



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, November 18, 9:00 – 10:00 am

Saturday, December 16, 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.

Holiday Toy/Food Drive

Distribution of food and toys from the 2023 Holiday Toy & Food Drive is Saturday, December 16. Donations of toys can be dropped off through December 13 at City Hall. 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.

Fall Boutique & Bake Sale

Friday, November 3, 9:00 am – 7:00 pm

Saturday, November 4, 9:00 am – 4:00 pm

White Bear Senior Center

“Hello Darkness, My Old Friend...”

Sunday, November 5 - end daylight savings time

Fall back and enjoy an extra hour of beauty sleep!

Council Meetings



Wednesday, November 8

Tuesday, November 21

Tuesdays, December 5 & 19

7:00 pm @ City Hall

Watch live on local cable Channel 16.

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

Election Day

Tuesday, November 7

Polls are open 7:00 am –

8:00 pm. Voting information is

available at: www.mnvotes.org. If you have election questions, call the Ramsey County Elections Office at 651-266-2171.



Lunch and Table Games

Wednesday, November 8 - Pizza Lunch

Wednesday, November 22

Wednesday, December 27

Christ The Servant Lutheran Church

Join our Senior Hi-Lites group for coffee, conversation, friends, fun and games. The fun starts at 12:00 noon.

One Good Fact #11

The longest World Series game occurred in 2018. Game 3 between the Dodgers and Red Sox lasted 18 innings and took 7 hours and 20 minutes!

#11



Winter Farmers Markets

Saturdays, November 11 and December 9

10:00 am – 1:00 pm

White Bear Senior Center

Enjoy locally grown & preserved and hand crafted items, 20+ local vendors. Items including meats, cheese, eggs, micro greens and maple syrup.

Locally preserved options: jams, jellies, sauces, sauerkraut and kombucha will be available.

Fare for All

Fridays, November 10 & December 8

1:00 pm – 3:00 pm

Community of Grace Church

759 County Road B E, Maplewood

Stock up for your holiday meals with 40 percent off grocery prices! Open to all.

Veterans Day Celebration

Friday, November 10, 10:00 am – 11:30 am

White Bear Senior Center

Honoring all veterans of the United States Armed Forces to thank you for your service!

November Trivia

- The first Thanksgiving was in 1621.
- In 1922 King Tut's tomb was discovered at Luxor, Egypt.
- President Franklin Delano Roosevelt was elected to an unprecedented fourth term in 1944.

Save the Dates – Senior Lunches

Tuesday, January 9, 2024

Tuesday, February 13, 2024

Vadnais Heights Commons

Pre-registration required.

***Breakfast for A Cause:
Beyond the Yellow Ribbon***

Thursday, November 16,

8:00 am – 10:00 am

Gable Pines, 1260 Cty Rd E East

The November charity of the

month for Breakfast for a Cause

is the Beyond the Yellow Ribbon

program. This program connects

veterans with employment resources. Enjoy a

breakfast buffet with a purpose each month at Gable

Pines. All profits go to the charity of the month. Each

month you will have a variety of breakfast options to

choose from.



Medicare Annual Enrollment Seminar

Monday, November 20, 10:00 am – 11:30 am

White Bear Senior Center

This free seminar will feature a carrier and will go

through the logistics of a plan to help you make

an educated decision. There will be a question

and answer period.

Christmas Lunch

Wednesday, December 13, 12:00 Noon

Rudy's Red Eye Grill - 4940 US Highway 61

Come join the Hi-Lites crew to celebrate the holiday

season. We will be ordering from their many

selections on Rudy's menu. This is a fun way to end

the year with some friends and cheer!

One Good Fact #12

Each winter one septillion snowflakes fall from the sky.

That's 1 with 24 zeros!



Senior Activity NEWS

December Trivia

- In 1865 the 13th Amendment to the Constitution was ratified to abolish slavery.
- The United States Naval Base at Pearl Harbor was attacked in 1941 by over 200 Japanese fighter planes.
- In 1955 the birthday of the American Civil Rights Movement began with the arrest of Rosa Parks in Montgomery, Alabama.

Community Spotlight

White Bear Area Senior Program

[communityservices.isd624.org/
adults-seniors/programs](http://communityservices.isd624.org/adults-seniors/programs)

White Bear Area Senior Center
2484 East County Rd F
White Bear Lake, MN 55110
651-653-3121

The White Bear Area Senior Program provides education, recreation, volunteer opportunities, and resources for older adults and their families.

PJs with Santa

Friday, December 1, 2023

6:00 - 8:00 pm

Vadnais Heights Commons
655 East County Road F



Photos with Santa Games, Treats & More!

Optional: bring a new, unwrapped toy donation for Lion's annual Holiday Toy Drive.

cityvadnaisheights.com/santa

Pre-registration is required.

\$5/Vadnais Heights child; \$10/child, non-resident
Adults (13+) - free, but please register each person attending

Pajamas optional - cameras welcome!

Brought to you by Vadnais Heights Parks & Rec



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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800 East County Road E
Vadnais Heights, MN 55127
651-204-6000
cityvadnaisheights.com



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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!