

AUGUST 2022



# Vadnais HI-LITES



## SENIOR ACTIVITIES NEWSLETTER

### *Community Food Program*

The third Saturday of every month at 655 East Cty 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, August 20, 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.

### *Council Meetings*



Wednesday, August 3

Tuesday, August 16

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).

### *Lunch and Table Games*

**Wednesdays, August 10 & 24, 12:00 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 - bring your own bag lunch! All are welcome!

### *Night to Unite*

**Tuesday, August 2, 5:00 - 7:00 pm**

*Christ The Servant Lutheran Church*

Stop by the church for a Night to Unite Neighborhood gathering. For additional information call 651-429-6595.



Night to Unite promotes strong, safe neighborhoods and communities. For information about Night to Unite: [tinyurl.com/RCSOnTU](http://tinyurl.com/RCSOnTU) or call 651-266-9333.

### *Upcoming Community Blood Drives*

**Tuesday, August 9, 1:00 pm – 7:00 pm**

*Christ The Servant Lutheran Church*

**Friday, August 12, 12:00 pm – 6:00 pm**

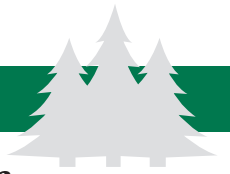
*Vadnais Heights Commons*

For an appointment, visit [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800-733-2767. Blood donations are needed!

### *2022 State Primary Election*

**Tuesday, August 9, 7:00 am - 8:00 pm**

The polling places located in Vadnais Heights are: Vadnais Heights Commons (655 East Cty Rd F) and Vadnais Heights South Fire Station (3595 Arcade St). For more voting information, visit the Ramsey County Elections Office website at [www.ramseycounty.us/elections](http://www.ramseycounty.us/elections) or call 651-266-2171.



## *Free Produce Markets*

**Thursday, August 4, 10:00 am – 12:00 Noon**  
Willow Elementary School, 3375 Willow Avenue,  
White Bear Lake

**Thursday, August 11, 3:30 pm – 5:30 pm**  
St. Andrews Church, 900 Stillwater Road,  
Mahtomedi

**Thursday, August 18, 10:00 am – 12:00 Noon**  
Community of Grace Church, 4000 Linden Street,  
White Bear Lake

**Thursday, August 25, 10:00 am – 12:00 Noon**  
White Bear Senior Center, 2484 County Road F,  
White Bear Lake

Bring your own bags to the Free Farmer's Market!

## *National Left-Handers Day*

**Saturday, August 13**

It turns out, the British Royal family produces a lot of lefties. In addition to Prince William, Queen Victoria, King George VI, The Queen Mother, Queen Elizabeth II, Prince Charles, and Prince George are also left-handed. No curtsy needed for me!



## *MN State Parks Library Passes*

North St. Paul Library, 2300 North St. Paul Road

**m MINNESOTA** Ramsey County Library  
STATE PARKS AND TRAILS is collaborating with

Minnesota State Parks and Trails to offer free entry to state parks for library patrons. Seven-day permits are available for checkout now through June 2025 at the library in North St. Paul. To learn more, call the library at 651-724-6005. This program is made possible by Minnesota State Parks and Trails and funded with money from Minnesota's Arts and Cultural Heritage.

## *Show your Age for 15% Off*

To find great deals on meals, check out senior discount days at local restaurants. Many offer 10% to 15% to folks 55 and older. You can find a list of eateries that offer senior discounts (including restaurants like Chili's and Applebee's) at [www.TheSeniorList.com](http://www.TheSeniorList.com). To shave even more off your bill, split an entree and add a few more sides. Instead of paying \$15 each for two entrees you'll get two filling meals for just over \$20. Information from Trae Bodge, money-saving expert at [TrueTrae.com](http://TrueTrae.com).

## *Home Remedies #8*

**No-Iron Way to Nix those Wrinkles**

No time to iron those dress pants? Toss in dryer with a few ice cubes and run on high for 10 minutes!

## *Fare for All in White Bear Lake*

**Friday, August 12, 1:00 – 3:00 pm**

Community of Grace Church. 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 stores prices. Fare for All is community-supported and open to everyone. The more people who participate, the better for everyone – especially families in need.

## *Final Food Truck Friday!*

**Friday, August 19, 4:30 – 7:00 pm**

White Bear Senior Center  
K Town Street Food,  
Erhard' Brats & Cherry on  
Top Ice Cream.

Music by September  
Island.

COMMUNITY EVENT

**FOOD TRUCK  
FRIDAY!**



# Senior Activity NEWS

## *Fridays with Firefighters (White Bear Lake)*

**Friday, August 19, 10:00 am – 12:00 Noon**

*White Bear Lake Fire Department, 2240 County Road East*

Stop by the White Bear Fire Station to meet firefighters, take a tour, spray a real fire hose and lots more fun.

## *Minnesota State Fair*

**August 25 – September 5**

The Great Minnesota Get Together will offer discounted prices for seniors 65+ at the entrance gate for \$12 on Monday, August 29 and Thursday, September 1. Military Appreciation Day is Tuesday, August 30 with discounted prices for military members (active and retired) for \$12 at the entrance gate.

With your savings you may want to check out several of the 38 new foods. Celebration Cake on a Stick, Pickle Pizza, Breakfast Gnocchi, Reuben Rolls, and Gray Duck Sundae are some choices. Our pick to try is the Tot Dog! Note: To sample all the available foods at the State Fair you will need to eat close to 500 delectable delights across 300 food concessions!



### *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!

## Vadnais Heights HERITAGE DAYS

### *Senior Picnic*

**Thursday, August 18,**

**10:00 am – 2:00 pm**

*Vadnais Heights Commons*

Pre-registration is required. Return the inserted form or register online by August 11.

### **Join us for all of the exciting Heritage Days events, August 15-21!**

The fan favorites are returning: Kids Day, Lions Pig Roast, Fireworks, VH Fire Relief Booya, Grande Parade, Bingo, and more! New this year - we're hosting a pickleball tournament at Bridgewood Park! A full event flyer is inserted here. Watch for more in the City's quarterly newsletter and the VH Press!

Find all of the Heritage Days information on our website:  
[cityvadnaisheights.com/HeritageDays](http://cityvadnaisheights.com/HeritageDays)



## 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

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

**Heritage Days**  
**Senior Picnic**  
*Information &  
Registration Inside!*