



Vadnais Heights HI-LITES

Senior Activities Newsletter

May 2018

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, May 18, 9 am.

Vadnais Heights Community Food Program

Distribution is Saturday, May 19, 9 am.

Council Meetings

Tuesday, May 1 and Tuesday, May 15 at 7 pm.
Vadnais Heights City Hall.

Festival of Nations – St. Paul River Centre

May 4, 4:30 pm-10 pm. May 5, 10 am-10pm. May 6, 10 am-6 pm. This multicultural celebrations features more than 300 music and dance groups on three stages. The cafe has more than 30 ethnic food stands and the Bazaar features gifts from more than 40 cultures.

Lunch & Table Games

Wednesday, May 9, 12 noon.
It's back to bag lunch time again. Stop by and the coffee will be ready. The dessert will be furnished by Barb Sandquist. After a short meeting table games of choice will follow.

Is Your Thumb Green?

Check this web site www.davesgarden.com to get a thumbs up on gardening. Dave's Garden claims its PlantFiles is the largest plant database in the world, with nearly 120,000 entries and 93,000 images. Along with the usual particular about each plant, there are comments from other gardeners who share their specific experiences.

Fare For All

Friday, May 11, 2 pm-4 pm Community of Grace Lutheran Church, 4000 Linden Street, WBL.
Fare For All is a great way to save money on quality nutritious food. Fare For All is community supported and open to everyone. Be sure to check out this month's bargains.

Community Forum on Seniors Celebration

Wednesday, May 16, 3:30-5:30 pm – Hanifl Performing Arts Center, 4941 Long Avenue, WBL.
Join in for refreshments and a brief update of ongoing initiatives in service to area seniors, followed by tours of the new Lakeshore Players and Children's Performing Arts Theater! The event is free, but registration is appreciated at www.whitebear.ce.eleyo.com or 651-407-7501.

White Bear Area Senior Program – State of Real Estate and Decorating for Small Spaces

Tuesday, May 22, 2 pm - 3pm at Vadnais Heights City Hall. Tim Lundgren and Colleen Ketchum from Lungren Realty Group, LaBelle Real Estate Group, Inc. will be the presenters. Free – no registration needed. For more information please contact City Hall at 651-204-6000 or www.cityvadnaisheights.com.

Friendly Thought #5

It's getting harder and harder to find a courteous person who isn't trying to sell you something.
Anonymous.

Life Planning and Dementia Living Will

Here are a couple of good resources for end of life planning and dementia living will: The Conversations Project – Have You Had the Conversation? At <http://theconversionproject.org>.
A Living Will for Alzheimer's/dementia at <http://wbur.org/onpoint/2018/002/0444/a-livingwill-for-alzheimers>.

Lunch and Table Games

Wednesday, May 23, 12 noon.
Looking forward to you joining us with your favorite bag lunch. The coffee will be ready and waiting. Dessert will be furnished by Cheryl Intihar.



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.

Origins of Memorial Day

Originally called Decoration Day, Memorial Day was first observed May 30, 1868 to commemorate the fallen soldiers in the Civil War. Historians believed this day was chosen because it did not share an anniversary with any Civil War battles. Others say it was chosen because flowers would be in bloom across the country. The head of an organization of Union veterans, Maj. Gen. John A. Logan, the commander in chief of the Grand Army of the Republic, is credited with ordering the annual decoration of war graves with flowers to honor the dead. Declared a federal holiday in 1971, the last Monday of May recognizes our military for the sacrifices they have made to support our freedom. It's a day to give thanks, to pay tribute and to remember those who gave their lives to protect our country.



Flanders Field

**This poem was written on a Belgium battlefield by Lt. Col. John McCrae during World War I in 1915.
It is one of the most famous Memorial Day poems of all time.**

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.