



Vadnais Heights HI-LITES

Senior Activities Newsletter

May 2017

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, May 19, 9 am.

Vadnais Heights Community Food Program

Distribution is on Saturday, May 20, 9 am.

Council Meetings

Wednesday, May 3 and Wednesday, May 17, 7 pm at
Vadnais Heights City Hall.

1st Thursday Senior Lunch – Thank You!

The May 4 lunch is the last 1st Thursday Lunch for the season. Thank you to Meals on Wheels, Christ the Servant Lutheran Church and the City of Vadnais Heights for offering this new popular winter season program.

Festival of Nations

May 6-7 at St. Paul River Centre.

This multicultural celebration features more than 100 music and dance groups on three stages. The cafe has 35 ethnic food stands and the bazaar features gifts from 40 cultures. For more information go to www.festivalofnations.com. Or call 651-647-0191.

Lunch & Table Games

Wednesday, May 10, 12 noon.

Come join us with your bag lunch and bring a friend. The coffee will be ready and the dessert will be furnished by Nancy Joly. After a short meeting, table games of choice will follow.

Nutrition as You Age

Friday, May 12, 10 am – Noon, Mahtomedi Education Center, 1520 Mahtomedi Ave.

As you age, changes occur in your body. Eating well is important at any age, but more so for seniors.

Learn how our eating patterns should change as our bodies change from Adam Becker, Personal Training Manager at the White Bear YMCA. To register call 651-407-2018.

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.

Weird But True Fact #5

Human ears evolved from ancient fish gills!

Here Fishy, Fishy!

Minnesota's fishing season opener is on Saturday, May 13. Remember a fishing license is required unless you are 90 years old and counting!

Senior Volunteering Program

Tuesday, May 16, Vadnais Heights Council Chambers, 2 pm – 3 pm.

Learn ways to give back and stay connected. No registration is required. Free and open to the public.

Hmong Chronicles

Saturday, May 20, Maplewood Ramsey County Library, 2 pm – 4 pm.

Shoua Lee and her mother, Tsai Ly will share stories about life in a Hmong village, a refugee camp and an immigrant-rich city in the United States. This is open to the public. For more information call 651-704-2033.

Lunch & Table Games

Wednesday, May 24, 12 noon

We hope you will be able to join us for fun afternoon. After enjoying your bag lunch, dessert will be furnished by Cheryl Intihar.

Did You Know???

Memorial Day, May 29, 2017

It was originally called Decoration Day. To honor the deceased, soldiers would decorate graves of their fallen comrade with flowers, flags and wreaths. Although Memorial Day became its official title in the 1880's, the holiday wouldn't legally become Memorial Day until 1967.



Famous Mom Sayings

A little "birdy" told me!

All I do is follow you around, picking up after you like some maid.

Am I talking to a brick wall?

Are you lying to me?

As long as you live under my roof, you'll do as I say.

Beds are NOT made for jumping on.

Call me when you get there, just so I know you're okay.

Close the door! You don't live in a barn.

Do as I say, not as I do.

When I was your age, I had to walk ten miles through the snow, uphill, by myself, to go to school.

Do you think I'm made of money?

Do you think your socks are going to pick themselves up?

Don't break your arm patting yourself on the back.

Don't go out with a wet head, you'll catch cold.

Don't sit too close to the television, it'll ruin your eyes.

Enough is enough!

Don't cross your eyes or they'll freeze that way.

Watch your language!

Go play outside! It's a beautiful day!

I brought you into this world, and I can take you right back out!

I don't care what "everyone" is doing. I care what YOU are doing!

I'm not going to ask you again.

I don't have to explain myself. I said no.

I hope someday you have children just like you.

I will always love you - no matter what.