



THE VOICE

White Bear Lake Area

Hello from the Senior Center

As I started writing this on October 21, I saw piles of snow. As I am wrapping this up today, November 3rd, it's 73 and sunny. This 2020 year is sure one to remember - or forget!

Life is busy as ever here. We slowly continue to welcome back members into activities. A new group has also joined us. On Tuesdays a great group of painters spend a few hours working on their projects and socializing. It is wonderful to see all members and hearing their chatter and laughter. We have not forgotten about those whose activities can not come back yet and continue to access the safety of your return.

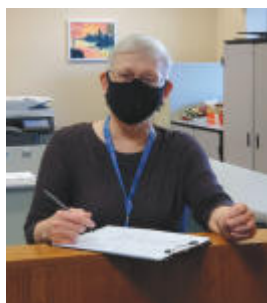
The annual Walk to End Hunger team will participate virtually this year. Funds raised will go to our local Meals on Wheels program. This year's goal is \$5,000. Exciting news...whatever we money we raised will be matched by Metro Meals on Wheels! So please donate to our team and receive twice the amount for your generosity! (See Walk to End Hunger article on right).

This fall we received several COVID grants to make programming improvements. Two large TVs were installed to help with our online learning. This allows individuals who do not have the ability to take an online class from home, to join the class here from the Senior Center. The TVs can also be used by groups to enhance their activities. Our first classes will be the 55+ Safe Driving classes which are now available for registration! (See page 5)

Other new additions: The front office now has a dutch door and we have touchless coffee pot!

For those who have not returned, we are still here for you as a resource. Call us if we can assist you in any way or with your questions. We look forward to seeing you soon!

Jon Anderson, Adult Coordinator



Walk to End Hunger Nov 26, 2020

The Walk to End Hunger is a family friendly event focused on raising money for nine Twin Cities-based hunger relief organizations. The Walk to End Hunger is virtual this year, the same great tradition with a new perspective. A great way to give back before you give thanks!

Please donate to the White Bear Area Meals on Wheels team **Meals 4 Bears** at www.walktoendhunger.org or call 651-653-3121 to make a donation.



A BIG THANK YOU to all who created, crafted, volunteered, shopped, donated and worked at the Annual Holiday Craft Corner Boutique!

We had a wonderfully, socially distanced boutique this year, despite the pandemic! The patience and understanding regarding the safety procedures we followed was much appreciated.

Thank you to our members for all their work and creativity. A special thank you to the local businesses who have supported us. The White Bear Press for donating masks; Neighbors Helping Neighbors Thrift Shop for loaning us their display mannequins; and Cerenity Senior Care-White Bear Lake, The Lodge at White Bear, and The Pillars of White Bear Lake for donating shopping bags.

Lastly, thank you Mindy Mac Runnel, our Boutique Coordinator, who dedicated hours of her time to the Boutique being a success.

**Mark your calendar
for our Spring
Boutique scheduled
for March 19 & 20th.**



Contact Us

General Information

651-653-3121

2484 East County Road F, WBL

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

www.whitebearseniorprogram.org

Adult Programs & Facilities Coordinator

Jon Anderson 651-653-3126

jon.anderson@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Meals on Wheels

Debbie Walker 651-653-3123

deb.walker@isd624.org

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

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

Senior Center & Meals on Wheels will be closed

**Dec 23, 24, 25, 31
Jan 1, 18 , & Feb 15**

Senior Center Membership

Renewal Fee: \$20

Membership fees help offset expenses for staffing, and facility costs. They are also required for anyone attending our daily activities.

Fees should be mailed to:
WB Area Senior Center
2484 East County Rd F
White Bear Lake, MN 55110

We appreciate your support!

Building Safety Continues

- The building opens 15 minutes prior to the start of scheduled activities.
- Members must check in at the Main Office for a brief health screening.
- All visitors must wear a face mask when in the building.
- Hand sanitizer must be used when entering the building. Hand sanitizing stations are available in each room.
- **If you become sick while here at the Center or after visiting us please let us know to keep others safe.**

We want to keep us all safe

- Limited group activity takes place each day.
- Tables and chairs are set up a minimum of 6' apart. Please do not move the furniture.
- Door handles/door buttons will be sanitized throughout the day by staff members.
- Beverages/Snacks/Refrigerator. You may bring in your own beverage or snack if needed. The kitchen, refrigerator, counter areas and supplies are not available for public use.



Foot Care Clinic at the Senior Center

Dec 15, 16 Jan 19, 20 Feb 16, 17 Mar 16, 17

\$45 / 35 minute appointment. Call 651-653-3121.

Medicare Insurance Phone Counseling

Get answers about your Medicare, health, supplements or long-term care insurance. Call 1-800-333-2433.

Computer & Tech Help by Phone Appointment

Do you have a basic computer or technology question? Help is available from the Ramsey County White Bear Library Branch - call 651-724-6001 (press #2) to schedule your half-hour telephone appointment.

For questions relating to downloading e-Books, e-Audiobooks, or other library e-Resources, call the library to speak with a reference librarian: 651-724-6007.

EMERGENCY CLOSINGS

When the White Bear Lake Area School District closes, the Senior Center closes. To find out about closings call the School District Hotline at 651-407-7540.

Or tune into:

- KARE-TV 11
- KSTP-TV 9 or KSTP-TV 5
- WCCO-TV 4
- WCCO-AM 8.3
- www.isd624.org



The Voice Newsletter

Address change? Let us know by calling 651-653-3121.

Current Wave Email

Monthly eNewsletter with supplemental information to The Voice. To receive this email call 651-653-3121.

WEEKLY ACTIVITIES

Coloring10:00 - 11:30 am ...Tuesdays
 In Stitches1:00 - 3:00 pmFridays
 Reader's Chat10:00 - 11:30 am4th Monday
 Painting Group...10:00 - 2:00 pm...Tuesdays
 Ukulele Bears.....10:00 - 11:30 amMondays
 Woodcarvers 9:00 - 11:30 am.....Wednesdays
 Yarn B's10:00 - 11:30 amThursdays

CLASSES & EVENTS

Dec 15 & 16.....Foot Care Clinic (all day)
 Dec 23-25.....Senior Center CLOSED
 Dec 30-31.....Senior Center CLOSED
 Jan 1..... Senior Center CLOSED
 Jan 19 & 20Foot Care Clinic (all day)
 Feb 3.....Mobility Presentation &
Diabetic Show Show
 Feb 16 & 17Foot Care Clinic (all day)
 Mar 16 & 17Foot Care Clinic (all day)
 Mar 18 & 19.....Spring Craft Boutique

Craft Corner Gift Shop

2nd Monday of month & Every Thursday
 11:30 am - 3:30 pm

Adults 50+ who are interested in being a consignee please call the Craft Corner office at 651-563-3130 and leave a message. We will get back to you as soon as we can.



Thank you to everyone who participated as a consignee or shopped at our Fall Boutique!! We hope you enjoyed the experience! **Mark your calendar for the Spring Boutique on March 19 & 20, 2021.**

Minnesota Fact

The oldest human remains found in the region date back to 7,000 BC. These remains were found in 1933 near Browns Valley, east of the state of Minnesota; hence, the name of Man of Browns Valley. Human presence in the region could be before the date thanks to the discovery.

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White Bear Area Senior Program, White Bear Lake, MN

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In Person Classes

Keeping It In the Family: Cabin, Farm, Business
1122.120 Dec 1 \$20 6:30-8 pm Senior Center

Four Famous Cookies
1632.110 Dec 4 \$45 6 - 9pm S.Campus

Acrylic Pouring Class
1414.104 Dec 12 \$50 1 - 2:30 pm S.Campus

Unique Glass Mosaic Candle Holder/Lamp
1403.103 Dec 15 & 17 \$45 6 - 9pm S. Campus
[\$30 fee due at class]

Everything You Need to Know About Medicare
1245.200 Feb 10 \$15 6:30-8 pm Senior Center

Organize Your Photos: Digital & Print
1512.212 Feb 10 \$45 6:30 - 8:30 Senior Center

South West Painting *Sponsored by Cerenity*
1561.200 Feb 11 \$30 10am - Noon Senior Center

Five Keys to Retiring Fearlessly
1535.205 Feb 16 FREE 6 - 7:30 pm Senior Center

Online Classes

Avoid the Pitfalls of Perimenopause & Menopause
1642.246 Jan 25 6 - 7:30 pm \$35

A "Cure for Cabin Fever: Backyard Photography
1200.212 Jan 28 6:30 - 7:30pm \$25

Insta Pot Desserts
1632.200 Jan 31 6:30 - 8 pm \$30

The Ancient Art of Hand Yoga
1642.247 Feb 3 6 - 7:30pm \$35

One Wine, One Cheese, One Recipe Cook Along
1632.210 Feb 13 6 - 7 pm \$45

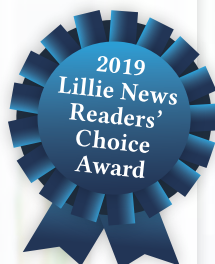


Fun with Epoxy
1512.250
Feb 3 / \$40
6 - 8 pm Makerspace
5966 Hwy 61 N, WBL

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White Bear Area Senior Program, White Bear Lake, MN

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Get Up & Go Fitness

Punch cards are \$55 for 8 classes. Current punch cards will be honored until they are used in full. Silver & Fit Program benefits accepted. Purchase cards at the Senior Center, 2484 E. Cnty Rd F.

WB Dance Center, 2462 East County Road F, WBL

Aerobics

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

No classes on Mondays.

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

Fitness Classes

Soma Yoga (ONLINE)

1600.206 Jan 5-Feb 9 9:30 - 10:30am \$45 Online

Abdominal Strengtheners that Won't Make You Get On the Floor

1642.106 Dec 5 9:30 - 11 am \$35 Sr Center

Posture & Osteoporosis: Building Better Bones

1572.131 Dec 5 11:30am - 1 pm \$35 Sr Center

55+ Driver Safety Refresher Class Presented by MN Safety Council

According to Minnesota state law, people age 55+ who complete a state-approved defensive driving course are eligible to receive a 10%, three-year discount on auto insurance. Includes in-person, online training, and live virtual Zoom classes.

This class will be virtual. Participants will be able to attend class at the Senior Center or take as an online class at home - choose location when registering.

\$35/person Senior Center or Online

1579.171	Dec 8	1:30 - 5:30 pm
1579.172	Dec 11	8:30 am - 12:30 pm
1579.269	Jan 8	8:30 am - 12:30 pm
1579.270	Jan 14	5:30 - 9:30 pm
1579.271	Jan 27	12:30 - 4:30 pm
1579.272	Feb 1	12:30 - 4:30 pm
1579.273	Feb 9	5:30 - 9:30 pm
1579.274	Feb 12	8:30 am - 12:30 pm

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White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071

6 COVID SAFETY PROCEDURES AT THE SENIOR CENTER

Your health and safety is very important to us and we want to ensure that activities are as safe as possible for those who choose to attend in person events. Please familiarize yourself with these procedures before attending.

Before You Come



Complete a self assessment. If you or anyone in your home have any of the following symptoms, stay at home.

- ☐ fever (100 or higher) within the last 72 hrs
- ☐ cough or sore throat
- ☐ shortness of breath
- ☐ chills or repeated shaking with chills
- ☐ muscle pain
- ☐ headache
- ☐ new loss of taste or smell
- ☐ had direct household contact with a person experiencing an undiagnosed cough & fever
- ☐ diarrhea and/or vomiting in the last 24 hrs



Masks are encouraged. Bring your own mask.



Bring your own supplies, writing utensils, etc. to minimize multi-use items.



You may bring your own beverage or snack. The food should be prepackaged and the beverage in a bottle/thermos with a cover. *Coffee and treats will not be provided and cannot be shared.*

While You're Here



You are encouraged to wear a mask.



Wash or sanitize your hands frequently. Only touch surfaces when necessary. For example use automatic door buttons vs. door handles.



Cover your cough or sneeze - then sanitize again.



Maintain social distancing.



If you need to consume your own food or beverage for medical reasons, please wash your hands before and after, turn away from others, and replace your mask as soon as you are done.



Do not rearrange tables and chairs. Chair and table arrangements have been predetermined based on social distancing and air flow. Staff accompanying a participant may move a chair closer to that individual but must remain socially distanced from others in the class.

When You Arrive



Check in at the Main Office to:

- confirm your self health assessment
- sign a waiver
- pay your membership fee
- update your contact information
- ensure room capacity is not over the limit



Wash or sanitize your hands upon arrival. Hand sanitizer will be provided.



Follow the traffic flow signs and maintain social distancing at all times. Do not linger in hallways.

When You Leave



Do not linger in the room or hallway after your activity ends.



Staff will clean and sanitize the room, table, chairs, and equipment after it is used.



Call the office at 651-653-3121 if you test positive for COVID-19 after your have visited the Senior Center.

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

Eyeglasses & Hearing Aides - The Lions Club donates these to people in need.

Used Cell Phones - Collected by TRIAD

Pop Tabs - TRIAD collects for the Ronald McDonald House.

Used Foreign and Commemorative Stamps and Picture Postcards - Collect for the American Legion Auxiliary.

New baby, acrylic & cotton yarn (no wool) - Yarn B's Knitting Group

New yarn (no wool) - Mitten Makers

New greeting cards - Craft Corner Gift Shop

Books & Puzzles - for Lending Library

Plastic Bags - clean bags from stores such as Target, Mendards, Walmart, etc. Used by crafter to make recycled market bags.

Fabric - Cotton, fleece, etc. No tiny scraps please. Use by crafters and sewers.

Senior Center Lending Library

Monday - Friday / 8:00 am - 4:00 pm

Our library is open for books and now jigsaw puzzles to check out!

- Take a book or leave a book - no return date
- Jigsaw puzzles - no return date
- Paperback book donations accepted
- Rotating Historical Exhibit from the White Bear Lake Area Historical Society
- Tree of Life - memorializing and honoring community members and supporters.

Traveling Book & Puzzle Program

If you would be interested in receiving books or jigsaw puzzles from our library, we can deliver them to you!

Let us know the genre you enjoy or authors you like. They will be delivered by our wonderful volunteer drivers. When you're done with the books or puzzles, give us a call and we will have them picked up and deliver more books if you would like!

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



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EBENEZER



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White Bear Area Senior Program, White Bear Lake, MN

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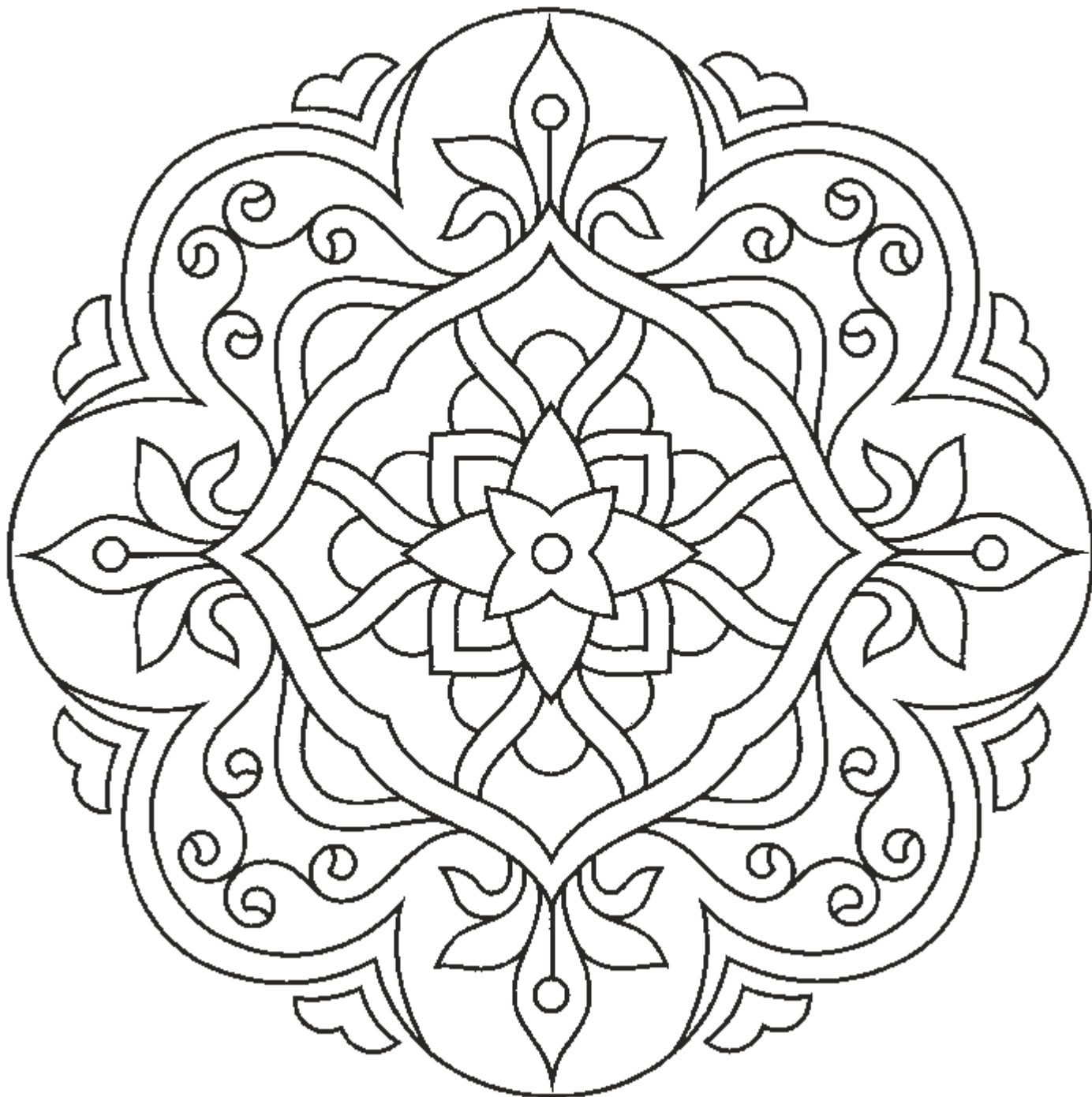
Do you have technology questions? Cyber-Seniors Can Help!

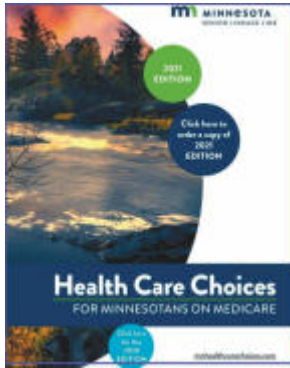
Cyber-Seniors Technology Mentors are young people trained to teach technology to older adults and are standing by to help with your smart phone, iPad or computer. You can also learn to:

- Set up a video call with friends and family
- Order groceries and medication online
- Stream movies, musicals and news shows
- Schedule appointments with medical professionals over video



Call 1-844-217-3057, email info@cyberseniors.org, or go to www.cyberseniors.org to register for FREE webinars or to schedule FREE 1-on-1 help over the phone or via video conference.





2021 Health Care Choices for Minnesotans on Medicare

To view MN Health Care Choice Publication online visit:

www.mnhealthcarechoices.com

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www.seniorlinkageline.com/order

What you need to Know About Medicare

- To enroll, you **must contact Social Security** when you turn age 65.
- Know when your **Initial Enrollment Periods** for Medicare Part A, B and D are.
- Review** your current Medicare plan options annually from October 15–December 7.
- Know when your **Medigap** (Medicare supplement) six month open enrollment period begins and ends.
- Medicare does not cover **long-term care services**.
- When you are in the hospital, ask if your stay is **outpatient** (observation) or **inpatient**.
- Be aware of Medicare Part B and Part D late enrollment period **penalties**.
- Got gap coverage?** Medicare does not cover annual physicals, hearing exams, hearing aids, dental care or eyeglasses.
- If you have Medicare, **you do not need MNsure**.
- Call the **Senior LinkAge Line®** at 1-800-333-2433 or visit [MinnesotaHelp.info®](http://MinnesotaHelp.info) for live chat.

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White Bear Area Senior Program, White Bear Lake, MN

E 4C 02-1071

CROSSWORD PUZZLE

ACROSS

- 1 Brit. Virgin Islands (abbr.)
4 Viking
8 External covering
12 Belonging to (suf.)
13 End (pref.)
14 Mississippi bridge
15 Compass direction
16 Maenad
18 Broad structural basin
20 Water nymph
21 Abdominal (abbr.)
23 Stair post
27 Sp. instrument
32 Annoy
33 Insect
34 Misrepresent
36 You (Ger.)
37 Hindu month
39 Female noble
41 Bird

- 43 Eur. Economic Community (abbr.)
44 Trespass for game
48 Gamin
51 Puce (2 words)
55 Shoe size
56 "Uncle Remus" rabbit
57 7th incarnation of Vishnu
58 Cathode-ray tube (abbr.)
59 Convey
60 Black
61 Kilometers per hour (abbr.)

DOWN

- 1 Conquer
2 Anatomical duct
3 Limp
4 Off-track betting (abbr.)
5 Compact
6 Razor-billed auk

- 7 Central points
8 Dive
9 John, Gaelic
10 Banned pesticide
11 Compass direction
17 Chin. dynasty
19 Dance

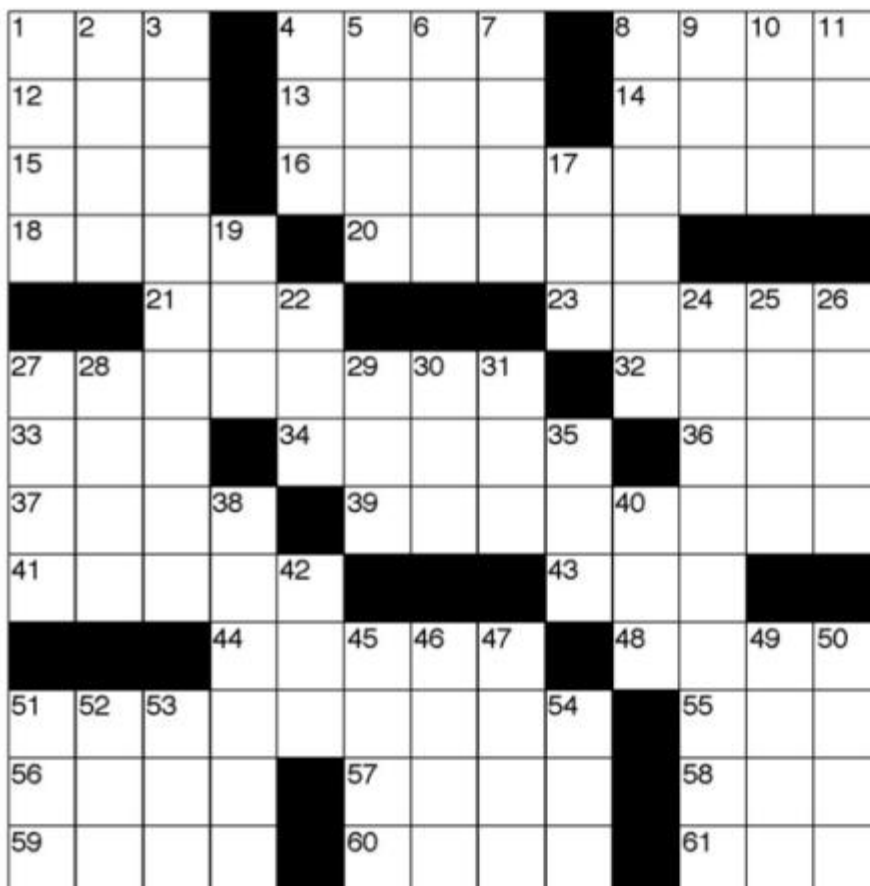
- company (abbr.)
22 Cotillion attendee
24 Jab
25 Ancient Gr. city
26 Dregs
27 Heddles of a loom
28 Handle
29 Beak
30 Guido's note (2 words)
31 Shooting match
35 Equal opportunity employer (abbr.)
38 Household linen
40 Nat'l Endowment for the Arts (abbr.)
42 Chin. pan
45 Rhine tributary
46 Crustacean
47 Blood (pref.)
49 Amer. Assn. of Retired Persons (abbr.)
50 Eng. spa
51 Abate
52 Yorkshire river
53 Race the motor
54 Israelite tribe

ENIGMA™ CRYPTOGRAM

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

"RZMCF QOMWVWP EZNE POCS VW
VND QOBNE."

— URWYZQVW GMZWLCVW



**Puzzle
Answers
on page 14**

Pasta Fagioli Soup

Prep Time: 30 minutes Yield: 5 servings

INGREDIENTS

- 1/2 pound Italian turkey sausage links, casings removed, crumbled
- 1 small onion, chopped
- 1-1/2 teaspoons canola oil
- 1 garlic clove, minced
- 2 cups water
- 1 can (15-1/2 oz) great northern beans, rinsed and drained
- 1 can (14-1/2 oz) diced tomatoes, undrained
- 1 can (14-1/2 oz) reduced-sodium chicken broth
- 3/4 cup uncooked elbow macaroni
- 1/4 teaspoon pepper
- 1 cup fresh spinach leaves, cut as desired
- 5 teaspoons shredded Parmesan cheese

DIRECTIONS

- In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside.
- In the same pan, saute onion in oil until tender. Add garlic; saute 1 minute longer.
- Add the water, beans, tomatoes, broth, macaroni and pepper; bring to a boil.
- Cook, uncovered, until macaroni is tender, 8-10 minutes.
- Reduce heat to low; stir in sausage and spinach.
- Cook until spinach is wilted, 2-3 minutes. Garnish with cheese.
- Enjoy!



www.nyfs.org

Telehealth options available

White Bear Area Clinic 1280 N. Birch Lake Blvd., White Bear Lake, MN (651) 429-8544	Shoreview Clinic 3490 Lexington Ave. N., Shoreview, MN (651) 486-3808
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December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	5
	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
	10:00 Coloring	9:00 Woodcarvers	10:00 Yarn B's	1:00 In Stitches
	10:00 Painting	9:00 Woodcarvers	11:30-3 Craft Corner	
7	8	9	10	11
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
9:30 Ukulele Beginners	8:30 Driver Safety	9:00 Woodcarvers	10:00 Yarn B's	8:30 Driver Safety Class
10:00 Ukulele Bears	10:00 Coloring	9:00 Woodcarvers	11:30-3:30 Craft Corner	1:00 In Stitches
	10:00 Painting			
	1:30 Driver Safety Class			
14	15	16	17	18
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
9:30 Ukulele Beginners	8:00 Footcare Clinic	8:00 Footcare Clinic	10:00 Yarn B's	1:00 In Stitches
10:00 Ukulele Bears	10:00 Coloring	9:00 Woodcarvers	11:30-3:30 Craft Corner	
11:30-3:30 Craft Corner	10:00 Painting			
21	22	23	24	25
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	Meals on Wheels & Senior Center CLOSED	Meals on Wheels & Senior Center CLOSED	Meals on Wheels & Senior Center CLOSED
9:30 Ukulele Beginners	10:00 Coloring			
10:00 Ukulele Bears	10:00 Painting			
28	29	30	31	
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	Meals on Wheels & Senior Center CLOSED	Meals on Wheels & Senior Center CLOSED	
9:30 Ukulele Beginners	10:00 Coloring			
10:00 Ukulele Bears	10:00 Painting			
10:00 Readers Chat				

THANK YOU!

Thank you to all those who have donated fabric and yarn to the Senior Center these last few months.

The yarn was distributed between knitters and the Out of School time kids who are learning to knit, crochet and using it for other fun projects!

The fabric has been made into dozens of wonderfully colorful pillow cases by Nancy Cottle. The pillow cases have been distributed to our Meals on Wheel clients and Early Childhood families.



Smoothie Recipe: Almond, Berry and Chia Smothie with Spinach

1 cup Strawberries (fresh / frozen)
 1 cup Unsweetened Almond Milk
 1 Tbls Chia Seeds
 2 cups Spinach Leaves
 1 small Banana (fresh / frozen)
 1 Orange, peeled and chopped
 Juice of 1 Lemon

Place all ingredients in blender. Enjoy!

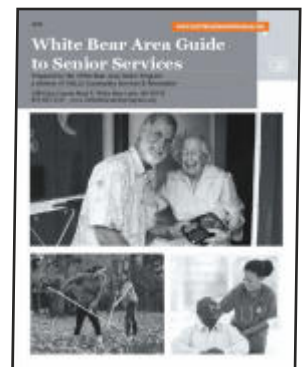
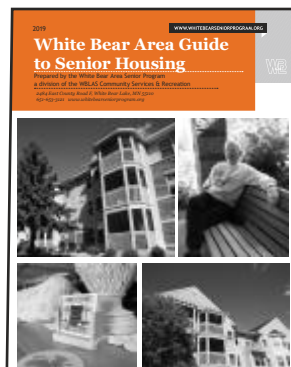


February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
9:30 Ukulele Beginners	10:00 Coloring	9:00 Woodcarvers	10:00 Yarn B's	1:00 In Stitches
10:00 Ukulele Bears	10:00 Painting	10-2pm Mobility & Shoe Show	11:30-3:30 Craft Corner	
12:30 Driver Safety Class				
8	9	10	11	12
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
9:30 Ukulele Beginners	10:00 Coloring	9:00 Woodcarvers	10:00 South West Painting	8:30 Driver Safety Class
10:00 Ukulele Bears	10:00 Painting	6:30 Organize Your Photos	10:00 Yarn B's	1:00 In Stitches
11:30-3:30 Craft Corner	5:30 Driver Safety Class	6:30 Everything to Know About Medicare	11:30-3:30 Craft Corner	
Presidents Day 15 Meals on Wheels and Senior Center CLOSED	16	17	18	19
	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
	8:00 Footcare Clinic	8:00 Footcare Clinic	10:00 Yarn B's	1:00 In Stitches
	10:00 Painting	9:00 Woodcarvers	11:30-3:30 Craft Corner	
	10:00 Coloring			
	6:00 Five Keys to Retiring Fearlessly			
22	23	24	25	26
No Get Up & Go Fitness	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center	9:30 Aerobics-Dance Center
9:30 Ukulele Beginners	10:00 Coloring	9:00 Woodcarvers	10:00 Yarn B's	1:00 In Stitches
10:00 Ukulele Bears	10:00 Painting		11:30-3:30 Craft Corner	
	10:00 Equity Conversion			
	6:30 Drafting Your Own Will			

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View Online at:

www.whitebearseniorprogram.orglook under *RESOURCE GUIDES*To have a copy mailed to you
call 651-653-3121.

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Get Up & Go Fitness 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:30 Driver Safety Class	2 9:30 Aerobics-Dance Center 10:00 Coloring 10:00 Painting	3 9:30 Aerobics-Dance Center 9:00 Woodcarvers 10-2pm Mobility & Shoe Show	4 9:30 Aerobics-Dance Center 10:00 Yarn B's 11:30-3:30 Craft Corner	5 9:30 Aerobics-Dance Center 1:00 In Stitches
8 No Get Up & Go Fitness 9:30 Ukulele Beginners 10:00 Ukulele Bears 11:30-3:30 Craft Corner	9 9:30 Aerobics-Dance Center 10:00 Coloring 10:00 Painting 5:30 Driver Safety Class	10 9:30 Aerobics-Dance Center 9:00 Woodcarvers 6:30 Organize Your Photos 6:30 Everything to Know About Medicare	11 9:30 Aerobics-Dance Center 10:00 South West Painting 10:00 Yarn B's 11:30-3:30 Craft Corner	12 9:30 Aerobics-Dance Center 8:30 Driver Safety Class 1:00 In Stitches
15 Presidents Day Meals on Wheels and Senior Center CLOSED	16 9:30 Aerobics-Dance Center 8:00 Footcare Clinic 10:00 Painting 10:00 Coloring 6:00 Five Keys to Retiring Fearlessly	17 9:30 Aerobics-Dance Center 8:00 Footcare Clinic 9:00 Woodcarvers	18 9:30 Aerobics-Dance Center 10:00 Yarn B's 11:30-3:30 Craft Corner	19 9:30 Aerobics-Dance Center 1:00 In Stitches
22 No Get Up & Go Fitness 9:30 Ukulele Beginners 10:00 Ukulele Bears	23 9:30 Aerobics-Dance Center 10:00 Coloring 10:00 Painting 10:00 Equity Conversion 6:30 Drafting Your Own Will	24 9:30 Aerobics-Dance Center 9:00 Woodcarvers	25 9:30 Aerobics-Dance Center 10:00 Yarn B's 11:30-3:30 Craft Corner	26 9:30 Aerobics-Dance Center 1:00 In Stitches



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Cryptogram Answer:

"Early morning hath gold in its mouth" - Benjamin Franklin





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RESOURCES

HELP AT YOUR DOOR

Provides grocery shopping assistance, transportation, and home support for a nominal fee. To learn more call 651-642-1892.

NEIGHBOR TO NEIGHBOR COMPANIONS

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

NEIGHBORS HELPING NEIGHBORS THRIFT STORE

The community thrift store is housed in the yellow building behind St. Stephen Lutheran Church, 1965 E County Road E, WBL

- Tue, Wed, Thu: 10 am - 4 pm
- Sat: 10 am - 1 pm

RAMSEY COUNTY COMMUNITY NAVIGATOR

Services include: Programs for seniors and adults with no children, Medicaid questions, MNsure health coverage, property services, home and community-based services and all other county programs. Call 651-266-8500.

SENIOR CHORE PROGRAM

Indoor/Outdoor chore help for low to moderate income local seniors. Call 651-429-8544.

WEATHERIZATION ASSISTANCE PROGRAM

Provides free home energy upgrades to income-eligible homeowners and renters to help save energy and make sure your home is a healthy and safe place to live. Call 1-800-657-3710 or energy.info@state.mn.us.

THANKSGIVING MEALS

Thanksgiving for All: Ralph Reeder Food Shelf (Mounds View) call 651-621-6280 during the month of November to set up an appointment to receive a turkey and all the fixings to make a Thanksgiving meal for your family.