



Ham Lake Senior Center Newsletter

August
Issue 361

Published by Ham Lake Senior Center, Inc.
15544 Central Ave. NE, Ham Lake, Minnesota 55304 763-434-0455
Office Hours: Monday – Thursday 8:00 a.m. – 3:30 p.m



AUGUST 2021



Office hours: Monday thru Thursday 8:00 a.m. to 3:30 p.m.

Address: 15544 Central Avenue NE, Ham Lake

Senior Dining: Mondays and Wednesdays at 12 noon. Reservations needed. Please call two days in advance!!
The cost is \$5.00 for 55 and older and \$8.00 for anyone under 55.

For more information call (763) 434-0455 or email: hamlakeseniorcenter@yahoo.com

GENERAL MEMBERSHIP MEETING

**TUESDAY, AUGUST 10TH AT 5:00 P.M.
HOT DOGS AND POTATO SALAD WILL BE
FURNISHED.**

THE MEETING WILL FOLLOW!!



**THIS WILL BE THE LAST
ISSUE YOU WILL
RECEIVE OF THE
NEWSLETTER IF YOU
HAVEN'T RENEWED
YOUR MEMBERSHIP!!**

Hi Members,

Well it's great to be back open. Getting our meals on Monday and Wednesday by Pat, plus great desserts by Mary Jo. Pat is glad (happy) to have Cindy helping. Let's all tell her "thanks". Things are starting to get back to normal. Card players and Wood Carvers are here. The bus is full for the trip on the Jonathan Padelford Boat, which will be fun.

DID YOU KNOW THE TEMPERATURE?.....

Alaska leads the United States with the coldest temperature ever recorded at -80° . Of the Continental United States, Montana registered at -70° in 1954 to lead the way. If you are looking to escape to someplace warmer, there is only one state to never have had a negative temperature. Hawaii's low is a balmy 15° .

Hottest temperature ever recorded in Minnesota is 114° in Moorhead on July 6, 1936. Coldest temperature was -60° in Tower on February 2, 1996. Keep Cool All!!!!!!

Your Pres... . . *Howard Courtney*

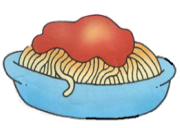
Board Meeting—Monday, August 9, 2021 9:00 a.m.



Wii Bowling kick-off meeting on Wednesday, September 1st at 9 a.m. Bowling starts on Wednesday, September 8th. Get signed up!!



Thursday, September 23rd and Friday, September 24th will be our fall sale of books, plants, puzzles and bake sale from 8 am to 4 pm!!



Friday, September 24th from 4 pm to 7 pm will be our annual Spaghetti Fundraiser!!

Happy August Birthdays!!

- Dennis Iverson.....8/3
- Arlene Nelson..... 8/5
- Sharon Anderson.....8/12
- Cathy Jamison.....8/14
- Donna Dobbs.....8/24
- Don Krueger.....8/25
- Edythe Dankert.....8/28
- Rena Edmundson.....8/30



DID YOU KNOW THAT VOLUNTEERING CAN:

**REDUCE
DEPRESSION,
CHRONIC PAIN, STRESS, RISK OF DISEASE,
AND
SOCIAL ISOLATION**

**INCREASE
PHYSICAL FITNESS,
MENTAL
FUNCTIONALITY, SENSE OF
PURPOSE, SOCIAL
CONNECTION, AND LONGEVITY!**

Senior Discount days at the MN State Fair are Monday, August 30th, and Thursday, September 2nd. The cost on those days are \$11 for 65+.

NOTE: Already purchased tickets for the 2020 MN State Fair? Your 2020 gate admission ticket will be valid for the 2021 fair. No action is required. Bring your ticket with you and get it scanned at the gate any one day of the 2021 MN State Fair, Aug. 26-Sept. 6.

Help Wanted

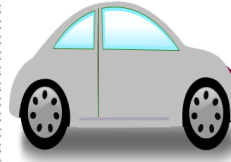
THIS IS A PAID POSITION!!!!

A BUS DRIVER IS WANTED FOR MONDAY & WEDNESDAY MEALS, SHOPPING TWICE A MONTH AND AN OCCASSIONAL OUTING!!

Shopping will be on Tuesday, August 17th.



WE ARE PLANNING ON HAVING A HISTORY OF HAM LAKE TOUR ON WEDNESDAY, JULY 28TH AT 1:30 P.M. IF YOU ARE INTERESTED, PLEASE CONTACT THE SENIOR CENTER!!!!



UPCOMING DEFENSIVE DRIVING COURSES FOR 2021 ARE NOW 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.

Driver's training is being offered again. Everyone will need to wear a mask and social distance to attend.

4 Hour Refresher Course: (you need to take this every three years and time flies, so make sure you are current!) **The fee is \$22 for the 4 hour class!!** Friday, October 15th—11 a.m. to 3 p.m. (Via Zoom)

8 Hour Refresher Course: (Required for "First Timers") **The fee is \$26 for the 8 hour class!!** **NONE SCHEDULED AT THIS TIME!!!**

DID YOU KNOW that if you are 55 years or older, state law requires your insurance company to give you a 10% discount if you take an 8 hour Defensive Driving Course and attend a 4 hour refresher course every 3 years?



Want help on the phone?
Call the Senior LinkAge Line
1-800-333-2433

Your link to senior services and health insurance counseling.

www.MinnesotaHelp.info

A service of the Minnesota Board on Aging and Area Agencies on Aging.

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Ham Lake Senior Center, Inc.

15544 Central Ave NE
Ham Lake, MN 55304

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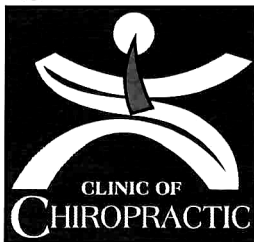
Ham Lake Dental

Wendt · Kirkhoff · Revoir

(763) 434-4188

16220 Aberdeen St. NE Ste. A1
HamLakeDental.com Ham Lake, MN 55304

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Drs. Valorie & Robert Hoffmann DC
crosstownclinic.com

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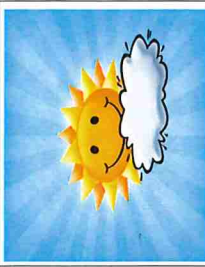
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www.21stcb.com

Ham Lake Branch • 763-434-2178



August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3 9:00 Exercise Class	4 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining	5 9:00 Exercise Class 12:30 "500" cards	6 <u>SENIOR CENTER</u> <u>CLOSED</u>	7	
8	9 9:00 Board Mtg. 9:30 Cribbage 12:00 Senior Dining 12:45 Hand & Foot	10 9:00 Exercise Class <u>**5:00 General Mtg.**</u>	11 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining	12 9:00 Exercise Class 12:30 "500" cards  <u>7:00—Jam Session</u>	13 <u>SENIOR CENTER</u> <u>CLOSED</u>	14	
15	16 9:30 Cribbage 12:00 Senior Dining 12:45 Hand & Foot	17 9:00 Exercise Class 10:00 SHOPPING  <u>1:00—Jam Session</u> 	18 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining	19 9:00 Exercise Class 12:30 "500" cards	20 <u>SENIOR CENTER</u> <u>CLOSED</u>	21	
22	23 9:30 Cribbage 12:00 Senior Dining 12:45 Hand & Foot	24 9:00 Exercise Class	25 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining  (B-Day Meal)	26 9:00 Exercise Class 12:30 "500" cards	27 <u>SENIOR CENTER</u> <u>CLOSED</u>	28	
29	30 9:30 Cribbage 12:00 Senior Dining 12:45 Hand & Foot	31 9:00 Exercise Class					

HLSC DINER



Ham Lake Senior Center Menu

Each week there is Senior Dining at noon on Mondays & Wednesdays –
RESERVATIONS ARE NEEDED. PLEASE CALL TWO DAYS IN ADVANCE! (NOTE: the
 cost of the meal is \$5.00 for anyone 55 and older and \$8.00 for anyone younger!)

ADDRESS: 15544 Central Ave. NE, Ham Lake PHONE: 763-434-0455

August 2021

Mon.	Tue.	Wed.	Thu.	Fri.
2	3	4	5	6
BRUNCH FOR LUNCH BACON, SAUSAGE, EGGS, POTATO PATTY MANDARIN ORANGE W/JELLO		SWEET & SOUR PORK W/STIR FRY VEGGIES OVER BROWN RICE DESSERT		
9	10	11	12	13
BACON HAM CASSEROLE COLD PEA SALAD GLORIFIED RICE W/FRUIT COCKTAIL		ROAST BEEF STRIPS OVER JACKET POTATOES W/GRAVY BUTTERED CARROTS DESSERT		
16	17	18	19	20
HAMBURGER OR LIVER & ONIONS MASHED POTATOES MARINATED TOMATOES DESSERT		SWISS STEAK W/GRAVY & NOODLES BROCCOLI/CAULIFLOWER SALAD DESSERT		
23	24	25	26	27
SWEDISH MEATBALLS OVER NOODLES PEAS & CARROTS DESSERT		HAM & SCALLOPED POTAOTES CORN, COLESLAW W/APPLES & CRANBERRIES CAKE (B-DAY MEAL)		
30	31			
CHICKEN SALAD SANDWICHES ON CROISSANT SIDE SALAD DESSERT		<i>NOTE: DESSERTS MAY NOT BE PREPARED ON SITE!!!!</i>		<i>MENUS ARE SUBJECT TO CHANGE!!!</i>