



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.

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

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

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

Senior Strolls at Como **Advance Registration Required**

This is a special time set aside just for our 55-and-up aged friends. This is an opportunity to visit the Como Zoo and Conservatory for a leisurely walk before the crowds as well as special activities and guests. This event is a great opportunity for seniors to enjoy a free event that encourages being active and social with some adult learning to spice it up. Dates for March Senior Strolls are Tuesday, March 2, 9:00 am – 10:00 am and Tuesday, March 30, 4:00 pm – 5:30 pm (Conservatory only). For registration and additional information visit www.comozooconservatory.org/como/senior-strolls or call 651-487-8200.

Council Meetings



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

Watch live on local cable Channel 16.
Stream live or watch later on our website:
cityvadnaisheights.com.

AARP Tax Aide Service **Appointment Only**

This service will be available on Mondays, Tuesdays and Thursdays

(except for April 1) through April 15 at South Shore Trinity Lutheran Church, 2480 South Shore Blvd., White Bear Lake. Tax help is available by appointment only. Schedule an appointment at 651-998-9250 between 9:30 and 11:30 am. Monday through Friday. Please leave a message. Do not call the church and do NOT come without an appointment. You must bring to your appointment:

- Social Security card or Taxpayer ID card
- A copy of last year's tax return

AARP tax Aide Services at the Maplewood Library
APPOINTMENT ONLY. Call 651-689-3449 for dates, times and additional information.





Spring Ahead

Sunday, March 14 is when Daylight Savings time returns. Be sure to set your clocks so you are not behind the times!

Footcare Clinic

The White Bear Area Senior Program Footcare Clinic is taking appointments for Tuesday, March 16 and Wednesday, March 17. For more information call 651-653-3121.

Happy St. Patrick's Day

Here are some Irish toasts to share with your Irish friends and all your friends.



“May the best day of your past be the worst day of your future.”

“Always remember to forget the things that made you sad. But never forget to remember the things that made you glad.”

“May your heart be light and happy, may your smile be big and wide. And may your pockets always have a coin or two inside.”

Spring Boutique Sale

Senior Center, 2484 East County Road F, White Bear Lake.

Friday, March 19, 9:00 am – 7:00 pm
Saturday, March 20, 9:00 am – 4:00 pm

This is the perfect place to find that unique gift for a birthday or special event. A variety of beautiful, handcrafted items will be available for your selection. Stop by to shop and you will find that spring has finally arrived!

Put Some Spice in Your Life

Here's some hot news! Eating chili peppers may slash the risk of premature death, including from cancer and cardiovascular disease by a quarter due to their anti-inflammatory properties. Capsaicin, the compound that gives peppers their fiery taste, may have wide health benefits, including fighting tumors and helping the body control its glucose levels. But researchers from the Cleveland Clinic in Ohio said further study is necessary to establish which varieties of chili confer protection and how often one should consume them.

Fare For All Drive Through

Friday, March 19, 1:00 pm – 3:00 pm
Community of Grace Lutheran Church, 4000 Linden Street, White Bear Lake will have a variety of produce and meat items available for purchase. It is a great way to save on quality nutritious foods during these economic times.

Spring Scavenger Hunt

Join us in welcoming the official arrival of spring with a scavenger hunt in the parks! The scavenger hunt will be open March 22 through April 2; anyone completing the hunt can stop in to City Hall for a free goodie bag (while supplies last). The hunt is free and open to all! Check our website for hunt details and printable scavenger hunts, or stop in to City Hall.

Prevent Falls During Winter Months

These eight tips can help you to maintain your balance and move confidently across snowy, icy, or wet surfaces:

- 1) Wear shoes with good traction.
- 2) Dress warm. If you're warm, your muscles

Senior Resource NEWS

will stay relaxed. Tense muscles can adversely affect your balance.

3) Be careful getting out of your car. Plant both feet firmly on the ground before moving. Steady yourself on the door frame until you have your balance.

4) Don't take shortcuts. Stay on cleared sidewalks and paths, and don't walk between parked cars. Remember that grassy slopes can be as slippery as snowy steps.

5) Take extra time. Don't rush. Take short steps with your toes pointed slightly outward to maintain a stable base of support.

6) Pay attention. Stay aware of the surfaces ahead of you. Look down with your eyes only. If you move your head downward, you may shift your balance.

7) When walking in the dark or in shadowy areas, stay alert for black ice. It is treacherous and extremely slippery.

8) Keep your driveway and walkways clear. Pay someone to do this if necessary.

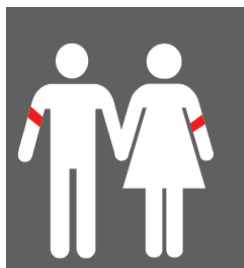
Source: AmericanBoneHealth.org

Red Cross Blood Drive – Vadnais Heights Commons

Wednesday, March 10, 12:00 - 6:00 pm

Sign up to donate at www.redcrossblood.org or call 1-800-RED-CROSS.

Volunteers needed for donor check-in; contact Katie Everett for more information at katie.everett@cityvadnaisheights.com or call 651-204-6060.



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** to make an appointment to speak with someone or to watch informative videos.

Silly Joke #3

What makes the calendar seem so popular?
Because it has a lot of dates!



Go Paperless!

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

Go to:

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!

ABOUT 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.

CONTACT US

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Vadnais Heights, MN 55127
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cityvadnaisheights.com



Senior Coordinator
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651-777-0618

*Additional programs, resources, and services offered through the White Bear Area Senior Program at:
651-653-3121 or www.WhiteBearSeniorProgram.org*



The City of Vadnais Heights
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VADNAIS HEIGHTS
HI-LITES
INSIDE!