

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 12

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



DECEMBER 2023



Christmas Celebration with Friends

We look forward to seeing
all of our friends on
Wednesday December 20th
at 12:00PM noon.
Music will be playing from 11
-12:30.
Lunch \$10.00
...and stay for the
Jam Session starts at 1pm.



UnDecorate for Christmas on Wednesday, December 27 after
Lunch. All help appreciated. Volunteer hours.



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

Senior Center will be **closed** on December 25th in observance of
Christmas. No activities.

The Senior Center would like to wish everyone a

Merry Christmas!



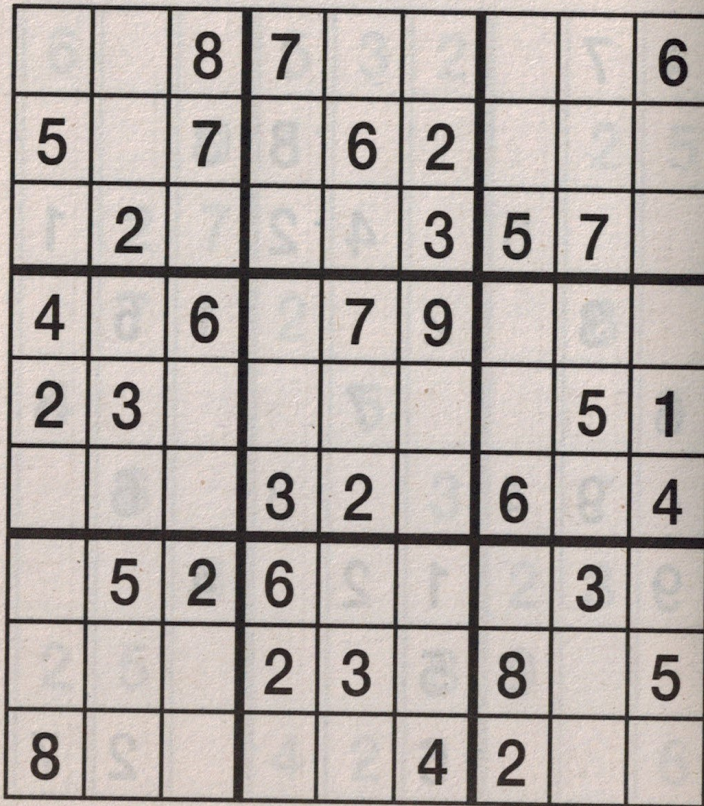
and a



Happy New Year!

Please Support our
Advertisers

BOARD MEETING - MONDAY, DECEMBER 11, 2023 @ 9AM



SHOPPING

Tuesday, December 12
Tuesday, December 26

Ham Lake Lions 50th Annual Christmas Dinner for Senior Citizens

Sunday, December 3, 2023

4pm - Entertainment

5pm - Dinner

6:30 - Visit from Santa Claus

Glen Cary Lutheran Church

15531 Central Av NE (across from City Hall)

Ham Lake MN 55304

All seniors from the area are invited to attend.

No reservations are required and there is no charge to attend.

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

Upcoming Defensive Driving Courses for 2023 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

Friday, 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.

Wed-Thurs, 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 an 8 hour Defensive Driving Course and attend a 4 hour refresher course every 3 years.

WINTER STORM RULES

The Senior Center will be following the policy of Anoka-Hennepin School District #11. If they close, so will the Senior Center.

Check your local TV.



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. TransUnion, Equifax. 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.



DECEMBER 2023

MON	TUES	WED	THURS	FRI
				1
				Closed
4	5	6	7	8
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 500 cards	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
11	12	13	14	15
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise 9:00AM Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 500 cards	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards 7:00 pm Jam Session	Closed
18	19	20	21	22
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session-500 cards	9:00 am Exercise	Closed
25	26	27	28	29
Closed	9:00 am Exercise 9:00AM Shopping	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining-Birthday Birthday Bingo 1:00 500 cards & Undecorate	9:00 am Exercise	Closed

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 for Wednesday and Wednesday for Monday). The cost of the meals are \$7 for anyone over 55 otherwise \$10. Home Cooked Meals.

DECEMBER 2023

MON	TUES	WED
4	5	6
Stuffed Shells Vegetable Dessert	Please bring your own container to take home part of your lunch, if necessary.	Sausage Noodle Casserole Vegetable Dessert
11	12	13
Liver & Onions Or Alternate Casserole Hash Browns Vegetable Dessert	All those containers cost us money.	Meatloaf Potato Vegetable Dessert
18	19	20
Turkey Tetrazzini Vegetable Dessert	Get your reservation in early for the Christmas lunch.	Christmas Lunch Pork Chops and more.
25	26	27
Closed	Please call as soon as you receive the newsletter to sign up for the birthday meal.	Lasagna Garlic Toast Vegetable Birthday Cake

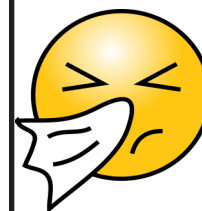
HAPPY DECEMBER BIRTHDAYS

2 Gwen Mikish
5 Delaine Braastad
7 Karen Schulze
16 Sharon Foote
20 Pat Titterud
20 Peter Wojciechowski
21 Peter Oswald
24 Bev Staples
24 James Kapla
25 Genevieve Rossi



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.



If you are ill or think you're coming down with something, PLEASE stay home. There are many people who are immune suppressed and/or fighting other illnesses. They may not be able to fight off what you have.

THANK YOU!!!!



FROM THE PRESIDENT:

Hello fellow seniors,
Merry Christmas!

We're still trying to get enough people to sign up to go look at the Christmas light display in Isanti and/or Anoka. The Isanti lights are a walking tour and Anoka we can drive the bus through to look at the lights.

We hired a new bus driver to take Joyce's place while she heads south for the winter. His name is Bob Anderson, some of you probably know him. I know he'll do a good job for us.

As members, we can use the senior center for personal parties and get-togethers. Remember, you have to volunteer 20 hours per year in order to qualify. A nice benefit for our members with the board's approval.

Have a great holiday season.

-Paul

Board of Directors

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

Do you have 3 hours per month or week?

We still need volunteers to cover more hours to keep the senior center open longer.



Attention Snowbirds!

Before you take off for warm climates, please call and let us know when you will be gone. Newsletters are sent in bulk mail and if non-deliverable we have to pay .66 when they come back to us because they don't forward them.



WE COUNT OUR BLESSINGS!!!

During the holiday season we are especially reminded to "COUNT OUR BLESSINGS"

Special thanks to our many dedicated and loyal volunteers who helped us out at our events in 2023 with all the tasks including setting tables, kitchen work, receptionist

work, cooking, planning, clean-up and more. And all of those that help get the newsletter out the door, or volunteered by keeping track of our money. And of course, our Board Members!

REMEMBER, it's volunteers who keep the Senior Center going, so a big round of applause to all who continue to volunteer at the Ham Lake Senior Center!!!

PLEASE sign up to be a volunteer!!!





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MinnesotaVeteran.org

Did you know...
Vet coffee and
cookies is availa-
ble on Monday
morning at 9am.

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



SENIOR LINKAGE LINE

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

