



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, November 19, 9:00 – 11:00 am
Saturday, December 17, 9:00 – 11:00 am

Holiday Toy/Food Drive

Distribution of food and toys from the 2022 Holiday Toy & Food Drive is Saturday, December 17. Donations of toys can be dropped off through December 14 at City Hall. For more information about the program, contact Paul Schirer at 612-245-9259 between 9:00 am and 5:00 pm, or visit www.cityvadnaisheights.com/foodshelf.

Fall Boutique and Bake Sale


Friday, November 4, 9:00 am – 7:00 pm
Saturday, November 5, 9:00 am – 3:00 pm
White Bear Senior Center – White Bear Lake

Fall Back

Daylight Saving Time ends on Sunday, November 6. Fun Fact: Benjamin Franklin first proposed the idea of daylight saving time in 1784!



Council Meetings

 Tuesdays, November 1 & 15
Tuesdays, December 6 & 20
7:00 pm @ City Hall

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

Lunch and Table Games

Wednesdays, November 9 & 23, 12:00 Noon
Wednesday, December 28, 12:00 Noon

Christ The Servant Lutheran Church
Join our Senior Hi-Lites group to mingle with friends and make new acquaintances! 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!

2022 Election Day

Tuesday, November 8,
7:00 am – 8:00

The polling places in Vadnais Heights are:

Vadnais Heights Commons (655 East Cty Rd F) and Vadnais Heights South Fire Station (3595 Arcade St). Early voting is available November 1-7 at the Ramsey County Library-White Bear Lake. For more information visit ramseycounty.us/vote. Fun Fact: Congress chose November for elections because the harvest work was finished by then!





Veteran’s Day – Remember & Honor

Friday, November 11, 9:30 – 11:00 am

White Bear Senior Center – White Bear Lake

Join us for a celebration of the brave men and women who served our country. Ceremony by VFW Post 1782. Coffee and sweets provided.

Breakfast for Veterans

Friday, November 11, 8:00 – 10:00 am

Harbor Crossing – White Bear Lake

Honoring all veterans! Thank you for your service! Harbor Crossing would like to give you a FREE breakfast to go. Drive up and staff will run it out to you at the front door. You are also warmly invited to take a tour and meet their staff. To RSVP, please call Vicki at 651-762-6121 or email vseidl@preshomes.org by November 7.

Winter Farmers Market

Saturdays, November 12 & December 10,

10:00 am - 12:00 pm

White Bear Senior Center

Items including meats, cheese, eggs, micro greens and maple syrup. Locally preserved options: jams, jellies, sauces, sauerkraut and kombucha will be available. Food Trucks will be on site!

Let’s Talk Turkey with a Poem!

May your stuffing be tasty.
 May your turkey be plump.
 May your potatoes and gravy have nary a lump.
 May your yams be delicious,
 and your pies take the prize.
 And may your dinner stay off your thighs.



Home Remedies #11 – Thanksgiving

To get an even, rich brown color over the whole turkey without overcooking, use a glaze. With a basting brush, dab molasses, honey or jam onto light areas to speed up browning.

Home Remedies #12 – Christmas Tree

Don’t cut off the netting – yet. When you bring your tree home, carry it into the house and set it in the stand BEFORE removing the netting. It’ll slip right through doors, hallways, and stairwells without making a mess. You’ll find it easier to get at the tree stand screws and easier to tell if the tree is straight.

Christmas Quotes

It’s all fun and games ‘til Santa checks the naughty list. Be naughty, save Santa a trip.

Why is Christmas like a day in the office?

You do all the work and the fat guy in the suit gets the credit!

Upcoming Community Blood Drive

Friday, December 16, 10:00 am – 4:00 pm

Vadnais Heights Commons

For an appointment, visit www.redcrossblood.org or call 1-800-733-2767.

Christmas Lunch at Sak’s

Wednesday, December 14, 11:30 am

Sak’s Sports Bar – Vadnais Heights

New location this year! Come and join us to celebrate the holiday season. Attendees will buy your lunch - choose from the wide selection on their menu! This is a fun way to end the year with some friends and cheer!

Senior Activity NEWS

Adult Winter Recreation Programs

Don't hibernate this winter! Join us for Winter Yoga, Holiday Cleanse Yoga or Tai Chi Chuan. All skill levels are welcome! Programs start in December and January. Register online at www.cityvadnaisheights.com/register or call 651-204-6000 for questions and assistance.

Snowshoe Rentals



Explore winter in Vadnais Heights with snow shoes rentals.

For pricing and rental information, visit cityvadnaisheights.com/snowshoe.

A festive graphic with a dark blue background, light blue bokeh lights, and pine branches. The text is centered and reads: "Shine Lights on Vadnais Heights. Join us as we share light and joy with our neighbors this holiday season. December 1 - January 7. cityvadnaisheights.com/holidaylights".

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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!

Holiday Events in Vadnais

Shine Lights on Vadnais Heights

December 1 – January 7

Join us in bringing light and joy to our neighbors this holiday season, all are invited. A map of a self-guided tour of holiday displays throughout Vadnais Heights will be available here: cityvadnaisheights.com/holidaylights beginning December 1. The map will be updated throughout so check back for new listings. From our website you can print, decorate and hang one of our ornaments in your window. Take a walk about to see how many you can find in your neighborhood!

PJs with Santa

Vadnais Heights Commons

Friday, December 2, 6:00 - 8:00 pm

Parents must

accompany children throughout the event.

Wear pajamas if you like. Deadline to register is Friday, November 25.

Cost: \$10/family (residents); \$20/family (non-residents).

Register at:

www.cityvadnaisheights.com/register



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>>
<<City, State Zip>>

VADNAIS HEIGHTS
HI-LITES
INSIDE!