

White Bear Lake Area **SENIOR VOICE**

Senior Center Summer Location

The Normandy Park Education Center is getting a new roof! During summer construction Senior Center activities and fitness classes will be held at:

Matoska International School
2530 Spruce Place, White Bear Lake

Senior Center telephone number will stay the same - 651-653-3121.



No Senior Center Activities

Mon, May 27
Thu & Fri, June 13 & 14
Thu & Fri, July 4 & 5
Mon - Fri, August 12-16
Mon, Sept 2

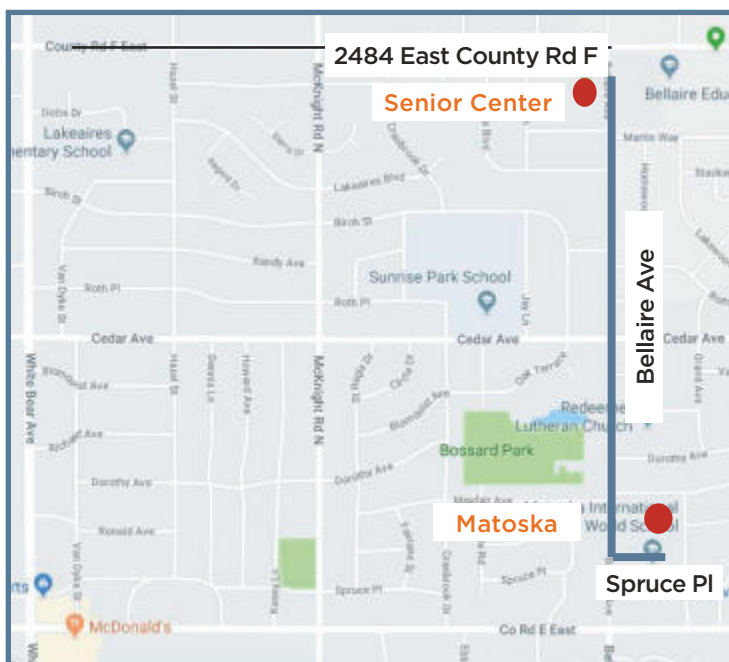
Meals on Wheels Service



Meal prep and delivery will continue to operate out of Normandy Park / Senior Center as usual throughout the summer.

No Meals on Wheels service on May 27, July 4-5 and September 2.

Look for the Craft Corner Gift Shop booth at Marketfest July 11, 6-9 pm



Matoska International School
2530 Spruce Place, White Bear Lake

Matoska is located off Bellaire Avenue, south of the White Bear Senior Center.

Enter through Door M.
Fitness Classes through Door A.

Library and Gift Shop will be closed during our move. Get your summer reading books and Gift Shop purchases before June 12!

Contact Us

General & Volunteer Info

651-653-3121

2484 East County Road F, WBL

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

www.whitebearseniorprogram.org

Administrative Assistant

Rose Price 651-653-3121

rose.price@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Adult Programs Coordinator

Tara Jebens-Singh 651-653-3126

tara.jebens-singh@isd624.org

Elder Resource Specialist

Mary Mengel 651-653-3125

mary.mengel@isd624.org

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

Meals on Wheels

Debbie Walker 651-653-3123

deb.walker@isd624.org

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

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

FREE Computer & Technical Device Help

Jun 19, Jul 17, Aug 21 9 - 11 am

FREE Medicare Insurance Counseling

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

Foot Care Clinic

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

Senior Center Membership Renewal

\$20 Annual Fee

July 1, 2019 to June 30, 2020

Membership is open to everyone
- no matter where you live.

Membership is required for those attending on-going group activities at the White Bear Area Senior Center. The membership fees help offset coffee expenses, supplies, and facility costs. Members receive an access card which allows automatic entry into the building. We appreciate your participation and support of the Senior Center.

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

Become A Member



LionsHelp

This program helps with small, home safety repair projects such as grab bars, light switches, door handles or locks. Assistance connecting with a local, professional service may also be provided as needed.

Please call Mary, our Elder Resource Specialist, to inquire about your project today! Call 651-653-3125.

Donations Accepted

- New Yarn
- New School Supplies
- Used Eyeglasses & Hearing Aides
- Used Cell Phones with Chargers
- Pop Tabs
- Campbell's Soup Labels
- Box Tops for Education
- Used U.S. & Foreign Stamps



FREE PONTON BOAT RIDES

Sponsor: Bear Boating of White Bear Lake

Bear Boating is offering free two-hour pontoon boat rides and fishing trips around White Bear Lake. The pontoon boat is wheelchair accessible.

The boat departs from the VFW off Highway 61. Donations are welcome and greatly appreciated.

To register, call 651-653-3121. Registration is limited and fills up quickly. Please indicate if there will be a wheelchair so the boat crew can accommodate.

Boat Cruise

1:00 - 3:00 pm

Mon, Jun 3
Tue, Jun 18
Mon, Jul 1
Tue, Jul 9
Thu, Jul 25
Fri, Aug 2
Thu, Aug 22

10:00 am - Noon

Tue, Aug 27

Fishing Trip

10:00 am - Noon

Wed, Jun 12
Thu, Jun 27
Wed, Jul 17
Wed, Aug 7

A fishing license is required for those under 90 years old. All fishing equipment is supplied by Bear Boating.



FREE Community Boat Ride

Sponsor: White Bear Rotary

Thu, Aug 8, 1 - 3 pm

White Bear Lake community members will volunteer their time and boats for this fun event to those over the age of 60.

The boats depart from the VFW off Highway 61.

No wheelchair accommodations.

To register call 651-653-3121.



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White Bear Area Senior Program, White Bear Lake, MN

A 4C 02-1071

4 Community Education Classes

Register at: www.whitebear.ce.eleyo.com or call 651-653-3121.



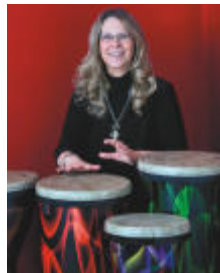
Learn to Kayak 1680.400

Jun 2 9 - 10:30 am
\$25 WB County Park



Sunset Sailboat Painting Class 1561.400

Jun 11 6 - 8:30 pm
\$36 South Campus
(\$5 material fee due at class)



Basics of Golf

1364.400 Tue/Thur
Jul 9-18 6 - 7 pm
\$75 South Campus

HEALTHRhythms Drumming 1306.400

Jul 22 10 - 11 am
\$5 Matoska

Crafts @ the Senior Center

Matoska International, 2350 Spruce Place, WBL

Patriotic Door Hanging

1401.401 June 11 10 am - Noon \$10

Mandala Rock Painting

1401.402 July 9 10 am - Noon \$7

Bead Soup Bracelet

1401.403 Aug 6 10 am - Noon \$7



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

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For ad info. call 1-800-950-9952 • www.4lpi.com

White Bear Area Senior Program, White Bear Lake, MN

B 4C 02-1071



AARP Smart Driver Classes for 55+

Classes at Senior Center, 2484 E Cty Rd F
June 4, Aug 20, 22, 27

Classes at Matoska Int'l, 2530 Spruce Place
Jun 18 - Aug 6

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

1578.400 Tue/Wed Jun 18 & 19 12:30-4:30 pm Mat.

1578.401 Tue/Thu Jul 9 & 11 12:30-4:30 pm Mat.

1578.402 Tue/Wed Aug 6 & 7 12:30-4:30 pm Mat.

REFRESHER COURSE (4-HOURS) \$25

1579.401 Tue Jun 4 8:30 am-12:30 pm Sr. Cntr

1579.402 Tue Jun 25 12:30-4:30 pm Matoska

1579.403 Thu Jun 27 12:30-4:30 pm Matoska

1579.404 Thu Jul 18 8:30 am-12:30 pm Matoska

1579.405 Tue Jul 23 12:30-4:30 pm Matoska

1579.406 Wed Jul 31 12:30-4:30 pm Matoska

1579.407 Tue Aug 20 8:30 am-12:30 pm Sr.Cntr

1579.408 Thu Aug 22 12:30-4:30 pm Sr.Cntr

1579.409 Tue Aug 27 12:30-4:30 pm Sr.Cntr

Health Aging Series

Explore strategies that promote quality of life and life satisfaction as we age. Learn to identify personal beliefs about aging, the role meaningful activities have on health and wellness, and the health benefits of daily routines. Gain insight into personal habits and learn ways to build a daily routine that promotes wellness.

\$15/class or \$40 for all 4 (saves you \$20)!

Productive Aging & Resiliency

1520.401 Jun 18 2 - 3 pm
\$15 Matoska

Diet and Nutrition as We Age

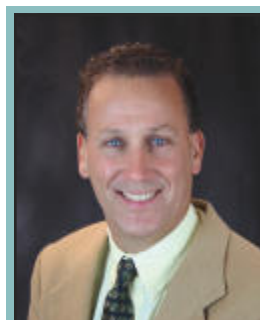
1520.402 Jun 25 2 - 3 pm
\$15 Matoska

Catch Zzz's: Tips to Improve Sleep Quality

1520.403 Jul 16 2 - 3 pm
\$15 Matoska

Leisure, Social Engagement & Our Health

1520.404 Jul 23 2 - 3 pm
\$15 Matoska



Tom Becker - Realtor

Edina Realty - White Bear Lake

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Email: TomBecker@edinarealty.com

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White Bear Area Senior Program, White Bear Lake, MN

C 4C 02-1071

At the Library

RAMSEY COUNTY LIBRARY-WHITE BEAR BRANCH
2150 2ND STREET, WHITE BEAR LAKE

Community Connections

(Formerly known as Lunch & Learn with Elder Resource Specialist)

11:30 am - 1 pm FREE

Navigating supportive services for elders can be overwhelming. Bring a lunch and learn about local resources. Bring your questions!

Registration appreciated, call 651-653-3121.

1655.400 Jun 6 Food Assistance Programs

No class in July

1655.401 Aug 1 Planning for Your Future

TED Talks

11:30 am - 1 pm FREE

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

Registration appreciated, call 651-653-3121.

1660.420 Jun 13 The Importance of Talking About Climate Change

1660.421 Jul 11 A Mother & Son's Photographic Journey through Dementia

1660.422 Aug 8 How Can We Help Young People Build a Better Future

At Matoska International

2530 SPRUCE STREET, WHITE BEAR LAKE

Chat Cafe

10:30 am - Noon Suggested \$5 Donation

Join us for a presentation and hot meal.

Registration appreciated, 651-653-3121.

1650.410 Jun 18 Remembering When: A Fire and Fall Prevention Program for Older Adults

1650.411 Jul 16 Smile Care as We Age

1650.412 Aug 20 Exploring Lyngblomsten

Bocce Ball

Love the game or new to it?

Join us!

1365.400 Jun 25 10:30 - 11:30 am

Free Check in at Front Desk

Can't make it? The Bocce Ball set is available for check out at the Front Desk.



Cook Out with FLEX Kids

Monday, July 22

11:00 am - 12:30 pm

Matoska Cafeteria

Join us for a grilled lunch. Our middle school FLEX students will be assisting with food service.

Menu: Hot Dogs, chips, fruit, cookies and a beverage.

\$2 suggested donation. Sign up at the front desk, 651-653-3121, or online (class # **1651.401**)



thank
YOU

**On May 10th we hosted
an appreciation lunch for our
300+ Senior Program Volunteers.**

Thank You Event Sponsors!

Gold \$250+

Mueller Memorial

Silver \$100

Applewood Pointe Cooperative of Shoreview

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Carefree Cottages of Maplewood

Carefree Cottages of White Bear Lake

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Ecumen Seasons at Maplewood

Keystone Place at LaValle Fields

Norgard Court Senior Living Apartments

White Bear Eye Clinic

Bronze \$50

Maplewood Senior Living: The Homestead at
Maplewood & Maplewood Care Center

Prelude Homes and Services



If it was not for the White Bear Area Meals on Wheels Program, many of our senior neighbors would not be able to live independently and remain in their homes. We serve more than 100 neighbors over 18,000 meals each year but we can't do it alone. It truly does "take a village".

You can make a difference. Help support White Bear Area Meals on Wheels by sharing information, becoming a recipient, volunteering or making a donation today.

Please contact the White Bear Area Senior Program at 651-653-3121.

- For more information
- To receive meals
- To volunteer
- To make a donation

Thank you for your support!

Dear friends who deliver my meals to me,

I could depend on you no matter the weather (it has been a rough winter). No matter what you may have needed to do for yourselves, you put everything aside for me and delivered my meals between 11:30 and 12:00 every time without fail. You are so generous and special.

God Bless you,

Lorna

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Senior Residential Specialist Associate





JUNE 2019

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



Beginning June 17 through August 9, ALL Senior Center Activities and Groups will meet at Matoska School, 2530 Spruce Place, White Bear Lake (located at County Road E & Bellaire Ave).

This is a temporary move during new roof construction at the Senior Center.

Meals On Wheels will continue to operate at Normandy Park/Senior Center.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30 Aerobics-Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics-Dance Center	9:30 Tai Chi at Dance Center	9:30 Aerobics-Dance Center
10:00 Ukulele Bears	8:30 AARP Smart Driver Class	8:30 Adult Coloring	9:00 Craft Corner Meeting	9:00 Duplicate Bridge
	9:00 Medicare Counseling	9:00 Woodcarving	10:00 Mad Hatters Knitting	9:00-3:00 Foot Care
12:00 Mah Jongg		10:00 News & Views	Comm Connect at WBL Library	
12:30 Cribbage	12:30 500 Cards	12:00 Pinochle	11:30 "Food Assistance"	1:00 In Stitches
12:30 Duplicate Bridge		12:00 Contract Bridge	12:00 Mah Jongg	
1:00 Pontoon Ride		1:00 Friends Who Care meet at Trout Air Tavern	12:30 Cribbage	
			1:30 Dominoes	
10	11	12	13	14
9:30 Aerobics-Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics-Dance Center	NO Tai Chi	NO Aerobics
9:30 Ukulele Beginners	9:00-3:00 Foot Care	8:30 Adult Coloring	TED Talks at WBL Library	
10:00 Ukulele Bears	10:00 Craft Class	9:00 Woodcarving	11:30 "Climate Change"	
12:00 Mah Jongg	"Patriotic Doorhanging"	10:00 News & Views	Senior Center CLOSED moving day to Matoska School	
12:30 Cribbage	12:30 500 Cards	10:00 Fishing Trip		
12:30 Duplicate Bridge		12:00 Pinochle		
		12:00 Contract Bridge		
		1:00 Friends Who Care at Senior Center	Flag Day	Happy Father's Day--Sunday Manitou Days Parade
17	18	19	20	21
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
9:30 Ukulele Beginners	9:00 Medicare Counseling	8:30 Adult Coloring		9:00 Duplicate Bridge
10:00 Ukulele Bears	9:00-3:00 Foot Care	9:00 Woodcarving	10:00 Mad Hatters Knitting	9:00-3:00 Foot Care
	10:30-12:00 Chat Café	9:00-11 Computer Help		
	Fire & Fall Prevention	10:00 News & Views		
ALL Senior Center Activities will be at Matoska School, 2530 Spruce Place, White Bear Lake				
12:00 Mah Jongg	12:30 500 Cards	12:00 Pinochle	12:00 Mah Jongg	1:00 In Stitches
12:30 Cribbage		12:00 Contract Bridge	12:30 Cribbage	
12:30 Duplicate Bridge	12:30 AARP Smart Driver Class at Matoska	12:30 AARP Smart Driver Class at Matoska	1:30 Dominoes	
	1:00 Pontoon Ride	1:00 Friends Who Care meet at VFW in WBL		
	2:00 Healthy Aging Class			
24	25	26	27	28
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
10:00 Readers Chat	9:00-3:00 Foot Care	8:30 Adult Coloring	10:00 Mad Hatters Knitting	9:00 Duplicate Bridge
	10:30 Bocce Ball	9:00 Woodcarving	10:00 Fishing Trip	9:00-3:00 Foot Care
		10:00 News & Views		
ALL Senior Center Activities will be at Matoska School, 2530 Spruce Place, White Bear Lake				
12:00 Mah Jongg	12:30 500 Cards	12:00 Pinochle	12:00 Mah Jongg	1:00 In Stitches
12:30 Cribbage	12:30 AARP Smart Driver Class at Matoska	12:00 Contract Bridge	12:30 Cribbage	
12:30 Duplicate Bridge		1:00 Friends Who Care at Matoska	12:30 AARP Smart Driver Class at Matoska	
	2:00 Healthy Aging Class			



JULY 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	NO Tai Chi	NO Aerobics
10:00 Ukulele Bears	9:00 Medicare Counseling	8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views	Senior Center CLOSED	
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge 1:00 Pontoon Ride	12:30 500 Cards	12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care meet at Great Moon Buffet		
			<i>NO Comm Connect this month</i>	
			<i>Happy Fourth of July!</i>	
8	9	10	11	12
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
9:30 Ukulele Beginners 10:00 Ukulele Bears	9:00-3:00 Foot Care <i>10:00 Class-Mandala Rocks</i>	8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Matoska	10:00 Mad Hatters Knitting 11:30 TED Talks at WBL Library 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class at Matoska <i>Craft Corner at MarketFest 6pm</i>	9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 12:30 AARP Smart Driver Class at Matoska 1:00 Pontoon Ride			
15	16	17	18	19
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
9:30 Ukulele Beginners 10:00 Ukulele Bears	9:00 Medicare Counseling 9:00-3:00 Foot Care 10:30-12:00 Chat Café <i>Smile Care As We Age</i>	8:30 Adult Coloring 9:00 Woodcarving 9:00-11 Computer Help 10:00 News & Views 10:00 Fishing Trip 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care meet at Rudy's Redeye Grill	8:30 AARP Smart Driver Class at Matoska 10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 2:00 Healthy Aging Class			
22	23	24	25	26
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
10:00 HealthRhythms 10:00 Readers Chat 11:00-12:30 BBQ Lunch 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:00-3:00 Foot Care 12:30 500 Cards 12:30 AARP Smart Driver Class at Matoska 2:00 Healthy Aging Class	8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Matoska	10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 1:00 Pontoon Ride	9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches
29	30	31	ALL Senior Center Activities in July are at Matoska School 2530 Spruce Place, White Bear Lake <i>Meals on Wheels will continue to operate at Normandy Park/Senior Center</i>	
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska		
	9:00-3:00 Foot Care	8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views 12:00 Pinochle 12:00 Contract Bridge 12:30 AARP Smart Driver Class at Matoska Friends Who Care-no meeting		
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards			
			Time to renew your Annual Senior Center Membership!	



AUGUST 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday
Save The Date! Tuesday Sept 17 9:00-11:00am Senior Center OPEN HOUSE	Meals On Wheels <i>will continue to operate at Senior Center</i>		1 9:30 Tai Chi at Matoska 10:00 Mad Hatters Knitting <i>Comm Connect at WBL Library</i> 11:30 Planning Your Future	2 9:30 Aerobics at Matoska 9:00 Duplicate Bridge 9:00-3:00 Foot Care
			ALL Senior Center Activities will be at Matoska School	
			12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	1:00 In Stitches 1:00 Pontoon Ride
5	6	7	8	9
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
10:00 Ukulele Bears	9:00 Medicare Counseling 9:00-3:00 Foot Care 10:00 Class-Bead Bracelet	8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views 10:00 Fishing Trip	10:00 Mad Hatters Knitting 11:30 TED Talks at WBL Library "Help Young People's Future"	9:00 Duplicate Bridge
ALL Senior Center Activities will be at Matoska School, 2530 Spruce Place, White Bear Lake				
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 AARP Smart Driver Class at Matoska 12:30 500 Cards	12:00 Pinochle 12:00 Contract Bridge 12:30 AARP Smart Driver Class at Matoska 1:00 Friends Who Care <i>meet at Donatelli's</i>	12:00 Mah Jongg 12:30 Cribbage Community Boat Day! 1:00-3:00	9:00-3:00 Foot Care 1:00 In Stitches
12	13	14	15	16
9:30 Aerobics at Matoska	9:30 Yoga at Matoska	9:30 Aerobics at Matoska	9:30 Tai Chi at Matoska	9:30 Aerobics at Matoska
Senior Center CLOSED <i>moving back to Senior Center</i> Meals On Wheels is operating all week		Senior Center CLOSED 1:00 Friends Who Care	Senior Center CLOSED <i>Senior Picnic 10am-2pm at Vadnais Heights Commons</i>	Senior Center CLOSED <i>Sunday Aug 18 at Noon Heritage Days Parade</i>
19	20	21	22	23
9:30 Aerobics-Dance Center 9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:30 Yoga at Dance Center 8:30 AARP Smart Driver Class at Senior Center 9:00 Medicare Counseling 10:30-12:00 Chat Café <i>Explore Lyngblomsten</i> 12:30 500 Cards 12:30-3:00 Foot Care	9:30 Aerobics-Dance Center 8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care <i>meet at Fiesta Cancun</i>	9:30 Tai Chi at Dance Center 9:00 Craft Corner Meeting 10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class at Senior Center 1:00 Pontoon Ride	9:30 Aerobics-Dance Center 9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches
26	27	28	29	30
9:30 Aerobics-Dance Center 10:00 Readers Chat 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:30 Yoga at Dance Center 9:00-3:00 Foot Care 10:00 Pontoon Ride 12:30 500 Cards 12:30 AARP Smart Driver Class at Senior Center	9:30 Aerobics-Dance Center 8:30 Adult Coloring 9:00 Woodcarving 10:00 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care <i>on Pontoon Boat Ride</i>	9:30 Tai Chi at Dance Center 10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	9:30 Aerobics-Dance Center 9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches

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COMMUNITY

EVENTS

SUMMER HAPPENINGS AROUND THE COMMUNITY

MOVIE IN THE PARK

June 8, July 13, Aug 10, 7:30 pm, Polar Lakes Park

MANITOU DAYS IN WBL

June 13 - July 4

MARKETFEST - DOWNTOWN WBL

Thursdays, June 13 - July 25, 6-9 pm

FARMERS MARKET - VADNAIS HEIGHTS

Wednesdays, June 26 - October 23, 2-6 pm

FARMERS MARKET - DOWNTOWN WBL

Fridays, June 28 - October 25, 8 am - Noon

HERITAGE DAYS SENIOR PICNIC

Aug 16, 10 am - 2 pm, Vadnais Heights Commons
Pre-Register At Vadnais Heights City Hall / \$5

12TH ANNUAL WHITE BEAR TOWNSHIP DAY

Sept 14, 2 - 9 pm, Polar Lakes Park

AUTUMN ART & VENDOR FAIR

Sept 22 10 am - 6 pm, Rudy's Redeye Grill

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.

SENIOR CHORE PROGRAM

Chore help for low to moderate income local seniors. Outdoor/Indoor chore services, including lawn mowing! Call Debbie Wells at 651-29-8544.

WHITE BEAR AREA FOOD SHELF - MOBILE MARKET

Free produce for all from the Emergency Food Shelf

Jun 27, Jul 25, Aug 29 11:30 am - 1:00 pm

Redeemer Lutheran Church, 3770 Bellaire Ave, WBL

Jul 6, 20, Aug 3, 17 9:00 - 10:30 am

Community of Grace Market, 4000 Linden St, WBL

Jul 13, Jul 11, Aug 8 4:00 - 6:00 pm

St. Andrew's Luther Church, 2267 900 Stillwater Rd, Mahtomedi