



Vadnais Heights HI-LITES

Senior Activities Newsletter

September 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, September 20, 9 am.

Vadnais Heights Community Food Program

Food distribution is Saturday, September 21, 9 am.

Council Meetings

Tuesday, September 3 and Tuesday, September 17.
Meetings are 7 pm at Vadnais Heights City Hall.

Community of Grace Market in White Bear Lake

Saturday, September 7 and Saturday, September 21
This FREE farmers' market is open 9 am - 10:30 am.

Italian Pasta Dinner

Christ the Servant Lutheran Church, Saturday, September 7, 2019. Serving will be from 4:00 to 7:00 pm. The menu is mostaccioli pasta with marina sauce, Italian meatballs, tossed salad, Vienna bread, dessert and beverage. Adults: \$11 and Children under 12: \$6. Tickets available on Sundays, at the door, online at www.cslcvh.org or call 651-429-6595. Mangia!!

2019 Senior Health Expo

Wednesday, September, 11 from 11:30 – 2 pm, White Bear YMCA, 2100 Orchard Lane, White Bear Lake. The City of Vadnais Heights will have information on our Senior Hi-Lites and community events. Please stop by and visit. Also featured will be health and wellness, assisted housing, flu shots and financial well-being. Gary LaRue will perform at 12 noon and 1 pm. The food vendors are Donatelli's, Pine Tree Apple Orchard and White Bear Pizza Man.

Please note:

The Senior HI-LITES WILL NOT MEET THAT DAY.

What's so funny about getting old? #9

“At a certain age, if you don't wake up aching in every joint, you are probably dead.”....Tommy Mein

Crazy for Corn!

In addition to fiber, corn contains minerals magnesium and potassium. A medium ear has fewer than 100 calories. Just be mindful not to slather it in butter and salt!

White Bear Lake TRIAD Senior Picnic

Saturday, September 14 at Podvin Park, 1700 9th Street, White Bear Lake. Open to Seniors 55 years plus. FREE food served from 11:30 am until GONE. Program begins at 11:55 am. Sponsored by the White Bear Lake TRIAD seniors and local law enforcement.

Senior Center Open House, 2484 East County Road F, White Bear Lake

Tuesday, September 17, 9 - 11 am.

Come for a tour of the Senior Center and enjoy some treats. You can learn about their many activities, groups, classes, services and volunteer opportunities.

Breakfast for a Cause

Friday, September 20 at Gable Pines.

Breakfast will be served 8 am – 10 am with proceeds going to the Alzheimer Association. A suggested donation is \$5 per person. RSVP to 651-350-1703.

Community Connections Program

Tuesday, September 24, 2 - 3 pm.

Free presentation at Vadnais Heights City Hall on “The Art of Moving - Small Steps/Big Moves”.

Presented by Rose's Daughters-Packing & Moving Solutions for Seniors and AAA movers.

Lunch and Table Games

Wednesday, September 25, 12 noon.

Pack that bag lunch & join us for a fun afternoon. Bring a friend or two. The coffee will be ready and dessert will be furnished. After a short meeting, table games of choice will be played. September is also dues month for the HI-LITES.



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.

Labor Day Facts and Trivia

Q: Why do we celebrate Labor Day?

A: This national holiday celebrates the achievements of the American worker as a result of the labor movement of the 19th century. During the 1800s, labor unions fought to free the American worker of 16-hour workdays and harmful work environments, establishing more rights for employees.

Q: When is Labor Day celebrated?

A: Labor Day is celebrated on the first Monday in September every year. However, this celebration of the American worker wasn't always a designated day throughout the country.

Q: When was the first Labor Day observed?

A: According to the U.S. Department of Labor, the first observance of Labor Day was recognized on Tuesday, September 5, 1882, when an estimated 10,000 workers gathered for a parade in New York City organized by the Central Labor Union. The organization urged similar labor organizations to celebrate their own "workingmen's holiday" event, an idea that caught on throughout more than half of the states in the country by 1894. That same year, congress passed an act on June 28, 1894 to designate the first Monday in September as Labor Day.

Q: Which state was the first to officially make Labor Day a state-recognized holiday?

A: In 1887, Oregon was the first state to make Labor Day a holiday, seven years before the President declared the celebration a national holiday.

Q: Do other countries celebrate Labor Day?

A: While the United States is the birth place of this annual holiday, similar worker's days are also celebrated in other countries such as Australia, Canada, Jamaica, New Zealand, Trinidad and Tobago in association with each country's labor movement.

Q: How have jobs changed in the last 100 years?

A: The farm owner and tenant industry accounted for the largest number of employees in 1910, but these days retail salespeople are the prime employee base with more than 4 million Americans employed in retail (per the US Census).

Q: How many people work in the United States?

A: According to the latest Census figures, there are 158.5 million people age 16 years and older in the country's labor force.

Q: How old do you have to be to get a job?

A: While the United States Department of Labor states that rules vary depending upon state, job type and age of the minor, on average a person must be 14 years or older to enter the workforce. The number of hours minors under the age of 16 is also limited but varies by state. However, *Forbes* reports that children as young as 5 and 6 years old worked in factories and mines in the late 1800s.

Q: Why do people say not to wear white after Labor Day?

A: While much of the population has left this fashion faux pas in the past, the actual origin of the fashion decree of not wearing white after Labor Day is up for debate. Many people mark the end of summer with the Labor Day holiday, so some say that leaving the breezy, carefree linens and white clothing for hotter months was a symbolic way of waving bye-bye to summertime. Others say that the change in weather around this date doesn't permit white attire. Either way, it's now safe to wear your bright whites in public past the September marker in today's society.