



White Bear Lake Area SENIOR VOICE

Senior Center Open House

2484 East County Road F, WBL

Tue, Sep 17 9 - 11 am Senior Center

Join us for a tour of the Senior Center. Enjoy some treats, explore, and learn about our many activities, groups, classes, and services. Also, learn about our rewarding volunteer opportunities.

8:30 - 9 am Bond Referendum Information

Come early to learn more about the bond referendum. Q&A with White Bear Lake Area Schools Superintendent, Dr. Kazmierczak



New members always welcome!

\$20 Annual Fee - July 1, 2019 to June 30, 2020

New memberships and renewals can be processed at the Main Office. Free Membership for low income seniors.

In 2018-19, there were 322 Senior Center members and of those 74 new members!

The Senior Center is a place to gather and chat, where stories are heard, questions are answered, joys are shared, and burdens are lightened.

Stop in anytime for a cup of coffee and a laugh.

Remembering When: A Fire and Fall Prevention Program for Older Adults

Come and learn tips on fire and fall prevention safety. Topics will include keeping your house safe inside and out, fire alarms, escape routes, how to avoid falls, improving lighting, unseen tripping hazards, and foot wear.

Jon Pritchard, District Chief
White Bear Lake Fire Department

1300.100 Oct 29 10 - 11 am
Senior Center FREE



Senior Housing Awareness Day: Aging in Community

Preparing for the Life You Want

Friday, October 11 1 - 4 pm FREE Senior Center

1 - 4 pm / Resource Room

Community based agencies will be available with information of their supportive in-home programs and services, along with local senior housing options to explore which may meet your need. Elder Resource Specialist and Metropolitan Area Agency on Aging representatives will be available to help navigate options.

1:30 - 4 pm / 30 Minute Information Sessions

Come learn about what to consider in living safely and independently in the home of your choice.

For more information call 651-653-3121.

Contact Us

General Information

651-653-3121

2484 East County Road F, WBL

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

www.whitebearseniorprogram.org

Administrative Assistant

Rose Price 651-653-3121

rose.price@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Adult Programs Coordinator

Tara Jebens-Singh 651-653-3126

tara.jebens-singh@isd624.org

Elder Resource Specialist

Mary Mengel 651-653-3125

mary.mengel@isd624.org

Available to answer questions, assess needs, and refer to services in the community.

Meals on Wheels

Debbie Walker 651-653-3123

deb.walker@isd624.org

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

Nutritious meals delivered during the noon hour. Special diets and frozen meals are available.

WE WILL BE CLOSED

Labor Day - Sept 2

No activities or Meals on Wheels deliveries

NO SENIOR ACTIVITIES

Oct 31 and Nov 1

Join us for the Annual Holiday Boutique & Bake Sale !

Veteran's Day Program

Nov 11 8:30 - 10:30 am

Senior Center



Annual Holiday Boutique and Bake Sale

At the Senior Center

Fri, Nov 1 9 am - 7 pm

Sat, Nov 2 9 am - 4 pm

Annual Craft Corner Gift Shop Sale. Everything is hand-made by seniors. Be sure to shop at the delicious bake sale. For more information call 651-653-3121.



Travel Show

Tue, Oct 15 2 - 3 pm
FREE Senior Center

Join us for an informational meeting about unique travel opportunities. Get inside information about the destinations as well as trip details. Attending travel shows does not commit you to the trip. Registration is required.

2019-2020 Trips: Music Cities Christmas, California Rail Discovery, Pacific Coast Adventure, Albuquerque Balloon Fiesta, Highlights of Bavaria & Austria: Oberammergau Passion Play

MITTEN MAKERS

As of December 2018, these busy knitters have made over 12,100 mittens, hats, scarves, headbands, afghans, lap robes, and baby items! They were donated to schools and other charitable sites throughout the Twin Cities. All these beautiful items were made with yarn that was donated and by volunteers donating their time. What a great way to help each other out! Congratulations and thank you!



FREE

Computer & Technical Device Help

Sept 18 & Oct 16 9 - 11 am Senior Center

FREE

Medicare Insurance Counseling

1st & 3rd Tuesday of the Month Senior Center
Schedule 1-hour appointment at 1-800-333-2433.

Foot Care Clinic

Every Friday and 2nd & 4th Tuesday \$28 Senior Center
Schedule 30-minute appointment at 651-653-3121.

Get Up & Go Fitness

Purchase a \$40/punch card for 8 sessions. Classes at the WB Dance Center, 2462 E Cnty Rd F

Aerobics 9:30-10:30 am **Yoga** 9:30 - 10:30am

Mon - strength aerobics

Tues

Wed & Fri - regular aerobics

Thu - light impact

2019 Bond Referendum - Vote November 5

Building Our Future

The White Bear Lake Area School Board unanimously voted in favor of placing a bond referendum question to address building needs across the district on the November 5 ballot.

The decision was based on a nearly year-long facilities planning process that included a 90-member Planning Committee composed of parents, staff and community members.

The comprehensive facilities plan addresses needs district-wide:

- Accommodates projected enrollment growth
- Provides safe, secure & healthy learning environments for all students through investments in our aging facilities and infrastructure
- Increases opportunities for students by creating a single unified grade 9-12 high school
- Creates flexibly-designed learning spaces to support student-centered instruction

Learn more

ATTEND A SENIOR CENTER INFORMATIONAL MEETING WITH DR. KAZMIERCZAK

- » 8:30 a.m. on Tues, Sept. 17
Senior Center

ATTEND PUBLIC MEETINGS

- » 7 p.m. on Tues, Sept. 24
District Center, 4855 Bloom Ave, WBL
- » 7 p.m. on Wed, Oct. 2
Hugo Elem, 14895 Francesca Ave N, Hugo
- » 7 p.m. on Thurs, Oct. 3
Vadnais Heights Elem, 3645 Centerville Rd, VH

VISIT OUR WEBSITE - www.isd624.org/Bond2019

CONTACT US

- » By email: Bond2019@isd624.org
- » By phone: 651-407-7563
Dr. Wayne Kazmierczak, Superintendent



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CONTACT

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gshaughnessy@4LPi.com or (800) 950-9952 x2487

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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

4 Community Education Classes

Register: www.whitebear.ce.eleyo.com, 651-653-3121, or at Senior Center front desk

Herb Gardening & Tasting

1490.101 Sep 14 10-11:30 am \$20 South Campus

Coffee & Canvas: Blue Sky Birch

1561.100 Sep 18 1-3:30 pm \$15 Senior Center

Lake Superior Oil Painting

1560.100 Oct 3 8:30-12 pm \$39+20fee Senior Center

How to Pay for the Nursing Home

1122.102 Oct 7 6:30-8 pm \$20 South Campus

Lake County Chorus Women's Barbershop Singing

1322.110 Oct 8-Nov 26 7-9:30 pm \$20
Redeemer Lutheran Church

Drafting Your Own Will

1143.103 Oct 9 & 16 6:30-8:30 pm \$59 South Campus

Caring for Yourself as You Care for a Loved One

1146.100 Oct 22 11 am-12 pm \$5 Senior Center

Crafts @ the Senior Center

Tuesdays from 10 am - Noon \$10 each

1401.100 Sep 10 Pine Cone Zinnias

1401.101 Oct 8 Pumpkin Jar

1401.102 Nov 12 Beads of Hope Necklace



Diwali Tea All ages welcome!

Diwali is the Indian festival of lights that marks the victory of good over evil. Join us for tea and snacks.



1655.105 Oct 22 10 - 11am FREE Senior Center
No registration required

Financial Assistance We are dedicated to providing learning opportunities for people of all ages. Discounts and scholarships available. Call 651-653-3121.

Love Where You Live

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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071



MANY FACES • MANY STORIES

Building Community through Storytelling: recognizing, honoring, and embracing all cultures with humility and respect.

Community Workshop - Sponsored by Century College

Implicit Bias: Exploring unconscious bias and its implications in the world around us

While bias and discrimination may have been blatant and conscious in the past, the dynamics of diversity have changed. Today, many of those discriminatory practices are unconsciously perpetuated by our choices and behavior shaped by associations we don't even know we have.

Facilitated by Mike Rios, Office for Social Justice

1655.100 Nov 8 6:30-8:30 pm District Center 112 FREE / registration required - 651-653-3121.

FREE Book Discussion with the Author

"The Best We Could Do" by Thi Bui

An evocative memoir about the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family. **No registration required.**



Sept 12 9:00 - 11:00 am Hanifl Performing Art Center
7:30 - 9:00 pm Century College Lincoln Mall

Twin Cities Ethnic Market Tour

1632.108 Oct 5 12 - 4 pm
\$45 TBA

What you always wanted to know about Islam and Muslims

1655.103 Oct 23 6:30 - 8 pm
\$15 District Auditorium

Call to register: 651-653-3121.

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SRES

651-398-3801

TIMLUNDGREN@LREGMN.COM

COLLEEN KETCHAM

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612-321-1171

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White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071



Community Connections

Navigating supportive services for elders can be overwhelming. Bring your questions! Registration appreciated, call 651-653-3121.

Ramsey County Library - White Bear

2150 2nd Street, White Bear Lake

11:30 am - 1 pm Thursday FREE

- 1655.100 Sep 5** Downsizing & Where to Donate
- 1655.101 Oct 3** Ophthalmology & Eye Care

Rice Lake Center in Hugo

6900 137th St. North, Hugo

1:00 - 2:00 pm Monday FREE

- 1655.104 Sep 16** The Art of Moving Small Steps / Big Moves
- 1655.106 Oct 21** Easy Cooking on a Budget

Vadnais Heights City Hall

800 Co Rd E East, Vadnais Heights

2:00 - 3:00 pm Tuesday FREE

- 1655.110 Sep 24** The Art of Moving Small Steps / Big Moves
- 1655.111 Oct 22** Elder Law Overview, Estate Planning & Guardianship

TED Talks

Ramsey County Library-White Bear Branch
2150 2nd Street, White Bear Lake

11:30 am - 1 pm FREE

Join us for TED Talks followed by a thoughtful discussion. Feel free to bring a bag lunch.

Registration appreciated, call 651-653-3121.

1660.150 Sep 12 Inside the black hole image that made history

1660.155 Oct 10 America's most invisible communities / mobile home parks

1660.160 Nov 14 We don't "move on" from grief. We move forward with it.

Dementia Friends



A one-hour informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding to action that supports those living with dementia.

Free Event - Registration required.

1148.108 Sep 24 9 - 10 am Senior Center

1148.109 Nov 6 1 - 2 pm
Keystone Place at LaValle Fields
14602 Finale Avenue North, Hugo

WHITE BEAR HIGH SCHOOL ALL CLASS REUNION & 100 YEAR CELEBRATION OF BUILDING

Sat, Sep 28 8:30 - 2 pm WBLAS District Center

You are invited to the All-Class Reunion; former students, staff members, and community members on Homecoming weekend. There will be many activities, including a pancake breakfast, an alumni car show, tours of District Center, and the dedication of the Washington School Bell.

Official details will be announced by the Alumni Association.

BEARPOWER HOMECOMING 6.24K FAMILY WALK/ RUN



Join us for a fun walk/run and celebrate our community spirit! All ages and abilities welcome.

Free Snacks and refreshments will be served.

Course options: 6.24K (3.87 miles) or 1 mile

8000.100 Sat, Sep 28 District Center
9 am Sign In 9:30 Walk/run Start

Help a neighbor, make a friend - Volunteer!

Please volunteer with our community partners who serve White Bear Area Seniors

Contact organizations directly, or call the White Bear Area Senior Program for more information about these and other volunteer opportunities at 651-653-3121.

Help At Your Door - Variety of Volunteers

Needed: Driver, home support, handy man/woman or Client Connector (who helps from home with on-line grocery orders).

For information call 651-652-1892, email volunteer@helpatyourdoor.org, or visit www.helpatyourdoor.org.

Lutheran Social Services - Companions

needed to provide customized support, transportation, and friendship.

Call 651-310-9445 or visit www.lssmn.org/services/older-adults/companion-services.

Senior Chore Program - Fall Yard Clean-up Volunteers needed, call 651-757-4061.

Little Brothers Friends of the Elderly - Phone or Visiting Companions needed

Call 612-746-1400 or visit www.littlebrothersmn.org.

Volunteer information and training class at:
Shoreview Community Center
580 Victoria St N., Shoreview

Thursday, October 3	11:30 am - 1:30 pm
Tuesday, October 15	1:00 - 3 pm
Saturday, October 19	9:30 - 11:30 am

Register by calling 651-490-4750 or visit: <https://registration.shoreviewmn.com>.

WBL Community Volunteer Fair

Wed, Nov 13 3 - 5 pm

South Campus Gym

3551 McKnight Rd, WBL, Door A



Tom Becker - Realtor
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www.whitebeareye.net

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(3770 Bellaire Avenue, White Bear Lake)

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Contact Lynn Amon, Site Coordinator—White Bear Lake at (651) 429-5411, ext. 15, or www.lyngblomsten.org/2ndHalf.

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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071



SEPTEMBER 2019

White Bear Area Senior Center
 2484 East County Road F, White Bear Lake
 651-653-3121



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO Aerobics	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
Senior Center CLOSED	9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views	10:00 Mad Hatters Knitting	9:00 Duplicate Bridge
	12:30 500 Cards	12:00 Pinochle 12:00 Contract Bridge	<i>11:30 at White Bear Lake Library "Downsizing & Donating"</i>	9:00-3:00 Foot Care 1:00 In Stitches
		<i>1:00 Friends Who Care meet at Olive Garden</i>	12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	
<i>Happy Labor Day!</i>				
9	10	11	12	13
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears	9:00-3:00 Foot Care 10:00 Senior Craft Class <i>Pine Cone Zinnias</i>	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views	10:00 Mad Hatters Knitting	9:00 Duplicate Bridge
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 12:30 AARP Smart Driver Class 1:00 Advisory Team	12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	<i>11:30 TED Talks, WBL Library "Inside the Black Hole"</i>	9:00-3:00 Foot Care
			12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	1:00 In Stitches TRIAD Picnic on Sat Sept 14 -Podvin Park Free Lunch 11:30
16	17	18	19	20
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:00 Medicare Counseling 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	 Senior Center OPEN HOUSE 9:00-11:00am 8:30 Bond Referendum Info	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 9:00-11 Computer Help 12:00 Pinochle 12:00 Contract Bridge 1:00 Coffee & Canvas Class <i>1:00 Friends Who Care meet at Blacksmith, Hugo</i>	9:30 Craft Corner Operations Meeting 10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches
<i>1:00 at Rice Lake Ctr, Hugo The Art of Moving-Small Steps</i> 5:00pm AARP Smart Driver				<i>World Alzheimer's Day-Saturday</i>
23	24	25	26	27
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
10:00 Readers Chat	8:30 AARP Smart Driver Class 9:00 Dementia Friends 9:00-3:00 Foot Care	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views	9:00 Craft Corner Consignees Meeting 10:00 Mad Hatters Knitting	9:00 Duplicate Bridge 9:00-3:00 Foot Care
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge <i>First Day of Autumn</i>	12:30 500 Cards <i>2:00 at Vadnais Hgts City Hall "The Art of Moving-Small Steps"</i>	12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	1:00 In Stitches
30			 COME ON IN OPEN HOUSE on Tuesday Sept 17 9:00-11:00am	
9:30 Aerobics -Dance Center				
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge				



OCTOBER 2019

White Bear Area Senior Center
2484 East County Road F, White Bear Lake
651-653-3121



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
	9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge	8:30 Bob Ross Painting Class <i>Lake Superior</i> 10:00 Mad Hatters Knitting 11:30 at White Bear Lake Library <i>"Ophthalmology & Eye Care"</i>	9:00 Duplicate Bridge 9:00-3:00 Foot Care
	12:30 500 Cards	12:30 AARP Smart Driver Class 1:00 Friends Who Care meet at Outback, Maplewood	12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	1:00 In Stitches
7	8	9	10	11
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
10:00 Ukulele Bears	9:00-3:00 Foot Care 10:00 Senior Craft Class <i>Pumpkin Jar</i>	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle	8:30 AARP Smart Driver Class 10:00 Mad Hatters Knitting 11:30 TED Talks, WBL Library <i>"Invisible Communities"</i>	9:00 Duplicate Bridge 9:00-1:00 Foot Care
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 1:00 AARP DriverTEK	12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	12:00 Mah Jongg 12:30 Cribbage	Senior Housing Day 1:00-4:00 at Senior Center
14	15	16	17	18
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears	9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 9:00-11 Computer Help 12:00 Pinochle 12:00 Contract Bridge	9:30 Craft Corner Operations Meeting 10:00 Mad Hatters Knitting	9:00 Duplicate Bridge 9:00-3:00 Foot Care
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 2:00 Travel Show	1:00 Friends Who Care meet at Blue Heron Grill, Hugo	12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	1:00 In Stitches
21	22	23	24	25
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:00-3:00 Foot Care 10:00 Diwali Tea & Snacks 11:00 Caring for Yourself	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge	10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	9:00 Duplicate Bridge 9:00-3:00 Foot Care
1:00 at Rice Lake Ctr, Hugo <i>"Cooking on a Budget"</i>	2:00 at Vadnais Hgts City Hall <i>"Overview of Elder Law"</i>	1:00 Friends Who Care at Senior Center		1:00 In Stitches 1:00 Coffee & Canvas Art <i>Apple Basket</i>
12:30 Duplicate Bridge	12:30 500 Cards			
28	29	30	31	Senior Center ANNUAL HOLIDAY BOUTIQUE & BAKE SALE <i>Fri Nov 1 from 9am-7pm</i> <i>Sat Nov 2 from 9am-4pm</i>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	
10:00 Readers Chat	10:00 Fire & Fall Prevention	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views	All Senior Center Activities are CANCELLED <i>due to Boutique set-up</i>	
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards	12:00 Pinochle 12:00 Contract Bridge		
5:00pm AARP Smart Driver	5:00pm AARP Smart Driver	Friends Who Care-no meeting	<i>Happy Halloween!</i>	

**AARP Smart Driver - Ages 55+**

Classes are at the Senior Center.
MN law mandates a 10% car insurance reduction for 55+ drivers who complete a defensive driving course.

FULL COURSE (TWO 4-HOUR CLASSES) \$29

1578.105 Tue/Thu Sep 10 & 12 12:30 - 4:30 pm

1578.106 Mon/Tue Oct 28 & 29 5 - 9 pm

1578.107 Tue/Thu Nov 12 & 14 12:30 - 4:30 pm

REFRESHER COURSE (4-HOURS) \$25

1579.120 Mon Sep 16 5 - 9 pm

1579.121 Tue Sep 24 8:30 am - 12:30 pm

1579.122 Thu Sep 26 12:30 - 4:30 pm

1579.123 Wed Oct 2 12:30 - 4:30 pm

1579.124 Thu Oct 10 8:30 am - 12:30 pm

1579.125 Thu Oct 24 12:30 - 4:30 pm

1579.126 Thu Nov 7 8:30 am - 12:30 pm

1579.127 Mon Nov 11 5 - 9 pm

1579.128 Tue Nov 26 12:30 - 4:30 pm

AARP
Smart DriverTek

**FREE
CLASS**

Attend our FREE 90-minute Smart DriverTEK workshop and learn:

- How to use the latest high-tech safety features.
- Technology to look for when shopping for a new car.
- Safety benefits of blind spot warnings, forward-collision warnings, lane-departure warnings, smart headlights, back-up camera, and much more!

Receive a Vehicle Technology Checklist to understand features that may be in your car or to use when shopping for a new car.

1577.107 Tue Oct 8
1 - 2:30 pm Senior Center

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COMMUNITY

EVENTS

FREE FARMERS MARKET

Free produce from the WBL Emergency Food Shelf

Aug 29 11:30 am - 1 pm

Redeemer Lutheran Market, 3770 Bellaire Ave, WBL

Sep 7, 21, Oct 5, 19 9:00 - 10:30 am

Community of Grace Market, 4000 Linden St, WBL

SENIOR HEALTH EXPO

Wed, Sep 11 11:30 - 2 pm White Bear Area YMCA

FREE event sponsored by Press Publications.

TRIAD PICNIC

Sat, Sept 14 Podvin Park

FREE lunch starts at 11:30 am

23RD ANNUAL SILVER HARMONY SINGERS

Sat, Oct 26 11 am Parkview United Church of Christ

3737 Bellaire Avenue, White Bear Lake

Food Shelf Benefit performance. For questions call Peg at 612-867-2171.

GENERAL ELECTION

November 5

Find your polling place call 651-215-1440 or visit www.pollfinder.sos.state.mn.us.

RESOURCES

FALL YARD CLEAN UP

Oct 26 - Nov 16

Contact the Senior Chore Program at 651-757-4061 to register by November 8.

WEATHERIZATION ASSISTANCE

Provides free home energy upgrades, such as sealing cracks, adding insulation and checking if furnace is working properly, to income-eligible homeowners and renters to help save energy and energy costs and make sure your home is a healthy and safe place to live. For more information call 651-482-8260 or visit www.capr.org.

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