



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

July 2019

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons

Friday, July 19, 9 am.

### Vadnais Heights Community Food Program

Distribution on Saturday, July 20, 9 am.

### Council Meetings

Tuesday, July 16 (Tuesday, July 2 is cancelled)

All meetings are 7 pm at Vadnais Heights City Hall.

### 4<sup>th</sup> of July Fireworks, Flyover & Music

The fun starts at 8 pm with music at 8:30 pm at Memorial Beach in White Bear Lake. Flyover with T-6 planes at 10 pm and fireworks will follow. Music is by Shoreview Northern Lights Variety Band.

### Free Farmers Markets

Saturday, July 6 and Saturday, July 20 from 9 am – 10:30 am at Community of Grace Market, 4000 Linden Street, White Bear Lake.

Thursday, July 11 from 4 pm – 6 pm at St. Andrew's Market, 900 Stillwater Road, Mahtomedi.

Thursday, July 25 from 11:30 am – 1 pm at Redeemer Lutheran Market, 3770 Bellaire Ave., White Bear Lake. All are welcome to enjoy free produce!

### Lunch & Table Games

Wednesday, July 10, 12 noon.

We'll have the coffee ready for you and any friends you bring. Dessert will be furnished by Kathy Zuehlke. After a short business meeting, table games of choice will be played.

### Bravo for Blueberries

Low in calories, blueberries are also packed with powerful antioxidants that fight cell damage and reduce inflammation. Some research suggest that these berries bolster brain function, so eating them may help keep your memory sharp!

### Concert at Vadnais Square

Wednesday, July 17, Mad Jacks Cafe and F&M Bank parking lot, 7 pm – 9 pm.

Celebrate summer at the free live outdoor concert and street dance featuring AUDIO CIRCUS. Whether it's pop, country or rock, Audio Circus plays something for everyone and brings an energetic stage show performance. Concert hosts are F&M Bank, Mad Jacks and Vadnais Square. Sponsored by the City of Vadnais Heights.

### What's So Funny About Getting Old? #7

"A man has reached middle age when he is warned to slow down by his doctor instead of the police."

...Henny Youngman

### Lunch & Table Games

Wednesday, July 24, 12 noon.

Your favorite bag lunch will go well with our hot coffee. Bring a friend or two and enjoy the dessert furnished by Doris Thompson. Table games of choice will be played.

### Movie in the Park

Friday, July 26, Kohler Meadows Park

Face painting, bean bag games, treats for sale and more will start at 8 pm. Bring your blanket and lawn chairs to enjoy MARY POPPINS RETURNS shown at dusk. Sponsored by F&M Bank. In case of inclement weather, this event will be held at the Vadnais Heights Commons.

### Save the Dates!

Thursday, August 15 is our annual Senior Picnic and the start of Heritage Days. See the enclosed reservation form.

Friday, August 16, Gable Pines is sponsoring a Breakfast for a Cause from 8 am to 10 am for the Vadnais Heights Senior Hi-Lites. Be sure to mark your calendars!

Happy 4<sup>th</sup> of July!

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](http://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](http://www.whitebearseniorprogram.org).

# Independence Day Facts



## **Three Presidents Died on July 4th**

Thomas Jefferson – July 4, 1826

John Adams – July 4 1826

James Monroe – July 4, 1831

## **Born on the 4th of July**

President Calvin Coolidge was born on July 4th 1872, putting him forever into the history books.

## **Fireworks**

Each year Americans light about 200 million pounds of fireworks! And most of them are imported from China – \$247,100,000 worth.

## **Could have been a Turkey instead of an Eagle**

Benjamin Franklin wanted the national bird to be a Turkey. He said the bald eagle is a bird of bad moral character, the turkey is a more respectable bird. Luckily, he lost the vote.

## **Road Trip**

The First week of July is typically the busiest travel week of the year in the United States.

## **More Coincidences**

Future President's John Adams and Thomas Jefferson both signed the Declaration of Independence. And yes, they are the guys that both died on the same day.

## **Hot Diggidy Dog!**

The favorite food for the 4th of July is the Hot Dog. America consumes about 150 million hot dogs on this date.

## **Philippines celebrates July 4 after Independence from the United States**

Ironically, on July 4th, 1946, the Treaty of Manila was signed in the Philippines giving them independence from...The United States.

## **It Could Actually be a Lie**

It is widely believed that the Declaration of Independence was actually signed nearly a month after its adoption, on August 2, 1776. Only John Hancock, Charles Thompson, signed it on July 4. The rest of the 56 delegates signed nearly a month later.