



Vadnais Heights HI-LITES

Senior Activities Newsletter

April 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, April 20, 9 am.

Vadnais Heights Community Food Program

Distribution is on Saturday, April 21, 9 am.

Council Meetings

Tuesday, April 3 and Tuesday, April 17 at 7 pm.
Vadnais Heights City Hall.

Take Me Out to the Ball Game

This is the third most frequently sung tune after “Happy Birthday” and “The Star Spangled Banner”. It was written in 1908. The Minnesota Twins play their home opener against the Seattle Mariners on Thursday, April 5. Be sure to sing along!

Vadnais Heights Lions Belgian Waffle Breakfast

Sunday, April 8, 8 am – 1 pm Vadnais Heights Commons
Free Kidsight vision screening will be available. Bake sale, balloon twister, diabetes awareness info, Can-do canines, fire truck tours, blood mobile, smoke house and blood pressure testing will also be featured. Seniors \$6.50 63+, Adults \$7.50 15-62, Kids \$4.00 6-14, Li'l kids, free 0-5. The Vadnais Fire Department will have their Open House.

Shake off the Pounds

These are some key ingredients to look for when choosing a meal-replacement drink: At least 10g of protein, No more than 250 calories per serving, At least 18 total vitamins and minerals, Low sugar and sodium, Contains complex carbohydrates and rich dietary fiber.



Lunch & Table Games

Wednesday, April 11, 12 noon.

Looking forward to having you join us with your bag lunch. The coffee will be ready and Darlyne Morrow will be bringing dessert. After a short meeting, table games of choice will follow.

Friendly Thought #4

Friendships multiply joys and divide griefs.
- Henry George Bohn

New Trax Bus Service for Seniors

Tuesday, April 24, 2-3 pm, Vadnais Heights City Hall.
Scott Olson from New Trax will be bringing a bus for viewing and boarding. This is a great opportunity to see how New Trax can be of help to you.

Salad Luncheon

Wednesday April 25, 12 noon.

Forget the bag lunch. Bring a salad to share and join us in celebrating Springtime! Rosine Wong will be bringing rolls and Nancy Joly will furnish the dessert.

Rummage Sale

Saturday, April 28, Christ the Servant Lutheran Church, 9 am-3 pm. Rummage sale items, Bake Sale and Lunch will be available. Donations accepted. For more info call Lois at 612.875.7574 or email lois@cslcvh.org. Sponsored by Women's Ministries of CSLC.

April Showers Bring May Flowers

The modern day umbrella is a variation of waterproof parasols created by the Chinese in the 11th century BC. In ancient Egypt the earliest umbrellas or parasols were used to provide protection from the sun. The word “umbrella” comes from the Latin root “umbra” meaning “shade”.

Happy Easter! Sunday, April 1

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.

Church Ladies With Typewriters

Looking for a good laugh? These sentences actually appeared in church bulletins or were announced at church services:

Scouts are saving aluminum cans, bottles and other items to be recycled Proceeds will be used to cripple children.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be try-outs for the choir. They need all the help they can get.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Please place your donation in the envelope along with the deceased person you want remembered.

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.

The Associate Minister unveiled the church's new campaign slogan last Sunday:

'I Upped My Pledge - Up Yours'