

JULY 2021



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, July 17 from 9:00 - 10:00 am.

For more information about the program, visit www.cityvadnaisheights.com/foodshelf or contact Paul Schirer at 612-245-9259 between 9:00 am and 5:00 pm.

Save the Date: Night to Unite

Tuesday, August 3, 4 – 10 pm
Night to Unite promotes strong, safe neighborhoods and communities. Registration is open online.




For information: www.ramseycounty.us/your-government/leadership/sheriffs-office or call 651-266-9333.

Lunch and Table Games

Wednesday, July 14, 12 noon
Bring yourself, a bag lunch, and a friend. The coffee will be ready. We will have a short meeting. Table games of choice will follow.

Council Meetings

 Tuesday, July 16
7:00 pm @ City Hall
Watch live on local cable Channel 16.
Stream live or watch later on our website:
cityvadnaisheights.com.

No meeting is scheduled for Tuesday July 6 due to the Independence Day holiday.

Music in the Park

Celebrate summer with a free outdoor concert in your neighborhood. All concerts are held from 6-8 p.m. Concerts are FREE and open to the public.

Wednesday, July 14 - Big Toe & The Jam
Bridgewood Park
4224½ Bridgewood Terrace

Wednesday, July 28 - The Roe Family Singers
Lily Pond Park
325 Lily Pond Lane

Wednesday, August 25 - Good for Gary - Acoustic
Bear Park
475 Bear Avenue South





When in the Course of Human Events..... July 4, 1776

West Park and Memorial Beach, White Bear Lake
 Sunday, July 4, 8 pm to 10 pm.

Join your friends and neighbors on July 4 to celebrate the Nation's Birthday. Food and music will be featured.

Fun Fact: According to Forbes, 155 million hot dogs are consumed each Independence Day, setting Americans back \$105 million for the dogs and another \$72 million for the buns!



Food Truck Friday

Friday, July 16, 4:30 – 7 pm
 White Bear Area Senior Center,
 2484 East County Road F.

On the menu this month is Up in Smoke & Hawaiian Ice. Indoor/Outdoor seating.

One Small Step for Mankind...

July 20 marks the anniversary of the Apollo 11 mission in 1969. Here are some points to ponder: Why is a moon rock tastier than an Earth rock? It's a little meteor. Which is closer, Florida or the moon? The moon. You can't see Florida from here.

Ice Cream Social

Wednesday, July 21 at
 Berwood Park, 6 pm – 8 pm.
 Join your neighbors for an Ice Cream Social. Live music by The Foxgloves. Activities for all ages.



Tokyo Olympics

Friday, July 23 - Opening Ceremony.
 Believe It or Not! Married women were banned from watching or even attending the ancient Greek Olympic games due to males competing in the nude! The penalty for any married woman caught sneaking a peek was execution!

Bumper Berry Crop Secrets

It's strawberry pickin' time! All signs indicate a record crop for those delicious berries. Use an egg slicer to cut fresh strawberries into perfectly even slices. Berries will keep for up to a week if they are refrigerated unwashed and unstemmed in a loosely covered container.

Lunch and Table Games

Wednesday, July 28, 12 noon.
 The Senior Hi-Lites are looking for new members. Please consider joining our volunteer and social group. We get started with coffee and everyone brings a bag lunch. Looking forward to seeing more friends and neighbors.

Vadnais Heights Farmers' Market

Wednesdays, 2:00 to 6:00 pm
 Intersection of County Road E and Highway 61.
 Frandsen Bank & Trust parking lot, 3585 US Hwy 61, Vadnais Heights

The Vadnais Heights Farmers' Market is brought to you by The St. Paul Growers Association. Stop by the farmers' market for fresh produce and other goodies!

July is National Parks & Rec Month

Explore a new City park you haven't visited!
www.cityvadnaisheights.com/facilities

Senior Resource NEWS

Heritage Senior Picnic

Thursday, August 12, 10 am – 2 pm

This popular event is back with food, bingo and entertainment. Culver's will be catering this event. Todd "Elvis" Anderson will be performing!

Registration is required. Register online at cityvadnaisheights.com/HeritageDays or return the inserted form. More details and the Heritage Days full schedule will be out in August.



Forever 50's

Forever 50's is a weekly ministry through the Salvation Army, offering luncheons and entertainment for anyone 50 years and older. Freewill membership of \$10 and a weekly \$2 contribution to assist with costs.

July schedule:

July 1 - Game of OoDDLES

July 8 - Senior Saxes

July 15 - Forever 50's Cookout

July 22 - Kari's Create & Paint Studio (\$18)

July 29 - Mississippi Boat Ride & Lunch (\$16)

For more information on how to get involved, contact the Forever 50s Coordinator Carla Wiedemeier at 651-444-5794.

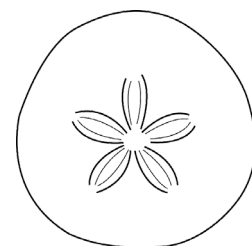


Technology Help Available

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 #7

What do you pay to spend a day at the beach?



Sand dollars!

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
651-204-6000
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
800 East County Road E
Vadnais Heights, MN 55127

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VADNAIS HEIGHTS
HI-LITES
INSIDE!