



Vadnais HI-LITES



SENIOR ACTIVITIES NEWSLETTER

Community Food Program

The third Saturday of every month at 655 East Cty 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 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 cityvadnaisheights.com/foodshelf.

Lions Waffle Breakfast

Sunday, October 1, 8:00 am – 1:00 pm

Vadnais Heights Commons, 655 East County Rd F

- Seniors 63+ \$8
- Adults 15-62 \$9
- Kids 6-14 \$5
- Li'l Kids 0-5 Free



Information and activities:

Used Eyeglass and Hearing Aid Collection, Scouts Troop, Fire Truck Tours, Safety & Fire Protection, Ramsey County Sheriff, Amazing Balloons and much more!

Council Meetings



Tuesday, October 3
Tuesday, October 17
7:00 pm @ City Hall

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

Oktoberfest Twin Cities

Friday, October 6 – Saturday, October 7

Historic Progress Center, MN State Fairgrounds
Held in the heart of the Twin Cities at the Historic Progress Center on the Minnesota State Fairgrounds. Proudly offering an entirely local event. For more information: tcoktoberfest.com

Upcoming Community Blood Drives

Friday, October 6

1:00 – 7:00 pm

Christ the Servant Lutheran Church

Thursday, October 12

10:00 am – 4:00 pm

Vadnais Heights Commons



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



Lunch and Table Games

Wednesdays, October 11 & 25, 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! Looking forward to welcoming you!

Living Well with Chronic Conditions

Wednesdays, October 4 – November 15

1:00-3:00 pm, Virtual Class

Participants in this class make weekly action plans, share experiences and help one another solve issues that may arise as they carry out their plans. Voluntary contributions accepted. To register, contact Lyngblomsten Community Services at 651-632-5330 or community_services@lyngblomsten.org.

Fare for All

Friday, October 13, 1:00 pm – 3:00 pm

Community of Grace Church

759 County Road B E, Maplewood

Check out the best deals on fresh fruits, vegetables and frozen meats!

One Good Fact #10

The mask worn by Michael Myers in John Carpenter’s 1978 film ‘Halloween’ is a mask of William Shatner’s face bought at a novelty store and spray-painted white!



Free Classes!

Registration is required. All classes free and online. Make It OK to Talk About Mental Illness. Learn more about mental illness stigma, how to reduce it and how to find support. Visit: healthpartners.com/classes to register.

October Trivia

In 1492 Columbus sailed the ocean blue..... His flagship was the Santa Maria with about 52 crew members. His other ships were the Nina and Pinta, each had 18 crew members.

- More presidents have been born in October than any other month.
- October and February always end on the same weekday!
- The Stock Market crashed on October 29 as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

Folk Arts & Crafters Fair



Bruentrup Heritage Barn

2170 E. Cty Rd D., Maplewood

For six seasons the Big Barn Folk Arts & Crafters Fair has been the area’s largest folk arts gathering from MN and WI with over 100 booths. This popular event is a fundraiser supporting the preservation of the Maplewood Area Historical structures dating back to 1891.

Senior Activity NEWS

Twin Cities Book Festival

Saturday, October 14

Minnesota State Fairgrounds

Book lovers head for this annual free celebration of all things books, with author events, books sales and more.

Info: twincitiesbookfestival.com

ElderCare IQ

Tuesday, October 24, 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 at the FREE presentation by Elder Voice Advocates. All are welcome.

Halloween Party

Friday, October 27, 5:00 – 7:00 pm

Community Park

Join us for a party under the lights! Costume parade through the Scarecrow Trail at 5:00 pm followed by games and goodies on the softball field. YangYumm Food Truck open 4:30 – 7:00 pm! Free goodie bags provided by VH Fire Relief Association. Non-perishable food items and monetary donations for the Vadnais Heights Community Food Program will be collected. This event is FREE and open to the public. All ages welcome!

Trunk or Treat

Saturday October 28, 3:00 – 5:00 pm

Christ the Servant Lutheran Church

Stop by for some 'trunk or treat' with your Trick or Treaters! Be sure to check out the Pumpkin Patch!



Community Spotlight



helpatyourdoor.org

Help At Your Door is a nonprofit serving seniors and individuals with disabilities across Minnesota's seven-county Twin Cities metropolitan area.

Grocery assistance, home support and transportation services help seniors maintain their independence and continue living in their homes.

Call 651-642-1892 or go online to request a service.

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!