



Vadnais Heights HI-LITES

Senior Activities Newsletter

February 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, February 16, 9 am.

Vadnais Heights Community Food Program

Food distribution is on Saturday, February 17, 9 am.

Super Bowl Weather Highlights – Farmer's Almanac

In 1972 Super Bowl VI between the Dallas Cowboys and Miami Dolphins was the coldest ever played, with a game temperature of 39 degrees at Tulane Stadium in New Orleans. Miami lost that game. In Super Bowl VII in 1973 the Miami Dolphins beat the Washington Redskins in the L.A. Memorial Coliseum, where the game time temperature was 84 degrees, the warmest of any Super Bowl.

AARP Tax Aide Service

February 5-April 14, Mon/Tue/Thu 9am – Noon SOUTH SHORE TRINITY CHURCH, 2480 S. Shore Blvd, White Bear Lake. NO TAX SERVICE ON MARCH 29. First come, first served.

MAPLEWOOD LIBRARY, Maplewood. February 4-April 14, Mon/Wed 12 noon – 4 pm. Saturday 10 am – 4 pm. NO TAX SERVICE ON FEBRUARY 20. Sign up begins at 10 am each day the service is available.

National “Wear Red Day” is February 5

The American Heart Association reports that every 80 seconds, a woman in the United States dies from heart disease or stroke. This month the organization encourages everyone to take more responsibility for heart health.

February 6, 7 pm Precinct Caucus

For information on precinct locations call the Minnesota Secretary of State Office at 651-215-1440 or visit www.sos.mn.gov.

Friendly Thought #2

Truly great friends are hard to find, difficult to leave and impossible to forget – Anonymous

Council Meetings

Wednesday, February 7 and Tuesday, February 20, 7 pm at Vadnais Heights City Hall.

Valentine's Day Luncheon

Wednesday, February 14, 12:30 pm at Culver's in Vadnais Heights. We will be ordering from their menu. Join us for a fun and delicious time with your friends and neighbors.

Creating Dementia Friendly Communities

Tuesday, February 27, 2 pm – 3 pm at Vadnais Heights City Hall. Join us and share your ideas and knowledge on how we can create a supportive environment for people living with dementia. Free- No registration required.

Lunch & Table Games

Wednesday, February 28, 12 noon.
Bring your bag lunch & the coffee will be ready for you. Dessert will be furnished by Joan Janecek. After a short meeting, table games of choice will follow. Please join us!

1st Tuesday Lunch for Seniors - Register by Feb. 27

March 6, noon at Christ the Servant Lutheran Church, Vadnais Heights. Bingo will follow the noon lunch. The menu will be available two weeks before on the city website and by calling City Hall. \$5 advanced registration at City Hall. Registration deadline: February 27 at noon.

Happy Valentine's Day!



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.



Happy Valentine's Day!

*The **BEST** and most
BEAUTIFUL things in
the world cannot be
seen or even touched.
They must be felt with
the **HEART**.*

*~Helen Keller~
Author 1880-1968*

