



# THE VOICE

## White Bear Lake Area

### District Construction Update

Here is a rundown of each site construction:

All buildings listed will be receiving state of the art security systems.

**North Campus High School is preparing to house all 9-12th grade students.**

- A 565,000 sq.ft addition of which 256,000 sq.ft. is new classroom space.
- A Field House; indoor 5-lane, track, five multi-purpose courts and walking track.
- Six outdoor, artificial turf fields; 1500 seat stadium with press box; 10-lane track.
- A new theatre.
- Scheduled to be completed with move in January 2023. The older section then renovated and completed by fall 2024.

**South Campus High School to become a middle school.**

- The 58,000 sq.ft. multi-use gymnasium and renovated stadium is completed.
- An eight classroom addition and storm shelter on the McKnight side of building.
- Moving the main office and entrance to the McKnight side with all new office space and closer drop off area.
- Additional renovations in the building will serve the high school students and preparations for Sunrise Middle students to move into, preparing for fall of 2024.

**Continued on page 8.**



### FOOD TRUCK FRIDAY

**4:30 - 7:00 pm**  
**Senior Center**

Join us for some community fun, food, and entertainment!

**Fri, June 24**

**Up In Smoke & Kona Ice**

*Manitou Art & Craft Fair - Starts at 1:00 pm*

**Fri, July 22**

**Parrillas Express, Pharaoh's Gyros & Mini Donuts**

*Bingo! Starts at 5:30 pm (updated event)*

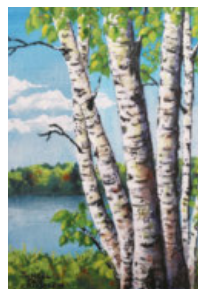
**Fri, August 19**

**K Town Street Food, Gerhards' Brats & Cherry On Top Ice Cream**

*Music by September Island (updated event)*

For menus, watch our Facebook page or see the bulletin board at the Senior Center.

**<https://www.facebook.com/wblasrec>**



### Manitou Art & Craft Fair

**Fri, June 24 | 1:00 - 7:00 pm**  
**Senior Center**

Join us for our Second Annual Art Fair featuring local artists who will be displaying and selling their artwork.

Be sure to join us at 4:30 pm for dinner and dessert with food trucks Up In Smoke and Kona Ice.

# SENIOR CENTER | 651-653-3121

## Senior Center

651-653-3121

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

2484 East County Road F

White Bear Lake, MN 55110

[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)

### ADULT PROGRAMS & FACILITIES COORDINATOR

Jon Anderson | 651-653-3126

[jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

### ADULT PROGRAM SPECIALIST

Michelle Hubbard | 651-653-3214

[michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org)

### ADMINISTRATIVE ASSISTANT

Jeanelle Kummer | 651-653-3121

[jeanelle.kummer@isd624.org](mailto:jeanelle.kummer@isd624.org)

### MEALS ON WHEELS

Doug Nelson | 651-653-3123

[mealsonwheels@isd624.org](mailto:mealsonwheels@isd624.org)

## Closed Days

### Senior Center

July 4, 15, 18, 19, 20

### Meals on Wheels

July 4

## Craft Corner

### Gift Shop

Mon - Fri

11:00 am - 3:30 pm

Featuring hand-crafted items by local seniors. Adults 50+ interested in becoming a consignee call the Craft Corner Office at 651-653-3130.



## MEMBERSHIP RENEWAL TIME

**Annual Fee | July 1 to June 30**

**\$30 per person | \$50 per couple**

Join or Renew  
your membership

Open to everyone, no matter where you live.

Membership is required to attend on-going group activities. The membership fees help offset daily expenses, supplies and facility costs. We appreciate your participation and support of the Senior Center.

New memberships and renewals can be processed in the Main Office or call 651-653-3121.

## MEDICARE COUNSELING

**June 9, 9-11 am | July 22, 9-11 am | August 25, 1-4 pm**

Get your questions answered about Medicare and health supplements by a Medicare Specialist. Schedule your appointment at 651-653-3121.

## ADDRESS UPDATE & CLEAN UP

Help us keep our records accurate. If you are receiving more than one newsletter, you have moved, a partner has passed away, or you would like to receive the newsletter via email only, please let us know.

Email us at: [WhiteBearSeniorProgram@isd624.org](mailto:WhiteBearSeniorProgram@isd624.org) or call 651-653-3121. Remember to leave your name, home address and/or email address.

## FOOT CARE CLINIC

**June 7, 14, 25 / July 5, 12, 26 / August 2, 16, 23**

30-minute appointment / \$50 payable by Cash-Check-Card  
To schedule and cancel appointments call 651-653-3121.

## DONATIONS ACCEPTED

**Bring donations to the Senior Center Main Office**

Books & Puzzles  
Box Tops for Education  
Buttons, Fabric, Ribbon  
Campbell's Soup Labels  
Cell Phones with Chargers  
Eyeglasses & Hearing Aids

Greeting Cards - New  
Paper Grocery Bags  
Plastic Bags - Clean  
Pop Tabs  
US & Foreign Stamps - Used  
Yarn - cotton, acrylic

## WHITE BEAR AREA SENIOR CENTER



### MEALS ON WHEELS FROZEN MENU

Wouldn't it be great to have a few frozen meals in the freezer for the days you just don't have time to cook?

We can help! Meals on Wheels has a large variety of frozen meals available for delivery. We have many customers who will order a week's worth of meals just to have on hand.

Frozen meals, like the hot meals, include a vegetable, side, dessert and beverage. Frozen meals have the same nutritional value and dietary options. Choose from dishes made with chicken, turkey, beef, fish, pork, or vegetarian meals.

If you or someone you know would benefit from a few meals in the freezer, contact Doug at 651-653-3123 or [mealsonwheels@isd624.org](mailto:mealsonwheels@isd624.org).

### SUMMER CLOSED DATES

July 4, 15, 18, 19, 20

#### What happens during summer cleaning?

All of the tables and chairs are moved out of the Senior Center so our custodians can:

- Strip and wax all the floors
- Wash the windows
- Wipe down the walls
- Repair and/or paint walls
- Deep clean the carpets
- The office staff gets vacation!



Did you know strategically cleaning your home may help you beat the summer heat?  
For example, clean air conditioning vents send out more cool air!

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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

## AROUND THE DISTRICT



### DARCY RODRIGUEZ Early Childhood Coordinator

WBL Early Childhood provides support for families and children from birth to kindergarten. Programs include Preschool, Early Childhood Family Education (ECFE), Early Childhood Special Education (ECSE), home visits, outreach, and screening. Altogether, our programs support over 800 children.

District preschool programming serves children who are 3-4 years old by September 1. All teachers are licensed and use Creative Curriculum to create a fun and enriching environment for children to master the basic skills required for school. We have both full day and half day options to help meet a wide range of family needs.

Our ECFE classes are for families that

want to join their children in class. Parents and children meet together for half the class and then they separate to give caregivers time to learn together.

Early Childhood screening is a state requirement for kindergarten entry and should be completed between their third and fifth birthdays. It is designed to identify children who may have additional needs for support as they enter school. Screening includes both a developmental component as well as a vision and hearing screen.

In addition to formal classes, Early Childhood hosts events throughout the year. These include field trips, literacy events, playground playdates, and music/art events.

Next school year, the fall of 2022-2023, our preschool programs will be located at:

- Birch Lake Elem.
- Lakeaires Elem.
- Normandy Park
- Oneka Elem.
- Otter Lake Elem.
- Tamarack Nature Center
- Vadnais Heights Elem.
- Willow Elem.

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LIC. # 24078

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**CONTACT US!**

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[dpetfalski@lpicommunities.com](mailto:dpetfalski@lpicommunities.com)  
or (262) 785-1188 x2675



### Do You Have Questions About Medicare?

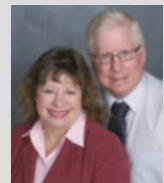
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[tom.hill@truepartnersinsurance.com](mailto:tom.hill@truepartnersinsurance.com)



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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071

## SUMMER ON THE LAKE WITH BEAR BOATING



Bear Boating relies on community donations to cover the cost of boat and trailer licensing, maintenance and repair, fuel, life jackets, fishing equipment, bait, insurance, and winter storage. The city donates the dock slip.

Please consider contributing at:  
[bearboating.org/donate/](http://bearboating.org/donate/)

### PONTOON BOAT RIDES

#### Sponsored by Bear Boating of White Bear Lake

Bear Boating is offering free two-hour pontoon boat rides on White Bear Lake.

The pontoons depart from the White Bear VFW off Highway 61. Free parking available in the Boatworks Ramp.

- Space is limited.
- Please indicate if you use a wheelchair.
- Donations are welcomed and greatly appreciated.

**To register call 651-653-3121.** You will need to pick up a Boarding Pass from the Senior Center.

**10:00 am - 12:00 pm**

June 7 & 20

July 8 & 13

August 4 & 30

**1:00 - 3:00 pm**

June 16

July 21

August 12

**6:00 - 8:00 pm**

June 10 & 29

July 11 & 26

**5:30 - 7:30 pm**

August 17 & 26

Proof of COVID vaccination required.

Masks must be worn during check in and boarding.

### LET US HELP YOU TRANSITION

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SRES

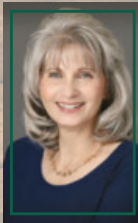
651-398-3801

TIM@LUNDGRENREALTYGROUP.COM

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SRES

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MELISSA@LREGMN.COM



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White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071

## National Parks Word Find

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

|             |             |           |            |
|-------------|-------------|-----------|------------|
| ACADIA      | ARCHES      | BADLANDS  | BISCAYNE   |
| CANYONLANDS | CONGAREE    | DENALI    | EVERGLADES |
| GLACIER     | KATMAI      | OLYMPIC   | PINNACLES  |
| REDWOOD     | SAGUARO     | SEQUOIA   | SHENANDOAH |
| VOYAGEURS   | YELLOWSTONE | YOSEMITE  | ZION       |
| ROCKY       | MOUNTAIN    | PETRIFIED | FOREST     |
| CASCADES    | RAINIER     | MESA      | VERDE      |
| MAMMOTH     | CAVE        | GRAND     | CANYON     |
| DUNES       | SMOKY       | TETON     |            |

**ENIGMA**<sup>TM</sup>  
CRYPTOGRAM

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

Answer on page 14.

"KO KT GAO NGAJMF OA CN  
 KGZJTOVKAJT; TA BVN BGOT. HFBO  
 BVN DAJ KGZJTOVKAJT BCAJO?"

— FNGVD ZBRKZ OFAVNBJ



## AGED HUMOR

*Aging gracefully is like the nice way of saying you're slowly looking worse.*

**The older I get, the earlier it gets late.**

*I like older men because they've gotten used to life's disappointments. Which means they're ready for me.*

**Adult version of the song "Head, Shoulders, Knees & Toes":  
 "Wallet, Glasses, Keys & Phone"**

*I'm at the age where I have to make a noise when I bend over. It's the law.*

**Children are the leading cause of old age.**

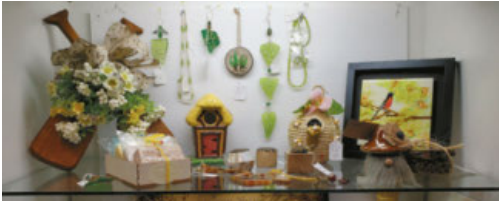
*This is not what adulthood looked like in the brochure.*

## Sudoku Answer on page 14.

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

## AROUND THE CENTER



### CRAFT CORNER

The Craft Corner is thriving! Currently there are over 50 crafty and creative consignees and a few local authors sharing their wares in our little shop. Last year, 2021, was a big year for us! We had roughly \$23,000 in sales of which 35% goes directly back to the Senior Center to help with programming.

Our dedicated group opens the Craft Corner daily and during all Senior Center special community events. If you haven't stopped in recently, please do, as merchandise is always changing and you are in for a treat!

Mark your calendar for next years boutiques:

- Fall Boutique, November 4 & 5, 2022
- Spring Boutique, March 24 & 25, 2023



### IN STITCHES

Throughout COVID the *In Stitches* group stayed very busy! From 2020 through 2022 the eight ladies knit a total of 1,005 items, including chemo hats, mittens, scarves, booties, and baby blankets. These items are donated to the following organizations:

- Fort McCoy
- Homeless Shelters
- Jack's Basket
- MN Oncology
- Ronald McDonald House
- Salvation Army
- St. John's Oncology
- WBL Lions Club Toy Shelf



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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071

*Continued from front cover.*

**Lakeaires Elementary**

- A new addition and renovation of the Media Center adopting an open, multi-purpose approach to student learning.
- Renovation of Extended Day areas.
- Renovation of two bathrooms for ADA access.
- New freezer and cooler.
- Completed and ready by fall 2022.

**Birch Lake Elementary**

- Renovated Media Center and flex space.
- Renovated bathrooms with privacy stalls.
- A two-room class addition on the east side.
- Repaving of the playground surface.
- Additional/improved parking spaces and area.
- Additional HVAC system.
- Update to existing water lines in building.

**Otter Lake Elementary**

- Renovation of the Media Center and multi-use flex space.
- Bathroom renovations with privacy stalls and improved ADA access.
- Improved HVAC system.
- Parking lot and playground resurfacing and changes to overall function and flow.
- Kitchen reorganization and improvements.
- Five new classrooms and storm shelter.
- New outdoor access; ball fields to interior bathrooms vs portable toilets.
- Scheduled for completion December 2022.

**Oneka Elementary**

- Renovated Media Center and flex space.
- A new five classroom addition and storm shelter with new office space.
- Exterior site improvements.
- Project to be completed early 2022.

There will continue to be construction happening around our School District for the next three years. The Senior Center is scheduled to be moving to the new District Offices at Sunrise Middle School in 2025.

**Libby's Library**

Our library is a very busy place, constantly growing with donated books! Currently there are about 1,250 books; including all genres of fiction, biographies and large print books.

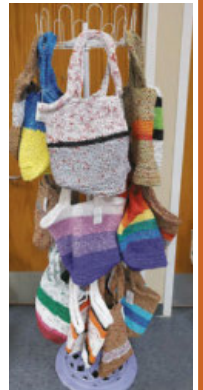
Our library volunteer organizes, rotates, and re-stocks our shelves weekly with all the wonderful book donations we receive.

Any donated books not included in our library are either put on our FREE table, but if not taken, they are sold to Half Price Books, with the proceeds donated back to the Senior Center.

**Earth Thanks You**

Over 2000 plastic bags were donated from January - March to the Senior Center. They were then cut and crocheted by Mindy Mac Runnel into 2 beautiful market bags.

Thank you for donating and a big thank you to the CUB Foods on White Bear Ave & Hwy 36 for donating their discarded register plastic bags!



**Are you or a loved one in need of medical equipment?** Or do you find yourself in possession of medical equipment you no longer need? Call South Shore Trinity Lutheran Church at 651-429-4293 to donate or borrow equipment.

**Minnesota Weather**

MN hottest temperature ever recorded:  
114 degrees F, Moorhead, MN, 7/6/1936

MN coldest temperature ever recorded:  
-60 degrees F, Tower, MN, 2/2/1996

## SUMMER FOOD MARKETS



### Aldrich Arena

1850 White Bear Ave N, Maplewood  
Wed, 5/19 - 10/27 | 8 am - 12 pm

### Oakdale Market

City Hall in Oakdale  
1584 Hadley Ave N, Oakdale  
Wed, 6/1 - 10/12 | 2 - 6 pm

### Shoreview Community Center

4580 Victoria St N, Shoreview  
Tue, 6/7 - 8/30 | 3 - 7 pm  
Tue, 9/6 - 10/11 | 3 - 6 pm

### Vadnais Heights

No Summer Farmers Market

### WBL Farmers' Market

Downtown WBL, Clark St.  
Fri, 6/24 - 10/28 | 8 am - 12 pm

### WBL Area Senior Center

2484 East County Rd F, WBL  
4th Thu: 6/23, 7/28, 8/25, 9/23  
10 am - 12 pm

### Willow Elementary

3375 Willow Ave  
1st Thu: 7/7, 8/4, 9/2  
10 am - 12 pm

To find more  
Farmers' Markets in the  
St. Paul area visit:  
[www.stpaulfarmersmarket.com](http://www.stpaulfarmersmarket.com)

## Thank You for Dining with Us!

This winter's TGIFood dinners were a great success! The staff and volunteers served over 460 meals through both dine in and take out. Thank you for supporting us. We hope you enjoyed your meal and the atmosphere!

We could not have run this program without the grant from the Greater White Bear Lake Community Foundation, and our food partners, Washington Square, Donatelli's, Rudy's Red Eye, and Keys Café for the fabulous meals!



Dana Edrozo, R.N. Paula Tymesen, R.N.  
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Questions about Medicare?

Call  
Benita Jackson  
612-283-6032

[JacksonB6@allinahealthaetna.us.com](mailto:JacksonB6@allinahealthaetna.us.com)

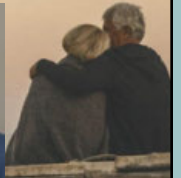


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White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071

## SENIOR CENTER WEEKLY ACTIVITIES



### Help Us Start a New Group

Fri, June 10 | 10:00 - 11:30 am  
Senior Center  
*Tentatively will meet on the  
2nd & 4th Fridays*

### WE WOULD LIKE TO START A NEW GROUP

Our Fridays are very quiet with empty rooms, which means there is room for another group to join us!

Join us on June 10 to gather ideas of what you want to do. Example ideas: open social time, board games, card games such as Phase 10, attend activities outside of the Center together, go for walks, book club...the options are limitless.

Please join us if you can. If you can't meet this first day, but have ideas you want to share, please email [michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org). We will also discuss how often and what time you would like to meet.

### WHAT WE DO

#### 500 CARDS

500 cards is a trick-taking card game that is an extension of Euchre, with some ideas from Bridge. Come learn to play, have a snack, and join in the fun!

#### COLORING

This group brings in their own projects to work on. Some color in books, which we also have on hand, and others make cards. Grab your markers or colored pencils and visit with this lovely group.

#### GUYS & GALS SOCIAL GROUP

Guys & Gals is a fun, social group that alternates meetings between the Senior Center and local restaurants. Join this group for lively conversation and friendship.

#### BRIDGE - CONTRACT

Contract Bridge is a trick-taking card game played in tables of four. The game consists of a number of deals each progressing through four phases. You do not need a partner.

#### CRIBBAGE

Cribbage is a lively group that plays several rounds of cribbage in teams. This group draws in about an equal number of men and women. You do not need a partner to join.

#### IN STITCHES

If you love to knit, tat, crochet, embroider, macramé, rug hooking, or lace making, this is the place to be! Bring your own project and enjoy some conversation. Members are happy to teach and assist you.

#### BRIDGE - DUPLICATE

Duplicate Bridge is a variation of bridge where the same bridge deal is played at each table and scoring is based on relative performance. Bring a partner.

#### DOMINOES

This lively group plays various Dominoe games such as Mexican Train, Chicken Foot and Local. They have a lot of fun, enjoy snacks together, and are willing to teach new players.

#### MAH JONGG

Mah Jongg is Chinese tile-based game developed in the 19th century. The game is usually played by four people with 144 tiles that are drawn and discarded, like cards, until one player secures a winning hand.

## SENIOR CENTER WEEKLY ACTIVITIES

### PAINTERS

Our painters can be found in the library working on their art! Bring your project and supplies, whether it is oil, watercolor or acrylics. Many pack a lunch and spend the entire afternoon with us.

### PINOCHLE

Pinochle is a single deck, trick-taking, ace-ten card game. Points are scored by trick-taking and forming combinations of cards into melds. Hands have three phases: bidding, melds, and tricks.

### UKULELE BEARS

This happy group of musicians play their ukuleles and sing together. They are always working on new music and happy to teach beginners!

### UNSURE ABOUT JOINING?

Visit us for a day or two before you make up your mind. Meet the group you are interested in, join in on the fun, and get comfortable. We are happy to answer any questions you may have and make your time with us a highlight of your week.

### WOODCARVERS

A dedicated group of men and women who work on carving projects while enjoying conversation together. Meet new friends, work on your projects, and get inspiration for new projects.

### YARN B'S

This group knits and donates adult/child winter and chemo hats, baby blankets, scarves, and mittens. Patterns and yarn are available or bring your own. Members are happy to teach and help you with your project.

**SEE PAGE 14 FOR ACTIVITIES SCHEDULE**

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#### At Senior Center

Jun 16 5:30 - 9:30 pm  
Jun 23 8:30 am - 12:30 pm  
Jul 13 5:30 - 9:30 pm  
Jul 14 8:30 am - 12:30 pm  
Aug 9 8:30 am - 12:30 pm  
Aug 11 5:30 - 9:30 pm

#### Online Only

Jun 7 12:00 - 4:00 pm  
Aug 23 1:00 - 5:00 pm

### 8-Hour Full Course / \$45

#### At Senior Center

Jun 22 & 23 5:30 - 9:30 pm  
Aug 30 & 31 9:00 - 1:00 pm

#### Online Only

Jun 28 & 29 9:00 - 1:00 pm  
Jul 13 & 14 5:30 - 9:30 pm  
Jul 27 & 28 9:00 - 1:00 pm  
Aug 2 & 9 5:30 - 9:30 pm

#### Register online at

[www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com)

Search: driving

The University of Minnesota allows adults age 62+ to obtain a degree and only pay \$10 a credit.

Visit: <https://bit.ly/3OLie5Q>

### Fun Fact:

The original name for the search engine Google was *Backrub*. It was renamed Google after the googol, which is the number one followed by 100 zeros.

## ONLINE CLASSES

### Social Security Timing

Jun 7 | 6:00 - 7:30 pm | Free

### Audaciousness of Modern Art

Jun 8 | 7:00 - 9:00 pm | \$20

### How to Pay for the Nursing Home

Jun 13 | 6:30 - 8:00 pm | \$20

### Summer Produce & an Air Fryer

Jun 28 | 6:30 - 8:00 pm | \$25

### Now You're the Executor or Trustee...Now What

Jul 18 | 6:30 - 8:00 pm | \$20

### Five Keys to Retiring Fearlessly

Aug 4 | 6:00 - 7:30 pm | Free

### Probate an Actual MN Estate

Aug 15 | 6:30 - 8:00 pm | \$20

## Everything You Want to Know About Medicare

Jun 16 | 6:00 - 7:30 pm | \$20

Aug 19 | 10:30 am - 12:00 pm | \$20

## 5 Ways to Avoid Hospitalization

Jun 17 | 10:00 - 11:00 am | Free

## Technology Self Defense

Jun 21 | 10:00 am - 12:00 pm | \$40

## Balance & Mobility Seminar Box Lunch Included

Join us for a boxed lunch and learn how to decrease risks of injury, reduce muscle tension and posture improvement. Learn how to increase your range of movement and stay active and healthier longer.

Jun 17 | 12:00 - 1:30 pm | \$5

Aug 17 | 12:00 - 1:30 pm | \$5

## CREATIVE CLASSES

### Adult/Child Paint Class / \$55

Jun 3 6:00 - 8:00 pm Senior Center

### Lilac Acrylic Painting / \$35

Jun 13 9:30 - 11:30 am Senior Center

### Henna Art / \$40

Jun 16 6:00 - 8:00 pm Senior Center

### Waterfront Watercolor / \$35

Jul 21 10:00 am - 12:00 pm Sr Center

### Forest Acrylic Painting / \$35

Aug 15 9:30 - 11:30 am Senior Center



## CRAFT CLASSES at the Senior Center

1:00 - 3:30 pm | \$20

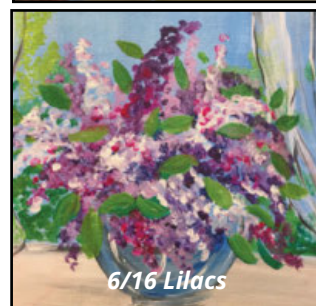
Jun 9 Intro to Wood Burning

Jul 22 Pounded Flower Art

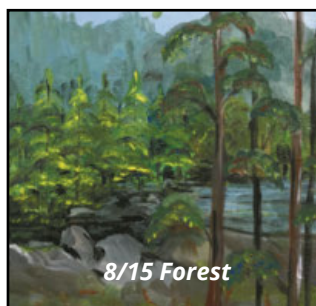
Aug 9 Tranquil Birds Mixed Media



6/3 Adult & Child Class



6/16 Lilacs



8/15 Forest



## FISHING AT TALLY'S

### Fishing on WB Lake

Join us on White Bear Lake for a fishing excursion! Equipment is provided, or bring your own.

#### 55+ Fishing

Jun 6 | 8:00 - 9:30 am | \$35

Aug 1 | 8:00 - 9:30 am | \$35

#### Adult & Child Fishing

Jun 6 | 10:00 - 11:30 am | \$60

Aug 1 | 10:00 - 11:30 am | \$60

## CRAFT BEER

### From Grain to Glass

Do you enjoy craft beer and want to know how it goes from grain to glass? Learn about grains and hops, brewing equipment, quality control and more. Then sample different styles of beer and discuss style history, flavor profiles, and what makes beer taste good.

Sun, Jun 12 | 1:00 - 3:30 pm

\$40 | Bad Weather Brewing

## KAYAKING

### On White Bear Lake

Kick off summer with a kayak paddle on White Bear Lake. Learn how to paddle, get in and out safely, and what to pack for a day on the water. Learn how relaxing and fun paddling can be.

Jun 1 | 4:00 - 5:30 pm

Single Kayak | \$40/person

Tandem Kayak | \$70/couple

## STAY FIT. STAY FABULOUS.

### Get Up & Go Fitness

\$55 / 8 drop in classes (pay at Senior Center)

9:30 - 10:30 am Aerobics: Tue - Fri White Bear Dance Center  
Improve endurance, flexibility, strength, balance and coordination. Designed for those needing a slower tempo and less vigorous program. *We accept SilverSneakers & OnePass.*

### Soma Yoga (online)

Tue | 9:30 - 10:30 am | \$40 | Jun 28 - Jul 26 & Aug 2 - 30

Re-educate muscles to release tension and create mobility. Emphasis on using breath practice and meditation to calm minds, spirit and gain strength, flexibility, balance, and stamina.

### Yoga - Whole Body Vinyasa **JUST ADDED FOR SUMMER**

Mon | 10:00 - 11:00 am | Jun 20 - Aug 8 | Bellaire Beach

Tue | 5:30 - 6:30 pm | Jun 7 - Jul 12 | Senior Center

Tue | 5:30 - 6:30 pm | Jul 26 - Aug 30 | Senior Center

Designed to increase both strength and flexibility. Suitable for all ages and body types. Breath is used into each exercise to relieve stress and anxiety.



**2022 MN  
Senior Games  
August 11-14  
Mankato, MN**

The MN Senior Games is an athletic event with more than 20 sports for people ages 50 or better. Athletes can compete in a variety of events including archery, bowling, cycling, pickleball, swimming, track & field and more.

### Info & Register at:

[www.MNSENIORGAMES.COM](http://WWW.MNSENIORGAMES.COM)

**Questions:** Call 507-385-6640 or [seniorgames@visitmankatomn.com](mailto:seniorgames@visitmankatomn.com)

## WEEKLY ACTIVITIES

### NEW GROUP (see page 10)

Fri / 10:00 am - 12:00 pm

2nd & 4th Fri

### 500 Cards

Tue / 12:30 - 3:00 pm

\$1.00 per player - *no partner needed*

### Coloring

Tue / 9:30 - 11:00 am

### Bridge - Contract

Wed / 12:00 - 3:45 pm

\$1.00 per player - *no partner needed*

### Bridge - Duplicate

Mon / 12:30 - 3:30 pm

\$1.00 per player - *partner needed*

### Cribbage

Mon & Thu / 12:30 - 3:00 pm

\$1.50 per player - *no partner needed*

### Dominoes

Thu / 1:30 - 3:30 pm

1st, 3rd, 5th Thu

### Guys & Gals Social Group

Wed / 1:00 - 2:30 pm

Restaurant: 1st & 3rd Wed

Senior Center: 2nd & 4th Wed

### In Stitches

Fri / 1:00 - 2:30 pm

### Mah Jongg

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

### Painting Group

Tue / 10:00 am - 4:00 pm

### Reader's Chat

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

### Ukulele Bears

Mon / 10:00 - 11:30 am

Lessons: 9:30 am

### Woodcarving

Wed / 8:30 - 11:30 am

### Yarn B's

Thu / 10:00 - 11:30 am

## Fresh Corn and Tomato Salad

Courtesy of Food Network Kitchen



### Ingredients

- 3 tablespoons white wine vinegar
- Kosher salt and freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 6 ears fresh corn, shucked (or 32 oz. of canned corn)
- 2 cups red or orange grape tomatoes, halved
- 8 oz. mozzarella pearls or fresh, cut into small cubes
- 1 bunch scallions, thinly sliced
- 1 1/2 cups fresh basil leaves

### STEP 1

- Whisk together the vinegar, 2 tsp salt and some pepper in a small bowl.
- Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing.

### STEP 2

- Shear off the corn kernels with a sharp knife over a bowl (approx. 4 cups) or the drained canned corn.
- Toss in the tomatoes, mozzarella and scallions.
- Pour the vinaigrette over the salad and toss to coat.
- Cover and let stand for at least 15 minutes and up to 2 hours.
- Before serving, tear the basil over the salad and stir.



### Answer to Cryptogram

"It is not enough to be  
industrious; so are ants.  
What are you  
industrious about?"  
- Henry David Thoreau

### 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 |



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# COMMUNITY

## EVENTS

### ARTS IN THE PARK

Tue, Jun - Aug  
Lakeside Memorial Park,  
Forest Lake

### MOVIE IN THE PARK

Sat, Jun 11, Jul 9, Aug 20, Sept 10  
Polar Lakes Park  
1280 Hammond Rd, WBL

### MANITOU DAYS

Jun 16 - Jul 4 | Downtown WBL  
manitoudays.com

### MARKETFEST

Thu, Jun 16 - Jul 28  
*June 30 is Senior Night!*  
Downtown WBL

### VADNAIS HEIGHTS HERITAGE DAYS

Aug 15 - 21  
Community Park, 641 E Cnty Rd F  
Vadnais Heights

### COMMUNITY PICNIC

Tue, Aug 2 | 5:30 - 8:00 pm  
Podvin Park, 1700 9th St, WBL

Join WBLAS Community Services  
& Recreation Department on  
National Night Out for an  
evening of games, activities,  
food, and fun.

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local seniors. Outdoor/Indoor chore  
services, including lawn mowing!  
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