



Vadnais Heights HI-LITES

Senior Activities Newsletter

June 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, June 15, 9 am.

Vadnais Heights Community Food Program

Distribution is Saturday, June 16, 9 am.

Council Meetings

Monday, June 4 and Tuesday, June 19 at 7 pm.
Vadnais Heights City Hall.

Medical IDs Can Save Lives

If you are unable to speak for yourself in a health emergency, a Medical ID bracelet or necklace provides first responders or medical technicians with details about your condition. An ID can prevent incorrect diagnoses and enables you to get the help you need immediately. Talk to your pharmacist about ordering a Medical ID bracelet or necklace.

Lunch and Table Games

Wednesday, June 13, 12 noon.
Bring your bag lunch and stop by for coffee and dessert. The coffee will be ready and Bette Stebbing will furnish the dessert. We will have a short meeting and table games of choice will follow.

Breakfast for a Cause

Friday, June 15, 8 am to 10 am at Gable Pines Senior Living Community, 1260 East County Road E. Once per month a local non-profit organization is supported with a fundraiser breakfast. Join them for a yummy breakfast for a good cause. 100% of your \$5 donation goes to the non-profit organization.
Call 651-433-6175 for your reservation.

Friendly Thought #6

He has achieved success who has lived well, laughed often, and loved much.
- Elbert Hubbard

Fare For All

Friday, June 15, 2 pm-4 pm at Community of Grace Lutheran Church, 400 Linden Street, WBL.
Fare For All buys fresh produce and frozen meats in bulk from wholesalers to find the best deals available. These food products are in packages that range in price from \$10 - \$25. Fare For All accepts cash, credit, debit and EBYT cards.

Ice Cream Social Music in the Park

Tuesday, June 19, 5 pm-8 pm, Berwood Park, 780 Berwood Avenue.
Join your neighbors at Berwood Park for an Ice Cream Social, Hot Dogs, Games for all ages and Music in the Park! Scheduled events - 5 pm until gone: "Hot Dog with a Deputy". Free hot dogs, chips, bottled water, frozen fun pops provided by the Ramsey County Sheriff's Department. 6:30 pm until gone: FREE Culver's ice cream. 6:30-8 pm: Pickleball demos and open play. Bean Bag games and children activities.

Lunch and Table Games

Wednesday, June 27, 12 noon.
If you have your bag lunch we'll have the coffee ready! We look forward to seeing you. Today's dessert will be furnished by Kathy Zuelke. Table games of choice will follow.

Get Out That Calendar

It's time to mark your calendar with "Save the Dates". The 2018 Heritage Days Senior Picnic is on Thursday, August 16 at the Vadnais Heights Commons. This is an advanced registration only event. Please see the enclosed form with all the details.

Senior Boat Ride and Lunch on White Bear Lake at Admiral D's will be on Tuesday, August 28. Sponsored by the Vadnais Heights Lions Club. Advanced registration only. See enclosed form.

Summer Fun!



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.

Father's Day Quotes

One father is more than a hundred schoolmasters. ~ 17th century English proverb

Any man can be a father. It takes someone special to be a dad. ~ Anonymous

A man's children and his garden reflect the amount of weeding done during the growing season.~ Anonymous

Blessed indeed is the man who hears many gentle voices call him father! ~ Lydia M. Child

A father is a man who expects his children to be as good as he meant to be. ~ Carol Coats

The father who does not teach his son his duties is equally guilty with the son who neglects them. ~ Confucius

It is impossible to please all the world and one's father. ~ Jean de La Fontaine

How true Daddy's words were when he said: "All children must look after their own upbringing." Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands. ~ Anne Frank

A father is a banker provided by nature. ~ French Proverb

I cannot think of any need in childhood as strong as the need for a father's protection. ~ Sigmund Freud

A man knows when he is growing old because he begins to look like his father. ~ Gabriel García Márquez

Fathers, like mothers, are not born. Men grow into fathers and fathering is a very important stage in their development. ~ David Gottesman

It is much easier to become a father than to be one. ~ Kent Nerburn

He who is taught to live upon little owes more to his father's wisdom than he who has a great deal left him does to his father's care. ~ William Penn

When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.~ Mark Twain

For thousands of years, fathers and sons have stretched wistful hands across the canyon of time. ~ Alan Valentine

The most important thing a father can do for his children is to love their mother. ~ Henry Ward Beecher