



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, 7:00 am - 4:30 pm, Monday-Thursday, and 7:00 - 11:00 am Friday (City Hall summer hours).

Saturday, August 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 cityvadnaisheights.com/foodshelf.

Night to Unite

Tuesday, August 1, 5:00 – 8:00 pm

Christ the Servant Lutheran Church

All neighbors are invited to participate on the church patio. Guests are welcome to bring a salad or dessert. CSLC will be grilling hot dogs! Event will be held in the Fellowship Hall in the event of rain.

Council Meetings



Wednesday, August 2

Tuesday, August 15

7:00 pm @ City Hall

Watch live on local cable Channel 16.
Stream live or watch later on our website:
cityvadnaisheights.com.

Pickleball Tournament

Wednesday, August 16, 9:00 am

Bridgewood Park

Join us for a morning of friendly competition on the courts! Player levels are self-assigned and games are unofficiated. \$20/team and sign up online or stop in to City Hall. Trophies to the top 3 teams!

Heritage Days Senior Picnic

Thursday, August 17, 10:00 am - 2:00 pm

Vadnais Heights Commons

Do not miss this kickoff event to our annual Heritage Days, especially for seniors. Registration is required by Thursday, August 10. Join us for lunch, live music and everyone's favorite: BINGO! The cost is \$5. Register online or with the enclosed form.

Vadnais Heights Heritage Days

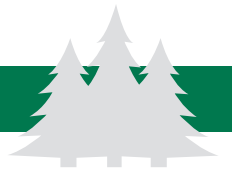
Saturday-Sunday, August 19-20

Community Park

Join us for all of the exciting Heritage Days events, August 19-20! The fan favorites are returning: Kids Day, Lions Pig Roast, Fireworks, VH Fire Relief Booya, Grande Parade, Bingo, Live Music and more! New this year - we're hosting a kickball tournament! A full event flyer is inserted here.



Find all of the Heritage Days information on our website: cityvadnaisheights.com/HeritageDays.



Free Summer Produce Markets

Remember to bring a bag/box!

Willow Lake Elementary, White Bear Lake

Thursday, August 3, 10:00 am - 12 Noon

Community of Grace Church, White Bear Lake

3rd Thursday of the month

Thursday, August 17, 10:00 am – 12 Noon

White Bear Senior Center

4th Thursday of the month

Thursday, August 24, 10:00 am – 12 Noon

Lunch and Table Games

Wednesdays, August 9 and 23, 12:00 Noon

Christ The Servant Lutheran Church

Join our Senior Hi-Lites group to mingle with friends, bring a friend, and meet new acquaintances!

The group is sponsored by the City of Vadnais Heights (residency not required) and meets the 2nd and 4th Wednesdays for coffee, table games and conversation.

Fare for All

Friday, August 11, 1:00 pm – 3:00 pm

Community of Grace Church

Check out fresh fruits, vegetables and frozen meat that is 40% off grocery store prices. Open to all!

One Good Fact #8



What dairy item can get you a loan? A bank in Italy accepts cheese as collateral for loans to dairy farmers. Their special vaults can house 440,000 giant wheels of leveraged Parmigiana-Reggiano!

August Trivia

In 8 BC the month was named Augustus in honor of the Emperor Caesar Augustus.

John Montagu, the 4th Earl of Sandwich is said to have invented the sandwich in 1762. The story goes that he was playing cards and did not want to leave the gaming table to eat. He asked for a serving of roast beef to be placed between two slices of bread. Thus the sandwich was born!

Do you talk to flowers? If not, flowers do talk to us! The daisies remind you to be happy. The hydrangeas remind you to be colorful. The lilacs remind us to breathe deeply. The pansies reflect our images back to us. The hollyhocks remind us to stand tall in this world. And the roses... -oh the roses!- They remind us that beauty is always present even among thorns. - Viola Shipman

Little Canada Canadian Days

Friday, August 4 – Sunday, August 6

Canadian Days is Little Canada’s festival to celebrate its sister-city relationship with Thunder Bay, Ontario, Canada.

Upcoming Community Blood Drives

Tuesday, August 8,

1:00 pm – 7:00 pm

Christ the Servant Church

Thursday, August 10,

10:00 am – 4:00 pm

Vadnais Heights Commons



Registration required. Register online at www.redcrossblood.org or call 1-800 RED CROSS.

Senior Activity NEWS

National Left Handers' Day

Sunday, August 13

Here are some famous and infamous lefties:

Billy the Kid Mark Twain John Dillinger
Albert Einstein Fidel Castro Napoleon Bonaparte
Wolfgang Amadeus Mozart Neil Armstrong

Friday with Firefighters, White Bear

Friday, August 18, 10:00 am – 12 Noon

2240 County Road E, White Bear Lake

Want to get outside and have some fun with your Fire Department? The South Fire Station offers fun and safety education. This is a great event for parents, grandparents and children.

Breakfast for a Cause

Thursday, August 24, 8:00 am – 10:00 am

Gable Pines, 1260 East County Road E

Cost is \$7 and all profits go to the charity of the month. The charity for the month of August is the Alzheimer's Association.

Minnesota State Fair

August 24 - Labor Day

The Great Minnesota Get Together is here with something for everyone. Get your stretchy pants ready to try some new State Fair Foods. There are 34 new ones to sample. Are you ready for: Bacon Wrapped Waffle Dog, Walleye Fritter Pops, Donut Delights? Special 65+ senior pricing of \$13 on the following days:

Thursday, August 24 (Opening Day)

Monday, August 28 (Seniors Day)

Thursday, August 31 (Military Appreciation Day)

Community Spotlight



SENIOR LINKAGE LINE

mn.gov/senior-linkage-line

The Senior LinkAge Line can help seniors and caregivers find affordable housing options, answer Medicare questions, and provide resources. The Senior LinkAge Line is a service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging.

Call 800-333-2433 Monday-Friday from 8:00 a.m. to 4:30 p.m to get connected.

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

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*



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!