



Vadnais Heights HI-LITES

Senior Activities Newsletter

June 2016

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons

Friday, June 17, 9 am

Pack food for the food shelf.

Vadnais Heights Community Food Program

Saturday, June 18, 9 am

Help register people for the food shelf.

Council Meetings

Wednesday, June 1 and Wednesday, June 15 at 7 pm

All meetings are at Vadnais Heights City Hall.

Lunch & Table Games

Wednesday, June 8, 12 noon.

Pack your bag lunch and come and enjoy coffee and table games. The dessert will be furnished by Barbara Sandquist. After a short meeting table games of choice will be played.

Websites for Seniors and their Families

Be sure to check out:

www.minnesotaseniorsonline.com

www.tcaging.org

www.aarp.org

www.minnesotaHelp.info

www.eldercare.gov

www.ssa.gov

www.ramseycounty.us

Yoga Class

Mondays, June 13-August 1, 6:30-7:30 pm at the Vadnais Heights Commons. Everyone can enjoy yoga.

It's not just for those who are already flexible. If you would like to relax more, gain strength and endurance, come and see what yoga is about!

Silly Joke #6

Tim: What can you serve but never eat?

Jim: A tennis ball.

Ice Cream Social and Music in the Park

Tuesday, June 21 at Berwood Park, 780 Berwood Avenue 6:30-8 pm. Enjoy free Culver's ice cream served and donated by the Vadnais Heights Rotary Club and live music performed by Kidpower with Rachael, a music and animal show from 7-8 pm. Also enjoy Pickleball Demonstrations & Open Play, Face Painting, Bean Bag Practice Boards and children games from 6:30-8 pm. This event is sponsored by the Vadnais Heights Rotary Club and the Parks and Recreation Department.

Lunch & Table Games

Wednesday, June 22, 12 noon.

Come join us with your bag lunch for an afternoon of fellowship and fun. The coffee will be ready and the dessert will be furnished by Joyce Schuler. Table games of choice will be played.

Farmers' Market Season

Wednesdays, June 22 through September 28 from 2 pm-6 pm. It will be located behind the Allina Medical Building near County Road E and Labore Road. Locally grown produce within 50 miles. Offerings include a variety of vegetables, fruits, flowers along with jams, jellies and baked goods.

Vadnais Heights Heritage Days Senior Picnic

Thursday, August 18, Vadnais Heights Commons. Be sure to check out the enclosed Senior Picnic form. It has all the details on the social hour, information displays, delicious chicken dinner and registration for this popular event.

Save the Date: Taste of Vadnais

Tuesday, July 12, 5:30-8:00 pm, 935 East County Road E (Mad Jacks and F & M Bank parking lots). Be sure to mark your calendars for this outdoor street fair event.

Summer Fun!



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.

CELEBRATE NATIONAL FLAG DAY! JUNE 14

*Many people have died protecting our country.
On National Flag Day, raise the flag and fly it proudly.*

FLAG DAY FACTS



National Flag Day is celebrated annually in the United States on June 14. This day commemorates adoption of the United States flag on June 14, 1777.



On National Flag Day, Americans show respect for the U.S. Flag and what it represents. Our independence and unity as a nation is represented by our flag. The flag has become a powerful symbol of Americanism and is flown proudly.



Betsy Ross is given credit, by many, for creating the first American flag. Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959.



Seventeen year old Robert G. Heft of Ohio is credited with designing the 50 star American flag. Of the more than 1,500 designs that were submitted to President Dwight D. Eisenhower, his was chosen.

NATIONAL FLAG DAY HISTORY

On May 30, 1916, President Woodrow Wilson issued a proclamation deeming June 14 as Flag Day. President Wilson stated that he selected this day because “It is the anniversary of the day upon which the flag of the United States was adopted by the Congress as the emblem of the Union” and he wrote, “On that day rededicate ourselves to the nation, ‘one and inseparable’ from which every thought that is not worthy of our fathers’ first vows in independence, liberty, and right shall be excluded and in which we shall stand with united hearts.”