



Vadnais Heights HI-LITES

Senior Activities Newsletter

November/December 2019

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons

Fridays, November 15, December 20, 9 am.

Vadnais Heights Community Food Program

Saturdays, November 16, December 21

9 am food distribution.

Holiday Boutique and Bake Sale

White Bear Senior Center

Friday, November 1, 9 am – 7pm

Saturday, November 2, 9 am – 4 pm

The Craft Corner Gift Shop sale has everything hand made by seniors. Be sure to shop at the delicious bake sale. For more information call 651-653-3121.

Indoor Farmers Market at Bachman's Maplewood

Saturday, November 2, 9 am – 1:30 pm

As the weather cools down, warm up inside the greenhouses to shop seasonal goods at the indoor Farmers Market. The selection includes everything from fresh, locally grown produce to sweet treats, artisan-made crafts and great gifts. For more information visit www.bachmans.com or 651-770-0531.

Fall Back on November 2nd

It's time to fall back. Turn your clocks BACK one hour on Saturday night to avoid confusion and be on time for your Sunday plans.

Ramsey County Election

Tuesday, November 5. The hours of voting in all polling places will be from 7 am to 8 pm. In Vadnais Heights the polling places are: Precinct 1, 2 and 3 vote at the Vadnais Heights Commons. Precinct 4 vote at the Vadnais Heights South Fire Station. For more information:

www.ramseycounty.us/elections or call 651-266-2171.



Council Meetings

Wednesday, November 6 and Tuesday, November 19.

Tuesday, December 3 and Tuesday, December 17.

Meetings are 7 pm at Vadnais Heights City Hall.

“We All Use Water”

Sunday, November 10, Christ the Servant Lutheran Church, 1 pm – 3pm.

You're invited to a Connect-the-Drops Celebration Event.

Lunch and Table Games

Wednesday, November 13, 12 noon.

It's back to bag lunch again. The coffee will be ready and Darlyne Morrow will be bringing dessert. Come and join us and share a favorite Thanksgiving memory or recipe. This will be our only meeting in November. Table games of choice will be played.

Breakfast for a Cause

Friday, November 15 at Gable Pines

Breakfast will be served 8 am – 10 am with proceeds going to Flags for Fort Snelling. A suggested donation is \$5 per person. RSVP to 651-350-1703.

Community Connections/Vision Loss Resources

Tuesday, November 26, 2 – 3 pm, Vadnais Heights City Hall. Vision Loss Resources will be sharing how they are at work in the Community helping folks with low vision, an eye condition that is not corrected with eyeglasses. Learn what services are available that might help you or someone you know who is having challenges with their vision.

Butterball Hotline Information

Need some help with your 25 plus pound turkey? Just call 1.800-288-8372. They offer assistance Monday thru Friday from 10 am – 7pm Eastern Time. You actually speak to a live person!

Continued on the back side...

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.

PJS with Santa

Friday, December 6, 6 – 8 pm, Vadnais Heights Commons. This annual holiday event features Santa, The “No Nose for Rudolf Show” at 6:15 and 7:15 pm, a face painter, holiday games, cookies and more for participants of all ages! Parents must accompany children throughout the event. Wear pajamas if you like. Cost: \$10 per family/resident; \$20 per family/non-resident. Registration deadline is Monday, December 2.

Lunch and Table Games

Wednesday, December 11, 12 noon. Come join for coffee and we will have dessert furnished by Linda Wong. Bring a friend, neighbor and yourself! We will have a short meeting with table games of choice to follow.

Holiday Luncheon at Jimmy's

Wednesday, December 18, 12 noon at Jimmy's in Vadnais Heights. Come join us for lunch and some Christmas cheer. All are welcome and we will be ordering from a variety of choices from their menu. 'Tis the season to celebrate with your friends and neighbors!

Save the Date

Mark January 14 on your 2020 calendar for a Senior Lunch at Christ the Servant Lutheran Church. More information will follow.



10 Thanksgiving Quotes

“If a fellow isn't thankful for what he's got, he isn't likely to be thankful for what he's going to get.”
– Frank A. Clark

Pride slays thanksgiving, but a humble mind is the soil out of which thanks naturally grow. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves. – Henry Ward Beecher

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence. – Erma Bombeck

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie. – Jim Davis

You may have heard of Black Friday and Cyber Monday. There's another day you might want to know about: Giving Tuesday. The idea is pretty straightforward. On the Tuesday after Thanksgiving, shoppers take a break from their gift-buying and donate what they can to charity. – Bill Gates

I am grateful for what I am and have. My thanksgiving is perpetual. – Henry David Thoreau

Some memories are unforgettable, remaining ever vivid and heartwarming! – Joseph B. Wirthlin

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. – William Arthur Ward

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. – Oprah Winfrey

Life is all about balance, and there are certain times of the year - birthday, anniversary, holidays - that are meant to be enjoyed without guilt. That being said, Thanksgiving is a meal - it's not a Thanksgiving day, and it's not a Thanksgiving week. – Harley Pasternak