



# Vadnais Heights

## PARKS & RECREATION – Spring 2019

### SIGN UP NOW

First-come, first-served!

### REGISTER ONLINE!

Conveniently register online at [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). Click Recreation, then click on the activity that interests you and follow the prompts. No fee to register online.

### FINANCIAL AID

We offer financial aid to qualifying residents. Please call 651-204-6060 for more information.

### ACCESSIBILITY

Our goal is to make it possible for everyone, including people with disabilities, to take advantage of parks and recreation programs and services. Our staff and volunteers will work with individuals and groups to accommodate persons with special needs. Please call 651-204-6060 with any questions or requests.

### FACEBOOK

For Parks and Recreation updates, find the City of Vadnais Heights on Facebook! [www.facebook.com/cityVH](http://www.facebook.com/cityVH)

### IT PAYS TO BE A VOLUNTEER COACH

We waive participant fees when a parent or guardian volunteers as a coach in youth sport league programs.

### WORK FOR PARKS & RECREATION

Apply to be a Summer Recreation Assistant, Summer Playground Staff person, Tennis Instructor, Event Staff Person, T-Ball or Soccer Coach. Apply online at [www.cityvadnaisheights.com/jobs](http://www.cityvadnaisheights.com/jobs).

### WEATHER HOTLINE

For information about outdoor program cancellations due to inclement weather, call 651-204-6002.

### VOLUNTEER AT SPECIAL EVENTS AND HERITAGE DAYS

Apply to volunteer at our Special events and Heritage Days. A great way to meet new people and get involved in our Community. Go to Community Events at [www.cityvadnaisheights.com/events](http://www.cityvadnaisheights.com/events).

### LOCATIONS FOR PROGRAMS/EVENTS:

|                                   |                             |
|-----------------------------------|-----------------------------|
| City Hall                         | 800 East County Road E      |
| Community Park                    | 641 East County Road F      |
| Berwood Park                      | 780 Berwood Avenue          |
| Kohler Meadows Park               | 365 East County Road F      |
| Lily Pond Park                    | 325 Lily Pond Lane          |
| Westfield Park                    | 520 Westfield Lane          |
| Vadnais Heights Commons           | 655 East County Road F      |
| Vadnais Heights Elementary School | 3645 Centerville Road       |
| Bridgewood Park                   | 4224-1/2 Bridgewood Terrace |
| Morningside Park                  | 4485 Morningside Avenue     |
| Bear Park                         | 465 Bear Ave S              |

Welcome to the Vadnais Heights Parks and Recreation Department. The City of Vadnais Heights takes pride in providing high-quality parks, trails, recreation programs, and services all year for residents of all ages and abilities. Our parks, trails, and programs encourage healthy lifestyles, increase property values, develop community pride, protect the environment, and relieve stress.

For more Parks and Recreation information, visit the City's website: [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com).

Exploring places to be active in Ramsey County is easy with Go Ramsey Communities. This interactive web-based mapping and mobile application provides a fun way to search for parks, trails, lakes, and recreational facilities in Ramsey County. Visit the site at [www.GoRamsey.org](http://www.GoRamsey.org). The Go Ramsey mobile web app can be accessed through GoRamsey.org, the same address used for the full desktop site.

### T-BALL

We place participants randomly on teams of 10 players. Teams play six games, scheduled using both time periods, if necessary, depending on the number of children registered. We schedule earlier game times, if only enough children register to make up four teams. Limit of 80 players in each age group. We spend the first 15-30 minutes of the program warming up and developing skills. We play the last 45 minutes as a game. Your child's coach will contact you with a game schedule and team information. Please have your child dress for the weather, bring a glove, and wear athletic shoes. Ages 4-5 use the tee when at bat. Ages 6-7 have the option after the first two games to either use the tee or have the coach pitch to them. Volunteer coaches needed (fee waived). Coaches' meeting at Vadnais Heights Commons at 6 pm: Spring: Tue, April 16; Summer: Wed, June 12. Registration deadlines: Spring: Fri, April 12 or until full; Summer: Fri, June 7 or until full. Cost: \$40/resident, \$50/non-resident.

### SPRING

|          |                                      |   |
|----------|--------------------------------------|---|
| 210139-1 | Ages 4-5<br>6-7:15 pm & 7:15-8:30 pm | Wed, April 24 – May 29<br>VH Elementary |
| 210139-2 | Ages 6-7<br>6-7:15 pm & 7:15-8:30 pm | Thu, April 25 – May 30<br>VH Elementary |

### SUMMER (no games July 3 or 4)

|          |                                      |   |
|----------|--------------------------------------|---|
| 310139-1 | Ages 4-5<br>6-7:15 pm & 7:15-8:30 pm | Wed, June 19 – July 31<br>VH Elementary |
| 310139-2 | Ages 6-7<br>6-7:15 pm & 7:15-8:30 pm | Thu, June 20 – Aug. 1<br>VH Elementary  |

### OUTDOOR SOCCER LEAGUE

Designed to increase playing experience and introduce young people to soccer, this league emphasizes team play, sportsmanship, skill development, and socialization. We spend the first 15-30 minutes warming up, and the last 45 minutes playing a game. Please have your child wear appropriate clothing and shoes, wear shin guards, and bring a water bottle. We place participants randomly on teams of 10 players. Volunteer coaches needed (fee waived). Coaches' meetings at Vadnais Heights Commons at 6 pm; Spring: Tue, April 23; Summer: Tue, June 11. Registration deadlines: Spring: Wed, April 17 or until full; Summer: Wed, June 5 or until full. Cost: \$40/resident; \$50/non-resident.

### SPRING (no games May 25)

|          |                            |  |
|----------|----------------------------|--|
| 210119-1 | Ages 4-5<br>10:30-11:45 am | Sat, April 27 – June 8<br>Kohler Meadows & Lily Pond |
| 210119-2 | Ages 6-7<br>Noon-1:15 pm   | Sat, April 27 – June 8<br>Kohler Meadows & Lily Pond |
| 210119-3 | Ages 8-12<br>9-10:15 am    | Sat, April 27 – June 8<br>Kohler Meadows & Lily Pond |

### SUMMER (no games July 2 or 4)

|          |                                       |  |
|----------|---------------------------------------|--|
| 310119-1 | Ages 4-5<br>6-7:15 pm                 | Tue, June 18 – July 30<br>Kohler Meadows & Lily Pond |
| 310119-2 | Ages 6-7<br>7:15-8:30 pm              | Tue, June 18 – July 30<br>Kohler Meadows & Lily Pond |
| 310119-3 | Ages 8-12<br>6-7:15 pm & 7:15-8:30 pm | Thu, June 20 – Aug. 1<br>Bear Park                   |



### LITTLE CRITTERS SUMMER PLAYGROUND PROGRAM

Children ages 3-5 grow in an educational, recreational, and social environment. Sessions meet Mondays and Wednesdays or Tuesdays and Thursdays and include games, crafts, creative play times, and an opportunity to enjoy Community Park. Morning times only. Playground leaders are experienced and trained and enjoy working with children. Registration and payment taken on a first-come, first-served basis. Program will fill up fast. Will not meet July 1-4. Registration deadline: Fri, May 24 or until full. Location: Community Park. Cost/session: \$94/resident, \$140/non-resident.

|          |                       |   |
|----------|-----------------------|---|
| 380119-1 | Ages 3-5<br>9 am-noon | Mon, & Wed, June 17 – July 31<br>Community Park |
| 380119-2 | Ages 3-5<br>9 am-noon | Tue, & Thu, June 18 – Aug. 1<br>Community Park  |

### EAGER BEAVERS SUMMER PLAYGROUND PROGRAM

Children entering grades 1-6 enjoy sports, games, nature activities, crafts, music, and other creative activities. Playground leaders are experienced and trained. The program includes morning and afternoon times, but site is closed noon-1 pm. Will not meet July 1-5. Registration deadline: Fri, May 24 or until full. Location: Community Park. Cost/session: \$124/resident, \$186/non-resident.

|          |                                  |   |
|----------|----------------------------------|---|
| 380119-3 | Grades K-5<br>9-noon & 1-3:30 pm | Mon, & Wed, June 17 – July 31<br>Community Park |
| 380119-4 | Grades K-5<br>9-noon & 1-3:30 pm | Tue, & Thu, June 18 – Aug. 1<br>Community Park  |

### SUMMER PLAYGROUND TEEN VOLUNTEER OPPORTUNITY

Vadnais Heights teens, ages 12-16, are needed to volunteer, alongside Parks and Recreation staff, at the summer Little Critters and Eager Beavers programs. We provide orientation and training. Teens choose the number of days and hours they volunteer. It's a fun way to spend your summer serving others, gaining skills and references, and making friends. For more information or to receive a summer volunteer application, please contact 651-204-6060 or at [vhinfo@cityvadnaisheights.com](mailto:vhinfo@cityvadnaisheights.com). Application deadline: Fri, May 3.

## Vadnais Heights Parks & Recreation

### Registration Form

Please fill out a separate form for each activity/child. Additional forms may be photocopied or picked up at City Hall.

All information must be completed before registration can be processed. Incomplete applications will not be processed and will be returned.

Questions? 651-204-6061 or 651-204-6060  
 Online: [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com)  
 Drop off: City Hall, Monday-Friday from 8 am-4:30 pm  
 (After hours drop-box located in driveway)  
 By mail: City Hall, 800 East County Road E, Vadnais Heights, MN 55127

For your convenience we recommend you register online at [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). Simply click on Recreation, then click on the activity that you are interested in and follow the prompts. There is no additional fee to register online.

|                    |                 |     |        |                         |
|--------------------|-----------------|-----|--------|-------------------------|
| Participant's name | Date of birth   | Age | Gender | Grade Level/School Name |
| Activity name      | Activity number |     | Time   | Fee                     |

Make checks payable to: The City of Vadnais Heights – All NSF checks are subject to a \$30.00 return check fee. Refund policy: Refunds will be issued when requested, two working days prior to the activity/class starting date. A \$5 service charge will be deducted from refund.

Parent/Guardian \_\_\_\_\_ Primary Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Primary Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

E-mail (REQUIRED-please print clearly-program updates are sent by email) \_\_\_\_\_

Street Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact (REQUIRED) \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

I am interested in being a volunteer coach. Name/Day Phone: \_\_\_\_\_ Coach T-Shirt Size: \_\_\_\_\_

Any information our staff should be made aware of (i.e. disability, allergy, special need, etc.): \_\_\_\_\_

Special requests for teammates are not guaranteed and are limited to one request per player. Group requests will not be honored. It is the City's goal to encourage players to make new friends and develop social skills.

Name teammate request here: \_\_\_\_\_

Permission and waiver: I hereby agree to allow my child or myself to participate in the above named activity. In consideration of your accepting this registration, I hereby, by myself and my heirs, waive any and all rights and claims for damages I may have against the City of Vadnais Heights and its representatives, for any and all injuries from whatever cause suffered by the above participant(s) in the indicated activity. I understand that the information that I have provided will be distributed to individuals involved with each recreation program. The City of Vadnais Heights may take pictures and videos of participants enjoying their activities, and I grant permission for the City to use the name, image, and quotes of my child (ren).

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_

CONFIRMATIONS – An automated confirmation email will be sent to the email provided above.

|                 |  |                 |
|-----------------|--|-----------------|
| Office use only | Date: _____  | By: _____       |
|                 | Payment type: <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ | Amount \$ _____ |





## MUNCHKIN TENNIS LESSONS

Children ages 5-6 learn hand-eye coordination as they practice the fundamentals with special balls, racquets, and nets. Wear comfortable clothing and tennis shoes and dress for the weather. Racquets and balls provided. Five classes. Registration deadline: Spring: Tue, May 7; Summer: Thu, June 20. Cost: \$30/resident; \$40/non-resident.

### SPRING

270169-1 Ages 5-6 Tue, May 14 – June 11  
7:30-8 pm Kohler Meadows

### SUMMER (no lessons July 2)

370169-1 Ages 5-6 Tue, June 25 – July 30  
7:30-8 pm Kohler Meadows

## YOUTH TENNIS LESSONS

Short, active lessons lead to supervised play. Bring tennis racket and wear tennis shoes. Balls provided. Level 1: Basic instructional series of strokes and introduction to game rules. Level 2: Supervised play preceded by practice on stroke technique, footwork, and serve. Five sessions. Registration deadlines: Spring: Tue, May 7; Summer: Thu, June 20. Cost: \$40/resident; \$50/non-resident.

### SPRING

270169-3 Level 1 Ages 7-14 Tue, May 14 – June 11  
5:30-6:15 pm Kohler Meadows  
270169-5 Level 1 Ages 7-14 Tue, May 14 – June 11  
6:15-7:00 pm Kohler Meadows  
270169-6 Level 2 Ages 7-14 Tue, May 14 – June 11  
6:15-7:00 pm Kohler Meadows

### Summer (no lessons July 2)

370169-3 Level 1 Ages 7-14 Tue, June 25 – July 30  
5:30-6:15 pm Kohler Meadows  
370169-5 Level 1 Ages 7-14 Tue, June 25 – July 30  
6:15-7:00 pm Kohler Meadows  
370169-6 Level 2 Ages 7-14 Tue, June 25 – July 30  
6:15-7:00 pm Kohler Meadows



## USTA NORTHERN ADULT TENNIS LESSONS

Find yourself in the game! Have fun, stay in shape and meet new friends while playing the lifetime sport of tennis!

Beginner – Classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. All participants will be given a new Wilson tennis racquet.

Advanced Beginner – Classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.

Intermediate – Classes are for those continuing to develop their stroke consistency and accuracy while learning net play, court coverage and match strategy. Players are ready for formal, organized play if they choose.

All classes taught by USTA-trained instructors.

Session I registration deadline: Thu, May 30. Session II registration deadline: Thu, July 18 or until full. Cost: \$60/resident, \$70/non-resident. Minimum 4 participants per class each session.

### SESSION I (no lessons July 4)

320229-1 Beginner Thu, June 6 – July 11  
6:15-7:15 pm Kohler Meadows  
320229-2 Adv. Beg/Intermediate Thu, June 6 – July 11  
7:15-8:15 pm Kohler Meadows

### SESSION II

320229-3 Beginner Thu, July 25 – Aug 22  
6:15-7:15 pm Kohler Meadows  
320229-4 Adv. Beg/Intermediate Thu, July 25 – Aug 22  
7:15-8:15 pm Kohler Meadows

## YOGA

Everyone can enjoy yoga – it is not just for those who are already flexible. If you would like to relax more, gain strength and endurance, and stretch deeper – come and see what yoga is about! This is a mixed level class with beginners welcome.

Elizabeth Persico is honored to serve this community by teaching the ancient practice of yoga – union of mind, body, and spirit. She is a 500-hour Yoga Alliance certified teacher with twenty years of experience. She is a Reiki and Ayurveda Yoga Therapist and adapts these ancient techniques and sciences into the teachings of yoga asana (poses), pranayama (breath) and meditation. All of this comes together with creative joy – bringing you deep healing, health, and balance.

Bring your own yoga mat and wear loose comfortable clothing. Participants should have the ability to get up and down from the floor. Consult with your physician before registering for yoga. If you have special concerns or circumstances that could prohibit or restrict movement, please communicate those needs to the instructor.

### SPRING

8-week class. Registration deadline: Fri, March 22 or until full. Minimum 10 participants. Cost: \$68/resident; \$78/non-resident. (No Class April 15, May 6, 27).

220219-1 Mixed level Adults (13+) Mon, March 25 – June 3  
6:30-7:30 pm VH Commons

### Summer

7-week class. Registration deadline: Fri, June 7. Minimum 10 participants. Cost: \$60/resident; \$70/non-resident. (No class July 1).

320219-1 Mixed Level Adults (13+) Mon, June 10 – July 29  
6:30-7:30 pm VH Commons

## DISCOVER YOUR DOSHA AND A DAILY ROUTINE FOR WELLNESS AND VITALITY

2 Hour Spring Workshop

Ayurveda is “the science of life” – an ancient holistic approach to wellness. It is the sister science to yoga and is based on the principles of three doshas or energies that make up every individual. Ayurvedic philosophy states there are energetic forces that influence all of nature and are present in everyone and everything. The five great elements in the universe: ether (or space), air, fire, water, and earth come together to form the three constitutions called doshas that Ayurveda uses for diagnosis of imbalances in the body and mind. Together we will explore our Dosha and learn a daily a routine that can help us find balance and stay vibrant during the spring months and into summer. You will leave with a package of goodies to help you get started toward wellness and balance.

Come as you are. We will do some light movement, so dress comfortably. If you have special concerns or circumstances, please communicate those needs to the instructor.

Registration deadline: Thu, March 21 or until full. Min 10 participants. Max 15 participants. Cost: \$50 (includes Ayurveda starter package of goodies).

220219-2 Mixed level Adults (13+) Wed, March 27  
6:30-8:30 pm VH Commons

## SPRING/SUMMER 2019 ADULT SOFTBALL

Men’s and Co-Rec softball leagues. Certified officials umpire games at Community Park. Registration and payment taken on a first-come, first-served basis. Leagues fill up fast – online registration available now! Registration deadline: Mon, April 15 at 4:30 pm or until full. Co-Rec manager meeting: Mon, April 22 at 7 pm. Men’s manager meeting: Mon, April 22 at 8 pm.

Cost for Men’s D and E: \$670 through April 1; \$697 after April 1. For Co-Rec leagues: \$550 through April 1; \$575 after April 1.

220129-1 Men’s “D” (9 team limit) Begins Mon, May 6  
Weekly double-header format; two home runs per game. 16 games – 10 weeks.

220129-2 Men’s “E” (9 team limit) Begins Tue, May 7  
Weekly double-header format. 16 games – 10 weeks.

220119-1 Co-Rec “D” Recreational Begins Wed, May 8  
(7 team limit)  
Weekly double-header format. 12 games – 8 weeks.

220119-2 Co-Rec “D” Recreational Begins Thu, April 25  
(13 team limit)  
Weekly single-game format. 12 games – 12 weeks.

Questions? Call Parks & Recreation at 651-204-6060 or 651-204-6061.

## FALL ADULT SOFTBALL LEAGUES

Weekly double-header format; game times are 6 pm, 7 pm, 8 pm, and 9 pm. 10 games over 6 weeks, weather permitting. Cost for men’s Silver “D” and Men’s Bronze E: \$493 through July 20; \$519 after July 20. For Co-Rec Leagues: \$519 through July 20; \$547 after July 20. Registration deadline: Fri, Aug. 2 or until full. No games Mon, Sept. 2. Registration forms and online registration is available at [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). Six-team limit per league, so sign your team up now!

420129-1 Men’s Silver “D” Begins Mon, Aug. 12  
420129-2 Men’s Bronze “E” Begins Tue, Aug. 13  
420119-1 Co-Rec “D” Begins Wed, Aug. 14  
420119-2 Co-Rec “D” Begins Thu, Aug. 15

## BLOCK PARTY TRAILER AVAILABLE

The Parks and Recreation Department has a block party trailer available for rent to Vadnais Heights residents. It includes a variety of supplies, including tables, chairs, and sports equipment.

Block party trailer fee \$78  
Damage deposit \$200

For scheduling or more information, please contact the Parks and Recreation Department at 651-204-6061.

## PARK SHELTER RESERVATIONS

The City of Vadnais Heights has two picnic shelters/pavilions available for reservation.

**KOHLER MEADOWS PARK PAVILION** 75 Person Maximum  
Intersection of McMenemy Street and County Road F  
Seats approximately 75, parking, electrical outlets, picnic tables, playground, restrooms, sink, and water.

**COMMUNITY PARK PAVILION** 100 Person Maximum  
West of Clover Avenue on County Road F  
Seats approximately 100, parking, electrical outlets, picnic tables, playground, and restrooms in warming house or nearby portable restrooms.

### Resident/VH Business

Fee (includes tax) \$75  
Facility Deposit \$75

### Non-Resident/Non VH Business

Fee (includes tax) \$150  
Facility Deposit \$300

For scheduling or more information, please contact the Parks and Recreation Department at 651-204-6061.

## VADNAIS HEIGHTS SENIORS

Area seniors are invited to join the Vadnais Heights Hi-Lites, an active group of seniors who get together twice a month, usually on the second and fourth Wednesdays, for fellowship and social activities. The group meets at Christ the Servant Lutheran Church, 3676 Centerville Road. For more information or to receive the monthly Hi-Lites newsletter, call City Hall at 651-204-6000 or Senior Program Coordinator Josephine Christensen at 651-777-0618. Additional senior programs and services are offered through the White Bear Area Senior Program at 651-653-3121 or [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org).

CLASS (Consortium of Lakes Area Seniors) supports older adults by building and sustaining a network of opportunities and services that lead to vital and accessible communities by leveraging community assets. Visit CLASS at [www.LakeAreaSeniors.org](http://www.LakeAreaSeniors.org). These Free CLASS sponsored presentations are open to all. Call 651-407-2024 to register.

### Remember - Safety First

Fri, Mar 8 10 am-Noon  
Mahtomedi District Education Center

Join us to discuss safety with the Washington County Sheriff’s office. Learn how to avoid, reduce or manage risks to your personal safety; discover how to make your house less of a target for a burglary and bring along questions you may have.

### As Far as the Eye Can See

Fri, May 3 10 am-Noon  
Gladstone Community Center

Has vision loss begun to influence how you live and enjoy your life? Many common eye conditions can affect your eyesight and force you to discover new ways to do old things. Lisa Larges from the Minnesota State Services for the Blind (SSB) will discuss services available to you, if you are experiencing vision loss.

## WHITE BEAR AREA SENIOR PROGRAM

Comprehensive senior resources and services are offered to Vadnais Heights residents through the White Bear School District White Bear Area Senior Program at 651-653-3121 or [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org). The White Bear Area Senior Program expands beyond the walls of the Senior Center, working together with area communities and organizational partners to bring quality programs and services including:

## Community Connections

Attend a monthly presentation on a variety of topics for seniors and supporters of seniors, held at Vadnais Heights City Hall on the 4th Tuesday of the month (3rd Tuesday in May) from 2-3 pm. Classes are free, no registration is required. Co-sponsored by Vadnais Heights Parks and Recreation and White Bear Senior Program.

**New Local Senior Transportation Options** – Newtrax and Mobility for All [www.newtrax.org](http://www.newtrax.org)

Tue, March 26 2-3 pm

**Pre-planning your funeral** – Jessica Stern, Mueller Memorial

Tue, April 23 2-3 pm

**How to Pay for the Nursing Home, An Attorney Perspective** – Steve Ledin

Tue, May 21 2-3 pm

## SUMMER SPECIAL EVENT DATES

### ICE CREAM SOCIAL, MUSIC IN THE PARK & HOT DOG WITH A DEPUTY

Wed, June 19 5-7 pm

Sponsored by the City of Vadnais Heights and the Ramsey County Sheriff’s Department, this free annual event will take place at Berwood Park, 780 Berwood Ave. Free hot dogs, Culver’s ice cream, live music, games, and face painting.

### 44TH ANNUAL VADNAIS HEIGHTS HERITAGE DAYS

August 17 – 18

Enjoy fun for all ages at the 2019 Heritage Days Celebration. Events include a medallion hunt, senior picnic, Lions pig roast, kiddie parade, children’s games, Magic Bounce Fun Zone, bingo, car show, food and merchandise vendors, fireworks, live bands, Grande Parade, Booya, beanbag tournament, softball tournaments, an in-house water ball tournament between Vadnais Heights Fire Department teams, and more. Check the City’s website or call 651-204-6000, for updates and event registration forms. Individual and group volunteers welcome for events! Funding for Heritage Days is from local businesses, civic organizations, grants, area charitable gambling, and individual donations. Most events take place at Community Park and Vadnais Heights Commons. Volunteers make events run smoothly. It is a great way to get involved and meet new people too! If you are interested in volunteering, please sign up at [www.cityvadnaisheights.com/volunteer](http://www.cityvadnaisheights.com/volunteer).

### SENIOR PICNIC AT THE VADNAIS HEIGHTS COMMONS

Thu, Aug. 15 10 am-2 pm

Senior information tables and social hour 10 am-noon, Culver’s lunch at noon, Gary LaRue, Rat Pack Entertainment ([www.GaryLaRue.com](http://www.GaryLaRue.com) will sing and entertain with 50’s and 60’s music) from 12:30-1:15 pm. Bingo to follow until 2 pm.

For more information and online registrations for Heritage Days events go to [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com).