

Ham Lake Senior Center Newsletter

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



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Address: 15544 Central Avenue NE, Ham Lake

Senior Dining: Mondays and Wednesdays at 12 noon. Reservations needed. <u>Please call two days in advance!!</u> 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

Exercise sessions will resume on Tuesday, January 5th at 9:00 a.m.. Classes will be held every Tuesday and Thursday. You must wear a mask and sit 10 feet apart. If you decide to "chat" before or after class, you will need to stay in your chairs 10 feet apart. You will need to sign-in so we can keep track of who is attending class. Bring your own beverage if you want.

NO FOOD ALLOWED!!!!!

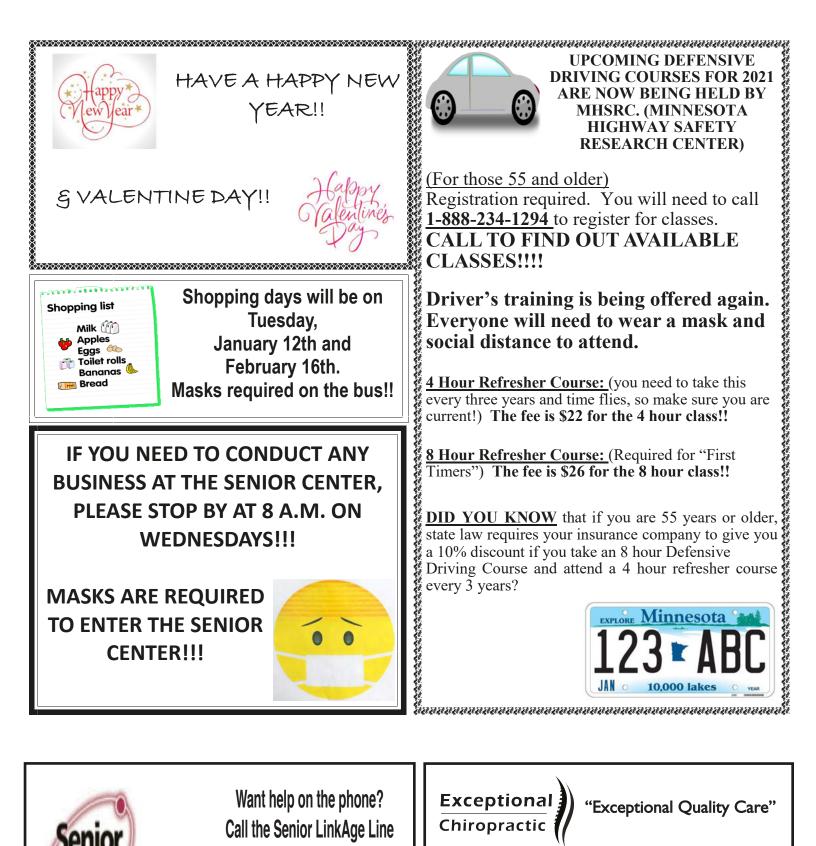


DUE TO COVID-19—THE HAM LAKE SENIOR CENTER IS CLOSED UNTIL FURTHER NOTICE <u>(EXCEPT FOR EXERCISE SESSIONS</u>)!!!



MEALS WILL BE DISCONTINUED FOR THE MONTHS OF JANUARY AND FEBRUARY AND THE BOARD WILL DISCUSS IF THE MEALS WILL RESUME IN MARCH.

	gaaaaaaaaaaaaaaaaaaaaaa
	🕈 🛛 <u>Happy January Birthdays!!</u>
	Karen Gerber
Voicemail Mailox	🍯 Melvin Aanerud3
massadas and	💈 Wayne Bushey3
messages and	💐 Marvin Michels6 🖉
the mail are checked once a 🚦	🟅 Esther Maiers8 💈
week. You can leave messages	💐 Al Sannerud11 💈
	Mickey Young15
if it's not urgent and we will	Pat Oredson15
get back to you	Marlene Wicklander
	Merilee Doll
	Denny Hoch
, , , , , , , , , , , , , , , , , , ,	Patricia Naegele
, DE	Gerry Christensen
NIN MEMORIAM	Marion Stumo31 🗞
ADELINE HAMM &	a Happy
	Happy Birthday
Normalia and a second s	a Riptnung
<u> </u>	Happy February Birthdays!!
	Aggie Gazvoda2
	§ Irene Heath
BYE BYE WINTER	🕈 Paul Titterud7
	Thurman Doty12
	Thurman Doty12 Mary Jo Hoch17
	<i>Yvonne Johnson20</i> <i>Alice Ganter</i>
ATTENTION SNOWBIRDS!! Before you take-off for warmer	Alice Ganter23 §
climates, please call the Senior Center	Barbara Huntley23
(763) 434-0455 and let them know your winter address. Because the newsletters are mailed out under a "bulk	Leon Mager24
mail" permit, they are not	
forwarded to your new address EVEN THOUGH YOU GAVE YOUR CHANGE OF	
ADDRESS TO THE POST OFFICE!!	
We end up getting the newsletters back and have 🕈	
to pay \$.55!!	Happy Birshday !
	Birthday 1
MAIL	
MAIL	



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.

1-800-333-2433

Auto Accident & Personal Injury Specialists Providers For All Major Insurance Networks

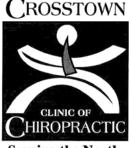
> ph 763-208-5382 | fax 763-208-2911 1444 147th Avenue NE, Ham Lake, 55304 info@exceptionalchiropractic.com exceptionalchiropractic.com



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Awarded 2019 Best Doctors by **Minnesota Monthly Magazine**

Providers for all major Minnesota insurance plans

Same day appointments

2330 Crosstown Blvd NE Ham Lake, MN 55304 (1 mile east of HWY 65) Drs. Valorie & Robert Hoffmann DC crosstownclinic.com



HamLakeDental.com

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

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