



Vadnais Heights HI-LITES

Senior Activities Newsletter

April 2020

Don't Panic, Eat Organic

Since 2004, the Environmental Working Group has been publishing the Dirty Dozen. It is an annual list of fruits and vegetables most likely to contain pesticide residue, even after being washed. If you are choosing to buy some organic produce, these are the ones to prioritize.

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|-----------------|--------------|
| 1. Strawberries | 7. Peaches |
| 2. Spinach | 8. Cherries |
| 3. Kale | 9. Pears |
| 4. Nectarines | 10. Tomatoes |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Potatoes |

You're No Spring Chicken #4

No matter how old you are, you're younger than you'll ever be again.

You're old when you consider the ten o'clock news the late, late show.

Veterans

Do you need help to quit smoking? The US Department of Veterans Affairs offers FREE help quitting smoking. Call 1-855-QUIT-VET (1-855-784-8838) Mon – Fri.

April is National Distracted Driving Month

Distracted driving is any activity that diverts attention from safe-driving. This includes talking on your phone, eating and drinking, talking to people in your vehicle, fiddling with the entertainment or navigation system. The Minnesota Toward Zero Deaths Enforcement effort will be focused on Distracted Driving from April 6 to April 30. Key prevention tip: Don't hold your phone in your hand while driving, including while stopped at a traffic light.

Scam Alert

AARP'S Fraud Watch Network Helpline can help you. Get equipped with the information and tools you need to spot and stop scams. Staff and trained volunteers are available Monday-Friday, 7 am to 11 pm ET. Call 1-877-908-3360 to speak to one of them.

An update from Parks & Recreation

Due to current CDC and MN Department of Health guidelines, all recreational programs and events (including Senior HiLites) are cancelled through May 10. As the COVID-19 pandemic continues to impact our community, we will respond to new guidelines as they are established. Please monitor the City's website for updates (cityvadnaisheights.com), or call us at City Hall with your questions (651-204-6000).

While our programs are postponed, our trails are still open! Keep the following tips in mind if you're out for a walk in the parks.

Social Distancing in Public Parks and Trails

- Do not use parks or trails if you are exhibiting symptoms
- Follow CDC's guidance on personal hygiene prior to visiting parks or trails
- Be prepared for limited access to public restrooms or water fountains
- Share the trail and warn other trail users of your presence and as you pass.
- Observe CDC's minimum recommended social distancing of 6' from other persons at all times.

Grocery Store Hours for Seniors, High Risk, Healthcare Workers and First Responders

Aldi	8:30-9:30am	Tue/Thu
Costco	8-9am	Tue/Thu
Cub	6-7am	Daily
Fresh Thyme	6-8am	Mon/Wed/Fri (Seniors)
HyVee	7-8am	Daily
Kowalski's	6-8am	Daily
Lunds	7-9am	Daily
Sam's Club	7-9am	Tue/Thu
Trader Joe's	9-10am	Daily
Target	7-8am	Wed
Walgreens	8-9am	Tues
Walmart	6-7am	Tues
Whole Foods	7-8am	Daily

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.

The Funniest April Fools Pranks in History

Left-handed burgers

In 1998 a well-known fast-food restaurant announced they had started selling left-handed burgers. These were meant to be exactly the same as normal burgers, but the sauce was rotated for people who write left-handed. A lot of people fell for it and tried to order them!

Instant colour TV

On April Fool's Day 1962 a Swedish TV channel played a great prank. Their "technical expert" announced that stretching a stocking over your TV set would turn it from black and white to colour. Thousands of people all ran about cutting up their stockings and taping them to their TVs... only to discover it was just a joke.

Floating in midair

In 1976, a famous astronomer claimed that on April Fool's day Jupiter was going to move, which would change gravity on Earth for a short time. He said that if you jumped at exactly the right moment, you would experience a weird floating feeling. Amazingly, lots of people did it and said they felt it!

Spaghetti trees

In 1957 the BBC tricked everyone into thinking that spaghetti was grown on trees! They made a news report showing the "spaghetti harvest" in Switzerland and how good weather had led to a bumper crop. Lots of people believed it - and probably felt very silly afterwards!

Digital Big Ben

The BBC played another prank and announced that London's Big Ben was going digital. Also they were selling the clock arms to whoever wanted them. Lots of people believed this one - and the BBC had to apologize!

Go Paperless

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Go to cityvadrnaisheights.com/seniors, then select Senior HiLites to sign up, or call us at 651-204-6000 to add your email to our list!