



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

September 2018

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons  
Friday, September 14, 9 am.

### Vadnais Heights Community Food Program

Distribution is Saturday, September 15, 9 am.

### Council Meetings

Tuesday, September 4 and Tuesday, September 18 at 7 pm.  
Vadnais Heights City Hall.

### THANK YOU

The Vadnais Heights Senior HI-LITES sends a BIG thank you to Gable Pines for their Breakfast for a Cause sponsorship.

### Lunch and Table Games

Wednesday, September 12, 12 noon.  
If you like fellowship and fun this is the place to be. Pack that bag lunch and we will have the coffee ready. Dessert will be furnished by Cheryl Intihar. After a short meeting, table games of choice will be played.

### Dues Reminder

September is the time for our annual Senior HI-LITES dues. Thanks to all for your support. Looking forward to another successful year together.

### Friendly Thought #9

The best time to do something worthwhile is between yesterday and tomorrow....Anonymous

### Senior Center Open House

Tuesday, September 18, 9 – 11 am at the Senior Center, 2484 E. County Road F, White Bear Lake  
Stop by for a tour of the Senior Center. Enjoy some treats, explore and learn about the many activities, groups, classes and services. Also, be sure to learn about their rewarding volunteer opportunities.

### Immunization: Not Just for Kids

Did you know that adults benefit from protective vaccinations? Flu shots and shingles shots may be available through your pharmacy. Check with your doctor about vaccinations for chicken pox, pneumonia, tetanus, whooping cough, meningitis and Hepatitis A and B. When you get shots to protect yourself from these illnesses, you protect family member as well.

### Lunch and Table Games

Wednesday, September 26, 12 noon.  
Shy? Bashful? Well bring a friend along to meet and make new ones! Darlene Morrow will be bringing dessert. Again, don't forget it's annual dues for the HI-LITES. Table games of choice will be played.

### Ride the Loop! Newtrax Loop Info Open House

Thursday, September 27, 10:30 – 11:30 am, Senior Center, 2484 E, County Road F, White Bear Lake.  
New riders learn how, when and where to Ride the Loop! Also learn how to become a SUPER LOOPER transferring between north and south loops. Coffee and doughnuts provided and plenty of time to answer questions. Buses are running during this time. Come and take a ride!

### Save the Date

Mark your calendars for the White Bear Senior Health Fair, Wednesday, October 3. 11:30 am – 2 pm at the Vadnais Heights Commons. Health & Wellness, Flu Shots, Assisted Housing and Financial Well-being will be featured.



The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified.

For more information on any event, please contact Vadnais Heights City Hall, 800 East County Road E, 651.204.6000, or [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). You may also call Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org).



# Excuses Notes Written by Parents to Teachers

My son is under a doctor's care and should not take P.E. today. Please excuse him.

Please excuse Lisa for being absent. She was sick and I had her shot.

Dear School: Please excuse John being absent on Jan. 28, 29, 30, 31, 32, and also 33.

Please excuse Gloria from Jim today. She is administrating.

Please excuse Roland from P.E. for a few days. Yesterday he fell out of a tree and misplaced his hip.

John has been absent because he had two teeth taken out of his face.

Carlos was absent yesterday because he was playing football. He was hurt in the growing part.

Megan could not come to school today because she has been bothered by very close veins.

Chris will not be in school cus he has an acre in his side.

Please excuse Ray Friday from school. He has very loose vowels.

Please excuse Pedro from being absent yesterday. He had (diahre) (dyrea) (direathe) the runs. [words in ()'s were crossed out.]

Please excuse Burma, she has been sick and under the doctor.

Irving was absent yesterday because he missed his bust.

Please excuse Jimmy for being. It was his father's fault.

I kept Billie home because she had to go Christmas shopping because I don't know what size she wears.

Please excuse Jennifer for missing school yesterday. We forgot to get the Sunday paper off the porch, and when we found it Monday, we thought it was Sunday.

Sally won't be in school a week from Friday. We have to attend her funeral.

My daughter was absent yesterday because she was tired. She spent a weekend with the Marines.

Please excuse Jason for being absent yesterday. He had a cold and could not breed well.

Maryann was absent December 11-16, because she had a fever, sore throat, headache and upset stomach. Her sister was also sick, fever and sore throat, her brother had a low grade fever and ached all over. I wasn't the best either, sore throat and fever. There must be something going around, her father even got hot last night.

Please excuse little Jimmy for not being in school yesterday. His father is gone and I could not get him ready because I was in bed with the doctor.