

White Bear Lake Area School District

# COMMUNITY SERVICES & RECREATION



Flip book to see  
Bear's Bulletin!

**Bear's Bulletin**, a White Bear Lake Area School District publication, can be found on the reverse of this catalog. The piece covers District and school news, accomplishments, 624 Facts and notice of upcoming events. *Flip this book to see the District updates!*



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ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 17.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntiv mus nyem rau phab nplooj ntawv 17.



### Our Mission

The mission of Community Services & Recreation, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers



## BEAR BIKE

Ride for Youth Sports

Started in 2020, the Bear Bike Ride raised money to support youth access to sports and activities through the WBLAS Community Services & Recreation Department.

The founders of Bear Bike strongly believe all kids need the opportunity to participate in sports and activities to socially engage and play. We thank you for your support in helping the community grow stronger together.

**Sat, Oct 1 | 9:00 AM**

**Starts:** Central Middle School Auditorium  
4857 Bloom Ave, WBL

**Ends:** Bear Town Bar and Grill, 4875 Hwy. 61 N, WBL

**Please donate to sponsor our riders and support our kids!**  
Donate at [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com), #CS950



**ONLINE Classes:** When you register for an online class, a link to the class will be emailed to you 1-2 days prior to the start date. If you do not see the link, check your SPAM, then call 651-653-3121.

**Facilities Reservations:** All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voicemail Line, 651-407-7503, or email your request to: [facilities@isd624.org](mailto:facilities@isd624.org).

**Refunds & Prorating:** Notify Community Services & Recreation immediately if you need to withdraw from a class. Full refunds or credits are given if a class is canceled. Refunds are not issued after a class has begun. There are no prorated fees. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity.

Processing fees for classes:

- Under \$50 have a \$5 fee
- \$50-\$149 have a \$10 fee
- \$150-\$399 have a \$20 fee
- \$400+ have a \$30 fee

**UCare Discount:** UCare members may be eligible for a \$15 discount on most classes. If a class is less than \$15, the class will be free of charge. Members must be on UCare at the time of registration and during the class(es). Members need to include their UCare ID number when registering. This discount cannot be used for the following classes: Private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips. **To have your discount applied, you must call to register.**

**Your Privacy is Important to Us:** Your registration information is considered private data under state and federal law. Information is used for the purposes of administering the activity, contacting you about upcoming activities, events or activity changes. If you choose to withhold this information, this could limit the distribution of information to the participant or instructor.

**Liability Waiver:** There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

**Do You Have a Disability?** Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call 651-407-7501 to discuss accommodations.

**Need Financial Assistance?** WBL Community Services & Recreation is dedicated to providing learning opportunities for people of all ages. Limited financial assistance is available. For details and to apply, call 651-407-7501.

## White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110  
[communityservices.isd624.org](http://communityservices.isd624.org)

**Information & Registration** ..... (651) 407-7501  
FAX (651) 407-7502  
[communityservices@isd624.org](mailto:communityservices@isd624.org)

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

**DIRECTOR**  
**Tim Maurer** ..... (651) 407-7509  
[tim.maurer@isd624.org](mailto:tim.maurer@isd624.org)

**ADMINISTRATIVE ASSISTANT**  
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[christine.beckers@isd624.org](mailto:christine.beckers@isd624.org)

**Adult Basic Education** ..... (651) 748-6208

**Adult Enrichment Specialist** ..... (651) 653-3124  
Michelle Hubbard [michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org)

**Adult Programs & Facilities Coordinator** ..... (651)-653-3126  
Jon Anderson [jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

**Early Childhood Coordinator** ..... (651) 653-3102  
Darcy Rodriguez [darcy.rodriguez@isd624.org](mailto:darcy.rodriguez@isd624.org)

**Facility Scheduling** ..... (651) 407-7503  
[facilities@isd624.org](mailto:facilities@isd624.org)

**Out of School Time Coordinator** ..... (651)-407-7504  
Nicole Oswald [nicole.oswald@isd624.org](mailto:nicole.oswald@isd624.org)

**Out of School Time Billing & Registration** ..... (651) 407-7511  
Stacy Bertelsen [communityservicesbilling@isd624.org](mailto:communityservicesbilling@isd624.org)

**Receptionist** ..... (651) 407-7501  
Katie Huttler [katherine.huttler@isd624.org](mailto:katherine.huttler@isd624.org)

**Youth Enrichment & Development Specialist** ..... (651) 407-7544  
Zeebo Karouso [zeebo.karouso@isd624.org](mailto:zeebo.karouso@isd624.org)

**Youth Recreation &  
Middle School Sports Coordinator** ..... (651) 407-7506  
Matt Riebow [matthew.riebow@isd624.org](mailto:matthew.riebow@isd624.org)



Don't forget to self-screen before attending in-person classes. Students, teachers, and staff should stay home if they have signs of infectious illness, and should contact their health care provider for testing and care. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.



# Fall Flea Market

**Food Truck On Site**

**Sat, Sept 10**  
9 AM - 2 PM

You are invited to either **SELL** or **SHOP** at our Fall Flea Market!

Individuals, non-profits or small businesses are invited to set up their own mini-sale outside at the Senior Center!

For more information call 651-653-3121 or visit [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com) & search: FLEA



# Fall Boutique & Bake Sale

Fri, Nov 5 | 9am - 7pm  
Sat, Nov 6 | 9am - 3pm

WB Senior Center, 2484 E Cnty Rd F, WBL

Shop this fall's holiday boutique for unique home crafted items by local seniors. Home & holiday décor, mittens, scarves, kitchen items, jewelry, art and more!

## Health Expo for Adults 55+

WED, SEP 14 | 10:00 AM-3:00 PM  
SENIOR CENTER

The White Bear Press' 10th Annual Senior Health Fair, showcases a variety of vendors from senior housing to insurance, auto, financial services, health care business, flu shots, and much more. Come enjoy complimentary food, entertainment by Gary LaRue, and door prizes!



## Taking Care of You

Nov 15 | 9:00 AM-3:30 PM  
Senior Center  
2484 East County Road F, WBL

- Diabetic Shoe Show | 9:00 AM-3:30 PM
- Vision Loss Resources & Blood Pressure Screening | 9:00 AM-2:00 PM



## VETERANS DAY CELEBRATION


FRI, NOV 11 | 9:30-11:00 AM | SENIOR CENTER

Join us for a brief celebration of the brave men and women who served our country. We will have a short ceremony by the VFW 1782. Coffee, tea and sweets will be provided!



## EARLY CHILDHOOD TRUCK OR TREAT

OCT 27 | 5:00-6:30 PM  
NORMANDY PARK EDUCATION CENTER PARKING LOT



Keep up-to-date with the Community Services & Recreation as well as local organizations of upcoming community events and opportunities for youth with our Digital Backpack e-newsletter! To get signed up, email [communityservices@isd624.org](mailto:communityservices@isd624.org).

## VOLUNTEER COACHES NEEDED FOR YOUTH REC SOCCER, VOLLEYBALL, AND BASKETBALL!

Contact Matt Riebow at 651-407-7506 or [matthew.riebow@isd624.org](mailto:matthew.riebow@isd624.org).





# MANY FACES • MANY STORIES

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



## Many Faces: 25 African American Artists You Should Know

Do you know little, or next to nothing about their role in history or even why they are important? This class is the first in a series of four classes that will review the work and lives of 100 African American artists from four periods in history: The 18th & 19th Century; Harlem Renaissance and the WPA period; Early Contemporary from 1950, which includes Post-Modernism and the Black Art Movement; and Contemporary since 1980. While these artists may not be familiar names they are widely collected by museums and major private collectors. During this session we will learn how to tie the artists' names to the art, recognize their art style, important characteristics of their art practices and major influences on their art.

1009-529 | Thu, Oct 20 | 6:30-8:30 PM | \$20/household  
ONLINE

## Many Faces: Native American: How to Talk About Native Nations

Do you ever feel hesitant when searching for the right language to use to talk about Native nations? Join this short presentation on terminology basics, what's ok and not ok and hear a wide range of opinions on language and terminology within Indian Country. You'll also learn about topics such as: American vs. Indigenous vs. American Indian; Differentiating between reservations, casinos, and Native nations; and respectfully referring to individual Native people and groups of Native people. Although geared toward beginners, all are welcome. There will be a breakout session and a live Q&A with the presenters.

1009-526 | Mon, Oct 10 | 6:30-7:30 PM | \$20/household  
ONLINE

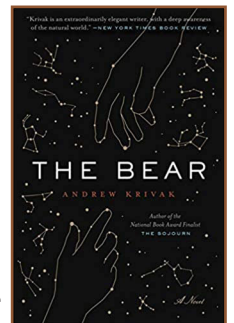
## NEA Big Read Equinox Kick-off Event

Andrew Krivak's *The Bear* shows incredible reverence for the seasonal cycles that shape our lives throughout the year. With this in mind, White Bear Center for the Arts will be kicking off Big Read White Bear Lake with an equinox gathering. Please join us for a family-friendly evening featuring indoor and outdoor activities inspired by *The Bear*. Together, we'll kick off the Big Read program series and honor this day of equal sunlight and darkness.

Thu, Sep. 22 | 6:30-8:30 PM | Free with registration  
whitebeararts.org, Event ID: BR01 | Location: WBCA

## Book Discussions: The Bear by Andrew Krivak

Join White Bear Center for the Arts for an in-depth conversation about *The Bear* at these in-person book discussions throughout the community! You'll be invited to 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. These discussions are part of NEA Big Read: White Bear Lake



**Ramsey County Library: White Bear Lake**  
Wed, Oct 12, 2022 | 2:00-3:30 PM | Free with registration  
www.rclreads.org

**Gable Pines at Vadnais Heights**  
Thu, Nov. 17 | 2:00-3:30 PM | Free with registration  
Call (651) 829-3171 to register

## Celebration of Lights: Diwali Tea

Hindus across the world celebrate Diwali, a five-day festival celebrating the victory of light over darkness. Diwali is one of the most popular holidays in India. Join us as we enjoy our own Diwali celebration with traditional decorations, treats, and tea.

Mon, Oct 24 | Time: TBD | Free  
Mahtomedi District Education Center,  
1520 Mahtomedi Ave, Mahtomedi  
Register at [www.mahtomedi.ce.eleyo.com](http://www.mahtomedi.ce.eleyo.com) or call 651-407-2018

## Alcohol Ink Coaster Set

Create a stunning, one-of-a-kind alcohol ink coaster set. These inks are pigment-intense, vibrant, free-flowing and filled with an energy all their own. Learn a new technique you can do at home!

**1211-539 | 1 Session | Mon, Dec 12 | 7:00-8:30 PM**  
**\$40 | Senior Center**

## Amazing Watercolours! **NEW**

Experiment with watercolor techniques and materials while painting landscapes and flowers. The instructor will help you focus on discovering your skills and increasing your confidence.

**1211-530 | 1 Session | Fri, Dec 16 | 9:30 AM-12:00 PM**  
**\$40 | Senior Center**

## Cord Rug **NEW**

Make a beautiful macrame cord rug! Using simple crochet stitches make a rug that is durable, washable and can last a lifetime. You only need to have limited crochet skills to participate. A \$25 supply fee is due at class.

**1009-533 | 1 Session | Thu, Oct 6 | 6:00-9:00 PM**  
**\$30 | Senior Center**

## Epoxy Lazy Susan (Ages 10+ w/adult)

Learn the basics of working with epoxy while making a personalized Lazy Susan. It's easy and fun to do.

**0911-566 | 1 Session | Tue, Oct 18 | 6:00-9:00 PM**  
**\$50 | Makerspace, 5966 Hwy 61 N, WBL**

## Fall Pumpkin Sweaters **NEW**

Make three Festive Fall Sweater Pumpkins by selecting from a variety of sweater colors and types. Complete your perfect pumpkin with embellishments such as ribbons, charms, vines, and more.

**1016-540 | 1 Session | Tue, Oct 25 | 6:00-8:30 PM**  
**\$45 | Senior Center**

## The Loon

Find your joy of painting in this easy to follow Bob Ross style painting class. We will paint on a 16"x20" canvas that will be ready for you to frame and hang on your wall at home. A \$20 material fee is due at class.

**1002-576 | 1 Session | Wed, Oct 5 | 5:30-9:30 PM**  
**\$60/person, \$105/pair | Senior Center**

## Mandala Art on Canvas

Mandala is a vibrant and colorful art that has a soothing power that will instantly relax and fascinate you. You will create your own 12"x12" canvas of your own design. A \$10 supply fee is due at class.

**1204-555 | 1 Session | Wed, Dec 7 | 5:00-7:00 PM**  
**\$40 | Senior Center**



## Fall Cottage Gate: Paint Date (Adult & Child 10+)

Experience a fun and relaxing class guided by a professional artist. Working as a team, each person will work on one side of the canvas. At the end, we will view the two sides together to make one piece of amazing art. A \$20 supply fee is due at class.

**1009-531 | 1 Session | Thu, Oct 13 | 5:30-7:30 PM**  
**\$50/pair | Senior Center**

## Photo Organization: Print & Digital **NEW**

Imagine all your photos, in one place and a system that allows you to access them in seconds! Learn about scanners; cloud storage services; owning versus renting space, what to keep/toss; and how to get your photos off your phone.

**1106-560 | 1 Session | Wed, Nov 9 | 6:30-8:30 PM**  
**\$45 | Senior Center**

## Glass Mosaic Table or Sign (Ages 15+) **NEW**

Learn how easy glass mosaics can be! Create a wonderful tabletop or sign! An idea book will be available to browse the patterns and stencils, as well as choose from dozens of colors of precut glass. Tables are 16"x16" and 16" tall and signs vary in size. Supply fees due at class: Table/\$65, Signs/\$16-\$40.

**1204-534 | 2 Sessions | Mon, Dec 5 & 12 | 6:00-9:00 PM**  
**\$30 | South Campus**

## Intro to Woodworking - Basics **NEW**

Discover the basics of working with wood and get some hands-on practice. Learn about wood types, their strengths and weaknesses, cross and rip cut, glue joints, sanding and more! Plus you will learn how to use: a table saw, miter saw, planer, and jointer.

**0911-565 | 1 Session | Wed, Sep 14 | 6:00-9:00 PM**  
**\$75 | Makerspace, 5966 Hwy 61 N, WBL**

## Pour Your Own Candle Experience **NEW**

Come pour your own candle with us. You get to choose your scents and pour your own candles into two 9 ounce vessels in this workshop. This is such a beautiful and unique experience.

**1009-538 | 1 Session | Mon, Oct 10 | 5:30-6:30 PM**  
**\$50 | Carpe Noctem Candle Co, 226 Main St S, Stillwater**



**Winter Snowman Family (Students under 15 w/adult)**

Paint your Snowman family! This is a super fun and easy class where you can paint your family. Great as a gift or for your own home. Additional boards will be available for purchase at class.

**1113-542 | 1 Session | Thu, Nov 17 | 6:00-8:30 PM**  
**\$45 | Senior Center**

**Felted Holiday Gnome NEW**

As temperature dips and the sun sleeps, whimsical, cozy gnomes make their appearance. Create your own gnome, perfect for decorating or gift giving. Learn the art of the needle felting technique as you work with natural wool roving. All supplies included.

**1127-590 | 1 Session | Fri, Dec 2 | 10:00 AM-12:30 PM**  
**\$40 | Gladstone Community Center, 1945 Manton St, Maplewood**

**Floral Watercolor NEW**

This is a great no-fear way to learn to paint or gain experience in watercolor painting. You'll receive step by step instructions and practice various watercolor techniques. All supplies included.

**1023-591 | 1 Session | Fri, Oct 28 | 10:00 AM-12:00 PM**  
**\$35 | Gladstone Community Center, 1945 Manton St, Maplewood**

**Comics & Cartooning Creation with a New Yorker Contributor NEW**

From the newspaper comic strip to the award winning graphic novel, comics are all about structure. This class introduces the history of comics and its structure, encouraging students to utilize different techniques to tell stories.

**1002-528 | 7 Sessions | Mon, Oct 3-Nov 21 | 7:00-8:00 PM**  
**\$65/household | ONLINE | No Class Oct 31**

## Cooking

**Scrumptious Pies & Tarts**

Spend the morning making wonderful fruity and creamy delicacies. Lemon meringue pie, creamy, fruit, nut pies, and shiny glazed tarts! Also learn to master fancy lattice work. Bring containers to bring home samples! A \$9 food fee is due at class.

**1204-546 | 1 Session | Sat, Dec 10 | 9:00 AM-1:00 PM**  
**\$40 | South Campus**

**Cookie Monsters (Adult & Child 8+)**

Each pair of bakers will mix, shape, and bake peanut butter balls, chocolate mints, peppernuts, sugar drop cookies, and spritz cookies. There will also be pre-rolled sugar-thins ready for decorating! A \$14 food fee is due the night of class.

**1023-545 | 1 Session | Sat, Oct 29 | 9:00 AM-12:00 PM**  
**\$40/pair | South Campus**

**Eggrolls & Samosas**

Restaurant-quality egg rolls and samosas made right in your own kitchen! These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas, and dipping sauces in class.

**1128-503 | 1 Session | Mon, Nov 21 | 6:00-7:30 PM**  
**\$30/household | ONLINE**

**Kolache! Texan Savory & European Sweet NEW**

Learn to create yeast and a sweet dough while learning to create these wonderful, delightful delicacies! The Texan Kolache is a fluffy extra large, mildly sweet baked doughnut, stuffed with sausage and other fillings like cheese. The Sweet Kolache, a pillow soft sweet roll, is filled with preserves and/or a sweet creamed cheese.

**1113-543 | 1 Session | Fri, Nov 18 | 6:00-8:00 PM**  
**\$35/household | ONLINE**

*Registration includes extensive recipe handout and link to class recording so you can re-watch at your convenience*

**Air Fryer Advanced NEW**

Are you ready to up your air fryer game? Log on to learn a variety of advanced air fryer cooking methods. Recipes include Everything Bagel rolls, sweet potato hash, wild rice and kale-stuffed chicken thighs, and mini pumpkin pies.

**0911-500 | 2 Sessions | Tue, Sep 13 & 20**  
**6:30-8:00 PM | \$45/household | ONLINE**

**CopyCat Meals From Your Instant Pot NEW**

Restaurant favorites made at home in your pressure cooker? YUM! Join Kirsten from her home kitchen as she demonstrates Wisconsin Cheddar Fondue (The Melting Pot), Pasta e Fagioli (Olive Garden), Pumpkin Cheesecake (Cheesecake Factory), and more.

**1114-502 | 1 Session | Tue, Nov 15 | 6:30-8:00 PM**  
**\$30/household | ONLINE**

**Festive Appetizers From Your Air Fryer/Instant Pot NEW**

We will be making Instant Pot Hot Crab & Shrimp Dip, Air Fryer Buffalo Cauliflower, Goat Cheese & Garlic Crostini, Jalapeño Rarebit Poppers, and more! Recipes will include oven/stove top directions too.

**1013-501 | 1 Session | Tue, Oct 18 | 6:30-8:00 PM**  
**\$30/household | ONLINE**



## 55+ Driver Safety

If you're 55 or older, receive a 10% 3 year discount on your auto insurance. The class consists of lecture, films and discussions and does not have any tests! At the end of class, you will receive a certificate of completion to give to your insurance company.

### FULL CLASS | \$45

2223-517 | Wed/Thu | Sep 14 & 15 | 5:30-9:30 PM | ONLINE

2223-519 | Wed/Thu | Oct 26 & 27 | 9:00 AM-1:00 PM  
Senior Center or ONLINE

2223-520 | Tue, Nov 15 & 22 | 9:00 AM-1:00 PM | ONLINE

2223-521 | Wed/Thu | Dec 7 & 8 | 5:30-9:30 PM  
Senior Center or ONLINE

### REFRESHER CLASS | \$35

2223-505 | Tue, Sep 6 | 12:00-4:00 PM | Senior Center

2223-521 | Tue, Sep 13 | 5:30-9:30 PM | ONLINE

2223-506 | Fri, Sep 16 | 9:00 AM-1:00 PM | Senior Center

2223-507 | Mon, Sep 26 | 5:30-9:30 PM | Senior Center

2223-522 | Tue, Oct 11 | 5:30-9:30 PM | ONLINE

2223-509 | Thu, Oct 13 | 9:00 AM-1:00 PM | Senior Center

2223-508 | Fri, Oct 14 | 12:00-4:00 PM | Senior Center

2223-510 | Tue, Oct 25 | 5:30-9:30 PM | Senior Center

2223-511 | Tue, Nov 8 | 12:00-4:00 PM | Senior Center

2223-523 | Tue, Nov 8 | 5:30-9:30 PM | ONLINE

2223-512 | Fri, Nov 11 | 9:00 AM-1:00 PM | Senior Center

2223-513 | Wed, Nov 30 | 5:30-9:30 PM | Senior Center

2223-514 | Fri, Dec 2 | 9:00 AM-1:00 PM | Senior Center

2223-524 | Tue, Dec 6 | 5:30-9:30 PM | ONLINE

2223-515 | Thu, Dec 8 | 9:00 AM-1:00 PM | Senior Center

2223-516 | Thu, Dec 15 | 5:30-9:30 PM | Senior Center

## Women, Wealth and Wisdom

Want to feel more empowered when it comes to financial choices for you and your family? Wondering what steps you can take now that will benefit you in the future? Join us to learn about saving, protection, investing and how these skills can positively impact your future.

1002-525 | 1 Session | Mon, Oct 3 | 6:30-8:00 PM  
\$20/household | ONLINE

## Save Money with Extreme Couponing

Learn how to save \$\$\$ every day for items other than just groceries! Learn where to find all different types of coupons, even for high ticket items; how to find the best coupon apps and websites; and how to match coupons with sales for maximum savings.

0925-563 | 1 Session | Sat, Oct 1 | 10:00-11:00 AM  
\$20/household | ONLINE

## 90-Minutes with an Estate Attorney

Learn how to plan and place your assets to meet your retirement needs, your nursing home goals, and after you have passed. Topics covered will be: estate tax and gift tax planning, a Will vs. A Trust, qualifying for Medicare, 60-month claw back and what happens if the nursing home exhausts the money you have.

1023-550 | 1 Session | Thu, Oct 6 | 6:30-8:00 PM  
\$25 | Senior Center

## Drafting Your Own Will

Developing a will is an important step in providing for the ones you love. What will happen when you die? Who will raise your children? Who will be your executor? What will happen to your stuff? Without a will, the law in Minnesota will make all decisions for you. Learn techniques of property distribution, basic will concepts and assess your need for a simple will. You will leave with a legally signed will to ease your mind.

1002-539 | 2 Sessions | Wed, Oct 5 & 19 | 6:30-8:30 PM  
\$65/person, \$110/pair | Senior Center

## Financial Power of Attorney & the Health Care Directive

Unexpected events happen. Plan now and learn about these benefits. Understand what the agent's responsibility is and factors in selecting your agent(s). Leave class with all the forms and information you need to aid you in preparing them.

1106-538 | 1 Session | Wed, Nov 9 | 6:30-8:30 PM  
\$40 | Senior Center

For complete class descriptions & images and to register, visit [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com).



## Getting the Most from Social Security

Social Security is a vital income source for many retirees. But it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop will help you get answers to your questions and learn what Social Security can mean for you.

**1127-200 | 1 Session | Wed, Nov 30 | 6:00-7:00 PM**  
**\$20 | Senior Center**

## Introduction to Socially Responsible Investing **NEW**

Interested in investing and making a positive impact? Socially responsible investing is a strategy that strives to generate both ethical change and financial returns.

**1009-527 | 1 Session | Tue, Oct 11 | 6:30-8:30 PM**  
**\$20/household | ONLINE**

## Medicare Annual Election Seminar **NEW**

With the Annual Election Period upon us, it is a great opportunity to take a look at your current Medicare insurance and make sure you are well covered. You have between October 15-December 7 to change plans.

**Location: Senior Center**

**1017-570 | 1 Session | Fri, Oct 21 | 2:00-3:00 PM | Free**

**1017-571 | 1 Session | Thu, Nov 10 | 2:00-3:00 PM | Free**

**1017-572 | 1 Session | Mon, Nov 14 | 10:00-11:00 AM | Free**

## Retirement from an Attorney's Perspective

This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Topics will include: estate planning, when to take your Social Security, key financial products and services, what to look for in a professional, and the final plans before the end - what can be too little too late?

**1023-552 | 1 Session | Mon, Nov 14 | 6:30-8:00 PM**  
**\$20/household | ONLINE**

## Special Needs Trust: Estate Planning for Families with a Special Needs Member

Did you know with proper planning, you can take care of a family member with special needs in your estate plan? Learn how to protect your assets and provide for the future benefit of a special needs loved one. Whatever the type of the asset, there are options you should know. Discuss how the special needs trust fits into your estate planning, planning for the future of your loved one, and pros and cons of a special needs trust.

**1023-551 | 1 Session | Wed, Dec 14 | 6:30-8:00 PM**  
**\$20/household | ONLINE**

## Will Taxes Affect Your Retirement?

It is critical to have a solid understanding of the tax status of your investments to make informed decisions and avoid paying more than your fair share. Learn how future tax changes may create the potential for higher taxes, ways to create tax-free retirement income, how Social Security is taxed, and how to work efficiently within current tax brackets.

**1013-551 | 1 Session | Wed, Nov 16 | 6:30-8:00 PM**  
**\$20 | Senior Center**

## Understanding Long Term Care Insurance Benefits **NEW**

This is especially important if your policy is 15-20 years old! Get answers to important questions you need to ask to understand what your policy covers, how to know if you qualify for a claim, and how to navigate what can be an obstacle course of paperwork, phone calls, and confusion.

**1113-535 | 1 Session | Wed, Nov 16 | 1:00-2:30 PM**  
**Free | Senior Center**

## Need-to-Know Changes to the College Planning Process **NEW**

Join us to learn how FAFSA and college financial aid changes may impact your family. Learn strategies to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

**1002-552 | 1 Session | Mon, Oct 3 | 7:00-8:00 PM**  
**\$20/household | ONLINE**

**FREE CLASSES THANKS TO A SPONSORSHIP BY  
 MATTHEW MERRICK OF THRIVENT FINANCIAL.**

## Social Security: Timing is Everything!

Social Security is a vital income source for many retirees. But it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

**1002-534 | 1 Session | Thu, Oct 6 | 6:00-7:30 PM**  
**Free | ONLINE**

## Five Keys to Retiring Fearlessly

Learn how to unlock a fearless retirement while answering questions such as: What do I need to know before my last paycheck? What types of accounts should I have? How do I turn my assets into a paycheck in retirement? In addition, you'll gain insight into Social Security, which has a lot to do with when you apply for benefits.

**1030-534 | 1 Session | Tue, Nov 1 | 6:00-7:30 PM**  
**Free | ONLINE**

## Cardio Drumming

Cardio drumming takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. We will use drumsticks, an exercise ball and ball stand to create one of the most fun workouts you'll ever do. Jam out to the music, take out your anger, sweat and HAVE FUN!

**0918-556 | 6 Sessions | Tue, Sep 20-Oct 25 | 6:30-7:15 PM**  
\$70 | Senior Center/Gym

**0918-557 | 7 Sessions | Tue, Nov 1-Dec 13 | 6:30-7:15 PM**  
\$80 | Senior Center/Gym

## POUND

Channel your inner ROCKSTAR with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Bring a yoga mat, water bottle and towel.

**1002-558 | 6 Sessions | Fri, Oct 7-Nov 11 | 6:00-7:00 PM**  
\$70 | Senior Center/Gym

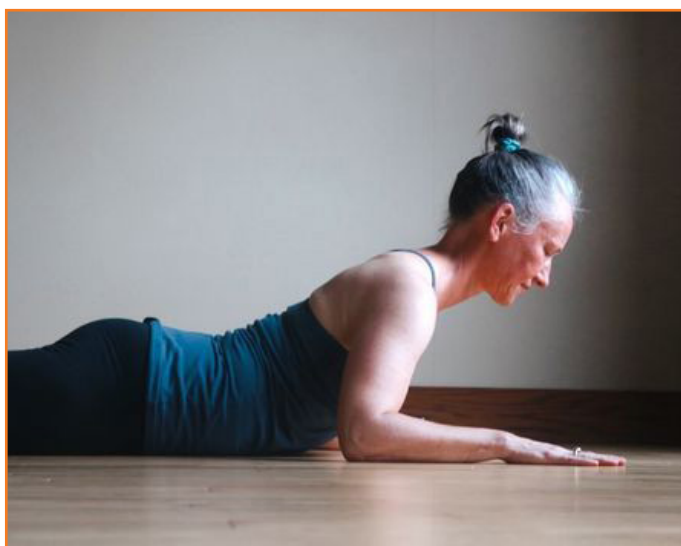
**1002-559 | 4 Sessions | Fri, Nov 18-Dec 16 | 6:00-7:00 PM**  
\$50 | Senior Center/Gym | No Class Nov 25

## Soma Yoga

Re-educate your muscles to release tension and create freer mobility. Emphasize moving from within our bodies using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina.

**0904-503 | 6 Sessions | Tue, Sep 6-Oct 18 | 9:30-10:30 AM**  
\$55/household | ONLINE

**0904-504 | 6 Sessions | Tue, Oct 25-Dec 13 | 9:30-10:30 AM**  
\$55/household | ONLINE | No Class Nov 8



## Tai Chi **NEW**

Tai Chi is a Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements, and specialized breathing techniques, to improve balance, health, and relaxation. Come see for yourself how Tai Chi can enhance your fitness, increase your sense of tranquility, and elevate you to new levels of vitality and well being.

**0925-540 | 8 Sessions | Mon, Sep 26-Nov 21 | 8:00-9:00 PM**  
\$70 | Senior Center/Gym | No Class Oct 31

## Yoga - Whole Body Vinyasa

Designed to increase both your strength and flexibility. The breath is incorporated into each exercise and is designed to relieve stress and anxiety. Each pose will be described in detail for beginners as well as modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga! \$15 drops welcomed!

**1002-501 | 6 Sessions | Tue, Oct 4-Nov 8 | 5:15-6:15 PM**  
\$70 | Senior Center/Gym

**1002-502 | 6 Sessions | Tue, Nov 15-Dec 20 | 5:15-6:15 PM**  
\$70 | Senior Center/Gym

## Pickleball

The White Bear Area Pickleball Club runs year-round. Starts January 1 and expires December 31.

**Club Dues:** \$25 for district residents, \$30 for non district resident

**Indoor Pickleball:** The Armory, 228 4th Street, WBL (downtown)

**Outdoor Pickleball:**

North Campus, Bald Eagle Ave, WBL

Sunrise Middle School, 2399 Cedar Ave, WBL

Register online at [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com), course # 9600.500 or call 651-407-7501.

Questions? Call Jon at 651-653-3126 or [jon.anderson@isd624.org](mailto:jon.anderson@isd624.org)

View schedule at:

[communityservices.isd624.org/adults-seniors/adult-recreation](http://communityservices.isd624.org/adults-seniors/adult-recreation)

## Get Up & Go Fitness; Aerobics

Purchase punch cards at the White Bear Area Senior Center. Classes held at White Bear Dance Center, 2462 County Rd F East, WBL.

\$55/punch card for 8 classes

See page 15 for more details.



Stay connected and follow us on Facebook!  
**@wblasrec**



### Metabolism Boosters & Busters

The scale has stopped moving and you can't lose weight. By revving up your metabolism, you'll burn more calories, lose fat, boost energy, feel stronger and more fit. Learn simple daily activities and burn up to 30 more calories.

**1002-565 | 1 Session | Thu, Oct 6 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Mindful Movement **NEW**

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

**1002-540 | 4 Sessions | Th, Oct 6- 27 | 7:30-8:30 PM**  
\$45/household | ONLINE

### Overcome Your Carbohydrate Cravings

Do you crave starches, snack foods, and sweets? We will discuss a two-week plan that will stop your cravings, help you lose weight, and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology.

**1009-566 | 1 Session | Mon, Oct 10 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Understanding Alzheimer's & Dementia

Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

**1009-600 | 1 Session | Wed, Oct 12 | 6:30-7:30 PM**  
\$10/household | ONLINE

### Honoring Choices: Your Healthcare Directive

Is your Advanced Directive up to date? Do you know what a Health Care Directive is? This document makes your wishes clear when you are not able to share them. Learn what a healthcare agent is and how to choose one. We will also discuss when you should review and revise your directive throughout your lifetime and who should have a current copy.

**1009-563 | 1 Session | Thu, Oct 13 | 6:00-7:00 PM**  
\$10/person, \$15/pair | Senior Center

### SHINRIN YOKU – Forest Bathing

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

**1009-562 | 1 Session | Sat, Oct 15 | 2:00-4:00 PM**  
\$40/person, \$65/pair | Tamarack Nature Center



### Thyroid Things You Need To Know

Are you taking thyroid medication? Are you still gaining weight, anxious or a variety of other symptoms? Learn how thyroid function can make an illness worse; five things that need to be measured, commonly misunderstood medication rules of and what you need to discuss with your doctor.

**1016-567 | 1 Session | Mon, Oct 17 | 6:00-7:30 PM**  
\$30/household | ONLINE

### Low Vision Seminar **NEW**

Discuss the major causes of vision loss, how to make the most of your usable vision, and also tools and devices that can help make life less frustrating if you have low vision.

**1017-620 | 1 Session | Fri, Oct 21 | 10:00-11:30 AM | Free**  
Senior Center

### 10 Warning Signs of Alzheimer's

Alzheimer's and other dementia's cause memory, thinking, and behavior problems that interfere with daily living. Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and resources.

**1023-601 | 1 Session | Mon, Oct 24 | 6:30-7:30 PM**  
\$10/household | ONLINE

### Everything You Want To Know About Medicare

This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up.

**1023-535 | 1 Session | Tue, Oct 25 | 6:30-8:00 PM**  
\$20/person, \$35/pair | Senior Center

**1023-536 | 1 Session | Wed, Nov 30 | 6:30-8:00 PM**  
\$20/person, \$35/pair | Senior Center

### Seated Abdominal Strengtheners That Won't Stress Your Back or Neck Joints

Abdominal muscles weaken and lose shape overtime. Learn a series of effective exercises to quickly strengthen all four layers of abdomen, without getting on the floor.

**1016-568 | 1 Session | Wed, Oct 26 | 6:00-7:30 PM**  
\$30/household | ONLINE

## Moving Out of Loneliness **NEW**

Loneliness is not just being alone; sometimes solitude can be pleasant. Loneliness carries the feeling of being cut off or alienated. It can make one feel like nobody cares about them and by drawing away from others. Discuss the steps you can take to get away from loneliness along with the ability to enjoy solitude.

**1023-510 | 1 Session | Thu, Oct 27 | 6:00-7:30 PM**  
\$20/household | ONLINE

## Posture, Get It Straight!

Learn to correct common posture problems that will have you standing straighter. Discuss tips when at a computer, car or working out. No matter how long you've had poor posture, it is never too late to make improvements!

**1030-569 | 1 Session | Thu, Nov 3 | 6:00-7:30 PM**  
\$30/household | ONLINE

## Managing Money: A Caregiver's Guide to Finances **NEW**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Hear tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**1113-602 | 1 Session | Mon, Nov 14 | 6:30-7:30 PM**  
\$10/household | ONLINE

## Acupressure Face Lift & Skin Savvy

Want to look and feel younger? Stimulating facial acupressure points can help naturally erase years from your face, bring a healthy glow to your skin; decrease headaches, relieve eye strain, soothe nerves, and increase relaxation.

**1204-570 | 1 Session | Mon, Dec 5 | 6:00-7:30 PM**  
\$30/household | ONLINE

## A Happy Old Age **NEW**

Many people go into old age without any preparation for being happy. Discuss what habits we can set up to prepare for a happy old age. Our attitudes can be very helpful in changing despair to satisfaction.

**1023-511 | 1 Session | Thu, Dec 8 | 5:00-7:30 PM**  
\$20/household | ONLINE



## Home

## Fall into Winter

Learn about how to put your garden to bed in this class, with information about what to do for your garden and landscape between September and February.

**0918-559 | 1 Session | Mon, Sep 19 | 6:30-8:00 PM**  
\$20/household | ONLINE

## Celebrations of Life & Funerals: How to Talk About It & Green End of Life Options **NEW**

An overview of why and how we should all be talking about our celebration of life or funeral wishes, and what green options are available in the Twin Cities.

**\$10/person, \$15/pair | Normandy Park**

**1002-603 | Tue, Oct 4 | 6:00-7:00 PM**

**1002-604 | Fri, Oct 14 | 1:30-2:30 PM**

## Moving in the Right Direction **NEW**

How to take the fear and procrastination out of the equation when considering a move from a lifelong home. Tips and helpful information to make the process easier and less overwhelming

**1016-589 | 1 Session | Wed, Oct 19 | 10:00-11:00 AM**  
\$5 | Senior Center

## Should I Stay or Should I Go: Housing Needs for Today and Tomorrow **NEW**

We will discuss and review lifestyle options for senior living. Should I stay and age in place by making home modifications to reduce risks OR should I move to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

**1016-562 | 1 Session | Thu, Oct 20 | 10:00-11:30 AM**  
\$15/person, \$20/pair | Senior Center

## Growing Microgreens

Quick-growing vegetable and herb seedlings can be grown indoors and can be used in salads or as fresh green in many types of dishes during the cold seasons of the year. The microgreens we are planting will be ready for your holiday dinners!

**0918-560 | 1 Session | Wed, Nov 9 | 6:30-8:30 PM**  
**\$20/person, \$30/pair | Senior Center**

## How to Graduate from College with a Job in Hand

It is realistic to believe that students can have a job secured by graduation. What's the secret? There are specific activities that can be undertaken throughout the college years to set students up for success.

**1030-553 | 1 Session | Wed, Nov 2 | 6:00-6:45 PM**  
**\$25/household | ONLINE**

## You Auto Know

Have you always wished someone had taught you the basics of maintaining a vehicle? Join us for a fun-filled course that covers the basics of vehicle maintenance, how to check your vehicle's fluids, tire inspections, how to choose a repair facility and more.

**1107-231 | 2 Sessions | Tue & Thu, Nov 8 & 10 | 4:00-7:00 PM**  
**\$30 | South Campus**

## Interviewing - It's a Skill **NEW**

Whether you haven't interviewed for a job in a long time, or you simply feel that you could do it better, this class will help you prepare in a way that gets results. You will learn: how to anticipate questions, including the three key questions every interview includes, what employers want to hear, common mistakes, and how to 'seal the deal.' Attend and boost your chances of interviewing success!

**1106-555 | 1 Session | Wed, Nov 9 | 6:00-7:00 PM**  
**\$35/household | ONLINE**

## Houseplant Success **NEW**

Caring for your indoor plants is a little different from outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems.

**1120-561 | 1 Session | Mon, Nov 21 | 6:30-8:00 PM**  
**\$20/household | ONLINE**



## Music & Dance

## Easy Partner Dancing (Students 15+)

No matter the occasion, you'll be prepared to dance! Learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more! If you think you have no rhythm and two left feet, this is the perfect course for you! Couples dance together/singles rotate with other singles.

**1106-556 | 4 Sessions | Wed, Nov 9-Dec 7 | 7:00-8:30 PM**  
**\$60/person, \$100/pair | South Campus | No Class Nov 23**

## Party Line Dance

No need to sit and watch any more: step into the party with this workshop of the popular lines dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed.

**0925-558 | 1 Session | Wed, Sep 28 | 6:00-7:00 PM**  
**\$20/person, \$30/pair | South Campus**

## Wedding Dance Crash Course - It's Not too Late!

Learn fun moves and simple tips to have you feeling comfortable and looking great for any occasion! With the expert guidance of 3-time Ballroom Dance champion, Monica Mohn, you'll be dancing before you know it! Couples only please.

**0925-557 | 1 Session | Wed, Sep 28 | 7:00-9:00 PM**  
**\$40/pair | South Campus**

## Harmony Adventure for Women

Experience great fun singing four part harmony with the Vallee de Croix Women's Chorus. At evening rehearsals you will be provided music, learning materials, and vocal coaching, culminating in holiday performance opportunities in December. A free voice lesson is included.

**1009-532 | 9 Sessions | Mon, Oct 10-Dec 5 | 7:00-9:00 PM**  
**\$30 | Our Savior's Lutheran Church, 1616 W. Olive St., Stillwater**



## Podcasts for Beginners

Podcasts are one of the most popular tools for learning and personal growth. Learn how to download a Podcast app, understand the different categories, how to subscribe to a Podcast and how to listen to them while in your home, car, or out for a walk. No prior experience required!

**0918-535 | 1 Session | Mon, Sep 19 | 12:00-1:00 PM**  
**\$20/household | ONLINE**

## Social Media for Businesses

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Learn how to craft an effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

**0918-552 | 1 Session | Tue, Sep 20 | 12:00-1:00 PM**  
**\$20/household | ONLINE**

## Help with Snapchat

Learn what Snapchat is and how it is used, what the basic features include, how to set up safety features, how to check for profile details, and how advertisers work to target audience members. Stay up to date in today's digital world with this fun and informational class.

**0925-520 | 1 Session | Mon, Sep 26 | 12:00-1:00 PM**  
**\$20/household | ONLINE**

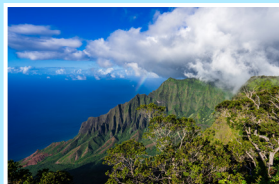
## Travel Show: Where to Go?!

Join us as we discuss the current state of the travel and tour industry. While many destinations have been on a pause, or are re-opening, now is the ideal time to learn and dream about touring again

**1024-560 | 1 Session | Fri, Oct 28**  
**10:00 AM-12:00 PM | Free | Senior Center**

### Locations:

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



## Twitter for Beginners

Have you been curious as to what Twitter is exactly? Learn the basics about one of the largest social media platforms in the world. You'll learn how to create a profile, read what others are saying, how to send a Tweet, and more.

**1002-526 | 1 Session | Mon, Oct 3 | 12:00-1:00 PM**  
**\$20/household | ONLINE**

## How to Use Uber for Independence

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through this ride sharing service. Students will learn the basics and gain the knowledge on how to use Uber. Training materials will be provided for each attendee.

**1002-560 | 1 Session | Tue, Oct 4 | 12:00-1:00 PM**  
**\$20/household | ONLINE**

## Username and Passwords and Two-Factor, Oh My! **NEW**

Learn why you need to have strong, secure, and unique passwords. We will show you how to set up an organized system so you can easily keep track of your passwords. You'll walk away understanding the importance of Two-Factor Authentication and how to set it up.

**1002-535 | 1 Session | Wed, Oct 5 | 10:00 AM-12:00 PM**  
**\$25 | Senior Center**

## How To Create Your Own YouTube Channel

In this fun beginner class, you'll learn the basics to create and begin your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience!

**1009-528 | 1 Session | Tue, Oct 11 | 12:00-1:00 PM**  
**\$20/household | ONLINE**

## What in the World Is an NFT? **NEW**

Learn what you need to know about this digital asset in today's technology world. You'll leave the class with a basic understanding of what an NFT (non-fungible token) exactly is, how it's used and their impact on the future for music, artists and digital creators!

**1009-530 | 1 Session | Mon, Oct 17 | 12:00-1:00 PM**  
**\$20/household | ONLINE**



Keep up-to-date with the Community Services & Recreation as well as local organizations of upcoming community events and opportunities for youth with our Digital Backpack e-newsletter! To get signed up, email [communityservices@isd624.org](mailto:communityservices@isd624.org).

## White Bear Area Senior Center

Normandy Park Education Center | 2484 East County Road F, White Bear Lake, MN 55110  
Mon-Fri | 8:00 AM-4:30 PM | 651-653-3121 | Email: whitebearseniorprogram@isd624.org  
[www.WhiteBearSeniorProgram.org](http://www.WhiteBearSeniorProgram.org)

*The White Bear Area Senior Program provides education, recreation, volunteer opportunities, resource for seniors and their families.*

## Senior Center Membership

JULY 1-JUNE 30

Membership is required to attend ongoing group activities at the Senior Center.

New memberships and renewals can be processed in our Main Office, by calling 651-653-3121 or visit our website at [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com) and search "membership".

The Voice is a free, quarterly newsletter. If you would like to be added to our mailing list call 651-653-3121.

Current Wave Monthly Email provides supplemental information to the Voice newsletter. To receive this email call 651-653-3121.

## Craft Corner Gift Shop

Open 11:00 AM-3:30 PM daily  
(651) 653-3130

Our gift shop is the perfect place for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 50+ years old or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

## Senior Center Open House

SEP 9, 10:00 AM-1:00 PM

Adults 50+ join us for coffee and treats while exploring the Senior Center and learn about our activity opportunities. Each of our groups will be here to provide your information about the group and answer your questions. All of our groups would love new members!

## Senior Crafts at Senior Center

- **Willow Tree**  
Sep 30 | 10:00 AM-12:00 PM | \$20
- **Happy Gnome**  
Oct 20 | 10:00 AM-12:00 PM | \$20
- **Ribbon Tree**  
Dec 7 | 9:00-11:30 AM | \$15



## TAKING CARE OF YOU - NOV 15

- Mobility & Diabetic Shoe Show**  
- 9:00 AM-3:30 PM
- Blood Pressure Screening**  
- 9:00 AM-2:00 PM
- Vision Loss Resources**  
- 9:00 AM-2:00 PM

Senior Center is closed:

Sep 5, Nov 24, 25,  
Dec 22, 23, 26-30, Jan 16

Meals on Wheels will deliver  
on Dec 26.

## Get Up & Go Fitness

Purchase punch cards at the White Bear Area Senior Center. Classes held at White Bear Dance Center, 2462 County Rd F East, WBL.

\$55/punch card for 8 classes

## Aerobics

Tue-Fri | 9:30-10:30 AM

Improve endurance, flexibility and strength, balance and coordination. Designed for people needing a slower tempo and less vigorous program.

## Health Discount

Your health insurance plan may participate in the program. Contact your insurance provider to find out about cost. We accept Silver Sneakers and One Pass.

Qualifying members can participate in the Get Up & Go classes for free.

See more fitness classes  
on page 10!

## Foot Care Clinic at the Senior Center

2484 East County Rd F, WBL  
\$50 / 35 minute appointment.  
Call 651-653-3121 to make an appointment.

Cash, check or credit card\*

\*Credit cards will be charged an additional \$3 processing fee starting in October.

## Sidekick Theater - Rockin' Around the Christmas Tree

Get into the holiday spirit with a rocking selection of some of the season's best music and favorites 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!

Lunch will be served: If you have special dietary needs please request ahead of time.

**BUS DEPARTURE:** 10:30 AM sharp from Mahtomedi Ed Center, 1520 Mahtomedi Ave  
**BUS RETURN:** 4:00 PM to Mahtomedi Ed Center

**1205-560 | Thu, Dec 8 | 10:30 AM-4:00 PM | \$65**

Sidekick Theatre, 11411 Masonic Home Drive, Bloomington, MN 55437



## Community Bridge Consortium

(651) 748-7252

To register call 651-748-7232.

www.isd622.ce.eleyo.com

### Programming for Adults with Cognitive Disabilities

#### Brochure Mailing List Sign-Up

(651) 748-7232

The Community Bridge Consortium is a quarterly brochure listing a variety of classes/activities for adults with Developmental Cognitive Disabilities (DCD).

These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call 651-748-7232 for information or to be placed on the brochure mailing list.

#### BINGO

Tue, Oct 4 | 6:00-7:30 PM | \$10 | WBL Senior Center

#### Fabulous Flowers

Turn random pieces of fabric and ribbon into decorative flowers to display or wear on your favorite hat, jacket or outfit.

Thu, Nov 17 | 6:00-8:00 PM | \$25 | WBL Senior Center

#### Ribbon Tree

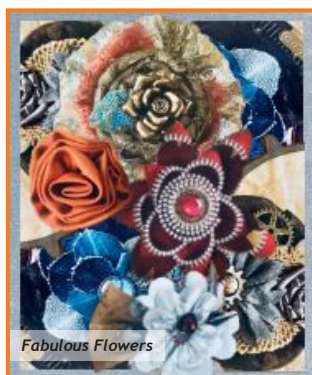
Make two holiday ornaments! No sewing involved. Easy to do and super cute!

Mon, Dec 12 | 6:00-7:30 PM | \$15 | WBL Senior Center

#### Learn to Draw Animals

In a few, easy shapes you can draw anything from an owl, to a buffalo, to a squid!

Wed, Jan 25 | 6:00-7:30 PM | \$15 | WBL Senior Center



#### Special Needs Trust: Estate Planning for Families with a Special Needs Member

1023-551 | 1 Session | Wed, Dec 14 | 6:30-8:00 PM  
\$20/household | ONLINE

See page 9 for more details



**Meals on Wheels** is a community based program that delivers nutritious meals to your home through the help of volunteers. Meals on Wheels is for anyone in our community in need of support or for those who just need a break.

#### Hot or Cold Meals - Order Monthly

Menus sent to clients monthly

Pick & Choose	Meal Price Range
when you want meals	\$5.80 - \$8.90
<b>Delivered between</b>	depending on
11:30 am - 12:45 pm	monthly income

#### Frozen Meal Options - Delivered Weekly

Included: vegetable, side, dessert, and beverage

##### Chicken/Turkey Meals

Arroz Con Pollo  
Breakfast Turkey Sandwich  
Chicken Tinga  
Chicken w/Swiss & Mushroom  
Hmong Style Chicken  
Honey Garlic Chicken  
Latin Roast Chicken  
Roast Turkey Dinner  
Seared Chicken & Gravy  
Southwest Turkey Bowl  
Turkey Curry Bowl  
Turkey Tetrazzini  
Vietnamese Style Chicken

##### Pork Meals

Baked Ham  
Garlic Parmesan Pork Loin  
Hmong Sweet Pork  
Italian Sausage Egg Bake  
Latin Roast Pork  
Pork Al Pastor  
Sesame Noodles & Pork

##### Vegetarian Meals

Breakfast Hash  
Lentil Soup  
Oatmeal  
Stuffed Peppers  
Vegetable Sweet and Sour

##### Beef Meals

Chili  
Cuban Beef  
Meatloaf  
Pasta w/Meat Sauce  
Pot Roast  
Salisbury Steak

##### Fish Meals

Baked Mahi Mahi  
Ginger Soy Fish  
Mustard Herb Roasted Fish  
Tuna Casserole

For more information, contact the White Bear Lake Meals on Wheels at 651-653-3123 or mealsonwheels@isd624.org





White Bear Lake Area Schools  
Community Services and Recreation  
Department, in cooperation with  
North St. Paul-Maplewood-Oakdale  
Community Education and Mahtomedi  
Community Education, offer full-service

Adult Basic Education (ABE) programming for all area residents  
through Harmony Adult Education.

## Courses:

- **English Language Classes (ESL):** Join our community of adult learners and improve your English language skills. Classes are held online on Tuesdays and Thursdays. Teachers are available from 9:00 AM-12:00 PM or 5:00-8:00 PM. To register, please call 651-748-6208.
- **GED Prep & Testing:** General Education Development (GED) Preparation is a self-paced program designed to help you study and prepare to take the GED tests. Day or evening drop-in classroom training is available at no cost to adults in our community. Our staff will work with you on the subjects in which you need improvement. Practice tests help monitor your progress and prepare you for taking the official GED tests. The time needed to complete the GED varies for each student.
- **Health Care Careers:** Are you interested in a career in health care? We can help you train for an entry-level position on a track toward a career as a Home Health Aide (HHA), Certified Nursing Assistant (CNA), Licensed Practical Nurse (LPN) or Registered Nurse (RN). We work with local Senior Housing and assisted living and memory care facilities to help workers find employment.
- **IT Careers:** Harmony Adult Education can help you prepare for a future career in the Information Technology (IT) field. Students may begin this free course at any time and certification tests are offered onsite.
- **Paraprofessional Careers:** Adults seeking employment as a paraprofessional are often required to have an associate's degree or at least 60 college semester credits. The ParaPro test is an alternative way to satisfy this requirement.  
We offer no cost study classes and practice tests for the ParaPro test. Testing is also available onsite. Students are responsible for testing fees.

For more information or questions on the many free classes offered, GED Diploma, and testing, call 651-748-6208 or visit [www.isd622.org/Page/6231](http://www.isd622.org/Page/6231). To register for any class offerings and to schedule an assessment, call 651-748-6208 or email: [harmonyabe@isd622.org](mailto:harmonyabe@isd622.org). Office hours are M/T/W: 9:00 AM-8:00 PM, Thu: 9:00 AM-5:00 PM, Fri: 9:00 AM-2:00 PM.

**Somali, English/other languages:** Haddii aad u baahan tahay macluumaad this turjumay Soomali fadlan la xiriir 651-592-3950.

**English/other languages:** 651-407-7625.



## Clases de la Educación Básica de Adultos (Gratis)

- Inglés como Segundo Idioma
- Clases de GED
- Clases para entrar a carreras en: IT, el sector de salud, o escuelas profesionales

**Para buscar empleo con las escuelas de White Bear:**

[www.isd624.org/employment](http://www.isd624.org/employment)

## Recursos Adicionales:

- Ayuda Alimentaria (White Bear Food Shelf)
- La Fundación Educacional de White Bear
  - “El Closet”- Ropa gratuita para familias
  - Ayuda financiera para clases y actividades de niños y adolescentes

## Cursos Populares:

- Clases de manejar
- Preparación para el ACT

**Para Español por favor llame al 651-407-7625.**

## Cov Chav Kawm Rau Cov Neeg Laus Basic Education (DAWB)

- Lus Askiv Yog hom lus Ob
- GED Kev npaj & Xeem
- Kev cob qhia ua haujlwm hauv: IT, Healthcare, or Paraprofessional hauv Tsev Kawm Ntawv

**Ua haujlwm hauv 624:** [www.isd624.org/employment](http://www.isd624.org/employment)

## Muaj keb pab cuam:

- White Bear Lake Food Shelf
- White Bear Lake Educational Foundation
  - The Closet khaub ncaws - Khaub ncaws ua xav tau
  - Kev Pab Nyiaj rau Cov Hluas rau Kev Txhim Kho thiab Kev Ua Si

## Cov chav kawm nrov:

- Kev Kawm Tsav Tsheb
- ACT Xeem Kev npaj

**Xav tau ntawv Hmoob hu rau 651-407-7623.**

# Early Childhood

## ECFE Classes include Three Components:

- » **Parent-Child Interactiown:** You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.
- » **Parent Education:** Meet with other parents and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children's classroom for non-separating classes.
- » **Children's Classroom:** While parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.

## Early Childhood Screening

### SCREEN AT THREE

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

### 3 reasons to screen at age 3:

- » Screening can ensure school success
- » If health or developmental concerns are identified, educational services are available immediately
- » It is fun for children and provides caregivers with valuable information regarding child development

To register, call 651-653-3100 or visit [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com).

Early Childhood Screenings are held at:

Normandy Park Educational Center  
2482 East County Road F, White Bear Lake, MN

Early Childhood Screening Dates	
September 16, 23	8:30-10:30 AM   12:15-2:15 PM
October 7, 14, 29	8:30-10:30 AM   12:15-2:15 PM <i>Oct 29: 8 AM-12 PM</i>
November 4, 11, 18	8:30-10:30 AM   12:15-2:15 PM
December 2, 9	8:30-10:30 AM   12:15-2:15 PM

## Home Visits

- » ECFE makes house calls. Home visits are offered to families with children birth to age five (not yet in kindergarten). A licensed Family Educator will share information about community resources and talk about how children grow and develop, and how your child learns.
- » Contact Tami at 651-653-3159 or [tamara.lemieux@isd624.org](mailto:tamara.lemieux@isd624.org) to schedule your free home visit.

## Infants

AGES BIRTH-5 BY SEP 1, 2022

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

**Mondays | 8:45-10:15 AM | Normandy Park**

## Ones

AGE 1 BY SEP 1, 2022

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines, and parenting styles.

**Tuesdays | 8:45-10:45 AM | Normandy Park**

*Gradual parent/child separation will occur as the class and children's needs are met*

**Wednesdays | 8:45-10:45 AM | Normandy Park**

*Non-separating*

## ECFE Terrific Twos

AGE 2 BY SEP 1, 2022

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development. This class is a traditional ECFE class with parent.

**Wednesdays | 8:45-10:45 AM | Normandy Park**

**Thursdays | 8:45-10:45 AM | Normandy Park**

## Multi-Age

AGES BIRTH-5 BY SEP 1, 2022

Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning and other topics. Gradual parent/child separation is flexible and can occur as the child's needs are met.

**Mondays | 6-7:30 PM | NP | Cost: Fee B**

**Thursdays | 6-7:30 PM | OE | Cost: Fee B**

**Fridays | 8:45-10:45 AM | NP | Cost: Fee A**



**Follow us on Facebook!**

**White Bear Lake Early Childhood Programs**



## Parent-Child Playschool

AGES 2-3 BY SEP 1, 2022

Playschool is an opportunity for children to become more comfortable and confident in a classroom setting, learn to follow rules, routines and directions, begin to initiate social interactions, and become an integral part of a group.

In the fall, children come to school with a parent/guardian and spend time in a traditional ECFE classroom gaining these skills and separating during parent time.

Starting the first week November, we will implement the second day as child-only. Children may attend the second day, Tuesday, as soon as they are 2.5 years old.

**Mondays & Tuesdays | 8:45-10:45 AM | Normandy Park**  
Monday is a parent/child day, Tuesday is child only starting Nov 1

## Family Literacy

AGES BIRTH TO 5 (BEFORE KINDERGARTEN)

This multi-age class meets two days per week and is for families wanting to practice English. Parents and children attend together to improve their English language skills through conversation, learning activities, music, and more. An English/ESL teacher and an ECFE teacher teach the class together.

**Mondays & Wednesdays OR Tuesdays & Thursdays**

**Sep 12-Jun 2 | 11:30 AM- 2:00 PM | Normandy Park**  
\$25 per month

Fee scale	
Income	Class Fee
\$0-29,999	\$450
\$30-49,999	\$550
\$50-69,999	\$650
\$70-89,999	\$750
\$90,000+	\$850

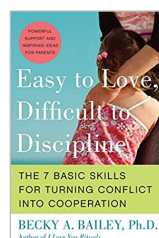
## Conscious Discipline Virtual Parenting Circle

Join us for an online parenting circle led by a licensed parent educator. The focus of this group will be Conscious Discipline framework. We will become more aware of the importance of self-regulation as an effective and positive way to handle the frustrations of parenting. Learn what the Conscious Discipline philosophy is, followed by digging deeper into it's enlightening concepts that apply to not only your relationship with your child but also how to foster all relationships.

**Tuesdays | 6:30-7:45 PM | \$55 | ONLINE**

**Level 1-Runs for 13 weeks**

**Session A Sep 13-Dec 13**



**Book Recommendation for Parents:** Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation by Becky A. Bailey, Ph.D.

**About the Author:** Becky A. Bailey, Ph.D., specializes in early childhood education and developmental psychology. Her lectures reach more than 20,000 people annually, and her awards include a Parents' Choice Foundation commendation for three of her parenting audiotapes. She has appeared on CNN, PBS, and The Hour of Power with Dr. Robert Schuller, among other programs.

## Fall Farm Fun at Pinehaven

AGES 1+ W

Join us for a trip to the farm. We will take a trolley ride out to the pumpkin fields and pick a pumpkin to bring home and we will visit the animals on the farm. Children will get to pet a variety of sheep, goats, donkeys, cows, mini horses and even see the emu and peacocks. Afterwards families can explore the play sets, corn pits, and giant slide. Check in starts at Normandy Park at 8:45 AM. Bus leaves at 9 AM and returns to Normandy Park at 12:30 PM. Families can drive separate or sign up for the bus ride. Bring a snack. This is a caregiver and child field trip. Registration is limited, event is rain or shine.

**Mon, Oct 17 | 9:00 AM-12:30 PM | \$9.50 per person ages 1+**

## Fall Parent Event

**TALKING TO YOUR KIDS ABOUT RACE AND DIVERSITY**

Families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future - but only if we talk about it!

Children are never too young to learn about diversity. As caregivers, we must have confidence in ourselves to facilitate these conversations and teach children about the world around them.

Join us for an interactive conversation about how to talk about race, learn tools and tips to facilitate positive conversations with your family. Targeted towards families with children ages 0-5.

**Free | Thu, Nov 10 | 6:30-7:30 PM | Normandy Park**

**Childcare is \$5 per child with a \$10 max per family**



# Early Childhood

## Grandparents Class NEW

AGES BIRTH-5 BY SEP 1, 2022

When we had young children they didn't come with instruction manuals and as we journey into being grandparents, we find that they still don't. Whether you are on full time duty raising your grandchild or want to have a special time with your young grandchild, this ECCE class is for you. Come and connect with other grandparents and have a chance to play in an environment set up with young children in mind. We will explore the unique joys and challenges of being a grandparent during our separation time.

**Thursdays | 8:45-10:45 AM | Normandy Park**

## Lunch Buddies NEW

AGES BIRTH-5 BY SEP 1, 2022

Not all young children nap but all young children enjoy special time with their caregivers and other children. This class will meet for lunch and a playdate weekly either at the park or at Normandy Park Education Center. Bring your own light lunch, and be ready to enjoy playing and having fun with messy materials and friends.

**Thursdays | 11:30 AM-1:30 PM | \$45/3 month session**

**Sep-Nov & Mar-May: West Park Pavilion - Weather permitting**

**Dec-Feb | Normandy Park**

*On days when the weather is not conducive to outdoor play*

## Preschool Parenting Connection NEW

Are you looking to connect with other parents of preschoolers? Are you interested in having meaningful discussions about being a parent? Would you like resources and information on fostering your relationship with your child? If your answer is 'Yes!', then please join us at Caribou Coffee. This group will be guided by a licensed Parent Educator who will provide knowledge on a variety of topics such as Discipline, Fostering Peer Relationships, Transitions, Children and Technology as well as the groups interests for desired topics.

**\$45 per 3 month session | Thursdays | 8:45-10:15 AM**

**Caribou, 4733 Highway 61, downtown WBL**



## Young Explorers

AGES 2.5-3 BY SEP 1, 2022

Children will learn and discover exciting things in these "child only" drop off classes. These theme based classes offer opportunities to work on age-appropriate developmental skills that will foster curiosity while exploring new learning experiences.

### Session 1: "Look What I Can Do!"

Welcome to our classroom! This month we are exploring the classroom, learning how to use school materials, such as glue, scissors, markers, and crayons, exploring the school building, and learning the routines in a classroom. Get ready to play, learn and have some fun in Young Explorers.

**\$45 | Fridays | Sep 16, 23, 30 | 8:45-10:45 AM | Oneka Elementary**

### Session 2: "Fall Harvest"

Autumn leaves are falling down, falling down, falling down. Come join us as we explore and learn about fall harvest, create autumn crafts and make a fall sensory item to take home.

**\$45 | Fridays | Oct 7, 14, 28 | 8:45-10:45 AM | Oneka Elementary**

### Session 3: "Habitats & Hibernation"

Winter is coming and all the woodland creatures are getting ready for the change in season. Come and learn about animal habitats and which animals hibernate. Together we will make a big bear cave in our classroom.

**\$45 | Fridays | Nov 4, 11, 18 | 8:45-10:45 AM | Oneka Elementary**

### Session 4: "Gingerbread Friends & Fun"

"Run, run, run as fast you can! You can't catch me, I'm the Gingerbread Man." This month we'll be exploring (and maybe tasting) all things gingerbread! We'll be reading gingerbread books, playing in our very own gingerbread house, creating gingerbread artwork and building a gingerbread house to take home.

**\$45 | Fridays | Dec 2, 9, 16 | 8:45-10:45 AM | Oneka Elementary**

## Upcoming Events:

- SEP 8, 2022: **ECFE Open House**  
8:45-10:45 AM | Normandy Park
- SEP 9, 2022:  
**ECFE Open House - Oneka Classes**  
8:45-10:45 AM | Oneka Elementary
- OCT 27, 2022: **Trunk or Treat**  
5:00- 6:30 PM | Normandy Park
- JAN 26, 2023: **Movin' and Messin'**  
9:00-11:00 AM | Normandy Park
- FEB 28, 2023: **Library Story Time**  
6:00-7:15 PM | Oneka Elementary
- APR 11, 2023: **Toddler Tunes**  
9:00-11:00 AM | Normandy Park
- JUN 2, 2023: **End of the Year Party**  
5:30-7:00 PM | Normandy Park

## Parent-Child Gym Time

Families can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children.

Age 6 mo-5 yrs with adult

Wednesdays Nov 2-Mar 1

5:30-7:30 PM

No class Nov 23, Dec 21, 28

\$3/child

\$7/immediate family

Payable at the door each night.

**FREE Gym Night!**

11/2, 11/30, 1/4, 2/8

(sponsored by the PTA)

## Music Together®

Music Together® is an award-winning music and movement program for children under age 5 and the grownups who love them. Our developmentally appropriate, engaging and fun-filled classes nurture children's natural enthusiasm for music and support them on their journey to becoming confident, lifelong music makers.

**TUITION:** \$195

\$109 for each additional sibling 8 months+

**FREE DEMO CLASSES:**

Sep 7, 9, 14, 16, at a variety of times

**CLASS DATES:**

Wed, Sep 28-Nov 30

9:15-10:00 AM & 10:15-11:00 AM

Fri, Sep 30-Dec 8:

9:30-10:15 AM & 10:30-11:15 AM

To Register please visit  
musttogetherclasses.org or  
call 651-439-4219

## Normandy Park Baby Closet

Located at Normandy Park  
Early Childhood Education Center

**2482 County Rd F East  
White Bear Lake, MN 55110**

Open Mon.-Fri. 8:00-3:00pm  
Or by appointment  
651-653-3100

The Normandy Park Baby Closet is a free resource for families in the White Bear Lake school district that are in need of infant toiletries such as diapers, wipes, lotion and other hygiene items. We also have occasional donations of baby food & formula available.

The closet is stocked by donations from program families, and our community partnership with the White Bear Lake Area Educational Foundation.

# EXTENDED DAY

WHITE BEAR LAKE  
AREA SCHOOLS

**EXTENDED DAY** is a youth-focused and choice-based program for pre-K through 5th grade students. Extended Day offers students the opportunity to develop strong social skills and positive relationships with peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities include health and fitness, service projects, arts and crafts, creative play, languages and literacy, cooking, science, and much more.

- Two after school options: 2:15-4:30 PM and 2:15-6:00 PM at early start schools
- Pick Your Day contract available - only 5 day notice required
- Drop-ins available (24 hour notice and accepted if space is available)
- No minimum number of days required for consistent contracts (attend 1-5 days per week)
- Unsure of schedule? No contract change fees and partial refund for cancellations prior to the first day of the school year

## FALL 2022-2023 REGISTRATION INFO:

- Registration is open for school year 2022-2023 for incoming grades PreK-5. Visit [whitebear.ce.eleyo.com](http://whitebear.ce.eleyo.com) to register.
- Registration fee: \$40
- All registrations accepted on a space available basis.
- QUESTIONS?** We are here to help! Call 651-407-7511 or email [communityservicesbilling@isd624.org](mailto:communityservicesbilling@isd624.org).

### Extended Day will be closed on the following days:

Nov 23-25, 2022	Thanksgiving Break
Dec 21, 2022-Jan 2, 2023	Winter Break
Jan 16, 2023	Martin Luther King Jr. Day
Feb 10, 2023	Staff Development Day
Feb 20, 2023	Presidents' Day
May 29, 2023	Memorial Day

### Sample of Daily Afternoon Schedule

2:15	Check-in & Group Team Building Game
2:25	Daily Meeting: Review daily choices and schedule and Social Emotional Learning Activity
2:45	Homework, Literacy Time (Read to Self, Read Aloud, Word Games, etc.)
3:00	Snack Opens
3:15	Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered
4:00	Daily Special or Youth Led Activity such as STEAM, Social Studies, Social Emotional Learning & Life Skills, Literacy, and Service Projects
4:45	Free Choice: Active Play, Dramatic Play, Games, Art, etc.
6:00	Program Close
*All activities offered are open for varying lengths. Students will be able to access a variety of choices after school to tailor to their own individual enrichment interests!	

## 2022-2023 NON-SCHOOL DAYS

Extended Day will have programming on the following dates at the locations listed

DATE	LOCATION	REGISTRATION DEADLINE
Oct 19-21, 2022	Oneka & Willow	Oct 5, 2022
Oct 31, 2022	Lakeaires & Oneka	Oct 17, 2022
Nov 7 & 8, 2022	Lincoln, Oneka, Vadnais	Oct 24, 2022
Jan 26 & 27, 2023	Birch, Oneka, Matoska	Jan 21, 2023
Mar 6-10, 2023	Lincoln & North Star	Feb 20, 2023
Apr 7, 2023	Birch, Oneka, Matoska	Mar 24, 2023
Apr 24, 2023	Lincoln, Matoska, North Star	Apr 10, 2023

- Non-School days are not included in your contract. If you plan to use any of these days you need to register for them through your Extended Day contract in Eleyo.
- If you are looking to only access programming on Non-School days, please register for a drop-in contract and select the Non-School days needed.

### DROP-IN CONTRACT RATES

Occasional days as needed, requires minimum 24 hours advance notice

OPTION & HOURS	RATE
Before School: 6:30-7:45 AM	\$9.15
After School: 2:15-4:30 PM	\$16.55
After School: 2:15-6:00 PM	\$26.25
Matoska AM: 6:30-8:30 AM	\$14.45
Matoska PM: 3:00-6:00 PM	\$21.00

### CONSISTENT CONTRACT RATES

Mix and match mornings and afternoons, requires consistent days from week to week

OPTION & HOURS	RATE
Before School: 6:30-7:45 AM	\$6.50
After School: 2:15-4:30 PM	\$11.55
After School: 2:15-6:00 PM	\$19.25
Matoska AM: 6:30-8:30 AM	\$10.30
Matoska PM: 3:00-6:00 PM	\$15.40

### PICK YOUR DAY CONTRACT RATES

Choose varying days each week, requires a minimum of 5 days advance notice.

OPTION & HOURS	RATE
Before School: 6:30-7:45 AM	\$7.75
After School: 2:15-4:30 PM	\$13.90
After School: 2:15-6:00 PM	\$23.10
Matoska AM: 6:30-8:30 AM	\$12.35
Matoska PM: 3:00-6:00 PM	\$18.50



## Multi-Sport TYKES: Ages 2-5 **NEW**

### DASH SPORTS

Introduce your little to popular sports games. They will receive instruction in Soccer and T-ball. Little athletes will learn how to run, throw, catch, kick, and more! The final day of camp is a fun scrimmages and games. Participants should bring a baseball glove. Parent participation is encouraged when needed.

**0912-061** | Ages 2-3 | 5 Sessions | 9:00-9:30 AM  
Sat, Sep 17-Oct 15 | \$79 | Oneka Elementary

**0912-062** | Ages 4-5 | 5 Sessions | 9:40-10:25 AM  
Sat, Sep 17-Oct 15 | \$85 | Oneka Elementary

## Multi-Sport Camp **NEW**

### SKYHAWKS

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine Soccer, Flag Football and Basketball and other sports into our fun-filled sessions. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork.

**0917-223** | AGE 2-4 | 4 Sessions | Tue, Sep 20-Oct 11  
4:00-4:30 PM | \$65 | Lakeaires Elementary

**0917-221** | AGE 2-4 | 4 Sessions | Wed, Sep 21-Oct 12  
4:00-4:30 PM | \$65 | Oneka Elementary

**0917-225** | AGE 2-4 | 4 Sessions | Thu, Sep 22-Oct 13  
4:00-4:30 PM | \$65 | Willow Lane Elementary

**0917-224** | AGE 2-4 | 4 Sessions | Tue, Oct 18-Nov 15  
4:00-4:30 PM | \$65 | Lakeaires Elementary | *No Class Nov 8*

**0917-222** | AGE 2-4 | 4 Sessions | Wed, Oct 26-Nov 16  
4:00-4:30 PM | \$65 | Oneka Elementary

**0917-226** | AGE 2-4 | 4 Sessions | Thu, Oct 27-Nov 17  
4:00-4:30 PM | \$65 | Willow Lane Elementary

**0917-123** | GR K-5 | 4 Sessions | Tue, Sep 20-Oct 11  
2:20-3:50 PM | \$85 | Lakeaires Elementary

**0917-121** | GR K-5 | 4 Sessions | Wed, Sep 21-Oct 12  
2:20-3:50 PM | \$85 | Oneka Elementary

**0917-125** | GR K-5 | 4 Sessions | Thu, Sep 22-Oct 13  
2:20-3:50 PM | \$85 | Willow Lane Elementary

**0917-124** | GR K-5 | 4 Sessions | Tue, Oct 18-Nov 15  
2:20-3:50 PM | \$85 | Lakeaires Elementary | *No Class Nov 8*

**0917-122** | GR K-5 | 4 Sessions | Wed, Oct 26-Nov 16  
2:20-3:50 PM | \$85 | Oneka Elementary

**0917-126** | GR K-5 | 4 Sessions | Thu, Oct 27-Nov 17  
2:20-3:50 PM | \$85 | Willow Lane Elementary

## STEAM Team Club: Gr K-3 **NEW**

### TECH TAC TOE

A super fun program for future scientist and engineers that introduces kids to cool engineering adventures and amazing discoveries. Packed with exciting projects to challenge their creative problem-solving skills and spark kid's love towards science, technology, engineering and math.

**1003-013** | 6 Sessions | Mon, Oct 3-Nov 14 | 2:20-3:20 PM  
\$129 | Willow Lane Elementary | *No Class Nov 7*

**1003-012** | 6 Sessions | Tue, Oct 4-Nov 15 | 2:20-3:20 PM  
\$129 Oneka Elementary | *No Class Nov 8*

**1003-010** | 6 Sessions | Wed, Oct 5-Nov 16 | 2:20-3:20 PM  
\$129 | Vadnais Heights Elementary | *No Class Oct 19*

**1003-011** | 6 Sessions | Thu, Oct 6-Nov 17 | 2:20-3:20 PM  
\$129 | Lakeaires Elementary | *No Class Oct 20*

## Multi-Sport (Non-School Day): Gr K-5 **NEW**

### DASH SPORTS

Looking for a fun non-school day filled with fun sports activities? This camp includes fun skills training and games in Soccer, Basketball and Flag Football. Athletes will spend roughly two hours on each sport, performing instructor-led fun skill-based activities and games. Athletes should bring two snacks, a lunch, and a water bottle.

**1207-095** | Thu, Oct 20 | 9:00 AM-4:00 PM  
\$79 | Central MS Gym

**1207-094** | Mon, Nov 7 | 9:00 AM-4:00 PM  
\$79 | Central MS Gym

## Multi-Sport Camps: Gr K-5 **NEW**

### DASH SPORTS

Join us in fun skills training and games in three sports: Soccer, Flag Football, and Baseball. Spend one day on each sport, then two days of games/scrimmages, where players can showcase their skills in each sport. Leave camp with a greater understanding of key skill components and gameplay. Bring a baseball glove, water bottle, athletic shoes and clothing.

**0912-065** | Gr K-2 | 5 Sessions | Sat, Sep 17-Oct 15  
10:35-11:35 AM | \$99 | Oneka Elementary

**0912-066** | Gr 3-5 | 5 Sessions | Sat, Sep 17-Oct 15  
11:45 AM-12:45 PM | \$99 | Oneka Elementary

**0919-071** | Gr K-5 | 5 Sessions | Sep 19-Oct 17  
2:20-3:20 PM | \$99 | Birch Lake Elementary

**0919-072** | Gr K-5 | 5 Sessions | Tue, Sep 20-Oct 18  
2:20-3:20 PM | \$99 | North Star Elementary

**0919-073** | Gr K-5 | 5 Sessions | Wed, Sep 21-Oct 26  
2:20-3:20 PM | \$99 | Otter Lake Elementary | *No Class Oct 19*

## Phy. Ed Games Camp (Non-School Day): Gr K-5 <sup>NEW</sup>

### DASH SPORTS

Have fun and learn to play your favorite physical games even better! Games may include Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Wiffle Ball, Soccer, and more! Learn teamwork, and values such as respect, hustle, and pride, all in a fun environment while increasing athleticism and gameplay. Bring two snacks, a lunch, water bottle, and athletic clothing/shoes.

**1017-091 | 1 Session | Wed, Oct 19 | 9:00 AM-4:00 PM**  
\$79 | Central MS Gym

**101-093 | 1 Session | Fri, Oct 21 | 9:00 AM-4:00 PM**  
\$79 | Central MS Gym

**1017-092 | 1 Session | Tue, Nov 8 | 9:00 AM-4:00 PM**  
\$79 | Central MS Gym

## Morning Chess Club: Gr K-5 <sup>NEW</sup>

### CSGA ENRICHMENT: BILL NARA

Whether you consider yourself a beginner or intermediate player, join this club to meet and interact with other chess players in your school and play on a weekly basis. Players will learn the basic rules and strategies of chess if they are new to the game. Tournament play is encouraged beyond the club, but not required.

**0919-086 | 13 Sessions | Mon, Sep 19-Dec 19 | 6:45-7:30 AM**  
\$109 | North Star Elementary | *No Class Nov 7*

**0919-087 | 13 Sessions | Tue, Sep 20-Dec 20 | 6:45-7:30 AM**  
\$109 | Otter Lake Elementary | *No Class Nov 8*

**0919-088 | 13 Sessions | Wed, Sep 21-Dec 21 | 6:45-7:30 AM**  
\$99 | Lincoln Elementary | *No Class Oct 19, Nov 23*

**0919-089 | 13 Sessions | Thu, Sep 22-Dec 15 | 6:45-7:30 AM**

## Grandmasters of Chess: Gr K-5

### YOUTH ENRICHMENT LEAGUE {YEL}

Learn, Practice and Play chess each class. Stay on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class includes ChessKid.com membership during the class.

**0919-124 | 6 Sessions | Mon, Sep 19-Oct 24 | 2:25-3:25 PM**  
\$99 | Oneka Elementary

**0919-122 | 6 Sessions | Tue, Sep 20-Oct 25 | 3:00-4:00 PM**  
\$99 | Matoska Int'l

**0919-121 | 6 Sessions | Wed, Sep 21-Nov 2 | 5:00-3:25 PM**  
\$99 | Lakeaires Elementary | *No Class Oct 19*

**0919-123 | 6 Sessions | Tue, Nov 1-Dec 13 | 3:00-4:00 PM**  
\$99 | Matoska Int'l | *No Class Nov 8*

**0919-125 | 6 Sessions | Mon, Nov 14-Dec 19 | 2:25-3:25 PM**  
\$99 | Oneka Elementary

## Holiday Gift Making: Gr K-5 <sup>NEW</sup>

### ABRAKADOODLE ART EDUCATION

Get a jump start on holiday gift making by creating the perfect gifts for relatives or friends. Fun to make and nice to give projects! Each child will bring home three beautiful hand-made and gift-wrapped presents, just in time for the holidays! Bring a beverage and nut free snack.

**1205-017 | 1 Session | Sat, Dec 10 | 9:30 AM-12:30 PM**  
\$49 | South Campus

## Art Studio: Gr K-5 <sup>NEW</sup>

### ABRAKADOODLE ART EDUCATION

Do you love art, painting, and sculpting clay? Then this class is for you! Explore your artistic side as you have fun using different materials like watercolors, pastels, clay, canvas and more! Join this award-winning program and learn tricks that make art magic.

**0919-014 | 4 Sessions | Wed, Sep 21-Oct 12 | 3:05-4:05 PM**  
\$70 | Matoska Int'l

**0919-015 | 4 Sessions | Thu, Sep 22-Oct 13 | 3:05-4:05 PM**  
\$70 | Oneka Elementary

**1114-016 | 4 Sessions | Wed, Nov 16-Dec 14 | 3:05-4:05 PM**  
\$70 | Matoska Int'l | *No Class Nov 23*

**1114-017 | 4 Sessions | Thu, Nov 17-Dec 15 | 3:05-4:05 PM**  
\$70 | Oneka Elementary | *No Class Nov 24*

## Adventures in Clay: Gr K-5 <sup>NEW</sup>

### EDEN PRAIRIE ART CENTER

Learn to make clay cups, animals, tiles, block houses and more! Students will choose colors for their finished clay projects from a variety of underglazes and see them arrive back in class fired and ready to show off. The history of clay use in ancient cultures and decorating techniques support and inform projects.

**0919-277 | 6 Sessions | Mon, Sep 19-Oct 24 | 2:20-4:20 PM**  
\$199 | Lakeaires Elementary



## Awesome Art Studio: Gr K-5 NEW

KIDCREATE STUDIO

If you think art is awesome, this is the class for you! We'll explore all the coolest art materials as we learn drawing techniques, create with clay, and paint on real canvas boards. We'll even create a beach scene out of real candy!

**0919-044 | 6 Sessions | Mon, Oct 24-Dec 5 | 3:00-4:00 PM**  
\$89 | Matoska Int'l | No Class Nov 7

**0919-046 | 6 Sessions | Tue, Oct 25-Nov 29 | 2:20-3:20 PM**  
\$89 | Vadnais Heights Elementary | No Class Nov 8

**0919-045 | 6 Sessions | Thu, Nov 3-Dec 8 | 2:20-3:20 PM**  
\$89 | Lincoln Elementary | No Class Nov 24

## Nailed it!: Gr K-5 NEW

KIDCREATE STUDIO

Calling all creative kids! This is the perfect class to hone both your artistic side and your puzzle-solving skills. Just like on the popular TV show Nailed It!, we'll show you a final product and give you all the goods needed to recreate it. The rest is up to you!

**0919-041 | 5 Sessions | Mon, Sep 19-Oct 17 | 3:00-4:00 PM**  
\$89 | Matoska Int'l

**0919-042 | 5 Sessions | Tue, Sep 20-Oct 18 | 2:20-3:20 PM**  
\$89 | Vadnais Heights Elementary

**0919-043 | 5 Sessions | Thu, Sep 22-Oct 27 | 2:20-3:20 PM**  
\$89 | Lincoln Elementary | No Class Oct 20

## Colorful Magic: Gr K-5 NEW

YOUNG REMBRANDTS

Kick off the fall season with an interesting Iguana, a video game favorite Pixel Block Character and the world of architecture as we draw the Notre Dame Cathedral. Students will learn the still life technique of pumpkins, draw a detailed Scarecrow, a silly but challenging Patterned Bat, and finally a "sweet" drawing of a gingerbread house.

**0919-007 | 5 Sessions | Mon, Sep 19-Oct 17 | 2:20-3:20 PM**  
\$69 | North Star Elementary

**0919-008 | 5 Sessions | Tue, Sep 20-Oct 18 | 2:20-3:20 PM**  
\$69 | Birch Lake Elementary

**0919-009 | 5 Sessions | Thu, Sep 22-Oct 27 | 2:20-3:20 PM**  
\$69 | Otter Lake Elementary | No Class Oct 20

## Space Aliens: Gr K-5 NEW

YOUNG REMBRANDTS

Space aliens are coming to your school and it will be Laugh-Out-Loud funny! Learn to draw and cartoon a variety of aliens of all shapes, sizes and colors. Students will learn techniques to draw humorous expressions, animated poses, and more!

**1017-023 | 3 Sessions | Wed-Fri, Oct 19-21 | 9:00 AM-12:00 PM**  
\$125 | Oneka Elementary

## Favorite Apps and Games: Gr K-5 NEW

YOUNG REMBRANDTS

Join Young Rembrandts for a workshop mimicking the amazing imagery of our favorite apps and video games! Students will learn illustrations and coloring techniques inspired by popular video games. Artwork is inspired by pixel block characters, plants, zombies and many more classic apps and games.

**1024-007 | 5 Sessions | Mon, Oct 24-Nov 28 | 2:20-3:20 PM**  
\$69 | North Star Elementary | No Class Nov 7

**1024-008 | 5 Sessions | Tue, Oct 25-Nov 29 | 2:20-3:20 PM**  
\$69 | Birch Lake Elementary | No Class Nov 8

**1024-009 | 5 Sessions | Thu, Nov 3-Dec 8 | 2:20-3:20 PM**  
\$69 | Otter Lake Elementary | No Class Nov 24

## Encanto Musical Theater Class: Gr K-5 NEW

GINA MAYER

Learn music and choreography and create our own musical! Students will put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. Wear comfortable clothing and lightweight tennis shoes or dance shoes. Family/Friends are invited to a performance beginning the final 30 minutes of the final class.

**0925-001 | 10 Sessions | Wed, Sep 28-Dec 14 | 2:20-4:00 PM**  
\$150 | Birch Lake Elementary | No Class Oct 19, Nov 23

**0925-002 | 10 Sessions | Thu, Sep 29-Dec 15 | 2:20-4:00 PM**  
\$150 | North Star Elementary | No Class Oct 20, Nov 24

**0925-003 | 10 Sessions | Mon, Oct 3-Dec 12 | 2:20-4:00 PM**  
\$150 | Otter Lake Elementary | No Class Nov 7

**0925-004 | 10 Sessions | Tue, Oct 4-Dec 13 | 2:20-4:00 PM**  
\$150 | Lincoln Elementary | No Class Nov 8

## Fall Cottage Gate: Paint Date (Adult & Child 10+)

Experience a fun and relaxing class guided by a professional artist. Working as a team, each person will work on one side of the canvas. At the end, we will view the two sides together to make one piece of amazing art. A \$20 supply fee is due at class.

**1009-531 | 1 Session | Thu, Oct 13 | 5:30-7:30 PM**  
\$50/pair | Senior Center

## Cookie Monsters (Adult & Child Ages 8+)

Each pair of bakers will mix, shape, and bake peanut butter balls, chocolate mints, peppernuts, sugar drop cookies, and spritz cookies. There will also be pre-rolled sugar-thins ready for decorating! A \$14 food fee is due the night of class.

**1023-545 | 1 Session | Sat, Oct 29 | 9:00 AM-12:00 PM**  
\$40/pair | South Campus



## ONLINE Private Math PLUS Tutoring: Gr K-6 NEW

### MATH ADVANTAGE

This program provides your child with a solid math foundation and increased confidence using an internationally recognized math curriculum. A tutor will guide students through their, which are held virtually using an interactive whiteboard (touchscreen device required, e.g., iPad). Sessions will be scheduled weekly for private 45-minute sessions. Upon registration, Math Advantage contacts parents to set up the tutoring sessions.

**0919-032 | Mon-Thu, Sep 19-Dec 15 | 3:30-8:00 PM | ONLINE**  
**4 Sessions: \$285, 8 Sessions: \$570, 12 Sessions: \$855**  
*No Class Oct 19, 20, Nov 7, 8, 23, 24*

## Military Machines: Gr 1-6 NEW

### YOUNG ENGINEERS

Learn about synchronous and asynchronous movement, friction and sensor techniques. Students will build independently or in pairs working robotic models of military tanks, landmine sweeper, commando soldier and military radar system.

**1003-022 | 4 Sessions | Mon, Oct 31-Nov 28**  
**6:30-8:00 PM | \$110 | Central MS | No Class Nov 21**

## Transportation Machines: Gr 1-6 NEW

### YOUNG ENGINEERS

Learn about transmissions, power and speed gears and elastic energy. Students will work on building robotic models of a Jeep SUV, Cable Car, Forklift and Unloading truck. This program is recognized by Harvard School of Education and European Union as leaders in robotics and science education in the world.

**1003-021 | 4 Sessions | Mon, Oct 3-24**  
**6:30-8:00 PM | \$110 | Central MS**

## Fencing: Gr K-12

### MINNESOTA SWORD PLAY

New students learn the fundamentals and basic techniques of safe swordplay and fencing in a fun and active learning environment. Returning students will continue to learn new skills and train to compete! Emphasis on blade work, footwork, and balance.

**0919-018 | 6 Sessions | Sat, Sep 17-Oct 22 | 1:00-2:00 PM**  
**\$100 | North Campus**

**0919-190 | 6 Sessions | Sat, Oct 29-Dec 10 | 1:00-2:00 PM**  
**\$100 | North Campus | No Class Nov 26**

## Sports Sampler: Gr 1-4 NEW

### AKA SPORTS

Try out the Sports Sampler package which includes an assortment of Soccer, Baseball, Tennis, Golf, Pickleball, Basketball, Fitness, Dodgeball, Games galore and so much more! Your kids won't even realize the thousands of steps and tons of energy they will get from playing and having fun with AKA!

**0919-104 | 6 Sessions | Mon, Sep 19-Oct 24 | 2:20-3:20 PM**  
**\$75 | Vadnais Heights Elementary**

**0919-100 | 6 Sessions | Wed, Sep 21-Nov 2 | 2:20-3:20 PM**  
**Lincoln Elementary | No Class Oct 19**

**0919-103 | 6 Sessions | Thu, Sep 22-Nov 3 | 3:00-4:00 PM**  
**\$75 | Matoska Int'l | No Class Oct 20**

**0919-105 | 6 Sessions | Mon, Oct 31-Dec 12 | 2:20-3:20 PM**  
**\$75 | Vadnais Heights Elementary | No Class Nov 7**

**0919-101 | 6 Sessions | Wed, Nov 9-Dec 21 | 2:20-3:20 PM**  
**\$75 | Lincoln Elementary | No Class Nov 23**

**0919-102 | 5 Sessions | \$75 | Thu, Nov 10-Dec 15**  
**\$75 | 3:00-4:00 PM | Matoska Int'l | No Class Nov 24**

## Robotics Club: Gr 1-5 NEW

### YOUTH ENRICHMENT LEAGUE {YEL}

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving.

**1107-048 | 6 Sessions | Thu, Oct 27-Dec 15 | 2:25-3:25 PM**  
**\$95 | Vadnais Heights Elementary | No Class Nov 17, 24**

**1107-047 | 6 Sessions | Mon, Oct 31-Dec 12 | 2:25-3:25 PM**  
**\$95 | Lincoln Elementary | No Class Nov 7**

**1107-049 | 6 Sessions | Tue, Nov 1-Dec 13 | 2:25-3:25 PM**  
**\$95 | Willow Lane Elementary | No Class Nov 8**

**1107-046 | 6 Sessions | Wed, Nov 9-Dec 21 | 2:25-3:25 PM**  
**\$95 | Lakeaires Elementary | No Class Nov 23**



Classes • Camps  
Workshops • Productions

## Now Registering!

Hanifl Performing Arts Center  
 4941 Long Ave, White Bear Lake, MN  
[www.childrensperformingartsmn.org](http://www.childrensperformingartsmn.org)  
 651-336-8613

## Cartoon Drawing: Gr 2-4 NEW

DAN CLAYTON

Learn to draw from a former Disney Illustrator and Nickelodeon artist, Dan Clayton. This class is all about individual creativity and imagination! Students will be given step by step instructions to draw and color crazy cartoon characters based on animals, people and various themes.

**0919-029 | 8 Sessions | Wed, Sep 21-Nov 16 | 2:20-3:50 PM**  
**\$155 | Willow Lane Elementary | No Class Oct 19**

## Kids Brazilian Jiu-Jitsu: Ages 8-12

HIGHER GROUND BJJ

Kids Brazilian Jiu-Jitsu is designed to give your child an introduction to this fun and engaging martial art! Kids will learn the basic positions that can help increase body awareness, athleticism, and physical boundaries. Technical practice, combined with games and BJJ specific drills will all be utilized in this fast paced, exciting class!

**0919-199 | 6 Sessions | Wed, Sep 21-Oct 26 | 5:00-6:00 PM**  
**\$175 | Higher Ground BJJ, 5960 US-61 #2, WBL**

## 3D Design & Printing: Gr 3-5 NEW

CSGA ENRICHMENT: BILL NARA

Challenge your creativity by designing 3D objects using Computer Aided Design software and then printing your designs. Learn about scale and when prototyping a design that is not at full size. Also design an object that is at functional scale and usable! We will be using 3D printers and CAD software.

**0919-112 | 6 Sessions | Tue, Sep 20-Oct 25 | 2:20-3:20 PM**  
**\$99 | Otter Lake Elementary**

**0919-111 | 5 Sessions | Wed, Sep 21-Oct 26 | 2:20-3:20 PM**  
**\$85 | North Star Elementary | No Class Oct 19**

**0919-110 | 5 Sessions | Thu, Sep 22-Oct 27 | 2:20-3:20 PM**  
**\$85 | Birch Lake Elementary | No Class Oct 20**

## Coding Club: Gr 3-5 NEW

CSGA ENRICHMENT: BILL NARA

Computer programming is an excellent way to learn logical problem solving skills in a fun, engaging way that kids love! Whether you are new to coding or an experienced programmer, this club offers an individually tailored, unique and challenging opportunity for students to expand their knowledge base of an incredibly practical and rewarding 21st century skill set.

**1031-104 | 7 Sessions | Tue, Nov 1-Dec 20 | 2:20-3:20 PM**  
**\$115 | Otter Elementary | No Class Nov 8**

**1031-105 | 7 Sessions | Wed, Nov 2-Dec 21 | 2:20-3:20 PM**  
**\$115 | North Star Elementary | No Class Nov 23**

**1031-103 | 6 Sessions | Thu, Nov 3-Dec 15 | 2:20-3:20 PM**  
**\$99 | Birch Lake Elementary | No Class Nov 24**

## ONLINE Anime Club: Gr 3-8 NEW

CONCORDE EDUCATION: CHRISTOPHER FELL

Following the style of a literature analysis club, our anime club students compare the stories and styles of various anime before designing characters and stories of their own. Club meetings include screenings and discussions.

**0919-025 | 10 Sessions | Tue, Sep 20-Nov 22**  
**4:30-5:30 PM | \$110**

## ONLINE Music Production: Gr 5-12 NEW

CONCORDE EDUCATION: CHRISTOPHER FELL

Most of today's music is created and recorded on computers using software and online platforms called Digital Audio Workstations or DAWs. Whether you're looking to create your own music, collaborate with peers to create something amazing, an aspiring singer, rapper, instrumentalist looking to record, or if you are interested in creating music for a video game or film, this course will teach you fundamental skills necessary to begin your music production journey.

**0919-026 | 9 Sessions | Mon, Sep 19-Nov 28**  
**4:30-5:30 PM | \$120 | No Class Oct 24, Nov 7**

## ONLINE Rocket League ESports Team: Gr 5-12 NEW

CONCORDE EDUCATION: CHRISTOPHER FELL

Want to take your gaming to the next level? Imagine winning school competitions, building your skills, pursuing scholarships, and future Esport opportunities. Learn the intricacies of in-game strategy, broadcasting and design to help you grow. Our coaches can help you turn your hobbies into marketable skills for the future. Check the link for system requirements: <https://bit.ly/3yArVOv>

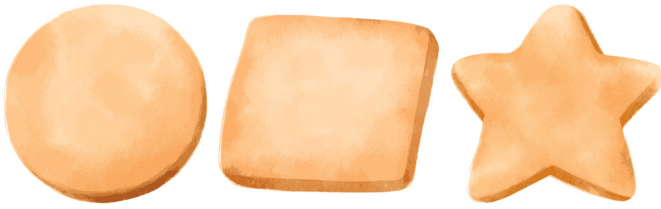
**0919-028 | 20 Sessions | Mon, Sep 19-Feb 27**  
**4:30-5:30 PM | \$185 | No Class Nov 7, Dec 26, Jan 16, Feb 20**

## ONLINE Video Editing: Gr 5-12 NEW

CONCORDE EDUCATION: CHRISTOPHER FELL

Video editing takes so many forms. Perhaps you're trying to tell a story or you're putting together a highlight reel of gameplay footage. Regardless of what the end product of your video will be, editing helps play a huge role in how people engage with your video! Learn some of the fundamentals of video editing and how to create a really cool and engaging video!

**0919-027 | 10 Sessions | Wed, Sep 21-Dec 7**  
**4:30-5:30 PM | \$120 | No Class Oct 19, Nov 23**



## Fall Cookie Decorating: Gr 3-5 **NEW**

DIANA HIRTE

Students will each decorate eight fall themed cookies to take home. We will be using fondant, icing and making Monsters, pumpkins and more.

**0926-052 | 1 Session | Thu, Oct 20 | 9:00-10:30 AM**  
**\$29 | Oneka Elementary**

**0926-053 | 1 Session | Fri, Oct 21 | 9:00-10:30 AM**  
**\$29 | Willow Lane Elementary**

## Art Mix: Gr 3-5 **NEW**

EDEN PRAIRIE ART CENTER

Have you ever thought, “I am not creative”, or that art wasn’t for you? Or maybe you love art and want to try everything. Students experiment with a variety of processes, such as clay, fused glass, printmaking, fiber, drawing and painting. Discover how creative you can be. No experience necessary.

**1114-277 | 6 Sessions | Mon, Nov 14-Dec 12**  
**2:20-4:20 PM | \$199 | Lakeaires Elementary**

## Code Championship Tournament Series Virtual Computer Coding Competition: Gr 3-9 **NEW**

Build a computer bot to play head-to-head against other coders! Whether you’re new to coding or have been competing for years, this is the perfect way to explore the competitive coding world of Code Championship. The Fall 2022 Code Championship Series is a series of six tournaments in six weeks (it’s OK to miss one or two). These tournaments will be hosted online using Google Meet and the Code Championship website.

**1003-020 | 6 Sessions | Sat, Oct 8-Nov 12 | 9:00-11:00 AM**  
**\$129 | ONLINE**

## Archery and Outdoors: Gr 4-8 **NEW**

AKA SPORTS

Students will receive instruction on skills and archery competition. They will also get a greater sense of the outdoors by way of fishing education, geocaching, ultimate frisbee, frisbee golf and so many more games with nature and the great outdoors!

**0925-005 | 5 Sessions | Wed, Sep 28-Nov 2 | 4:30-5:45 PM**  
**\$85 | South Campus | No Class Oct 19**

**0925-006 | 5 Sessions | Wed, Nov 9-Dec 14 | 4:30-5:45 PM**  
**\$85 | South Campus | No Class Nov 23**

## Magnificent Masters: Gr 5-9 **NEW**

YOUNG REMBRANDTS

Students will learn the styles of five different artists by replicating their masterpieces in pastels. We will draw Henri Matisse’s goldfish, Van Gogh’s Starry Night, robust colored still life like Paul Cezanne, a Matisse style portrait, and finally draw like Thiebaud did for his Cake Paintings. Each day gives a new challenge with the pastel media.

**1024-024 | 4 Sessions | Thu, Oct 27-Nov 17 | 5:30-7:00 PM**  
**\$89 | Central MS**

## Graphic Design Projects for Youth: Gr 6-8 **NEW**

CSGA ENRICHMENT: BILL NARA

Do you have a project that requires some graphic design but are lacking the basic skills to get started? Maybe this is a business idea that needs a logo. Maybe it’s a poster for your next cool event you’re planning. Come with your ideas and find ways to accomplish your design goals.

**0919-88 | 6 Sessions | Tue, Sep 20-Oct 25 | 3:10-4:10 PM**  
**\$100 | North Campus**

**0919-89 | 6 Session | Thu, Nov 3-Dec 15 | 3:30-4:30 PM**  
**\$100 | South Campus | No Class Nov 24**

## MS Strategy Game & RPG Club: Gr 6-8 **NEW**

CSGA ENRICHMENT: BILL NARA

Take strategy gaming to the next level! Play challenging and popular games like Catan, Pandemic, 7 Wonders, Splendor, Evolution, and Godsforge. Role Playing & Collectable Card Games are run by students. Playing games develops analysis, problem solving, communication, and negotiation skills and... it’s also great fun!

**0919-075 | 6 Sessions | Tue, Sep 20-Oct 25 | 4-5:30 PM**  
**\$85 | Central MS**

**0919-077 | 5 Sessions | Thu, Sep 22-Oct 27 | 4-5:30 PM**  
**\$69 | Sunrise MS | No Class Oct 20**

**0919-076 | 7 Sessions | Tue, Nov 1-Dec 20 | 4-5:30 PM**  
**\$99 | Central MS | No Class Nov 8**

**0919-078 | 6 Sessions | Thu, Nov 3-Dec 15 | 4-5:30 PM**  
**\$85 | Sunrise MS | No Class Nov 24**

**\$90 | Willow Lane Elementary | No Class Oct 20, Nov 24**

## Secondary Writing: Gr 6-8 **NEW**

CSGA ENRICHMENT: BILL NARA

Do you have a love of writing? Would you like to learn new skills on how to improve your writing? Stretch your creative thinking skills by developing techniques that can enhance your writer’s voice! This is a safe place to share your work and gain new abilities and confidence. An all encompassing class to learn how to be a better writer!

**0919-85 | 6 Sessions | Tue, Sep 20-Oct 25 | 3:30-4:30 PM**  
**\$100 | South Campus**

**0919-86 | 6 Sessions | Thu, Nov 3-Dec 15 | 3:10-4:10 PM**  
**\$100 | North Campus | No Class Nov 24**



## Beginning Cake Decorating: Gr 6-8 **NEW**

DIANA HIRTE

Students will learn different techniques for decorating cakes and other baked goods. Working through the afternoon students will get to decorate their own eight inch cake to bring home to share with friends and family.

**0926-0511 | 1 Session | Thu, Sep 29 | 4:15-5:45 PM**  
**\$29 | Central MS**

## Anime & Manga Character Creation: Gr 6-8 **NEW**

YOUNG REMBRANDTS

If you have Manga Mania, sign up for this class. Join Young Rembrandts for this drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging - this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings. Sign up today!

**1114-013 | 4 Sessions | Wed, Sep 21-Oct 12 | 4:05-5:05 PM**  
**\$55 | Sunrise MS**

**1114-022 | 4 Sessions | Wed, Oct 26-Nov 16 | 4:05-5:05 PM**  
**\$55 | Central MS**

## Child & Babysitting Safety: Gr 6-10

AMY TIMM

Participants will learn the responsibilities of being a prepared, safe, responsible and professional babysitter. Topics include supervision, behavior guidance, proper feeding and diapering techniques, personal safety, basic first aid, medical emergencies, and kitchen safety.

**1017-013 | 1 Session | Wed, Oct 19 | 9:00 AM-12:30 PM**  
**\$65 | District Center**

## ONLINE Stock Market and Personal Finance & Business Club: Gr 6-12 **NEW**

CSGA ENRICHMENT: BILL NARA

Learn how the stock market works by analyzing real time data and trades using a stock market simulator. Gain knowledge about IPO's, Cryptocurrency markets, and mutual funds. Topics include: wealth building, credit, banking, and navigating education & employment. Business start ups will be discussed based on interest.

**0926-099 | 10 Sessions | Fri, Sep 30-Dec 16 | 6:45-7:30 AM**  
**\$139 | ONLINE | No Class Oct 21, Nov 25**

## ONLINE Private Math Tutoring: Gr 7-12 **NEW**

MATH ADVANTAGE

Receive personalized math tutoring up through AP Calculus. Virtual sessions use an interactive whiteboard where students and tutors are able to communicate and work together in real time (touchscreen device required, e.g., iPad). Students are scheduled for one hour private weekly sessions. The tutor will provide updates regarding your progress. Upon registration, Math Advantage contacts parents to set up the tutoring sessions.

**0919-031 | Mon-Thu, Sep 19-Dec 21 | 4:30-9:00 PM | ONLINE**  
**4 hours: \$360, 8 hours: \$720, 12 hours: \$1,080**  
*No Class Oct 19, 20, Nov 7, 8, 23, 24*



Stay connected and follow us on Facebook!  
**@wblasrec**



Glass Mosaic Table

## Winter Snowman Family (Students under 15 w/adult)

Paint your Snowman family! This is a super fun and easy class where you can paint your family. Great as a gift or for your own home. Additional boards will be available for purchase at class.

**1113-542 | 1 Session | Thu, Nov 17 | 6:00-8:30 PM**  
**\$45 | Senior Center**

## Glass Mosaic Table or Sign (Ages 15+)

Learn how easy glass mosaics can be! Create a wonderful tabletop or sign! An idea book will be available to browse the patterns and stencils, as well as choose from dozens of colors of precut glass. Tables are 16"x16" and 16" tall and signs vary in size. Supply fees due at class: Table/\$65, Signs/\$16-\$40.

**1204-534 | 2 Sessions | Mon, Dec 5 & 12**  
**6:00-9:00 PM | \$30 | South Campus**

# Driver's Education & ACT Prep

## Driver's Education (Ages 14+)

### A+ DRIVING SCHOOL

Students may start classroom driving lessons at age 14, take the Knowledge Test and obtain their Instruction Permit at age 15, and take the Road Test and obtain their Provisional License at age 16. To be eligible to take the Road Test, students must have had their Instruction Permit for a minimum of six months

**Classroom Phase:** This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving.

**Behind-the-Wheel Phase:** After students pass the permit test, they are required to complete six hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Department of Public Safety.

**Parent Involvement:** A+ Driving School is proud to offer a parent informational meetings in White Bear Lake. Attending this class will meet the requirement to REDUCE the number of hours that students need to drive with a parent from 50 to 40 hours.

### PAYMENT PLANS AVAILABLE.

**0919-251 | 10 Sessions | Mon-Thu, Sep 14-29 | 3:15-6:15 PM  
\$420 | North Campus**

**0919-252 | 10 Sessions | Mon-Thu, Oct 24-Nov 10 | 3:15-6:15 PM  
\$420 | North Campus | No Class Nov 7, 8**

**0919-253 | 10 Sessions | Mon-Thu, Nov 30-Dec 15 | 3:15-6:15 PM  
\$420 | North Campus**

**0919-254 | 10 Sessions | Mon-Thu, Sep 14-29 | 4:00-9:15 PM  
\$420 | ONLINE**

**0919-256 | 10 Sessions | Mon-Thu, Oct 3-18 | 4:00-9:15 PM  
\$420 | ONLINE**

**0919-258 | 10 Sessions | Mon-Thu, Oct 24-Nov 8 | 4:00-9:15 PM  
\$420 | ONLINE**

**0919-257 | 10 Sessions | Mon-Thu, Nov 9-24 | 4:00-9:15 PM  
\$420 | ONLINE**

**0919-255 | 10 Sessions | Mon-Thu, Nov 30-Dec 15 | 4:00-9:15 PM  
\$420 | ONLINE**

## Brake for Basics (Ages 14-18)

Are you excited to be getting your driver's license but nervous about taking care of your vehicle? Get an overview of how to make you a more informed vehicle owner. A few of the topics that will be covered include vehicle maintenance, checking vehicle's fluids, checking the vehicle's tires, and how to jump-start a vehicle.

**NOTE:** Please wear older clothes and closed-toed shoes that you will not mind if they get dirty.

**1114-300 | 1 Session | Wed, Nov 16 | 5:30-7:30 PM  
Free | South Campus**

## ACT Prep Course: Gr 10-12

### ADVANTAGE EDUCATIONAL PROGRAMS

**IN-SCHOOL:** Traditional classroom format with in-person instructors who present test-taking strategies, critical review, and time management for all testing areas of the ACT.

**0919-061 | 4 Sessions | Tue, Sep 20-Oct 11 | 5:45-8:45 PM  
\$150 | South Campus**

**0919-062 | 4 Sessions | Sat, Oct 29-Nov 19 | 12:15-3:15 PM  
\$150 | South Campus**

**0919-063 | 4 Sessions | Thu, Nov 3-Dec 1 | 5:45-8:45 PM  
\$150 | South Campus | No Class Nov 24**

**ONLINE:** Virtual classroom meets for three hours, one day each week, for four weeks and is taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

**0919-064 | 4 Sessions | Sat, Sep 24-Oct 15 | 9:00 AM-12:00 PM  
\$150 | ONLINE**

**0919-065 | 4 Sessions | Sat, Nov 5-Dec 3 | 9:00 AM-12:00 PM  
\$150 | ONLINE | No Class Nov 26**

**SELF-PACED ONLINE:** Prep for the ACT at your own pace and around your busy schedule. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course may also have access to this online course at no additional charge.

Students are given one year to complete to complete the course.

**0919-066 | 2 Sessions | Mon, Sep 19, 2022 & Sep 18, 2023  
\$60 | ONLINE**

## Need-to-Know Changes to the College Planning Process

Join us to learn how FAFSA and college financial aid changes may impact your family. Learn strategies to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

**1002-552 | 1 Session | Mon, Oct 3 | 7:00-8:00 PM  
\$25/household | ONLINE**



## Basketball Clinic (Gr K-2)

Welcome to the Basketball Clinic for grades K-2! Boys and girls will learn how to dribble, pass, pivot, rebound, and shoot. Each grade will advance more in basketball skills and instruction. Players should register for current grade.

6 Sessions | \$85 | Nov 5-Dec 17

7300.112 | GR K | 9:00-9:45 AM

7300.113 | GR 1 | 10:00-11:00 AM

7300.114 | GR 2 | 11:15 AM-12:30 PM

REGISTRATION DEADLINE: **OCTOBER 31**

6 Sessions | \$85 / Jan 7-Feb 11, 2023

7300.115 | GR K | 9:00-9:45 AM

7300.116 | GR 1 | 10:00 AM-11:00 AM

7300.117 | GR 2 | 11:15 AM-12:30 PM

REGISTRATION DEADLINE: **JANUARY 9**

## Developmental Basketball (Gr 3)

The developmental league for boys and girls will be split up into practices & games to teach players the basic fundamentals of basketball. Practices, drills, and games will be on Saturday mornings at Central Middle School. Teams will also have 1 practice during the week to be announced by the coach. More information will be given on site.

League games will start on the 4th session. Players will be divided into teams and a game schedule will be distributed. Once games start, times will vary during the day (Saturdays).

Season Dates: Dec 3-Feb 25 | No Class Dec 24, Dec 31 & Feb 4

7301.113 Boys | 10:30 AM | \$114

7301.117 Girls | 9:00 AM | \$114

REGISTRATION DEADLINE: **NOVEMBER 15**

## Rec Basketball League (Gr 4-12)

Join the rec basketball league! Players will be placed on teams with coaches. Boys and girls will play in separate leagues. Practice is during the weekdays and games will be played on Saturday mornings. Teams are formed by coaches submitting a roster or by players school/area. Your coach will contact you when teams are formed.

Practice begins mid November for grades 4-8 and will vary throughout the week. Rec High School League grades 9-12 will start early January. Games are played on Sunday afternoons.

	BOYS	GIRLS	
GRADE 4	7300.102	7300.103	\$114
GRADE 5/6	7300.104	7300.105	\$114
GRADE 7/8	7300.106	7300.107	\$114
GRADE 9/10	7300.108	7300.109	\$124
GRADE 11/12	7300.110	7300.111	\$124

REGISTRATION DEADLINE: **GR 4-8: OCTOBER 31**  
**GR 9-12: DECEMBER 15**

## REGISTRATION FOR BASKETBALL OPENS SEPTEMBER 1 FOR ALL GRADES

### BASKETBALL REGISTRATION DEADLINE DATES:

Basketball Clinic Gr K-2 (Session 1): OCT 31

Basketball Clinic Gr K-2 (Session 2): JAN 9

Developmental Basketball Gr 3: NOV 15

Rec Basketball League Gr 4-8: OCT 31

Rec Basketball League Gr 9-12: DEC 15

## VOLUNTEER COACHES ARE NEEDED!

Contact Matt Riebow at 651-407-7506  
or [matthew.riebow@isd624.org](mailto:matthew.riebow@isd624.org).



## Learn gymnastics and SO MUCH MORE at Flips!

**Develop confidence, coordination, flexibility  
and self-esteem – and have fun!**

- Gymnastics for boys and girls, ages 18 months to 18 years
- Birthday parties
- Camps and field trips
- Open gym
- USAG competitive teams

651.777.4776  
3505 Commerce Blvd., White Bear Lake MN 55110  
[www.flipsgym.com](http://www.flipsgym.com)



# Youth Recreation / Middle School Athletics

## Rec Soccer

Participants will learn the basic soccer skills like shooting, passing, and dribbling in a fun environment. Leagues are created according to age and gender. Games nights are Tuesday and Thursday. Team hats and jerseys are provided. Teams are created by schools/area or if a coach submits a roster. **Players must register by birth year.**

**Practice:** Starts the week of Aug 29

**Games:** Saturdays mornings from Sep 10-Oct 15 (6 Games)

U5/U6	U7	U8/U9
3 v 3 No Keeper 6-9 players	5 v 5 Keeper 8-10 players	6 v 6 Keeper 10-12 players
Birth Year 2018 / 2017	Birth Year 2016	Birth Year 2015 / 2014

REGISTRATION CLOSES: **AUGUST 15**

## Girls Rec Volleyball (Gr 3-6)

Become part of the White Bear Lake Community Services & Recreation Youth Volleyball league. Teams will practice once a week and play matches on Saturday mornings/afternoons. Teams that participate are from Little Canada, Mahtomedi, Oakdale, and Stillwater. Matches will be held in various locations. Teams are created by schools/area or if a coach submits a roster. Coaches will contact players with more details. Head coaches are needed!

**Practice** will start in mid September. **League games** run from Sep 17-Nov 5

**7400.100 | Grades 3-4 | \$94**

**7400.101 | Grades 5-6 | \$94**

REGISTRATION CLOSES: **AUGUST 31**

**VOLUNTEER COACHES ARE NEEDED!**  
Contact Matt Riebow at 651-407-7506 or  
matthew.riebow@isd624.org.



## White Bear Lake Area Schools Middle School Athletics

Online Registration at: [http://lobby.wordwareinc.com \(smartschoolsK12\)](http://lobby.wordwareinc.com (smartschoolsK12))

## SPORTS PHYSICALS

Get Form: [communityservices.isd624.org](http://communityservices.isd624.org) > Youth Programs > Middle School Athletics

- Students must have a current qualifying Sports Physical Examination form on file in their school's Health Office.
- Sports Physicals are good for 3 years. To check on a physical date contact your school's athletic office.  
*NOTE: A Well-Child exam does not meet the Sports Physical requirements.*
- Mail/Email/Fax the Sports Physical to the student's school.

## FINANCIAL ASSISTANCE

Students currently receiving free/reduced meals will automatically receive a discount when registering.

## IMPORTANT

- All athletes must be registered before they may participate in practice or competitions.
- Some sports may have additional team apparel fees.
- Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.
- If needed, please email your school's athletic secretary for a Family Key or any registration questions.
- An Activity Bus is available after practice for students. Pick up @ 5:30 pm. View schedule: [communityservices.isd624.org](http://communityservices.isd624.org) > Youth Programs > Middle School Athletics

REGISTRATION OPENS	SEASON STARTS	SPORT	COST
August 1	1st week of school	Cross Country (6-8)	\$150
		Tennis-Girls (6-8)	\$150
		Volleyball (6) Oct Start	\$145
		Volleyball (7-8)	\$150
	Late Oct.	Wrestling (6-8)	\$150
February 15	Early April	Golf (6-8)	\$175
		Tennis-Boys (6-8)	\$150
		Track & Field (6-8)	\$150

**Middle School Website** visit for updates and general information on schedules, coaches info, meetings, and directions.  
[communityservices.isd624.org](http://communityservices.isd624.org) > Youth Programs > Middle School Athletics

**Community Services & Recreation**  
4855 Bloom Ave., White Bear Lake, MN 55110  
651-407-7501  
[communityservices.isd624.org](http://communityservices.isd624.org)

Matt Riebow, Coordinator  
[matthew.riebow@isd624.org](mailto:matthew.riebow@isd624.org)

Ninchai Nok-Chiclana, Sunrise Athletics  
[ninchai.nok-chiclana@isd624.org](mailto:ninchai.nok-chiclana@isd624.org)  
Fax Physicals: 651-653-2716

Christine Beckers, Central Athletics  
[christine.beckers@isd624.org](mailto:christine.beckers@isd624.org)  
Fax Physicals: 651-407-7502

## ISD 624 District Information & Locations

### White Bear Lake Area School District ISD #624

4855 Bloom Avenue, White Bear Lake, MN 55110  
(651) 407-7500 [www.isd624.org](http://www.isd624.org)

#### 2022-2023 School Board

Scott Arcand, Deb Beloyed, Kathleen Daniels, Jessica Ellison, Marge Newmaster, Chris Streiff Oji, and Angela Thompson

Dr. Wayne Kazmierczak, Superintendent  
White Bear Lake Area Schools

The White Bear Lake Area School District serves the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.

#### Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- » Students who design and create their own future
- » A culture that respects diverse people and ideas
- » Safe, nurturing, and inspiring experiences
- » Exceptional staff and families committed to student success
- » Abundant and engaged community partners.

#### Core Values

The White Bear Lake Area School District builds quality lives and strong communities through:

- » compassion
- » integrity
- » respect
- » responsibility
- » service

#### School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

##### » **Two-Hour Late Start**

Morning Community Services, Early Childhood Program, and Senior Program activities will be canceled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

##### » **No School**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled.

##### » **Early Dismissal**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled for the remainder of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.



#### Elementary Schools

##### **BIRCH LAKE**

1616 Birch Lake Avenue  
White Bear Lake, MN 55110

##### **LAKEAIRES**

3963 Van Dyke Street  
White Bear Lake, MN 55110

##### **LINCOLN**

1961 Sixth Street  
White Bear Lake, MN 55110

##### **MATOSKA INTERNATIONAL IB WORLD SCHOOL**

2530 Spruce Place  
White Bear Lake, MN 55110

##### **NORTH STAR**

14895 Francesca Avenue North  
Hugo, MN 55038

##### **ONEKA**

4888 Heritage Parkway North  
Hugo, MN 55038

##### **OTTER LAKE**

1401 County Road H2  
White Bear Township, MN 55110

##### **VADNAIS HEIGHTS**

3645 Centerville Road  
Vadnais Heights, MN 55127

##### **WILLOW LANE**

3375 Willow Avenue  
White Bear Lake, MN 55110

#### Middle Schools

##### **CENTRAL**

4857 Bloom Avenue  
White Bear Lake, MN 55110

##### **SUNRISE PARK**

2399 Cedar Avenue  
White Bear Lake, MN 55110

#### High Schools

##### **WBLAHS - NORTH CAMPUS**

5045 Division Ave  
White Bear Lake, MN 55110

##### **WBLAHS - SOUTH CAMPUS**

3551 McKnight Road  
White Bear Lake, MN 55110

##### **WBL AREA LEARNING CENTER**

2449 Orchard Lane  
White Bear Lake, MN 55110

#### Other District Locations

##### **DISTRICT CENTER OFFICES**

4855 Bloom Avenue  
White Bear Lake, MN 55110

##### **NORMANDY PARK EARLY CHILDHOOD EDUCATION CENTER**

2482 East County Road F  
White Bear Lake, MN 55110

##### **SENIOR CENTER PROGRAM**

2484 East County Road F  
White Bear Lake, MN 55110

##### **TAMARACK NATURE CENTER**

5287 Otter Lake Road  
White Bear Township, MN 55110



FOLLOW DR. K



/DRK\_ISD624

ISD624.ORG

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## Moving Forward

We know that the 2022-23 school year is bound to be one in which our students continue to move forward with gusto, learning and growing in safe, nurturing and challenging environments. We're confident the successes of our students will be showcased this year in the connections they forge with others, the diverse array of activities in which they participate, and in the important lessons learned in their classrooms.

The district's ability to deliver the high-quality learning experiences we know our community expects of us is made possible because our staff continue to maintain a strong commitment to providing instruction tailored to each learner and hands-on learning opportunities that focus on the academic, social and personal development of each student.

Our ongoing ability to serve students is also made possible by support from district residents, which has included give-backs such as donating backpacks and materials, participating in reading programs with students, engaging on important committees and task forces, and supporting district referendums that support overall operations and transformative construction projects. (Speaking of construction projects, those who are interested in seeing the impressive progress on the district's comprehensive facilities planning projects can find complete information and updates at the website page - [www.isd624.org/BuildingOurFuture](http://www.isd624.org/BuildingOurFuture))

In White Bear, it is truly understood that it takes a village.

*Continued on District News page IV*

## Translations:

Para Español por favor llame al 651-407-7625

Xav tau ntawv Hmoob hu rau 651-407-7623

Flip book to see  
Community Services &  
Recreation Catalog







## Bear Wear Pics!

“Born to be a Bear” onesies are sent to district families upon the arrival of a little one, and “I’m a Bear” shirts are mailed to households when they receive Screen at 3 information. Kindergartners receive shirts when enrollment paperwork is complete.

Email Bear Wear pics to [communications@isd624.org](mailto:communications@isd624.org) and you may find your little one(s) featured in a District publication!

## Screen at 3

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten.

The best age at which to screen is age three. White Bear Lake Area Schools provides this screening at no charge.

### 3 REASONS TO SCREEN AT 3:

- Screening can ensure school success
- If health or developmental concerns are identified, educational services are available
- It is fun and provides parents/guardians with valuable information regarding child development

Register for Early Childhood Screening online at <https://whitebear.ce.eleyo.com> or 651-653-3100

Early Childhood Screening takes place at:  
Normandy Park Education Center  
2482 East County Road F, WBL

## Building Construction Updates

Since 2019, when the community supported a bond referendum, the list of completed facilities projects has grown to include the South Campus gym addition, Transportation Facility, ALC security renovation, and elementary additions at Lincoln, Matoska, Vadnais Heights and Willow Lane.

Phase 2 is in progress and includes work at Birch Lake, Lakeaires and Otter Lake Elementaries, ALC, and the addition at the current WBLAHS - South Campus, which will be a middle school building when North Campus becomes the site of the unified high school in the fall of 2024. In Hugo, the new North Star Elementary is open for students this fall and construction will begin at Oneka Elementary. Projects in the design phase include Central Middle School and Sunrise Park Middle School site's conversion to become a multi-use facility to include District Offices, Early Childhood, Transition Education Center (TEC) and the Senior Program.

Complete information about the district's facilities projects, including details about individual projects and presentations that have been shared at School Board meetings, can be found on the Building Our Future page of the district website at [www.isd624.org/BuildingOurFuture](http://www.isd624.org/BuildingOurFuture).



## Attendance Boundaries Process

The White Bear Lake Area Schools attendance boundaries are changing in two phases over the 2022-23 and 2023-24 school years. The change was made necessary in part by the comprehensive facilities plan that was facilitated in order to accommodate student enrollment and best utilize new/expanded facilities.

A description of the process, attendance boundaries, the attendance boundary design framework, presentations and meeting materials, a Q&A and an attendance area lookup tool can be found on the district's website at [www.isd624.org/AttendanceBoundariesProcess](http://www.isd624.org/AttendanceBoundariesProcess).

## District-wide Hires



### Lincoln Elementary Principal

Brian Morris, who recently served as Hugo Elementary principal, is the new principal at Lincoln Elementary. Prior to beginning his principalship at Hugo during the 2019-20 school year, Morris was the district's assessment coordinator for six years. Before stepping into roles in administration, he worked for 17 years as a mathematics teacher, teacher leader and curriculum leader at White Bear Lake Area High School - South Campus.



### North Star Elementary Principal

Principal Dan Schmidt begins his tenure this fall as principal at the district's new North Star Elementary, newly built in Hugo as part of the district's comprehensive facilities plan. Schmidt previously served as principal at Lincoln Elementary since 2006. Schmidt previously served in principal roles in North St. Paul-Maplewood-Oakdale and Sartell/St. Stephen's School Districts. He began his career teaching fifth grade at White Bear's Lincoln Elementary in 1990.



### Sunrise Park Middle School Assistant Principal

Ryan Clark is the new associate principal for Sunrise Park Middle School. The position opened when AP Norman Bell accepted a principal position at St. Anthony-New Brighton High School. Clark has worked in the White Bear Lake Area School District since 2014. He has been a Health, Phy Ed and DAPE teacher and an instructional coach. He previously served as Sunrise Park's dean of students.



### Sunrise Park Middle School Dean of Students

Lonal Van is starting this fall as dean of students at Sunrise Park Middle School, a position that became available when former Sunrise dean of students Ryan Clark became the assistant principal. During the last ten years, Van has worked for the Minneapolis Public School District. The new dean of students has experience in the classroom teaching fourth grade and in serving as a middle school dean.



### White Bear Lake Area High School - North Campus Assistant Principal

Joe Held, who for the past two years has served as the dean of student success/BARR coordinator, will serve in an interim associate principal position while partnering with interim BARR and mentor Amanda Schroeder. Current associate principal Dion Harriman's duties will shift to include an oversight role in the unified high school building project, while continuing to fulfill some AP duties including facilities, scheduling and observations.

## WE ARE HIRING! Find Employment info at [isd624.org/employment](http://isd624.org/employment)

We are currently hiring for a variety of positions. We need substitute teachers, bus drivers, Extended Day staff, paras, Nutrition Services staff and more!

These positions are great for retirees, stay-at-home parents, college students, or anybody who enjoys working with students.



- Competitive wages
- On the job training
- Flexible work hours
- Chance to work near home
- Opportunity for: full benefits, paid time off, paid holidays
- Make a difference for kids in your community

*Continued from front page*

Later this fall, community members will see a capital projects levy renewal question on the November ballot. Renewing 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. This funding also allows us to address equipment needs in the areas of safety and security, and transportation.

The straight renewal of the levy is projected to generate \$2,590,309 annually for an additional 10 years beginning in 2024, with the tax rate for district property owners remaining unchanged.

The funds will be used in the following ways:

- **Safety and security:** The capital projects levy allows the district to maintain and increase safety and security measures and equipment throughout the district.
- **Technology and related services:** The capital projects levy allows the district to provide classroom technology, software and computers for students. Related services include the maintenance of equipment and technology staff.
- **Textbooks, curriculum materials and equipment, and musical instruments:** The capital projects levy allows the district to purchase textbooks, curriculum materials and equipment, and musical instruments according to our curriculum replacement cycle.
- **Transportation:** The capital projects levy allows the district to purchase buses and vans for student transportation.

I look forward to continuing the conversation about the district's capital projects levy renewal, as we hope community members learn all they can about the renewal. I will be visiting with community groups this fall, and public meetings will take place at the following times as well:

- 8:30 a.m. on Tues., Sept. 20 at the WBLAS Senior Center, 2482 East County Road F, WBL
- 7 p.m. on Tues., Sept. 27 at District Center, 4855 Bloom Ave, WBL
- 7 p.m. on Wed., Oct. 5 at Oneka Elementary, 4888 Heritage Pkwy North, Hugo

Additional information about the district's capital projects levy renewal can be found on the district's website at [www.isd624.org/capitalprojectslevyrenewal](http://www.isd624.org/capitalprojectslevyrenewal). I can also be reached at 651-407-7563 or [wayne.kazmierczak@isd624.org](mailto:wayne.kazmierczak@isd624.org).

We appreciate the partnership and support from families and community members as we move forward together to begin this new school year.

Here's to a terrific 2022-23!

Dr. Wayne A. Kazmierczak, Superintendent  
White Bear Lake Area Schools

## FREE Senior Activity Pass

Almost 700 Senior community members (those who are age 65+) who live in the District participate in the Lifetime Activity Pass program and enjoy complimentary admission to school activities.

Please apply online at <https://bit.ly/3aSokLb> and your pass will be mailed to you. If you have questions, please contact Rachael Markuson at 651-407-7563 or [rachael.markuson@isd624.org](mailto:rachael.markuson@isd624.org).



## Our Beliefs

- Each person has innate value.
- Service nurtures both community and self.
- Everyone has the power to design their own future.
- Respect for diversity is strength.
- Integrity is fundamental to relationships.
- Each person has unrealized potential.
- Communities with shared goals have unlimited potential.
- We are stewards of the earth.
- Learning enriches one's quality of life.
- Everyone has a right to a safe and respectful environment.
- Challenge leads to innovation and growth.
- All people deserve unconditional love.

## Coffee with Dr. K

Community members are invited to stop by throughout the academic year for an informal chat with Dr. K over a cup of coffee.

The events will take place at Caribou Coffee in Downtown White Bear Lake at the following times:

- Nov. 16, 2022 from 7:30-8:30 a.m.
- Feb. 8, 2023 from 12-1 p.m.
- May 2, 2023 from 4-5 p.m.



## 2022 District 624 School Board



**SCOTT ARCAND**  
scott.arcand@isd624.org  
Term expires 12/31/24



**DEB BELOYED**  
deb.beloyed@isd624.org  
Term expires 12/31/26



**KATHLEEN DANIELS**  
kathleen.daniels@isd624.org  
Term expires 12/31/26



**JESSICA ELLISON**  
jessica.ellison@isd624.org  
Term expires 12/31/26



**MARGE NEWMASER**  
margaret.newmaster@isd624.org  
Term expires 12/31/24



**CHRISTINA STREIFF OJI**  
christina.streiffoji@isd624.org  
Term expires 12/31/26



**ANGELA THOMPSON**  
angela.thompson@isd624.org  
Term expires 12/31/24

**GENERAL SCHOOL BOARD EMAIL ADDRESS:**  
schoolboard@isd624.org

### 2022-23 STUDENT REPRESENTATIVES:

- Lauren Collier, Gr 12, WBLAHS-South, Representative
- Arianna Vann-Cook, Gr 11, WBLAHS-South, Alternate Representative

## School Board Meetings

Sept. 12 ..... Regular Mtng  
Sept. 26 ..... Work Session  
Oct. 10..... Regular Mtng  
Oct. 24..... Work Session  
Nov. 14..... Regular Mtng  
Nov. 28..... Work Session  
Dec. 12 ..... Regular Mtng  
Jan. 9 ..... Regular Mtng  
Jan. 23..... Work Session

- » All Board meetings begin at 5:30 p.m. and take place in the Community Room 112 at District Center (4855 Bloom Ave).
- » Agendas, Board Packets, Minutes, Highlights and Video links are posted on the District's website as they become available.
- » Regular School Board meetings are re-broadcast on Cable Channel 20 in the local viewing area the week of a regular business meeting:
  - Wed. at 2 p.m., 6 p.m. & 9 p.m.
  - Thurs. at 10 a.m.

## Calendars

The 2022-23 and 2023-24 academic year calendar one-page flyers are now available online on the district's website, directly at [www.isd624.org/about/calendar](http://www.isd624.org/about/calendar).

The 2022-23 Activities Calendar will be mailed to all district families in late-August. Community members who would like a copy of the printed calendar may pick one up at District Center (4855 Bloom Avenue, WBL) in September.

The online calendar available at the district's website allows users the ability to subscribe to building-level and program-specific calendars.



## Stay Connected

### • E-NEWSLETTER

The Community e-Newsletter is sent out each week, with alternating text and video editions. The text editions cover student and staff successes, school and Community Education offerings, and School Board proceedings. Those who wish to be added to the recipient list may contact us via email at [communications@isd624.org](mailto:communications@isd624.org).

### • COMMUNITY CHANNEL

Watch us on Cable Channel 20 in the local viewing area to receive District information and updates. School Board meetings are broadcast after regular business meetings on Wednesday at 2 p.m., 6 p.m. and 8 p.m. and Thursday at 10 a.m.

### • STAY SOCIAL

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube for daily 624 Fact posts and *The Week in 62.4 Seconds* video share-outs. Find links on the District's website.



/isd624

## Requesting an Interpreter

Families can request that a district staff member call them through the use of an interpreter who speaks the language they speak.

Information about how to make the request can be found in text and audio translations, in all languages spoken by students in the district, on the district website or at the QR code below.



## Digital Backpack

The district's Community Services Department distributes electronic flyers from the school district, as well as local organizations that offer opportunities for youth, on the first and third Thursday of each month.

The Digital Backpack and submission instructions can be found on the district's Community Services website at [communityservices.isd624.org/about/digital-backpack](http://communityservices.isd624.org/about/digital-backpack).

## IMPORTANT DATES

- » **SEPT. 6**  
FIRST DAY OF SCHOOL  
Grades 6 and 9
- » **SEPT. 7**  
FIRST DAY OF SCHOOL  
Grades 1-5, 7-8, 10-12+
- » **SEPT. 8**  
FIRST DAY OF SCHOOL  
Grade K
- » **SEPT. 12**  
FIRST DAY OF SCHOOL  
Early Childhood Programs
- » **SEPT. 12**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **SEPT. 26**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **OCT. 10**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **OCT. 24**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **NOV. 8**  
ELECTION DAY  
District-related ballot item:  
Capital Projects Levy Renewal
- » **NOV. 14**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center
- » **NOV. 16**  
COFFEE WITH DR. K  
7:30-8:30 a.m. at Downtown  
WBL Caribou Coffee
- » **NOV. 28**  
SCHOOL BOARD WORK SESSION  
5:30 p.m. at District Center
- » **DEC. 12**  
SCHOOL BOARD REGULAR MEETING  
5:30 p.m. at District Center



The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- Students who design and create their own future
- A culture that respects diverse people and ideas
- Safe, nurturing, and inspiring experiences
- Exceptional staff and families committed to student success
- Abundant and engaged community partners





# White Bear Lake Area Schools

Leading minds to learning, hearts to compassion,  
and lives to community service.

Serving the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada,  
Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.



Enrollment  
information at  
[isd624.org/enroll](http://isd624.org/enroll)

**Translations:**

Para Español por favor llame al 651-407-7625  
Xav tau ntawv Hmoob hu rau 651-407-7623

## Why Be a Bear?

Our students benefit from:

- Safe, nurturing and challenging environments.
- Differentiated instruction.
- Hands-on learning.
- World language experiences.
- Focus on academic, social and personal development of each student.
- Career Pathways opportunities and College-level courses.

## Stay Connected

• **E-NEWSLETTER**

The Community e-Newsletter is sent out each week, with alternating text and video editions. The text editions cover student and staff successes, school and Community Education offerings, and School Board proceedings. Those who wish to be added to the Community e-Newsletter list may contact us at [communications@isd624.org](mailto:communications@isd624.org).

• **STAY SOCIAL**

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube.

