



# THE VOICE

## White Bear Lake Area

### Announcement from the

### Department of Veterans Affairs

**Starting January 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care,** including inpatient care up to 30 days and outpatient care for up to 90 days.

- The expanded care is meant to prevent veteran suicide by guaranteeing no cost, world-class care to veterans in times of crisis. **Veterans who are seeking that care can go to any VA or non-VA health care facility, the release said, and they do not have to be enrolled in the VA system to receive care.**
- The new policy says veterans who were discharged after "more than two years of service under conditions other than dishonorable are eligible for the care", which will either be paid for or reimbursed by the VA.
- **The policy will also apply to former service members, including those in the Reserves,** who served "more than 100 days under a combat exclusion or in support of a contingency operation" who were discharged under conditions other than dishonorable, and veterans who were the victim of sexual assault, sexual battery, or sexual harassment while serving.
- According to the VA's release, the policy will **"provide, pay for, or reimburse for treatment" of eligible veterans' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility, to include 30 days of inpatient care and 90 days of outpatient.**
- The policy will also allow the VA to make "appropriate referrals" after a period of emergency suicide care, determine veterans' eligibility for other service and benefits from the VA, **and refer veterans who received the emergency care to other VA programs and benefits.**

**To read the full announcement visit:**

[www.va.gov/opa/pressrel/pressrelease.cfm?id=5852](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5852)

If you or a loved one have contemplated suicide, call The National Suicide and Crisis Lifeline at 988 or 1-800-273-TALK (8255) to connect with a trained counselor.

### Thank Goodness It's Food

Let us do the cooking!

**Dinner | \$5 | 4:30 & 5:45 pm Seating**

**\* Fri, March 17, Donatelli's**

- Meatloaf, mash potatoes, carrots

**\* Fri, April 28, Carbone's Pizzeria**

- Variety of pizzas and salad

**Registration Required: Call 651-653-3121**



### National Vietnam Veterans Day

**Wed, Mar 29 | 10:00 - 11:30 am  
Senior Center**

Join us in honoring veterans and their families for their service and sacrifice. Presentation by the VFW 1782 Color Guard and Lieutenant Colonel John Nguyen. Coffee & Treats provided by VFW Auxiliary.

### Senior Housing Day

**Sat, April 22 | 10:00 pm - 2:00 pm  
Senior Center**

Seniors and family members are invited to explore housing options to simplify the golden years!

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

### ADULT PROGRAMS & FACILITIES COORDINATOR

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### MEALS ON WHEELS

Doug Nelson | 651-653-3123  
[mealsonwheels@isd624.org](mailto:mealsonwheels@isd624.org)

## Closed Days

Senior Center and  
Meals on Wheels  
is Closed

Monday, May 29

## 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.



## Help Us Keep the Center Looking Good!



A friendly reminder that we are a busy place and all of our rooms are used by more than one group each day. Please assist us keeping the rooms ready at all times. Before you leave please push in your chair, throw away garbage and wipe counters if you had food, and turn off the coffee pot. We also have brooms available for spills on the floor, or let the front office know if a bigger spill happens and you need assistance.

## Drop in Tech & Computer Help

Thursdays | 10:00 am - 12:00 pm  
White Bear Library, 2150 2nd St, WBL  
Call for appointment: 651-724-6007

Do you need extra help on the computer, phone, tablet or other piece of technology? Are you searching for a job or working on a resume?



## Medicare Counseling

Get answers about your Medicare, health supplements or long-term care insurance.

**Meet with a Medicare Specialist at the Senior Center.**  
Call for an appointment at 651-653-3121.

10:00 am - 1:00 pm on March 7 & May 9  
1:00 - 4:00 pm on April 4

**Phone Counseling with Trellis:** Call 1-800-333-2433.

## FOOT CARE CLINIC

30-minute appointment | \$50/Cash-Check \$53/Card  
To schedule and cancel appointments, call 651-653-3121.

## DONATIONS ACCEPTED At the Senior Center Main Office

Books & Puzzles	Paper Grocery Bags
Buttons, Fabric, Ribbon	Plastic Bags - Clean
Cell Phones with Chargers	Pop Tabs
Eyeglasses & Hearing Aids	US & Foreign Stamps - Used
Greeting Cards - New	Yarn - New & Partial Skeins



- *The Campbell Soup Label program has been discontinued.*
- *Box Tops has gone digital. Download the Box Top App on your phone & scan your receipt.*

## A NOTE FROM SUPERINTENDENT WAYNE KAZMIERCZAK

District students benefit from a variety of partnerships between the district and area organizations/businesses. One fun collaboration community members can participate in first-hand is the annual 'take-over' of Donatelli's, which takes place each spring.

In May, Willow Lane Elementary fifth graders will be taking over local restaurant Donatelli's in White Bear Lake by working as the cooks, servers and hosts. Students are working hard preparing for this day by writing resumes and cover letters. Placement into specific jobs is intense, even including a formal interview with the managers of Donatelli's.

Students will be working in their positions from 11:00am to 1:00pm on the following Tuesdays: May 2, May 9, May 16, and May 23.

Community members are invited to stop by for lunch to support both the students and Donatelli's. You are guaranteed service with a smile and excellent food!

Please contact Willow Lane Elementary at 651-773-6171 if you have any questions. Those who are thinking this opportunity sounds familiar are absolutely correct. This is the fourteenth year Willow Lane and Donatelli's have been partnering to provide this empowering, experiential learning opportunity for students.

We hope you join us when Willow Lane Elementary fifth graders "take over" Donatelli's!



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071



## AROUND THE DISTRICT



### Nicole Oswald

#### Out of School Time Coordinator, Community Services & Recreation

In 2012 Extended Day (before and after school care), celebrated 25 years of programming with a huge bash! Today, after 35 years in the district, programs and enrichment opportunities have changed drastically, but one thing remains: Extended Day is a safe, fun and nurturing place for students to be before and after school. It's a place for students to explore, use their imaginations, build a skill, and make long-lasting memories and friendships.

During the school year, we are open at all nine elementary school buildings, eight of which run programming from 6:30-7:30am and again from 2:15-6:00pm. We also open on many of the Non-School Days and during the summer in 3-4 buildings. On these days we operate from 6:30am-6:00pm to help working families.

This past summer we experienced our largest enrollment ever with over 150 students in attendance per day, per building. We had 565 contract registrations for summer, which is 100 more than in 2021.

A typical afternoon or Non-School Day will have a schedule of activities and opportunities for students to explore and learn together. Some of the components of the day include literacy time, active play in the gym and outside, STEAM (Science, Technology, Engineering, Art, Math), social studies, and service projects. In the summer and on Non-School Days we are also able to offer field trip experiences such as the Ninja Warrior course, waterparks and splash pads, local parks and nature reserves, different types of museums, and many more! **Continued on page: 14**

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White Bear Area Senior Program, White Bear Lake, MN

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## TAKE CARE OF YOU

### Hidden Disabilities Sunflower Program

The Hidden Disabilities Sunflower Program enables people with non-visible disabilities to access the support they need. It acts as a prompt for someone to choose to let people around them know they have a non-visible disability and that they may need a helping hand, understanding, or simply more time. Non-visible disabilities can be dementia, autism spectrum, hearing deficits, brain injury, Parkinson's disease, general aging related decline, etc.

The Hidden Disabilities Sunflower Program is run in many airports (such as the Minneapolis-St. Paul Airport) and on airlines. Participating airports provide a lanyard, lapel pin, or bracelet bearing the sunflower logo for a traveler who self-identifies as a person living with a hidden disability and their travel companions.



### May is Mental Health Awareness Month



One in four adults feel lonely some or all of the time. There is no single cause and there is no one solution. The longer we feel lonely, the more we are at risk of mental health problems. If you know of someone who is somewhat isolated or often alone you can help. Easy and practical steps to help:

- Volunteer at an organization that supports older adults
- Weekly telephone call to an isolated person
- Help them with shopping, go for a drive or invite them to coffee or lunch.
- Invite them to the Senior Center!

Mental Health Resources

- [www.namimn.org](http://www.namimn.org)
- [www.nyfs.org](http://www.nyfs.org)

### LET US HELP YOU TRANSITION

DOWNSIZING & TRADITIONAL SALE



**TIM LUNDGREN**  
SRES

651-398-3801

[TIM@LUNDGRENREALTYGROUP.COM](mailto:TIM@LUNDGRENREALTYGROUP.COM)



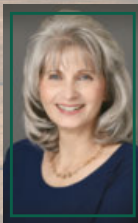
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White Bear Area Senior Program, White Bear Lake, MN

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Answer on page 14

## Fun Fact

The crossword is a recent invention (1913), born out of desperation. Editor Arthur Wynne at the New York World needed something to fill space in the Christmas edition of his paper's FUN supplement, so he took advantage of new technology that could print blank grids cheaply and created a diamond-shaped set of boxes, with clues to fill in the blanks. Nearly overnight, the "Word-Cross Puzzle" went from a space-filling ploy to the most popular feature of the page.

The direct precursor of the crossword grid is the *word square*, a special kind of acrostic puzzle in which the same words can be read across and down.

The ancient Romans loved word puzzles, beginning with their city's name: the inverse of ROMA, to the delight of all Latin lovers, is AMOR. The first known word square, the so-called *Sator Square*, was found in the ruins of Pompeii.

Full article can be found at:  
[www.theparisreview.org/blog/2020/03/23/a-brief-history-of-word-games/](http://www.theparisreview.org/blog/2020/03/23/a-brief-history-of-word-games/)



## Fridays - Board Games?

If we were to start group for playing games on Fridays, in the afternoon, would you join in?

\_\_\_ YES \_\_\_ NO \_\_\_ Sometimes

What would you be interested in playing?

- \_\_\_ Boggle
- \_\_\_ Checkers
- \_\_\_ Chess
- \_\_\_ Cribbage
- \_\_\_ Farkle
- \_\_\_ Parcheesi
- \_\_\_ Racko
- \_\_\_ Scrabble
- \_\_\_ Sequence
- \_\_\_ Skip-bo
- \_\_\_ Upwards
- \_\_\_ Yahtzee

Please list other games here.

Turn answers into the Senior Center or  
email: [jeanelle.kummer@isd624.org](mailto:jeanelle.kummer@isd624.org)





## SPRING DAYS

### Celebrate Earth Day - April 22

What can you, one person do to help our planet, your neighbors and you?

- Donate your clean plastic bags (grocery, vegetable, bread, newspaper) to the Senior Center to be upcycled into Market Bags.
- Use reusable bags at the grocery store.
- Avoid plastic silverware.
- Wash your cloths in cold water and don't run water while brushing your teeth.
- Turn the lights off when you leave a room.
- Purchase sustainable products like paper straws, bamboo dishcloths, silicon food bags or laminated bowl vs plastic wrap.
- Donate packing materials-most UPS Store outlets and independently-operated shipping stores accept clean packaging materials to reuse.
- Bring your own coffee cup to the Senior Center instead of using a paper cup. Label it and keep it in the cabinet!

It is hard to do everything but every effort helps.



### Bear Boating

**Will there be Bear Boating this summer?**

YES! However, the Bear Boating schedule was not available yet when this issue was published in February. **Please contact the Senior Center in May for updates.**

**I've already had one ice cream today, so this is my secondary.**



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that Support our  
Community!



# "ART IS NEVER FINISHED, ONLY ABANDONED." – LEONARDO DA VINCI



**Wavy Wreath**



**Birds of a Feather**



**Fun with Epoxy**



**Ukrainian Eggs**



**Mississippi River**



**Mosaic Bird Bath**



**Spring Flowers Adult/Child**



**Upcycled Market Bag**



**Wavy Wreath**  
Mar 15 | 9:30 - 11:30 am | \$15

**Spring Bird**  
May 23 | 9:00 - 10:30am | \$15

**@ Senior Center**

## Art Classes

### Fun with Epoxy

Mar 16 | 6:00 - 9:00 pm | \$50 | Makerspace

### Birds of a Feather

Mar 21 | 9:00 am - 12:00 pm | \$35\* | Sr. Center

### Pysanky: Traditional Ukraine Egg

Mar 27 | 6:30 - 8:30 pm | \$35 | Senior Center

### Mississippi River Oil Painting

Mar 29 | 5:30 - 9:30 pm | \$60\* | Senior Center

### Mosaic Bird Bath

Apr 25 | 6:00 - 9:00 pm | \$30\* | Senior Center

May 9 | 6:00 - 9:00 pm | \$30\* | Senior Center

### Market Bags - Crochet Upcycling

Apr 14 | 1:00 - 3:00 pm | \$30 | Senior Center

May 23 | 6:00 - 9:00 pm | \$30 | Senior Center

### Spring Flowers (Adult & Child)

Apr 20 | 5:30 - 7:30 pm | \$40\* | Senior Center

### Mosaic Table or Sign

May 24 & 31 | \$30\* | 6:00 - 9:00 pm | S.Campus

## Online Writing Classes

### How To Write Your Life Story

Mar 4 | 10:00 - 11:00 am | \$30

### Write a Riveting Mystery, Suspense or Crime Story

Mar 4 | 12:00 - 1:00 pm | \$30

### Be a Better Writer

Mar 11 | 2:00 - 4:00 pm | \$30



## Many Faces Associated Classes

**Join Native American Art Therapist, Stacy Atkins.**

### Feathers From Above

Paint a beautiful feather, which can symbolize strength, growth, hope and freedom.

Mar 23 | 6:00 - 8:30 pm | \$25

Senior Center



### Sisters of the Sun

Create this beautiful acrylic of Sisters which symbolizes unity, trust, and honor. Colors can be customized to your liking.

May 5 | 10:00 am - 12:00 pm | \$25

Senior Center



**NOTE: Art classes with a \* have a supply fee due at class. Call or look online for fee.**



## SENIOR CENTER CRAFT CORNER

### Craft Corner Highlight

Things are always moving and changing here at the Craft Corner. Our female dominated group is pleased to share with you that we finally have a group of gentlemen consignees! The work of these talented men's woodworking skills are currently on display at the Senior Center. Please stop by and admire the work of:

- William Pope: Bird House Kits
- Jack Burch: Live Edge Coasters and Author
- Mike Hruby: Mailbox Banks
- Mike Paulson: Scroll Saw Art

**Visit us**  
**Monday - Friday**  
**11:00 am - 3:30 pm**



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Fri, Mar 24 | 9am - 7pm  
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Shop this season's handmade items for all your gifting needs. Our handmade items will make any gift special.

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Call 651-653-3130  
 and talk to Mindy

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White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071

## GETTIN' OUT

### EXPLORE *Lindstrom*



### LUNCH & SHOPPING Wed, April 19

Brunch at Gustaf's Eatery.  
Then visit the wonderful  
local shops.



WBL Senior Center  
Depart: 9:20 am  
Return: 2:45 pm

**REGISTER**  
WB Senior Center  
651-653-3121

### LET'S GO FISHING

Tue, June 6 | \$35

8:00 - 9:30 am or 10:00 - 11:30 am

Have all the equipment but no boat?  
Let us take you out on White Bear Lake! Tally's  
Dockside will be supplying the boat and guide!

You must bring your own fishing pole and  
tackle. We will provide a life jacket and live bait.

*Boats are walker/wheelchair accessible.*

**REGISTER: 651-653-3121**



Spend an afternoon  
watching the St. Paul  
Saints at CHS Field!

**Wed, June 28**  
**11:30 am - 4:30 pm**

**\$50 Bus/Game**  
**Bring \$\$ for Concessions**



Bus leaves from  
Mahtomedi Ed Center

Register: 651-653-3121  
[whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com) #0625-950

### 3RD ANNUAL Art Fair

■ MANITOU ART & CRAFT FAIR ■

#### Artists & Artisans!

Register for the  
Manitou Art Fair.

Deadline: June 21

For more info call  
651-653-3124

**Sat, June 24**  
**11am - 6pm**

**WB Senior  
Center**

#### Register

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



## SENIOR CENTER 651-653-3121



### Program to Encourage Active, Rewarding Lives

PEARLS helps older adults experiencing low mood develop skills they need to maintain their health, happiness, and independence through a series of one-on-one coaching sessions with a trained PEARLS coach. Individuals will develop goals to improve physical health and social skills.

Attend one of the upcoming PEARLS Q & A and:

- Meet a PEARLS Coach – directly ask her your questions about this program.
- Learn specifically how PEARLS empowers seniors to lead the life they desire.
- Determine if PEARLS could be a resource for you or another senior in your life.

**Free Drop In**, but registration appreciated: 651-653-3121.

Fri | March 3 & April 14 | 1:00 - 2:00 pm | Senior Center

**FREE & INFORMATIVE**  
No registration necessary

### TRIAD Meeting

**Mon, March 13 | Senior Center**

**TRIAD Member Meeting: 9:15am**

**Public Meeting: 10:00-11:30am**

There will be speakers from the WBL Police Department and the Ramsey County Sheriff's office. Jon Anderson, from the Senior Center, will also speak. Coffee & Cookies will be served.

### Fraud Prevention

**Thu, Apr 13, 9:30-10:30am, Sr. Center**

Join us for a presentation by the White Bear Police Department Officers on fraud prevention tips. They will discuss real life examples relating to scams against seniors, financial scams and fraud, web based scams and much more.

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**Dr. Chris Palmer**



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White Bear Area Senior Program, White Bear Lake, MN

F 4C 02-1071



## REGISTER FOR CLASSES 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 or Online

Mar 29 & 30 5:30 - 9:30 pm

##### Online Only

Mar 14 & 15 1:30 - 5:30 pm

Apr 26 & 27 1:30-5:30 pm

May 16 & 17 5:30-9:30 pm

#### 4-Hour Course / \$35

##### At Senior Center

Mar 8 5:30 - 9:30 pm

Mar 14 9:00 am - 1:00 pm

Apr 14 9:00 am - 1:00 pm

Apr 17 5:30 - 9:30 pm

May 4 9:00 am - 1:00 pm

May 11 12:00 - 4:00 pm

May 23 5:30 - 9:30 pm

##### Online Only

May 9 1:00 - 5:00 pm

##### Register Online

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

Search: 55+

### HISTORY CLASSES

Fridays | 10:00 am - 12:00 pm | \$18 | Senior Center

0305-800 | Mar 10 | History of Voting

0312-901 | Mar 17 | White House Women

0416-901 | Apr 28 | The Doctors May: History of the Mayo Clinic

0519-901 | May 12 | Slavery, Segregation & Ku Klux Klan in MN

Register at 651-653-3121 or visit: [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com)



### HEALTH RELATED CLASSES - ONLINE

#### Loving Kindness

Overcome self-dislike and build proper self-love. Learn to improve relationships and help heal problematic ones. It also teaches compassion, relationship balance and appreciating others good fortune

Mar 9 & 16 | 6 - 7:30pm | \$20

#### Alzheimer's: Driving, Dr. Visits, Legal & Financial Planning

Conversations with family about changing behaviors can be challenging. Hear tips for breaking the ice with your family to address some of the most common issues that are difficult to discuss.

Mar 13 | 6:30-7:30pm | \$15

#### Improve Your Health at Any Age

Studies show you can be 50 years old and have the physiology of a 30 year old, depending on how well you take care of yourself. Discuss simple steps you can take now to help make every system in your body as healthy as possible. It's never too late.

Apr 4 | 6:00-7:30pm | \$30

#### Lowdown on the Pelvic Floor

Learn about common issues of the pelvic floor, how the floor works in conjunction with other muscles of your body, and what you can start doing today to help improve symptoms.

Apr 5 | 12:30-1:30 pm | \$25

#### Alzheimer's: Effective Communication Strategies

Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Apr 13 | 6:30-7:30 pm | \$15

#### Acupressure to Assist with Weight Loss

Learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

May 18 | 6:00-7:30pm | \$30

Which bird should you never let into a jewelry store?

A robin.



## STAY FIT, STAY HEALTH & STAY FABULOUS!

### Lynch Pickleball Camp

#### Beginner Level

You'll learn the rules, scoring and how to play with fun lessons and drills. We'll match you up with a partner of like ability to practice the various skills and to play a match in a low key fun environment.

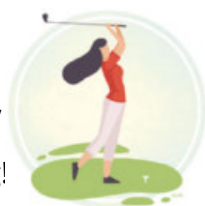
Tue, Mar 7 - 28 | 7:30 - 9:00 pm  
\$110 | Location to be Announced



#### Basics of Golf

Learn how to practice effectively, learn the shortcuts to improvement, gain consistency, and most importantly, have fun while learning! Build your golf game from the smallest swing to the full-swing.

Tue, Apr 18 - May 16 | 6:30-7:30 pm | \$125  
University of MN Practice Range



### SHINRIN YOKU - Forest Bathing

Experience an immersive, meditative, and awe-inspiring Japanese forest bathing. Feel nature's fractals, sounds, and sensations reduce your stress, anxiety, and enhance your focus. Slow down and connect your senses to the healing beauty of green forested spaces.

Sun, Apr 30 | 10:00 am - 12:00 pm | \$40  
Tamarack Nature Center

#### CANOE THE ST. CROIX

THU, MAY 25  
10AM - 4PM | \$50



Canoe from  
MN Interstate Park  
for leisurely paddle  
to Osceola Landing!

Bring a packed lunch from  
home. Coolers provided.

Must be able to board  
canoe with limited  
assistance.

Bus leaves from  
Mahtomedi Ed. Center

Call to Register  
651-653-3121

### Get Up & Go Fitness

**AEROBICS:** Improve endurance, flexibility, strength, balance and coordination. This is a slower tempo and less vigorous program.

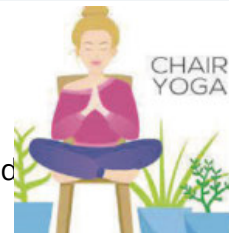
*SilverSneakers & OnePass Accepted*

**\$55 / 8 Drop-in Classes - Pay at Senior Center**

Mon - Fri | 9:30 - 10:30 am | Aerobics  
White Bear Dance Center

#### Chair Yoga **NEW**

Find mobility in a gentle and supportive way. You will gain flexibility, concentration, and strength, while boosting your mood, stress and decreasing joint pain.



Fridays | 10:00 - 10:45 am | \$35

2223-701 | Mar 3 - Apr 14 | Senior Center

2223-702 | Apr 21 - May 26 | Senior Center

#### Pound

This full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

0416-562 | Fri | Apr 21- May 26 | 6:00-7:00pm | \$55

#### Soma Yoga **Online**

Emphasis is on moving from within our bodies using breath practice and meditation to calm minds and gain strength, flexibility, balance, and stamina.

Tue | May 16 - Jun 13 | 9:30 - 10:30 am | \$40

#### Tai Chi **New Location**

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

Mondays | 8:00 - 9:00 pm | Matoska Int'l

0122-565 | 8 Sessions | Mar 27 - May 15 | \$70

#### Yoga - Whole Body Vinyasa

Designed to increase 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

2023-535 | 7 Sessions | Mar 14 - Apr 25 | \$70

2023-537 | 5 Sessions | May 2 - 30 | \$50

Can't make it every night? There is a \$15 drop-in fee for occasional attendance.

## 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/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  
\$.25 per player (*optional*)

### 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

### Pinochle

Wed / 12:00 - 3:00 pm  
\$1.00 per player-no partner needed

### Reader's Chat

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

### Ukulele Bears

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

### Woodcarvers Group

Wed / 8:30 - 11:00 am

### Yarn B's

Thu / 10:00 - 11:30 am

## Extended Day continued from page 4

All of our sites go through a certification process through the Department of Human Services, which ensures that we are compliant with all state safety statutes and are offering high quality programming. We also have several sites that are accredited through our state-wide afterschool program association and will continue to do this for all of our sites in the next year to ensure we are offering high quality programming to the families and students in our community.



### Fun Facts

- Our team of 18 leadership staff are fun and easy going! We love to do team building by playing games, especially Pictionary. One meeting we were able to get through 18 prompts in under 10 seconds each!
- During Covid our programs created, organized and operated Tier 1 care for families of essential workers. Our staff were amazing superheroes showing up each day to take care of students so that our community could continue to run!

## Asparagus Ham Dinner

**Prep Time: 25 min. Serves: 6**

- 2 cups uncooked spiral pasta
- 3/4 lb fresh asparagus, 1" pieces
- 1 medium sweet yellow pepper, julienned
- 1 Tbs olive oil
- 6 medium tomatoes, diced
- 6 oz boneless cooked ham, cubed
- 1/4 cup minced fresh parsley
- 1/2 tsp salt
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/8 to 1/4 tsp cayenne pepper
- 1/4 cup shredded Parmesan cheese



Cook pasta according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, sauté asparagus and yellow pepper in oil until crisp-tender. Add tomatoes and ham; heat through. Drain pasta; add to mixture. Stir in parsley and seasonings. Sprinkle with cheese.

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		9	6				8
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				5		3	9



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- Relax while we do the cooking and cleaning.
- Try new hobbies and life-enriching activities.
- Try out senior living before making a permanent move.
- Enjoy access to on-site therapy/rehabilitation, a salon, spiritual care, wellness programs and more!

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[cerenityseniorcare.org](http://cerenityseniorcare.org)



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**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

## Exceptional care for seniors in 6-person homes.



- Smaller setting is ideal for responsive, respectful care
- 2 staff for just 6 residents
- Dementia focused staff; high-quality care through end of life
- Secure homes
- Private bedroom and bathroom
- Excellent communication



### **Promises Kept.**

Assisted Living. Memory Care. Done Better.



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Providing residents with Respect, Compassion and  
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5260 127th Street N, Hugo, MN 55038



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

White Bear Area Senior Program, White Bear Lake, MN

G 4C 02-1071

Independent School District #624  
White Bear Area Schools  
4855 Bloom Ave, White Bear Lake, MN 55110



White Bear Area Senior Center  
Normandy Park Education Center  
2484 East County Road F  
White Bear Lake, MN 55110-2371

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# COMMUNITY

## PERFORMANCES

**WBL MIDDLE SCHOOL MUSICAL: ANNIE JR.**  
April 20 & 21 | 7:00pm | WBL District Auditorium  
Ticket details coming.

**DISTRICT NIGHT OF JAZZ**  
May 8 | 7:00pm | Free | WBL District Auditorium  
Jazz Bands from Central Middle School, Sunrise Park Middle School, and North and South Campus will be performing.

**WBL Orchestra Concerts**  
April 23, 7:00pm | District Night of Chamber  
Free | White Bear Lake Center for the Arts  
May 16, 6:30pm | Orchestra Jamboree (Gr 6-12)  
Free | Aldrich Arena  
May 22, 7:00 pm | South Campus Orchestras  
South Campus Theater  
May 30, 7:00 pm | North Campus Orchestra  
Free | South Campus Theater

**Mahtomedi Middle & High School**  
FINE ART PERFORMANCE SCHEDULE  
[www.zephyrfinearts.org/Theatre](http://www.zephyrfinearts.org/Theatre)

## EVENTS

**TRIAD MEETING**  
March 13 / 10:00 - 11:30 am / Senior Center  
Speakers from the WB Police Department and Ramsey County Sheriffs Office. Coffee & Cookies will be served.

**SPRING DANCE**  
Sun, April | 1:00 - 5:00 pm | \$15  
Withrow Event Center, 12169 Keystone Ave N, Hugo  
A fun afternoon of dancing! Dance to Country Two Step, West & East Coast Swing, Cha Cha, Night Club Two Step, Line dancing, and more.

**ANNUAL SPRING FEVER CRAFT & GIFT EXPO**  
Sat, May 6 | 10 am - 3 pm | Free | WB Hippodrome  
Shop over 100 booths with unique products from all over the Midwest.

