



Vadnais Heights HI-LITES

Senior Activities Newsletter

June 2020

Vadnais Heights Community Food Program

Saturday, June 20, 9 am – Food Distribution
Please check www.cityvandaisheights.com or call 651.204.6000 for updates.

Lunch and Table Games Cancelled for June

Senior Hi-Lites meetings are cancelled this month due to COVID-19, but we hope to get together again very soon.

Photo Contest May 12 – June 4

Vadnais Proud Photo contest is open to anyone who lives, works, or goes to school in Vadnais Heights. Show us the things that make Vadnais a great community to you. People, places, pets, anything is fair game as long as it's within Vadnais Heights! Visit our web site for contest rules and entry information: www.cityvandaisheights.com. We can't wait to see your photos!

Container Gardening

It's planting season and vegetables can also be grown in containers. If you are planning to plant a tomato plant, why not plant an Italian theme garden? Be ready to make your sauce by adding basil, thyme and oregano plants. A salsa veggie garden would include slicing tomatoes, bell pepper, hot pepper and cilantro.

Farmers' Market

If your thumb is not green then head to the Farmers' Market. The Vadnais Heights Market will be located in the People's Bank Parking lot (3585 Highway 61); Wednesdays, June 17 – October 14, 2-6 pm. The market in Lowertown St. Paul is open Saturdays 7am-1pm and Sundays 8am-1pm with a variety of local produce all grown within 50 miles. There are also baked goods, jam, jellies and other specialty products. The first hour of both days at this market is reserved for elderly and people at high risk for infection. 7-8am Saturday and 8-9am Sunday. You can check out all the vendors at www.stpaulfarmersmarket.com.

Fare for All Community of Grace Church

Friday, June 12, 1-3pm, 4000 Linden Ave. White Bear Lake. This is a drive-by Fare for All which is a safe way to save on quality nutritious foods during this difficult time. For further updates call Community of Grace at 651.429.5359.

Finding Happiness at Home

See Farm Babies: Lift your spirits for real with footage of adorable baby animals including goats frolicking hilariously and a time-lapse video of a chick hatching. This is all set to upbeat, cheerful music, courtesy of the Minnesota Zoo. See www.mnzoo.org/farmbabies.

Exercise at home

The YMCA is offering free-for-all workout videos (yes, even for non-members). The videos, made especially for older adults, include chair yoga (sitting or standing versions). You'll also find Facebook Live exercise and meditation sessions and ideas for healthy at-home meals. See www.ymcamn.org/y-at-home.

Flag Day Facts - Sunday, June 14

The first flag was commissioned with a payment of "three strings of wampum". By 1777, the US was still undecided on the exact look of its flag. This was a cause for concern for Thomas Green, an American Indian who wanted the protection of an official flag while traveling through treacherous territory to Philadelphia. Thomas asked for help from Congress, throwing in the aforementioned payment to sweeten the deal. Within 10 days, a resolution was passed, finalizing the flag as a creation with 13 stars and 13 stripes. The date: June 14, 1777.

You're No spring Chicken #6

What to say to an older person who is very special to you....

You are the look and smell of lilacs in the spring.
You are the warmth of a quilt on a Minnesota winter night.
You are the sound of silence, a fresh breeze and the feel and smell of clothes just off the clothesline.

Happy Father's Day

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.cityvandaisheights.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 One-Liners and Funny Jokes

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

When does a joke become a dad joke? When it becomes apparent.

What did one ocean say to the other ocean? Nothing, they just waved.

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

I wouldn't buy anything with Velcro. It's a total rip-off.

Why are elevator jokes so good? They work on so many levels.

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

Did you hear about the circus fire? It was in tents.

I could tell a joke about pizza, but it's a little cheesy.

I made a pencil with two erasers. It was pointless.

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

Why are spiders so smart? They can find everything on the web.

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 like telling Dad jokes. Sometimes he laughs!

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