



Ham Lake Senior Center Newsletter

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

Happy
New Year!

JANUARY/FEBRUARY 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

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!!!!!!

*Stay
safe
AND
healthy*

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



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

Board Meeting—Monday, February 1, 2021 9:00 a.m.



Voicemail messages and the mail are checked once a week. You can leave messages if it's not urgent and we will get back to you

Happy January Birthdays!!

<i>Karen Gerber.....</i>	<i>1</i>
<i>Melvin Aanerud.....</i>	<i>3</i>
<i>Wayne Bushey.....</i>	<i>3</i>
<i>Marvin Michels.....</i>	<i>6</i>
<i>Esther Maiers.....</i>	<i>8</i>
<i>Al Sannerud.....</i>	<i>11</i>
<i>Mickey Young.....</i>	<i>15</i>
<i>Pat Oredson.....</i>	<i>15</i>
<i>Marlene Wicklander.....</i>	<i>19</i>
<i>Merilee Doll.....</i>	<i>22</i>
<i>Denny Hoch.....</i>	<i>23</i>
<i>Patricia Naegele.....</i>	<i>25</i>
<i>Gerry Christensen.....</i>	<i>28</i>
<i>Marion Stumo.....</i>	<i>31</i>

IN MEMORIAM

ADELINE HAMM &

DODIE BOHLMAN



Happy Birthday

BYE... BYE... WINTER

ATTENTION SNOWBIRDS!!

Before you take-off for warmer climates, please call the Senior Center (763) 434-0455 and let them know your winter address. Because the newsletters are mailed out under a "bulk 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 February Birthdays!!

<i>Aggie Gazvoda.....</i>	<i>2</i>
<i>Irene Heath.....</i>	<i>3</i>
<i>Paul Titterud.....</i>	<i>7</i>
<i>Thurman Doty.....</i>	<i>12</i>
<i>Mary Jo Hoch.....</i>	<i>17</i>
<i>Yvonne Johnson.....</i>	<i>20</i>
<i>Alice Ganter.....</i>	<i>23</i>
<i>Barbara Huntley.....</i>	<i>23</i>
<i>Leon Mager.....</i>	<i>24</i>

Happy Birthday!



HAVE A HAPPY NEW YEAR!!

§ VALENTINE DAY!!



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.

CALL TO FIND OUT AVAILABLE 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!!**

8 Hour Refresher Course: (Required for "First Timers") **The fee is \$26 for the 8 hour class!!**

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?



Shopping list

- Milk
- Apples
- Eggs
- Toilet rolls
- Bananas
- Bread

Shopping days will be on Tuesday, January 12th and February 16th. Masks required on the bus!!

IF YOU NEED TO CONDUCT ANY BUSINESS AT THE SENIOR CENTER, PLEASE STOP BY AT 8 A.M. ON WEDNESDAYS!!!

MASKS ARE REQUIRED TO ENTER THE SENIOR CENTER!!!



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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