



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

March 2020

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons  
Friday, March 20, 9 am.

### Vadnais Heights Community Food Program

Saturday, March 21, Food Distribution

### Minnesota Presidential Primary/Super Tuesday

Tuesday, March 3 is Minnesota Primary Election Day. Your voting ballot will be by party allegiance. They include the Democratic Farmer Labor Party, the Republican Party of Minnesota and two marijuana legislation parties. Voting hours are 7 am – 8 pm. If you need additional information on polling locations or ballots visit [www.mnvotes.org](http://www.mnvotes.org)

### Council Meetings

Wednesday, March 4 and Tuesday, March 17. All meetings are 7 pm at Vadnais Heights City Hall.

### Indoor Farmer's Market at Bachman's Maplewood

Saturday, March 7, 9 am – 1:30 pm.  
Inside the greenhouses is the place to shop for seasonal goods at the Indoor Farmer's Market. For more information visit [www.bachmans.com](http://www.bachmans.com) or 651-770-0531.

### AARP Tax Help

Maplewood Library

Now until April 14.  
Tuesday/Thursday/Saturday: 10 am – 4 pm

### South Shore Trinity Lutheran Church

2480 South Shore Blvd., White Bear Lake  
Now until April 14.  
Monday/Tuesday/Thursday: 9 am – Noon.  
The exception is Thursday, April 9 due to worship services at the church. Remember the IRS Motto: We got what it takes, to take what you got!

### Daylight Saving Time

Sunday, March 8 is the start of Daylight Saving Time. Be sure to “spring ahead” with your clocks.

### An Irish Toast

There are good ships and there are wood ships, the ships the sail the sea. But the best ships are friendships and may they always be.

### Lunch and Table Games

Wednesday, March 11, 12 noon.  
Bring your bag lunch and a friend or two. The coffee will be ready and a dessert will be furnished by Cheryl Intihar. After a short meeting table games of choice will be played.

### Breakfast for a Cause

Friday, March 20 at Gable Pines. Breakfast will be served 8 – 10 am with proceeds going to Bear Boating. They are a non-profit group offering fishing and boating excursions on White Bear Lake for seniors, active duty military, veterans and the disabled in our community. A suggested donation is \$5 per person. RSVP to 651-350-1703.

### Community Connections at City Hall

Tuesday, March 24, 2 – 3 pm.  
All you need to know about the 2020 Census. Every ten years, the U.S. Census Bureau works to count every person in the United States. This will guide the distribution of billions of dollars, determine political

### You're No Spring Chicken #3

Getting old is merely a matter of feeling your corns more than you do your oats....Henny Youngman

### Egg Hunt Candy Packing

Wednesday, March 25, 9 am at Christ the Servant Lutheran Church. Volunteers are need to help pack candy for the annual Egg Hunt to be held on Saturday, April 4. Be a volunteer for this SWEET opportunity to lend a helping hand and also have some fun.

# Things are looking UP

If you see injustice, stand up. If something needs to be said, speak up.

If you make an appointment, show up.

If you make a mistake, 'fess up. If you're overstepping, back up.

If you get behind, catch up. If they knock you down, get up.

If you're out of line straighten up. When your boss instructs, keep up.

When your elders speak, listen up. When your teachers teach, sit up.

When the fight is over, make up. If you're being hard, ease up.

If your heart is closed, open up.

No matter how you feel, get up, dress up, and show up.

If you want to buy something, save up.

If you make a mess, clean it up. If you drop trash, pick it up.

If a car is waiting for you to walk across the street, speed it up.

If people fall down, help them up.

If the music is wholesome, turn it up. If the message is poisonous throw it up.

If your words are vulgar, clam it up. If your words encourage, keep it up.

If you made a promise, back it up.

If life gets boring you shake it up. If life is good you soak it up.

If life's unfair, you suck it up. If life is funny you can yuck it up.

If life is sad, just look straight up.

Life's too short, so live it up.