



# Vadnais HI-LITES



## SENIOR ACTIVITIES NEWSLETTER

### *Community Food Program*

The third Saturday of every month at 655 East Cty Rd F (north end of the Vadnais Heights Commons). The program is operated by the Vadnais Heights Lions Club. Shelf stable food donations can be dropped off at City Hall, 8:00 am - 4:30 pm, Monday-Friday.

**Saturday, April 16 9:00 - 10:00 am**

For more information about the program, visit [www.cityvadnaisheights.com/foodshelf](http://www.cityvadnaisheights.com/foodshelf) or contact Paul Schirer at 612-245-9259 between 9:00 am and 5:00 pm.



### *Lions Belgian Waffle Breakfast*

**Sunday, April 3, 8:00 am - 1:00 pm**  
Vadnais Heights Commons, 655 East Cty Rd F  
Everyone is invited to attend the annual Vadnais Heights Lions Club Belgian Waffle Breakfast. Adults (ages 15-62) pay \$8, seniors (ages 63+) pay \$7, children (ages 6-14) pay \$4, and tots (ages 5 and younger) dine for free at the all-you-can-eat event.

### *Council Meetings*



Tuesday, April 5

Tuesday, April 19

7:00 pm @ City Hall

Watch live on local cable Channel 16.

Stream live or watch later on our website: [cityvadnaisheights.com](http://cityvadnaisheights.com).

### *Medicare Counseling*

**Friday, April 8, 12:00 - 4:00 pm**

White Bear Area Senior Center, 2484 East Cty Rd F

Get your questions answered about Medicare and health supplements by a Medicare Specialist.

Schedule your appointment at 651-653-3121.

### *Lunch and Table Games*

**Wednesdays, April 13 and April 27 at Noon**

Christ the Servant Lutheran Church



Join our Senior Hi-Lites group to meet new friends and catch up with old friends. The group is sponsored by the City of Vadnais Heights and meets the 2nd and 4th

Wednesdays for table games and conversation. The coffee will be ready to go and bring your own bag lunch! All are welcome!

Find more information about the City's senior programs at [cityvadnaisheights.com/seniors](http://cityvadnaisheights.com/seniors).



***Bingo at the Senior Center***

Friday, April 15, 1:00 - 2:30 pm  
 White Bear Area Senior Center, 2484 East Cty Rd F  
 Head over to the senior center for an afternoon of bingo with friends! \$5 to play. Advanced registration required, call the Senior Center at: 651-653-3121.

***Free Senior Center Classes***

White Bear Area Senior Center, 2484 East Cty Rd F  
 Upcoming classes require pre-registration. Call the Senior Center at 651-653-3121.

- Repairs, Renovations & Staging vs Selling Your Home As-Is.  
 Thursday, April 21, 6:30 - 8:00 pm
- Equity Conversation: The New Reverse Mortgage  
 Friday, April 22, 10:00 - 11:30 am

***Annual Spring Cleanup***

Saturday, April 23, 8:00 am - 2:00 pm  
 Community Park, 641 East Cty Rd F  
 Clean out those garages, basements and yards as part of the Cleanup Day. This cleanup day service is available to Vadnais Heights residents. Please be prepared to show proof of residency and to help unload your vehicle. Items should be separated before arriving at the collection site. There is a charge for disposing of items; approximate fees listed at: [cityvadnaisheights.com/cleanup](http://cityvadnaisheights.com/cleanup).



***Food Truck Friday***

Friday, April 29, 4:30 - 7:00 pm  
 White Bear Area Senior Center, 2484 East Cty Rd F  
 Stop by for a relaxing evening of food, entertainment and friends! Grab your neighbors, friends, family and join the crowd. Russels Traveling Kitchen & Mini Donuts will be there. Music by Kurt Weber.

***Last Call: AARP Tax Aid Service***

South Shore Trinity Lutheran Church  
 Monday, Tuesday, Thursday. Appointments can be made by calling 651-998-9250 from 9:00 - 11:00 am to leave a voicemail.

Maplewood Library  
 Monday, Wednesday, Saturday. Hours 10:00 am - 3:00 pm. Appointments can be made by calling 651-689-3449 to leave a voicemail.

***What to Plant in April***

April is beginning to usher in the growing season! The Minnesota Landscape Arboretum has a short-list of plants that can be planted outside in April:



- Pansies (despite their name) are not harmed by freezing temps, but they should be gradually exposed to outdoor temps if they were started in a greenhouse.
- Trees, shrubs, and evergreens benefit from April showers, and early planting gives them a longer season to take root.
- Cool season veggies and flowers can be planted as soon as the soil is dry enough to work: think leaf lettuce, spinach, radishes, onion sets, snapdragons, bachelor buttons, and sweet peas!

***Rummage Sale***

Saturday, April 30  
 Christ the Servant Lutheran Church  
 Funds will go to help with their community outreach, sponsored child in the Philippines, and Piecemaker's Quilting supplies, to name a few. Times will be set up for items to be dropped off that last week. For further information contact: [lois@cslcvh.org](mailto:lois@cslcvh.org) or call 651-429-6595.

# Senior Activity NEWS

## *Community Blood Drive*

Thursday, May 19, 12:00 - 6:00 pm

*Vadnais Heights Commons*

The Red Cross usually sees a dip in donations over summer when school is out and people are making time for fun and family. Come to give in May to help patients enjoy a summer with loved ones. There are many myths about things that make people ineligible to donate blood; most people who are well are able to donate! If you want to learn more about the donation rules, you can visit [redcrossblood.org/eligibility](http://redcrossblood.org/eligibility). The needs for donors and volunteers are at critical levels. Sign up to donate at our drive at [www.redcrossblood.org](http://www.redcrossblood.org).

Contact Katie Everett for more information at [katie.everett@cityvadnaisheights.com](mailto:katie.everett@cityvadnaisheights.com) or call 651-204-6060.

## *Summer Recreation Programs*

Join Parks & Rec for a wide range of programs this summer! Check out our new Summer Sprouts program! Kids are invited to bring an adult to the park on Wednesday mornings for organized activities and free play time. All ages welcome, most activities will be geared toward kids ages 3-8. Registration is required. Also try out Tai Chi, Yoga, or Tennis! Watch for Pickleball Clinics coming soon! Find more about all of our programs at [cityvadnaisheights.com/register](http://cityvadnaisheights.com/register).



## *Spot Mail Fraud*

You get a letter revealing you won a prize, but first you need to buy something. "Legitimate sweepstakes will never ask you to pay to improve your chances," says Kati Daffan of the Federal Trade Commission's Division of Marketing Practices.

## *Home Remedies #4*

Spring cleaning your window screens? Before you wash the screen, vacuum up the dirt that's sitting there. Then you can get any leftover dirt by pressing a sticky lint roller over the screen's surface. After vacuuming or lint-rolling, you may not need to wash the screen after all.

## *April Fools*

Why was everyone so tired on April 1st?

Because they just finished a long 31-day March.

Did you hear about the guy who swapped the labels on the pumps at the gas station?

It was an April Fools' joke.

A and C were going to prank their friend...

But they just letter B.

## *Go Paperless!*

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

Go to:

[cityvadnaisheights.com/seniors](http://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!

## 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

Vadnais Heights City Hall  
800 East County Road E  
Vadnais Heights, MN 55127  
651-204-6000  
cityvadnaisheights.com



Senior Coordinator  
Josephine Christensen  
651-777-0618

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



**The City of Vadnais Heights**  
800 East County Road E  
Vadnais Heights, MN 55127

Your Address Here

Go to [cityvadnaisheights.com/Seniors](http://cityvadnaisheights.com/Seniors) to sign up for our mailing or eNewsletter list!

*VADNAIS HEIGHTS*  
**HI-LITES**  
*INSIDE!*