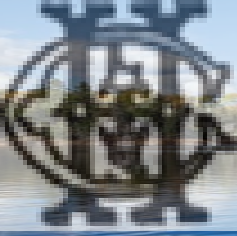


# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 13

#### 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](mailto:hamlakeseniorcenter@yahoo.com)

JANUARY 2024

Happy  
New Year

**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-

Please Support our  
Advertisers



**BOARD MEETING - MONDAY, JANUARY 8, 2024 @ 9AM**

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



## SHOPPING

Tuesday, January 9  
Tuesday, January 23

### Dogs at the Senior Center

Per Minnesota state statute, dogs are not allowed at the Senior Center because we are a food establishment. Only trained service dogs are allowed.

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

**We don't accept the hard plastic (ie. Containers from fruits or yogurt)**

**We reached our goal to get the bench for the veterans. It's been delivered and some of the vets will take it to the campground.**

## 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.



### IN MEMORIAM

Carolyn Johnson  
Wayne Bushey  
Marvin Michels

### 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.





# JANUARY 2024

MON	TUES	WED	THURS	FRI
<b>1</b> Closed	<b>2</b> 9:00 am Exercise	<b>3</b> 9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm 500 cards	<b>4</b> 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	<b>5</b> Closed
<b>8</b> 9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	<b>9</b> 9:00 am Exercise Shopping	<b>10</b> 9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm 500 cards	<b>11</b> 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards 7:00 pm Jam Session	<b>12</b> Closed
<b>15</b> Closed	<b>16</b> 9:00 am Exercise	<b>17</b> 9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm 500 cards Jam Session	<b>18</b> 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	<b>19</b> Closed
<b>22</b> 9:00 am Vet Coffee 12 noon Senior Dining	<b>23</b> 9:00 am Exercise Shopping	<b>24</b> 9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm 500 cards	<b>25</b> 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	<b>26</b> Closed
<b>29</b> 9:00 am Vet Coffee 12 noon Senior Dining	<b>30</b> 9:00 am Exercise	<b>31</b> 9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday Birthday Bingo 1:00 pm 500 cards		

## 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.

### JANUARY 2024

MON	TUES	WED
1	2	3
Closed		Chicken Chow Mein over Rice Dessert
8	9	10
Chili Cornbread Dessert		Salisbury Steak w/ mushroom gravy Potato Vegetable Dessert
15	16	17
Closed		Swedish Meatballs Potatoes Vegetable Dessert
22	23	24
Spanish Rice Vegetable Dessert		Turkey Divan w/ Broccoli Dessert
29	30	31
Tuna Noodle Casserole Vegetable Dessert		BBQ Chicken Baked Potato Vegetable Birthday Cake

## HAPPY JANUARY BIRTHDAYS

2 Chuck Sader  
2 Peggy Strerriker  
3 Mel Aanerud  
3 Wayne Bushey  
6 Marvin Michels  
8 Esther Maiers  
9 Ann Witucki  
15 Mickey Young  
15 Pat Oredson  
17 Doug Phillips  
21 Glen Bonde  
22 Merilee Doll  
23 Denny Hoch



## 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.





### FROM THE PRESIDENT:

Hello fellow seniors and HAPPY NEW YEAR!

It's been one year since we started with the new printing company for the newsletter. We've made some changes along the way and it seems to be working out. We've heard some good comments and welcome more input. The Ham Lake Lions had their 50th annual senior Christmas party on Dec 3rd at Glen Cary Church. The senior center offers free rides to the party for members if you need one. This year we only had one rider.

I hope everyone enjoys their Christmas. So far we've had a mild winter with not too much snow which seems to melt right after it falls. Haven't needed the snow blower.

Have a happy and great 2024 everyone!

-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.

**We forget that waking up each day is the first thing we should be grateful for.**

## AARP Foundation Tax-Aide Assistance Program 2024

AARP Foundation Tax-Aide will be providing income tax services starting in February. The Tax-Aide program utilizes the talents of IRS certified volunteers to complete free tax returns for members of our community concentrating on low-income 50+. All tax returns will be completed the same day following safety protocols set forth by both the Ham Lake Senior Center and AARP Foundation Tax-Aide.

Tax-Aide volunteers are taking appointments for the 2023 tax season which will run from Monday, February 5th to April 15th at the Ham Lake Senior Center **by appointment only**. You will need a separate appointment for each year's return you need completed.

The appointment scheduling line will be open starting the week of January 15th. Appointments will be taken by the Ham Lake Senior Center . Please call **763-434-0455** . If not answered, leave a message and we will return your call in the order received. All taxes will be done by appointment only.

Prior to your appointment, required documents need to be picked up at the Ham Lake Senior Center. Please fill out the forms prior to coming to your appointment. Collect all your tax documents including your prior year's tax return and bring all of it to you appointment. Please arrive on time (or 15 minutes early) for your appointment.

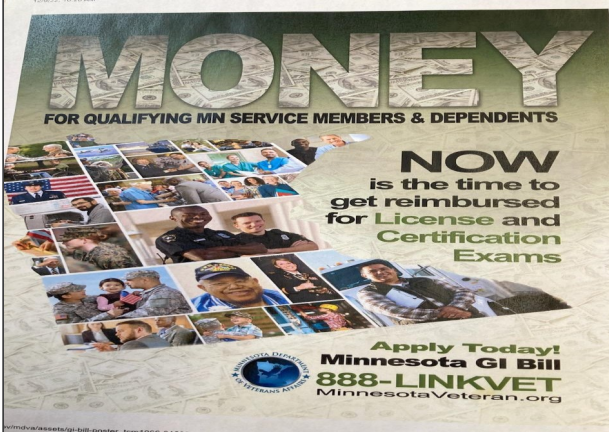
# **HAM LAKE SENIOR CENTER**

15544 Central Ave. NE  
Ham Lake, MN 55304

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
ANOKA, MN  
PERMIT #289

**Did you know...**  
**Vet coffee and cookies is available on Monday morning at 9am.**

VA Burial Benefit information is available at the Ham Lake Senior Center.



**MONEY**  
FOR QUALIFYING MN SERVICE MEMBERS & DEPENDENTS

**NOW** is the time to get reimbursed for License and Certification Exams

**Apply Today!**  
**Minnesota GI Bill**  
**888-LINKVET**  
MinnesotaVeteran.org



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



**May You Find  
A Million Reasons  
To Smile Today!**



## 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

