



Vadnais Heights HI-LITES

Senior Activities Newsletter

May 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons

Friday, May 17, 9 am.

Vadnais Heights Community Food Program

Distribution is Saturday, May 18, 9 am.

As Far as the Eye Can See

Friday, May 3, 10 am – noon at Gladstone Center, 1945 Manton St., Maplewood.

Learn about service available to those experiencing vision loss from the Minnesota State Services for the Blind. Call 651-407-2018 to register.

Concert Fundraiser at Christ the Servant Lutheran Church, Vadnais Heights

Friday May 3, 5:30 pm Silent Auction & Ice Cream Social. The 7 pm Concert will feature Nick Soler, Christ the Servant Band and Steve Holt. A free will offering will be received in support of Christ the Servant summer youth Mission trips.

Council Meetings

Tuesday, Tuesday, May 7 and Tuesday, May 21. All meetings are 7 pm at Vadnais Heights City Hall.

Lunch & Table Games

Wednesday, May 8, 12 noon.

It's bag lunch time again. Please bring a friend or neighbor to join us. The coffee will be ready. Our dessert will be furnished by Linda Wong. Table games of choice will follow. We look forward to seeing you.

2nd Half With Lyngblomsten

A Center for Enriching Lives after 50 located at Redeemer Lutheran Church, 3770 Bellaire Avenue, White Bear Lake. Serving Seniors and their Caregivers. Call 651-301-9445 or visit www.lyngblomsten.org/2ndhalf to learn more or register for upcoming classes.

Make Your Voice Heard!

Give your input on important topics, even if you can't make it to a meeting. Sign up at www.polco.us/vadnais-heights or download the Polco mobile app. All you need to sign up is your name, zip code and email. Once you sign up, answer questions about city services, initiatives or development projects being considered.

Happy Birthday Minnesota!!

Minnesota will be 161 years old on May 11, 2019. Minnesota became the 32nd state to enter the union on May 11, 1858. That's a lot of candles!

How to pay for the Nursing Home

Tuesday, May 21, 2 pm – 3 pm, Vadnais Heights City Hall Steve Ledin, an attorney perspective will be the presenter. Free – no registration needed. For more information, please contact City Hall at 651-204-6000 or at www.cityvadnaisheights.com.

What's so funny about getting old? #5

The truth is: "You have to grow old before somebody will tell you that you look young for your age." Milton Berle

Lunch & Table Games

Wednesday, May 22, 12 noon.

We'll have the coffee ready to go with your favorite bag lunch. Bring yourself and a friend for a fun afternoon. Darlyne Morrow will furnish the dessert.

Psst: A Secret in Eight Words

Here's the secret to living below your means: Buy what you need. Want what you have. That's it, eight words that could change your life forever, eight words that point the way to contentment.

Save the Date!

Wednesday, June 19 - Ice Cream Social & Music in the Park. Circle that date and you will not miss out on this summer activity!

Happy Mother's Day!

ns sponsored by The City of Vadnais Heights. HI-LITES is
issue. Vadnais Heights Senior Citizens meet at Christ the Servant
s unless otherwise specified.

ights City Hall, 800 East County Road E, 651-204-6000, or
istensen at 651-777-0618. Additional senior resources are offered
r www.whitebearseniorprogram.org.

Things My Mother Taught Me

If you don't have something nice to say

“Don't say anything at all! Always treat people with Respect, even if you dislike them.”

Think before you talk

“Think before you say it because what you might think is a compliment could be the total opposite.”

My mom taught me

“Independence - From quite an early age, I learned how to cook and help out with chores. This was a valuable lesson which has made me appreciate my home and my material goods. Mom also encouraged me to work for what I wanted - I had a part-time job from age 11. This has taught me to earn what I get.”

Life lessons from mom

“Always say please and thank you and maintain integrity in all things - speech, work ethic, and everything else.”

Lessons from MOM

“A self-taught master gardener, Mom taught me to respect & honor all of earth's foliage & inhabitants, & to be gentle, selective & true to myself.”

Mother taught me to believe in myself

“My mother taught me to believe in myself completely and to be free to tell her my problems.”

It's OK to march to the beat of a different drum

“And I definitely did as a child. My friends played sports; I was in the drama club. They stayed home during the summer; I went off to summer camp. I never let their decisions dictate mine!”

Live and let live

“This one has been difficult for me. Knowing when to intrude in someone else's affairs and when not to is a tricky talent, and something I work on every day.”

The laundry can wait

“My mother gave me this piece of advice shortly after I had my daughter. Enjoy each day you have with your child, she said. Don't think you can do it all, because getting it all done doesn't matter. What matters most is the time you spend with her.”

Family ALWAYS comes first

“You can count on one hand how many people will love you unconditionally, how many people who will love you no matter what, and how many people you can actually trust. And when you are done counting, you realize that those people are your family, whether blood relations or not.”

With an education, you can go anywhere

“My grandmother, mother and father taught me to always be self-reliant, and to make sure I always have my education and career to fall back on.”

Think positive

“Even when everything seems to be going wrong, I always hope for the best. It's tough to do that sometimes, but I find a way because I know that's what my mother would want me to do.”

Thank you mom!