

JANUARY 2023



# 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, January 21, 9:00 – 10:00 am**

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

## *Lunch and Table Games*

**Wednesdays, January 11 & 25, 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!

## *2nd Tuesday Lunch for Seniors*

**Tuesday, January 10, 12 Noon**

*Vadnais Heights Commons*

Lunch will be catered by Donatelli's and Harbor Crossing will donate dessert. A registration flyer is included.

## *Council Meetings*



Tuesdays, January 3 & 17

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).

## *2023 Hi-Lites Participation Fees*

The annual fee to join us for Hi-Lites lunch meet-ups is \$12, and covers January – December, 2023. New the group? Your first meeting is free! Stop in to see what it's all about, the first one is on us! Fees help to support supplies and administrative costs for the program. Please note, special events or other activities the group decides to do may cost extra. Pay in-person at lunch or at City Hall, or new this year – pay conveniently online at [cityvadnaisheights.com/register](http://cityvadnaisheights.com/register)! Any questions about fees or how to sign up can be directed to Katie Everett at 651-204-6060 or [katie.everett@cityvadnaisheights.com](mailto:katie.everett@cityvadnaisheights.com).





***Land O'Lakes Dog Show***

**Thursday, January 5 – Sunday, January 8**

*River Centre, St. Paul on Kellogg Blvd.*

1,600 canines in 197 breeds compete for American Kennel awards at the Land O'Lakes Kennel Club Dog Show. See website: rivercentre.org.

***FREE Community Meal***

**Every Thursday, 6:00 – 7:00 pm**

*St. Andrew's Great Hall, 900 Stillwater Road, Mahtomedi.*

There is a place for you at the table. All are welcome!

***One Good Fact #1***

Ida May Fuller paid only \$24.50 in payroll taxes over three years before collecting the first ever Social Security check. She would live to 100, receiving nearly \$23,000 in benefits.

***Fare for All in White Bear Lake***

**Friday, January 13, 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. Fare for All is community supported and open to everyone, especially families in need.

***Winter Farmers Market***

**Saturday, January 14, 10:00 am – 12:00 pm**

*White Bear Senior Center*

Locally grown & preserved and hand crafted items. Items including meats, cheese, eggs, micro greens and maple syrup. Locally preserved options: jams, jellies, sauces, sauerkraut and kombucha will be available. Food Trucks will be on site!

***Winter Flower Show***

**January 14 – March 19**

*Como Conservatory*

Escape the cold and spend the day with flowers at Como's Winter Flower Show. Reservations are required. See 'Sunken Garden' comozooconservatory.org

***Upcoming Community Blood Drives***

**Thursday, January 19,**

**10:00 am – 4:00 pm**

*Vadnais Heights Commons*

**Thursday, January 26,**

**11:00 am – 5:00 pm**

*Christ the Servant Lutheran Church*



For an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800-733-2767.

***Friday Lunch***

**Friday, January 20**

*White Bear Senior Center*

Menu from EAT! @ Banning. Chicken wild rice soup, sandwich, chips, cookie. Cost \$5. Dine-in seating 11:00 am & 12:00 pm.

Registration required: Call 651-653-3121.

***Sing In The New Year!***

"Auld Lang Syne" is a Scots-language poem written in 1788 by Robert Burns. It is the now-traditional song of the New Year!



# Senior Activity NEWS



## *Winter Shindig*

**Saturday, January 14, 2:00 – 4:00 pm**

*Community Park*

Embrace winter with Vadnais Heights Parks & recreation! Enjoy hot chocolate, cookies, ice skating, snowshoeing and all things winter! FREE – all ages welcome. No pre-registration is required.

## *Free Puzzle Exchange*

**Weekdays, 8:00 am - 4:30 pm**

*Vadnais Heights City Hall*

Give a puzzle, get a puzzle!

Keep busy this winter with our ever rotating puzzles at City Hall!



## *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!

## *Winter in Vadnais Heights*

### **Snowshoe Rentals**

Explore winter in Vadnais Heights with snow shoes rentals.

For pricing and rental information, visit [cityvadnaisheights.com/snowshoe](http://cityvadnaisheights.com/snowshoe).

### **Learn to Snowshoe**

*Community Park*

**Saturday, February 25,**

**11:00 am - 12:00 pm**

Have you been wanting to try snowshoeing but you're not sure how to get started? Join us for

a Learn to Snowshoe class for ages 7+ to get out on your own! Snowshoes are provided. Deadline to register is Wednesday, February 22. Cost: \$15/VH resident; \$25/non-VH resident.



### **Adult Recreation Programs**

Don't hibernate this winter! Join us for Winter Yoga or Tai Chi Chuan. All skill levels are welcome!

Register online at

[www.cityvadnaisheights.com/register](http://www.cityvadnaisheights.com/register) or call 651-204-6000 for questions and assistance.

## 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

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