



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 am – 4:30 pm, Monday-Friday.

**Food distribution is Saturday, May 15
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.


Big Red Barn Sale

Saturday, May 1, 11 am – 4 pm at the Bruentrup Heritage Farm. 2170 E., County Road D, Maplewood. This event is hosted by the Maplewood Area Historical Society. Featured are more than 40 artisans, vintage sellers, flea market, crafts, estate and garage sale items. Deep fried tacos & more! Entertainment will be live country & 50's music. Mask required in barn. Rules pertaining to COVID-19 restrictions will apply. Visit www.MaplewoodHistoricalSociety.org.

Blood Drive at the Commons

May 11, 12 – 6 pm. Sign up to donate at redcrossblood.org or call 1-800-RED-CROSS.

Council Meetings

 Tuesday, May 4
Tuesday, May 15
7:00 pm @ City Hall

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

Mother's Day Mom-isms

Sunday, May 9 is a day to honor mothers. Many of us have heard 'mom-isms' growing up. Here are a few you may remember or even said yourself: Beds are NOT made for jumping on. If you're too sick to go to school, you're too sick to play outside. I can always tell when you're lying. When I was a little girl...



Senior Strolls at the Conservatory

Tuesday, May 11 and Tuesday, May 18, 9 – 10 am. Advanced registration required. This is a special time set aside just for our age 55 and up friends. This is an opportunity to visit the Zoo and Conservatory for a leisurely walk before the crowds. 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. For registration and information call 651-487-8200 or visit comozooconservatory.org/Como/senior-strolls.



Minnesota Statehood

May 11 marks the 163rd anniversary of statehood for Minnesota. Who knew? Betty Crocker isn't real. But that did not stop this fictional spokesperson, a creation of Washburn-Crosby Company (WCCO) in Minneapolis (later bought by General Mills), from being named the second-most popular woman in the nation in 1945, right behind Eleanor Roosevelt!



Food Truck Friday

Friday, May 14 at White Bear Senior Center, 2484 E. County Road F, White Bear Lake. Hours are 4:30 – 7 pm. Pig Approved BBQ and cookies are on the menu. Indoor/outdoor seating. Or bring a lawn chair. Please wear a mask and observe social distancing.

It's Garden Time

Looking forward to days of gardening? Reach for the sky and take 10 seconds every half hour to stretch the muscles around your spine. Finnish scientists say this curbs the risk of back pain by 80%, plus cuts recovery time in half if you're achy. Pain researcher Christine Wiebking, Ph.D, says stretches relax spasms, flush inflammation and boost blood flow.



The Tax Man Cometh

Monday, May 17 is Tax Day. Did you know the first income tax in United States history was passed by Congress during the Civil War (1861-1865)? Also remember in the words of the IRS: "We got what it takes; to take what you got." Happy returns of the day!

White Bear Area Senior Program/ Foot Care

Tuesday, May 18 and Wednesday, May 19 appointments are available. Call 651-653-3121 to schedule.

Parking Lot Sale

Saturday, May 22, 10 am – 3 pm; Rain or Shine! The Senior Center parking lot, 2484 East County Road F, White Bear Lake is the place for their first ever rummage sale. Be sure to stop by to find that 'fantastic find.' For more information call 651-653-3121.

Health Access MN

Questions about health insurance? Health Access MN's expert navigators provide FREE HELP to people seeking health coverage. Phone appointments and other remote assistance is available. Schedule a FREE phone appointment or ask us about your health insurance needs.
Phone: 651-645-0215
E-Mail: info@healthaccess.mn
Web: www.healthaccess.mn

Gentlemen, Start Your Engines!

Sunday, May 30 is the 110th Indy 500. The first Indy 500 winner in 1911 was Ray Harroun in the Wasp built by the Maron Motor Car Co., yet another Indiana auto manufacturer. Harroun, who was an engineer, added an innovation to his yellow and black racer that has become standard in all motor vehicles: a rear view mirror.

Save the Dates – Farmers Markets

Wednesday, June 16 – Vadnais Heights
Friday, June 25 – White Bear Lake

Senior Resource NEWS

Vadnais Heights Parks & Recreation Opportunities

Family Tennis Lessons

Spring session: Tuesdays, May 11-June 8; register by May 3.
Summer session: Tuesdays, July 13-August 10; register by June 28.

A great intergenerational option for families looking to get active together! Join our instructor for short, active lessons to practice tennis fundamentals and improve technique, then move into casual, friendly game play. Register as a youth player (ages 5+) and adult (16+) pair.

Outdoor Tai Chi Chaun

Wednesdays, May 12-July 21 from 7-8pm at the Vadnais Heights Commons. Register by May 10.

Tai Chi Chuan is a traditional Chinese exercise system which has been widely practiced for preventative and therapeutic purposes. Occasionally referred to as “moving meditation” or “moving pole,” it is one of the most popular exercise programs of Chinese tradition for improving personal fitness for people of any age. The primary benefits include postural control and balance, flexibility, coordination, agility, strength and power, sensitivity and awareness, reaction time and confidence. The movements are practiced in the beginning as slow and relaxed to develop strength while eliminating tension and increasing energy.



Register online at www.cityvadnaisheights.com/recreation or call 651-204-6000 with questions.



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 #4

How much training do you need to become a trash collector?
Not much. You pick it up as you go along.



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



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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
800 East County Road E
Vadnais Heights, MN 55127

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VADNAIS HEIGHTS
HI-LITES
INSIDE!