



Vadnais Heights HI-LITES

Senior Activities Newsletter

September 2016

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, September 16, 9 am.

Vadnais Heights Community Food Program

Saturday, September 17, 9 am.
Help register people for the food shelf.

Council Meetings

Wednesday, September 7 and Wednesday, September 21 at
7 pm. All meetings are at Vadnais Heights City Hall.

Lunch & Table Games (NOTE DATE CHANGE)

Wednesday, September 7, 12 noon. Bring your bag lunch
and join us. The coffee will be ready and dessert will be
furnished by Darlyne Morrow. Looking forward to seeing
and meeting new members. After a short meeting, table
games of choice will be played.

Health Tip

Did you know that more than seven million people in the
USA have undiagnosed diabetes? Symptoms include
excessive thirst, increased urination, unusual fatigue, weight
loss and blurred vision. If you have any or several of these
symptoms, contact your doctor about scheduling blood
sugar test.

Annual Dues

September is the time for our Senior Hi-Lites annual dues.
The dues are \$12 for a full year. You may bring your
payment to the Hi-Lites meeting. Thank you!

White Bear Lake Senior Center Open House

Tuesday, September 20 at 2484 E. County Road F,
1pm - 3 pm. For more information call 651-653-3121.

Silly Joke #9

Sue: What do you call a lazy baby kangaroo?
Stu: A pouch potato!

White Bear Area Senior Expo

Wednesday, September 14, 12:30 pm to 3 pm. The YMCA
in White Bear Lake is calling all seniors 55+ to stop by for
information on health, wellness, assisted housing, speakers,
health screening, food/grocery vendors AND MORE!
Barbara Sandquist will be there with information about the
Senior Hi-Lites. This is a great opportunity to learn more
about Vadnais Heights and the Senior Hi-Lites. Stop by and
say hello to us!

Triad Senior Picnic

Saturday, September 24, Podvin Park, White Bear Lake
(rain or shine). For adults 55+. Free food until gone. The
program will begin at 12:05 pm. White Bear Lake Triad
senior and law enforcement are working together to keep
our community safe. The picnic is sponsored by the WBL
Police & Fire Departments, Ramsey County Sheriff's and
the City of White Bear Lake.

Lunch & Table Games

Wednesday, September 28, 12 noon. Pack your bag lunch
and come on by. We'll have the coffee ready and the
dessert will be furnished by Lucille Nadeau. Bring
yourself, a friend or a neighbor. We'd love to see you!

Financial Fraud Resources/Credit Bureaus

Equifax 1-800-525-6285 www.equifax.com
TransUnion 1-800-680-7289 www.transunion.com
Your personal bank will conduct one free credit report per
year.

Save the Date

Italian Dinner at Christ the Servant Lutheran Church.
Circle Saturday, October 1 on your calendar.
More information next month.



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. 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.

Historic Events of September

September 1, 1715	Death of King Louis XIV of France ("The Sun King")
September 1, 1939	Hitler invaded Poland; thus began World War II in Europe
September 1, 1875	Birth of Edgar Rice Burroughs (1875-1950), author of Tarzan of the Apes
September 2, 1666	Great Fire of London
September 2, 1945	President Truman proclaims V-J Day upon the surrender of the Japanese
September 3, 1783	Treaty of Paris signed that ended the American Revolutionary War
September 4, 1781	City of Los Angeles founded by Spanish Governor Felipe de Neve
September 5-6, 1972	Eleven members of the Israeli Olympic Team were killed during an attack on the Olympic Village in Munich by members of the Black September faction of the Palestinian Liberation Army.
September 5, 1997	Death of Nobel Peace Prize winner and advocate for the poor, Mother Teresa of Calcutta
September 7, 1860	Birth of the great self-taught, late-life artist Anna Mary Robertson "Grandma Moses" 1860-1961
September 8, 1900	The worst weather disaster in U.S. history: a hurricane with winds of 120 mph struck Galveston, Texas, killing over 8,000 persons.
September 9, 1776	The U.S.A. came into existence as the Continental Congress changed the name of the new American nation from the United Colonies to the United States.
September 9, 1976	Leader of Communist China, Chairman Mao Zedong died.
September 11, 2001	The worst terrorist attack in U.S. history.
September 12, 1990	Treaty was signed to reunite East and West Germany
September 14, 1901	Eight days after being shot, President William McKinley died from wounds suffered during an assassination attempt. Theodore Roosevelt then took over the presidency.
September 14, 1982	Former actress, American born Princess Grace of Monaco died following a car accident.
September 15, 1890	Birth of prolific English mystery writer Agatha Christie (1890-1976)
September 6, 1620	The Mayflower ship departed from Plymouth, England, bound for America with 102 passengers and a small crew.
September 16, 1810	Mexican Independence (from Spain) Day
September 19, 1893	New Zealand became the first country to grant women the right to vote.
September 23	Autumn begins in Northern Hemisphere (Spring in the Southern)
September 25, 1513	Balboa first sighted the Pacific Ocean after crossing the Isthmus of Panama.
September 25, 1897	Birth of William Faulkner (1897-1962), considered by many the greatest U.S. author
September 28, 1066	The Norman conquest of England began
September 28, 1542	Spanish discovery of California by Cabrillo

Labor Day: First Monday of September

Birthstone: Sapphire

