

OCTOBER 2022



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, October 15, 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, October 4
Tuesday, October 18
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, October 12 & 26, 12:00 Noon

Christ The Servant Lutheran Church

Join our Senior Hi-Lites group to mingle with friends and make new acquaintances! 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!

Upcoming Community Blood Drives

Friday, October 7, 1:00 pm – 7:00 pm

Christ the Servant Lutheran Church

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.

Lions Belgian Waffle Breakfast

Sunday, October 2, 8:00 am – 1:00 pm

Vadnais Heights Commons

Seniors 63+ \$8

Adults 15-62 \$9

Kids 6-14 \$5

Li'l Kids 0-5 Free

Information & Activities: Vadnais

Fire Department open house

and fire truck tours, Ramsey

County Sheriff K-9 and Lakes & Trails units, public safety & fire protection resources, local scout troops, used eyeglass & hearing aid collection, community organizations.



Senior Housing Day

Friday, October 7, 2:00-6:00 pm

White Bear Senior Center

Learn about local senior housing in our area.

The time to start thinking about next steps is before you really need to. Explore your options, and get answers to find the right fit for you. Public speakers, refreshments, and door prizes!



Free At-Home Covid Tests

The State of Minnesota through the Minnesota Department of Health is offering free at-home Covid Tests. Check out: www.mn.gov/covid and “Say Yes! To Covid Test.” You may also call: 1-833-431-2053, Monday – Friday: 9 am – 7pm, and Saturday: 10 am – 6 pm

Fare for All in White Bear Lake

Friday, October 7, 1:00 – 3:00 pm

Community of Grace Church, White Bear Lake

Fare for All is a great way to save money on quality nutritious food. The food is bought in bulk to save you up to 40% off grocery store prices. Fare for All is community-supported and open to everyone, especially families in need.

Absentee Voting In Person

Weekdays until October 31, 10:00 am – 4:00 pm

*Ramsey County Library,
2180 Hamline Ave*

Additional hours and locations November 1-November 7. Visit ramseycounty.us/vote.



Pumpkin Patch 2022

**Starting October 12, weekdays 2:00 – 7:30 pm
and weekends 10:00 am – 7:30 pm**

Christ The Servant Lutheran Church
For further details call 651-429-6595.

Pumpkin Patch Boutique

**Friday, October 21 & Saturday, October 22,
10:00 am – 4:00 pm**

Christ The Servant Lutheran Church
Celebrate fall at their bake sale, craft tables, and soup lunch!

Home Improvement Clinics

Home Depot offers free in-store classes for teens and adults, and free workshops for kids. Learn how to tile a floor, hang drywall and paint. Watch the little ones build a bird house and other crafty things. Go to www.HomeDepot.com and input your ZIP code to discover what’s happening in the HD store near you. Lowe’s also offers workshops featuring in-store events, live streams and on-demand content.

Autumn and Halloween Riddles

- Q. Why did the scarecrow win the Nobel Prize?
A. He was outstanding in his field.

- Q. Why do birds fly south for the winter?
A. Because it is too far for them to walk.

- Q. What do you call a witch at the beach?
A. A sand-witch.

- Q. What was the witch’s favorite school subject?
A. Spelling.

Now Hiring!

Part-Time Gym Supervisor

Looking for a fun, part-time gig this fall and winter? Vadnais Heights Parks & Rec is seeking a Gym Supervisor! The position will open and close the facility, greet participants, and supervise use of AFSA High School’s gym space to ensure safe and effective adult open volleyball and youth recreation programs. Questions? Call Katie at 651-204-6060.

Apply online at cityvadnaisheights.com/jobs or submit a cover letter, resume, and completed city application to Katie Everett, Recreation Supervisor, Vadnais Heights City Hall, 800 East County Road E, Vadnais Heights, MN 55127.

Senior Activity NEWS

Home Remedies #10

Prevent Battery Corrosion

Smear petroleum jelly on the battery terminals before attaching battery cables. This will help prevent corrosion.

Trick or Treat 2022

Saturday, October 29 3:00 – 5:00 pm

Christ The Servant Lutheran Church are hosting a Trunk or Treat event.

Did You Know???

According to CandyStore.com the #1 most-hated candy of 2021 was candy corn! Other worst picks are circus peanuts, tootsie rolls, and black licorice.



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!



Fall Festivities in the Park

Community Park, 641 East County Rd F

Scarecrow Trail

Thursday, October 27 - Wednesday, November 2, 2022

Local businesses, organizations and residents will install scarecrow creations along the trail at Community Park. Stop out any time to view the entries, then go online to vote for your favorite! The trail is free and open to the public during park hours.

Halloween Party

Friday, October 28, 5:00 – 7:00 pm

Put on your favorite costume and join us for a party under the lights!

We'll kick off with a costume parade through the Scarecrow Trail at

5:00 pm. Join us for free games and goodies on the softball field until 7:00 pm!

For more information, contact

City Hall at 651-204-6000 or visit

www.cityvadnaisheights.com/events.

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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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*



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

<<First Name>> <<Last Name>>
<<Address Line 1>>
<<City, State Zip>>

