



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, August 21 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.

Open House at Bruentrup Farm

Sunday, August 1 and Monday, August 2, 11 am – 2 pm at Bruentrup Heritage Farm, 2170 County Road D, Maplewood.

Check out exhibits, interact with the 3M “Magically Adhered” exhibit, see a 1923 Pirsch fire truck, and take guided tours of the 1912 farmhouse and buildings. Sunday events include demonstration of vintage machines such as rope-making, corn shelling, woodworking and crafts.

FREE admission; bring a picnic lunch. Contact 651-748-8645 or www.maplwoohistoricalsociety.org.

Council Meetings



Wednesday, August 4 (Note change due to Night to Unite)

Tuesday, August 7
7:00 pm @ City Hall

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

Night to Unite Neighborhood Gathering

Join us on the patio for Food, Fun & Fellowship with our neighbors. Christ the Servant will provide the hot dogs and lemonade. Please bring a salad or dessert to share.



Night to Unite promotes strong, safe neighborhoods and communities. For information about Night to Unite: www.ramseycounty.us/your-government/leadership/sheriffs-office or call 651-266-9333.

Bear Boating is Back!

To sign up for a Bear Boating date you MUST come to the White Bear Senior Center to receive a boarding pass. No phone reservations this year. The boating dates are:

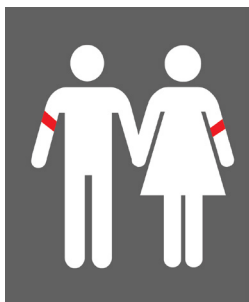
Thurs, 8/5 and Mon, 8/9 at 6 pm – 8 pm
Tues, 8/17 and Wed, 8/25 at 10 am – 12 pm



Blood Drives

Christ the Servant Lutheran Church, Tuesday, August 10, from 2:00 to 7:00 pm. Sign up online at www.redcrossblood.org and enter Christ the Servant.

Vadnais Heights Commons, Friday, August 13 from 12:00 to 6:00 pm. Contact information: Katie Everett, 651-204-6000 or katie.everett@cityvadnaisheights.com, or sign up to donate at www.redcrossblood.org and enter Vadnais Heights Commons.



Help save a life.
Schedule your blood donation appointment today.

The need is constant. The gratification is instant. You make a difference!!

Lunch and Table Games

Wednesday, August 11, 12 noon.

Fill up your brown bag with lunch and the coffee will be ready. Bring yourself and bring a friend.

After a short meeting table games of choice will be played.



Wednesday, August 25, 12 noon.

Hey all you brown baggers, make your favorite lunch and join us. Bring yourself and a friend, and come meet new friends and neighbors! The coffee will ready. Table games of choice will be played.

Heritage Days Senior Picnic

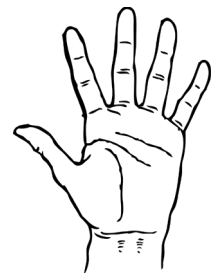
Vadnais Heights HERITAGE DAYS Thursday, August 12 – Vadnais Heights Commons from 10am-2pm.
August 9-15, 2021

Be sure to get your registration in for this popular event by Thursday, August 5. Sign up online, in person at City Hall, or by mail! Featured will be information displays from the community, roast beef dinner, entertainment by “Elvis” and BINGO!

Looking forward to seeing all of you. Also be sure to check out the enclosed 2021 Heritage Days event flyer for more fun-filled events, August 9-15!

National Left Handers Day

Friday, August 13 is a day for all left handers. Some famous lefties include: Leonardo DaVinci, Michelangelo, Marilyn Monroe, Judy Garland, Matt Dillon, Prince William, Babe Ruth, you and me!



Fare for All Drive Through

Monday, August 16, 3:30 pm – 5:30 pm at Redeeming Love Church, 2425 White Bear Avenue, Maplewood. A variety of produce and meat items will be available for purchase. It’s a great way to save on quality nutritious foods during these economic times.

Food Truck Friday

Friday, August 20, 4:30 – 7 pm
White Bear senior Center, 2484 East County Road F. On the menu for August is The Big Cheese & Maui Wowie. Live music by Ukulele Bear. Indoor/ Outdoor seating, or bring a lawn chair. Rain or shine.

Senior Resource NEWS

Music in the Park

Celebrate summer with a FREE outdoor concert at Bear Park, 475 Bear Avenue South. *The events for July 14 & July 28 were postponed and will be rescheduled, watch our website for new dates!*

Wednesday, August 25 - *Good for Gary* - Acoustic

Bear Park, 475 Bear Avenue South

Minnesota State Fair, Aug. 26 – Sept. 6

This year's fair has two Senior Days with reduced ticket price. Monday, August 30 and Thursday, September 2, tickets for seniors 65+ are \$11. With your savings you can try the many new Fair Foods. Some to try:



Bison Bites @ Giggles Campfire Grill, Cucumber Jalapeno Limeade @ Farmers Union Coffee Shop, Dual Berry Shortcake @ LuLu's Public House and Greek Stuffed Ravioli @ Dino's Gyro's. See you at the Ball Park Cafe!!

Seeking Applicants for Health and Public Safety Commission

The City is seeking residents to fill open positions on our Health and Public Safety Commission. The Health and Public Safety Commission assists and advises the City Council on policy related to public safety and solid waste. The Commission annually reviews police, fire, paramedic, and EMT response, animal control, emergency management, traffic, and other street and trail concerns.

Letters of interest are requested by Sunday, August 15 for first consideration and may be sent to Vadnais Heights City Hall: 800 E County Road E, Vadnais Heights MN 55127 or vhinfo@cityvadnaisheights.com.

Blow Away Insomnia

Blow out a candle and beat insomnia. Inhale through your nose; hold for five seconds. Then purse your lips and exhale as if blowing out a candle. Cornell scientists say this releases relaxing brain waves, making it up to twice as effective as sleeping pills.



Silly Joke #8

Did you hear about the robbery last night?

Two clothes pins held up a pair of pants!



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

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*



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

<<First Name>> <<Last Name>>
<<Address Line 1>>
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VADNAIS HEIGHTS
HI-LITES
INSIDE!