

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 16

Address

15544 Central Ave. NE
Ham Lake, MN 55304

Phone

763-434-0455

Office Hours

Mon – Thurs: 8:00am to 3:30 pm

Website

[www.ci.ham-lake.mn.us/
community/senior/home](http://www.ci.ham-lake.mn.us/community/senior/home)

Email

hamlakeseniorcenter@yahoo.com

APRIL 2024

REMEMBER

The **May 16 & 17 Plant, Book, Puzzle and Miscellaneous Sale** is just around the corner. Start cleaning out and getting items ready to donate. Gently used household items should be prepriced when you bring them. Any unsold miscellaneous items you are responsible for taking home again.

We will also need volunteers to work 3-4 hour shifts on Wed, Thu, and Friday. Sign up sheets will be out soon.
Bakery Items - start planning what to bake for the sale!

March 24—LIONS PANCAKE BREAKFAST at the Ham Lake Senior Center. 8am-12:30pm Free will offering.

SENIOR DINING
Monday & Wednesday
@ noon. \$7 for 55 and
older, \$10 for anyone
else. Please call by
Wednesday noon for
Monday reservation
and by Monday noon
for Wednesday
reservation.

GENERAL MEMBERSHIP MEETING— APRIL 9 @ 5pm

For all members of the Ham Lake Senior Center, our bi-monthly meeting will be held on April 9. A free meal of sloppy joes will be provided followed by the meeting.

Program Survey

We have only received a few surveys so far. We really need your input to make a informed decision regarding the Monday Meals etc. Please fill out the survey and return it to the Senior Center. If for some reason you do not have the original survey Form, please stop by the Senior Center and get one to fill out. Also on the survey are questions asking what you would like to see offered as activities or informative sessions that would benefit you or would entice you to use the Senior Center.

Do you have 3 hours per month? We still need volunteers to cover more hours to keep the senior center open.

Please Support our
Advertisers

BOARD MEETING - MONDAY, APRIL 8, 2024 @ 9AM

		6	7		1	4		2
				6				
8								7
5					7		1	
	2				5			
			2				8	
7							5	3
	3		4		6			
1	9							



SHOPPING
Tuesday, April 2
Tuesday, April 16



Flexible plastic items can be brought to the senior center for recycling. Must be CLEAN

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Upcoming Defensive Driving Courses for 2024 are being held by MHSRC (Minnesota Highway Safety Research Center)

For those 55 and older. Registration required.

You will need to call **1-888-234-1294** to register for classes or go to <https://www.stcloudstate.edu/continuingstudies/mhrc/55-plus/default.aspx>

4 Hour Refresher Course: You need to take this every 3 years and time flies so make sure you are current.

The fee is \$24 for the 4 hour class.

Friday, March 29th - 11am to 3pm

Friday, May 24th - 11am to 3pm

August 9th - 11am to 3pm

Friday, October 25th - 11am to 3pm

8 Hour First Time Course: Required if you haven't taken the course previously. The fee is \$28 for the 8 hour class.

Tues & Wed April 9th & 10th - 4:30pm to 8:30pm

If you are 55 or over and take these courses, state law requires that your insurance company give you a 10% discount if you take and 8 hour Defensive Driving Course and attend a 4 hour refresher course every 3 years.

Property Tax Assistance

Tax preparers will be at the Ham Lake senior center on

Thurs, June 8 9-noon

Tues, June 27 9-noon

To help seniors with their M1PR (property tax refund) submission. First come-first served basis.

No appointments.

Income Tax Assistance

Tax preparers will be at the Ham Lake senior center on

Mondays 9am-Noon until

April 15. You need to call 763-434-0455 for an appointment.

Are you new to Medicare?

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APRIL 2024

MON	TUES	WED	THURS	FRI
1	2	3	4	5
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 12 noon Senior Dining 1:00pm Hand-foot-toe	9:00 am Exercise Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
8	9	10	11	12
9:00 am Vet Coffee 9:00 am Board Meeting 9:00 am - Noon AARP Income Tax 12 noon Senior Dining 1:00pm Hand-foot-toe	9:00 am Exercise 12 noon Member Meeting	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 12:45 pm Bingo	9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session	Closed
15	16	17	18	19
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 12 noon Senior Dining 1:00pm Hand-foot-toe	9:00 am Exercise Shopping	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
22	23	24	25	26
9:00 am Vet Coffee 12 noon Senior Dining 1:00pm Hand-foot-toe	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining-Birthday 12:45 pm Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
29	30			
9:00 am Vet Coffee 12 noon Senior Dining 1:00pm Hand-foot-toe			PLEASE LET US KNOW... What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.	

Ham Lake Senior Center Menu

Each week there is Senior Dining on Monday and Wednesday. RESERVATIONS ARE NEEDED. Please call 2 days in advance (Monday by noon for Wednesday and Wednesday by noon for Monday). The cost of the meals are \$7 for anyone over 55 otherwise \$10.

APRIL 2024

MON	TUES	WED
1	2	3
Cheesy Chicken With Rice Vegetable Dessert		Porcupine Meatballs Potato Vegetable Dessert
8	9	10
Taco Casserole Vegetable Dessert	Member 5pm Meeting Sloppy Joes Etc.	Baked Chicken Potato Vegetable Dessert
15	16	17
BBQ Pork on a Bun Potato Vegetable Dessert		Tater Tots Salisbury Steak Vegetable Dessert
22	23	24
Orange Chicken Rice Vegetable Dessert		Meatloaf Potato Vegetable Birthday Cake
29	30	
Liver & Onions Or Alternate Potato Vegetable Dessert		

HAPPY APRIL BIRTHDAYS

2 Samuel Rossi
2 Sondra Kroetch
3 Daniel Humphreys
3 James Albrecht
8 Peggy Doty
9 Ann Steen
10 Jerry Cleveland
11 Judy Carlson
14 Robert Anderson
19 Sue Golden-Benike
20 Jan Beckstrom
22 Kathy Hughes
23 Judy Schoumaker
26 Barbara Danger
29 Robert Jensen
29 Corinne Johnson
30 Jim Dubay



Birthday Meal

On the last Wednesday of each month, we celebrate all member birthdays from that month. If you are present for the meal, you will receive a coupon for a free future meal.



Board of Directors

President - Paul Titterud
 Vice President - Denny Hoch
 Secretary - Corinne Johnson
 Treasurer - Mary Jo Schultz
 At Large -
 John Yttreness
 Sharon Anderson
 Linda Siegler
 Aggie Gazvoda

FROM THE PRESIDENT:

Hello fellow seniors, This has been the mildest winter in Minnesota that I can remember. We have been breaking temperature records from back in the 1800's. They must have had global warming back then too. I bet they didn't have climate alarmists back then trying to scare everyone about it. If they did they weren't on national TV. The ice has melted from the lakes already and it's only the first week of March, The basketball playoff's have started, and there is no snow. The temps will be in the 60's tomorrow. Pat has already started to grow lettuce on our kitchen window sill.

Our center has been abuzz with all the seniors coming in to get their taxes prepared by the AARP volunteers. Our volunteers have been busy answering the phone and making appointments. We will be doing this until April 15th. All of you should have received a survey sheet in the March Newsletter. I hope you've taken the time to fill it out and turn it in. If you need another form, stop by the center to get one. We really need your input. There are other questions about what you would like to see as activities and learning sessions. There is a box behind the money collection desk for the surveys. The board will review them and bring them to the General Meeting for discussion. We need some good suggestions that might improve participation at our center. I hope we have a rainy April. We sure need the moisture. See you soon-Paul.

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APRIL FUN FACTS

April 1 - Don't be fooled

April 2 - Light up blue for Autism Awareness

April 7 - Easter

April 22 - Earth Day and the start of Passover

The first Webster Dictionary was copyrighted by Noah Webster on April 14, 1828.

The Titanic sank on April 15, 1912.

The Revolutionary War in America began on April 19, 1775.

The United States Library of Congress was established April 24, 1800.

Our first President George Washington was inaugurated on April 30, 1789

First Saturday in April is National Pillow Fight Day.

Third Sunday in April is Go Fly a Kite Day

Last Saturday in April is National Sense of Smell Day

PROTECT YOUR CREDIT

To keep others from opening accounts in your name, put a credit freeze on your accounts at all three credit bureaus.

Experian

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Then if anyone tries to open a charge account, bank account or loan in your name, it will be stopped. They have to ask your permission before it can happen.

Senior Expo

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8	1	2	9	3	4	5	6	7
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9	2	7	8	1	5	3	4	6
6	4	1	2	9	3	7	8	5
7	6	4	1	2	9	8	5	3
2	3	8	4	5	6	9	7	1
1	9	5	3	7	8	6	2	4



SENIOR LINKAGE LINE

Want help on the phone?
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1-800-333-2433

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www.MinnesotaHelp.info

A service of the Minnesota Board on Aging

