



Vadnais Heights HI-LITES

Senior Activities Newsletter

October 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, October 19, 9 am.

Vadnais Heights Community Food Program

Saturday, October 20, 9 am
Food Distribution

Council Meetings

Tuesday, October 2 and Tuesday, October 16. 7pm. At
Vadnais Heights City Hall.

Senior Health Expo

Wednesday, October 3, 11:30 am–2 pm., Vadnais Heights
Commons

The 2018 White Bear Area Expo features: Health &
Wellness, Assisted Housing, Flu Shots, Financial Well-
being. Also enjoy Gary LaRue with his Rat Pack
Entertainment at 12 noon & 1pm. Food vendors are: The
Pizza Man, Pine Tree Apple Orchards and Donatelli's. This
free event is sponsored by: YMCA, VHEDC and Press
Publications.

Pasta Dinner at Christ the Servant Lutheran Church

Saturday, October 6, 4 pm–7 pm.
The menu features Mostaccioli pasta with marinara sauce,
Italian meatballs, tossed salad, Vienna bread, dessert and
beverages. Tickets available on Sundays or at the door.
Adult dinner is \$11.50 and Children under 12 are \$6.00.
Call 651-429-6595, www.cslvh.org. Bon appetit!

Vadnais Heights Lions Belgian Waffle Breakfast

Sunday, October 7, 8 am–1 pm, Vadnais Heights Commons
Enjoy a Belgian Waffle Breakfast while supporting the
Vadnais Lions Club. Adults (15-62) \$7.50, Seniors (63+)
\$6.50, Kids (6-14) \$4.00 and Li'l kids (0-5) Free. The
Vadnais Heights Fire Department will hold an Open House
to celebrate Fire Prevention Week. Also featured will be
Balloon Twister for the kids from 9 am-noon, bake sale,
Cub Scout Pack 212 selling popcorn and wreath orders and
information tables.

Pumpkin Patch at Christ the Servant Lutheran Church

Tuesday, October 9 is the start of choosing your favorite
pumpkin with hundreds to pick from. Hours are:
Weekdays 2 pm until 7:30 pm, Saturdays 10 am to dark
and Sundays 12 noon until 7:30 pm. Bring the family to
help select your favorite!

Lunch and Table Games

Wednesday, October 10, 12 noon.
Come join us with your bag lunch. We'll have the coffee
ready and Doris Thompson will be bringing dessert. After
a short meeting table games of choice will be played.

White Bear Area Senior Housing Awareness Day

Friday, October 12, 1 – 4 pm White Bear Area Senior
Program, 2584 E. County Road F., WBL.
This free event will provide an afternoon of learning about
senior housing options. Elder Resource Specialists and
Metropolitan Area Agency of Aging representatives and
area professionals will be available to help navigate
choices. For more information call 651-653-3121.

Senior Housing Tour

Saturday, October 13, 8:30 am – 12 noon.
Tour starts at White Bear Lake South Campus High
School, 3551 McKnight Road, WBL, Room 611, enter
through Door C. Visit Cerenity at White Bear, The Lodge
at White Bear and White Bear Heights, housing
communities representing a continuum of services. Space
limited. Registration required. A donation of \$5 is
suggested. Transportation accessible bus service provided
by NewTrax.

Friendly Thought #10

Friendships multiply joys and divide griefs
...Henry George Bohn

Continued on the back side...

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.

Become a Dementia Friend

Tuesday, October 23, 2 – 3 pm, Vadnais Heights City Hall
A one-hour informational session to learn the five key messages about dementia, what's it like to live with the disease and how to turn your understanding into action that supports living with dementia.

Presenter: Local Dementia Friends Champion. Call to register 651-204-6000

Vadnais Heights HI-LITES Members Pizza Party

Wednesday, October 24, 12 noon.

All HI-Lites members can forget that bag lunch as we will be having PIZZA for lunch! Karen Lehner will be bringing a Halloween dessert. Again, costumes are optional.

Early Voting 2018 Ramsey County

Early voting dates for the General Election begin October 30 – November 5. Visit the Maplewood Library or the White Bear Lake Library to cast an early ballot.

Halloween Party

Wednesday, October 31, 6 – 8 pm at Vadnais Heights Commons

Enjoy an evening of entertainment and fun; Circus Manduhai Show from 7:00-7:45 pm, Halloween treats, balloon animals and refreshments. Get into the Halloween spirit with this free community event. This event is sponsored by the Vadnais Heights Fire Relief Association and the Vadnais Heights Parks and Recreations Department.

Halloween Jokes

Q: What do ghosts eat for supper?

A: Spooketi.

Q: What is the most important subject a witch learns in school?

A: Spelling.

Q: Why didn't the skeleton want to go to school?

A: His heart wasn't in it.

Q: Why didn't the skeleton cross the road?

A: He didn't have any guts!

Q: Why didn't the skeleton go to the ball?

A: Because he had no BODY to go with.

Q: What room does a ghost not need?

A: A living room!

Q: Why are ghosts so bad at lying?

A: Because you can see right through them!

Q: What do ghosts use to wash their hair?

A: Shamboo!

Q: What do you get when you cross a witch with sand?

A: A sandwich!

Q: What does a skeleton say before dinner?

A: Bone appetit!

Q: What kind of dessert does a ghost like?

A: I scream!

Q: What is a ghost's favorite fruit?

A: Booberries.

