



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

July 2016

### Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons  
Friday, July 15, 9 am  
Pack food for the food shelf.

### Vadnais Heights Community Food Program

Saturday, July 16, 9 am  
Help register people for the food shelf.

**4th of July Fireworks, Flyover & Music at Memorial Beach, White Bear Lake.** At 8 pm the music starts, 8:30 pm a Flyover with four T-6 planes and at 10 pm the fireworks will begin. Music is by the Shoreview Northern Lights Variety Band, followed by an amazing fireworks display over White Bear Lake.

### Council Meetings

Wednesday, July 6 and Wednesday, July 20 at 7 pm. All meetings are at Vadnais Heights City Hall.

### Pontoon Boat Rides for Seniors

These 2 hour leisure cruises and fishing trips are for seniors 60+. A fishing license is required for those under 90. All fishing equipment is supplied by Bear Boating. Cruises are Tuesday, July 12 and Thursday, July 28 Fishing is Wednesday, July 20. To register call 651.653.3121.

### Taste of Vadnais

Tuesday, July 12, 5:30-8 pm. At 935 East County Road E (Mad Jacks Cafe and F&M Bank parking lots). Come celebrate summer at the annual Taste of Vadnais! A new location back to our roots provides an outdoor street fair atmosphere in our Vadnais Heights City Center. Featured will be food from area restaurants, live music from the Shane Martin Band, children's games & entertainment. Parking available in the Vadnais Square parking lot.

### Lunch & Table Games

Wednesday, July 13, 12 noon. Pack that bag lunch and join us for an afternoon with friends and neighbors. Bring an extra friend or two. All our welcome. The coffee will be ready and the dessert will be furnished by Marianne Anderson. After a short meeting, table games of choice will be held.

### Silly Joke #7

Nan: How does a nut say goodbye?  
Jan: Cashew you guys later!

### Health Tip

Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body? Your dentist is trained to look not only for tooth issues, but also overall mouth health including sores, lesions and inflammation, which can indicate a greater health problem. Maintaining excellent oral health by brushing and flossing regularly will actually help your body to fight off infection.

### Lunch & Table Games

Wednesday July 27, 12 noon. The coffee will be waiting for you to enjoy. Bring your favorite bag lunch and Linda Wong will be bringing dessert. Come and join us as new members are always welcome.

### Vadnais Heights Heritage Day Senior Picnic

Thursday, August 18 at the Vadnais Heights Commons. Advance registration is required by Thursday, August 11. Be sure to check out the enclosed registration form. This is a great way to start our annual Heritage Days festivities.

### Breakfast at Gable Pines

Friday, August 19, Breakfast at Gable Pines, 1260 E. County Road E at 8:30 am. RSVP to 651.829.3171. Open to all ages. \$5 suggested donation, benefiting the Senior Hi-Lites. This is a wonderful opportunity to show support for our seniors and enjoy breakfast! This is a Heritage Days event. Please see the enclosed full schedule for Heritage Days, August 18-21.



Happy 4<sup>th</sup> of July!

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. **For more information on any event**, please contact Vadnais Heights City Hall, 800 East County Road E, 651.204.6000, or [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). You may also call Josephine Christensen at 651.777.0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org).



# *Americans in Strength*

by Roger Robicheau

Americans in strength unite  
This union born in freedom's light

United States, how sure we are  
We'll pull together, near and far

The world can see of what we're made  
Each state is of the highest grade

Determination, filled with pride  
Our people's will won't be denied

Our founding fathers set to stay  
The road we've traveled to this day

A quest for right cannot be wrong  
With help from God, we will stay strong

Support our troops ranks number one  
For the job they do is never done

When forced they put it on the line  
True patriots, when called they shine

Let's raise Old Glory with a cheer  
And thank all soldiers, past and here

