

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

Saturday, July 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 cityvadnaisheights.com/foodshelf.

Independence Day

Tuesday, July 4

In one of the most famous lines in the Declaration of Independence, Thomas Jefferson states: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

Manitou Days Fireworks

Tuesday, July 4, 2:00 – 10:00 pm

West Park, 2350 11th St.

Though fireworks won't begin until 10 pm, the celebration will start at 2 pm with food trucks, music and a plane flyover.

Visit www.manitoudays.com for all the details.

Council Meetings



Tuesday, July 18 (July 5 is cancelled)

7:00 pm @ City Hall

Watch live on local cable Channel 16.

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

Music In The Park Series

Celebrate summer with a free outdoor concert in your neighborhood from 6:00 - 8:00 pm on Wednesdays throughout the summer! FREE and open to the public! Limited seating will be provided, attendees invited to bring your own chairs and blankets.

Wednesday, July 12

Kashimana Duo @ Bear Park

465 Bear Ave S

Wednesday, July 19

Roe Family Singers @ Westfield Park

520 Westfield Lane

Wednesday, July 26

Mac and Cheese Band @ Lily Pond Park

325 Lily Pond Lane

Wednesday August 9 (Reschedule)

Big Toe and the Jam @ Bridgewood Park

4224-1/2 Bridgewood Terrace



Join the Mayor for a walk before each Music in the Park event to chat about all things Vadnais Heights! Walks will start at 5:00 pm and will circle back in time for the start of the event. Please let him know you're coming: www.cityvadnaisheights.com/music.



Free Summer Produce Markets

Remember to bring a bag/box!

Willow Lake Elementary, White Bear Lake

Thursday, July 6, 10:00 am - 12 Noon

Community of Grace Church, White Bear Lake

3rd Thursday of the month

Thursday, July 20, 10:00 am – 12 Noon

White Bear Senior Center

4th Thursday of the month

Thursday, July 27, 10:00 am – 12 Noon

Lunch and Table Games

Wednesdays, July 12 and 26, 12:00 Noon

Christ The Servant Lutheran Church

Join our Senior Hi-Lites group to mingle with friends, bring a friend, and meet new acquaintances!

The group is sponsored by the City of Vadnais Heights (residency not required) and meets the 2nd and 4th Wednesdays for coffee, table games and conversation.

Fare for All

Friday, July 14, 1:00 pm – 3:00 pm.

Community of Grace Church

A pop-up grocery store with fresh fruits, vegetables and frozen meat that is 40% off grocery store prices. Open to all. They accept cash, credit, debit and EBT cards.

One Good Fact #7

Vegetables like spinach and green beans that are high in minerals (iron, magnesium, etc.) can make sparks when microwaved!



Fireworks Trivia

Fireworks have been part of America’s celebration from the beginning. China is the largest manufacturer and exporter of fireworks in the world. Ninety percent of all fireworks originate from China.



Fireworks are just chemical reactions. A firework requires three key components: an oxidizer, a fuel and a chemical mixture to produce the color. The oxidizer breaks the chemical bonds in the fuel, releasing all of the energy that’s stored in those bonds. To ignite this chemical reaction, all you need is a bit of fire, in the form of a fuse or direct flame. Watch those fingers!

Tiny Bubbles or BIG Bubbles?

Make your own with this easy mixture!

- 12 cups Water
 - 1 cup Liquid Dish Soap
 - 1 cup Corn Starch
 - 2 Tablespoons Baking Powder
- Have fun!

Senior BBQ

Thursday, July 20, 11:00 am – 1:00 pm

White Bear Senior Center

Live Entertainment: Folk Revival
Menu: Hamburger, Veggie Burger, or Bratwurst, Veggies, Fruit & Chips.



Cost: \$5 Registration is required at 651-653-3121.

Senior Activity NEWS

Friday with Firefighters, White Bear

Friday, July 21, 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 children, parents and grandparents!

Breakfast for a Cause, DAV of Minnesota

Friday, July 27, 8:00 am – 10:00 am

Gable Pines, 1260 East County Road E

Cost is \$7 and all profits go to the charity of the month.

Heritage Days Senior Picnic-Register Now!

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

Vadnais Heights Commons

The enclosed registration form will get you a seat at the popular Heritage Days Senior Picnic. You also get a chance to enjoy entertainment and win a Bingo Prize. See you all there!



Community Spotlight

ElderCare IQ

Elder Care IQ

www.ElderCareIQ.org

Elder Care IQ helps you get insights into the quality of care provided by MN nursing homes, assisted living and home health care providers.

Simply enter your search information on their website and choose the type of provider. Elder Care IQ is a nonprofit organization focused on assuring quality care for older and vulnerable adults.

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
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!