



Vadnais Heights HI-LITES

Senior Activities Newsletter

August 2016

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, August 19, 9 am
Pack food for the food shelf.

Vadnais Heights Community Food Program

Saturday, August 20, 9 am
Help register people for the food shelf.

Night to Unite

Tuesday, August 2, 5 pm to 8 pm at Christ the Servant Lutheran Church. Be a part of neighbors joining neighbors for a hot dog and brat supper. New school supplies will be collected at this event for K-12 students that are in need at our local schools. For more information, call: 651.429.6595.

Grand Opening for Fresh Thyme Farmer's Market

Wednesday, August 3 at 7 am is the Grand Opening for this new market, located at 955 County Road E, Vadnais Heights. Fresh Thyme will also feature beer, wine & spirits.

Council Meetings

Wednesday, August 3 and Wednesday, August 17 at 7 pm.
All meetings are at Vadnais Heights City Hall.

Silly Joke #8

Fran: What did the pig say at the beach on a hot summer day?
Stan: I'm bacon!

Lunch & Table Games

Wednesday, August 10, 12 noon.
The coffee will be ready for you to enjoy with your bag lunch. Marge Hyttinen will be bringing dessert. Bring a friend or more for a fun afternoon.

Heritage Days Senior Picnic

Thursday, August 18, Vadnais Heights Commons
This advanced registration event is the start of the 41st annual Vadnais Heights Heritage Days. A social hour along with information displays will begin at 10 am. The cost is \$5 per person and the registration deadline is Thursday, August 11. Be sure to check out the enclosed list of scheduled events for your enjoyment. For more information, or to register call: 651.204.6000. See you there!

Breakfast at Gable Pines

Friday, August 19, 8 am at 1260 E. County Road E. RSVP to 651.829.3171. Open to all ages with a suggested \$5 donation to benefit the Senior Hi-Lites. This event will show your support for our seniors and enjoy a delicious breakfast.

Lunch & Table Games

Wednesday, August 24 at 12 noon.
All you need to do is pack your favorite bag lunch and come enjoy the coffee. Dessert will be furnished by Karen Lehner. We will have a short meeting and table games of choice will follow.

Minnesota State Fair Senior Days

The Great Minnesota Get-Together has Seniors & Kids Day, Monday, August 29 and Seniors Day on Thursday, September 1. Tickets for seniors 65+ are \$8. People watching is well worth the price of an admission ticket! Check out the backside of this newsletter for a list of some of the new foods at the fair in 2016.

Health Tip

About half of all patients do not take medication as prescribed. Avoid relapses by finishing a full course of medication even if you feel better. Also, talk to your pharmacist about helpful aids and packaging to remind you to take your medications.

Heritage Days, August 18-21

See insert for more details

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.

New Foods for 2016!

mnstatefair.org

The Minnesota State Fair is pleased to announce the addition of 32 new foods to the expansive menu offered at the Great Minnesota Get-Together. In total, the State Fair offers nearly 500 foods at 300 different concession locations throughout the fairgrounds. The following is a listing of some of the new foods and frozen treats for 2016!

Candied Bacon Donut Sliders

Sliced glazed donut holes with thick candied bacon and a chocolate red wine ganache. At Minnesota Wine Country, *located on the west side of Underwood Street between Carnes and Judson avenues.*

Minnesota Corn Dog

Custom ground sausage on-a-stick made with blueberries, apples, wild rice, maple syrup and cayenne dipped in a homemade corndog batter and deep-fried. At Gass Station Grill, *located on the west side of Cooper Street between Dan Patch and Judson avenues, outside the southeast corner of the Food Building.*

Macaroni & Cheese Curds

Rich macaroni & cheese blended with fresh cheese curds. At Oodles of Noodles, *located in the Food building, east wall.*

Gumbo Frites

A bed of crispy french fries topped with Ragin's traditional New Orleans gumbo made with andouille sausage, chicken, bell peppers, onions, celery and a rich roux-based sauce, then finished off with cheese and green onions. At Ragin Cajun, *located in The Garden, west wall.*

Reuben Pickle Dog

A dill pickle spear with sauerkraut and Thousand Island dressing wrapped in a slice of pastrami. At Pickle Dog, *located on the south side of Carnes Avenue between Liggett and Chambers streets.*

Burnt Butt Ends

Premium cuts of pork, seasoned with a BBQ rub, then smoked over oak and served with onions and jalapeños. At RC's BBQ, *located on the north side of West Dan Patch Avenue between Liggett and Chambers streets (former site of Famous Dave's).*

Call It Breakfast

A vanilla malt or sundae topped with chunks of bakery-fresh donuts, drizzled with chocolate and latte-flavored syrups, and finished with sprinkles. At Dairy Goodness Bar – Midwest Dairy Association, *located in the Dairy Building, east wall.*

The Elvis

Homemade banana ice cream infused with creamy peanut butter served in a cup or waffle cone. At R&R Ice Cream, *located on the southeast corner of Randall Avenue and Underwood Street.*

MORE new foods and info: mnstatefair.org

MINNESOTA STATE FAIR 