



Vadnais Heights HI-LITES

Senior Activities Newsletter

April 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, April 19, 9 am.

Vadnais Heights Community Food Program

Distribution is Saturday, April 20, 9 am.

Council Meetings

Tuesday, April 2 and Tuesday, April 16.
All meetings are 7 pm at Vadnais Heights City Hall.

Candy Packing Volunteers

Thursday, April 4. 9 am at Christ the Servant Lutheran Church. We are in need of many volunteers to pack the hundreds of candy bags for the annual Easter Egg Hunt. Please consider this opportunity to help the Easter Bunny! All are welcome to join us in making the Easter Egg Hunt a sweet success! Thanking you in advance for your help.

A Timeless Love Film at Gable Pines

Saturday, April 6, 10:30 am - 12:30 pm, 1250 County Road E. This film is part of a dementia education series. A talk-back by Lori LaBey follows the 90 minute movie to allow families to process their emotional reactions of loss and joy, bringing comfort to the journey. RSVP by Friday, April 5 to 651-350-1703.

Vadnais Heights Lions Belgian Waffle Breakfast

Sunday, April 7, 8 am – 1 pm, Vadnais Heights Commons. This event will also feature a FREE KidSight Vision Screening, bake sale, balloon twister, diabetes info, Can-Do-Canines, used eyeglass and hearing aid collection. The Vadnais Heights Fire Department will also have an Open House which will include fun activities for the kids, displays, and free blood pressure testing. Seniors \$6.50 (63+), Adults \$7.50 (15-62), Kids \$4 (6-14), Tots (0-5 free).

What's so funny about getting old? #4

Side benefits of forgetting names and faces:
You keep meeting new people every day!

Northeast Metro Community Expo

Sunday, April 7, 11 am – 3 pm, South Campus White Bear High School. Over 100 local businesses to visit along with area organizations. Enjoy free entertainment, food and more!

Lunch & Table Games

Wednesday, April 10, 12 noon. Come join us and bring a friend or two. We'll have the coffee ready and dessert will be furnished by Cheryl Intihar. After a short meeting, table games of choice will follow.

Easter Egg Hunt

Saturday, April 13, Community Park. This free event is hosted by the City of Vadnais Heights and the Vadnais Heights Lions Club. The start times for each age group are listed on the reverse side. Don't forget your donation to the Vadnais Heights Community Food Program.

Tax Man Cometh

Monday, April 15. Last call for tax aide assistance. It has been said: The IRS has what it takes to take what you got!

Community Connections Senior Program

Tuesday, April 23, 2 – 3 pm, Vadnais Heights City Hall
Jessica Stern from Mueller Memorial will be the presenter. Free – no registration need.

Salad Luncheon

Wednesday, April 24, 12 noon. Forget your bag lunch! Bring your favorite salad recipe to share. Rolls and dessert will be furnished. We'll have the coffee ready. This is a fun way to celebrate spring!

Annual Rummage Sale & Luncheon

Saturday, April 27, 9 am – 3 pm, Christ the Servant Lutheran Church. It's that time to check closets, attics and basements as donations will be accepted starting Monday, April 22. Sorry but no large items of furniture or TVs. Enjoy lunch and stop by the bake sale. Call 651-429-6595 for further information.

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, April 13, 2019

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



**DONATIONS
APPRECIATED!**

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