



# THE VOICE

White Bear Lake Area

## We are Happy to Announce Our Re-Opening!

We have been looking forward to this day for a very long time!! Meetings have been held with all group leaders about what has changed over the past year at the Senior Center. We also discussed re-starting groups the **week of June 14**. Activity calendars will be mailed to homes and available here at the Senior Center. Please read these carefully as groups may not be able to meet every week due to scheduling conflicts with other events.

The Senior Center is also in the process of hiring staff back to help with the re-opening. We are very excited to open our doors again, but we want to do this correctly and safely.

There will be new standards in place for cleaning, sharing of food and beverages, and personal hygiene to keep use all safe and healthy.



### Senior Center Membership

Membership for the 2021-2022 year will increase to \$30 to help cover annual operating costs.

**Why the increase?** Although we have not had all of our groups attending this past year, we were still operating and incurring costs. Membership fees have not increased in over 5 years.

**What is the Senior Center doing to decrease expenses?** Due to the pandemic, we have reduced our staff to three and put a freeze on ordering supplies to sustain programming. We have been working hard to be more fiscally responsible, while providing new programming that brings in revenue. New programming includes our monthly Food Truck Fridays and the Parking Lot Sale we hosted in May. We intend to continue this type of community fundraising programs throughout the year.



**What do the membership fees cover?** Fees collected help offset our expenses. They pay for office supplies, kitchen supplies, instructors, speakers and events at the Senior Center, as well as help defer staffing and facility costs. To give you an idea of what membership fees bring in, 2019-2020 we had approximately 364 members, which brought in \$7,280.

### Don't my tax dollars cover Senior Center expenses?

Tax money covers primarily preK-12 education costs in the school district with some tax dollars paying for Community Services and Recreation. Approximately 80% of the revenue in Community Services and Recreation is generated through tuition and fee-based programs. The Senior Center relies on other programs within Community Services & Recreation to assist in supporting us.

**Renewal Dates:** July 2021 to June 30, 2022

**Fee:** \$30 per person / \$50 per couple

**Due:** By July 1 or the next time you visit us

Membership is required for anyone attending daily activities. When renewing, please ensure we have your current phone number and email. Emails are not sold or shared. We use them for announcements such as weather closings, to email our monthly Current Wave eNewsletter, and class confirmations and payment receipts.

Fees can be mailed or brought to:

White Bear Area Senior Center  
2484 East County Rd F  
White Bear Lake, MN 55110

Or call in with a credit card at 651-653-3121.

*Payment plans and scholarships are available. Contact the Front Office, 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

### Adult Programs & Facilities Coordinator

Jon Anderson 651-653-3126

jon.anderson@isd624.org

### Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

### 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.

## DATES WE ARE CLOSED

### Senior Center

July 2, 5, 29, 30

Aug 2

### Meals on Wheels

July 5

## FOOT CARE

June 22, 23, 29, July 27 & 28,

Aug 17 & 18, Sept 21 & 22

**30 minute appointment / \$45**

Cash - check - credit card accepted.

Soak feet 10 minutes  
in warm water prior to appointment.

Can't make your appointment?  
Please call and let us know.

651-653-3121

## Calendar of Events

### CURRENT WEEKLY ACTIVITIES

Activities will be starting the week of June 14. Activity calendars we will be mailed to homes and available at the Senior Center. *Please read these carefully.* Summer planning took place before we knew groups could return. This means some groups may not be able to meet every week due to conflicts with previously scheduled classes/events.

### EVENTS & PROGRAMMING

June 17..... Medicare Counseling (*see page 6*)

June 22, 23, 29..... Foot Care Clinic

June 25..... Food Truck Friday Community Event

July 5..... Closed - 4th of July

July 9..... Manitou Art & Artisan Fair

July 16..... Food Truck Friday Community Event

July 22..... Medicare Counseling (*see page 6*)

July 27 & 28..... Foot Care Clinic

July 29 & 30..... No Activities, Closed for Summer Cleaning

August 2..... No Activities, Closed for Summer Cleaning

August 17 & 18..... Foot Care Clinic

August 18..... Medicare Counseling (*see page 6*)

August 20..... Food Truck Friday Community Event

### Medicare Counseling - FREE & IN PERSON

Get your questions answered about Medicare and health supplements. Appointments are preferred but walk-ins accepted. Schedule your 30-minute visit at 651-653-3121.

**9 am - 1 pm / June 17, July 22, August 18**

### Craft Corner Gift Shop

- 2nd Monday of Month
- every Thursday
- during Food Truck Fridays
- during Foot Care Clinic

Featuring hand crafted items supporting White Bear area consignees.

Adults 50+ who are interested in being a consignee call the Craft Corner Office and leave a message at 651-653-3130. Your call will be returned.

**Hours expanding after July 4th to 11:00 am - 3:30 pm daily.**



### I Spy with My Little Eye

Find the following 26 items throughout newsletter, fill out the form on page 12 and return to the Senior Center at 2484 East County Road F, White Bear Lake, MN 55110.



Forms received by June 20 will be entered into a drawing for a restaurant gift card. One entry per person please. Good Luck!

- |                   |                 |           |
|-------------------|-----------------|-----------|
| Bear              | Glasses         | Plant     |
| Bird              | Golf ball       | Snake     |
| Boat              | Green thumb     | Sun       |
| Catepillar        | Hat             | Telephone |
| Cherry            | Lightening Bolt | Tire      |
| Chalk             | Moby Dick       | Ukulele   |
| Color pink        | Mustache        | Waves     |
| Flag              | Orange flower   | Wheels    |
| Foreign structure | Percentage sign |           |



### OPEN HOUSE & WELCOME BACK

September 15  
10:00 am - 1:00 pm

### The Senior Center Advisory Committee is looking for new members

If you would like to become more involved and have a passion for the Senior Center and the programs we offer, the Advisory Committee is the group for you!

Future committee meetings will be held in person and we encourage you to attend to see what we are all about.

Fall meeting dates will be published in the September *Voice*.

### Are you turning 65 or New to Medicare?

Turn to Humana for your medical and prescription drug coverage in one Medicare Advantage plan.



### Call a licensed sales agent

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651-202-7248  
Monday-Friday, 8 a.m.-5p.m.  
[humana.com/dcoonradt](http://humana.com/dcoonradt)



Y0040\_GHHJJ7PEN\_20\_C



### Good Friends Make Great Neighbors

Gable Pines at Vadnais Heights offers area senior adults the opportunity to live in a community with a true, small-town feel, while enjoying a wealth of services, excellent dining options, well-planned events and activities, as well as purpose-driven amenities.



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# FOOD TRUCK FRIDAY!



## Community Event

Join Us!

Fridays / 4:30 - 7:00 pm

Dine In or Take Out

**White Bear Area Senior Center**  
2484 E County Rd F, WBL

- June 25 - KCM Egg Rolls & IceLab  
*Live music by Ember Island*
- July 16 - Up in Smoke & KEO's Shave Ice
- August 20 - Big Cheese & Maui Wowie  
*Live music by Ukulele Bear*

*Indoor & Outdoor Seating  
Rain or Shine*

**Mahtomedi District Center**  
1520 Mahtomedi Ave, Mahtomedi

- June 18 - Up in Smoke & KEO's Shave Ice
- July 23 - Pig Approved BBQ & Maui Wowie
- August 13 - The Big Cheese & Cookies & Cream Scoop Shop

*Outdoor Seating Only.  
Bring a lawn chair or blanket.  
Rain or Shine*

Additional Food Truck Vendors may be announced on the White Bear Lake & Mahtomedi Community Education Facebook pages and in the White Bear Lake *Current Wave* eNewsletter.

## Love Where You Live

*Come See Why Polar Ridge Was Voted The Best Senior Retirement Community...AGAIN!*

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White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071



**Perseverance and Success**

Although it's continued to be a year filled with the unexpected, our students, families and staff members have persevered and succeeded in many ways.

Students and staff members have continued their focus on learning, employing flexibility in whatever model the lessons needed to be in. When learning models have changed this year, our Bears have pivoted and made the most of the situation. Those who chose distance learning helped us launch a Distance Learning Academy, which will continue to be an option next year for those who choose it.

Success has come in the way of activities as well. Even in this unusual year, district students have continued to participate in academic and athletic extracurricular activities, representing the district in state and national competitions. The School Board has celebrated a number of students for high-level achievements at board meetings this spring.

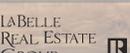
District initiatives have moved forward. The most visible examples are construction projects breaking ground this year after approved by district residents in the 2019 Bond Referendum. They are the start of a construction plan anticipated to be completed in phases until the 2024-25 school year. Follow along on the district's building journey at [isd624.org/BuildingOurFuture](http://isd624.org/BuildingOurFuture).

The district's equity focus continues as we work with students, community members and families to engage in community forums to address racism, school culture and climate. While building unity to create an anti-racist community is a district-wide priority, the department of Equity and Engagement has taken the lead on a collaborative process to help us to advance systemwide equity initiatives guided by and supporting our District Strategic Plan.

I hope you will stay connected, either in person or online through social media and our e-newsletter, as we continue our work together in honoring our legacy and courageously building our future.

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### Full Class Descriptions

can be found in the summer *Community Services & Recreation brochure* or online at [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com)

#### Need a copy?

Pick one up at the Senior Center.

#### Make a Grill Scraper

1512.400 Jun 5 10 am - 1 pm  
\$30 WB Makerspace



#### Craft Beer Backstage Pass

1591.490 Jul 20 5:30 - 7:30 pm  
\$40 Big Wood Brewery

#### Make a Cutting Board

1512.412 Aug 9 6 - 8 pm  
\$35 WB Makerspace



#### Multia Media: On Angels Wings

*Image to right is a close up.*

1413.400 Jun 24 10 am - 1 pm  
\$40 Senior Center

#### The ABCs and 1-2-3s of Tending Our Treasures

Take an entertaining look at valuing your possessions! Find out what determines value; How to know what things are worth; How the market influences value; and what are the best avenues for selling treasures?



We will do valuations at the end of the class! Bring in an item that's easy to transport and carry such as; collectables, art, pottery, glassware, figurines, clocks, items of collectible memorabilia, jewelry or small furniture items.

1132.402 Jun 16 6:30 - 8 pm  
\$15 Senior Center

**If you have Ucare Insurance, call to register and you can receive a \$15 discount! You must provide your Ucare Member ID number.**

**Call 651-407-7501**

### 55+ Driver Safety Classes

According to MN State Law, drivers 55+ who complete a defensive driving course are eligible for a 10%, 3-year discount on auto insurance.

Attend class online from home or at the Senior Center. Choose location when registering.

#### 4-Hour Refresher Class \$35

1579.400 Jun 3 8:30 am - 12:30 pm

1579.402 Jun 15 12:30 - 4:30 pm

1579.404 Jun 23 5:30 - 9:30 pm

1579.406 Jul 8 8:30am - 12:30 pm *Online only*

1579.408 Jul 13 12:30 - 4:30 pm

1579.410 Jul 22 5:30 - 9:30 pm

1579.412 Aug 5 8:30 am - 12:30 pm

1579.414 Aug 10 12:30 - 4:30 pm

1579.416 Aug 25 5:30 - 9:30 pm

#### 8-Hour Full Class / \$40

1578.400 Jun 9 & 16 1 - 5 pm

1578.402 Aug 12 & 19 5:30 - 9:30 pm

### Medicare Counseling

**FREE & IN PERSON**

Get your questions answered about Medicare and health supplements. Appointments are preferred but walk-ins accepted.

Schedule your 30-minute visit at 651-653-3121.

**9 am - 1 pm / June 17, July 22, August 18**

### The Importance of Life Long Learning

Older adults, can achieve benefits from continuing education such as:

- **Increased cognitive functioning** - intellectual stimulation throughout the lifetime of older adults shows a pronounced reduction of memory issues.
- **Increased physical and mental health** - helps diminish depression and anxiety, as well as a reduce rate of various chronic health conditions.
- **Increased socialization** - Taking classes allows for the experience of community and camaraderie that is so important for our overall feeling of well being.





**Acrylic Painting**

\$40 per class / 10 am-Noon / Sr. Center

- 1561.410 Jun 14 Hibiscus
- 1561.412 Jul 7 Hummingbird
- 1561.414 Aug 4 Forest



**Watercolor Painting**

\$35 per class / 10 am - Noon/ Sr. Center

- 1561.420 Jun 28 Lake Scene
- 1561.422 Jul 19 Sailboat
- 1561.424 Aug 17 Village Street

**Online Classes**

**Growing, Harvesting and Enjoying Herbs**

1490.402 Jun 10 6:30 - 7:15 pm \$30

**Taking Your Photography from Good to Great!**

1200.410 Jun 15 7 - 8 pm \$30

**Instant Pot: Summer Side Salads**

1560.460 Jun 15 6:30 - 8 pm \$30

**Instant Pot: Summer Side Salads**

1560.460 Jun 15 6:30 - 8 pm \$30

**Acupressure to Relive Stress, Anxiety, Insomnia & More**

1642.420 Jun 15 6 - 7:30 pm \$30

**Instant Pot: Summer Main Dish Salads**

1560.470 Jul 8 6:30 - 8 pm \$35

**Estate Planning for Families**

*Grandparents, Parents, and Families with Special Needs*

1132.400 Jul 14 6:30 - 8 pm \$15



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**Donations Welcomed**  
**Bring to Senior Center Front Office**

- Eyeglasses & Hearing Aides** - The Lions Club donates these to people  in need.
- Used Cell Phones** - Collected by TRIAD
- Pop Tabs** - TRIAD collects for the Ronald McDonald House.
- Used Foreign and Commemorative Stamps and Picture Postcards** - Collected for the American Legion Auxiliary.
- New baby, acrylic, cotton yarn (no wool)** - Yarn B's Knitting Group
- New yarn (no wool)** - Mitten Makers
- New greeting cards** - Craft Corner Gift Shop
- Books & Puzzles** - Lending Library
- Plastic Bags** - *clean* bags from stores such as Target, Menards, newspaper sleeves, etc. - Craft Corner
- Paper Bags** - clean grocery bags - Meals on Wheels
- Fabric** - Cotton, fleece, etc. No tiny scraps please. Use by crafters and sewers.

**Senior Center Lending Library**

Mon - Fri / 8:00 am - 3:30 pm  
*No return dates*

- Paperback book donations accepted
- Jigsaw puzzles available
- Rotating Historical Exhibit from the WBL Area Historical Society
- Tree of Life - memorializing and honoring community members and supporters.

**Traveling Book & Puzzle Program**

We will deliver books/puzzles to you if you live within the school district boundaries!

Contact us at 651-653-3121 or  
 whitebearseniorprogram@isd624.org.



**Sole Purpose**  
 Professional Foot Care

Dana Fredricksen [Dana@SolePurposeFootCare.net](mailto:Dana@SolePurposeFootCare.net)  
 Paula Tymesen [Paula@SolePurposeFootCare.net](mailto:Paula@SolePurposeFootCare.net)

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 651.983.6887 -or- 651.283.0303

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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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## Stay Active

### Get Ready Golf

1364.400 Jul 20 - Aug 17 7:15 - 8:15 pm  
\$125 Univ. of MN Practice Range

### Soma Yoga (ONLINE)

1600.400 Jun 29-Aug 3 9:30 - 10:30 am \$45  
1600.400 Aug 10-Sep 14 9:30 - 10:30 am \$45

### Try Pickleball Day!

1364.450 Aug 21 10 am - Noon \$20  
Water Tower Park, St Anthony

### Get Up & Go Fitness

Drop in classes. Purchase a punch card online or at the Senior Center / \$55 for 8 classes.

#### Summer Fitness Location

At the Senior Center.

*Silver & Fit Program benefits accepted.*

### NEW FOR SUMMER! Walking & Stretching

Mon, Jun 7 - Aug 30 9:30 - 10:30 am

Join us for a brisk walk, stretching and conversation. Meet at the Senior Center.

### Aerobics

Tue, Wed, Thu, Fri 9:30 - 10:30 am

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

### White Bear Area Pickleball Club

This year round club. Plays indoors and outside.

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

1. Register online: [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com)  
Course # 9600.500
2. Mail checks payable to: Community Services  
Attn: Jon Anderson, Community Services  
4855 Bloom Ave, White Bear Lake
3. Bring check to pickleball. Give to Sue Grun.

Indoor Play: Please carry the shoes you plan to wear to protect the wood floors. Seating is available.

Questions: Contact Sue at [grunsusan@gmail.com](mailto:grunsusan@gmail.com)

#### To View Schedule Visit

[communityservices.isd624.org](http://communityservices.isd624.org)

Adult & Seniors > Adult Recreation > Pickleball



### Raised-Bed Vegetable Gardens Donated

Giving Gardens has donated two raised-bed gardens to the Senior Center. The gardens, located in front of the Center along the playground fence, will be planted with vegetables. Once harvested they will be available to members at the Center.

Each year the Giving Gardens organization generously donates fresh produce to the Senior Center in the late summer.

The gardens will be maintained by the Senior Center staff, but if you feel like weeding we would welcome you to dig in!



### Bike Racks Available

This spring two bike racks were donated to the Senior Center by the City of White Bear Lake. They are located outside the Senior Center by the playground. If you ride your bike here, please remember to wear a helmet and bring a bike lock!



### Did a loved one die from COVID-19?

**FEMA can reimburse funeral costs for those who died after January 20, 2020.**

FEMA is offering to provide financial relief for COVID-19-related funeral expenses as part of the CARES Act. The agency started accepting applications April 1, 2021 for more information call 1-800-462-7585 or visit: [www.fema.gov/disasters/coronavirus/economic/funeral-assistance/faq](http://www.fema.gov/disasters/coronavirus/economic/funeral-assistance/faq)

**Manitou Art & Craft Fair**

Friday, July 9 / 12:00 - 7:00 pm  
 White Bear Area Senior Center  
 2484 East County Road F, WBL

Join us for our first Art & Craft Fair! Support our local artists!



**Artists, Artisans and Crafters**

If you sculpt, carve, weave, paint, draw, work with glass, pottery, photography or many other medias we would love to showcase your work and invite you

Call for details about times, set up, space rentals, etc. All sales belong to the seller, no juried entrance.

Call 651-653-3121.

**Congratulations to Deb Walker on Her Retirement!**



After 21 years working for the White Bear Area School District and with 14 of those years serving meals to the community, Debbie Walker has decided to announce her retirement from Meals on Wheels.

Debbie has enjoyed every minute of her time spent with clients, their families and the many volunteers over the years. She will miss everyone greatly but looks forward to spending more time with her family.

Debbie hopes to volunteer for Meals on Wheels in the near future.

Thank you for the many memories! You will be missed!



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

*Telehealth options available*

<p><b>White Bear Area Clinic</b>                  1280 N. Birch Lake Blvd.,                  White Bear Lake, MN                  (651) 429-8544</p>	<p><b>Shoreview Clinic</b>                  3490 Lexington Ave. N.,                  Shoreview, MN                  (651) 486-3808</p>
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# ENIGMA™ CRYPTOGRAM

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

"RAO QWXO MV RAO PYKRFZR FZP  
RAO PYVVYCWQR YK POCOERYNO. RAO  
GXOFR MEEMXRWZYRS YK UAOXO  
SMW FXO." – DMAZ LWXXMWGAK

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

## July is National Ice Cream Month AND Blue Berry Month!



In 1984, a Kentucky Senator introduced a resolution to proclaim the month of July 1984 National Ice Cream Month. Ronald Reagan signed the bill into law the same year, and the rest is history!

## Timeless Summer Recipe The Shirley Temple

Classics are classics for a reason, and there is certainly no reason to mess with this one. Using just a few simple, easy-to-find ingredients, you can create this fan-favorite in no time at all. And, of course, the kids will love it, too.



The original drink was made by splashing some grenadine over a tall glass of ice, then topping it off with ginger ale or lemon-lime soda and, always, a maraschino cherry.

To jazz it up, make it with pomegranite syrup and lemon or lime seltzer.

Enjoy!

## I Spy with My Little Eye - Contest Form



**Mail or drop off** this form to: White Bear Area Senior Center, 2484 East County Rd F, White Bear Lake, MN 55110 **on or before June 20**. One entry per person.

Winner of the drawing will be announced in the September issue of the Voice.

- Bear: pg. \_\_\_\_\_
- Color pink: pg. \_\_\_\_\_
- Green thumb: pg. \_\_\_
- Percentage sign: pg. \_\_
- Ukulele: pg. \_\_\_\_\_
- Bird: pg. \_\_\_\_\_
- Flag: pg. \_\_\_\_\_
- Hat: pg. \_\_\_\_\_
- Plant: pg. \_\_\_\_\_
- Waves: pg. \_\_\_\_\_
- Boat: pg. \_\_\_\_\_
- Foreign structure : pg. \_\_\_\_\_
- Lightening: pg. \_\_\_\_\_
- Snake: pg. \_\_\_\_\_
- Wheels: pg. \_\_\_\_\_
- Catepillar: pg. \_\_\_\_\_
- Glasses: pg. \_\_\_\_\_
- Moby Dick: pg. \_\_\_\_\_
- Sun: pg. \_\_\_\_\_
- Cherry: pg. \_\_\_\_\_
- Golf ball: pg. \_\_\_\_\_
- Mustache: pg. \_\_\_\_\_
- Telephone: pg. \_\_\_\_\_
- Chalk: pg. \_\_\_\_\_
- Orange flower: pg. \_\_\_
- Tire: pg. \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

We value your opinion. Let us know what you thought of this puzzle or any other comments you have regarding the content in the Voice newsletter.

**ACROSS**

- 1 Baseball equipment
- 4 Turk. title
- 8 Bird
- 12 Shoshonean
- 13 Husband of Ruth
- 14 Hatred (Ital.)
- 15 Dog
- 16 Lot
- 18 Hindu god of love
- 20 Small pit
- 21 Amer. Bar Assn. (abbr.)
- 23 String of mules
- 27 Both
- 32 Uttered
- 33 N.Z. woody vine
- 34 Relax (2 words)
- 36 Viper
- 37 Tip
- 39 Hive (2 words)
- 41 At the age of (Lat.)
- 43 Interstate Commerce

**Commission (abbr.)**

- 44 Black tea
- 48 Mayan year
- 51 Soft
- 55 Inlet
- 56 Revelry cry
- 57 Letter
- 58 Legal proof
- 59 Lope
- 60 Growl
- 61 Ember



**DOWN**

- 1 Cowboy's nickname
- 2 Polynesian god
- 3 Shrew
- 4 Camel hair cloth
- 5 Spoken alphabet letter
- 6 Circle of light
- 7 Black Sea arm
- 8 Vegetable
- 9 Dutch commune
- 10 Own (Scot.)
- 11 Allotment
- 17 Hyson
- 19 Presidential nickname
- 22 Atlantic (abbr.)
- 24 Monkey puzzle
- 25 Swiss card game

**Brain Teaser**

**Can you count the number of F's in this sentence?  
How many are there?**

Finished files are the result of years of scientific study combined with the experience of years.

*Answer on page 14*

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19		20							
		21		22				23		24	25	26
27	28				29	30	31		32			
33				34					35		36	
37			38		39				40			
41				42				43				
			44		45	46	47		48		49	50
51	52	53						54		55		
56					57					58		
59					60					61		

- 26 Gr. leather flask
- 27 Weaverbird
- 28 Migratory worker
- 29 Hebrew (abbr.)
- 30 Summer (Fr.)
- 31 Deplore
- 35 Greek letter
- 38 Pad
- 40 Scot. exclamation
- 42 Digit
- 45 Loom
- 46 Black
- 47 Alberta (abbr.)
- 49 Acquired immune deficiency syndrome (abbr.)
- 50 Hit
- 51 Large (pref.)
- 52 Polynesian drink
- 53 Law (Fr.)
- 54 Shak. contraction

**FUN FACT**  
The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.



**MANITOU DAYS**

**July 1 - 11**

July 9 - Mantiou Art & Craft Fair @ the White Bear Area Senior Center

Events returning this year include; Grande Parade, Beach Dance, Marketfest, July 4 Fireworks, the Medallion Hunt, and more! Visit [explorewhitebear.org](http://explorewhitebear.org)



**MARKETFEST**

**Thu, Jul 1 - Aug 5**

[www.marketfest.wbl.com](http://www.marketfest.wbl.com)

2020 MarketFest Art Contest Winner: Cecilia Fuhrman

**NIGHT TO UNITE (NAT'L NIGHT OUT)**

**Tue, Aug 3 / 4 - 10 pm**

The night to promote strong, safe neighborhoods and communities. Neighbors come together to strengthen neighborhood spirit and police/community partnership and heighten crime and drug awareness. Registration opens July 1 call 651-762-4876.

**HERITAGE DAYS IN VADNAIS HEIGHTS**

**Aug 12-15**

Watch for details at [www.cityvadnaisheights.com/459/Heritage-Days](http://www.cityvadnaisheights.com/459/Heritage-Days)

**WHITE BEAR TOWNSHIP DAY CELEBRATION**

**September 18 / 2 - 9 pm / Polar Lakes Park**

**FARMERS' MARKET**

**Aldrich Arena (Wed)\***

**Wed, May 9 - Oct 27 / 8 am - 12 pm**  
1850 White Bear Ave N, Maplewood

**Vadnais Heights**

*PARTNERING WITH THE ST. PAUL GROWERS ASSOCIATION*

**Wed, June 16 - October 13 / 2 - 6 pm**

In the Peoples Bank parking lot.  
3585 Hwy 61, Vadnais Heights

**White Bear Lake**

**Fri, June 25 - October / 8 am - Noon**

On Clark Avenue between 2nd & 3rd Streets

**DRIVE THROUGH FARMERS' MARKET**

**WHITE BEAR AREA FOOD SHELF**

The summer Free Farmers Markets will again be a drive-through model, shoppers will remain in their car while volunteers follow along with a shopping cart collecting their items. At the end of the line, shoppers will get out of their car to load their items into their vehicle.



**WHITE BEAR AREA SENIOR CENTER**

**11 am - 1 pm / Jun 23, Jul 26, Aug 26, Sep 23**

2484 East County Road F, WBL

Enter the parking lot from Bellaire Ave.

**WILLOW LANE ELEMENTARY**

**11 am - 1 pm / Jul 1, Aug 5, Sept 2**

3375 Willow Ave, WBL

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

BAT		AGHA		TEAL
UTE		BOAZ		ODIO
CUR		ALLOTMENT		
KAMA		FOVEA		
	ABA		ATAJO	
TOGETHER		ORAL		
AKA		LETUP		ASP
HINT		BEEHOUSE		
AETAT		ICC		
	BOHEA		HAAB	
MALLEABLE			RIA	
EVOE		NOTE		IDS
GAIT		GNAR		ASH

**Cryptogram Solution:**  
 "The lure of the distant and the difficult is deceptive. The great opportunity is where you are."  
 - John Burroughs

**Brain Teaser Solution:**  
 Most people say three. Why? We often don't correctly process the word "OF" for two reasons. First, the letter F usually makes the "f" sound, like in "fox". However, in the word "of", it makes a "v" sound. Second, you have probably read the word "of" so many times in your life that you process it as one unit, overlooking the second letter/ sound. The real answer is 6.

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# COMMUNITY

## RESOURCES

### LOW INCOME ENERGY ASSISTANCE PROGRAM ELIGIBILITY EXPANDED

The MN Dept of Commerce has raised the income limit and extended the deadline to apply for the Low Income Energy Assistance Program (LIHEAP). To see if you qualify visit: <https://bit.ly/3vXmnJW> or call Community Action Partnership of Ramsey & Washington County 651-645-6470.

### SENIORSMOBILITY.ORG

Seniors Mobility publishes resource guides and has links to resources that might be of interest. Information includes home safety in the bathroom, bedroom, and other living spaces. They also have mobility exercise guides and a guide for receiving free mobility aids. Visit [www.seniorsmobility.org](http://www.seniorsmobility.org)

## TECHNOLOGY HELP AVAILABLE

With so much of what we do “going virtual,” you may have some tech questions. The Cyber-Seniors organization can help! Call toll-free at 844-217-3057 or visit their website: [cyberseniors.org](http://cyberseniors.org) to make an appointment to speak with someone or to watch informative videos.

### White Bear Area Senior Guides Housing, Services, & Transportation

View Online at:

[www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org)  
look under *RESOURCE GUIDES*

To have a copy mailed to you call 653-3121.

