



Vadnais Heights HI-LITES

Senior Activities Newsletter

November/December 2020

Vadnais Heights Community Food Program

Saturdays, November 21 and December 19, 9 am - Food Distribution. The Annual Toy/Food Drive will be December 19; pre-registration is requested. Please see the backside for details. Please check www.cityvadnaisheights.com or call 651-204-6000 for updates.

Election Day

Tuesday November 3, Polls are open 7 am – 8 pm
Polling places: Vadnais Heights Commons and Vadnais Heights South Fire Station. Remember the words of Harry S. Truman (1994-1972) the 33rd United States President: “It's not the hand that signs the laws that holds the destiny of America. It's the hand that casts the ballot.”

Council Meetings

Wednesday, November 4 and Tuesday November 17
Tuesday, December 1 and Tuesday, December 15
7 pm - City Hall

Annual Holiday Boutique – White Bear Senior Center

Friday, November 6, 9 am – 7 pm & Saturday, November 7, 9 am – 4 pm.
Homemade gifts by seniors will be available – no bake sale this year. For more information call 651-770-0531.

Fare For All - Drive Thru Sale

Friday, November 13, 12 – 3 pm at Community of Grace Church, White Bear Lake. The annual HOLIDAY PACK featuring an 8-10lb Jennie-O turkey and many more fixings for your family's holiday meal will be available.

Neighbors Helping Neighbors Thrift Store

The community thrift store is housed in the yellow building behind St. Stephen Lutheran Church, 1965 E. County Road E., White Bear Lake. Hours are 10 am to 4 pm Tuesdays, Wednesdays and Thursdays and 10 am to 1 pm Saturdays. Shoppers are required to follow public safety guidelines.

You're No Spring Chicken #11

Old is when it takes longer to rest than it does to get tired.

Bachman's Winter Market – 2600 White Bear Ave., Maplewood

Sunday, November 15, 10 am – 2 pm.
Featured in their Green House will be a variety of items. For more information call Bachman's at 651-770-0531 or www.stpaulfarmersmarket.com

Ramsey County Community Navigator

You can be connected to programs and services including: Programs for seniors and adults with no children, Medicaid questions, MNsure health coverage, property services, home and community-based services and all other county programs. This service is offered by Ramsey County. Call 651-266-8500 for information.

You're No Spring Chicken #12

Ever notice that you have to get old before people start saying how young you look?

Love the Skin You're In!

The rules of winter skin care are:
Run a humidifier, shorten your showers, oil up face and body before bed so they have time to absorb.
Also know your chemistry when shopping for moisturizers. Ingredients to look for are ceramides, hyaluronic acid and glycerin - “the gold standard ingredient” because it draws water from the air into your skin.

Red Cross Blood Drive – Vadnais Heights Commons

Tuesday, November 10, 12 – 6 pm.
Tuesday, January 12, 12 – 6 pm
All are welcome to participate! Sign up to donate at www.redcrossblood.org. Volunteers needed for donor check-in; contact Katie Everett for more information at katie.everett@cityvadnaisheights.com or call 651-204-6060.

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.

Annual Lions Club Toy/Food Distribution

Saturday, December 19

The Vadnais Heights Lions Club will again be sponsoring their annual Toy/Food Distribution at the Vadnais Heights Commons, 655 East County Road F, on Saturday, December 19. Due to COVID-19 concerns, we are strongly requesting pre-registration. Clients can pre-register on either Saturday, October 17 or Saturday, November 21 during regular food distribution hours at the Food Shelf. You may also register by contacting Sue Woehrle at smwoehrle44@gmail.com. Pre-registered guests will receive priority. Registration will be accepted on Saturday, December 19 for those unable to register on the earlier dates.

Leftover Turkey Recipes

Find full recipes at www.tasteofhome.com

1. Leftover turkey tetrazzini
2. Homemade turkey soup
3. Air-fryer turkey croquettes
4. Crescent turkey casserole
5. Anytime turkey chili
6. Bistro turkey sandwich
7. Stuffing & turkey casserole
8. Bistro turkey calzone
9. Cream of turkey and wild rice soup
10. Turkey curry with rice
11. Turkey thyme risotto
12. Turkey tortilla soup
13. Turkey alfredo pizza
14. Turkey a La King
15. Turkey and pasta ranch salad
16. Turkey-stuffed acorn squash
17. Creamy vegetable turkey soup
18. Turkey salad on wheat bread
19. Turkey lattice pie
20. Curry turkey stir fry
21. Hot brown turkey casserole
22. Creamy turkey casserole
23. Turkey enchiladas verdes
24. Turkey gnocchi soup
25. Dilly turkey melt
26. Turkey biscuit skillet
27. Classic cobb salad
28. Turkey curry
29. Southwest turkey bake
30. Turkey with curried cream sauce
31. Turkey spaghetti casserole
32. Minestrone with turkey
33. Slow-cooked turkey sandwiches
34. Italian turkey skillet
35. BLT turkey salad
36. Lemony turkey rice soup
37. Crispy mashed potato & stuffing patties
38. Mexican turkey roll-ups
39. Turkey bundles
40. Crunch almond turkey casserole