

MARCH 2023



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, March 18, 9:00 – 10:00 am

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.

Lunch and Table Games

Wednesdays, March 8 and 22, 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!

Save the Date!



Still thinking about those delicious Belgian Waffles? Well the wait is almost over! Circle Sunday, April 2 in RED on your calendar for the Lions Waffle Breakfast.

Council Meetings



Tuesdays, March 7 and 21

7:00 pm @ City Hall

Watch live on local cable Channel 16.

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

Spring Ahead for Daylight Saving Time!

Sunday, March 12

The actual inventor of Daylight Saving Time was a New Zealand entomologist, George Vernon Hudson. He worked at a Post Office during the day and wanted more daylight for hunting bugs!

Spring is Here!

Monday, March 20 at 5:24 pm EDT

It's a time for new beginnings and changes. Here's EIGHT words that could change your life forever, EIGHT words that may bring contentment:

BUY what you need. WANT what you have.





AARP Tax Aid Services by Appointment

South Shore Trinity Lutheran Church, White Bear Lake:

Monday, Tuesday, Thursday, 8:15 am - 12:00 pm. No service on April 6. Call 651-653-3122 between 10:00 am - 12:00 pm, Monday - Friday to make an appointment.



St. Mark's Lutheran Church, North Saint Paul:

Monday, Wednesday, Saturday, 10:00 am - 2:00 pm. Call 651-689-3449 to make an appointment.

Roseville Skating Center, Roseville, MN:

Tuesdays, 9:00 am – 12:00 pm
To make an appointment call 651-792-7006.

Shoreview Community Center, Shoreview, MN:

Wednesdays, 9:00 am – 1:00 pm
To make an appointment call 651-490-4750.

ElderCare IQ Presentation

NEW DATE! Thursday, March 2, 1:00 pm

Vadnais Heights City Hall

Wondering if the senior care provider you are considering has a history of abuse, neglect or exploitation? Learn more about a new tool that will help you screen nursing homes, assisted living and home health care providers. Kris Sundberg with Elder Care Advocates is the presenter. This presentation is free and open to all.



Fare for All in White Bear Lake

Friday, March 10, 1:00 – 3:00 pm

Community of Grace Church, White Bear Lake
Is your food budget going in the red? Check out Fare for All. It is a great way to save money on your grocery bill. They are community supported and open to everyone, especially families in need.

Bachman's Winter Market

Saturday, March 11, 10:00 am – 2:00 pm

Bachman's - Maplewood
Come and warm up inside the greenhouses to shop seasonal goods at the indoor farmers markets. Enjoy music, fresh ready-to-eat food and beverage and stock up on produce, sweet treats, crafts and gifts from local farmers, bakers and artisans.



Tai Chi – Vadnais Heights Commons

Thursday, March 15, 7:00 pm – 8:00 pm.

Tai Chi uses movement to boost body immune system function. Interested in trying Tai Chi but not sure if you're ready to commit to a full session? Drop in for a Trial Class! Pay \$5 (cash) at the door to try it out and register for the full session later if you decide to join.

Friday Lunch

Friday, March 17

White Bear Senior Center
Menu from Donatelli's to be announced. Dine-in seating 4:30 pm and 5:45 pm. Cost: \$5. Registration required: 651-653-3121.



Senior Activity NEWS

One Good Fact #3

#3

How did slippery bookmarks inspire an invention? Because his bookmarks kept slipping out of his choir hymnal, 3M scientist Art Fry teamed up with colleague Spencer Silver to create a paper with a light adhesive that would stay in place without damaging the pages. They created the Post-It-Note!

National Vietnam Veteran Day

Wednesday, March 29, 9:30 am – 11:30 am.

White Bear Senior Center

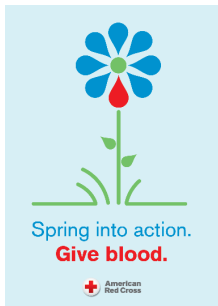
This day is to thank and honor Vietnam veterans and their families for their service and sacrifice. The Vietnam War Veterans Recognition Act of 2017 was signed into law designating every March 29 as National Vietnam War Veterans Day. For more information on the commemoration visit: www.vietnamwar50th.com

Upcoming Community Blood Drive

Thursday, March 9 & Tuesday, March 21

10:00 am – 4:00 pm

Vadnais Heights Commons



Wondering if you are able to donate blood? Visit redcrossblood.org/eligibility to find out. Make an appointment to donate at redcrossblood.org or call 1-800-733-2767.

Volunteers needed for check in! Anyone interested can call Katie at 651-204-6060.

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

St. Patrick's Day Limerick

There once was an old man of Esser,
Whose knowledge grew less and lesser.
It at last grew so small he knew nothing at all,
and now he's a college professor.

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

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>>
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VADNAIS HEIGHTS
HI-LITES
INSIDE!