



Vadnais Heights HI-LITES

Senior Activities Newsletter

June 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, June 14, 9 am.

Vadnais Heights Community Food Program

Distribution on Saturday, June 15, 9 am.

Council Meetings

Tuesday, June 4 and Tuesday, June 18.
All meetings are 7 pm at Vadnais Heights City Hall.

Senior Resources – Help at Your Door

Help at Your Door is a non-profit agency serving seniors and individuals with disabilities in our Twin Cities area. Their Store to Door grocery and delivery, handyman and transportation services provide assistance with in-home tasks and chores. For more information call 651-642-1892 or visit their website at www.helpatyourdoor.org.

Lunch & Table Games

Wednesday, June 12, noon.
We hope to see you with a friend or neighbor and your bag lunch. The coffee will be ready and the dessert will be furnished by Nancy Jolly. We will have a short meeting with table games of choice to follow.

Cheers for Cherries!

Cherries contain super high levels of antioxidants and inflammation fighters to ease joint discomfort and blood sugar and memory concerns.

Market Fest – Downtown White Bear Lake

Thursdays, June 13 – July 25, 6-9 pm
Shop 130+ merchandise and food vendors in downtown White Bear Lake. Classic cars, live music and activities for kids! Talk to experts during the Environmental Resources Expo on July 25.

Vadnais Heights Farmer's Market

Wednesday, June 19 – October 16, 2-6 pm at the Helene Houle Medical Center, 1155 E. County Road E. This is a great place to stop and shop for produce and other goods.

Ice cream Social & Music in the Park

Wednesday, June 19, 5-7 pm at Berwood Park.
Join your neighbors for an Ice Cream Social and “Hot Dog with a Deputy”. There will be games for all ages and live music in the park. Free Culver’s ice cream until gone. Also, free hot dogs, chips, bottled water and frozen fun pops will be provided by the Ramsey County Sheriff’s Department until gone.

What's So Funny About Getting Old? #6

You know you're getting older when... the gleam in your eye is from the sun hitting your bifocals!

Lunch & Table Games

Wednesday, June 26, 12 noon.
If you have your bag lunch we'll have the coffee ready. Dessert will also be furnished. Join us for an afternoon with friends and neighbors. Table games of choice will be played.

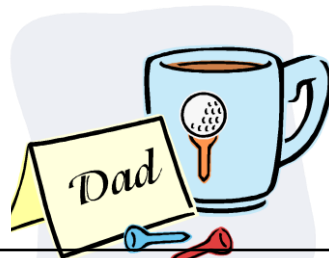
White Bear Farmer's Market

Fridays, June 28 – October 25, 8 am-Noon.
Hometown street market in the heart of downtown. It's the place for home grown vegetables, fruits, cut flowers and bedding plants.

Save the Dates!

Wednesday, July 17 – Concert at Vadnais Square
Friday, July 26 – Movie in the Park
Don't miss out on these summer events!

Happy Father's Day!



Sunday, June 16

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.

Dad's Funny Jokes

Did you hear about the restaurant on the moon? Great food, no atmosphere.

What do you call a fake noodle? An Impasta.

How many apples grow on a tree? All of them.

Want to hear a joke about paper? Nevermind, it's tearable.

Why did the coffee file a police report? It got mugged.

How does a penguin build its house? Igloos it together.

Dad, did you get a haircut? No, I got them all cut.

Why did the scarecrow win an award? Because he was outstanding in his field.

I'll call you later. Don't call me later, call me Dad.

What do you call an elephant that doesn't matter? An irrelephant.

Want to hear a joke about construction? I'm still working on it.

Why couldn't the bicycle stand up by itself? It was two tired.

The shovel was a ground-breaking invention.

Whenever the cashier at the grocery store asks my dad if he would like the milk in a bag he replies, "No, just leave it in the carton!"

I used to work in a shoe recycling shop. It was sole destroying.

What did the grape do when he got stepped on? He let out a little wine.