



Vadnais Heights HI-LITES

Senior Activities Newsletter

March 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, March 15, 9 am.

Vadnais Heights Community Food Program

Distribution is Saturday, March 16, 9 am.

Council Meetings

Council Meetings for March are Tuesday, March 5 and Tuesday, March 19. All meetings are 7 pm at Vadnais Heights City Hall.

Indoor Farmer's Market

Bachman's in Maplewood
Saturday, March 2, 9 am – 1:30 pm
Check out their Green House loaded with a variety of salsas, coffee beans, cheeses, jams & jellies, sauces, peirogis, juices, honey, fresh mushrooms and smoked fish. For more information call Bachman's at 651-770-0531

AARP Tax Help

Maplewood Library

Now until April 13.
Monday: 12 pm to 4 pm.
Wednesday: 12 pm to 4 pm.
Saturday: 10 am to 4 pm.

South Shore Trinity Lutheran Church

2480 South Shore Blvd., White Bear Lake
Now until April 15.
Monday/Tuesday/Thursday: 9 am to Noon.
Registration is limited and on first come first served basis.

Daylight Savings Time

Sunday, March 10 is the start of Daylight Saving Time. Be sure to "spring ahead" with your clocks!

What's so funny about getting old? #3

The older you are, the smarter you were as a kid!

Remember - Safety First

Friday, March 8, 10 am-Noon, Mahtomedi Education Center, 1520 Mahtomedi Ave., Mahtomedi
The Washington County Sheriff's Office will discuss safety. Learn how to avoid, reduce or manage risks to your personal safety. This free program is sponsored by CLASS. Register at 651-407-2024.

Lunch & Table Games

Wednesday, March 13, 12 noon.
Looking forward to seeing you with your bag lunch. The coffee will be ready and dessert will be furnished by Barbara Sandquist. We will have a short meeting and table games of choice will follow.

Irish Saying

May your thoughts be as glad as the Shamrocks.
May your heart be as light as a song.
May each day bring you bright happy hours.
That stay with you all the day long.

Senior Program in Vadnais Heights

Tuesday, March 26, 2-3 pm, Vadnais Heights City Hall.
Learn about all the new Senior Transportation Options. This event is free and no registration is required.

Lunch & Table Games

Wednesday, March 27, 12 noon.
Bring a friend and bring your lunch. We'll have the coffee ready and dessert will be furnished.

Save the Date for a Sweet Opportunity!

Circle Thursday, April 4, 9 am for candy packing at Christ the Servant Church. Volunteers are needed. Easter bags will be packed with candy for the annual Vadnais Heights Easter Egg Hunt (scheduled April 13).



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.

Did You Know?

Coca-Cola was originally green.

It is impossible to lick your elbow.

The first novel ever written on a typewriter was Tom Sawyer.

Each King in a deck of playing cards represents a great King from history:

Spades - King David
Hearts - Charlemagne
Clubs - Alexander, the Great
Diamonds - Julius Caesar

$$111,111,111 \times 111,111,111 \\ = 12,345,678,987,654,321$$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.
If the horse has one front leg in the air, the person died because of wounds received in battle.
If the horse has all four legs on the ground, the person died of natural causes.

In Shakespeare's time, mattresses were secured on bed frames by ropes.
When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on.
Hence the phrase... 'Goodnight , sleep tight'

Bulletproof vests, fire escapes, windshield wipers and laser printers were all invented by women.

Honey is the only food that doesn't spoil.

In English pubs, Ale is ordered by pints and quarts....
So in old England, when customers got unruly, the Landlord would yell at them
'Mind your pints and quarts, and settle down.
It's where we get the phrase: 'Mind your P's and Q's.'

At least 75% of people who read this will try to lick their elbow!