



Vadnais HI-LITES

SENIOR ACTIVITIES NEWSLETTER

Vadnais Heights Community Food Program

The third Saturday of every month at 655 East County Road F (north end of the Vadnais Heights Commons). The program is operated by the Vadnais Heights Lions Club. Due to COVID-19, households at or below 300% of the weekly Federal Poverty Level are eligible to receive Emergency Food Assistance. Shelf stable food donations can be dropped off at City Hall, 8:00 - 4:30, Monday-Friday.

Food distribution is Saturday, June 19 from 9:00 - 10:00 am.

For more information about the program, visit www.cityvadnaisheights.com/foodshelf.

Senior HI-LITES

Wednesday, June 9, 12 noon. Dig out your favorite brown bag recipe and join us. We look forward to a re-gathering of our HI-LITES. The coffee will be ready along with a dessert treat. After our meeting, table games of choice will follow.

Lunch and Table Games

Wednesday, June 23, 12 noon
We are going to do it again. Bring your bag lunch and coffee with a dessert treat will be ready.

Senior HI-LITES meets at Christ the Servant Lutheran Church (3676 Centerville Road, Vadnais Heights).

Council Meetings



Tuesday, June 1
Tuesday, June 15
7:00 pm @ City Hall

Watch live on local cable Channel 16.
Stream live or watch later on our website:
cityvadnaisheights.com.

Neighborhood Farmers' Markets

Wednesday, June 16, 2:00 to 6:00 pm
3585 US Hwy 61, Vadnais Heights

Friday, June 25, 8:00 – 12 noon
Downtown White Bear Lake

If your thumb is less than green, stop by the farmers' markets for fresh produce and other goodies!



Father's Day – Sunday, June 20

Did you bake a perfect pan of brownies or cheesecake bars for Dad, only to destroy them while trying to cut them? Look no further than the disposable plastic knife. It glides through sticky situations without a problem. Dad will be proud of you!



Train Days at the Union Depot

Saturday, June 5 and Sunday, June 6 from 10 am to 4 pm. Chug over to Union Depot in St. Paul for a weekend of train-inspired activities including tours of locomotives, model railroads, family activities, vendor marketplace and special events for all ages.

Fare for All Drive Thru Sale

Monday, June 21, 3:30 – 5:30 pm at Redeeming Love Church, 2425 White Bear Ave., Maplewood. Looking for a way to save on groceries? Fare for All is a non-profit, cooperative purchasing program that sells packages of frozen meat & fresh produce up to 40% off retail prices. Open to all. Credit, debit, EBT or cash accepted.

Flag Day June 14

On August 3, 1949, an Act of Congress designated June 14 of each year as National Flag Day.



By The Numbers:

6: United States flags planted on the moon.

1949: The year Harry Truman designated June 14 as Flag Day.

95: Percentage of United States flags manufactured in the USA.

Food Truck Friday

Friday, June 25 at White Bear Senior Center, 2484 East County Road F. Hours are 4:30 – 7:00 pm. This month KCM Egg Rolls are on the menu. Indoor/outdoor seating, or bring a lawn chair. A portion of the proceeds support programs that benefit our local area seniors.

Help at Your Door

This is a non-profit agency serving seniors and individuals with disabilities across the seven-county Twin Cities metropolitan area. Their Store to Door grocery and delivery, handyman and transportation services provide assistance with in-home tasks and chores. For more information, call 651-642-1892 or visit their website at www.helpatyourdoor.org

Things to Ponder:

1. If the No. 2 pencil is the most popular, why is it still No.2?
2. Why are you 'in' a movie, but 'on' TV?
3. Why do we drive on parkways & park on driveways?
4. Why do 'fat chance' & 'slim chance' mean the same thing?
5. Why are there no 'B' batteries?
6. Why do people say 'heads up' when you should duck?

Heritage Days Senior Picnic Returns!

Circle Thursday, August 12 in red! That is the date for the annual Heritage Days Senior Picnic at the Vadnais Heights Commons. More information will follow.



Vadnais Heights

HERITAGE DAYS

August 9-15, 2021

Heritage Days is a community-wide effort,
and we need your support!

SPONSOR

Variety of options available to align with your business goals.

ENTER THE PARADE

Quickly get your brand in front of a large audience - and have fun!

VOLUNTEER

Help out at the event as an individual or with a group.

cityvadnaisheights.com/HeritageDays

Senior Resource NEWS

A Perfect Day of Eating in Your 70s

To reduce chronic inflammation, eliminate sugar from your diet. Thankfully, new governmental regulations in 2020 make it easier to identify hidden sources of caloric sweeteners.

Every big food company must list “Added Sugars” on its Nutrition Facts Label. So when a seemingly “healthful” sauce or dressing contains added sugar, you’ll know. To further reduce inflammation, cut out refined flour and hydrogenated fats.



Here is a sample menu for a day to get you on your way to eliminating your chronic inflammation.

BREAKFAST

3-egg vegetable omelet topped with a large dollop of Greek yogurt; glass of 2 percent milk.

MIDMORNING SNACK

Apple or similar sized piece of fruit.

LUNCH

Chicken and vegetable stir-fry with chickpeas, served over barley.

AFTERNOON SNACK

Cottage cheese topped with mixed nuts and blueberries.

DINNER

6-ounce salmon fillet served with black beans and vegetables.

Nutritional values: 1,840 calories, 140 grams protein, 39 grams fiber.

Source: AARP



Technology Help Available

With so much of what we do “going virtual,” you may have some tech questions. The Cyber-Seniors organization can help! Call toll-free at **844-217-3057** or visit their website: **cyberseniors.org** to make an appointment to speak with someone or to watch informative videos.

Silly Joke #2

What did the reporter say to the ice cream cone?



What’s the scoop?

Go Paperless!

Sign up to get the Hi-Lites Newsletter delivered directly to your email!

Go to:

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

ABOUT HI-LITES

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.

CONTACT US

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*Additional programs, resources, and services offered through the White Bear Area Senior Program at:
651-653-3121 or www.WhiteBearSeniorProgram.org*



The City of Vadnais Heights
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VADNAIS HEIGHTS
HI-LITES
INSIDE!