



# 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, September 18 from 9:00 - 10:00 am.**

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

### *Hope Dental Clinic*

Wednesdays,  
September 1, 8, 15 & 22  
Appointment times:  
9:00 am - 3:30 pm at  
St. Andrew's Community  
Resource Center, 900 Stillwater Road,  
Mahtomedi, MN



Are you without dental insurance and cannot afford to pay for a cleaning? Hope Dental Clinic will be at St. Andrew's Community Resource Center. Call 651-762-9124 to schedule an appointment. A \$20 administrative fee per appointment is due at time of appointment (CASH ONLY). Enter thru door #6.

### *Council Meetings*



Tuesday, September 7  
Tuesday, September 21  
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).

### *Free Farmers Markets – Drive Thru Style*

#### **Thursday, September 2**

11:00 am - 1:00 pm  
Willow Lake Elementary  
3375 Willow Ave, White  
Bear Lake

#### **Thursday, September 9**

4:00 - 6:00 pm  
St. Andrews  
900 Stillwater Road, Mahtomedi

#### **Thursday, September 16**

11:00 am - 1:00 pm  
Community of Grace Church  
4000 Linden Street White Bear Lake

#### **Thursday, September 23**

11:00 am - 1:00 pm  
White Bear Senior Center  
2484 County Road F East, White Bear Lake





***Lunch and Table Games***

**Wednesday, September 8, 12 noon.**



Looking forward to a wonderful Wednesday afternoon. Hope you can join us with your bag lunch. The coffee will be ready. Don't forget it is time again for dues. The dues are \$12 for the year.

**Wednesday, September 22, 12 noon.**

Stop by with your bag lunch and have a cup of coffee. Bring your neighbor or a friend and meet new friends! After a short meeting, table games of choice will be played.

***Concert Series – Encore Assisted Living***

**Thursdays,  
September 9 and 23, 4:00 - 6:00 pm**  
2300 Hazelwood St., Maplewood

Featured is family-friendly music in an outdoor setting. Indulge in refreshments and snacks; tours of assisted living and memory care will be available. Let them know you're coming at 651-371-9280.

***Dial-A-Story: Ramsey County Library***

Dial-A-Story is a service with free, recorded stories read by your favorite Ramsey County librarians.



Adults and children of all ages can listen by phone any time, day or night. Call today at 651-461-6164 and happy listening.

***Exercise Block for 60 +***

1. Place block on floor
2. Walk around it twice
3. Sit down. Relax

You have now walked around the block twice!



***Concert with the Salvation Army***

**Sunday, September 12 at 6:00 pm,** *The Salvation Army, Lakewood Temple, 2080 Woodlynn Ave, Maplewood.* The Garms Family (acoustic Christian music) from Arkansaw, WI will perform a live concert. All concerts are sustained by freewill offerings and gifts.

***Senior Health Fair – White Bear Area***

**Wednesday, September 15, 12 - 2 pm**  
*White Bear Senior Center, 2484 E. County Rd F, White Bear Lake*

There is something for everyone at this new location. Health & Wellness ~ Flu Shots ~ COVID-19 Vaccines ~ Assisted Housing ~ Financial Well-being. The City of Vadnais Heights will have an information table at this event. Stop by and visit us! We are looking forward to seeing you there!

***Senior Center Open House***

**Friday, September 17, 9 - 11 am**  
*White Bear Senior Center, 2484 E. County Road F, White Bear Lake*

Stop by for coffee and treats while exploring the Senior Center and learning about all of their wonderful opportunities. The weekly groups will be available to provide information and answer any questions you may have. Information about other services will be available such as foot care, health screenings, and medicare counseling.

# Senior Resource NEWS

## *Movie in the Park*



**Friday, September 17 at Berwood Park** featuring *The Big Green*.

7:00 pm open for seating; movie begins at dusk. Bring your own chairs/blankets and snacks.

More info: [cityvadnaisheights.com](http://cityvadnaisheights.com) or 651-204-6000.

## *Flea Market*

**Saturday, September 18, 8:00 am - 3:00 pm;** rain or shine! *White Bear Senior Center, 2484 E. County Road F, White Bear Lake.* You are invited to either sell or shop at the Fall Flea Market! The KCM Egg Roll truck will be there from 11 am – 2 pm. Individuals, non-profits or small businesses are invited to register to set up their own mini-sale in the Senior Center Parking Lot! For more information call 651-653-3121 or visit [www.whitebear.ce.eleyo.com](http://www.whitebear.ce.eleyo.com) and search for FLEA.

## *Fare for All*

**Friday, September 24, 1 - 3 pm.** *Community of Grace Church, 4000 Linden St., White Bear Lake.*

## *Pasta Dinner at Christ the Servant Lutheran Church*

**Saturday, September 25, serving 4:00 pm - 7:00 pm.** Dinner menu: mostaccioli pasta with marinara sauce, Italian meatballs, tossed salad, Vienna bread, dessert, and beverage.

Tickets available on Sundays, at the door, or reserve online at [www.cslcvh.org](http://www.cslcvh.org). Adults: \$10.00; Children under 12: \$5.00.

## *Fall Color Finder*

Minnesota is gearing up for its fall color display! As the leaves start to change, check out the Minnesota Department of Natural Resources (DNR) Fall Color Finder at [dnr.state.mn.us/fall\\_colors/index.html](http://dnr.state.mn.us/fall_colors/index.html) to find where colors are at their peak across the state.

## *Cancellation*

White Bear Lake Triad Senior Picnic has been canceled for this year.

## *Silly Joke #9*

What do you call a hen who counts her eggs?



A mathemachicken!

## *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!

## 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**  
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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

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