



# Vadnais HI-LITES



## SENIOR ACTIVITIES NEWSLETTER

### *Community Food Program*

The third Saturday of every month at 655 East City Rd 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, May 21 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.

### *Lunch and Table Games*

**Wednesdays, May 11 and May 25, 12 Noon**

*Christ The Servant Lutheran Church*

Join our Senior Hi-Lites group to meet new friends and catch up with old friends. The group is sponsored by the City of Vadnais Heights (residency not required) and meets the 2nd and 4th Wednesdays for table games and conversation. The coffee will be ready to go and bring your own bag lunch! All are welcome!



### *Council Meetings*

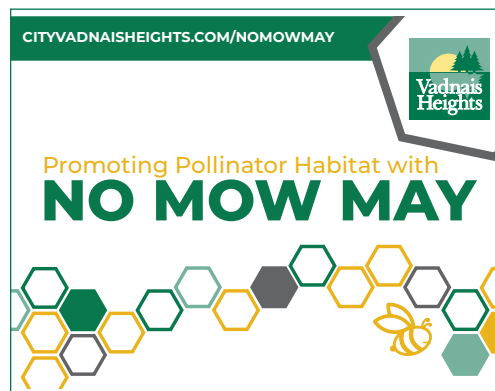


Tuesday, May 3  
Tuesday, May 17  
7:00 pm @ City Hall

Watch live on local cable Channel 16.

Stream live or watch later on our website: [cityvadnaisheights.com](http://cityvadnaisheights.com).

### *No Mow May*



No Mow May is a community science initiative that encourages property owners to limit lawn mowing practices during the month of May to provide early season foraging resources for pollinators that emerge in the spring, especially in urban landscapes when few floral resources are available.

The Vadnais Heights City Council approved a resolution in support of No Mow May at its April, 19, 2022 meeting.

The City asks that property owners to register if they plan to participate. Find more info at: [cityvadnaisheights.com/NoMowMay](http://cityvadnaisheights.com/NoMowMay)



## *Kentucky Derby Day*

**Saturday, May 7**

*Churchill Downs, Kentucky*

Secretariat remains the fastest horse in Kentucky Derby History. His 1973 record time of 1:59.40 has never been broken. Did you know the Rose Garland is made up of more than 400 red roses sewn on green satin, weighing more than 40 pounds!!

## *Mother's Day Quotes*

**Sunday, May 8**



- "A mother is your first friend, your best friend, your forever friend." *Unknown*
- "A mother understands what a child does not say." *Jewish Proverb*
- "A mother's arms are more comforting than any one else's." *Princess Diana*
- "There is no influence so powerful as that of the mother." *Sara Josepha Hale*

## *Fare For All*

**Friday, May 13, 1:00 - 3:00 pm**

*Community of Grace Church, 4000 Linden Street, White Bear Lake*

Fare For All is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables and frozen meat in bulk to save you up to 40% off grocery store prices. Fare For All is community-supported and open to everyone. The more people who participate, the better for everyone - especially families in need.

## *Quad Area Senior Wellness Expo & Health Fair*

**Thursday, May 19, 10:00 am - 2:00 pm**

*St. Genevieve Community Center, 6995 Centerville Road, Centerville*

Senior resources, vendor booths, health screenings, prescription drop off, music, food trucks, entertainment, and lots of prizes! Free admission for attendees, no pre-registration needed. Find more at [quadareachamber.org](http://quadareachamber.org)

## *Food Truck Friday*

**Friday, May 20, 4:30 - 7:00 pm**

*White Bear Senior Center, 2484 East County Rd F*

Join the fun for a relaxing evening of food, entertainment and friends! Grab your neighbors, friends, family and enjoy KCM Eggrolls. Music by Ukulele Bears. Indoor and outdoor seating; rain or shine.

## *Parking Lot Sale/Flea Market*

**Saturday, May 21, 9:00 am - 2:00 pm**

*White Bear Senior Center, 2484 East County Rd F*

For more details or to reserve space call 651-653-3121.

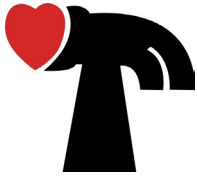
## *Plan Your Day*

Your brain likes to know what is coming next and which tasks to prepare for. Having a daily routine in place helps your brain organize tasks and manage stress levels. Planning your day also helps carve out time for personal learning and developing healthy habits. This scheduled time might include taking a daily walk or learning a new skill.



# Senior Activity NEWS

## *Hearts & Hammers*



Does your home need exterior painting or maintenance? Hearts & Hammers' mission is to provide exterior home improvement help for senior citizens, disabled adults and veterans. Each year from June 1st to October 1st, thousands of volunteers provide exterior painting and maintenance for homeowners throughout the seven-county metro area.

Find more information about eligibility and apply at [www.heartsandhammers.org](http://www.heartsandhammers.org) or call 651-636-0797 to have an application mailed.

## *Home Remedies #5*

Did Sam make the pants too long? Take an easy way out. Rather than dealing with the difficult chore of denim hemming, turn up each hem, iron the folded edge, then put on duct tape. Duct tape now comes in many colors. The duct tape should stay stuck on your clothes through many washings.

## *Easy At Home Exercise*

Stretch out your upper body. Stand with feet hip width apart, extend arms overhead. Gently lean to the left, hold for 20 seconds. Return to center and repeat on other side. This can also be done from a seated position.

## *Summer Events*

Join Vadnais Heights Parks & Rec for a variety of events this summer! Come out to the parks for our Ice Cream Social and Music in the Park nights starting in June. Find dates and locations at [cityvadnaisheights.com/events](http://cityvadnaisheights.com/events).

## *In Flanders Field* *by John McCrae*



### **Memorial Day - Monday, May 30**

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders Fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

### ***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**  
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](http://www.WhiteBearSeniorProgram.org)*



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

Your Address Here

Go to [cityvadnaisheights.com/Seniors](http://cityvadnaisheights.com/Seniors) to sign up for our mailing or eNewsletter list!

*VADNAIS HEIGHTS*  
**HI-LITES**  
*INSIDE!*