



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

August 2017

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons  
Friday, August 18, 9 a.m.

### Vadnais Heights Community Food Program

Food distribution is on Saturday, August 19, 9 a.m.

### Night to Unite

Tuesday, August 1

This annual event is to promote crime prevention awareness with communities and public safety personnel. Contact the Ramsey County Sheriff's Office at 651-266-9301 for more information.

### Council Meetings

Wednesday, August 2 and Wednesday, August 16  
7 p.m. at Vadnais Heights City Hall.

### Free Farmer's Market: 9:30 to 11:30 a.m.

Saturday, August 5 and Saturday, August 19 at Willow Lane Elementary School, 3375 Willow Lane, White Bear Lake. There will be a distribution of fresh Minnesota grown and other seasonal produce. This is sponsored by the White Bear Area Food Shelf and Second Harvest Heartland.

### Lunch & Table Games

Wednesday, August 9, 12 noon.

Bring your bag lunch and a friend or two. The coffee will be ready and the dessert will be furnished by Rosine Wong. After a short meeting, table games of choice will be played.

### Weird But True Fact #8

Opposite side of dice always add up to number 7.

### National Left-Hander's Day

Sunday, August 13 is the day to tell your family and friends how proud you are of being left-handed. Remember we lefties are in great company along with Leonardo Da Vinci, Aristotle and Babe Ruth.

### 2017 Heritage Days Senior Picnic

Thursday, August 17, 10 a.m. To 2 p.m. At Vadnais Heights Commons. This event is open to all seniors ages 55+. Cost is \$5 and the registration deadline is August 10. This is the start of many 2017 Heritage Days activities. Please check out the enclosed Heritage Days Event Schedule.

### Gable Pines Breakfast for A Cause

Friday, August 18, 8-10 a.m., 1260 East County Road E  
You're invited to Gable Pines for a delicious hot breakfast buffet. All proceeds will be going to benefit the Alzheimer's Association. \$5 is the suggested donation.

### Don't Be in the Dark about the Total Solar Eclipse

On Monday, August 21, people across United States will see the sun disappear behind the moon turning daylight into twilight and causing the temperature to drop rapidly. On that day America will be in the path of a total solar eclipse. The Science Channel will have live coverage. Don't miss this one as the next total solar eclipse is on April 8, 2024!

### Lunch & Table Games

Wednesday, August 23, 12 noon.

Join us for a fun afternoon. Just pack that bag lunch and we'll have the coffee ready. Dessert will be furnished by Joyce Schuler. Table games of choice will be played.

### Minnesota State Fair

The Great Minnesota Get-together starts on Thursday, August 24 and goes thru Labor Day. Senior Days are Monday, August 28 and Thursday, August 31. Admission for seniors 65+ on those days are \$9. Be sure to check out over 30 new foods for 2017. Included are: Bowl O' Dough, Cheesy Nacho Corn on the Cob, Cherry Bombs, Mobster's Caviar and Duck Bacon Wontons. Don't forget to eat something on a stick!

*Heritage Days, August 17-20*

*See insert for more details*

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](http://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](http://www.whitebearseniorprogram.org).

# Phrases of Our Past: Heavens to Murgatroyd!

I hope you are “Hunky Dory” after you read this and chuckle. Back in the olden days we had a lot of moxie. We’d put on our best bib and tucker to straighten up and fly right.

Heavens to Betsy!

Gee whillikers!

Jumping Jehoshaphat!

Holy Moley!

Don’t touch the dial!

You sound like a broken record.

Hung out dry.

Carbon copy.

We were in like Flint and living the life of Riley, and even a regular guy couldn’t accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when is the last time anything was swell?

Swell has gone the way of beehives, pageboys, and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers.

Oh, my aching back. Kilroy was here, but he isn’t anymore.

I’ll be a monkey’s uncle!

This is a fine kettle of fish!

Pshaw, The milkman did it.

Hey! It’s your nickel.

Don’t forget to pull the chain.

Knee high to a grasshopper.

Well, Fiddlesticks!

Going like sixty.

I’ll see you in the funny papers.

Don’t take any wooden nickels.

It turns out there are more of these lost words and expressions than Carter has liver pills.

See ya later, alligator!