

Senior Voice

January-February 2012

White Bear Area Senior Program - A Place to Make Things Happen

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Program HiLites

- ◆ Library accepting Audio Books
- ◆ Meals on Wheels Raffle
- ◆ FREE Computer help
- ◆ Armchair Travelers Club
- ◆ Wii Bowling time added

Coordinator's Column

by Barb Green

With all the changes that have occurred over the past 4-6 years with the economy, it is hard to make plans when it comes to retirement. Yet many of the people in the Boomer Generation are currently facing or will be facing retirement in the near future.

Since turning 62 in October, I have been spending more time lately thinking about what I want to do when I retire and how much it will cost me to do those things. I have also been looking at what I want

to do to give true value to my life.

The financial planning for retirement takes many years of saving money, making good financial investments (and then hoping the market doesn't play too much havoc with the dollars we have saved) and evaluating our needs for housing, health care and other expenses when we retire.

The planning for giving true value to life takes less time but is just as important. The real legacy we leave in life will not be the money we leave behind. Instead, it will be what we have done for others.

I am looking at delivering Meals on Wheels, helping out in the schools and several other volunteer opportunities. I chose Meals on Wheels because of my love for seniors. I chose schools because I have a special place in my



(Continued on page 3)

Did you know?

www.whitebearseniorprogram.org



WHITE BEAR LAKE
AREA PUBLIC SCHOOLS
SENIOR PROGRAM

2484 County Road F East
White Bear Lake, MN 55110
651-653-3121

Drop-In Center

Monday -Friday, 8:00 a.m. - 4:30 p.m.

Adults of all ages from all communities are welcome to attend our various Senior Center activities. Craft Corner Gift Shop hours: Monday - Friday, 11:00 a.m. - 3:00 p.m., phone: 651-653-3130.

Program Services

Program services are available to residents of the White Bear Lake Area School District who are 60 years of age or older (and their spouses, regardless of age). For more information on these services call the Senior Center at 651-653-3121 or visit us online at www.whitebearseniorprogram.org.

Senior Program News

Meals on Wheels

The vegetables are picked fresh from the Organic garden, prepared the same day and delivered to you the following day!

Our Meals on Wheels Program now delivers nutritious Low Sodium Organic meals Monday - Friday to residents of the White Bear Lake Area School District. Volunteers deliver a hot noon meal (cold or frozen meals are also offered by choice) and a friendly smile. Special low sugar desserts are available as well as other diet options such as Renal, Low Cholesterol, and Asian. Each meal typically includes a meat entrée, hot vegetable, potato, bread, dessert, salad, and milk or juice. Menus change each month and most days gives the client 2 choices on the main entree. Our meals receive very high marks from our clients who also enjoy the daily contact with our delivery Volunteers. Meals are funded in part by Ramsey County, White Bear Lake Area School District, and contributions from meal recipients.

FROZEN Organic Meals are now available with once per week delivery ordered from a menu of 40 plus items for those not needing daily contact. For information contact Debbie at 651-653-3123.

Outreach Program

The Senior Center Outreach Program connects seniors and their caregivers to local community resources such as Meals On Wheels, in-home services, transportation and housing options.

Two part-time Outreach staff keep office hours at the Senior Center, Monday-Thursdays, 9:00 a.m – 4:00 p.m.

For more information, or to schedule an appointment, call 651-653-3124. Donations toward the continuation of the Outreach Program are gratefully accepted.

Mission Statement

The mission of the White Bear Area Senior Program is to provide information, activities, and services to enhance the lives of older adults. We strive to provide and create opportunities in a manner which affirms the dignity and self-worth of each individual.

Lionmobile Transportation Service

(Operated by the White Bear Area Senior Program)

Winter driving conditions are upon us! Keep in mind, that the Lionmobile Transportation service is available to assist you. You will be picked up at your door and brought to the door of your destination. Doris Ann Dickinson, one of our regular passengers remarks *“The guys who drive are so reliable and they drive so well. I feel safe with them.”*

We provide rides to:

- Residents age 60+ who live in the White Bear Lake Area School District #624
- Qualified disabled adults under age 60 (short term)

Hours of operation:

- Monday – Friday, 8:15 a.m. – 4:15 p.m.

Rides available for:

- Medical appointments – reservations accepted up to one month ahead of appointment
- Non-medical – reservations accepted up to a week ahead i.e. social, shopping, activities, etc.

Fares range from \$3.00 - \$7.00 per 1-way trip depending on destination. Call 651-653-3122 weekdays from 1:00 – 4:15 p.m. to schedule a ride or for more specific information.



Lionmobile Comments Wanted

We are interested in hearing your thoughts about “how the Lionmobile Transportation service benefits you.” If you have used the Lionmobile or know of a friend or family member who has benefited from the Lionmobile service, we would like to hear from you. Please, write us a note sharing your thoughts. We may want to print some of these quotes in our newsletter with your approval. Please advise if you do NOT want us to use your name. If you would like to discuss, please call Jeanne at 651-653-3122. Mail to White Bear Area Senior Program, 2484 County Road F East, White Bear Lake, MN 55110

Senior Program News

(Continued from Page 1 - Coordinator's Column)

heart for children. I will choose the other opportunities using the same criteria – it is something that has great meaning to me and I believe I have special gifts to give to the people I will be serving.

I encourage all of you who are nearing retirement or who are already retired to plan for adding true value to your life. No one has gotten this far through life without the help of another person who chose to give value to her/his life by helping someone else. It is what makes human life so special.

If you are already retired, it is not too late to get involved within your community. Find out how much more meaningful retirement is when you give of yourself to others who need help.

You can call the White Bear Area Senior Program at 651-653-3121 to find out how you can volunteer with one of our programs. You can also call Hands On Twin Cities at (612) 379-4900 or RSVP at (952) 945-4165 for a listing of other volunteer opportunities in this area. There are so many other programs in this area that are looking for volunteers that it would be difficult to name them all.

As you do your financial planning for your retirement, don't forget an important part of making your retirement worthwhile – planning to give true value to your life.

Lending Library News

Our volunteer librarian Libby Tweedale has been working diligently accepting incoming and reshelving your donations of new/used paperback books. The books are arranged in alphabetical order by Author. All returning books can be put in the green Book Drop container. All new donations can be placed alongside that container.

For your listening pleasure we will now be accepting new/used audio books in CD format ONLY.

Craft Corner Gift Shop White Bear Area Senior Center 2484 County Road F East

Didn't get everything on your wish list? Polish it off by shopping at the Craft Corner.

A portion of all Craft Corner proceeds is donated to the Senior Center. Your patronage is greatly appreciated!

In addition, the Craft Corner Gift Shop is open to the public Monday-Friday, 11:00 a.m. - 3:00 p.m. and has many lovely, unique items perfect for your holiday shopping or year-round gift needs.

Donations of yarn and unused greeting cards are welcome and gratefully accepted.

Leave a Legacy

The idea of leaving a legacy is very appealing to many people because it allows our hopes and dreams to live well beyond our years. The White Bear Area Senior Program provides you with the opportunity to make a long-term future commitment in support of its mission.

Using bequests made through wills, estate plans, revocable living trusts, real estate, appreciated stock, IRAs and retirement accounts, and life insurance, your legacy is defined in the most meaningful way possible. Bequests may be directed to any of our programs (Meals on Wheels, Lionmobile Transportation, Senior Center, Senior Connections). Your bequest will also be recognized on our "Giving Tree" wall hanging.

A legacy gift to the White Bear Area Senior Program is best made with the counsel of one's financial advisor or attorney, accountant, banker, or insurance professional.

To discuss a "future" legacy gift confidentially, please contact Barbara Green at 651-653-3126.

Senior Program News

Meals on Wheels Raffle Tickets - Coming in February



Many of us have an elderly or disabled friend, family member or neighbor who has/is benefited by Meals on Wheels. 22,000 plus meals are delivered each year in the White Bear Lake Area School District, allowing home-bound residents to remain independent and living in their own homes thanks to the White Bear Area Senior Program and Meals on Wheels of Ramsey County.

Funding cuts have put this lifeline program in jeopardy. The Senior Program's Meals on Wheels Program alone lost \$61,000 in federal and state funds this year.

Meals on Wheels of Ramsey County and the White Bear Area Senior Program will be holding a fundraising raffle entitled "Bring on the Heat!" The raffle will be held at the White Bear Country Inn on March 26th, 2012 at 2 PM. Thank you to Bill Foussard, owner of Rudy's Red Eye Grill and White Bear Country Inn, for donating the space to hold our raffle. Bill has been a longtime friend to the Meals on Wheels programs and we are grateful for his support.

Tickets will go on sale February of 2012 for \$10.00 each. You do not need to be present to win. We already have numerous prizes such as condos in Key West and New Orleans, gift cards, an ipad and much more. Proceeds will be allocated by agency to benefit local Meals on Wheels programs. You can purchase your ticket at the White Bear Area Senior Program, 2484 County Road F East.

If you would like to donate any prizes to the fundraising raffle please contact Carey Dubbs at carey@eventfullc.com or 651-592-2851.

Meals on Wheels Volunteers Needed

Winter months are more difficult for seniors of the community to get out of the house. It also means that many of the volunteer drivers head South for the winter.

Meals on Wheels now more than ever is in need of Substitute drivers willing to deliver meals during the lunch hour from 11:15 a.m. to 12:45 p.m.

Substitute driving offers volunteers the flexibility of how often you deliver as you are on a will call list, so if you are busy when you are called it's OK.

Please call 651-653-3123 to get more information.

Honor a Community Volunteer

The J. Stanley and Doris Hill Legacy Award committee, composed of members of three area Foundations, is seeking candidates who exemplify the volunteering spirit of J. Stanley and Doris Hill, longtime area residents.

The criteria for the 2012 Legacy Award are:

1. The nominee should live within the school boundaries of either White Bear Lake or Mahtomedi, which includes various communities.
2. The nominee should have given a lifetime of volunteer service to his/her community.
3. The nominee has worked on improving the community through service, not salaried, involvement.
4. The nominee demonstrates outreach beyond the community, yet remains connected to the geographical area.

Stan Hill dedicated his life to serving others. He was a board member of many charitable organizations and donated generously to many scholarship funds in Mahtomedi, White Bear Lake, and Century College. He and his wife, Doris, were extremely active in the lake area and both embraced a strong philosophy of service to others.

The Foundations of these organizations wanted to recognize someone who personified the Hill legacy of volunteerism by creating an annual award which would be presented to someone within the community who best exemplified those qualities.

Nomination forms are available on the Foundations' websites or can be picked up at Foundation offices. The forms are due back to a Foundation office or to a Board member by Friday, Feb. 24, 2012. The announcement of the new recipient will be made in March, 2012. A ceremony honoring this individual will be held later in the spring. E-mailed entries will not be accepted. While additional written or printed materials may be attached, other media such as DVDs, tapes, scrapbooks, or CDs will not be accepted.

Nomination forms will be available at:

White Bear Lake Educational Foundation
4855 Bloom Ave.

White Bear Lake, MN 55110

651-407-7696

www.wblaef.org

For further information contact Nancy Roth at nancyroth@gmail.com or 651-429-8399.

Community Services and Recreation

Kathy Simmer's History Classes

With a lifelong interest in history, Kathy Simmer earned her graduate degrees at the U of M, taught in the St. Paul Schools for 25 years, and has spent the last several years doing historical research. It is her pleasure to share it with others. Take all 3 classes and save \$5.00 (information below).

Blue Nosed Puke Stockings

That's what the crew of the Mayflower called the Puritan Pilgrims. Learn about the Puritanism's power in America, the Salem Witchcraft Trials, and how it all contrasts to modern day religious extremism.

1630.200 Feb 3 10:00 a.m. - 12:00 p.m.
\$19.00 Senior Center 153

The British Are Coming!

Yes, you know Paul Revere said that, but do you know who stole his horse? Or that most Americans were not in favor of independence? Get a better knowledge of the events and characters that led to the American Revolution, from the Boston Tea Party to "the shot heard round the world".

1630.201 Feb 10 10:00 a.m.-12:00 p.m.
\$19.00 Senior Center 153

Remember the Alamo

Unlike today, it was American immigrants pouring over the border into Mexican territory that caused issues. Find out about General Santa Anna, Sam Houston, Davy Crockett, and how a "lady of the evening" and the inventor of chewing gum were connected to the Battle of the Alamo.

1630.202 March 9 10:00 a.m.-12:00 p.m.
\$19.00 Senior Center 153

Take all 3 Classes to save \$5.00

1624.203 3 Sessions
\$52.00 Senior Center 153

Cell Phone Basics

This cell phone basics class is for those young at heart but technically challenged. Learn how to figure out your cell phone and what it can do to make your life easier. Bring your cell phone to class.

Elise d'Entremont

1328.200 Feb 23 10:00 a.m. - 12:00 p.m.
\$19.00 Senior Center 153

Social Security: Ten Most-asked Questions

Increase your knowledge of Social Security. Plan your retirement. Learn answers to questions like: Should I retire at age 62 or wait until 65? 66? How and when do I sign-up for Medicare? How much can I earn after retirement? Can my spouse get my Social Security? Jim Czechowicz

1148.200 Jan 25 4:00 - 5:00 p.m.
\$9.00 WBSC 300
3551 McKnight Rd, WBL

Basic Intro to Computers

This class is an introduction to the computer for those with some, little or no computer knowledge and would like to understand and be comfortable using their computer. Learn the basics of start up, shut down, customizing your screen, and many other topics. Using the internet, emailing, and retrieving photos from your digital camera is included. An email address is required but one may be created in class if you do not have one. d'Entremont, Elise

1327.201 Feb. 2, 9, & 16 10:00 a.m.-12:00 p.m.
\$79.00 District Center Room 307
4855 Bloom Ave, WBL

Learn to Tatt

Come learn a hand-held lacemaking technique called tatting. By the end of the course you will have made small pieces of lace to put on cards. A \$3 supply fee is payable to the instructor on the first night of class. Deanna LaValle has been tatting for 10 years.

1520.200 Mar 15, 22, & 29 6:00-8:30 pm
\$39.00 Central Middle School
4857 Bloom Ave, WBL

Meet Mr. Lincoln

History comes alive as actor and researcher Dennis Boggs presents an enlightening, informative, and educational look at the life of the 16th President as it might have been told by Abraham Lincoln himself. From Lincoln's birth in the wilderness of Kentucky to his early years in Indiana and Illinois; from storekeeper to self-taught lawyer and politician; through his years as President during the Civil War and his death at the hands of an assassin.

1620.200 Feb 11 10:00-11:30 am
\$9.00 South Campus Auditorium
3551 McKnight Road, WBL

Community Services and Recreation

White Bear Lake Area Schools Community Services and Recreation Department has a wide variety of classes and recreation programs for people of all ages. For a full listing, please visit www.whitebearcommunityservices.org. Brochures are mailed to homes three times a year in August, December, and March.

AARP Driver Safety Classes

Minnesota law mandates a 10% reduction in car insurance premiums for persons 55 years and older who complete a defensive driving class. Courses consist of an overview of safe driving; there is no writing or driving tests required.

The Full Course is a 2-day, 8 hour class that requires attendance on both days. Classes take place at the Senior Center located at 2484 County Road F East, White Bear Lake, unless otherwise stated. Advanced registration is required and can be done by mail, walk-in, or online at www.whitebearregistration.org. **No drop-ins.** For a complete listing of other sites and classes, call the AARP Information Center at (952) 858-9040.

Refresher Course: 4 hours \$19.00

1579.200	Monday	Jan 16
	8:30 a.m. -12:30 p.m.	
1579.201	Tuesday	Jan 24
	12:30 - 4:30 p.m.	
1579.202	Tuesday	Jan 31
	5:30-9:30 p.m.	
1579.203	Monday	Feb 6
	8:30 a.m. - 12:30 p.m.	
1579.204	Thursday	Feb 16
	5:30 - 9:30 p.m.	
1579.205	Tuesday	Feb 28
	12:30 - 4:30 p.m.	
1579.206	Tuesday	March 13
	5:30 - 9:30 pm	
1579.207	Thursday	March 15
	8:30 a.m. - 12:30 p.m.	
1579.209	Thursday	March 22
	12:30 - 4:30 p.m.	

Full Course: 8 hours \$19.00

1579.210	Tues. & Wed.	Jan 24 & 25
	5:30 - 9:30 p.m.	
1579.211	Wed. & Thurs.	Feb 1 & 2
	12:30 - 4:30 p.m.	
1579.212	Tues. & Wed.	March 6 & 7
	5:30 - 9:30 p.m.	

Refresher Course: 4 hours \$19.00 located at Hugo City Hall

1579.208 Monday March 19
8:30 a.m. -12:30 p.m.

Class/Workshop Refund Guideline

Full refunds are given if class is cancelled. If you withdraw from a class, provided request is made prior to the first day of class a \$5.00 service charge will be deducted from the refund. Refunds are not issued after a class has begun.

White Bear Lake Area Schools Community Services & Recreation Department

4855 Bloom Avenue, White Bear Lake, MN 55110
Sign up online at www.WhiteBearRegistration.org

Class Name	Class Number	Location	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
			Total Fees _____

Participant's Name _____
 Address _____
 e-mail _____
 City _____ State _____ ZIP _____
 Home Phone (____) _____
 Day Phone (____) _____
 Payment Type: Check ___ Cash ___
 Charge my: Visa ___ MasterCard ___
 Card # _____ Exp Date _____
 Cardholder's Name (print) _____
 Signature _____
 Billing Street Address _____ ZIP _____

Discount Information: UCare
 Member # _____ Member Name _____
 Member # _____ Member Name _____

Special Events

Sr. Program Classes

One on One Computer Class - FREE

Publisher, Word, Excel, or PowerPoint anyone? Would you enjoy learning how to place clipart and add WordArt to a poster or greeting card? How about learning to use Movie Maker (free online software)! Would you rather format a basic spreadsheet and graph? How about using a watermark behind your holiday letter?

The Advanced Computer 7 students at Sunrise Park Middle School would like to invite Seniors to their class for an hour lesson in how to use Word, Excel, PowerPoint, Publisher, or Movie Maker. Students will work one to one with Seniors, teaching new skills in one of the software applications. When calling to reserve your spot in class at Sunrise Park Middle School, please let us know what application you would like to learn more about~or let us help you decide when you call!

We would like Seniors to arrive at 10:40, begin their lesson about 11:00, and finish their lesson at 12:00. We know you will enjoy your time as much as we will appreciate having you here!

Date: Wednesday, March 14

Time: 10:45 to 12:00

Place: Sunrise Park Middle School

Info: Ms. Kittelson, Sunrise Park Middle School
651-653-2701 Ext. 1518

Fare For All Express

January 27, 2012, 2:00 - 4:00 p.m.

February 24, 2012, 2:00 - 4:00 p.m.

March 23, 2012, 2:00 - 4:00 p.m.

First Lutheran Church, 4000 Linden Ave

White Bear Lake, Call 651-429-5349

For more information please call 763-450-3880
or the website www.fareforall.org.

Armchair Travelers Club presents...**New Year Look Around the World**

January 26, 2011

1:00 p.m.

If you have traveled somewhere and would like to share your experiences or better yet learn more about places you have not been; please join this open discussion. Grab your photo's and join us!

Call 651-653-3121 to register for this class. No passport required!

Welcome to Germany- Willkommen in Deutschland

Presenter: Karin Magill-Cuerdin

February 23, 2011

1:00 p.m.

In February the "Armchair Travel" will take you to beautiful Germany with her rich history and wonderful people. We will share travel experiences, look at the map of Germany, and view slides from the North Sea and the Baltic to the Black Forest and the Alps.

The presenter Karin Cuerden was born and educated in Germany and lived there until 1974. She has continued contact with her family and friends through annual visits.

We encourage you to come and join us in the fun to broaden your understanding of Germany. Call 651-653-3121 to register for this class. No passport required!

Wii Bowling Teams Forming Now

Tuesday, 10:00 a.m. and/or

Tuesday, 1:00 p.m.

Call 651-653-3121 to register to play a friendly game of Wii Bowling. If you have never played before, assistance is available. Easy to learn.

(Membership Required)

Volunteer Opportunities Within Our Community

The White Bear Area Senior Program services the 60+ population of the White Bear Lake Area School District, and is a division of the White Bear Lake Area Community Services & Recreation Dept. Volunteers are the backbone of our various programs and we have numerous volunteer opportunities available. Volunteer Applications are available online at www.whitebearseniorprogram.org or by stopping in at the Senior Center, 2484 County Road F East, White Bear Lake. For more information call 651-653-3121.

Volunteer Visitors – Visit with an older adult in their home to chat, play games, write letters, go for walks, and more. Ongoing training is provided. (Background check required.)

Program Resources

WALKING IS GREAT EXERCISE

Vadnais Heights Sports Center

1490 E. County Road E, Vadnais Heights
Weekdays 7:00 a.m. to 9:00 a.m.

Four laps around the dome = one mile - measured by the Ramsey County Sheriffs' Department.

Our standard excuses (self proclaimed) - Too hot, cold, cloudy, windy, rainy, snowy, humid, or slippery. All days are great walking days in the dome! Do your heart and the rest of yourself a favor. Come and walk daily for your health.

Contracts: 4 Months for \$30.00, September through December, January through April, and May through August options or \$1.00 per day.

Enjoy our new fantastic sports center.

Vadnais Heights Hi-lites

2nd and 4th Wednesdays/month/12:00 noon
Christ the Servant Lutheran Church
3676 Centerville Road, Vadnais Heights

For more information, please contact Vadnais Heights City Hall at 651-204-6000.

Keep the Stamps Coming

The American Legion Auxiliary #168 are collecting canceled postage stamps. Change: we now need ½ inch left on all sides. All proceeds benefit the Minneapolis VA patients. Thank you.



One Hour Parking

Two parking spaces have been designated for people who will be at the center for 1 hour or less. Please DO NOT park in these spaces if you will be visiting the Senior Center longer than 1 hour.



Congregate Dining Site - Willow Wood Apts.

3441 Willow Ave., White Bear Lake
Monday - Friday at 11:30 a.m.

If you need more information, please call Presbyterian Homes at 651-631-6153.



FREE Activity Pass



for Senior community members (age 65+)

The White Bear Lake Area Schools offer a variety of activities for entertainment - home athletic contests, concerts, and theater productions to name a few. **Join us!**

Call the WBLAS Superintendent's Office at 651-407-7563 to request your **FREE Activity Pass** for home athletics events and to get an **Activities Calendar**.

Find additional information at www.whitebear.k12.mn.us.

TRIAD

Meetings 2nd Monday every month at 9:30 a.m.

TRIAD is a cooperation between Ramsey Co. Sheriff Dept., WBL Police Dept., and seniors of the community working together to develop and expand crime prevention programs. Our focus is to reduce the victimization and fear of crime for older residents.

If you would like more information on TRIAD and area seniors involvement, please call 651-407-5322.

Have a good day and keep safe!!

School Supplies Needed

It is that time again to bring in school supplies to help support the teachers and the students that are unable to provide the essentials for ultimate learning. Watch the school sales and bring them to the Senior Center to put a smile to a student.



EZ Help 911 Cell Phones for Seniors Program

Free donated cell phones are available for emergency 911 use only. For information call 763-569-2341 or 651-429-2374.

Leave your name and phone number and a volunteer will return your call. There is no cost for the phone. If you have received a phone in the past, it may need to be upgraded from analog to digital.



Ongoing Programs

Your membership fee for participation in our ongoing activities helps support the various programs and services offered at the center.

Single Membership = \$12.00/person

Household Membership = \$20.00/household

Membership period follows our fiscal calendar of July 1 – June 30 (Fee Assistance available if needed).



B-I-N-G-O

2nd Tue., 1:15 – 2:30 p.m.
\$2.00/player

Each player will get four cards. All money collected will be awarded to the players. (Membership required.)

Blood Pressure Screening

2nd Wed., 11:15 a.m. – 12:15 p.m.

No Charge. Provided by: White Bear Lake Fire Dept.
(Membership not required.)

Book Club

New readers are always welcome!

2nd Thur., 1:00 - 2:00 p.m.

January: "Mayflower" by Nathaniel Philbrick

February: "Constant Princess" by Phillippa Gregory

March: "Bossy Pants" by Tina Fey
(Membership required.)

Craft Corner Gift Shop

Monday – Friday, 11:00 a.m. – 3:00 p.m.

Shop our gift shop for unique handcrafted items all made by consignees 50+. Proceeds from each sale support the various programs & services offered at the center.

Computer Workstation Available

There is a computer workstation with internet access available for independent use. Stop by or call 651-653-3121 to reserve your time at this workstation.

Dominoes

1st, 3rd, & 5th Thur., 1:30 p.m.

Everyone welcome. Experienced players are available at each table to assist new players. Come ready to have a good time! (Membership required.)

Card Games – Various

If you are looking for a fun bunch of people to play cards with, consider joining one of our afternoon card groups. New players always welcome. **Membership required for ALL card groups.**



500: Tue., 12:30 p.m., \$1.00/player, refreshments included. No partner needed. Coffee extra charge

Cribbage: Mon. & Thur., 12:30 p.m.
\$1.00/player, refreshments included. No partner needed. Coffee extra charge.

Contract Bridge: Wed., 12:15, \$.75/player, refreshments included. No partner needed. Coffee extra charge.

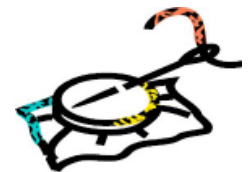
Duplicate Bridge: Mon., 12:30 p.m. and every Fri., 9:00 a.m., \$1.00/player, coffee extra charge. Must have a partner to play. New teams are welcome and will be charged a \$2.00/player fee for the initial session.

Pinochle: Wed., 12:00 p.m., \$.50/player, coffee extra charge. No partner needed.

"In Stitches" Handiwork Group

Friday 1:00 – 3:00 p.m.

Bring your personal handiwork and "visit while you work". No need to pre-register, just bring your project and join us! (Membership required.)



Optional Coffee Charge \$0.50 per person/bottomless cup

Activities listed above take place at the
White Bear Area Senior Center, 2484 County Road F East, WBL

Ongoing Programs

Mah Jongg

Monday, 12:00 – 3:30 p.m.

This game originated in China and each hand is played with tiles. Beginning players are welcome and will be taught by the more experienced players. Please join us! (Membership required.)

Foot Care Clinic

2nd & 4th Mon. and every Fri.

9:30 a.m. – 3:30 p.m. ½ hour private appt.
\$25.00/person/gift certificates available.

Our registered nurse will provide an assessment of your feet and teach preventative foot care. Toenails are clipped, calluses removed with a foot bath and massage included. It is recommended that you soak your feet prior to coming to the clinic. Call 651-653-3121 to make your appointment with Roseann Mitchell, R.N. (Membership not required).

“Friends Who Care” Social Group

2nd & 4th Wed., Senior Center, 1:00 – 2:15 p.m.

This friendly group meets to chat and share life’s experiences. If you would enjoy pleasant conversation and companionship, simply join us. The coffee will be on and newcomers are welcome. (Membership required.)

1st & 3rd Wed., 1:00 p.m. , various restaurants, reservations not required- just come!

January 4: Jethro’s Char House

January 18: Jamesons Irish Pub

February 1: Donatelli’s

February 15: Great Moon

Wii Open Bowling

Tuesday, 10:00 – 11:00 a.m.

Tuesday, 1:00 - 2:00 p.m.

All levels of play welcome and assistance available for new players. (Membership Required)

Woodcarving Group

Wednesday, weekly, 9:00 – 11:00 a.m.

Share tips and learn from each other during these informal woodcarving sessions (no instructor). Bring your own project and supplies. (Membership required.)

“Get Up & Go” Aerobics

Mon., Wed. and Fri., 9:30 – 10:30 a.m.

Yoga for Beginners

Thurs., 9:30 – 10:30 a.m.

8 classes/\$25.00

Classes held at the White Bear Dance Studio, 2462 County Rd. F East, WBL (across the parking lot from the Senior Center)

Join us for our customized fitness class where you can workout at your own pace. Come when you can or as often as you would like. Punch cards sold at the senior center. (Membership not required.)

Lending Library

Paperback books are available for our readers. Pick out the books you find interesting and take home to read. Bring back whenever you are finished. Thank you for dating the inside back page when you return your book as that helps track which books are being read. When returning books, put in the green book drop-box; do not put back on the shelves.

We accept your gently used Paperback books and for your listening pleasure new/used Audio Books in CD format ONLY!

MEDICARE QUESTIONS

Senior Linkage Line has trained volunteers to assist with questions or problems. Call the Senior Linkage Line 1-800-333-2433.

MEDICARE & YOU HANDBOOK

Visit www.mymedicare.gov to sign up now!

MEDICARE INSURANCE COUNSELING

Every Tues. 9:00 - 11:00 p.m.

Trained volunteers are available to answer your questions about Medicare, health insurance and supplements or long-term care. Call 651-653-3121 to make an appointment for private consultation.

Bear Decals For Sale

The cost of the bear decal is \$5.00. Stop by the Senior Center office to purchase a decal or two. We appreciate your support!



Items of Interest

A complete calendar including Special Events with dates and times is available in the Senior Program pamphlet rack or online at www.whitebearseniorprogram.org.

Newsletter Address Change or Temporary Stop

Over the Fall/Winter months we have a large number of our newsletters returned from the Post Office after mailing, due to a large number of "snowbirds". To help us contain our costs, please call into the office at your earliest convenience and we will put a Temporary Stop on the mailing of your newsletter. Just tell us the months you will be gone and we will take it from there. Thank You.

What if the White Bear Lake Area Schools Has a Snow Day?

It's not just the schools that will close! If our school district is closed because of inclement weather, the Senior Center will also be closed. In addition, there will be no Meals on Wheels delivery and the Lionmobile will not be in operation. School closing information is provided to the local TV stations and radios. You may also call the Emergency School Closing Hotline at 651-407-7540 and listen to the recorded message.



Recycle Drop Boxes at the Senior Center

- * Eyeglasses and hearing aides (used) collected by the Lions Club to be donated to people in need, living in underdeveloped countries.
- * Cell phones w/adaptors (used) collected by Qwest Pioneers in partnership with local agencies for seniors to make emergency 911 calls only.
- * Campbell's Soup labels and General Mills "Box Tops for Education" collected by the Early Childhood Program for needed preschool supplies.
- * Pop tabs collected by TRIAD for the Ronald McDonald House.
- * American Legion Auxiliary Stamp Program: Thank you to those who have turned in stamps. Picture post cards with the stamp also help our hospitalized Veterans. Questions call Lolle at 651-429-2303



AARP Bringing the largest Senior Organization into your community.

AARP is the largest, most powerful agent for senior protection and assistance in our nation. This is a very good thing!

AARP White Bear Regional Chapter brings the power and support of the national organization to our community.

Monthly meetings are the 3rd Thursday of each month at 10:00 a.m. Membership is \$8.00/year. Meeting dates listed below:

January 19, 2012, at the Senior Center.

Presentation: Alzheimer's.

February 16, 2012, at the Senior Center.

Presentation: Health Advocacy/Care taking.

March 15, 2012, at Rudy's Red Eye Grill

Potluck. Installation of officers

All are welcome!!

Featured Artist for January/February - Tom Moren

Our family moved into the White Bear Lake area in 1976. I worked as a computer programmer for Control Data, ETA Systems and Unisys until I retired in April of 2006.

I have not had any formal training in the artistic field. Originally, I decided to try oil/acrylic painting as a hobby, using mainly landscapes as the subject. Later, I decided to try animals and human portraits. Painting and drawing have a soothing effect for me, and I get a sense of satisfaction from doing it.

Recently, I started doing stained glass as another hobby. I guess I just need to keep busy in retirement.





2484 County Road F East
White Bear Lake, MN 55110
(651) 653-3121
www.whitebearseniorprogram.org

Non-Profit Org.
U.S. Postage
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Twin Cities MN
Permit No. 3363

White Bear Area Senior Program

Phone 651-653-3121 - Fax 651-653-3127

www.whitebearseniorprogram.org

The mission of the White Bear Area Senior Program is to provide information, activities and services to enhance the lives of older adults. We strive to provide and create opportunities in a manner which affirms the dignity and self-worth of each individual.

Department Directory

Program Coordinator FT Staff	Barb Green Hours: Mon. - Fri.	651-653-3126 8:00 a.m. - 4:30 p.m.	<i>Barbara.Green@isd624.org</i>
Transportation FT Staff	Jeanne Koeckeritz Hours: Mon. - Fri.	651-653-3122 8:00 a.m. - 4:30 p.m.	<i>Jeanne.Koeckeritz@isd624.org</i>
Meals on Wheels PT Staff	Debbie Walker Hours: Mon. - Fri.	651-653-3123 8:00 a.m. - 1:00 p.m.	<i>Deb.Walker@isd624.org</i>
Senior Connections PT Staff	Outreach General Mary Mengel Mary Bryan-Day Hours: Mon. - Thurs.	651-653-3124 651-653-3137 651-653-3125 9:00 a.m. - 4:00 p.m.	<i>Mary.Mengel@isd624.org</i> <i>Mary.Bryan-Day@isd624.org</i>
Craft Corner	Hours: Mon. - Fri.	651-653-3130 11:00 a.m. - 3:00 p.m.	