



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

August 2019

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons  
Friday, August 16, 9 am

### Vadnais Heights Community Food Program

Saturday, August 17, 9 am  
Food Distribution

### Free Farmers Markets

Saturday, August 3 and Saturday, August 17 from 9 am – 10:30 am at Community of Grace Market. 4000 Linden Street, White Bear Lake.

Thursday, August 8 from 4 pm – 6 pm at St. Andrew's Market, 900 Stillwater Road, Mahtomedi.

Thursday, August 29 from 11:30 am – 1 pm at Redeemer Lutheran Market, 3770 Bellaire Ave., White Bear Lake. All are welcome to enjoy free produce!

### Night to Unite at Christ the Servant Lutheran Church

Tuesday, August 6, 5 pm to 8 pm

All neighbors are welcome! Hot dog & hamburgers will be grilled. Salads & desserts will be welcomed. Questions: Call the church at 651-429-6595 or [lois@cslcvh.org](mailto:lois@cslcvh.org)  
New school supplies will be collected. Bring your donation to help K-12 students that are in need at our local schools.

### Council Meetings

Wednesday, August 7 and Tuesday, August 20.  
All meetings are 7 pm at Vadnais Heights City Hall.

### Wow for Watermelon

As its name suggest, this fruit is mostly water (91%) so it's hydrating. Plus it has vitamins and potassium for just 46 calories per cup. Watermelon is one of the few sources of lycopene which may protect against certain cancers and heart disease.

### What's So Funny About Getting Old? #8

“By the time a man is wise enough to watch his step, he's too old to go anywhere.”.....Joey Adams

### Lunch & Table Games

Wednesday, August 14, 12 noon.

Please join us and bring a friend or neighbor. We'll have the coffee ready for you. After enjoying your delicious bag lunch, dessert will be furnished by Mary Jane Krantz. We will have a short meeting with table games of choice to follow.

### Heritage Days Senior Picnic

Thursday, August 15 at Vadnais Heights Commons

10 am – 12 pm: Social Hour/Information Displays

12 pm: Roast Beef Dinner Catered by Culver's

12:30 – 1:15 pm: Music/Entertainment by Gary LaRue

1:15 – 2 pm: Bingo

Advance registration only by Thursday, August 8, 2019. Cost: \$5 per person. This event is the start of the annual Heritage Days celebration. Check out the enclosed flyer for all the details of the upcoming events.

### Minnesota State Fair Senior Days

The Great Minnesota Get-Together has many Senior Discount days:

Thrifty Thursday 8/22, Senior Day 8/26, Military

Appreciation Day 8/27, Read & Ride Day 8/28 and Senior

Day 8/29. The admission is \$10 on these dates for seniors age 65 plus.

### Lunch & Table Games

Wednesday, August 28, 12 noon.

Your bag lunch will be very tasty after eating all that State Fair Food on the Senior Days. We will have the coffee ready and dessert will be furnished.



**Heritage Days, August 15-18**

**See insert for more details**

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).



*The Minnesota State Fair announces 31 official new foods and seven new food vendors, adding to the expansive menu offered at the Great Minnesota Get-Together. In total, the State Fair offers nearly 500 foods at 300 concession locations throughout the fairgrounds. Here is a listing of official new foods and vendors for 2019!*

**Boozy Berries & 'Barb Trifle:** Five-layer cold trifle with vanilla pound cake, lemon curd, Cannon River Gris wine and blueberry compote, more pound cake and Gris and rhubarb compote, topped with mint-infused fresh whipped cream and Gris and blueberry coulis.

*At The Hideaway Speakeasy, located in the Veranda, Grandstand upper level, northwest section*

**Breakfast Potato Skin:** Deep-fried potato skin stuffed with scrambled eggs and peppers, topped with blackened beef chislic – a South Dakota bar food staple – and drizzled with bearnaise sauce.

*At The Blue Barn, located at West End Market, south of the History & Heritage Center*

**Carnitas Taco Cone:** Carnitas with a sesame-garlic ginger sauce, cabbage, lime and queso fresco, topped with green onion and sour cream and served in a deep-fried cone-shaped tortilla.

*At San Felipe Tacos, located in the Food Building, east wall*

**Deep-Fried Dilly Dog:** Pickle stuffed with bratwurst, dipped in batter and deep-fried.

*At Swine & Spuds, located in the Warner Coliseum, east side*

**Duck Drummys:** Duck wings coated in a batter and seasoning blend, deep-fried and served with Giggles' own tequila lime dipping sauce.

*At Giggles' Campfire Grill, located on the southeast corner of Lee Avenue & Cooper Street at The North Woods*

**Grilled Sota Sandwich:** Cinnamon nut butter and Minnesota blueberry marmalade served warm on Irish soda bread. Gluten-free and dairy-free.

*At Brim, located at the North End, northwest section*

**Jamm'in Brisket Grilled Cheese:** Slow-smoked brisket, red onion jam, cheddar and pepper jack cheeses and RC's hot BBQ sauce.

*At RC's BBQ, located on the north side of West Dan Patch Avenue between Liggett & Chambers streets*

**Mini Donut Latte:** A traditional latte with house-made mini donut flavoring, whole milk and espresso topped with a dusting of cinnamon and sugar.

*At The Anchor Coffee House, located on the west side of Underwood Street between Carnes & Judson avenues outside Ramberg Music Café*

**Warm Cheesecake Tart:** Cheesecake in a tart crust served warm with choice of chocolate, salted caramel or strawberry glaze or without topping.

*At LuLu's Public House, located at West End Market, south of Schilling Amphitheater*

**MORE new foods and info: [mnstatefair.org](http://mnstatefair.org)**

**MINNESOTA STATE FAIR** 