center. The event was filled with a delicious lunch sponsored by the White Bear Lions Club and First Light Home Care, lively conversations at every table, and guests of all ages – from middle school students on a field trip to one attendee celebrating his 93rd birthday. It was a delightful afternoon of fellowship.

These opportunities to gather will become even more frequent in the coming weeks and months as the Senior Center finds its new home at Sunrise Park alongside the District Service Center. My colleagues and I are already looking forward to having you as neighbors. Some of us are planning to do our holiday shopping in the Craft Corner, others are eager to see woodworking projects in progress, and a few are excited to join mid-day chair yoga classes.

While I know change can bring mixed emotions, I hope you'll share in the excitement for this new chapter. The new Senior Center was designed with thoughtful input from many of you, and the resulting facility will support the wide variety of activities that make your space so special. Thank you for joining us on this next step!

Looking forward to seeing you, around,
Dr. Wayne A. Kazmierczak, Superintendent



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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

CRAFT CORNER NEWS

Come visit new space - we're so glad to be here! We're excited about all the fresh display areas and can't wait for you to see what's new. Right now, we're featuring fall seasonal items along with everyday home décor, baby items, and great gift ideas. Come take a look!

As we settle into our new space, displays will continue to take shape as our talented crafters bring in their creations. Leading up to the Holiday Boutique on November 7 & 8, you'll see the displays evolve with the seasons—from fall to winter holidays.

This year marks the 50th Anniversary of the Senior Center Boutique! The very first event was held at White Bear Lake's Gall School at White Bear Avenue and County Road E. One dedicated consignor, Lois O'Neil, has participated in every boutique since the beginning. While the Craft Corner has grown and changed through three different locations, it continues to be one of White Bear Lake's best-kept shopping secrets.

SHOWCASE YOUR CREATIVITY AT THE CRAFT CORNER!

Adults 50+ are invited to become consignees; an easy way to earn a little extra money, meet fellow crafters, and be part of a supportive team. With just a few volunteer hours required, it's a flexible and fun opportunity to share your handmade items with the community. Interested? Call 651-653-3130 and leave a message to get started!

TO THE CONSIGNOR'S

Many thanks for your creativity and hard work you have put in this past year! Please bring in your fall items to fill the shelves at our new location. Items accepted during our new hours
11:00 AM - 3:30 PM

The **Fall Consignor Meeting is on Friday, September 26 at 9:30 AM at the Senior Center.** We'll be discussing key updates as well as plans for the **Holiday Boutique on November 7 & 8.** As this will be our first boutique in the new location, we will be reviewing our guidelines to ensure a successful event.



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TRAVEL NEAR, FAR, AND THROUGH HISTORY!



55+ DRIVER SAFETY

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

\$35 per person

At the Senior Center

Fri, Sep 5	9:00 AM - 1:00 PM
Wed, Sep 17	5:00 - 9:00 PM
Tue, Sep 23	12:00 - 4:00 PM
Wed, Oct 15	12:00 - 4:00 PM
Thu, Oct 23	9:00 AM - 1:00 PM
Mon, Nov 3	5:00 - 9:00 PM
Tue, Nov 18	9:00 - 1:00 PM
Tue, Dec 2	5:00 - 9:00 PM
Thu, Dec 11	12:00 - 4:00 PM

Online Classes

Thu, Sep 18	9:00 AM - 1:00 PM
Tue, Oct 28	5:00 - 9:00 PM
Thu, Nov 6	1:00 - 5:00 PM
Thu, Dec 4	9:00 AM - 1:00 PM

ON THE ROAD TO SAFER SENIOR DRIVING

▲ Mon, Sep 22 | 1:00 - 2:15 PM
\$5 | Senior Center

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

DAY TRIPS!!

MINNEAPOLIS BREWERY TOUR

Fri, Oct 3 | 5:30 - 9:00 PM | \$95 | Mahtomedi District Ed Center

Explore local brewery's for hops and history! Visit *HeadFlyer Brewing* to learn the history of craft beer and Minneapolis breweries then we'll visit *Bauhaus Brew Labs* and *Forgotten Star Brewing*.

GREAT NORTHERN RAILWAY TRIP & LUNCH

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

Ride the rails to Trego, WI for a nostalgic journey aboard a restored 1912-18 train. Experience vintage décor, scenic views, and enjoy lunch in the dining car for a memorable trip back to the golden age of rail travel.

CAFEJIAN ART MUSEUM & CHURCHHILL STREET RESTAURANT

Thu, Nov 13 | 10:00 AM - 1:30 PM | \$10 | Meet in Shoreview

Take a guided tour of Cafejian, which highlights nearly 3,000 modern and contemporary art dating from the mid-1800s to present day. There will be time to explore on your own, then join us for lunch at Churchhill Street.

CHRISTMAS CAROL AT SIDEKICK THEATRE & LUNCH

Tue, Dec 2 | 10:30 AM - 13:45 PM | \$79 | Mahtomedi District Ed Center

Celebrate the season with 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 on-line.

CHRISTMAS IN DULUTH

Thu, Dec 4 | 10:00 AM - 9:30 PM | \$115 | Gladstone Community Center

Enjoy lunch at Black Woods Grill, a holiday tour of Glensheen Mansion, and the Bentleyville Tour of Lights with festive displays, music, fire pits, and more. Comfort stops will be made in Hinkley.

TRAVELING WELL AS A SENIOR *NEW*

▲ **Thu, Sep 18 | 10:00 - 11:30 AM | \$10 | Senior Center**

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

TRAVEL SHOW

Join us as we discuss our 2026 trips!

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

Upcoming Trips in 2026

Hawaii 3 Island Adventure	Historic Savannah & Charleston
Holland River Cruise	Sunny Tucson & the Old West
Alaska: Call of the Wild	Black Hills, Badlands & Mt. Rushmore
San Antonio Holiday	New York City & the Hudson River Valley
Sedona Holiday	West Virginia Rails & Williamsburg



"STUDY THE PAST IF YOU WOULD DEFINE THE FUTURE." - CONFUCIUS

TEDDY'S BIG DAY -PANAMA CANAL *NEW*

Fri, Sep 12 | \$18 | 10:00 AM - 12:00 PM

Senior Center | Simmer

Learn how Roosevelt pushed for the Panama Canal, Explore the French failure, the fight against disease, harsh worker conditions, the massive scope of the project, and how the canal operates today.

THE ASSASSINATION OF PRESIDENT JFK *NEW*

Tue, Sep 30 & Wed, Oct 1 | \$20 | 6:00 - 8:00 PM

Mahtomedi Ed Center | Yorks

Explore the new insights from recently released JFK classified documents, with updated analysis and interpretations. Gain a deeper understanding of the controversies surrounding this historic event.

JOHNNY REB & BILLY YANK *NEW*

Fri, Oct 3 | \$18 | 10:00 AM - 12:00 PM

Senior Center | Simmer

Learn why Civil War soldiers fought and how they handled hardships like disease, battle, and camp life, with moments of both struggle and camaraderie.

MN'S TIES TO EARLY AMERICAN HISTORY *NEW*

Tue, Oct 21 | \$23 | 10:00 - 11:30 AM

Senior Center | Grammond

Discover the state's connections to major events like the Revolutionary War, War of 1812, Indian, Mexican, and Civil Wars. Explore how we helped shape the nation's destiny.

ALASKA IN THE RUSSIAN EMPIRE *NEW*

Thu, Oct 30 | \$18 | 10:00 - 11:30 AM

Senior Center | TMORA

In the 17th century, Russia explored Alaska for trade and mapping. Once part of the Russian empire, Alaska's history still shapes its culture today.

THE COMMANDERS: LEE & GRANT *NEW*

Fri, Nov 21 | \$18 | 10:00 AM - 12:00 PM

Senior Center | Simmer

Lee and Grant were more similar than often believed. Both regretted attending West Point but became key leaders in the Civil War, rising above the myths to serve their country with dedication.



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"CREATIVITY IS A WILD MIND AND A DISCIPLINED EYE." - DOROTHY PARKER



Zentangle



Thistle Flowers



Pet Portrait



Modern Art



Harvest Wreath

Zentangle NEW

Δ Tue, Sep 9 | 10:00 AM - 12:00 PM
\$35 | Senior Center

Watercolor Greeting Cards NEW

Wed, Oct 8 | 5:30 - 7:30 PM
\$35 | Senior Center

Macrame Dreamcatcher NEW

Wed, Oct 15 | 6:00 - 8:30 PM
\$35 + \$12 Fee | Gladstone

Alcohol Ink Glitter Ornaments

Mon, Nov 10 | 6:00 - 8:00 PM
\$35 + \$20 | Senior Center

Beginner Stained Glass

Suncatcher NEW

Thu, Oct 16 &
Fri, Oct 17
5:30 - 9:30 PM
\$105 + \$20 fee
Senior Center



Glass Mosaic: Lantern or Lamp

Tue, Dec 2 & 9 | 6:00 - 9:00 PM
\$40 + cost of project, call for amount
Senior Center

Winter Wonder - Oil Painting

Bob Ross Style NEW

Thu, Dec 4 | 5:30 - 9:30 PM
\$50 + \$20 | Senior Center



ACRYLIC PAINTING

Thistle Flowers NEW

Δ Wed, Sep 17 | 10:00 AM - 12:00 PM
\$40 | Senior Center

Pet Portraits NEW

Fri, Oct 3 | 6:00 - 9:00 PM
\$60 | Senior Center

Art & History: Modern Art NEW

Δ Mon, Oct 13 | 10:00 AM - 12:00 PM
\$40 | Senior Center

Spooky Night NEW

Wed, Oct 29 | 6:00 - 8:30 PM
\$40 | Senior Center

Art w/ History: Abstract & Expressionist NEW

Δ Mon, Nov 3
10:00 - 12:00 PM
\$40 | Senior Center

Harvest Wreath NEW

Δ Mon, Nov 17
1:00 - 3:30 PM
\$40 | Senior Center

Cozy Cottages NEW

Δ Tue, Dec 16
12:00 - 2:30 PM
\$45 | Senior Center

SEWING

*Sewing classes are held at
John Glenn Middle School,
1560 County Rd B E, Maplewood*

What's a Bobbin?

Thu, Sep 25, Oct 2 & 9
6:00 - 8:30 PM | \$65 + \$5 fee

Smitten Mittens

Thu, Oct 30
6:00 - 9:00 PM
\$35 + \$5 Fee

Up-cycle It! Quilted Jacket NEW

Thu, Nov 6 & 13
6:00 - 8:30 PM
\$45 + \$5 fee



BINGO

Join us for Bingo!

Optional: If you have received a gift that was lovely but you will never use, a scent you just don't like, or gift card to somewhere you never go? Bring it in for the prize table and a new home!

Thu, Oct 2 | 10:00 - 11:30 AM
\$5 | WB Senior Center

Thu, Nov 6 | 10:00 - 11:30 AM
\$5 | Gladstone Community Center, 1945 Manton St, Maplwood

THE ARTIST

I am as good as anybody
else, I say.
But what does it matter
if I'm good?
Who determines.

"THERE ARE PEOPLE WHO HAVE MONEY AND PEOPLE WHO ARE RICH." -- COCO CHANEL



CONSUMER ROAD SHOW ON SCAMS FOR SENIORS **NEW**

Presenter: MN Attorney Generals Office

Tue, Oct 7 | 1:00 - 2:00 PM | Free | Senior Center

An overview of typical scams to watch out for, including scams, money and credit, and housing, and offers resources like an online consumer assistance request forms for filing complaints. There will also be time for questions, answers, and insights from participants.

DRAFT YOUR OWN WILL

Wed, Sep 24 | 6:00 - 7:30 PM

\$64 | Senior Center

Get guidance in creating your own will. Receive sample language from an attorney to draft and then sign your will.

3 WAYS TO PLAN AHEAD FOR THE 2ND HALF OF LIFE **NEW**

Learn the pros/cons of wills, trusts, and probate, how to protect assets avoid probate, and provide for loved ones.

DESIGN YOUR OWN

MODERN ESTATE PLAN **NEW**

Δ Thu, Dec 4 | 10:00 - 11:30 AM

\$10 | Senior Center

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

I made my money the old-fashioned way. I was very nice to a wealthy relative right before he died. --Malcolm Forbes

FREE Classes from Thrivent Financial

FIVE KEYS TO RETIRING FEARLESSLY

Sep 30 | 12:00 - 1:30 PM | Online

Nov 5 | 6:00 - 7:30 PM | Sr Center

WILL TAXES AFFECT YOUR RETIREMENT

Oct 14 | 12:00 - 1:30 PM | Online

Dec 3 | 6:00 - 7:30 PM | Sr Center

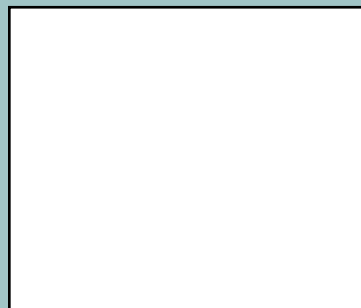
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LUNCH & LEARN AT A FUNERAL HOME *NEW*

Mon, Oct 6 | 11:30 AM - 1:00 PM | \$5 | Mueller Memorial Funeral Home

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

REPAIRS, RENOVATIONS & STAGING VS. SELLING YOUR HOME AS-IS

Δ Wed, Sep 17 | 1:00 - 2:30 PM | \$5 | Sr Center

Learn the basics 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

ENERGY EFFICIENCY & HOW TO GET THERE *NEW*

Δ Fri, Sep 19 | 10:00 - 11:00 AM | \$5 | Sr Center

Learn about energy savings, how to make your home more efficient, benefits of having an energy audit information about rebates, financing, and other incentives

SO YOU'RE THINKING OF LEAVING MINNESOTA

Wed, Sep 24 | 6:30 - 8:00 PM | \$30 | Online

Explore the factors that influence where to live in retirement, from taxes and cost of living to health care quality and proximity to family. Learn when to start planning, how to establish domicile, and which states are more retirement-friendly.

HOW NOT TO GET SCAMMED WHEN SELLING YOUR HOME AS-IS *NEW*

Δ Mon, Sep 29 | 1:00 - 2:30 PM | \$5 | Sr Center

Learn the pros and cons of selling your home as-is, including key questions to ask, what's included in an as-is offer, and strategies to ensure a smooth and secure sale.

DON'T MOVE IMPROVE!

STAYING SAFE & SOUND AT HOME *NEW*

Δ Thu, Oct 16 | 10:00 - 11:30 AM | \$5 | Sr Center

This safety-focused class will highlight simple home modifications for lifelong livability and provide comprehensive maintenance plans to help you keep your home safe and well-maintained.

DOWNSIZING TO RIGHT SIZING

Δ Thu, Oct 23 | 10:00 - 11:30 AM | \$5 | Sr Center

If the idea of downsizing your belongings causes you stress, join us to learn about resources to make the process much more smooth. 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.

EVERYTHING YOU WANT TO KNOW ABOUT MEDICARE

Δ Wed, Oct 29 OR Thu, Dec 18

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

An educational presentation for anyone who wants to know more about Medicare. Topics will include Medicare Parts A, B, C, & D, the application process, estimated costs, supplements, MAPD, and when is the right time to sign up.

DISPELLING THE MYTHS OF HOSPICE & HOW TO VOLUNTEER *NEW*

Δ Fri, Oct 3 | 1:00 - 2:30 PM | \$5 | Sr Center

Discover the facts about hospice and palliative care. We'll address common myths and concerns, explain what services are covered and how they're paid for, and share how you can volunteer to offer companionship to patients.

MN MEDICAID & ELDERLY WAIVER *NEW*

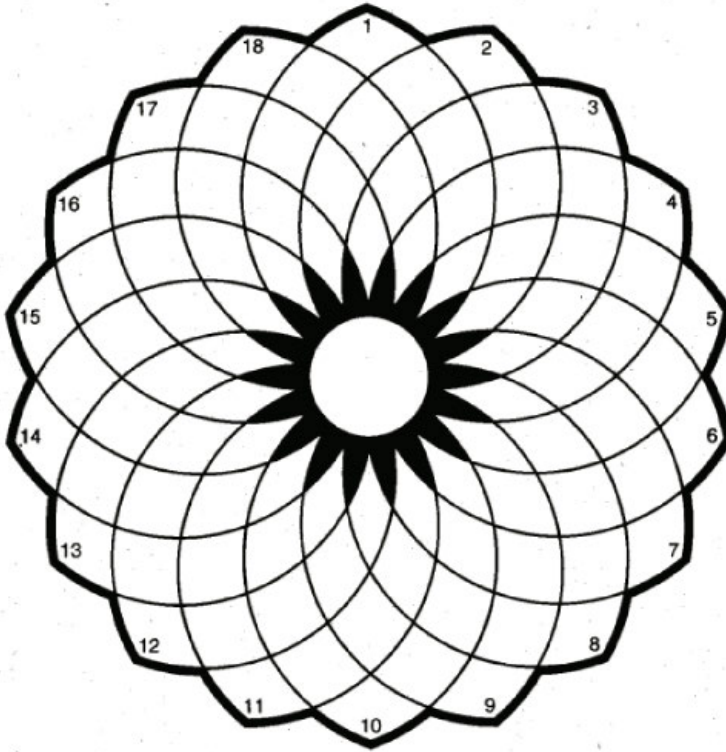
Wed, Oct 8 | 6:00 - 7:15 PM

\$30/person \$40 Couple | Senior Center

Get guidance on navigating through the financial support options for long-term care, focusing on Minnesota's Elderly Waiver program. Learn about eligibility, the asset reduction process, special rules for singles and couples, and tips for successfully navigating the application process.

FLOWER POWER

The answers to this petaled puzzle will go in a curve from the number on the outside to the center of the flower. Each number in the flower will have two 5-letter answers. One goes in a clockwise direction and the other counterclockwise. ANSWER ON PAGE 15.



CLOCKWISE

1. Thread together
2. Fastener
3. Charley horse, e.g.
4. _____brother
5. Raft
6. Haunted-house sound
7. Queen's consort
8. Wing-ding
9. Pituitary, e.g.
10. Twilled cloth
11. Soft and cushy
12. Two-score
13. Sugar substitute?
14. Perfunctory
15. Enjoy a Sunday drive
16. Check signer
17. Address for a lady
18. Marconi's medium

COUNTERCLOCKWISE

1. Waterproof boot
2. Cone-bearing tree
3. Miner's stake
4. Huzzah!
5. Pentecost appearance
6. Walk noisily
7. Sag
8. Moolah
9. Be a bad winner
10. Metallic sound
11. Terrible two, hopefully
12. Arrowhead material
13. Hunting dog
14. Art form?
15. April or May
16. Gumby's pal
17. Bloke
18. Synthetic fabric



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HOME, HEALTH & WELLNESS



SHINRIN-YOKU: THE ART OF MINDFULNESS & MEDICATION WITH NATURE

3 Sessions | Wed | \$80

Oct 1 & 8 | 6:00 - 7:00 PM

**Gladstone Community Center
1945 Manton St, Maplewood**

Oct 15 | 5:00 - 7:00 PM

**Oakdale Discovery Center
4444 Hadley Ave N, Oakdale**

Shinrin-Yoku (forest bathing), is the Japanese wellness practice that fosters a deeper connection with the natural world. Embrace grounding exercises, breath work, sensory awareness, meditation with nature, walking, light yoga stretches, and tea meditation. The first two sessions focus on the history, principles, and wellness benefits of Shinrin-Yoku, with time to explore these practices in a classroom. The last class will be a before the guided immersion in nature.

MELODIES FOR THE MIND: HOW MUSIC SUPPORTS A HEALTHY AGING BRAIN

Wed, Nov 12 | 10:00 - 11:30 AM | \$15 | Senior Center

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.

FALL PREVENTION

**△ Mon, Sep 29 | 2:00 - 3:00 PM
\$5 | Senior Center**

Learn why fall prevention matters and how to stay safe and independent in this educational class for older adults. You'll explore common causes of falls, natural prevention strategies, and simple steps to reduce your risk. Also see helpful demonstrations to support a healthy, active lifestyle.

ALL ABOUT ARTHRITIS

**△ Tue, Sep 30 | 11:00 AM - 12:00 PM
\$5 | Senior Center**

Gain a better understanding of arthritis and how to manage it with practical, non-invasive strategies. We'll cover the common types, risk factors, and simple lifestyle changes to reduce pain, improve mobility, and maintain independence. Plus a 5-minute exercise plan and helpful takeaways to support joint health.

HAND & WRIST ARTHRITIS

**△ Tue, Oct 28 | 11:00 AM - 12:00 PM
\$5 | Senior Center**

Dr. Matson will discuss arthritis in the hand and wrist, explaining common symptoms, diagnosis methods, and treatment options. He'll explain both non-surgical and surgical approaches, and what to expect for relief, recovery, and long-term management.

LOW VISION RESOURCE SEMINAR

**△ Tue, Nov 11 | 1:00 - 2:30 PM
\$5 | Senior Center**

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.

HEALTH COOKING FOR 1 OR 2

Thu, Nov 13 | 11:00 AM - 12:00 PM | \$10 | Senior Center

Join us for an engaging and informative cooking to help you with the essentials of health eating and how to prepare delicious and nutritious meals. You'll receive practical tips, a live demonstration, food sampling, a Q&A session, resources, meal planning ideas, easy recipes, and more

FOOD SAVING

**Wed, Sep 24 | 6:30 - 8:00 PM
\$15 | Online**

Learn about the many ways to save, store, and preserve seasonal fruits and vegetables.

GET UP & GO FITNESS

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

\$55 Punch Card / 8 Drop-In

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

SilverSneakers & OnePass Accepted

NORDIC POLE WALKING

Tue, Sep 16 | 5:30 - 6:45 PM

\$35 | Katherine Abbott Park

1000 Lincolntown Ave, Mahtomedi

Turn a simple walk into a full body workout without feeling like you are working any harder. This style of walking will increase your heart rate and create resistance to build better bone density while working your upper body as well as your legs. It uses specially designed poles to enhance your natural walking experience. Burn more calories, improve your posture and gait. Poles provided.

TAI CHI

Wed, Sep 24 - Nov 12 | \$79

8:00 - 9:00 PM | Matoska Elem

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

Today I bought a
doughnut without
the sprinkles.
Diets are hard.

CHAIR YOGA

Improve your flexibility, strength, and concentration while seated.

Mon | 10:00 - 10:45 AM

Senior Center

- **Sep 8 - 29 | 4 Sessions | \$30**
- **Oct 6 - 27 | 4 Sessions | \$30**
- **Nov 3 - 24 | 4 Sessions | \$30**
- **Dec 1 - 22 | 4 Sessions | \$30**

\$8 Drop-In fee

SOMA YOGA

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

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

- **Sep 2 - 30 | 5 Sessions | \$46**
- **Oct 21 - Dec 9 | 8 Sessions | \$74**

VINYASA - WHOLE BODY YOGA

Designed to increase strength and flexibility and relieve stress.

Tue | 5:30 - 6:30 PM

- **Sep 2 - Oct 21 | 8 Sessions**
\$96 | Bellaire Beach
If rain: Normandy Park Gym
- **Oct 28 - Dec 16 | 8 Sessions**
\$96 | Normandy Park Gym

\$15 drop in fee

COUNTRY LINE DANCE

Tue, Oct 14 | 6:00 - 7:00 PM

\$25/person | Matoska

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.

LEARN TO TANGO

Tue, Oct 14 7:00 - 9:00 PM

\$35/couple | Matoska

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".

FREE INDOOR WALKING



MON - THU
6:00 - 9:00 PM
Starts
late October

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ENIGMA™
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "E" = "H"*

"JX ZBDRJDY EBY IJFESY XMN IEBV
JF NJHEV, VESC ZJHEV EBPS EBY JV
TMDH BHM."

— IJTJBZ EBATJVV

Answer on page 14

Meals on Wheels: Continued from page 3

Supplemental Nutrition Assistance Program (SNAP) will likely cause more seniors to seek help from Meals on Wheels.

Here's a look at the different government funding sources for MOW in the Twin Cities:

Medicaid Waiver Programs: This program is administered by the state of Minnesota and relies on Medicaid funding from the federal government. It helps connect the most vulnerable adults and people with disabilities with Meals on Wheels.

Federal funding for senior nutrition: The federal government provides funding for home-delivered meals through Older Americans Act nutrition programs. These funds can be used to help cover meal costs for low-income seniors who don't qualify for a Medicaid waiver. Local MOW programs received increased funding through this program during the past few years, but starting January 1, emergency support expired and funding levels are similar to where they were before the pandemic. The OAA still stands as the only national framework comprehensively addressing the social services needs of older adults in the community. The appropriations process for fiscal year 2026 is coming up, and a significant increase in OAA funding is critical to ensure that national aging services can continue to support those in need and meet this rising demand.

Other government funding: The MN Legislature approved continued funding to help connect veterans with MOW over the next two years, albeit at half our requested \$1 million to help cover the cost of this program. Many MOW programs throughout the nation, including some locally, rely on Community Development Block Grants to help operate their programs. These block grants also fund numerous other programs that help seniors who are living in poverty. The Supplemental Nutrition Assistance Program (SNAP) can also be used by seniors to help cover the cost of MOW.

To donate to the White Bear Lake local Meals on Wheels program visit [www.https://bit.ly/WBLmeals](https://bit.ly/WBLmeals) or call 651-653-3121.

DONATIONS ACCEPTED

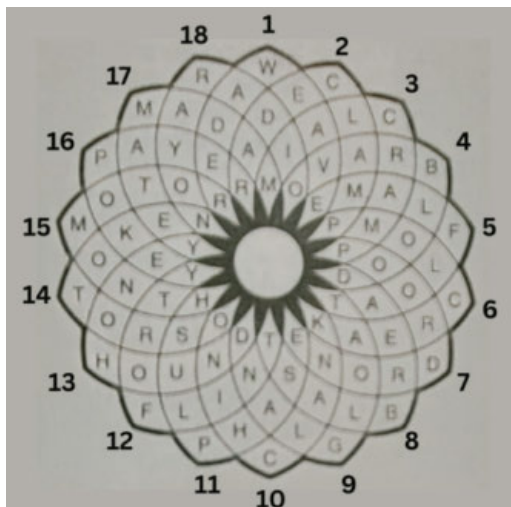
With our recent move, the Free Table will be more limited. Please do not bring items better suited for a secondhand store. We do not have space to display large or excess items. Do not bring clothing, cleaning supplies, food, or boxes of miscellaneous items. Anything large, broken, odorous, or in questionable condition will be discarded. Remember - this is not a secondhand store.

Items Always Accepted

These items must not smell musty or smoky.

- Novels (*in good shape*)
- Fabric (*no small scraps*)
- Buttons, ribbon
- Cell Phones with Chargers
- Eyeglasses & Hearing Aids
- Greeting Cards - *New*
- Paper Grocery Bags *w/handles*
- Pop Tabs
- US & Foreign Stamps
- Yarn (*full & partial skeins*)

BRING ALL ITEMS TO THE FRONT DESK.



Enigma Cryptogram Answer from page 13

"If mankind had wished for what is right, they might have had it long ago." - William Hazlitt

ANSWER FROM PAGE 11: FLOWER POWER

Clockwise: 1. Weave, 2. Clamp, 3. Cramp, 4. Blood, 5. Float, 6. Creak, 7. Drone, 8. Blast, 9. Gland, 10. Chino, 11. Plush, 12. Forty, 13. Honey, 14. Token, 15. Motor, 16. Payer, 17. Madam, 18. Radio

Counterclockwise: 1. Wader, 2. Cedar, 3. Claim, 4. Bravo, 5. Flame, 6. Clomp, 7. Drool, 8. Bread, 9. Gloat, 10. Clank, 11. Phase, 12. Flint, 13. Hound, 14. Torso, 15. Month, 16. Pokey, 17. Matey, 18. Rayon

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White Bear Area Senior Center

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Sat, Nov 8 / 9:00 am - 4:00pm

The Senior Center has moved to:
Sunrise Park District Service Center
2399 Cedar Ave, WBL
Parking lot is on Cranbrook Ave

TRIAD SENIOR PICNIC

Sept 13 | 11 AM - 1:30 PM | Podvin Park

Free lunch at 11:30 AM. Meet WBL City Officials

WHITE BEAR TOWNSHIP DAYS

Sept 20 | 2:00 - 8:00 PM | Polar Lakes Park

Free family-friendly activities including live music, community demonstrations, vendor market, car show, bingo & more!

WBL FALL FESTIVAL

Sept 25-27 | 12:30 - 3:00 PM | Downtown WBL

Fall Friendly, Scarecrow Stroll, Polka and Pumpkins in the park.

HUGO OKTOBERFEST

Oct 4 | 10 AM - 4 PM | Hugo American Legion

Craft & Vendor Show, Food, Music

WBL WINTERFEST

Sat, Dec 6 & 13 | 10AM-2PM | Downtown

Santa, Carriage Rides, Holiday Carolers, Elf Hunt and more!