



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, 7:00 am - 4:30 pm, Monday-Thursday, and 7:00 - 11:00 am Friday (City Hall summer hours).

Saturday, June 17, 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 cityvadnaisheights.com/foodshelf.

Lunch and Table Games

Wednesdays, June 14 and 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.

Flag Day

Wednesday, June 14

The colors of the flag have meaning. Red stands for hardiness and valor. White symbolizes purity and innocence. Blue represents vigilance, perseverance and justice. It was officially declared a National Holiday in 1949, when it was passed by Congress and signed into law by President Harry Truman.

Council Meetings



Tuesdays, June 6 and 20

7:00 pm @ City Hall

Watch live on local cable Channel 16.

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

Summer Produce Markets

Remember to bring a bag/box! Produce at the Community of Grace Church and White Bear Senior Center are free, especially to families in need.

Community of Grace Church, White Bear Lake

3rd Thursday of the month

June 15, 10:00 am – 12 Noon

White Bear Senior Center

4th Thursday of the month

June 22, 10:00 am – 12 Noon

Aldrich Arena, Maplewood

Wednesdays, 8:00 am – 12 Noon

White Bear Lake, 2nd & 3rd Streets

Friday, June 30, 8:00 am – 12 Noon

Donuts & Coffee with Cops – FREE

Kick off the first Friday of the Farmers Market with free donuts and coffee with the Police Department. Stop by from 8:30 - 10:00 am near the 2nd Street and Clark Street intersection and say hello!





Pontoon Rides & Fishing

Sponsored by Bear Boating of White Bear Lake
 Free pontoon rides or fishing trips on White Bear Lake. Pontoons are wheelchair accessible. Boats depart from the White Bear VFW off Highway 61. Free parking in the Boatworks parking ramp. Dress in layers for the weather, cool lake breezes or summer sun. To register visit the White Bear Area Senior Center located at 2484 E. County Road F, WBL. You will receive a boarding pass when reserving your space. Please indicate if you use a wheelchair when scheduling your trip.

Marketfest 2023

Thursdays, June 15 – July 27, 6:00 – 9:00 pm
 Shop 130+ merchandise and food vendors in downtown White Bear Lake. There is no cost to attend. Vendors will be providing goods and services for purchase. Visit www.marketfestwbl.com for more information.

Father's Day

Sunday, June, 18
 Dad always said: You cannot plant spring flowers in the garden...if you haven't botany!
 Time flies like an arrow. Fruit flies like a banana!

Ice Cream Social

Wednesday, June 21, 6:00 – 8:00 pm
Berwood Park
 Join your neighbors for our annual Ice Cream Social. Free ice cream (while supplies last). Live music by Minty Hippo. Visit with representatives from community organizations. No registration required – just bring a neighbor and come over for a fun evening in the park!

Friday with Firefighters, White Bear

Friday, June 23, 10:00 am – 12 Noon
 2240 County Road E, White Bear Lake
 Want to get outside and have some fun with your Fire Department? Stop by the South White Bear Fire Station for fun and safety education! This is a great event for parents, children and grandparents!

Kids Bike Rodeo – FREE

Saturday, June 24, 1:00 – 3:00 pm
 White Bear Lake Public Works Facility,
 3950 Hoffman Road
 Kids and their parents are invited to get bikes tuned up, helmets fitted, rider safety information, demonstrations, prizes and ride through fun courses for kids. Register at: www.whitebearleake.org/publicsafety/webform/kids-bike-rodeo.



Breakfast with the Mayor

June 26, 7:00 - 8:00 am
 Perkins, 1045 County Road E East
 Join Vadnais Heights Mayor, Mike Krachmer for breakfast and conversation! Breakfast with the Mayor will occur the 4th Monday of each month, please RSVP at cityvadnaisheights.com/mayor.

One Good Fact #6

In the symbolic language of jewels, a sapphire in a wedding ring means marital happiness!



Senior Activity NEWS

Upcoming Community Blood Drive

Tuesday, June 13, 10:00 am – 4:00 pm

Vadnais Heights Commons

Registration required. Register online at www.redcrossblood.org or call 1-800 RED CROSS. For questions, contact Katie Everett at 651-204-6000 or katie.everett@cityvadnaisheights.com.



Music in the Park Series

Wednesday, June 28, 6:00 – 8:00 pm

Big toe and the Jam @ Bridgewood Park

Celebrate summer with a free outdoor concert in your neighborhood. Free and open to the public! Parking is limited at our neighborhood parks, so attendees are encouraged to walk 'n' roll instead of driving.



Save the Date – Senior Picnic!

Thursday, August 17, 10:00 am - 2:00 pm

Vadnais Heights Commons

You don't want to miss this annual event! The Heritage Days Senior Picnic is a community favorite, featuring catered lunch, live entertainment, and free bingo! Watch for the registration flyer with the July newsletter!

Community Spotlight

Friends & CoTM

Friends & Co

friendsco.org

Friends & Co, formerly Little Brothers – Friends of the Elderly, MN, has served older adults in Minnesota for over 50 years. We foster meaningful connections for older adults. Maybe you're an older adult or know someone that is? We offer a quick drop-in chat line, phone companionship, and visiting companionship services, something for everyone. Reach out at 612-721-1400.

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

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Vadnais Heights, MN 55127
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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!