



Vadnais Heights HI-LITES

Senior Activities Newsletter

January 2017

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, January 20, 9 am.
Pack food for food shelf.

Vadnais Heights Community Food Program

Distribution on Saturday, January 21, 9 – 10 am

Out to Lunch

Thursday, January 5, 12 noon. Christ the Servant Lutheran Church. Advance registration only. The menu will have: Lemon herb chicken breast, rice, veggie, fruit and pudding. Bongo will follow. ***Please see Save the Date.

Council Meetings

Wednesday, January 4 and Wednesday, January 18, 7pm at Vadnais Heights City Hall.

Lunch & Table Games

Wednesday, January 11, 12 noon.
It's bag lunch time again. We'll have the coffee ready and Barbara Sandquist will bring dessert. After a short meeting, table games of choice will be played. Begin your new year on a happy note by joining us for a fun afternoon. We love to welcome new members!

Weird But True Fact #1

The end of the minute hand on London's Big Ben clock travels about 118 miles a year.

Advanced Care Planning Presentation

Friday, January 13, 2017, 10 am – 12 pm, Vadnais Heights City Hall. Join senior outreach specialist Emily Justman to connect with the Metropolitan Agency on Aging's (MAAA) Senior LinkAge Line. Their goal is to keep people as independent as possible and provide information leading to informed choices about programs and services. Advance care planning and health care directives will be discussed. You may also review sample health care directives and leave with an idea of where to go from there. Please REGISTER by calling 651-407-2018.

New Info on TaxAide Service

AARP TaxAide Services wants residents to know about changes for the 2016 tax returns so people are prepared when they come in. Tax preparers require a Social Security card or Individual Taxpayer Identification card for each person on a return. Returns are expected to take longer to prepare, so the number of returns completed in a shift will be limited. Find a local tax aid site by calling 1-888-227-7669.

Ice Skating Party

Saturday, January 21, 1 pm – 5 pm, Community Park & Westfield Park.

Grab your skates, scarves, the grand kids and have fun with your neighbors at Community Park and Westfield Park ice rink and warming house. Enjoy hot chocolate and cookies. This event is free.

White Bear Area Senior Program in Vadnais Heights

Tuesday, January 24, 2 pm – 3 pm, Vadnais Heights Council Chambers – City Hall.

This program will feature transportation options along with a focus group. The presentation will be by the White Bear Area Senior Program and Newtrax. No registration required.

Lunch & Table Games

Wednesday, January 25, 12 noon.

Bring your bag lunch and let us know how you are doing on your New Year's resolutions. We'll have the coffee ready. Mary Jane Krantz will be bringing the dessert. Table games of choice will be played.

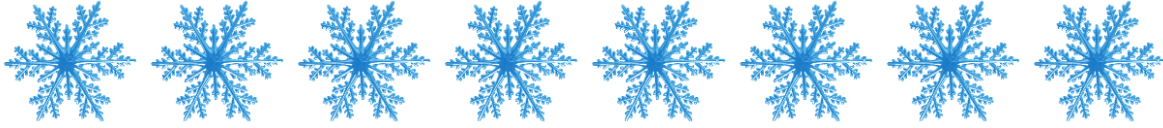
***Save the Date: February 2 Out to Lunch

The next Out to Lunch gathering will be on Thursday, February 2 at Christ the Servant Lutheran Church. Registration deadline for this event is January 26. Be sure to mark your calendars!

Happy New Year!

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.



Oxymorons

Is it good if a vacuum really sucks?

Why is the third hand on the watch called the second hand?

If a word is misspelled in the dictionary, how would we ever know?

Why do we say something is out of whack? What is a whack?

Why does "slow down" and "slow up" mean the same thing?

Why does "fat chance" and "slim chance" mean the same thing?

Why do "tug" boats push their barges?

Why are they called "stands" when they are made for sitting?

Why is it called "after dark" when it really is "after light"?

Doesn't "expecting the unexpected" make the unexpected expected?

Why are a "wise man" and a "wise guy" opposites?

Why do "overlook" and "oversee" mean opposite things?

Why is "phonetic" not spelled the way it sounds?

Why do we put suits in garment bags and garments in a suitcase?

How come abbreviated is such a long word?

Why do we wash bath towels? Aren't we clean when we use them?

Why doesn't glue stick to the inside of the bottle?

Why do they call it a TV set when you only have one?

Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?

Why do we drive on a parkway and park on a driveway?

