



Vadnais Heights HI-LITES

Senior Activities Newsletter

November/December 2017

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, November 17, 9 am
Friday, December 15, 9 am
Pack food for the food shelf.

Vadnais Heights Community Food Program

Saturday, November 18, 9 am
Saturday, December 16, 9 am
Help register people for the food shelf.

Council Meetings

Wednesday, November 1, November 15, December 6,
December 20 at 7 pm. All meetings are at Vadnais Heights
City Hall.

Last Weird But True Fact

An ant can carry 50 TIMES its body weight. (That's like a
kid carrying a CAR!)

Lunch & Table Games

Wednesday, November 8, 12 noon.
It's bag lunch, coffee, and dessert. Now that's a nice
combination! Nancy Joly will bring dessert. After a short
meeting, table games of choice will follow.

Boutique & Bake Sale

Saturday, November 11, Christ the Servant Lutheran
Church, 9 am to 2 pm. Start your day with coffee & rolls at
9 am. Shop for craft items and baked goods and stay for a
soup lunch being served at 11 am. All proceeds will go to
the Social Ministries & Youth programs.

Community Connections Senior Program in Vadnais Heights

Travel Show by Premier Travel, Tuesday, November 28
from 2 to 3 pm at Vadnais Heights City Hall. Join Premier
Travel to learn about upcoming trip opportunities. FREE –
no registration needed. For more information, contact City
Hall at 651.204.6000 or at www.cityvadnaisheights.com.

PJ's with Santa

Friday, December 1, 6 to 8 pm, Vadnais Heights Commons
This annual holiday event features Santa, puppet shows,
holiday games, balloon animals, face painter, cookies, and
refreshments for children of all ages! Parents must
accompany children throughout the event. Wear pajamas if
you like! Cost: \$10 per family/residents; \$20 per
family/non-residents. Deadline for registration is Monday,
November 27 at 651.204.6000.

HI-LITES Holiday Luncheon

Wednesday, December 6, 12 noon at Jimmy's Restaurant,
Vadnais Heights.
Come and celebrate the season and wear your holiday **red**!
We will be ordering from a variety of choices available on
their menu.

Lunch & Table Games

Wednesday, December 13, 12 noon.
This is the last call for our HI-LITES meeting in 2017.
Stop by to wish all a Happy 2018. The coffee will be ready
and Marianne Anderson will bring the dessert. Looking
forward to another happy and healthy year together!

Community Connections Senior Program in Vadnais Heights

Holiday Sing Along program for area seniors. Tuesday,
December 19, 2 to 3 pm at the Vadnais Heights Commons.
Enjoy an afternoon of holiday cheer and refreshments. The
Children's Performing Arts "Show Choir" will be
performing and leading some popular holiday songs. Free!!
For more information, call 651.204.6000.

Save the Date!

1st Tuesday Lunch for Seniors at Christ the Servant
Lutheran Church
Tuesday, January 2, lunch is at noon with bingo to follow.
Registration deadline is December 22 noon. Cost: \$5 per
person. Call 651.204.6000 or www.cityvadnaisheights.com.

Happy Holidays!

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.



Turkey in a Bag

Printed from cooks.com

1 tsp. salt
2 tsp. pepper
3 tsp. paprika
4 tsp. very hot water
1 cup cooking oil
1 turkey

WASH AND DRY TURKEY THOROUGHLY. Combine first 4 ingredients and let stand for 10 minutes. Add oil and mix thoroughly. Rub oil mixture inside and all over the outside. With remaining oil, coat sides and top of large grocery bag (paper) using more oil if necessary. This seals the bag. **IT WILL NOT BURN.**

Place turkey, breast side up, in a shallow baking pan and place into bag. Secure ends of bag with staples or paper clips. Bake in 325 degree oven for 12 minutes per pound (no longer).

USE CAUTION WHEN OPENING BAG, AS THIS IS LIVE STEAM ESCAPING. RESULT: A golden brown, tender and moist turkey.

