



THE VOICE

White Bear Lake Area

THANK YOU VOLUNTEERS

As you know, the Senior Center, while not a huge building, really packs in the activities! On any given day we have over 45 people participating in activities, classes, talking, laughing, and enjoying themselves. None of this would be possible without the hard work and hours of volunteers dedicated to the Senior Center. Neither the Senior Center nor Meals on Wheels would run as smoothly or be as successful without you. Our gratitude has been even greater these last years with COVID.

Thinking back through this crazy pandemic...we've all been through a bunch of changes! We were just trying to survive at home, but also here at the Senior Center. So we started to try some new things. Some worked, some didn't, some people were happy and we upset a few. One thing we want to do is to continue to think differently. Honor what works, but continue to give life to new ideas.

A heartfelt thank you to all of you who have helped us through this time.

- Activity leaders/helpers who were flexible: you kept our groups active and going.
- Meals on Wheels drivers and cooks: you helped our neighbors with your dedication.
- Library volunteers: you kept us alphabetized and neat through the craziness of donations and checking in/out of books/puzzles.
- Those who delivered library books to homes.
- Craft Corner: You staffed regular hours and special events - creating more sales opportunities for our consignees.
- Our Advisory Committee Members.

Whether you volunteered in a more official capacity, lent a hand here and there, greeted a new member, reached out to check in on someone or helped them through a tough day, thank you. Thank you for helping keep our community family welcomed, healthy and vibrant. We could not do what we do without each and everyone of you.

Thank you!

Jon, Michelle, Jeanelle, and Doug

Craft Corner Spring Boutique

Fri, March 11 9 am - 7 pm

Sat, March 12 9 am - 4 pm

WB Senior Center, 2484 E Cnty Rd F, WBL

Featuring hand-crafted items supporting White Bear area senior consignees. Shop for Mother's Day, Easter, Graduation, summer at the lake or just for the fun of it!



Thank Goodness It's Food!

Join us for \$5 dinners at the Sr Center

Dine In: 4:30 or 5:30 Seating

Take Out: Pick up at 4:45pm



- | | |
|---------------|-------------------------------------------------------------|
| Feb 25 | Donatelli's
Mostacciolo w/Meat Sauce |
| Mar 18 | Rudy's Bar & Grill
Meatloaf & Mashed Potatoes |
| Apr 8 | Washington Square
TBA |

Deadline to register is the Friday prior.
Registration required - call 651-653-3121.

Free N95 Masks

Free masks are being distributed at local pharmacies and retailers that are a part of the Federal Pharmacy Partners. You are able to receive 3 free masks.

Find participating pharmacies at:
<https://bit.ly/35oFbJT>



FREE COVID TESTS

Every home in the U.S. is eligible to order four (4) free at-home COVID-19 tests. Tests ship in 7-12 days after ordering.

Order online: www.covidtests.gov

Contact Us

General Information

651-653-3121

2484 East County Road F, WBL

Mon-Fri 8:00 am - 4:30 pm

www.whitebearseniorprogram.org

Adult Programs & Facilities Coordinator

Jon Anderson 651-653-3126

jon.anderson@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Administrative Assistant

Jeanelle Kummer 651-653-3121

jeanelle.kummer@isd624.org

Meals on Wheels

Doug Nelson 651-653-3123

MealsOnWheels@isd624.org

Mon-Fri 8:00 am - 1:00 pm

DATES WE ARE CLOSED

Senior Center

May 30, July 4, 18, 19, 20

Meals on Wheels

May 30, July 4

FOOT CARE

Mar 15, 22, 29

Apr 12, 19, 26 May 10, 17, 31

30 minute appointment / \$45

Cash - Check - Credit Cards

Soak feet 10 minutes in warm water prior to appointment.

Can't make your appointment?

Please call us at 651-653-3121.

I Spy So Much Love

Congratulations to our previous Voice / Spy *Looking for Love*

This was a tough puzzle!

The answer was 18 hidden hearts.



Unfortunately no one turned in a correct answer. We rewarded Eileen Lambert, who turned in the first guess, and Mary Belland, who guessed 14, which was the closest guess! Both received a \$15 gift card to Alleycats in White Bear Lake.

Medicare Counseling at the Senior Center

Mar 4, 9 am-12 pm | Apr 8, 12-4 pm | May 11, 9 am-12 pm

Get your questions answered about Medicare and health supplements by a Medicare Specialist.

Schedule your appointment at 651-653-3121.

Drop in Tech & Computer Help

Thursdays | 10:00 am - 12:00 pm | WB Library

Do you need extra help on the computer, tablet or other piece of technology? Are you searching for a job or working on a resume? Let us help answer your questions! Registration not required.

Craft Corner Gift Shop

Open 11 am - 3:30 pm

Featuring hand-crafted items supporting White Bear area consignees. Adults 50+ who are interested in being a consignee call the Craft Corner Office and leave a message at 651-653-3130.



Donations Welcome

Bring to Senior Center Front Office

- Eyeglasses & Hearing Aids
- Used Cell Phones
- Pop Tabs
- Used Stamps & Picture Postcards
- New Baby, Acrylic, & Cotton Yarn (*no wool*)
- New Greeting Cards
- Books & Puzzles
- Buttons & Beads
- Plastic Bags
- Paper Bags
- Fabric

MARK YOUR CALENDAR

Food Truck Fridays are Back!

Friday | 4:30-7 pm | Senior Center



We are happy to announce winter will be ending soon-ish and that means Food Truck Fridays!

Join us for a relaxing evening of food, entertainment, and friends! Grab your neighbors, friends, family, and join us!

Apr 29 Russels Traveling Kitchen & Mini Donuts

Music by Kurt Weber

May 20 KCM Eggrolls

Music by Ukulele Bears

Jun 24 Kirkwood BBQ & Kona Ice

Manitou Art & Craft Fair / 1:00- 7:00 pm

Jul 22 Parrillas Express & Mini Donuts

Music by Ember Island

Aug 19 K Town Street Food, Gerhards's Brats & Cherry On Top Ice Cream

Entertainment: Bingo!

Indoor / Outdoor Seating / Rain or Shine

Parking Lot Sale / Flea Market

Sat, May 21, 9 am - 2 pm
Senior Center Parking Lot
2484 East County Rd F, WBL

Need to have a rummage sale, but you don't have the space for it?

We can help!

Set up your own sale by renting a space from us, bring your own tables, or rent them! Proceeds from rentals help with scholarship fund.

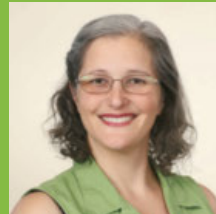
For more details or to reserve space
call 651-653-3121 or
www.whitebear.ce.eleyo.com



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

4 Message Dr. Wayne A. Kazmierczak, Superintendent



As we head into spring of the 2021-22 school year, I want to thank you for your engagement and support of our programs.

It is inspiring to see our Senior Center hopping again with events, both in-person and virtual, and to hear of the energy coming from our programs and our community.

Our recent virtual Veteran's Day program is just one example, with older adults getting together to learn from a noted photographer who has traveled around Minnesota and captured the importance of veteran memorials throughout the state.

Our Meals on Wheels program continues to thrive, with community members stepping in to deliver nutritious meals and smiles to those who utilize the service. Through the dedication of volunteers, we're able to help individuals stay

connected to their communities, remain healthy, and live independently for as long as possible, as well as helping those who have short-term needs for meals after a hospitalization/surgery.

Those who wish to remain active are invited to consider getting involved in a different way, through employment with the district. We are currently hiring for a variety of positions, including substitute teachers, bus drivers, Extended Day staff members, paraprofessionals and nutrition services staff members to name a few.

Please learn more at isd624.org/employment if you're interested in learning more about this opportunity to make a difference for kids in your community.

In whatever capacity you are engaging, thank you again for all you're doing to remain connected to each other, the district and the community!



Dr. Wayne Kazmierczak
Superintendent

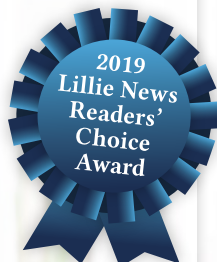
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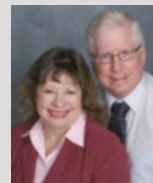
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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

TAKING CARE OF YOU

APRIL 29 @ THE SENIOR CENTER

Mobility & Diabetic Shoe Show

Twin Cities In-Home Medical Supply
10 am - 2 pm

Mobility Show: Join us to see and learn about lift chairs, scooters, bath safety equipment, rollators, walkers, wheelchairs, ramps, bariatric equipment, as well as surgical support hose and everything else medical related.

Shoe Show: Discover stylish shoes to fit your lifestyle. Bring your medicare card, supplemental insurance information and diabetic shoe prescription.

- Dress and work shoes
- Boots and sandals
- Wound care and post-operative
- and more footwear that can help you lead an active life.

**Hearing Clinic**

Provided by Maplewood Hearing Life
10 am - 2:30 pm

- Free hearing test
- Get your hearing aid checked and professionally cleaned.

Call to schedule a hearing test at 651-653-3121.

**Blood Pressure Screening**

Provided by the Shores of Lake Phalen
10 am - 2 pm

Food Truck Friday

See page 3 for details
4:30 pm - 7 pm

**LET US HELP YOU TRANSITION**

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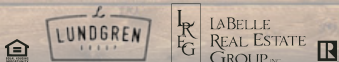
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White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071



Meals on Wheels is a community-based program that delivers nutritious meals to your home through the help of volunteers. **Meals on Wheels is for anyone in our community in need of support or for those who just need a break.**

FROZEN MEAL OPTIONS - DELIVERED WEEKLY

Included with meals are a pre-selected vegetable, side, and dessert.

You may choose your beverage preference of milk or juice (apple, grape, orange).

Order Monthly: Meal price range from \$5.80 - \$8.90. Depends on your monthly income.

Chicken/Turkey Meals

Arroz Con Pollo
Breakfast Turkey Sandwich
Chicken Tinga
Chicken w/Swiss & Mushroom
Hmong & Vietnamese Style Chicken
Honey Garlic Chicken
Latin Roast Chicken
Roast Turkey Dinner
Seared Chicken & Gravy
SW Turkey Bowl & Turkey Tetrazzini
Turkey Curry Bowl

Beef Meals

Chili
Cuban Beef
Meatloaf
Pasta w/Meat Sauce
Pot Roast
Salisbury Steak

Fish Meals

Mahi Mahi
Ginger Soy Fish
Mustard Herb Roasted Fish
Tuna Casserole

Pork Meals

Baked Ham
Pork Al Pastor
Garlic Parmesan Pork Loin
Hmong Sweet Pork
Italian Sausage Egg Bake
Latin Roast Pork
Sesame Noodles & Pork

Vegetarian Meals

Breakfast Hash
Lentil Soup
Oatmeal
Stuffed Peppers
Vegetable Sweet and Sour

For more information, contact the White Bear Lake Meals on Wheels at 651-653-3123 or mealsonwheels@isd624.org

All American Mini Meatloaves *Serves 2*

Glaze

- ¼ cup ketchup
- 2 Tbs packed light brown sugar
- 2 tsp cider vinegar

Meatloaves

- 4 tsp vegetable oil
- 1/3 cup finely chopped onions
- 1 small garlic clove, minced
- 1 tsp minced thyme or ¼ tsp dried
- ½ cup panko bread crumbs
- ¼ cup minced fresh parsley
- 3 Tbs whole milk
- 2 Tbs Worcestershire sauce
- 1 large egg yolk
- 1 Tbs Dijon mustard
- ¼ tsp salt & ¼ tsp pepper
- 1 lb meatloaf mix
(8 oz of ground pork / 90% lean ground beef)

Glaze: Whisk all ingredients together in bowl.

Meatloaves:

1. Heat oven to 350 degrees with rack in the middle. Heat 2 tsp oil in a 10" oven safe skillet over medium heat until shimmering. Add onion, cook to soft (5 minutes). Stir in garlic and thyme and cook until fragrant, about 30 seconds; transfer to a large bowl. Wipe skillet clean.
2. Stir panko, parsley, milk, Worcestershire, egg yolk, mustard, salt and pepper into onion mixture. Gently mix in meatloaf mix until thoroughly combined. Divide mixture in half and press into small loaves.
3. Heat remaining 2 tsp oil in a now empty skillet over medium-high heat until just smoking. Add meatloaves in skillet and cook until well browned on first side, 2-3 minutes. Carefully flip meatloaves, neaten edges with 2 spatulas, and cook until lightly browned on second side, about 2 minutes.
4. Brush meat loaves with glaze and transfer skillet to the oven. Bake until meatloaves register 160 degrees, 20-30 minutes.

National Healthcare Decisions Day

April 16th marks the eighth anniversary of National Healthcare Decisions Day (NHDD), to help the public focus on the importance of advance care planning, and to encourage discussion among patients, their loved ones, and their healthcare teams.

Advance care planning involves exploring and documenting treatment preferences so a person's healthcare wishes can be honored in the future. The main goal of NHDD is to bring awareness to the issue and ensure that all adults have the information and the opportunity to communicate and document their future healthcare preferences. Thousands of organizations and millions of people nationwide observe the day.

How to Observe: Plan ahead for your healthcare decisions. Find the documents you need now, complete them, and put them where they are easily accessible. Discuss your decisions with your loved ones. Let them know where your documents are in the event you have a healthcare event, too. Don't place the burden of these decisions on your loved ones.

More information at: www.health.state.mn.us and search for *DIRECTIVE*.

CALLING ALL ARTISTS

Manitou Art & Craft Fair
Fri, June 24, 1-7pm | Senior Center

Artists, Artisans & Crafters who sculpt, carve, weave, paint, draw, work with glass, pottery, photography or other mediums are invited to show and sell your wares!

Join us for our second annual art fair during Manitou Days. This outdoor sale will be on the plaza in front of the Senior Center.

Kirkwood BBQ Food Truck will be onsite from 4-7 pm.

For more details or to reserve space call 651-653-3121 or www.whitebear.ce.eleyo.com



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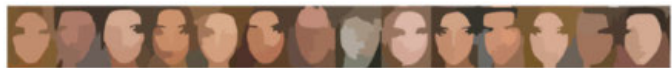
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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071



MANY FACES • MANY STORIES

Online Classes

When Minnehaha Flowed with Whiskey

Meet the Author

1655.325 Mar 1 7:00 - 8:15 pm \$20

Who are Jews & What is Anti-Semitism

1655.315 Mar 2 7:00 - 8:30 pm \$20

Growing Up Indian & Tribal Life Today

1655.320 Mar 8 7:00 - 8:00 pm \$20

Social Justice - Action & Accountability

1655.310 Mar 12 9:30 - 11:00 am \$20

LGBTQ Family Allyship Workshop

1655.300 Mar 22 6:30 - 8:00 pm \$20

Homelessness: A Crisis In Our Own Backyard

1655.350 Apr 26 6:00 - 7:30 pm Donation

Travel Show

1200.375 Mar 17 10:30 - 11:30am Free Sr Center

Secrets to Relieving Back Pain

1642.350 Apr 4 6:00 - 8:00 pm \$35 Sr Center

Drafting Your Own Will

1143.300 Apr 5&12 6:30 - 8:30pm \$60 Sr Center

Repairs & Renovations vs Selling Your Home As Is

1200.440 Apr 21 6:30 - 8:00pm Free Sr Center

Homelessness: A Crisis In Our Backyard

1655.350 Apr 26 6:00 - 7:30pm Free St. Andrew's

Day Trip: Scandinavian Bus Tour

Wed, Mar 30 / 10 am - 3 pm / \$40

Join us for an educational tour about Minnesota's history and Scandinavian influences. Lunch on your own at Joe's Grill.

Lunch Cruise on the St. Croix River

Wed, Jun 15 / 10 am - 3 pm / \$65

Registration Opens March 1

Spend the afternoon on the St. Croix River. An Afton Cruise Line Riverboat will serve a delightful buffet catered by the Afton House.



Register by calling 651-653-3121
or visit www.whitebear.ce.eleyo.com



55+ Defensive Driver Safety

Complete a defensive driving course and be eligible for a 10%, 3-year discount on auto insurance.

4-Hour Refresher Class / \$35

1579.205 Mar 25 1:00 - 5:00 pm

1579.206 Mar 29 5:30 - 9:30 pm

1579.300 Apr 5 1:00 - 5:00 pm

1579.301 Apr 21 8:30 am - 12:30 pm

1579.302 May 13 8:30 am - 12:30 pm

1579.304 May 24 1:00 - 5:00 pm

8-Hour Full Class / \$45

1578.213 Mar 17 & 24 1 - 5 pm **ONLINE**

1578.315 Apr 26 & May 3 5:30-9:30 pm

1578.317 May 24 & 25 5:30-9:30 pm

ONLINE CLASSES

Online Class Prices are *Per Household*

Five Keys to Retiring Fearlessly

1535.200 Mar 3 6 - 7:30 pm Free

Women, Weight & Hormones

1642.220 Mar 10 6 - 7:30 pm \$35

Alzheimers: Healthy Living for Your Brain and Body - Tips from Latest Research

1642.300 Mar 14 6 - 7:00 pm \$15

Simple Actions for Climate Crisis

1655.307 Mar 16 6:30 - 8 pm \$20

Alzheimers: Driving, Doctor Visits, Legal & Financial Planning

1642.420 Apr 11 6 - 7:00 pm \$15

Estate Planning for 2nd Marriages

1132.310 Apr 26 6:30 - 8 pm \$25

Why Your Can't Trust Your Trust

1132.301 May 11 6:30 - 8 pm \$25

Armchair Travels:

Theodore Roosevelt's National Park

1200.410 May 19 6:30 - 7:30pm \$25

Soothe Those Achy Joints

1642.320 May 19 6 - 7:30 pm \$35

Red Trees (oil painting)

1560.220 Mar 1 9 am - 1 pm \$60* Senior Center

Barn Quilt Painting

1520.350 Mar 19 10 am - 1 pm \$60 South Campus

Snowy Drive Paint Date (adult & child)

1200.310 Mar 30 6 - 8 pm \$55 Senior Center

Alcohol Inks Workshop

1413.400 Apr 1 10 am - 1 pm \$60* Senior Center

Watercolor Poppies

1512.350 Apr 6 7-8:30 pm \$40 Senior Center

Oil Pastel Drawing

1561.400 Apr 22 12 - 2 pm \$40 Senior Center

Glassblowing - Succulent Bowl

1414.400 Apr 23 10 am - 1 pm \$90 Vandalia Glassworks

** fee also due at class*



Craft with Us!

Fun and easy crafts
at the Senior Center

Plant Jewelry / \$15

1401.270 Mar 21
10 am - 12:00 pm



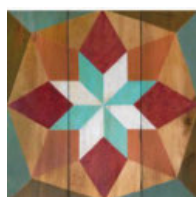
Button Flowers / \$15

1401.300 Apr 20
10 am - 12:00 pm



Faux Mosaic \$25

1401.305
May 26 & 27
10 am - 12:30 pm



*My husband said that if I
buy any more crafts, he is leaving.
I will miss him.*



Dana Edrozo, R.N. Paula Tymesen, R.N.

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National Senior Health & Fitness Day Wed, May 25

Celebrate the betterment of senior health! The goal of this day is to help senior Americans stay fit and healthy.



Join us for a **FREE WEEK** of
Fitness with our **Get Up & Go!**

Tue-Fri, May 24-27 9:30 - 10:30 am
Aerobics @ WB Dance Center

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

Call to register: 651-653-3121

Get Up & Go Fitness - Drop in Classes

\$55 punch card/8 classes - Available at the Sr Center

Aerobics Tue, Wed, Thu, Fri 9:30 - 10:30 am
White Bear Dance Center

Improve endurance, flexibility, strength, balance and coordination. Class is designed for those needing a slower tempo and less vigorous program.

FUN FACT

Sleeping in a cold room can help you slim down. According to research, sleeping in a 66-degree room helps increase subjects fat-burning ability by as much as 10%.



Soma Yoga - Online

1600.300	Apr 5 - May 3	9:30-10:30 am	\$40
1600.310	May 10 - Jun 14	9:30-10:30 am	\$45

Yoga / Whole Body Vinyasa @ Sr Center

1600.210	Mar 8 - Apr 12	5:15-6:15 pm	\$70
1600.320	Apr 16 - May 24	5:15-6:15 pm	\$70

Ballroom Dancing @ South Campus

1300.300	Mar 18 - May 15	7-8:30 pm	\$60
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Cardio Drumming @ Zen Fitness

1624.330	Mar 22 - May 10	6-6:45 pm	\$100
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Zumba @ Onkea Elementary

1623.300	Apr 11 - May 23	6:30-7:30 pm	\$55
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Easy At Home Exercise

Stretch out your upper body. Stand with feet hip width apart, extend arms overhead. Gently lean to the left, hold for 20 seconds. Return to center and repeat on other side. This can also be done from a sitting position.

PICKLEBALL

White Bear Area Pickleball Club

Pickleball runs year-round, January to December. You can join at any time.

Club Dues: \$25 for district residents
\$30 for non-district residents

Register: Online at www.whitebear.ce.eleyo.com, search **PICKLEBALL** or call 651-653-3121.

Questions? Contact Jon Anderson at 651-653-3126
jon.anderson@isd624.org

Note: Carry in your shoes for the Armory and Lincoln Elementary. Only use the street level door for access to the Armory.

Indoor Pickleball

The Armory, 228 4th St, WBL

Sun 3-5 pm	Jan 30, Feb 20
Mon 9-11 am	Jan 31, Feb 7, 14, 21, 28
Tue 9-11 am	Feb 1, 8
Wed 9-11 am	Feb 9, 16, 23
Thu 9-11 am	Feb 3, 10
Fri 9-11 am	Feb 4, 11, 18, 25

Lincoln Elementary Gym, 1961 6th St

Tue, 6 - 9 pm	Thu, 6 - 9 pm
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March only

Outdoor Pickleball will start in May.

Watch our website for details:
www.communityservices.isd624.org/adults-seniors/adult-recreation

Staying Healthy in Spring

As we age, we tend to slow down and spend more time indoors during the winter; however, spring's arrival is an opportunity to rejuvenate your overall wellness by getting active outdoors in the fresh air and sunshine. Here are six ways to reap the health benefits of a spring tune-up:

1. Get out in the garden. Gardening is an activity that promotes overall health and quality of life, physical strength, fitness, flexibility, cognitive ability and socialization.

2. Soak up warm sunshine safely. Spending time outdoors in warm, sunny spring weather improves mood and cognition. Moderate sun exposure strengthens bones and may reduce the risk of colorectal cancer, hip fractures, stroke and heart attack. It also protects against depression and insomnia. Wear sunscreen, a wide brim hat, long sleeves and sunglasses to avoid too much sun exposure.

3. Walk outdoors in nature each day. People who exercised outdoors report feeling revitalized and energetic, and experienced less tension,

confusion, anger and depression than those who exercised indoors. They enjoyed outdoor activity more and were more likely to repeat it.

4. Lighten up your diet with spring seasonal foods. Many fresh, locally grown vegetables are available in the spring. Eating seven to 10 servings of vegetables and fruits each day may help to reduce the risk of chronic diseases like diabetes, heart disease and cancer.

5. Take care of seasonal allergies. Spring is the worst season for allergies. If pollen is a trigger, keep doors and windows closed to keep it out, and wear wrap around sunglasses when outside. Also, ask your doctor about the most appropriate allergy medications to avoid possible side effects, such as drowsiness and confusion.

6. Drink more water when exercising. As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls.

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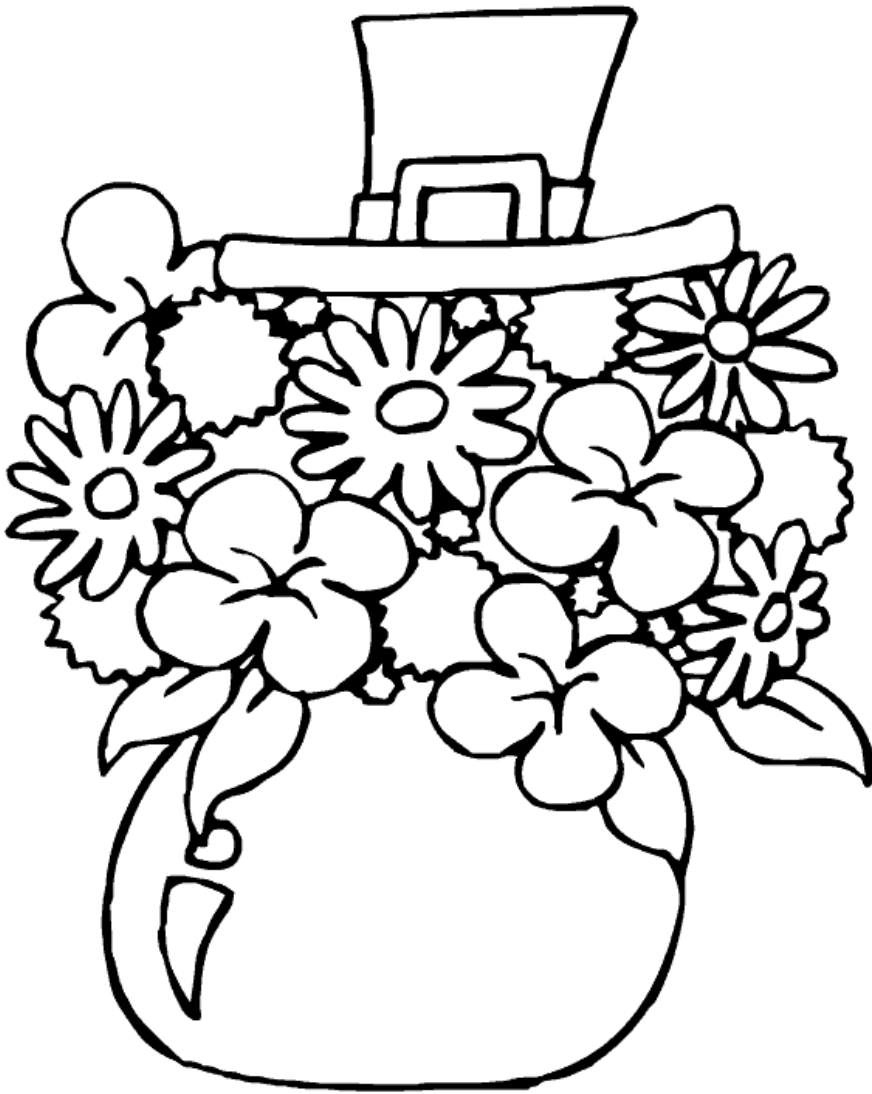
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Jon's 15 Minutes of Fame

White Bear Township was unveiled as the 2023 host of Minnesota Hockey Day by former Gopher hockey player Jon Anderson and former MN Wild player Ryan Carter, (both White Bear natives) opened up their coats to reveal Bears jerseys.

Polar Lakes Park in White Bear Township will serve as the venue for the 17th annual statewide hockey celebration.



Fun Fact

The first jigsaw puzzle was created in 1767 when John Spilsbury, an English cartographer, chopped up a wooden map of Britain and challenged the public to reassemble it. He called it a "dissected puzzle."



ENIGMATM CRYPTOGRAM

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

"GJD YQNNDS I WIP'V JDIF NDGV, GJD
DIVQDS QG QV GK AQOO JQV VJKDV."
— IUGJKS UPRPKLP

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

Answers on Page 14.

WEEKLY ACTIVITIES

500 Cards

Tuesday / 12:30 - 3:00 pm
\$1.00 per player (no partner needed)

Coloring Group

Tuesdays / 9:30 - 11:00 am

Contract Bridge

Wednesday / 12:00 - 3:45 pm
\$1.00 per player (no partner needed)

Cribbage

Monday & Thursday / 12:30 - 3:00 pm
\$1.50 per player (no partner needed)

Duplicate Bridge

Monday / 12:30 - 3:30 pm
Friday / 10:00 am - 1:00 pm*
** The Friday group has taken a winter break.
Please call to see if they have resumed play.*
\$1.00 per player (must have partner)

Guys & Gals Social Group

Wednesday / 1:00 - 2:30 pm
1st & 3rd at restaurant, 2nd & 4th at Sr Center

Painting Group

Tuesday / 10:00 am - 1:00 pm

Pinochle

Wednesday / 12:00 - 3:00 pm
\$1.00 per player (no partner needed)

Dominoes

Thursday / 1:30 - 3:30 pm
1st, 3rd, 5th Thursdays

Mah Jongg

Monday & Thursday / 12:30 - 3:30 pm

In Stitches

Friday / 1:00 - 3:00 pm

Readers Chat

4th Monday / 10:00 - 11:00 am

Yarn B's

Thursday / 10:00 - 11:30 am

Woodcarving

Wednesday / 8:30 - 11:00 am

Ukulele Bears

Mondays / 10:00 - 11:30 am
2nd & 3rd, 9:30 am Beginners lessons

SPECIAL EVENTS @ the Senior Center

Craft Corner Spring Boutique

March 11 & 12
Friday 9 am - 7 pm
Saturday 9 am - 4 pm

Foot Care Dates

March 15, 22, 29 April 12, 19, 26
May 10, 17, 31
Schedule appointment at 651-653-3121

Medicare Counseling

March 4 9 am - 1 pm
April 8 12 - 4 pm
May 11 9 am - 12 pm
Schedule appointment at 651-653-3121

Travel Show

Mar 17 10:30 - 11:30 am

Blood Pressure Screening

Apr 29 10 am - 12 pm

Mobility & Diabetic Shoe Show & Hearing Clinic

Apr 29 10 am - 2 pm

Food Truck Friday

Fridays 4 - 7 pm Apr 29, May 20

Flea Market/Parking Lot Sale

May 21 9 am - 2 pm

Manitou Art & Craft Fair & Food Truck Friday

Jun 24 Art Fair: 1-7 pm Food Truck 4:30-7pm

Senior Center & Meals on Wheels

Closed Dates: May 30

Craft Corner Gift Shop Open

Monday - Friday / 11 am - 3:30 pm

Miss the Monthly Calendar in the Voice?

We still create this useful monthly activities calendar, but to have space for news, happenings, puzzles, and more, we no longer include it in the Voice.

However, we would be happy to email or mail you a copy.

Just let us know!
651-653-3121

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

Adore	Flowers
Affection	Fourteenth
Amorous	Friends
Arrow	Heart
Beloved	Honey
BeMine	Hugs
Boutique	Kisses
Candlelight	Love
Candy	Lovebirds
Cards	Pink
Cherish	Poem
Cherub	Red
Chocolate	Romance
Cupid	Roses
Darling	SecretAd-
Dear	mirer
Desire	Sweetheart
Devotion	Sweets
Embrace	TeddyBear
Endearment	Tenderness
February	



Answer to Sudoku

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

Bulletin Board Announcements

Remember to check our bulletin board for the most current announcements from the Senior Center and community partners. Also check for the most up-to-date resources.



Enigma Cryptogram Answer

The bigger a man's head gets, the easier it is to fill his shoes. - Author Unknown

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COMMUNITY

EVENTS

THE CONCORDIA CHOIR

Sat, Mar 12 | 4 - 5:30 pm

St. Andrew's Lutheran Church, Mahtomedi

Plan to hear Michael Culloton conduct the 69-voice a cappella Concordia Choir.

Tickets available at: <https://bit.ly/3I5qWHU>

TRIAD PICNIC

Sat, May 21

Podvin Park, 1700 9th St, WBL

Details will post at Senior Center and in the Current Wave once they are finalized.



RESOURCES

FREE AARP TAX AIDE

Feb 3 - Apr 13

South Shore Trinity Lutheran Church

Providing free tax preparation to senior and low-income individuals. **Appointments must be scheduled at 651-998-9250.**

SENIOR CHORE PROGRAM SPRING CLEAN-UP

Dates to be announced / Call 651-308-3490

Request raking and yard clean-up by mid-April.

RAMSEY COUNTY SERVICE CENTER NAVIGATORS

Call 651-266-0600

To help with questions relating to housing, shelter, accessing benefits, food assistance, mental health, senior services, transportation and more. No appointment necessary.

MN INSULIN SAFETY NET PROGRAMS

Do you qualify for insulin assistance? The registration process is simple MnSure-certified navigators are available to help you.

Visit: <https://bit.ly/3ucYj82>