



Vadnais Heights HI-LITES

Senior Activities Newsletter

June 2017

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, June 16, 9 a.m.

Vadnais Heights Community Food Program

Distribution is on Saturday, June 17, 9 a.m.

Council Meetings

Wednesday, June 7, 7 p.m. at City Hall.
Wednesday, June 21 meeting is cancelled.

Flag Day, June 14

On June 14, we honor Old Glory on National Flag Day. This day commemorates the adoption of the United States flag on June 14, 1777. On May 3, 1916, President Woodrow Wilson issued a proclamation deeming June 14 as Flag Day. On National Flag Day raise the flag and fly it proudly.

Lunch & Table Games

Wednesday, June 14, 12 noon.
Celebrate National Flag Day with us. Wear your red, white and blues for a fun afternoon with coffee, bag lunches and dessert. Betty Krueger will be bringing dessert. After a short meeting, table games of choice will be played.

Why Brides Stand on the Left

In the old days of "marriage by capture" the groom needed to leave his right hand free. Why? In case he needed to grab his sword and fight off another suitor trying to steal his bride at the last minute. Were you a June bride? June is the most popular month for weddings.

Weird But True Face #6

It gets so cold in Siberia that your breath can turn to ice in midair!

Ice Cream Social Music in the Park

Tuesday, June 20, 6 p.m. – 8 p.m. at Berwood Park. Join your neighbors at Berwood Park for an Ice Cream Social and "Hot Dog with a Deputy." There will be games for all ages and music in the park. Free hot dogs, chips, bottled water, and frozen fun pops will be provided by the Ramsey County Sheriff's Department UNTIL GONE. Also, FREE Culver's ice cream UNTIL GONE. Music will be provided by the Skippin Stones Band. For more information call City Hall: 651-204-6000 or visit www.cityvadnaisheights.com.

Vadnais Heights Farmer's Market

Wednesdays, June 21 – September 20 at the Helen Houle Medical Building (parking lot) County Road E and Labore Road, 2 p.m. – 6 p.m. All of the produce is grown within 50 miles of St. Paul and is sold from the grower directly to customers. A variety of vegetables, fruit, flowers, and items such as jams, jellies, and bakery goods. Questions: Contact Ling Becker (VHEDC) Executive Director at 651-485-9532.

Be A Smart Senior

Great resources for area seniors:
www.whitebearseniorprogram.org
www.viyyvadnaisheights.com/seniorprograms
www.lakearaseniors.org
These websites will make you smarter than a fifth-grader!

Lunch & Table Games

Wednesday, June 28, 12 noon.
Get that bag lunch packed and join us. Bring a friend or two! The coffee will be ready and the dessert will be furnished by Karen Lehner. Table games of choice will be played.



Happy Father's Day!

Sunday, June 18

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.

BEST ADVICE MY FATHER EVER GAVE ME

My father told me that the best way to love my children was to openly express my love for my wife. The fruits of these words are sent forth with every unselfish act, kind word, and expression of love that comes from my children. — *T.L. Brew*

"Nobody tells you what to do unless they sign your paycheck ... and even then sometimes you shouldn't listen." — *Kathleen*

"You have to make your own choices." I've come to him numerous times. He listens, makes a comment, and then tells me to figure out the right thing to do." — *Heather*

My grandpa always said, "Think before you act." Though the way he phrased it was, "Ask yourself if you would want your children to find out about this in the future." — *Kerri*

"The sun always rises and sets again tomorrow." He reminded me of this when I broke up with boyfriends, lost my cat, or didn't get the role I wanted in the school play. He always put his arm around me after he dispensed his little quote, and I would feel better." — *Jackie*

"Praise in public, criticize in private." My father, Paul R. Williams, was a United States Marine, [and] he always understood the importance of people's feelings, including those of his own kids. — *Melinda*

"There are wishbones, jawbones, and backbones – those who dream about doing things, those who talk about doing things, and those who actually accomplish things." He always encouraged me to be the backbone. — *Chuck*

When I was a young child, my father told me, "Family is the most important thing there is in life. You can always count on them." What a wonderful feeling to know unconditional love. — *Shana*

The best advice my dad ever gave me was to always tell the truth. People will always react more positively if you bring your mistake to their attention versus them finding it out on their own. — *Cindy*

"Never regret the choices you make in life. Never be sorry for what you did yesterday. It was what you wanted, what you chose. Accept that fact, and move forward." It changed my life. — *Carol*

The best advice my father gave me was never spoken, but I observed it. My father never talks about, degrades, or spreads gossip about anybody. I think that is very admirable. — *Jill*

"The future belongs to those who dare." This advice helps me whenever I need courage. — *Sridevi*

"Stick with the truth and let the chips fall where they may." — *Lisa*

When I was told that I would not be able to have children, he said that I didn't have to carry a child to be a mother. — *K. Ray*

"Vive tu vida, porque la vida es corta." Live your life, because life is short. — *Jesus*

"No matter how badly someone might have treated you, give them love, kindness, and forgiveness in return." — *Leslie*