



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, September 16, 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.

Labor Day Trivia


Monday, September 4

The idea first became public in September 1882, the unions of New York City decided to have a parade to celebrate their members being in unions, and to show support for all unions. At least 20,000 people were there and the workers had to give up a day's pay to attend. There was also a lot of BEER involved in the event!



The New York Parade inspired other unions. Other regions started having parades and by 1887, Oregon, Massachusetts, New York, New Jersey and Colorado each made Labor Day a state holiday!

Council Meetings

 Tuesday, September 5
Tuesday, September 19
7:00 pm @ City Hall

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

St. Paul Oktoberfest

September 8 & September 9

Germanic-American Institute, 301 Summit Avenue
With entertainment and fun for the whole family, it's a two day celebration of German food, beer and culture at the Germanic-American Institute! Visit www.gaimn.org for more information.

White Bear Health Expo

Wednesday, September 13, 11:00 am – 2:00 pm

White Bear Senior Center

This event features vendors from senior housing, insurance, auto, financial services, health care, flu shots and more!





Lunch and Table Games

Wednesdays, September 13 & 27, 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. We would love to welcome you!

Free Produce Markets

Remember to bring a bag or box!

Community of Grace Church, White Bear Lake

3rd Thursday of the month

Thursday, September 21, 10:00 am – 12 Noon

White Bear Senior Center

4th Thursday of the month

Thursday, September 28, 10:00 am – 12 Noon

Fare for All

Friday, September 15, 1:00 pm – 3:00 pm

Community of Grace Church

A pop-up grocery store with fresh fruits, vegetables and frozen meats that is 40% off grocery store prices. Open to all!

One Good Fact #9

What other color of football was used in games? Before high-wattage floodlights became prevalent, the NFL used a white football during night games to increase the ball's visibility. The VIKINGS season opener is Sunday, September 10 against the Tampa Bay Buccaneers at U.S. Bank Stadium.



Hello September!

The name September comes from an old Roman word, "septem" which actually means 7.

That's right – September was the seventh month of the year on the Roman calendar – it did not become the ninth month until the Gregorian calendar.

Of all the 12 months of the year, September is spelled with the most letters. It contains nine letters and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year!

Free Senior Activity Pass

Senior community members (ages 65+) who live in the White Bear Lake Area School District are invited to participate in the Senior Activities Pass program and enjoy a complimentary admission to school activities. Call Rachel Markuson at 651-407-7563 or visit the website www.isd624.org for further information.

BREAKFAST
with
THE MAYOR

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

Senior Activity NEWS

Upcoming Community Blood Drives

Thursday, September 14

Thursday, October 12

10:00 am – 4:00 pm

Vadnais Heights Commons

Registration required. Register online at www.redcrossblood.org or call 1-800 RED CROSS.



Community Spotlight

NEWTRAX

Collaboration in Motion

newtrax.org

Newtrax is a nonprofit collaborative organization that provides transportation for adults with disabilities and seniors in the Northeast Metro. Along with regular transportation services, Newtrax provides a localized shopping loop through White Bear Lake, Vadnais Heights and Mahtomedi.

Call 651-789-6221 or email info@newtrax.org with questions.

Pasta Dinner – Mama Mia!

Saturday, September 23, Serving 4:00 – 7:00 pm

Christ The Servant Lutheran Church

The dinner menu: Mostaccioli pasta with marina sauce, Italian meatballs, tossed salad, Vienna bread, dessert and beverage. Cost: Adults, \$10; Children under 12, \$5. Tickets available at the door, reserve on their website: www.cslcvh.org, or call 651-429-9595.

Save the Date – Waffle Breakfast

Sunday, October 1

Vadnais Heights Commons, 655 East County Road F

Attend the Vadnais Heights Lions Club Fall Belgian Waffle Breakfast! Check the City's website for pricing and event details: cityvadnaisheights.com/waffles.



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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cityvadnaisheights.com



Senior Coordinator
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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

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VADNAIS HEIGHTS
HI-LITES
INSIDE!