



Vadnais Heights HI-LITES

Senior Activities Newsletter

January 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, January 18, 9 am.

Vadnais heights Community Food Program

Distribution is Saturday, January 19, 9 am

Ice Skating Party

Saturday, January 5, Community Park & Westfield Parks Warming Houses, 1 -5 pm (weather permitting).
Grab your skates and scarves and have fun with your neighbors at Community Park and Westfield Park ice rink and warming house. Cookies and hot chocolate will be available while it lasts. This event is free.

2nd Tuesday Lunch for Seniors

Tuesday, January 8, Christ the Servant Lutheran Church. Lunch is served at noon. Bingo will follow. The lunch is catered by Donatelli's. Advanced registration is required. The cost is \$5 per person, and tickets can be purchased at City Hall. Registration deadline is January 4, noon.

Council Meetings

The Council Meetings for this month are Tuesday, January 8 and Tuesday, January 22. All meetings are 7 pm at Vadnais Heights City Hall.

Lunch and Table Games

Wednesday, January 9, 12 noon.
Welcome back to a new year! Dig out that bag lunch recipe and we will have the coffee ready. Nancy Joly will be bringing dessert. After a short meeting table games of choice will follow. Please consider joining us for an afternoon of fellowship!

What's so funny about getting old? #1

"Old people shouldn't eat health foods, they need all the preservatives they can get."...Robert Orben

Happy New Year!

Community Connections – Elder Resources

Tuesday, January 22, Vadnais Heights City Hall, 2 – 3 pm. Free and no registration is required.
Learn about Elder Resources from A to Z: Navigating the Maze of Senior and Chronic Care Resources.

Lunch and Table Games

Wednesday, January 23, 12 noon.
Come join us to meet new friends or bring a friend. Dessert will be furnished by Karen Lehner. Table games will be played.

Senior Fraud: Learn How to Protect Yourself

Friday, January 25, 10 am-noon, WBL YMCA, 2100 Orchard Lane, White Bear Lake.
Discover how to prevent elder abuse and financial exploitation from John Choi, Ramsey County Attorney. Explore telemarketing fraud, charity scams, rip offs, targeting grandparents, health care fraud, social security and Medicare scams, identity theft and more. This is a free presentation sponsored by CLASS. Call 651-407-2024 to register.

Save Money at the Dollar Store

Some of the top items to purchase at your local Dollar Store are: greeting cards, party supplies, cleaning products, gift wrapping and stationery products. The Dollar Store is the "in place" to be seen and to save!

Red Cross Blood Drive

Saturday, January 26, Christ the Servant Lutheran Church, 9 am – 3 pm. Call 651-429-6595 for additional information.

Senior Web Site

Check out: www.mnseniorsonline.com for information and tips for senior living!

Save the Date:

2nd Tuesday Lunch on February, 12. Registration deadline: February 8, noon.

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.

ASK FOR YOUR DISCOUNT!

Dining Discounts for Older Adults

Age 50+

The following restaurants offer 10% discounts for AARP members. AARP membership costs \$12 to \$16 a year. In some cases, not all locations participate.

Bubba Gump Shrimp Co.

Dunkin' Donuts. Free donut with the purchase of a large or extra-large coffee for AARP members.

Krispy Kreme. Varies by location. Often 10% off.

McCormick & Schmick's

The Oceanaire Seafood Room

Outback Steakhouse

Rainforest Cafe

Age 55+

Arby's. Varies by location. Often 10% off or a free drink.

Chick-fil-A. Varies by location. A free coffee or drink with purchase, or 10% off menu items.

Chili's. Varies by location, but reportedly 10% off.

Denny's. 55+ menu has discounted prices. AARP members get 15% off at 50.

Einstein's Bagels. Varies by location. Often 10% to 15% off.

IHOP. Discounted rates on 55+ menu items.

KFC. Free small drink with a meal purchase.

Long John Silver's. Varies by location. 10% to 20% off for AMAC members.

McDonald's. Varies by location. Often discounts on coffee and other beverages.

Papa John's. Check your local store. Discounts of 25% and 40% reported with promo codes.

Perkins Restaurants. Fifty-Five Plus menu offers discounted prices.

Tim Horton's. Varies by location. Often a coffee discount.

Wendy's. Varies by location. 10% off or a free drink reported.

Age 60+

Applebee's. Varies by location. Discounts of 5% to 15% reported if you ask.

Ben & Jerry's. 10% off.

Burger King. Varies by location. Often 10% off.

Golden Corral. Senior's buffet has slightly discounted prices. Some locations offer 10% off any meal.

Mrs. Fields Cookies. Varies by location. Often 10% off.

Sonic. Varies by location. Often 10% off or a free beverage.

Subway. Varies by location. Often 10% off any regular-price menu item.

Age 65+

Boston Market. Varies by location. Often 10% off any menu item.

Hardee's. Varies by location. Often 10% off or a discounted drink.

Taco Bell. 5% off regular-price items.