



Vadnais Heights HI-LITES

Senior Activities Newsletter

November/December 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons

Friday, November 16 and Friday, December 14, 9 am

Vadnais Heights Community Food Program

Saturday, November 17 and Saturday, December 15, 9 am
Food Distribution

Council Meetings

Wednesday, November 7 and Tuesday, November 20

Tuesday, December 4 and Tuesday, December 18

7 pm at Vadnais Heights City Hall

Veterans Aid and Benefits and Flag Ceremony

Friday, November 2, 10 am-noon at Vadnais Heights City Hall. Discover Ramsey County Veterans Services. Director Maria Wetherhall will discuss services and benefits available to veterans and their families. Gain information on accessing benefits, veteran advocates and some specific benefits that pertain to seniors. Come with questions. The White Bear Lake VFW Post #1782 will provide the color guard for a flag ceremony. This is a free presentation for veterans of all ages, spouses, family members and community members. Please register by calling 651-407-2018. Sponsored by CLASS (Consortium of Lake Area Senior Services).

Mamma Mia! At White Bear Lake Area High School

5045 Division Avenue, White Bear Lake.

Saturday, November 10, 2 pm.

FREE tickets are available to senior citizens for the 2 pm show. Tickets should be reserved through the regular ticket process. Online at www.isd624.org or Theatre Line 651-653-2967.

Lunch and Table Games

Wednesday, November 14, 12 noon.

It's back to bag lunch again. The coffee will be ready and Betty Krueger will be bringing dessert. Come join us and share a favorite Thanksgiving memory or recipe. Table games of choice will be played.

Senior Community Member Activity Pass

FREE Activity Pass for Senior Community Members (age 65+). White Bear Lake Area Schools offer a variety of activities. Home athletic contests, concerts and theater productions to name a few. Join us! Call the Superintendent's office at 651-407-7563 to request a FREE Activity Pass for home athletics events and a District Activities calendar. The Activities Pass is available to residents of the White Bear Lake Area School District (Vadnais Heights included) who are age 65 and older.

Friendly Thought #12

When it comes to life, the critical thing is whether you take things for granted or take them with gratitude.

-G. K. Chesterton

Butterball Hotline Information

Need some help with your 25 pound or so turkey? Just call 1-800-288-8372. They offer assistance Monday through Friday from 10 am-7 pm Eastern Time. You actually speak to a live person!

Lunch and Table Games

Wednesday, November 28, 12 noon.

Will your bag lunch be a turkey sandwich made with some leftovers? Leftovers are always a great way to stretch your food budget! We'll be ready with the coffee and Mary Jane Krantz will bring dessert. After a short meeting, table games of choice will be played.

PJs with Santa

Friday, December 7, 6-8 pm, Vadnais Heights Commons
This annual holiday event features, Santa, The "No Nose for Rudolph Show" at 6:15 and 7:15 pm., a face painter, balloon animals, holiday games and cookies for participants of all ages! Cost is \$10/family (residents) \$20/family (non-residents). Parents must accompany children throughout the event. Wear pajamas if you like. Register online at: www.cityvadnaisheights.com or call: 651-204-6000.

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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. 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.

HI-LITES Holiday Luncheon at Jimmy's

Wednesday, December 12, 12 noon at Jimmy's in Vadnais Heights. Come join us for lunch and some Christmas cheer! We will be ordering from a variety of choices from their menu. 'Tis the season to celebrate with your friends and neighbors.

Caregiver Resources

Friday, December 14, 10 am-noon, Redeemer Lutheran Church, 3770 Bellaire Avenue, White Bear Lake.
FREE! Know of a caregiver or care partner looking for resources and support? Come explore how caregiver coaching, day respite and caregiver support groups may be right for you! Visit: www.lyngblomsten.org/caregivers to view some of the resources that will be discussed.
Presentation by staff of 2nd Half with Lyngblomsten, White Bear Lake. Call to register: 651-407-2024.

Save the Date!

2nd Tuesday Lunch for Seniors, Tuesday, January 8, 2019.
Area seniors are invited to join us for 2nd Tuesday Lunches this winter held at Christ the Servant Lutheran Church. It's lunch from Donatelli's at noon and Bingo will follow. Cost is \$5 and registration deadline is January 3, 2019.
Registration begins November 5. Come to City Hall to get your tickets! Call 651-204-6000 for questions.

Happy
Holidays!

The Best Christmas Quotes of All Time

"Christmas isn't a season. It's a feeling." – Edna Ferber

"May you never be too grown up to search the skies on Christmas Eve." – Anonymous

"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph." – Shirley Temple

"A good conscience is a continual Christmas." – Benjamin Franklin

"I will honour Christmas in my heart, and try to keep it all the year." – Charles Dickens

"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas." – Calvin Coolidge

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?" – Bob Hope

"Unless we make Christmas an occasion to share our blessings, all the snow in Alaska won't make it 'white'." – Bing Crosby

"Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmastime." – Laura Ingalls Wilder

"Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends." – Margaret Thatcher

"I heard the bells on Christmas Day / Their old familiar carols play / And wild and sweet, the words repeat / Of peace on earth, good-will to men." – Henry Wadsworth Longfellow

"At Christmas, all roads lead home." – Marjorie Holmes

"One of the most glorious messes in the world is the mess created in the living room on Christmas Day. Don't clean it up too quickly." – Andy Rooney

