



Vadnais Heights HI-LITES

Senior Activities Newsletter

September 2020

Vadnais Heights Community Food Program

Saturday, September 19, 9 am – Food Distribution
Please check www.cityvadnaisheights.com or call 651-204-6000 for updates.

Council Meetings

Tuesday, September 1 and Tuesday, September 15 at 7 pm.
All meetings are at City Hall.

FREE Farmers Markets – Bring Your Own Bags

Willow Lane Elementary: Thursday, Sept. 3, 1 pm – 3 pm
St. Andrew's: Thursday, Sept. 10, 4 pm – 6 pm
Community of Grace: Thursday, Sept. 17, 1 pm – 3 pm
White Bear Senior Center: Thursday, Sept. 24, 1 pm – 3 pm

2nd Half with Lyngblomsten – September

Lyngblomsten is excited to launch their expanded virtual programs in September. Check them out here: www.lyngblomsten.org/COVID19-Caregivers or www.lyngblomsten.org/2ndHalf. Their goal is to reach more caregivers and seniors experiencing isolation. Lyngblomsten is a center for enriching lives after 50 with a goal to impact lives of seniors and their families.

Just Say No to “Your Meal is On Us!”

The catch is: A salesperson over dinner will convince you you're headed for certain doom unless you invest with him or her. But making money decisions in a panic is a recipe for disaster. “I don't buy clients steak dinners unless they're relatives,” says financial planner David Haas, of Franklin Lakes, New Jersey.

Peachy Keen for Your Health

EAT a peach! The juicy summer fruit not only tempts your taste buds, but offers many health benefits including antioxidants. Peaches are also a good source of fiber with just under 70 calories for a medium-sized fruit.

Ramsey County Library Services

Public libraries have existed since around 288 B.C. The best known early public library, considered the first, was the Great Library of Alexandria in Egypt. Our Ramsey County libraries are not quite that old, but they now offer Home Delivery to residents of suburban Ramsey County. Residents must meet one of the following eligibility requirements: individual over the age of 60, individual who is self-quarantining due to COVID-19, or an individual with a health, transportation or disability that would prevent them from using curbside pickup service. Phone 651.724.6001 x 2 for more information.

You're No Spring Chicken #9

Middle age is when people stop telling you to reach for the stars and start telling you to reach for your toes!

Fare for All September Site

Monday, September 21, 3:30 – 5:30 pm at Redeeming Love Church, 2425 White Bear Avenue, Maplewood. Open to all with great bargains on meats, produce and groceries.

NEW - Puzzle Exchange at City Hall

Take a puzzle, leave a puzzle (if you have one!). The Puzzle Exchange is free and open to the public in the City Hall lobby Monday-Friday 8am-4:30 p.m.

Movie in the Park

Friday, September 18 at dusk, Community Park. Movie selection to be announced soon – check our website or call City Hall. Social distancing from others not in your household is required, masks strongly encouraged. Bring your own chairs/blankets and snacks.



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.

Knock, Knock. Who's there?

Hawaii. Hawaii who? I'm fine, Hawaii you?

Voodoo. Voodoo who? Voodoo you think you are, asking me so many questions?

Mustache. Mustache who? Mustache you a question, but I'll shave it for later

Gorilla. Gorilla who? Gorilla me a hamburger.

Tank. Tank who? You're welcome.

Turnip. Turnip who? Turnip the volume, I love this song!

Adore. Adore who? Adore is between us. Open up!

Daisy! Daisy who? Daisy me rollin, they hatin'.

Aida. Aida who? Aida sandwich for lunch today.

Cargo. Cargo who? No, car go "beep beep"!

Icing. Icing who? Icing so loud, the neighbors can hear.

Alpaca. Alpaca who? Alpaca the trunk, you pack the suitcase.

Cereal. Cereal who? Cereal pleasure to meet you!

A little old lady. A little old lady who? Dang! All this time, I had no idea you could yodel.

Lettuce. Lettuce who? Lettuce in it's cold out here.

Beets! Beets who? Beets me!

Broken pencil. Broken pencil who? Nevermind, there is no point!

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