

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 5

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

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 reservation.

**Please Support our
Advertisers**

MAY 2023

MAY 18 and 19

PLANT, BOOK, PUZZLE, MISCELLANEOUS SALE

Get ready to bake some tasty treats. 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. Books and puzzles don't need to be marked and they can stay if unsold.

VOLUNTEERS needed to work one 3-4 hour shift on Wed, Thurs, or Friday. Sign up sheets will be out soon.

80+ BIRTHDAY PARTY - MAY 9th @ 1pm

If you are 80+ as of May 9th, please let us know if you will be attending the party.

If you are under 80, please sign up to help with the party.

ELECTIONS for the BOARD OF DIRECTORS

There are 4 openings on the board each year. This year is Vice president, Treasurer, and 2 at-large positions. If you are interested in running for any position, please talk to someone in the office to get details and/or get on the ballot.

CarFit - MAY 18th 10am - Noon

Volunteers from the CarFit program will adjust your seat, steering wheel, seat belt etc so that when you drive you are in the optimal position. Open to anyone in the area.

BOARD MEETING - MONDAY, MAY 8, 2023 @ 9AM



In Memoriam - Sharon Nelson

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



SHOPPING
Tuesday, May 2
Tuesday, May 16

What can be recycled?

All plastic must be clean, dry and free of food residue.



Grocery bags



Bread bags



Bubble wrap



Dry cleaning bags



Newspaper sleeves



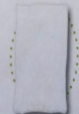
Ice bags



Plastic shipping envelopes



Ziploc & other reclosable food storage bags



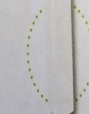
Cereal bags



Case overwrap



Salt bags



Pallet wrap & stretch film



Wood pellet bags



Produce bags

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, June 9th - 11am to 3pm

Friday, September 15th - 11am to 3pm

Friday, November 10th - 12pm to 4pm

8 Hour First Time Course: Required if you haven't taken the course previously.

None Scheduled at this time.

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.

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.

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.



MAY 2023

MON	TUES	WED	THURS	FRI
01	02	03	04	05
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	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
08	09	10	11	12
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise 1:00 pm 80+ Birthday Party	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 7:00 pm Jam Session	Closed
15	16	17	18	19
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise 1:00 pm Jam Session	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	8-4 Spring Sale 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	8-4 Spring Sale Plants Books Puzzles Miscellaneous
22	23	24	25	26
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	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
29	30	31		
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-Birthday Birthday Bingo	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 for Wednesday and Wednesday for Monday). The cost of the meals are \$7 for anyone over 55 otherwise \$10. Home Cooked Meals.

MAY 2023

MON	TUES	WED
01	02	03
Porcupine Meatballs Potatoes Vegetable Dessert		BBQ Chicken Baked Potato Vegetable Dessert
08	09	10
Taco Casserole Vegetable Dessert		Chicken Chow Mein Rice Tossed Salad Dessert
15	16	17
Goulash Vegetable Dessert		Meatloaf Mashed Potatoes Vegetable Dessert
22	23	24
Fish Almondine Hash Browns Coleslaw Dessert		Orange Chicken Rice Vegetable Dessert
29	30	31
CLOSED		Lasagna Vegetable Garlic Bread Birthday Cake

HAPPY MAY BIRTHDAYS

13 Dennis Buschmann
13 Judi Bucholz
21 Cary Fohrenkamm
24 Charles Haupt
27 Deborah Oswald
29 Betty Sannerud



Birthday Meal

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

Did you know...

-Willie McCoy's has 1/2 price hamburgers all day Monday

-You can get free popcorn and \$5 movies in East Bethel and Andover theaters on Tuesdays.



FROM THE PRESIDENT:

Hello fellow seniors,

I was able to have one more snowmobiling outing. On April 1st we had 6" more snow. But it looks like spring is finally here. Temps are finally warming up. Snow will be gone soon and then we can start planting and mowing.

The Lions had their annual pancake breakfast on April 2. I hope many of you were able to make it.

We had a great turn out for the birthday meal on March 29th. Our friends from Allina Health were there to give us information on Medicare. Prizes were given away. They will return for more game days.

Harry Hibben and the Jammers are thinking of moving the monthly afternoon jam session to Monday or Wednesday after lunch. Let us know your thoughts. See you soon-Paul

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

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

Craft Classes
Are you interested in craft classes? We have a person who is willing to come in to teach classes if enough people are interested. Let us know what you'd like to see.



MEMBERSHIP RENEWAL FORM - DUE BY JUNE 1, 2023

Due to the new format, we can't insert the page for member renewal like we have in the past. Please fill out below and submit with your \$10 membership renewal fee.

7

Your Name _____

Partner's Name _____

Phone number _____ Other Phone _____

Emergency Contact _____ Phone _____

Address _____

City _____ State _____ Zip _____



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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.

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

Wow, spring is just around the corner!



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

