

MAY 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, May 19, 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, May 10 and 24, 12:00 Noon

Christ The Servant Lutheran Church

Join our Senior Hi-Lites group to celebrate spring with friends and 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.



NOTE: Katie Everett, Recreation and Facilities Manager will join us on Wednesday, May 10. We do hope you will welcome her! The coffee will be ready to go – bring your own bag lunch.

Council Meetings



Tuesdays, May 2 and May 16

7:00 pm @ City Hall

Watch live on local cable Channel 16.

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

Spring Scavenger Hunt

May 1 – 12

Celebrate the arrival of spring in Vadnais Heights with a scavenger hunt. Kids can download a questionnaire online and head to local parks throughout the community to find the secret words. Completed hunts can be turned in to City Hall for a free goodie bag (while supplies last).

Forms can be downloaded at www.cityvadnaisheights.com/scavengerhunt, or hard copies can be picked up at City Hall.

Spring Scavenger Hunt

May 1 - May 12, 2023





Cinco de Mayo

Friday, May 5

Many people in the U.S. associate Cinco de Mayo with margaritas, tacos, and partying, but the day has more meaningful origins in Mexican history. It commemorates the Battle of Puebla in 1862, when the Mexican army secured victory over France during the Second Franco-Mexican War.



Fare For All in White Bear Lake

Friday, May 12, 1:00 – 3:00 pm

Community of Grace Church, White Bear Lake

Did your food budget hit a pothole? Fare for All is a great way to save money on quality, nutritious food. They buy fresh fruits, frozen meat in bulk to save you up to 40% off grocery store prices!

Derby Day

Saturday, May 6

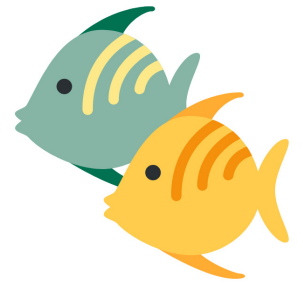
Churchill Downs

Also known as 'The Most Exciting Two Minutes In Sports.' Secretariat remains the fastest horse in Kentucky Derby history. His 1973 record time of 1:59.40 has never been broken!

Minnesota Fishing Opener

Saturday, May 13

This is the opening day for walleye, northern pike, bass and trout on inland waters of Minnesota. The Governor's Fishing Opener will be in the Mankato-Madison lake area.



The walleye is Minnesota's state fish. The state record for a walleye caught is 17.8 pounds!

One Good Fact #5



What are the odds you share a birthday with someone? In a group of 23 random individuals odds are that two will share a birthday!

Celebrate Mom

Sunday, May 14

Here's some Mom-isms you may have heard or said!

Don't put that in you mouth, you don't know where it's been!

You can go out to play...after you've done your homework!

If you're too sick to go to school, you're too sick to play outside!

Minnesota Birthday Celebration

Thursday, May 11

Minnesota is celebrating 165 years of statehood. Minnesota is home to some of the biggest companies in the U.S., including United-Health Group, U.S. Bancorp, CHS, Target, 3M, Best Buy, General Mills, Hormel Foods, and Polaris. Since the first roll of Scotch tape came off the assembly line in 1947, 3M has made enough tape to stretch from Earth to Mars and then some!



Senior Activity NEWS

Senior Expo and Wellness Fair

Thursday, May 18, 10:00 am – 1:00 pm

St. Genevieve Parish Center, Centerville

This free event will feature senior resources, vendor booths, health screening, food vendors, lots of prizes and fun!

Touch a Truck

Thursday, May 18, 5:00 – 7:00 pm

Podvin Park – 1700 9th Street, White Bear Lake

Free! This is a great event for kids to see and tour cool vehicles. Police squads, fire trucks, big trucks, city street equipment and much more. Bring a food donation to fill the Food Shelf Truck. Sponsored by the City of White Bear Lake and White Bear Police Department.

Parking Lot Sale

Saturday, May 20

9:00 am – 2:00 pm

White Bear Senior Center

Stop by and bag a bargain at this outdoor garage/flea market sale!



Bugged About Planting?

Did you know some plants offer extra benefits, such as repelling insects? Chrysanthemums, basil, lavender, mint, and lemongrass are known to repel insects.

Memorial Day

Monday, May 29

Memorial Day was originally called Decoration Day and commemorates those who died serving the United States. It started after the Civil War in 1868. That year at Arlington National Cemetery, 20,000 graves were decorated with flowers.

BREAKFAST
with
THE MAYOR

4th Mondays | 7:00-8:00 am
Perkins (1045 Co Rd E East, Vadnais Heights)

Coffee provided.
As a courtesy to Perkins, please RSVP with us:
cityvadnaisheights.com/mayor

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
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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

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

VADNAIS HEIGHTS
HI-LITES
INSIDE!