



Vadnais Heights HI-LITES

Senior Activities Newsletter

March 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, March 16, 9 am.

Vadnais Heights Community Food Program

Distribution is on Saturday, March 17, 9 am.

Council Meetings

Tuesday, March 6 and Tuesday, March 20 at 7 pm.
Vadnais Heights City Hall.

Irish Limerick

There once was an old man of Esser, whose knowledge
grew lesser and lesser.
It at last grew so small, he knew nothing at all, and now
he's a college professor.

Lunch & Table Games

Wednesday, March 14, noon. The coffee won't be green
but we can celebrate the wearing of the green! Come
join us with your bag lunch and have dessert furnished
by Doris Thompson. We will have a short meeting and
table games of choice will follow.

Saving Sites for Seniors (or as young as 55!)

Senior citizens can make their golden years shine even
more by taking advantage of the many discounts offered
by retailers. Check out: www.rather-be-shoppings.com
and www.coupons.com.

Take Charge of Medications

Juggling different dosages and directions for a variety
of medication can be confusing. Ask your pharmacist
about how to prepare a detailed checklist and properly
store your medications. Always keep medication away
from children and pets.

Friendly Thought #3

A friend listens to our words, but hears our hearts.
- Anonymous

The Tax Man Cometh

AARP Tax Aide Service offers FREE tax preparation to
seniors and low income individuals at South Shore Trinity
Lutheran Church and also at the Maplewood Library.
Remember the IRS motto: We got what it takes, to take
what you got!

Easter Egg Hunt Candy Packing

Wednesday, March 21, 9 am at Christ the Servant
Lutheran Church. Please come and help pack candy for
the Easter Egg Hunt to be held on Saturday, March 24.
This is a sweet opportunity to lend a helping hand and
also have some fun.

Easter Egg Hunt

Saturday, March 24, Community Park. This is a free
event hosted by the City of Vadnais Heights and the
Vadnais Heights Lions Club. The Lions will be collecting
non-perishable food items and monetary donations for the
Vadnais Heights Community Food Program. Details are
listed on the reverse side.

White Bear Area Senior Program - Mindfulness and Importance of Mental Health

Tuesday, March 27, 2 pm – 3 pm at Vadnais Heights City
Hall. Learn the importance of mental health from at every
age. Also an introduction to counseling services and
Mindfulness classes. Free – no registration needed.

Lunch & Table Games

Wednesday, March 28, 12 noon. Spring is here so come
join us to celebrate the end of winter. The coffee will be
ready and Karen Lehner will be bringing dessert. Table
games of choice will follow.

Save the Date

Come to the Lions' Waffle Breakfast on Sunday, April 8
from 8 am – 1 pm at the Vadnais Heights Commons.



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.



Easter Egg Hunt

Saturday, March 24, 2018

Community Park
641 East County Road F

Staggered start times are as follows:

- 2 years and under/10:30 am
- 3-4 year olds/10:40 am
- 5-6 year olds/10:50 am
- 7-9 year olds/11:00 am
- 10-12 year olds/11:10 am



The Easter Bunny will visit while you hunt for eggs at the Annual Easter Egg Hunt!

This free event is hosted by the City of Vadnais Heights and the Vadnais Heights Lions Club. The Lions will be collecting non-perishable food items and monetary donations for the Vadnais Heights Community Food Program.

For more information, contact City Hall: 651-204-6000

www.cityvadnaisheights.com