



Vadnais HI-LITES



SENIOR ACTIVITIES NEWSLETTER

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.

Saturday, February 19, 2022 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.

Farmers' Market

Sundays, February 6 & 20, 10 am – 2 pm

Bachman's - Maplewood



Winter Farmers' markets are back at Bachman's! Enjoy farm-fresh foods and support your community growers at the same time! Stock up on produce, sweet treats, crafts, and gifts from local farmers, bakers, and artisans

at our Farmers' Markets. Hosted by the St. Paul Farmers' Market.

Chinese New Year

Many sayings and proverbs still ring true to this day. Confucius says, "Do not impose on others what you yourself do not desire." Chinese Proverb: "Deal with the faults of others as gently as with your own."

Council Meetings



Wednesday, February 2, 2022

Tuesday, February 15, 2022

7:00 pm @ City Hall

Watch live on local cable Channel 16.

Stream live or watch later on our website: cityvadnaisheights.com.

AARP Tax Aid Services by

Appointment

South Shore Trinity Lutheran Church: Monday, Tuesday, Thursday. Appointments can be made by calling 651-998-9250 from 9 – 11 am to leave a voicemail.

Maplewood Library: Monday, Wednesday, Saturday. Hours 10 am – 3 pm. Appointments can be made by calling 651-689-3449 to leave a voice mail.

Puzzle Exchange

Give a puzzle, take a puzzle! Stop by City Hall Monday-Friday 8 am-4:30 pm to participate in our puzzle exchange.





Olympic Hockey Watch Party

Sunday, February 6, 6:45 am

Vadnais Heights Commons, 655 East Cty Rd F
Vadnais Heights' own, Hannah Brandt will be playing with USA Women's Hockey in the Beijing Olympics! Join us as we cheer her on against Switzerland! Event is free, but pre-registration is required.

More info at cityvadnaisheights.com/register.

Lunch for Seniors

Tuesday, February 8, 12 pm – 2 pm

Vadnais Heights Commons, 655 East Cty Rd F
Join us for a lunch catered by Donatelli's at the Vadnais Heights Commons.

Sponsored by: City of Vadnais Heights, VH Lions Club, Donatelli's, and Pillars of White Bear Lake. Cost is \$5 with advanced registration only. Register by February 4. Registration form is enclosed and available at City Hall, or register online at cityvadnaisheights.com/register.

Valentine Lunch

Wednesday, February 9

Culver's - Vadnais Heights at 12 Noon
Get an early start to Valentine's Day! Join the Hi-Lites group for lunch at Culver's but be sure to save room for their delicious custard. We look forward to seeing everyone. All hearts are welcome!

BOOYA!!

Saturday, February 12, 8:00 am until it's gone!

Little Canada Fire Station, 325 Little Canada Road
All booya conveniently sold in to-go containers for fast and easy pick up! Stop by the Little Canada Fire Station for your booya enjoyment.

Valentine's Day History

An infamous king made Valentine's Day an official holiday. In 1537, England's King Henry VIII officially declared February 14 the holiday of St. Valentine's Day by royal charter. And yes, he is the monarch who had six wives - two of which he had beheaded!



Whole-Grain Bread Truth

A label that says made with "21 whole grains and seeds" may be misleading because some of those "21 grains and seeds" may just be sprinkled in or added as a topping. Look for whole grains and seeds at the TOP of the ingredients label. That means they are a healthy main ingredient.

Presidents' Day

February 20, 2022

Who knew that President John Quincy Adams (March 4, 1825 – March 4, 1829) skinny dipped in the Potomac River every morning?

Lunch and Table Games

Wednesday, February 23, 12 Noon

Christ the Servant Lutheran Church

It's bag lunch time again. Come by yourself or bring a friend, and meet new friends. Have a cup of coffee with us as we always welcome new faces!

TGIF – Thank Goodness It's Food

Friday, February 25

White Bear Area Senior Center

Seating is for 4:30 or 5:30 pm.

Start your weekend right by having a fresh, hot restaurant meal, dessert and a beverage for only \$5. Dine in or Take out. Reservations required. Call the Senior Center at 651-653-3121.

Senior Resource NEWS

Community Blood Drive

Tuesday, March 10, 12 - 6:00 pm

Vadnais Heights Commons

The needs for donors and volunteers are at critical levels. Sign up to donate at www.redcrossblood.org.

Contact Katie Everett for more information at katie.everett@cityvadnaisheights.com or call 651-204-6060.



Upcoming Adult Recreation Programs

Tai Chi Chaun

Wednesdays, March 16 - May 25

7-8 pm at the Vadnais Heights Commons

Yoga

Mondays, March 21 - May 23

6:30-7:30 pm at the Vadnais Heights Commons

Register online at cityvadnaisheights.com/register



Home Remedies #2

Is your whiteboard less than white? Use WD-40 to clean dry-erase markings from a whiteboard. It works very well and no dry-erase "ghosts."

It's okay if you still drive.

It's okay if you like to cook.

It's okay, regardless of your income.



It's okay to call!

651-653-3123

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



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*

<<First Name>> <<Last Name>>
<<Address Line 1>>
<<City, State Zip>>