

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.

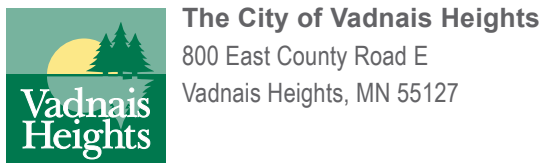
CONTACT US

Vadnais Heights City Hall  
800 East County Road E  
Vadnais Heights, MN 55127  
651-204-6000  
cityvadnaisheights.com



Senior Coordinator  
Josephine Christensen  
651-777-0618

Additional programs, resources, and services offered through the White Bear Area Senior Program at:  
651-653-3121 or [www.WhiteBearSeniorProgram.org](http://www.WhiteBearSeniorProgram.org)



The City of Vadnais Heights  
800 East County Road E  
Vadnais Heights, MN 55127



# Vadnais HI-LITES



SENIOR ACTIVITIES NEWSLETTER

### Vadnais Heights Community Food Program

The third Saturday of every month at 655 East County Road F (north end of the Vadnais Heights Commons). The program is operated by the Vadnais Heights Lions Club. Due to COVID-19, households at or below 300% of the weekly Federal Poverty Level are eligible to receive Emergency Food Assistance.

Shelf stable food donations can be dropped off at City Hall, 8:00 - 4:30, Monday-Friday.

**Food distribution is Saturday, February 20, 9:00 - 10:00 am.**

For more information about the program, visit [www.cityvadnaisheights.com/foodshelf](http://www.cityvadnaisheights.com/foodshelf) or contact Bob Leibel at 651-746-4158 between 9:00 am and 5:00 pm.

### Booya!

Saturday, February 6, 8 am until it's GONE! Little Canada Fire Department, 325 Little Canada Road. Booya will be sold in to-go containers for fast and easy pick-up. The 32 oz container will be \$10. Buy several for your Super Bowl Party!

### Puzzle Exchange

Take a puzzle, leave a puzzle (if you have one) or both! All are welcome! Open Monday-Friday 8 am to 4:30 pm at City Hall.

### Council Meetings



Tuesday, February 2  
Tuesday, February 16  
7:00 pm @ City Hall

Watch live on local cable Channel 16. Stream live or watch later on our website: [cityvadnaisheights.com](http://cityvadnaisheights.com).

### Super Bowl LV

Sunday, February 7  
Tampa, Florida.  
Are the Chiefs going to make it two in a row? Will Brady get his 7th Super Bowl win?



Also, why is it called the "super bowl"? The timing of when the AFC-NFC title game got its name is slightly disputed, but the legend is Kansas City Chiefs owner Lamar Hunt coined it based off the "super ball" toy his daughter and son played with.

### Community Engagement Committee

The City of Vadnais Heights created the Community Engagement Committee last fall and continues to seek participants and members. The goal is to help the City better understand where there might be gaps in communication and engagement and better understand how the City can be a resource to all residents of the community. As these efforts are ongoing, we are looking for input! Submit a Letter of



Interest to Tim Sandvik, Assistant City Administrator, at [tim.sandvik@cityvadnaisheights.com](mailto:tim.sandvik@cityvadnaisheights.com) or contact him at 651-204-6013 (direct) with any questions, comments, or concerns. Learn more about the Community Engagement Committee at [www.cityvadnaisheights.com/CEC](http://www.cityvadnaisheights.com/CEC).

### COVID-19 Vaccine Updates

Minnesotans aged 65 and over are currently eligible to make appointments for the COVID-19 vaccine at [www.mn.gov/findmyvaccine](http://www.mn.gov/findmyvaccine). Seek out more information from reliable health professionals and government agencies.



### Ramsey County

[www.ramseycounty.us/covid](http://www.ramseycounty.us/covid)

### Minnesota Department of Health (MDH)

[health.state.mn.us/disease/coronavirus](http://health.state.mn.us/disease/coronavirus)

### FREE Virtual Activities

#### Museum & Zoo Virtual Tours

##### The Louvre

One of the world's largest art museums and one of Paris's most iconic historic monuments. It is the world's most-visited art museum, with a collection that spans work from ancient civilizations to the mid-19th century. [www.louvre.fr/en/visites-en-igne](http://www.louvre.fr/en/visites-en-igne)

##### The San Diego Zoo

Showcasing more than 3,700 animals that call the zoo home. Its innovative animal habitats provide natural settings for animals, often with different species living among one another. The 100 acre facility features lush landscaping and foliage, and the canyons and mesas make the experience

unique for visitors. [kids.SanDiegoZoo.org](http://kids.SanDiegoZoo.org)

##### Omaha's Henry Doorly Zoo & Aquarium

Home of the world's largest indoor desert and the largest indoor rain-forest in North America. Features daily interactive videos and activities you can do with your family. [www.ohmahazoo.com](http://www.ohmahazoo.com)

### FREE Online Fitness Classes

#### Crossfit

Free at home workout videos, including single exercises and drills. [www.crossfit.com/at-home](http://www.crossfit.com/at-home)

#### Learntodance.com

Learntodance.com offers free online step-by-step tutorials in everything from tango to Irish step-by-step dancing. [www.learntodance.com/online-dance-lessons](http://www.learntodance.com/online-dance-lessons)

#### Blogilates

Free Pilates workout videos, challenges and plans. Pick a body focus, and desired level and find a large variety of workouts. [www.blogilates.com/workout](http://www.blogilates.com/workout)

### FREE Online Lessons & Classes

#### 30-Minute Crafts

Plenty of options to satisfy your creative itch without taking up your whole day. [www.30minutecrafts.com](http://www.30minutecrafts.com)

#### DIY Projects

For DIY enthusiasts this website focuses on home and lifestyle repairs. Tons of topics to choose from. [www.doityourself.com](http://www.doityourself.com)

#### National Geographic Kids

Large collection of videos, interactive activities, and fun games that will keep children of all ages engaged. [www.natgeokids.com](http://www.natgeokids.com)

# Senior Resource NEWS

## Healthy American Heart Health Month Tips

**1. Put on your dancing shoes:** Dancing is not only great aerobic exercise, but it's a fun way to reduce stress and keep your heart healthy.

**2. Take a power nap:** Just taking a 45-minute nap after a stressful situation or mental task has been known to reduce blood pressure.

**3. Crank up the music:** Listening to music may have direct impact on lowering blood pressure and lessening stress and anxiety- all of which are contributing factors to cardiovascular disease.

**4. Control your cholesterol:** Check out the guidelines for healthy cholesterol numbers, issued by The American Heart Association.

**5. A little dark chocolate goes a long way:** Finally some good news for those with a sweet tooth. Pure dark chocolate (not the milk or white varieties) is a rich source of catechins, a heart healthy antioxidant. Eating one ounce per day can satisfy your sugar cravings. Just be careful not to overindulge, since chocolate is high in calories and can sabotage your efforts.

### Tip from Ramsey County Sheriff's Office

Reminder: don't leave your vehicle running, unlocked and unattended. Don't make it easy for thieves to drive it away while you're "away for just a moment." Spread the word.



### Technology Help Available

With so much of what we do "going virtual," you may have some tech questions. The Cyber-Seniors organization can help! Call toll-free at **844-217-3057** or visit their website: [cyberseniors.org](http://cyberseniors.org) to make an appointment to speak with someone or to watch informative videos.

### Silly Joke #2

Why did the pig stop sunbathing?  
He was bacon in the heat.



### Go Paperless!

Sign up to get the Hi-Lites Newsletter delivered directly to your email!

Go to:

[cityvadnaisheights.com/seniors](http://cityvadnaisheights.com/seniors), then select Senior Hi-Lites to sign up, or call us at 651-204-6000 to add your email to our list!