

FEBRUARY 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, February 18, 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.

Lunch and Table Games

Wednesdays, February 8 and 22, 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!

Community Bread Distribution

Tuesdays, 8:30 am

Christ the Servant Lutheran Church

Bread is distributed from the church to the community beginning at 8:30 am! People can also stop in to have a cup of coffee and conversation starting at 6:30 am. All are welcome!

Council Meetings



Tuesdays, January 7 & 21

7:00 pm @ City Hall

Watch live on local cable Channel 16.

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

AARP Tax Aid Services by Appointment

**South Shore Trinity Lutheran Church,
White Bear Lake:**

Monday, Tuesday, Thursday, 8:15 am - 12:00 pm.

No service on April 6. Call 651-653-3122 between 10:00 am - 12:00 pm, Monday - Friday to make an appointment.

St. Mark's Lutheran Church, North Saint Paul:

Monday, Wednesday, Saturday, 10:00 am - 2:00 pm.

Call 651-689-3449 to make an appointment.

Bachman's Winter Market

Saturday, February 4, 10:00 am – 2:00 pm

Bachman's - Maplewood



As the weather stays cold, warm up inside the greenhouses to shop seasonal goods at the indoor farmers markets. Enjoy music, fresh ready-to-enjoy food and beverage and stock up on produce, sweet treats, crafts and gifts from local farmers, bakers and artisans.



Chair Yoga

**Fridays, January 20 – February 24,
10:00 – 10:45 am**

Senior Center Library

Find mobility in a gentle, but supportive and beneficial way. Chair Yoga will improve your flexibility, concentration, and strength while boosting your mood, reducing stress, and decreasing joint pain. Fee is \$40 which will be pro-rated joining at this time. Register at the Senior Center or www.whitebear.ce.eleyo.

Fare for All in White Bear Lake

Friday, February 10, 1:00 – 3:00 pm

Community of Grace Church, White Bear Lake

The price of many food staples have reached an all-time high. Fare for All is a great way to save money on your grocery bill. Fare for All is community supported and open to everyone, especially families in need.

BOOYA! BOOYA!

Saturday, February 11, 8:00 am until it's gone!

Little Canada Fire Station, 323 Little Canada Road

All booya conveniently sold in to-go containers for fast & easy pick up. \$5/Bowl; \$10/Quart.

2nd Tuesday Lunch for Seniors

Tuesday, February 14, 12:00 pm

Vadnais Heights Commons

Be a sweetie or bring a sweetie!

Lunch will be catered by

Donatelli's, dessert by Harbor

Crossing. Cost is \$5. Register

by February 10 at City Hall, or

online at www.cityvadnaisheights.com/register.



Friday Lunch

Friday, February 17

White Bear Senior Center

Menu from Key's Cafe, white bean chili, chips, pickle and a cookie. Cost \$5. Dine-in seating 11:00 am & 12:00 pm. Registration required: Call 651-653-3121.

Presidents' Day

Monday, February 20

George Washington was the first president to be featured on a postage stamp. Abraham Lincoln, our 16th president, carried letters, bills and notes in his tall stovepipe hat!



ElderCare IQ Presentation

Thursday, February 23, 1:00 pm

Vadnais Heights City Hall

Wondering if the senior care provider you are considering has a history of abuse, neglect or exploitation? Learn more about a new tool that will help you screen nursing homes, assisted living and home health care providers. Kris Sundberg with Elder Care Advocates is the presenter. This presentation is free and open to all!

February is Heart Month

Wondering what is the best food for your heart? It just might be bananas. In a 2020 analysis of studies involving more than 4 million people, bananas were associated with 24 percent lower risk for coronary heart disease.



Senior Activity NEWS

Upcoming Adult Recreation Programs

Join us for an upcoming class to improve mobility, balance, and flexibility at the Vadnais Heights Commons! Beginners welcome!

Tai Chi Chaun

Wednesdays, March 15 - May 24
7:00 - 8:00 pm, VH Commons

Yoga

Mondays, March 20 - June 5
6:30 - 7:30 pm, VH Commons



Register at Vadnais Heights City Hall or online at cityvadnaisheights.com/register.

Upcoming Community Blood Drives

Wednesday, February 22 & Thursday, March 9

10:00 am – 4:00 pm

Vadnais Heights Commons



There is no upper age limit for blood donation.



Wondering if you are able to donate blood? Visit redcrossblood.org/eligibility to find out. Make an appointment to donate at redcrossblood.org or call 1-800-733-2767.

Volunteers needed for check in! Anyone interested in volunteering can contact Katie Everett at katie.everett@cityvadnaisheights.com or 651-204-6060.

It's okay if you still drive.

It's okay if you like to cook.

It's okay, regardless of your income.



It's okay to call!

651-653-3123

One Good Fact #2

The U.S. Postal Service has no official motto. The famous, "Neither snow nor rain nor heat, nor gloom of night..." line was written about Persian mail carriers almost 2,500 years ago.

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!

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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Vadnais Heights, MN 55127
651-204-6000
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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>>
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VADNAIS HEIGHTS
HI-LITES
INSIDE!