



Vadnais HI-LITES



SENIOR ACTIVITIES NEWSLETTER

Community Food Program

The third Saturday of every month at 655 East City 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, September 17, 9:00 - 10:00 am

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

Council Meetings



Tuesday, September 6
Tuesday, September 20
7:00 pm @ City Hall

Watch live on local cable Channel 16.

Stream live or watch later on our website:
cityvadnaisheights.com.

Lunch and Table Games

Wednesdays, September 15 & 28, 12:00 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 (residency not required) and meets the 2nd and 4th Wednesdays for table games and conversation.

The coffee will be ready to go - bring your own bag lunch! All are welcome!

Senior Hi-Light Dues

Senior Hi-Lites collects annual fees from our participants. Fees support administrative costs and supplies for the program. The dues cycle is being shifted to January - December; more information to come about 2023 dues.

Upcoming Community Blood Drives

Wednesday, September 14, 10:00 am – 4:00 pm

Tuesday, October 11, 12:00 pm – 6:00 pm

Vadnais Heights Commons

For an appointment, visit www.redcrossblood.org or call 1-800-733-2767. Blood donations of all types are needed!

Labor Day – Monday, September 5

Dedicated in honor of the American worker, it is also called the “workingman’s holiday.” This holiday is for you in respect and appreciation for the work you do in or outside the home, union or non-union, big company, small companies, or government. As long as you work somewhere at something, this holiday is for you!

The first Labor Day was celebrated in New York City on September 5, 1882, and was started by the Central Labor Union. Labor Day is also viewed as the official end of summer. While the Fall equinox is still a couple of weeks away, it’s back to school and summer vacations are over.



FREE Produce Markets

Thursday, September 1, 10:00 am – 12:00 Noon
Willow Elementary School, 3375 Willow Avenue,
White Bear Lake

Thursday, September 8, 3:30 pm – 5:30 pm
St. Andrew’s Church, 900 Stillwater Road
Mahtomedi

Thursday, September 15, 10:00 am – 12 Noon
Community of Grace Church, 4000 Linden Street
White Bear Lake

Thursday, September 22, 10:00 am – 12 Noon
White Bear Senior Center, 2484 County Road F
White Bear Lake

Bring your own bags to the FREE Farmer’s Market!

Back to School Days Humor

Teacher: Maria, go to the map and find North America.

Maria: Here it is.

Teacher: Correct, now Class, who discovered America?

Class: Maria

Teacher: Glenn, how do you spell ‘crocodile?’

Glenn: K-R-O-K-O-D-I-A-L

Teacher: No, that’s wrong

Glenn: Maybe it is wrong, but you asked me how I spell it.

Teacher: How old is your father?

Student: He is 6 years.

Teacher: What? How is this possible?

Student: He became a father only when I was born.

Fare for All in White Bear Lake

Friday, September 9, 1:00 – 3:00 pm

Community of Grace Church. White Bear Lake Fare for All is a great way to save money on on quality nutritious food. They buy fresh fruits, vegetables and frozen meat in bulk to save you up to 40% off grocery store prices. Fare for All is community-supports and open to everyone – especially families in need.

Fall Flea Market

Saturday, September 10, 9:00 am – 2:00 pm

Normandy Park Education Center Parking Lot Join the crowd for the 3rd Fall Flea market! The sale will be held outside in the Normandy Park Education Center/Senior Center Parking Lot, 2482 County Road F. You are invited to either SELL or SHOP at the Fall Flea Market. This is a rain or shine event. Questions? Call 651-653-3121.



Lakeshore Players Matinees

Friday, September 23, 2:00 pm

‘Singin’ in the Rain’

Lakeshore Players Theatre are celebrating their 70th Season in 2022! They have a wonderful line-up of shows and are offering weekday matinee performances at a discounted rate for seniors. For tickets, call the Box Office at 651-478-7427. Tickets are only \$25 if you mention the code “Senior 70”!

Senior Activity NEWS

White Bear Lake Autumn Fall Fest - FREE

Sunday, September 25, 10:00 am – 3:00 pm

Hippodrome Ice Arena, 4855 Bloom Avenue, White Bear Lake

Visit the 100 vendor sale with unique and quality products from handmade crafters upcyclers, repurposers, artists, bakers, direct sales reps, photographers, small and home based businesses.

Home Remedies #9

Getting stuck in the shower? Here is a smooth-sliding secret. Apply a light coat of petroleum jelly to the door track. This will keep your shower doors gliding smoothly!

Save the Date - Waffle Breakfast

Sunday, October 2

Vadnais Heights Commons, 655 East County Road F

Attend the Vadnais Heights Lions Club Fall Belgian Waffle Breakfast! Check the City's website for pricing and event details: cityvadnaisheights.com/waffles.



Go Paperless!

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

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!

White Bear Senior Center

2484 County Road F, White Bear Lake

Senior Center Open House

Friday, September 9

10:00 am – 1:00 pm

Adults 50+ are invited to learn about activity groups, explore the center and enjoy some coffee and treats. Visit with activity group leaders and see what other services the Senior Center provides! All groups would love new members and are happy to teach you what they do!

10th Annual Health Expo

Wednesday, September 14

10:00 am - 3:00 pm

Visit vendors from senior housing, insurance, auto, financial services, health care, flu shots, and much more. Food, Door Prizes & entertainment by Gary LaRue!



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
800 East County Road E
Vadnais Heights, MN 55127

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