



THE VOICE

White Bear Lake Area



Join Us!!

Senior Center Open House

Sep 9, 10 am – 1 pm

Adults 50+ are invited to learn about our activity groups, explore the center and enjoy some coffee and treats. Visit with our activity group leaders and see what other services the Senior Center provides! All groups would love new members and are happy to teach you what they do!

Senior Center, 2484 East Cnty Rd F, WBL

WHITE BEAR PRESS

10th Annual

HEALTH EXPO

Wed, Sept 14
WB Senior Center
12:00 – 3:00 pm

Visit vendors from senior housing insurance, auto, financial services, health care, flu shots, and much more.

Food, Door Prizes & entertainment by Gary LaRue!

Senior Housing Day

Fri, Oct 7 / 2:00–6:00 pm
WB Senior Center

Learn about local senior housing in our area. The time to start thinking about next steps is before you really need to. Explore your options, get answers, and find the right fit for you.

Join us for refreshments, speakers, and door prizes!

Fall Boutique and Bake Sale

Fri, Nov 4 9am-7pm & Sat, Nov 5 9am-3pm
White Bear Area Senior Center
2484 East County Rd F, WBL

VETERAN'S DAY REMEMBER & HONOR

Nov 11 9:30-11:00 AM Sr Center

Join us for a celebration of the brave men and women who served our country.

Ceremony by VFW Post 1782
Coffee & Sweets

SENIOR CENTER | 651-653-3121

Senior Center

651-653-3121

Mon - Fri | 8:00 am - 4:00 pm
2484 East County Road F
White Bear Lake, MN 55110
www.whitebearseniorprogram.org

ADULT PROGRAMS & FACILITIES COORDINATOR

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

ADULT PROGRAM SPECIALIST

Michelle Hubbard | 651-653-3214
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

Closed Days

Senior Center is Closed

Sept 5, Nov 24, 25

Dec 22, 23, 26-30 Jan 16

**Meals on Wheels will deliver
on December 26.**

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.



DID YOU PAY YOUR DUES?

Annual Fee | July 1 to June 30

\$30 per person | \$50 per couple

Join or Renew
your membership

If you haven't yet renewed, it's time! Membership is required to attend on-going group activities. We appreciate your participation and support. New memberships and renewals can be processed in the Main Office or call 651-653-3121.

REMINDER



Please use your door key to enter the Senior Center. You received a card with your membership. Building security is very important to us. This also helps the Front Office focus on their work, the phone, and customers already inside. Thank you for your understanding. If you need a card, please let us know!

WE NEED YOUR INPUT

The Senior Advisory Committee needs your input to help plan for the Senior Center's transition to Sunrise Park Middle School.

There are two short surveys we would like you to complete:

Survey 1 will provide data for the district planning group to consider when designing our new space.

Survey 2 asks for input on the Senior Center and its programming.

Pick up a survey at the Senior Center Office or give us a call and we can send one to you in the mail. Call 651-653-3121.

WE WANT
TO HEAR
FROM
YOU!

FOOT CARE CLINIC

30-minute appointment / \$50* by Card-Cash-Check

Credit Cards will be charged a \$3 service fee starting Oct 1.

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

WATERSHED WILDLIFE PHOTO EXHIBIT

SPONSORED BY THE VADNAIS LAKE AREA WATER MANAGEMENT ORGANIZATION (VLAWMO)

In 2018-2019, the VLAWMO placed remote cameras at various wetland locations in the watershed. The results showed a variety of birds and mammals using these wetland spaces in familiar and surprising ways.



The goal of the exhibit is to increase familiarity with local wetland by learning more about the critters that call the wetlands home.

Each photo was taken through a remote camera that is motion activated. The locations include East Vadnais Lake, Sucker Lake and wetland, and Birch Lake Rotary Wetland Preserve.

The photo exhibit will be displayed in the Senior Center through the end of October.

Fall Flea Market

Food Truck
On Site

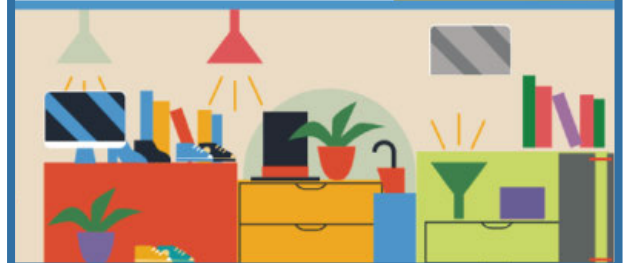
Sat, Sept 10

9 AM - 2 PM

**SHOP or Sell at our
Fall Flea Market!**

**Individuals, non-profits or
small businesses are invited to
set up their own outdoor sale.**

Register to sell at 651-653-3121
or visit www.whitebear.ce.eleyo.com



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

AROUND THE DISTRICT



BRIDGET LEHN

Director of Nutrition Services for WBLAS

In 1946 the Richard B. Russell National School Lunch Act passed which makes the National School Lunch Program possible for our White Bear Area students. The WBLAS Nutrition Services serves more than 5,000 lunches and 3,000 breakfasts each day during the school year! This means that more than 65% of the WBLAS student population regularly eats with this program each day. We have 72 employees, 10 student workers and many substitutes who help service these meals throughout the year.

Each day meals consist of whole grains, protein, fruits, vegetables and low-fat milk. The Nutrition Services team runs taste tests throughout the year with different student groups to keep the menu up to date with new trends and exposes students to new foods. This

helps grow our mission of building students with lifelong healthy eating habits, limits waste, and most importantly, keeps bellies full. We are fortunate to have local farmers that are interested in partnering with us so we can provide sustainable and locally sourced foods, such as apples from Pine Tree Apple Orchard and, new this fall, we will be highlighting farm-to-school month with a locally grown menu day featuring all-beef, grass-fed hot dogs from Thousand Hills Cattle Company in Becker, MN.

In addition to breakfast and lunch, Nutrition Services provides after-school snacks, supper and catered meals at various locations throughout the year. We are looking forward to new and exciting things to come.

FUN FACTS

Most popular menu days include Orange Chicken w/rice, French Toast Sticks and Pizza

Students prefer chocolate milk.

Most popular vegetable: Carrots

Most popular fruit: Watermelon, Strawberries and Grapes

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or (262) 785-1188 x2675



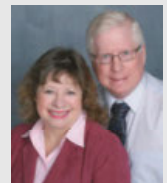
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White Bear Area Senior Program, White Bear Lake, MN

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HEALTH & WELLNESS

Taking Care of You

TUE, NOV 15 | 9:00 AM - 3:30 PM

FREE | SENIOR CENTER

Diabetic Mobility & Shoe Show | 9:00 am - 3:30 pm

Receive personal attention, fitting, and measuring. Insurance processing is available when placing orders. Diabetics with Medicare may be entitled to one pair of shoes a year at little to no cost. Remember to bring your Medicare & Supplemental insurance information.

Visions Loss Resources | 9:00 am - 2:00 pm

Talk to a vision expert about how to make the most of your usable vision, and also tools and devices that can help make life less frustrating if you struggle with low vision.

Blood Pressure Screening | 9:00 am - 2:00 pm

Screenings will be hosted by Keystone place at LaValle Fields.

MEDICARE

Annual Election Seminar

The Annual Election Period is upon us. Hear about carrier specific updates to Medicare plans and look at your Medicare insurance and make sure you are well covered. You can change plans between October 15 thru December 7.

Registration appreciated: 651-653-3121

Fri, Oct 21 | 2:00 - 3:00 pm

Thu, Nov 10 | 2:00 - 3:00 pm

Mon, Nov 14 | 10:00 - 11:00 am

Get Individual Counseling

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

Registration appreciated: 651-653-3121

Thu, Sep 15 | 9:00 am - 1:00 pm

Mon, Oct 3 & 24 | 10:00 am - 1:00 pm

Fri, Nov 11 | 11:30 am - 3:00 pm

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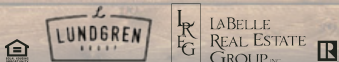
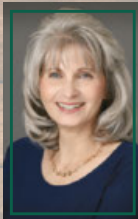
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White Bear Area Senior Program, White Bear Lake, MN

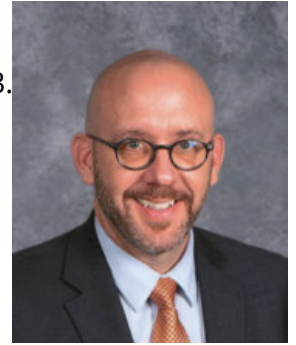
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A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK

As summer comes to a close, we are busy preparing for new connections and heightened levels of excitement that crop up at the beginning of every school year. The energy and enthusiasm are palpable as we set our students up for a successful 2022-23.

The stands and sidelines at student activities are the source of some of the excitement. If you haven't already done so, I hope you join the almost 700 Senior Activity Pass holders who enjoy lifetime complimentary admission to school activities. Find information on our website at isd624.org/about/support or contact Rachael Markuson at 651-407-7563 or rachael.markuson@isd624.org to apply for the pass. We would love to have you join us!



Later this fall, community members will see a capital projects levy renewal question on the November ballot. The tax rate for property owners will remain unchanged as this is a straight renewal of an existing levy.

This investment, last approved by the community in 2013, puts a variety of educational tools, from classroom technology to books to musical instruments, into the hands of students. The funding also allows us to address equipment needs in the areas of safety and security, and transportation.

I will be at the Senior Center to chat with you all about this and other district initiatives at 8:30 a.m. on Tuesday, September 20th. I hope to see you there! Until then, information is available for you to look over on the district's website at isd624.org/CapitalProjectsLevyRenewal.

Looking forward to a terrific 2022-23!
Dr. Wayne A. Kazmierczak, Superintendent



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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071

"CREATIVITY IS INTELLIGENCE HAVING FUN." - ALBERT EINSTEIN



The Loon

The Loon (Student 16+)

Oct 5 | 5:30-9:30 pm | \$60 | Sr Center

Cord Rug

Oct 6 | 6:00-9:00 pm | \$30 | Sr Center

Fall Cottage Gate (Adult & Child)

Oct 13 | 5:30-7:30 pm | \$50 | Sr Center

Floral Watercolor

Oct 28 | 10:00 am-12:00 pm | \$35
Gladstone, 1945 Manton St, Maplewood

Winter Snowman Family (Student 16+)

Nov 17 | 6:00-8:30 pm | \$45 | Sr Center



Fall Cottage Gate



Floral Watercolor



Felted Gnome

Felted Holiday Gnome

Dec 2 | 10:00am-12:30 pm | \$35
Gladstone, 1945 Manton St, Maplewood

Amazing Watercolors

Dec 16 | 9:30-12:00 pm | \$40 | Sr Center

Mandala on Canvas (Student 16+)

Dec 7 | 5:00-7:00 pm | \$40 | Sr Center



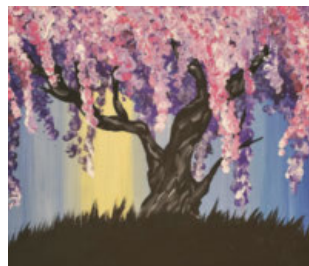
Amazing Watercolors



Snowman Family



**CRAFT CLASSES
@ THE SENIOR CENTER**



Willow Tree

Fri, Sept 30 | \$20
10:00 am - Noon



Happy Gnome

Thu, Oct 20 | \$20
10:00 am - Noon



Ribbon Tree

Wed, Dec 7 | \$15
9:00 - 11:30am



LAKESHORE PLAYERS OFFERS MATINEES

Lakeshore Players Theatre at the Hanifl Performing Arts Center is celebrating their 70th Season in 2022! They have a wonderful line-up of shows and are offering special weekday matinee performances at a discounted rate for seniors.

- Singin' in the Rain - Fri, Sep 23 at 2:00 pm
- A Christmas Story - Fri, Dec 9 at 2:00 pm
- La Cage aux Folles - Fri, May 12 at 2:00 pm

For tickets call their Box Office at (651) 478-7427.
Tickets are only \$25 if you mention the code "Senior 70"!



SENIOR CENTER CRAFT CORNER

Craft Corner Highlight

The Craft Corner is an amazing program at the Senior Center which allows talented members to showcase their talents. The shop sells a variety of unique hand crafted gift items like household items such as dish and hand towels, scrubbies, and aprons. Our gifts will delight all ages and a great way for us to pick up a quick gift for ourselves or others.

One of our crafters works with hand dyed and repurposed wool. She makes beautiful center pieces, table runners, coasters, and wool rose flower pins for a jacket or hat.

There are several ladies who make doll clothes. The youngster in your life will love handmade clothes for Barbie and Ken as well as cloths that fit an 18" doll such at the American Girl and Our Generation dolls.

Visit the Craft Corner to see these and many more items that would make the perfect gift for someone special in your life or yourself!



Create your own hand crafted items in our class:

Fabulous Flowers

Celebrate autumn by turning random pieces of fabric and ribbon into decorative flowers to be displayed or worn on your favorite hat, jacket or outfit.

Have fun as you cut, hand-sew and/or glue together a variety of colors and patterns that are uniquely you. Finish by embellishing your flowers with special buttons and bobbles!

Oct 27 | \$35
6:00-8:00 pm
Senior Center
\$5 fee due at class



AllinaHealth | aetna



Questions about Medicare?

Call
Benita Jackson
612-283-6032

JacksonB6@allinahealthaetna.us.com

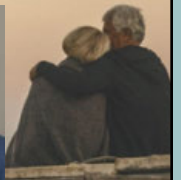


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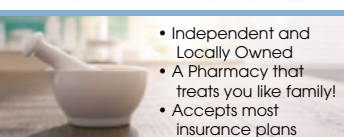
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White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071

Crossword Puzzle

ACROSS

- 1 Federal Aviation Admin. (abbr.)
4 Sinbad's bird
7 Postpaid (abbr.)
10 Festival
11 Amateur Boxing Assn. (abbr.)
12 Islamic teacher
14 Mensa (2 words)
16 Maori seagoing canoe
17 Sheep's cry
18 Portion out
20 Tactical Air Command (abbr.)
21 Birds (pref.)
22 Fist
24 Bait
28 Funeral oration
31 Aoudad
32 Corrode
34 "Dies ____"
35 Fit
37 Father of Ajax

- 39 Air (pref.)
41 Badly (pref.)
42 Priest's garment
44 Pollen brush
46 Tennis stroke
49 Semitic deity
51 Pimento
53 Shak. villain
54 Council for Econ. Advisors (abbr.)
55 Tanning solution
56 Son of Hermes
57 Propeller
58 River rapids

DOWN

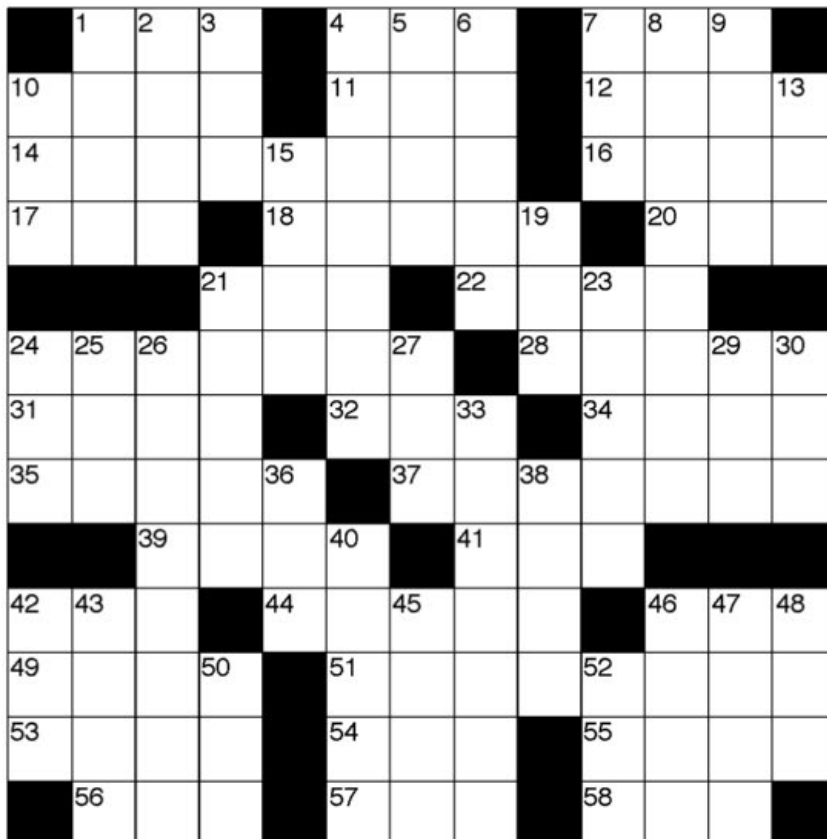
- 1 FDR's dog
2 Alberta (abbr.)
3 Narrower than AA
4 Naut. rope
5 Old Gr. coin
6 Fowl
7 Animal's foot

- 8 Dais
9 Wild mango fruit
10 Witless chatter
13 Son of, in Gaelic names
15 Harangue
19 Golf peg
21 Vestment

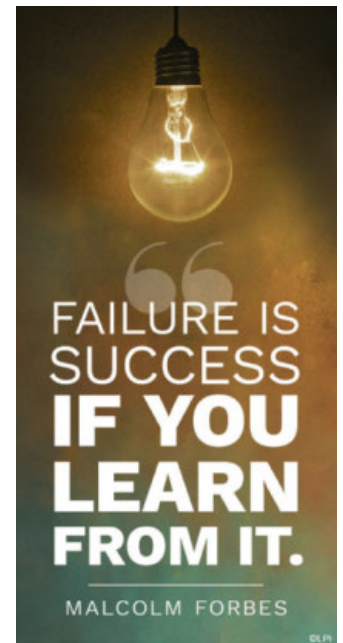
Riddles

- 1: What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
2: When is a door no longer a door?
3: What has wheels and flies, but it is not an aircraft?
4: I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
5: What English word has three consecutive double letters?

Answers on page 14



- 23 Pseudonym
24 Hat
25 Pray (pref.)
26 Turnip
27 Knot lace
29 General Accounting Office (abbr.)
30 Poetic contraction
33 Knight
36 Hours (abbr.)
38 Geological epoch
40 Fruit
42 Mother of Hezekia
43 Eucalyptus secretion
45 Olive genus
46 River into the Yellow Sea
47 Eight (Lat.)
48 Insect
50 Longitude (abbr.)
52 Public Broadcasting Service (abbr.)



Answer on page 14

GETTIN' OUT

SIDEKICK THEATER

Rockin' Around the Christmas Tree

Get into the holiday spirit with a rocking selection of the season's best music such as The Beach Boys' *Little Saint Nick*, Mariah Carey's, *All I Want For Christmas Is You*, Celine Dion's, *O' Holy Night*, and the Eagles', *Please Come Home for Christmas*. This holiday show promises to leave you feeling merry and bright!

Thu, Dec 8, 10am-4pm | \$65 includes lunch
Call to register: 651-653-3121

TRAVEL SHOW

Fri, October 28, 10am - Noon

WB Senior Center

Free, registration appreciated

Join us as we discuss the exciting rebound in the travel and tour industry. While many destinations have been on a pause, most have resumed normal activity, and now is the ideal time to learn and dream about touring again!!

2023 Destinations

Hawaiian Islands * Cape Cod
Great Trains & Grand Canyon
Historic Savannah & Charleston
Holland Windmills River Cruise
Pacific Northwest Adventure
Utah's Mighty National Parks
Maine: Landscapes & Lighthouses
Rome and the Amalfi Coast



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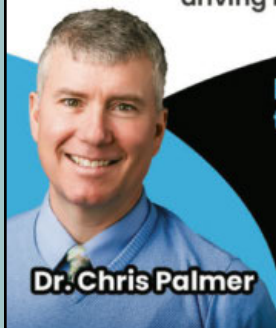
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White Bear Area Senior Program, White Bear Lake, MN

F 4C 02-1071

REGISTER FOR CLASS AT 651-653-3121

55+ Defensive Driving

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

8-Hour Full Course / \$45

At Senior Center

Instructor is live, but online.

Can also be taken from home.

Oct 26 & 27 9:00am-1:00 pm

Dec 7 & 8 5:30-9:30 pm

Online Classes

Sep 14 & 15 5:30-9:30 pm

Nov 15 & 22 9:00am-1:00 pm

4-Hour Course / \$35

At Senior Center

Sep 6 12:00-4:00 pm

Sep 16 9:00 am-1:00 pm

Sep 26 5:30-9:30 pm

Oct 13 9:00 am-1:00 pm

Oct 14 12:00-4:00 pm

Oct 25 5:30-9:30 pm

Nov 8 12:00-4:00 pm

Nov 11 9:00 am-1:00 pm

Nov 30 5:30-9:30 pm

Dec 2 9:00 am-1:00 pm

Dec 8 9:00 am-1:00 pm

Dec 15 5:30-9:30 pm

Online Classes

Sep 13 5:30-9:30 pm

Oct 11 5:30-9:30 pm

Nov 8 5:30-9:30 pm

Dec 6 5:30-9:30 pm

Register online at

www.whitebear.ce.eleyo.com

Search: driving

Online Classes

Podcasts for Beginners

Sep 19 | 12:00-1:00 pm | \$20

Twitter for Beginners

Oct 3 | 12:00-1:00 pm | \$20

Women, Wealth & Wisdom

Oct 3 | 6:30-8:00 pm | \$20

How to Use Uber for

Independence

Oct 4 | 12:00-1:00 pm | \$20

Social Security Timing

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

Understanding

Alzheimer's & Dementia

Oct 12 | 6:30-7:30 pm | \$10

Fading Ads of the Twin Cities

Oct 18 | 10:00-11:30 am | \$25

10 Warning Signs of Alzheimer's

Oct 24 | 6:30-7:30 pm | \$10

Moving Out of Loneliness

Oct 27 | 6:00-7:30 pm | \$20

A Caregivers Guide to Finances

Nov 14 | 6:30-7:30 pm | \$10

A Happy Old Age

Dec 8 | 5:00-7:30 pm | \$20

At the Senior Center

Honoring Choices: Healthcare Directive

Oct 13 | 6:00-7:00 pm | \$10

Celebrations of Life & Funerals

An overview of why/how to talk about our celebration of life or funeral wishes, and what green options are available.

Oct 1 | 6:00-7:00 pm | \$10/person or \$15/couple

Oct 14 | 1:30-2:30 pm | \$10/person or \$15/couple

Should I Stay or Should I Go

Discuss lifestyle options to age in place or move to an accessible home with services. We can help assess your decision options.

Oct 20 | 10:00-11:30 am | \$15

Vision Loss Resources Seminar

Oct 21 | 10:00-11:00 am | FREE

Will Taxes Affect Your Retirement

Nov 16 | 6:30-8:00 pm | \$20

Understanding Long Term Care Insurance Benefits

Nov 16 | 1:00-2:30 pm | Free

REGISTER: WWW.WHITEBEAR.CE.ELEYO.COM OR 651-653-3121



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CELEBRATION OF LIGHTS: DIWALI TEA

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Oct 10 | Time TBA | Free | Mahtomedi Ed
Register: www.mahtomedi.ce.eleyo.com

HOW TO TALK ABOUT NATIVE NATIONS

Join us for this Indigenous People's Day Event! Learn some basic terminology and what's ok and not ok. Also showcased will be the wide range of opinions on language within Indian Country.

Oct 10 | 6:30-7:30 pm | \$20 | Online

25 AFRICAN AMERICAN ARTISTS YOU SHOULD KNOW

Do you know little, or next to nothing about African American artists role in history or even why they are important? Join us in the first of a series to learn about the work and lives of 100 artists from the 18th Century to 1980 Contemporary art.

Oct 20 | 6:30-8:30 pm | \$20 | Online

NEA BIG READ EQUINOX KICK-OFF EVENT

The White Bear Center for the Arts will be kicking off their Big Read at this equinox event. It will be a family-friendly evening with activities inspired by *The Bear* which shows incredible reverence for the yearly seasonal cycles that shape our lives.

Sep 22 | 6:30-8:30 pm | Free | WB Center of the Arts
Register: www.whitebeararts.org

BOOK DISCUSSIONS:

THE BEAR BY ANDREW KRIVAK

Join an in-depth conversation about *The Bear*. Connect with other readers in the community, and share your thoughts and impressions of the book. A facilitator will be present to help guide conversation and foster connection.

Ramsey County Library: White Bear Lake

Oct 12 | 2:00-3:30 pm | FREE | WBL Library

Register: www.recleards.org

Gable Pines at Vadnais Heights

Nov 17 | 2:00-3:30 pm | FREE

Gable Pines at Vadnais Heights, 1260 Co Rd E East

REGISTER: 651- 829-3171

STAY FIT. STAY FABULOUS.

Get Up & Go Fitness

Improve endurance, flexibility, strength, balance and coordination. This is a slower tempo and less vigorous program. *We accept SilverSneakers & OnePass.*

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

9:30 - 10:30 am Aerobics: Tue - Fri WB Dance Center

Soma Yoga (online)

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

Tuesdays | 9:30-10:30am

0904-503 Tue, Sep 6 - Oct 18 | \$55 | 5 sessions

0904-504 Tue, Oct 25 - Dec 13 | \$55 | 5 sessions

Yoga - Whole Body Vinyasa

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.

Tuesdays | 5:15-6:15 pm | Senior Center

1002-501 Oct 4-Nov | \$70 | 6 sessions

1002-502 Nov 15-Dec 20 | \$70 | 6 sessions



Mindful Movement (online)

Learn 18 Qi Gong movements and a breathing space practice. This gentle practice helps turn off the stress response and turn on the relaxation response. This is an excellent way to release stress. No previous experience needed.

10002-540 Thu, Oct 6-27 | 7:30-8:30 pm | \$45

Tai Chi

Utilizes slow, graceful, low impact body movements & specialized breathing techniques to improve balance, health, and relaxation.

0925-540 Mon, Sep 26-Nov 21 | 8:00-9:00 pm

\$70 | 8 Sessions | Senior Center

WEEKLY ACTIVITIES

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 - 3:00 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 2nd & 3rd Mon: 9:30 am

Woodcarving

Wed / 8:30 - 11:00 am

Yarn B's

Thu / 10:00 - 11:30 am

Meals on Wheels

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 meals available for delivery. We have many customers who receive hot daily meals or who will order a week's worth of frozen meals just to have on hand.

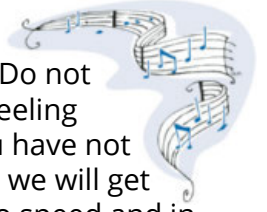
Frozen meals, like the hot/cold meals, include a vegetable, side, dessert and beverage. All meals have the same nutritional value and dietary options. Choose from dishes made with chicken, turkey, beef, fish, pork, or vegetarian meals.

If you or someone you know would benefit from a meals delivered, contact Doug at 651-653-3123 or mealsonwheels@isd624.org.

Ukulele Bears. . .

. . . Where are you?

Many of you took a break from playing over COVID to stay safe, but we miss you! Please join us again! Do not worry about feeling 'behind' if you have not been playing, we will get you back up to speed and in tune in no time.



We are currently playing at Kohler Meadows Park (365 Cnty Rd F E, Vadnais Heights). On rainy or mornings we are at the Senior Center. Once the weather is continually cool we will be entertaining the Senior Staff staff once again!

LOVE JIGSAW Puzzles?



Do you borrow puzzles from our library?

Thanks to generous donors over the summer months, we will have all new puzzles for your puzzling pleasure in September!



Riddle Answers

- 1: Noon
- 2: When it's ajar
- 3: A garbage truck
- 4: A Map
- 5: Bookkeeper





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COMMUNITY

EVENTS

14th Annual White Bear Township Days

SAT, SEPT 17 | 2:00 - 8:00 PM

POLAR LAKE PARK, 1280 HAMMOND RD, WB TOWNSHIP

The day will be filled with family-friendly activities including live music, community demonstrations, a vendor market, and an automotive car show. Food and refreshments will be available for purchase. The day ends with a fireworks display at dusk.

WHITE BEAR LAKE AUTUMN FALL FEST

SUN, SEPT 25 | 10:00 AM - 3:00 PM | FREE

HIPPODROME ICE ARENA, 4855 BLOOM AVE, WBL

Visit the 100 vendor sale with unique and quality products from handmade crafters, upcyclers, repurposers, artists, bakers, direct sales reps, photographers, small and home based businesses.

5TH ANNUAL HUGO OKTOBERFEST CRAFT & VENDOR SHOW

SAT, OCT 1 | 10:00 AM - 4:00 PM

HUGO AMERICAN LEGION, 5383 140TH ST N, HUGO

This fun indoor and outdoor event features 70 crafters and vendors, Food Trucks, and outdoor games.

RESOURCES

HEARTS & HAMMERS

Provides exterior home improvement help for senior citizens, disabled adults, and veterans. Call 651-636-0797.

HELP AT YOUR DOOR

Provides grocery shopping assistance, transportation, and home support for a nominal fee. Call 651-642-1892.

NEIGHBOR TO NEIGHBOR

Companions provide ongoing weekly visits to help with transportation, and simple household tasks at an affordable rate. Call 877-540-9443.

SENIOR CHORE PROGRAM

Is currently not offering services. They hope to be up and running soon.

