



Vadnais Heights HI-LITES

Senior Activities Newsletter

September 2017

Vadnais Heights HI-LITES Volunteers

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

Vadnais Heights Community Food Program

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

Free Farmer's Market: 9:30 to 11:30 am

Saturday, September 2 and Saturday, September 16 at Willow Lake Elementary School, White Bear Lake. There will be a distribution of fresh Minnesota grown and other seasonal produce.

Lunch & Table Games (NOTE DATE CHANGE)

Wednesday, September 6, 12 noon
The coffee will be ready and dessert will be furnished by Judy Aitken. Looking forward to seeing and meeting new members. After a short meeting, table games of choice will be played.

Council Meetings

Wednesday, September 6 and Wednesday, September 20 at 7 pm. Vadnais Heights City Hall.

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!!

Senior Health Expo

Wednesday, September 13, 12:30 to 3 pm at the Vadnais Heights Commons. Stop by for information on health, wellness, assisted housing, speakers, health screening, food/grocery vendors, and Gray LaRue with the entertainment. Barbara Sandquist will be there with information on 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 Fall Picnic

Saturday, September 16, Podvin Park White Bear Lake (rain or shine). For adult 55+. The program will begin at 11:50 am. Triad helps seniors and police exchange information relating to crime. Law Enforcement & City Officials will discuss Senior Safety.

Weird But True Fact #9

It's impossible to breathe and swallow at the same time!

2nd Annual White Bear Area Housing Awareness Day

Saturday, September 23, 1 to 3:30 pm. Senior Housing Community Open Houses will feature multiple open houses with a variety of services. For a full list, contact the White Bear Senior Center at 651-653-3121 or visit www.whitebearseniorprogram.org.

Lunch & Table Games

Wednesday, September 27, 12 noon
Have a cup of coffee and enjoy your favorite bag lunch. The dessert will be furnished by Helen Platzer. Stop by and enjoy visiting with friends. Table games of choice will follow.

Looking for the Fountain of Youth?

No need to look any further. Just try anti-aging super foods such as berries, cantaloupe, carrots, sweet potatoes, cucumbers, eggplant, kale, red peppers, spinach, tomatoes and watermelon. Check out www.HumanActiveOutlook.com.



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.

I never really liked the terminology "Old People" but this makes me feel better about it. And if you ain't one, I bet ya you know one! I got this from an "Old Personal friend of mine"!

"OLD PEOPLE" PRIDE

I'm passing this on as I did not want to be the only "old people" receiving it. Actually, it's not a bad thing to be called, as you will see.

- Old People are easy to spot at sporting events, during the playing of the National Anthem, Old People remove their caps, cover their hearts, stand at attention and sing without embarrassment. They know the words and believe in them.
- Old People remember World War II, Pearl Harbor, Guadalcanal, Normandy, and Hitler. They remember the Atomic Age, the Korean War, The Cold War, the Jet Age, and the Moon Landing. They remember the 50 plus Peacekeeping Missions from 1945 to 2005, not to mention Vietnam.
- If you bump into Old People on the sidewalk they will apologize. If you pass Old People on the street, they will nod or tip his cap to a lady. Old People trust strangers and are courtly to women and treat them with great respect.
- Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.
- Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.
- Old People have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.
- It's the Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.

This country needs Old People with their work ethic, sense of responsibility, pride in their country, and decent values. We need them now more than ever.

Thank God for Old People...
Pass this on to all of the "Old People" you know.
I was taught to respect my elders. It's just getting harder to find them.

