



Vadnais Heights HI-LITES

Senior Activities Newsletter

March 2017

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, March 17, 9 a.m.

Vadnais Heights Community Food Program

Distribution is on Saturday, March 18, 9 a.m.

Council Meetings

Wednesday, March 1 and Wednesday, March 15, 7 p.m. at Vadnais Heights City Hall.

AARP Tax Aides Service

Continues Through April 18

Mon/Tues/Thurs from 9 am – noon at South Shore Trinity Church, 2480 S. Shore Blvd., White Bear Lake. Remember to bring your Social Security Card and a copy of last year's tax return.

Maplewood Library Tax Assistance

Continues Through April 13

Mon/Wed 12 – 4 p.m. and on Saturdays 10 am – 4 p.m. For information, call the library at 651-724-6003.

Math Magic: Just try it.

$259 \times \text{your age} \times 39$
You will get an interesting result.

Lunch & Table Games

Wednesday, March 8, 12 noon.

Bring your bag lunch and maybe a friend or two for an afternoon of relaxing fun. The coffee will be ready. Judy Aitken will be bringing the dessert.

Law Enforcement Support Services 1 – 3 pm

Friday, March 10 at White Bear Senior Center, 2484 E. County Road F. Learn about non-emergency law enforcement support services such as auto theft avoidance training, wellness checks, neighborhood watch and more from Kevin Otto, Ramsey County Sheriff, local law enforcement and TRIAD members. This is a free presentation. Register at 651-407-2018.

Weird But True Fact #3

A cloud can weigh more than a million pounds.
(453,594 kg)

Travel Show by Premier Travel

Tuesday, March 21 Vadnais Heights Council Chambers, 2 p.m. – 3 p.m.

Learn about upcoming trip opportunities. No registration required. Free and open to the public.

Lunch & Table Games

Wednesday, March 22, 12 noon.

Come join us with your bag lunch. The coffee will be ready and Mary Lou Kendle will be bringing the dessert. After a short meeting table games of choice will follow.

Easter Egg Hunt Candy Packing

Wednesday, March 29, 9 a.m. at Christ the Servant Lutheran Church. Please come and help pack candy for the Easter Egg Hunt to be held on Saturday, April 8. Lend a helping hand & also have some fun. Details of the Easter Egg Hunt with start times and age group will be in the April newsletter.

Save the Date: Out to Lunch Thursday, April 6

The next Out to Lunch get together will be on Thursday, April 6, 12 noon at Christ the Servant Lutheran Church. \$5 Lunch and Bingo. Registration for this event is March 30. Be sure to mark your calendars.



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.



Irish Limericks



If you're enough lucky to be Irish...
You're lucky enough!

Do not resent growing old.
For many are denied the privilege.

I complained I had no shoes
until I met a man who had no feet.

May your heart be warm and happy,
With the lilt of Irish laughter,
Every day in every way
And forever and ever after.

May the hinges of our friendship never grow rusty.

May the saddest day of your future
Be no worst than the happiest day of your past.

May you live to be a hundred years,
With one extra year to repent!

May the leprechauns be near you,
To spread luck along your way.
And may all the Irish angels,
Smile upon you on St. Patrick's Day.

May the roof above us never fall in.
And may the friends gathered below it never fall out.

There are only three kinds of Irish men who can't
understand women— young men, old men, and men of
middle age.

A Turkey never voted for an early Christmas.

Here's to a sweetheart, a bottle, and a friend.
The first beautiful, the second full, the last ever
faithful.

May the Irish hills caress you.
May her lakes and rivers bless you.
May the luck of the Irish enfold you.
May the blessings of Saint Patrick behold you.

As you slide down the banister of life,
May the splinters never point in the wrong direction!

Dance as if no one were watching,
Sing as if no one were listening,
And live every day as if it were your last.

May you have warm words on a cold evening, a full
moon on a dark night, and the road downhill all the
way to your door.

A trout in the pot is better than a salmon in the sea.

There's no need to fear the wind if your haystacks are
tied down.

It's no use carrying an umbrella if your shoes are
leaking.

The world would not make a racehorse of a donkey.

You've got to do your own growing, no matter how tall
your grandfather was.

May you taste the sweetest pleasures that fortune ere
bestowed, and may all your friends remember all the
favors you are owed.

May you have the health of a salmon -- a strong heart
and a wet mouth.

May you never make an enemy
When you could make a friend
Unless you meet a fox among your chickens.

May you live to be a hundred years, with one extra
year to repent.

May I see you grey and combing your grandchildren's
hair.

May the face of every good news and the back of every
bad news be towards us.

May your pockets be heavy
Your heart be light,
And may good luck pursue you
Each morning and night.

May your right hand always be stretched out in
friendship and never in want.

May the rocks in your field turn to gold.

May you have the hindsight to know where you've
been, the foresight to know where you're going,
and the insight to know when you've gone too far.

May the blessings of each day
Be the blessings you need most.

May you never find trouble
All crowdin' and shovin'
But always good fortune
All smilin' and lovin'