



Vadnais Heights HI-LITES

Senior Activities Newsletter

October 2017

Vadnais Heights HI-LITES Volunteers

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

Vadnais Heights Community Food Program

Saturday, October 21, 9 am.
Help register people for the food shelf.

Council Meetings

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

Italian Pasta Dinner

Saturday, October 7, Christ the Servant Lutheran Church.
Dinner will be served 4 pm to 7 pm. Adult tickets are \$11 and children under age 12 are \$6. Tickets are available at the door or after Sunday services. For further information, call 651.429.6595. Bon Appetit!

Weird but True Fact #10

The face in the Mona Lisa painting has no eyebrows!

Vadnais Heights Lions Belgian Waffle Breakfast

Sunday, October 8, 8 am to 1 pm at the Vadnais Heights Commons. Seniors 63+ \$6.50, Adults ages 15 to 62 \$7.50, Kids ages 6 to 14 \$4, and Li'l Kids ages 0 to 5 are free. Also featured will be a bake sale and a balloon twister from 9 am to 12 noon. Cub Scout Pack 212 will be taking wreath orders and selling popcorn. The VHFD will have an open house for Fire Prevention Week.

Lunch & Table Games

Wednesday, October 11, 12 noon.
Bag lunches are the order of the day. We will have the coffee ready and dessert will be furnished by Mary Lou Kendle. After a short meeting, table games of choice will be played.

Pumpkin Patch – Christ the Servant Lutheran Church

Thursday, October 12 starts the annual pumpkin patch. Weekday hours are 2 pm to 7:30 pm, Saturday 10 am until dusk and Sunday noon till dusk. Bring the family to help choose that perfect pumpkin!

Dementia Friends

Tuesday, October 24, 2 to 3 pm, Vadnais Heights City Hall
This one-hour session is a face-to-face discussion led by a Dementia Friends Champion. It is Informal and includes activities and interaction. Learn what dementia is and tips for communicating with people who have it.

Hi-Lites Pizza Party

Wednesday, October 25, 12 noon.
Forget the bag lunch. Pizza is on the menu. Dessert will be furnished by Karen Lehner. Costumes are optional.

Gable Pines Oktoberfest

Thursday, October 26, Gable Pines 2 pm to 4 pm
Gable Pines will “roll out the barrel” with German sausage, sauerkraut, and pretzels while the Jolly Huntsmen band performs. RSVP by October 25 to 877.646.4037.

Vadnais Heights Community Halloween Party

Tuesday, October 31, 6 pm to 8 pm at Vadnais Heights Commons
See reverse side for full details about this family event.



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.

Vadnais Heights Community Halloween Party

Tuesday, October 31, 2017



Interactive Circus Manduhai Show **6:30-7:15pm**

Enjoy an evening full of entertainment & fun; Halloween treats, balloon animals, and activities for the kids and refreshments at:

Vadnais Heights Commons
655 E County Road F
6:00pm – 8:00pm

Get into the Halloween spirit with this special community event.
This event is free and sponsored by
The Vadnais Heights Fire Relief Association, the Vadnais Heights Lions,
and the City of Vadnais Heights.

