



Vadnais Heights HI-LITES

Senior Activities Newsletter

January 2020

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, January 17, 9 am

Vadnais Heights Community Food Program

Distribution is Saturday, January 18, 9 am

Indoor Farmers Market at Bachman's Maplewood

Saturday, January 4, 9 am – 1:30 pm.

Inside the greenhouses is the place to shop for seasonal goods at the indoor Farmers Market. The selection includes everything from fresh, locally grown produce to sweet treats, artisan-made crafts and great gifts. For more information visit www.bachmans.com or 651-770-0531.

Council Meetings

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

Lunch and Table Games

Wednesday, January 8, 12 noon.

Looking forward to a new year with new friends! Bring your bag lunch and the coffee will be ready. Add a friend or neighbor and join us for a fun afternoon. Dessert will be furnished by Lynn LeMire. If you have a New Year's resolution you would like to share, please feel free to do so. After a short meeting, table games of choice will be played.

2nd Tuesday Lunch for Seniors

January 14 at Christ the Servant Lutheran Church, Vadnais Heights. Lunch is served at noon. Bingo will follow. The catered menu by Donatelli's is: Rigatoni with Meat Sauce, Dinner Salad with Italian Dressing, and Garlic Bread. **ADVANCE REGISTRATION ONLY** by Friday, January 10 noon. Cost is \$5 per person. Register in person, by mail, or online at www.cityvadnaisheights.com.

Breakfast for a Cause

Friday, January 17 at Gable Pines. Breakfast will be served 8 am – 10 am with proceeds going to Aaron's Playground. A suggested donation is \$5 per person. RSVP to 651-350-1703.

You're No Spring Chicken #1

A 70 year-old marries a 20 year-old woman...

The minister: "Do you take this man for richer or poorer...?"

Bride: "For richer."

Free Health Screening

Saturday, January 18, 10 am – 3 pm at Sam's Club, White Bear Lake

Included is: Screenings for BMI, Glucose Levels, Cholesterol, and Blood Pressure. This is a great way to detect the early signs of chronic diseases.

Knowledge is power. For additional information, call Sam's Club Pharmacy at 651-779-6710.

Lunch and Table Games

Wednesday, January 22, 12 noon.

Join us with your favorite bag lunch. The coffee will be ready and dessert will be furnished by Karen Lehner. Table games of choice will be played.

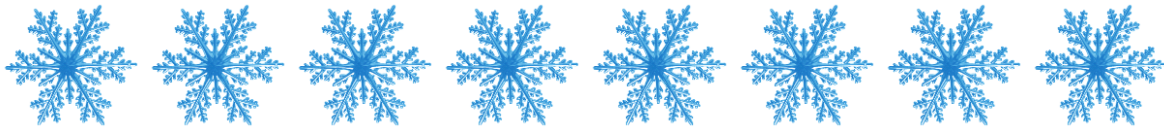
St. Paul Winter Carnival

Thursday, January 23 – February 2, 2020. It's the "Coolest Celebration on Earth" since 1886. Lots of family events are planned for all ages. Be cool & join in the fun!

Happy New Year!

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.



Make the Most of the a New Year by Taking One Day at a Time

Dear Abby Column

Welcome to 2020! A new year has arrived, and with it our chance for a new beginning.

Today we have an opportunity to discard destructive old habits for healthy new ones, and with that in mind, I will share Dear Abby's often-requested list of New Year's Resolutions -- which were adapted by my late mother, Pauline Phillips, from the original credo of Al-Anon:

JUST FOR TODAY: I will live through *this day only*. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once.

I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

JUST FOR TODAY: I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself.

JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully -- if only just for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY: I will gather the courage to do what is right and take responsibility for my own actions.

