



# 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, April 15, 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](http://www.cityvadnaisheights.com/foodshelf).

### *Lunch and Table Games*

**Wednesdays, April 12 & 26 12:00 Noon**

*Christ The Servant Lutheran Church*

Join our Senior Hi-Lites group to celebrate Spring with friends and 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!

### *April Fools Day Saying*

You can fool all of the people some of the time, and some of the people all the time, but you can not fool all the people all the time.

~~Abraham Lincoln

### *Council Meetings*



Tuesdays, April 4 and 18

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).



### *Lions Belgian Waffle Breakfast*

**Sunday, April 2, 8:00 am – 1:00 pm**

*Vadnais Heights Commons*

|               |      |
|---------------|------|
| Adults 15-62  | \$9  |
| Seniors 63+   | \$8  |
| Kids 6-14     | \$5  |
| Li'l Kids 0-5 | Free |

Everyone is invited to attend the annual Belgian Waffle Breakfast. Cash or check only. Activities: KidSight Vision Screening, Can Do Canines, Camp Confidence Learning Center, Fire Truck Tours & Fire Department Open House, Ramsey County Sheriff K-9, Lakes & Trail Unit, Used Eyeglass and Hearing Aid Collection and more!



***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.

***Let's Play Ball!***

It's baseball season again. Fun Fact: On September 7, 1974 in a game against the White Sox, California Angels pitcher Nolan Ryan became the first player to break the 100 mph barrier when one of his pitches was officially clocked at 100.8 miles per hour! Join the fun and root for the home teams.

Tuesday, April 4, St. Paul Saints vs Iowa Cubs  
Thursday, April 6, the Twins vs Houston Astros

***Earth Day***

**Saturday, April 22**

Today is a good day to think about our environment. You can start by participating in Cleanup Day!

***Happy Easter – Silly Riddles***

What kind of beans grow in the garden on Easter?  
*Jelly Beans!*

How many chocolate bunnies can you put in an empty basket?  
*Only one because after that, it's not empty!*

Why did the baby chick cross the road?  
*To meet up with her peeps!*

***Spring Flower Show***

**Through April 30, 10:00 am – 6:00 pm**  
*Como Park Conservatory*

No advance registration needed. The 2023 Spring Flower Show will have formal topiaries, along with thousands of tulips, hydrangea, hyacinth and pansies in a beautiful color pallet which is sure to provide some color therapy to Minnesotans weary of winter. For more information go to: [comozooconservatory.org](http://comozooconservatory.org).



***Cleanup Day***

**Saturday, April 22, 2023**

Clean out garages, basements and yards as part of the community cleanup day. The City holds a Cleanup Day for its residents on the 4th Saturday of every April from 8 am – 12 pm in the Community Park parking lot, 651 E. Cty Road F. NEW this year - document shredding services will be available! Please be prepared to show proof of residency and to help unload your vehicle. Items should be separated before arriving at the collection site. There is a charge for certain items which will be determined when you arrive. Only cash or check payments will be accepted.

# Senior Activity NEWS

## One Good Fact #4



“Rod wax” was a byproduct of oil drilling that workers used to heal wounds and burns. Noticing its benefits, chemist Robert Cheesebrough refined and purified the “rod wax.” In 1872, he marketed it as Vaseline!

## Senior Housing Day

**Saturday, April 22, 10:00 am – 2:00 pm**

*White Bear Senior Center*

Seniors and family members are invited to explore housing options to simplify the golden years! Whether you are a senior, older adult, the adult child of someone who need to find a new home or need to start thinking about the next steps. Representatives will be available to answer your questions about their properties, amenities, and their other services.

## Friday Lunch

**Friday, April 28, 4:30 or 5:30 pm**

*White Bear Senior Center*

Menu from Carbone’s Pizzeria. Variety of pizzas and salad. Reservations required, call 651-653-3121.



## 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!

## Rummage and Bake Sale

**Saturday, April 29**

*Christ the Servant Lutheran Church*

For more information visit [www.cslcvh.org](http://www.cslcvh.org) or call 651-429-6595.

## Spring Scavenger Hunt

**Save the Date: May 1 – 12**

Join us as we celebrate the arrival of spring with a scavenger hunt through Vadnais Heights! The scavenger hunt will bring participants to parks and public locations across Vadnais Heights.

Learn more at:

[cityvadnaisheights.com/scavengerhunt](http://cityvadnaisheights.com/scavengerhunt).

**BREAKFAST**  
with  
**THE MAYOR**

4th Mondays | 7:00-8:00 am  
Perkins (1045 Co Rd E East, Vadnais Heights)

Coffee provided.  
As a courtesy to Perkins, please RSVP with us:  
[cityvadnaisheights.com/mayor](http://cityvadnaisheights.com/mayor)

## 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

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