



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

October 2019

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons

Friday, October 18, 9 am.

### Vadnais Heights Community Food Program

Saturday, October 19, 9 am is food distribution.

### Council Meetings

Tuesday, October 1 and Tuesday, October 15.

Meetings are 7 pm at Vadnais Heights City Hall.

### Community of Grace Market in White Bear Lake

Saturday, October 5 and Saturday, October 19.

This FREE farmers' market is open 9 am – 10:30 am.

### Vadnais Heights Lions Belgian Waffle Breakfast

Sunday, October 6, Vadnais Heights Commons, 8 am – 1 pm. Seniors 63+ \$6.50, Adults 15-62 \$7.50, Kids 6-14 \$4 and Li'l Kids 0-5 Free. The Lions will have a Bake Sale and the Vadnais Heights Fire Department will have an Open House for Fire Prevention Week. A Balloon Twister will entertain the kids from 9 am – 12 noon. Cub Scout Pack 212 will be selling popcorn and taking wreath orders.

### Pumpkin Patch at Christ the Servant Lutheran Church

Monday, October 7 is the opening of the Pumpkin Patch. Weekday hours are 2 pm – 7:30 pm, Saturdays 10 am – 7:30 pm and Sundays 12 noon – 7:30 pm. Bring the family to help pick out the right pumpkin for your Halloween celebration.

### Lunch and Table Games

Wednesday, October 9, 12 noon.

The coffee will be ready and after enjoying your bag lunch, Helen Platzer will furnish the dessert. Bring a friend or two as all are welcome. Table games of choice will be played.

### Tasty Tomatoes

A small tomato has just 16 calories. Whether tomatoes are red or yellow, they pack a decent amount of vitamin C. But only the red variety contains the antioxidant lycopene.

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).

### Senior Housing Awareness Day: Aging in Community

Friday, October 11, 1 pm – 4 pm FREE at the White Bear Senior Center. Community based agencies will be available with information of their supportive in-home programs and services along with local senior housing options to explore. Elder Resource Specialist and Metropolitan Area Agency on Aging representatives will be available to help navigate options.

### Breakfast for a Cause

Friday, October 18 at Gable Pines.

Breakfast will be served 8 am – 10 am with proceeds going to Toys for Tots. A suggested donation is \$5 per person. RSVP to 651-350-1703.

### Pumpkin Patch Boutique

Friday, October 18, 2 pm – 7pm and Saturday, October 19, 10 am – 7 pm Christ the Servant Lutheran Church. Crafts items and baked goods, Odds & Ends will be available. A soup lunch will be offered plus much more!

### Community Connection Program

Tuesday, October 22, 2 – 3 pm.

Free presentation at Vadnais Heights City Hall on “Overview of Elder Law, including Guardianship & Estate Planning”. Focus will be on estate planning, wills, powers-of-attorney and health care directives.

### HI-LITE MEMBERS Pizza Party

Wednesday, October 23, 12 noon.

All you Hi-Lites can forget your bag lunch as we will be enjoying delicious pizza and salad! We'll have the coffee ready and Karen Lehner will be bringing dessert. Feel free to celebrate Halloween early by wearing a costume!

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## **YOU can be a CENSUS TAKER!**

The 2020 Census is closer than you think! 2020 Census jobs provide: great pay, flexible hours, weekly pay and paid training. For more information or help applying, please call 1-855-562-2020.

## **What's so funny about getting old? #10**

Getting older is when you choose your cereal for the fiber, not the toy!

## **Community Halloween Party**

Thursday, October 31, 6 – 8 pm Vadrnais Heights Commons. Enjoy an evening of entertainment and fun; Circus Manduhai Show from 7-7:45 pm, Halloween treats, balloon animals and refreshments. Get into the Halloween spirit with this free community event.

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# 14 Hilarious Halloween Riddles



**What did the pumpkin need for its boo boo?**

**A pumpkin patch.**

**Why don't skeletons like parties?**

**Because they have no body to dance with.**

**What do you call a ghost with a broken leg?**

**A hobblin' goblin.**

**What is a skeleton's favorite instrument?**

**The trombone.**

**Why didn't the vampire have any friends?**

**Because he was a pain in the neck!**

**How are vampires like false teeth?**

**They both come out at night.**

**Why do witches fly on brooms?**

**Because vacuum cleaners are too heavy!**

**Why don't mummies take vacations?**

**They're afraid they'll relax and unwind.**

**What do birds give out on Halloween night?**

**Tweets.**

**What was the witch's favorite subject in school?**

**Spelling!**

**What do you call a nervous witch?**

**A twitch.**

**Why didn't the zombie go trick or treating?**

**He felt rotten.**

**When do werewolves go trick or treating?**

**Howl-oween!**

**What happens when a ghost gets lost in the fog?**

**He is mist.**

