



Vadnais Heights HI-LITES

Senior Activities Newsletter

April 2016

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, April 15, 9 a.m.
Pack food for the food shelf.

Vadnais Heights Community Food Program

Saturday, April 16, 9 a.m.
Help register people for the food shelf.

Council Meetings

Wednesday, April 6 and Wednesday, April 20 at 7 p.m. All meetings are at Vadnais Heights City Hall.

Put a Freeze on Fraud

The AARP Fraud Network connects you to the latest information about ID theft and fraud so you can safeguard your personal ID and your pocketbook. Just go to www.aarp.org and check out this free service from AARP.

Vadnais Heights Lions Belgian Waffle Breakfast

Sunday, April 10, 8 a.m.- 1 p.m., Vadnais Heights Commons. Enjoy breakfast and the Vadnais Fire Department Open House. Health screenings will be available, bake sale and a quilt raffle. Please refer to the enclosed flyer for more details and as a reminder.

Silly Joke #4

Don: What do you call a peanut in a spacesuit?
Ron: An astro-nut!

Lunch & Table Games

Wednesday, April 13, 12 noon.
Grab your bag lunch and join friends and neighbors for a fun afternoon. The coffee will be ready and dessert will be furnished by Betty Krueger. Table games of choice will be played.



Celebrate Earth Day!
Friday, April 22

Health Tip

Hearing loss is rarely sudden. It comes on gradually, leading to friends and family sometimes noticing the problem before you do. If you have trouble hearing over the phone, ask people to repeat themselves, or understanding women and children, you may be suffering from hearing loss. Schedule a professional hearing evaluation to be sure. There are many ways to enhance your hearing and improve your life! Please note: This does not include "selective hearing".

Spring Clean-Up

Twice a year in spring and fall, the Senior Chore Program offers free yard clean-up for senior residents. The 2016 Spring Clean-up will take place April 23 – May 14. Those wishing to have their yards raked, lawn furniture brought out and /or outside windows washed should call 651.757.4061 by April 15 to register. This service is provided by the Northeast Youth & Family Services for people age 60 and over.

It has been said....

Living in this world is expensive; however it does include a free trip around the sun every year!

Salad Luncheon

Wednesday, April 27, 12 noon. No bag lunch needed today! Bring your favorite salad to share and enjoy. Rosine Wong will be bringing rolls and the dessert will be furnished by Karen Lehner. So get that salad mixed and bring a friend or two for a fun afternoon. Table games of choicer will follow.

Rummage Sale & Luncheon

Saturday, April 30, 9 a.m. to 3 p.m. at Christ the Servant Lutheran Church, 3676 Centerville Road. Collections will be on the Thursday and Friday before the sale. Their famous hot dogs will be available as well as a bake sale. Please remember no large items of furniture or TV's. So start collecting items to turn one person's old to another person's gold! For further information, call 651.429.6595.

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.

For more information on any event, please contact Vadnais Heights City Hall, 800 East County Road E, 651.204.6000, or www.cityvadnaisheights.com. You may also call Josephine Christensen at 651.777.0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org.

**LEXOPHILIA (Love of Words) - WHO ON EARTH DREAMS THESE UP?
Why, a lexophile of course!**

Venison for dinner again? Oh deer!

A cartoonist was found dead in his home. Details are sketchy.

I used to be a banker, but then I lost interest.

Haunted French pancakes give me the crêpes.

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.

They told me I had type-A blood, but it was a Typo.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

When chemists die, they barium.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

I didn't like my beard at first. Then it grew on me.

When you get a bladder infection, urine trouble.

Broken pencils are pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

I got a job at a bakery because I kneaded dough.

Don't worry about old age; it doesn't last.