



# White Bear Lake Area SENIOR VOICE

## Senior Center Open House

2484 East County Road F, WBL

**Tue, Sep 17 9 - 11 am Senior Center**

Join us for a tour of the Senior Center. Enjoy some treats, explore, and learn about our many activities, groups, classes, and services. Also, learn about our rewarding volunteer opportunities.

### 8:30 - 9 am Bond Referendum Information

Come early to learn more about the bond referendum. Q&A with White Bear Lake Area Schools Superintendent, Dr. Kazmierczak



## New members always welcome!

**\$20 Annual Fee - July 1, 2019 to June 30, 2020**

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

In 2018-19, there were 322 Senior Center members and of those 74 new members!

The Senior Center is a place to gather and chat, where stories are heard, questions are answered, joys are shared, and burdens are lightened.

Stop in anytime for a cup of coffee and a laugh.

## Remembering When: A Fire and Fall Prevention Program for Older Adults

Come and learn tips on fire and fall prevention safety. Topics will include keeping your house safe inside and out, fire alarms, escape routes, how to avoid falls, improving lighting, unseen tripping hazards, and foot wear.

Jon Pritchard, District Chief  
White Bear Lake Fire Department

**1300.100** Oct 29 10 - 11 am  
Senior Center FREE



## Senior Housing Awareness Day: Aging in Community

Preparing for the Life You Want

**Friday, October 11 1 - 4 pm FREE Senior Center**

### 1 - 4 pm / Resource Room

Community based agencies will be available with information of their supportive in-home programs and services, along with local senior housing options to explore which may meet your need. Elder Resource Specialist and Metropolitan Area Agency on Aging representatives will be available to help navigate options.

### 1:30 - 4 pm / 30 Minute Information Sessions

Come learn about what to consider in living safely and independently in the home of your choice.

For more information call 651-653-3121.

## Contact Us

### General Information

651-653-3121

2484 East County Road F, WBL

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

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

### Administrative Assistant

Rose Price 651-653-3121

[rose.price@isd624.org](mailto:rose.price@isd624.org)

### Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

[michelle.hubbard@isd624.org](mailto:michelle.hubbard@isd624.org)

### Adult Programs Coordinator

Tara Jebens-Singh 651-653-3126

[tara.jebens-singh@isd624.org](mailto:tara.jebens-singh@isd624.org)

### Elder Resource Specialist

Mary Mengel 651-653-3125

[mary.mengel@isd624.org](mailto: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](mailto: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.

### WE WILL BE CLOSED

Labor Day - Sept 2

No activities or Meals on Wheels deliveries

### NO SENIOR ACTIVITIES

Oct 31 and Nov 1

Join us for the Annual Holiday Boutique & Bake Sale !

### Veteran's Day Program

Nov 11 8:30 - 10:30 am  
Senior Center



### Annual Holiday Boutique and Bake Sale

At the Senior Center

Fri, Nov 1 9 am - 7 pm

Sat, Nov 2 9 am - 4 pm

Annual Craft Corner Gift Shop Sale. Everything is hand-made by seniors. Be sure to shop at the delicious bake sale. For more information call 651-653-3121.



### Travel Show

Tue, Oct 15 2 - 3 pm  
FREE Senior Center

Join us for an informational meeting about unique travel opportunities. Get inside information about the destinations as well as trip details. Attending travel shows does not commit you to the trip. Registration is required.

2019-2020 Trips: Music Cities Christmas, California Rail Discovery, Pacific Coast Adventure, Albuquerque Balloon Fiesta, Highlights of Bavaria & Austria: Oberammergau Passion Play

### MITTEN MAKERS

As of December 2018, these busy knitters have made over 12,100 mittens, hats, scarves, headbands, afghans, lap robes, and baby items! They were donated to schools and other charitable sites throughout the Twin Cities. All these beautiful items were made with yarn that was donated and by volunteers donating their time. What a great way to help each other out! Congratulations and thank you!



FREE

### Computer & Technical Device Help

Sept 18 & Oct 16 9 - 11 am Senior Center

FREE

### Medicare Insurance Counseling

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

### Foot Care Clinic

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

### Get Up & Go Fitness

Purchase a \$40/punch card for 8 sessions. Classes at the WB Dance Center, 2462 E Cnty Rd F

<b>Aerobics</b>	9:30-10:30 am	<b>Yoga</b>	9:30 - 10:30am
Mon - strength aerobics		Tues	
Wed & Fri - regular aerobics			
Thu - light impact			

## 2019 Bond Referendum - Vote November 5

### Building Our Future

The White Bear Lake Area School Board unanimously voted in favor of placing a bond referendum question to address building needs across the district on the November 5 ballot.

The decision was based on a nearly year-long facilities planning process that included a 90-member Planning Committee composed of parents, staff and community members.

#### The comprehensive facilities plan addresses needs district-wide:

- Accommodates projected enrollment growth
- Provides safe, secure & healthy learning environments for all students through investments in our aging facilities and infrastructure
- Increases opportunities for students by creating a single unified grade 9-12 high school
- Creates flexibly-designed learning spaces to support student-centered instruction

### Learn more

#### ATTEND A SENIOR CENTER INFORMATIONAL MEETING WITH DR. KAZMIERCZAK

- » 8:30 a.m. on Tues, Sept. 17  
Senior Center

#### ATTEND PUBLIC MEETINGS

- » 7 p.m. on Tues, Sept. 24  
District Center, 4855 Bloom Ave, WBL
- » 7 p.m. on Wed, Oct. 2  
Hugo Elem, 14895 Francesca Ave N, Hugo
- » 7 p.m. on Thurs, Oct. 3  
Vadnais Heights Elem, 3645 Centerville Rd, VH

VISIT OUR WEBSITE - [www.isd624.org/Bond2019](http://www.isd624.org/Bond2019)

#### CONTACT US

- » By email: [Bond2019@isd624.org](mailto:Bond2019@isd624.org)
- » By phone: 651-407-7563  
Dr. Wayne Kazmierczak, Superintendent



## Turning 65 or New to Medicare?

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

# Humana.



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### ➤ Reach the Senior Market

# ADVERTISE HERE

CONTACT

Contact Gina Shaughnessy to place an ad today!  
[gshaughnessy@4LPi.com](mailto:gshaughnessy@4LPi.com) or (800) 950-9952 x2487

Help local people with developmental disabilities reach their full potential.



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[paimn.org/how-to-help](http://paimn.org/how-to-help)  
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[www.goodlifes1.com](http://www.goodlifes1.com)

651-426-1335



For ad info. call 1-800-950-9952 • [www.4lpi.com](http://www.4lpi.com)

White Bear Area Senior Program, White Bear Lake, MN

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## 4 Community Education Classes

Register: [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com), 651-653-3121, or at Senior Center front desk

### Herb Gardening & Tasting

1490.101 Sep 14 10-11:30 am \$20 South Campus

### Coffee & Canvas: Blue Sky Birch

1561.100 Sep 18 1-3:30 pm \$15 Senior Center

### Lake Superior Oil Painting

1560.100 Oct 3 8:30-12 pm \$39+20fee Senior Center

### How to Pay for the Nursing Home

1122.102 Oct 7 6:30-8 pm \$20 South Campus

### Lake County Chorus Women's Barbershop Singing

1322.110 Oct 8-Nov 26 7-9:30 pm \$20  
Redeemer Lutheran Church

### Drafting Your Own Will

1143.103 Oct 9 & 16 6:30-8:30 pm \$59 South Campus

### Caring for Yourself as You Care for a Loved One

1146.100 Oct 22 11 am-12 pm \$5 Senior Center

### Crafts @ the Senior Center

Tuesdays from 10 am - Noon \$10 each

1401.100 Sep 10 Pine Cone Zinnias

1401.101 Oct 8 Pumpkin Jar

1401.102 Nov 12 Beads of Hope Necklace



### Diwali Tea All ages welcome!

Diwali is the Indian festival of lights that marks the victory of good over evil. Join us for tea and snacks.



1655.105 Oct 22 10 - 11am FREE Senior Center  
No registration required

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

## Love Where You Live

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

Luxury Independent Living, Assisted Living & Memory Care

Call (651) 770-4028 to schedule a tour!

[polarridgeseniorliving.com](http://polarridgeseniorliving.com)



**Polar Ridge**  
SENIOR LIVING

2365 Helen Street N  
North St. Paul, MN 55109

➤ Reach the Senior Market

## ADVERTISE HERE

CONTACT

Contact Gina Shaughnessy to place an ad today!  
[gshaughnessy@4LPi.com](mailto:gshaughnessy@4LPi.com) or (800) 950-9952 x2487



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White Bear Area Senior Program, White Bear Lake, MN

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# MANY FACES • MANY STORIES

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

Community Workshop - Sponsored by Century College

## Implicit Bias: Exploring unconscious bias and its implications in the world around us

While bias and discrimination may have been blatant and conscious in the past, the dynamics of diversity have changed. Today, many of those discriminatory practices are unconsciously perpetuated by our choices and behavior shaped by associations we don't even know we have.

*Facilitated by Mike Rios, Office for Social Justice*

**1655.100** Nov 8 6:30-8:30 pm District Center 112 FREE / registration required - 651-653-3121.

## FREE Book Discussion with the Author

### "The Best We Could Do" by Thi Bui

An evocative memoir about the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family. **No registration required.**



Sept 12 9:00 - 11:00 am Hanifl Performing Art Center  
7:30 - 9:00 pm Century College Lincoln Mall

## Twin Cities Ethnic Market Tour

**1632.108** Oct 5 12 - 4 pm  
\$45 TBA

## What you always wanted to know about Islam and Muslims

**1655.103** Oct 23 6:30 - 8 pm  
\$15 District Auditorium

Call to register: 651-653-3121.

## LET US HELP YOU TRANSITION

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SRES

651-398-3801

TIMLUNDGREN@LREGMN.COM

**COLLEEN KETCHAM**

SRES

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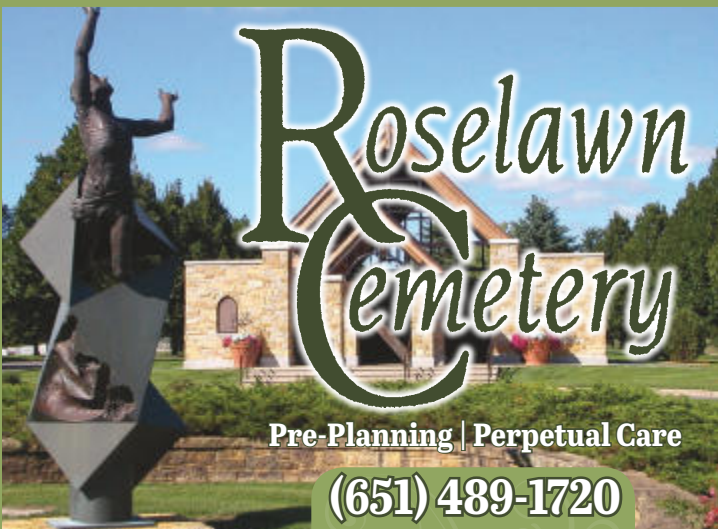


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White Bear Area Senior Program, White Bear Lake, MN

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## Community Connections

Navigating supportive services for elders can be overwhelming. Bring your questions! Registration appreciated, call 651-653-3121.

### Ramsey County Library - White Bear

2150 2nd Street, White Bear Lake

11:30 am - 1 pm Thursday FREE

- 1655.100 Sep 5** Downsizing & Where to Donate
- 1655.101 Oct 3** Ophthalmology & Eye Care

### Rice Lake Center in Hugo

6900 137th St. North, Hugo

1:00 - 2:00 pm Monday FREE

- 1655.104 Sep 16** The Art of Moving Small Steps / Big Moves
- 1655.106 Oct 21** Easy Cooking on a Budget

### Vadnais Heights City Hall

800 Co Rd E East, Vadnais Heights

2:00 - 3:00 pm Tuesday FREE

- 1655.110 Sep 24** The Art of Moving Small Steps / Big Moves
- 1655.111 Oct 22** Elder Law Overview, Estate Planning & Guardianship

## TED Talks

Ramsey County Library-White Bear Branch  
2150 2nd Street, White Bear Lake

11:30 am - 1 pm FREE

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

Registration appreciated, call 651-653-3121.

**1660.150 Sep 12** Inside the black hole image that made history

**1660.155 Oct 10** America's most invisible communities / mobile home parks

**1660.160 Nov 14** We don't "move on" from grief. We move forward with it.

## Dementia Friends



A one-hour informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding to action that supports those living with dementia.

Free Event - Registration required.

**1148.108 Sep 24** 9 - 10 am Senior Center

**1148.109 Nov 6** 1 - 2 pm  
Keystone Place at LaValle Fields  
14602 Finale Avenue North, Hugo

## WHITE BEAR HIGH SCHOOL ALL CLASS REUNION & 100 YEAR CELEBRATION OF BUILDING

Sat, Sep 28 8:30 - 2 pm WBLAS District Center

You are invited to the All-Class Reunion; former students, staff members, and community members on Homecoming weekend. There will be many activities, including a pancake breakfast, an alumni car show, tours of District Center, and the dedication of the Washington School Bell.

Official details will be announced by the Alumni Association.

## BEARPOWER HOMECOMING 6.24K FAMILY WALK/ RUN



Join us for a fun walk/run and celebrate our community spirit! All ages and abilities welcome.

Free Snacks and refreshments will be served.

Course options: 6.24K (3.87 miles) or 1 mile

**8000.100** Sat, Sep 28 District Center  
9 am Sign In 9:30 Walk/run Start

## Help a neighbor, make a friend - Volunteer!

Please volunteer with our community partners who serve White Bear Area Seniors

**Contact organizations directly, or call the White Bear Area Senior Program for more information about these and other volunteer opportunities at 651-653-3121.**

### Help At Your Door - Variety of Volunteers

**Needed:** Driver, home support, handy man/woman or Client Connector (who helps from home with on-line grocery orders).

For information call 651-652-1892, email [volunteer@helpatyourdoor.org](mailto:volunteer@helpatyourdoor.org), or visit [www.helpatyourdoor.org](http://www.helpatyourdoor.org).

### Lutheran Social Services - Companions

**needed** to provide customized support, transportation, and friendship.

Call 651-310-9445 or visit [www.lssmn.org/services/older-adults/companion-services](http://www.lssmn.org/services/older-adults/companion-services).

**Senior Chore Program - Fall Yard Clean-up Volunteers needed**, call 651-757-4061.

### Little Brothers Friends of the Elderly - Phone or Visiting Companions needed

Call 612-746-1400 or visit [www.littlebrothersmn.org](http://www.littlebrothersmn.org).

Volunteer information and training class at:  
Shoreview Community Center  
580 Victoria St N., Shoreview

Thursday, October 3	11:30 am - 1:30 pm
Tuesday, October 15	1:00 - 3 pm
Saturday, October 19	9:30 - 11:30 am

Register by calling 651-490-4750 or visit: <https://registration.shoreviewmn.com>.

### WBL Community Volunteer Fair

Wed, Nov 13 3 - 5 pm

South Campus Gym

3551 McKnight Rd, WBL, Door A



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white bear eye clinic & optical

4750 Washington Square  
White Bear Lake, MN 55110

**651.429.3379**  
[www.whitebeareye.net](http://www.whitebeareye.net)

**Join us to engage, discover, & thrive in the second half of life!**

**Our life enrichment center is hosted locally at Redeemer Lutheran Church**  
(3770 Bellaire Avenue, White Bear Lake)

**2nd Half with Lyngblomsten**  
A Center for Enriching Lives after 50

Learn more

Contact Lynn Amon, Site Coordinator—White Bear Lake at (651) 429-5411, ext. 15, or [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf).

# Over 62?

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White Bear Area Senior Program, White Bear Lake, MN

D 4C 02-1071



# SEPTEMBER 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
NO Aerobics	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
<b>Senior Center CLOSED</b>	9:00 Medicare Counseling	9:00 Woodcarving	10:00 Mad Hatters Knitting	9:00 Duplicate Bridge
		9:00 Adult Coloring	11:30 at White Bear Lake Library "Downsizing & Donating"	9:00-3:00 Foot Care
	12:30 500 Cards	10:30 News & Views	12:00 Mah Jongg	1:00 In Stitches
		12:00 Pinochle	12:30 Cribbage	
<i>Happy Labor Day!</i>		12:00 Contract Bridge	1:30 Dominoes	
		1:00 Friends Who Care meet at Olive Garden		
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners	9:00-3:00 Foot Care	9:00 Woodcarving	10:00 Mad Hatters Knitting	9:00 Duplicate Bridge
10:00 Ukulele Bears	10:00 Senior Craft Class Pine Cone Zinnias	9:00 Adult Coloring	11:30 TED Talks, WBL Library "Inside the Black Hole"	9:00-3:00 Foot Care
		10:30 News & Views		
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	12:00 Contract Bridge	12:30 Cribbage	TRIAD Picnic on Sat Sept 14 -Podvin Park
12:30 Duplicate Bridge	1:00 Advisory Team	1:00 Friends Who Care at Senior Center	12:30 AARP Smart Driver Class	Free Lunch 11:30
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:00 Medicare Counseling	 <b>Senior Center OPEN HOUSE</b> 9:00-11:00am 8:30 Bond Referendum Info	9:00 Woodcarving	9:30 Craft Corner Operations Meeting	9:00 Duplicate Bridge
9:30 Ukulele Beginners		9:00 Adult Coloring	10:00 Mad Hatters Knitting	9:00-3:00 Foot Care
10:00 Ukulele Bears		10:30 News & Views		
12:00 Mah Jongg		9:00-11 Computer Help	12:00 Mah Jongg	1:00 In Stitches
12:30 Cribbage	12:30 500 Cards	12:00 Pinochle	12:30 Cribbage	
12:30 Duplicate Bridge		12:00 Contract Bridge	1:30 Dominoes	
1:00 at Rice Lake Ctr, Hugo The Art of Moving-Small Steps		1:00 Coffee & Canvas Class		
5:00pm AARP Smart Driver		1:00 Friends Who Care meet at Blacksmith, Hugo		World Alzheimer's Day-Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
	8:30 AARP Smart Driver Class	9:00 Woodcarving	9:00 Craft Corner Consignees Meeting	9:00 Duplicate Bridge
10:00 Readers Chat	9:00 Dementia Friends	9:00 Adult Coloring	10:00 Mad Hatters Knitting	9:00-3:00 Foot Care
	9:00-3:00 Foot Care	10:30 News & Views		
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	2:00 at Vadnais Hgts City Hall "The Art of Moving-Small Steps"	1:00 Friends Who Care at Senior Center	12:30 AARP Smart Driver Class	
<i>First Day of Autumn</i>				
<b>30</b>			 <b>COME ON IN OPEN HOUSE</b> on Tuesday Sept 17 9:00-11:00am	
9:30 Aerobics -Dance Center				
12:00 Mah Jongg				
12:30 Cribbage				
12:30 Duplicate Bridge				



# OCTOBER 2019

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



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
	9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge	8:30 Bob Ross Painting Class <i>Lake Superior</i> 10:00 Mad Hatters Knitting 11:30 at White Bear Lake Library <i>"Ophthalmology &amp; Eye Care"</i>	9:00 Duplicate Bridge 9:00-3:00 Foot Care
	12:30 500 Cards	12:30 AARP Smart Driver Class 1:00 Friends Who Care meet at Outback, Maplewood	12:00 Mah Jongg 12:30 Cribbage 1:30 Dominoes	1:00 In Stitches
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
10:00 Ukulele Bears	9:00-3:00 Foot Care 10:00 Senior Craft Class <i>Pumpkin Jar</i>	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle	8:30 AARP Smart Driver Class 10:00 Mad Hatters Knitting 11:30 TED Talks, WBL Library <i>"Invisible Communities"</i>	9:00 Duplicate Bridge 9:00-1:00 Foot Care
12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	12:30 500 Cards 1:00 AARP DriverTEK	12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	12:00 Mah Jongg 12:30 Cribbage	<b>Senior Housing Day 1:00-4:00 at Senior Center</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears	9:00 Medicare Counseling	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 9:00-11 Computer Help 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care meet at Blue Heron Grill, Hugo	9:30 Craft Corner Operations Meeting 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 Travel Show			
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center
9:30 Ukulele Beginners 10:00 Ukulele Bears 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge	9:00-3:00 Foot Care 10:00 Diwali Tea & Snacks 11:00 Caring for Yourself 12:30 500 Cards	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge 1:00 Friends Who Care at Senior Center	10:00 Mad Hatters Knitting 12:00 Mah Jongg 12:30 Cribbage 12:30 AARP Smart Driver Class	9:00 Duplicate Bridge 9:00-3:00 Foot Care 1:00 In Stitches 1:00 Coffee & Canvas Art <i>Apple Basket</i>
1:00 at Rice Lake Ctr, Hugo <i>"Cooking on a Budget"</i>	2:00 at Vadnais Hgts City Hall <i>"Overview of Elder Law"</i>			
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Senior Center ANNUAL HOLIDAY BOUTIQUE &amp; BAKE SALE Fri Nov 1 from 9am-7pm Sat Nov 2 from 9am-4pm</b>
9:30 Aerobics -Dance Center	9:30 Yoga at Dance Center	9:30 Aerobics -Dance Center	9:30 Aerobics -Dance Center	
10:00 Readers Chat 12:00 Mah Jongg 12:30 Cribbage 12:30 Duplicate Bridge 5:00pm AARP Smart Driver	10:00 Fire & Fall Prevention 12:30 500 Cards 5:00pm AARP Smart Driver	9:00 Woodcarving 9:00 Adult Coloring 10:30 News & Views 12:00 Pinochle 12:00 Contract Bridge Friends Who Care-no meeting	All Senior Center Activities are <b>CANCELLED</b> due to Boutique set-up  Happy Halloween!	



**AARP Smart Driver - Ages 55+**

Classes are at the Senior Center.  
MN law mandates a 10% car insurance reduction for 55+ drivers who complete a defensive driving course.

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

**1578.105** Tue/Thu Sep 10 & 12 12:30 - 4:30 pm

**1578.106** Mon/Tue Oct 28 & 29 5 - 9 pm

**1578.107** Tue/Thu Nov 12 & 14 12:30 - 4:30 pm

**REFRESHER COURSE (4-HOURS) \$25**

**1579.120** Mon Sep 16 5 - 9 pm

**1579.121** Tue Sep 24 8:30 am - 12:30 pm

**1579.122** Thu Sep 26 12:30 - 4:30 pm

**1579.123** Wed Oct 2 12:30 - 4:30 pm

**1579.124** Thu Oct 10 8:30 am - 12:30 pm

**1579.125** Thu Oct 24 12:30 - 4:30 pm

**1579.126** Thu Nov 7 8:30 am - 12:30 pm

**1579.127** Mon Nov 11 5 - 9 pm

**1579.128** Tue Nov 26 12:30 - 4:30 pm

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- Technology to look for when shopping for a new car.
- Safety benefits of blind spot warnings, forward-collision warnings, lane-departure warnings, smart headlights, back-up camera, and much more!

Receive a Vehicle Technology Checklist to understand features that may be in your car or to use when shopping for a new car.

**1577.107** Tue Oct 8  
1 - 2:30 pm Senior Center

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Present coupon at time of service, code SM1405. Monday-Friday 8am-4pm only. Void with other offers. Combined areas, rooms over 250 square feet, L-shaped rooms & great rooms are considered two rooms. Plus truck fee.

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# COMMUNITY

## EVENTS

### FREE FARMERS MARKET

Free produce from the WBL Emergency Food Shelf

**Aug 29 11:30 am - 1 pm**

Redeemer Lutheran Market, 3770 Bellaire Ave, WBL

**Sep 7, 21, Oct 5, 19 9:00 - 10:30 am**

Community of Grace Market, 4000 Linden St, WBL

### SENIOR HEALTH EXPO

**Wed, Sep 11 11:30 - 2 pm White Bear Area YMCA**

FREE event sponsored by Press Publications.

### TRIAD PICNIC

**Sat, Sept 14 Podvin Park**

FREE lunch starts at 11:30 am

### 23RD ANNUAL SILVER HARMONY SINGERS

**Sat, Oct 26 11 am Parkview United Church of Christ**

**3737 Bellaire Avenue, White Bear Lake**

Food Shelf Benefit performance. For questions call Peg at 612-867-2171.

### GENERAL ELECTION

**November 5**

Find your polling place call 651-215-1440 or visit [www.pollfinder.sos.state.mn.us](http://www.pollfinder.sos.state.mn.us).

## RESOURCES

### FALL YARD CLEAN UP

**Oct 26 - Nov 16**

Contact the Senior Chore Program at 651-757-4061 to register by November 8.

### WEATHERIZATION ASSISTANCE

Provides free home energy upgrades, such as sealing cracks, adding insulation and checking if furnace is working properly, to income-eligible homeowners and renters to help save energy and energy costs and make sure your home is a healthy and safe place to live. For more information call 651-482-8260 or visit [www.caprw.org](http://www.caprw.org).

### REBUILDING TOGETHER TWIN CITIES

Provides home safety and fall prevention modifications, including ramps, as well as large and small home repairs for low-income adults 55+, those living with a disability, or member of the armed services, so that they can continue to live safely and independently in their own homes. For more information call 651-776-4273 or visit [www.rebuildingtogether-twincities.org](http://www.rebuildingtogether-twincities.org).