



# HAM LAKE SENIOR CENTER

## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 6

**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)





**SHOPPING**  
 Tuesday, June 6  
 Tuesday, June 20

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

### 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



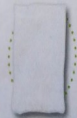
Ice bags



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 an 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.



# JUNE 2023

| MON   | TUES   | WED   | THURS  | FRI    |
|---|--|---|--|--------|
|   |  |   | 01   | 02     |
| PLEASE LET US KNOW...<br>What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas. |  |   | 9:00 am<br>Exercise<br>10:00am<br>Dominoes<br>12:30 pm<br>500 cards  | Closed |
| 05  | 06   | 07  | 08   | 09     |
| 9:00 am<br>Vet Coffee<br>12 noon<br>Senior Dining   | 9:00 am<br>Exercise  | 9:30 am<br>Fun Cribbage<br>10:00 am<br>Wood Carving<br>12 noon<br>Senior Dining   | 9:00 am<br>Exercise<br>9-12 Property Taxes<br>10:00am<br>Dominoes<br>12:30 pm<br>500 cards<br>7:00 pm<br>Jam Session | Closed |
| 12  | 13   | 14  | 15   | 16     |
| 9:00 am<br>Vet Coffee<br>9:00 am<br>Board Meeting<br>12 noon<br>Senior Dining   | 9:00 am<br>Exercise<br>5:00 pm<br>General Meeting<br>Elections | 9:30 am<br>Fun Cribbage<br>10:00 am<br>Wood Carving<br>12 noon<br>Senior Dining   | 9:00 am<br>Exercise<br>10:00am<br>Dominoes<br>12:30 pm<br>500 cards  | Closed |
| 19  | 20   | 21  | 22   | 23     |
| 9:00 am<br>Vet Coffee<br>12 noon<br>Senior Dining   | 9:00 am<br>Exercise  | 9:30 am<br>Fun Cribbage<br>10:00 am<br>Wood Carving<br>12 noon<br>Senior Dining   | 9:00 am<br>Exercise<br>10:00am<br>Dominoes<br>12:30 pm<br>500 cards  | Closed |
| 26  | 27   | 28  | 29   | 30     |
| Closed  | 9:00 am<br>Exercise<br>9-12 Property Taxes                     | 9:30 am<br>Fun Cribbage<br>Wii Bowling<br>10:00 am<br>Wood Carving<br>12 noon<br>Senior Dining-Birthday<br>Birthday Bingo | 9:00 am<br>Exercise<br>10:00am<br>Dominoes<br>12:30 pm<br>500 cards  | 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.

### JUNE 2023

| MON  | TUES | WED   |
|--|------|---|
| 05   | 06   | 07  |
| Cheesy Ham Hotdish<br>Vegetables<br>Dessert                      |      | Wild rice beef<br>casserole<br>Vegetable<br>Dessert                   |
| 12   | 013  | 14  |
| Breaded chicken<br>tenders<br>Tater tots<br>Cole slaw<br>Dessert |      | Spaghetti and<br>meatballs<br>Garlic bread<br>Tossed Salad<br>Dessert |
| 19   | 20   | 21  |
| Sloppy joes<br>Hash browns<br>Baked beans<br>Dessert             |      | BBQ Pork Country<br>Short Ribs<br>Potatoes<br>Vegetable<br>Dessert    |
| 26   | 27   | 28  |
| Chef salad with<br>cottage cheese<br>Dessert                     |      | Roast beef<br>Mashed potatoes<br>Vegetable<br>Birthday cake           |
|  |      |   |
|  |      |   |

## **HAPPY JUNE BIRTHDAYS**

2 Donna Thotland  
5 Paul Buccholz  
7 Grace Peterson  
7 Sandi Kugel  
16 Joan Mager  
20 Jeff Jarosz  
23 Gary Hanley  
27 Orville Underdahl



## 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...

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



**FROM THE PRESIDENT:** Hello fellow seniors, It's already the middle of May. We finally got rid of the snow but have the branches and leaves to clean up before we start mowing and planting. I hope our plant & bake sale goes well next week. I'm going to miss it but I'm putting out the signs before I go. Our family has a trip scheduled for Mackinac Island. I'll have to reserve a bag of caramel puffcorn. I want to give a shout out to Merilee, Sharon and Gwen for answering phones in some of our off hours. It's nice to keep the doors open. Thank you to all the volunteers who keep our Senior Center going. Hey Ham Lakers, did you know we have a baseball team? It's called the Ham Lake Hornets and they play on the Soderville baseball field at 1607 Crosstown Blvd. My grandson Dillon organized and got sponsorship for it. First home game is Sunday June 25, at 2pm. Come to cheer them on. Have a safe and happy summer -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.

#### THANK YOU

- To all the volunteers who helped with the 80+ birthday party.
- To all the volunteers who donated and helped with the bake, plant, book sale
- To all those who came and bought items at our sale

Can't keep on without your support!

### Wood Carvers

Currently there are 8 members (Gordy, Chuck, Wes, Jeff, Jim, Guy, Leon and Denny) who carve it up on Wednesdays at 10am and continue to lunchtime. The group has been around for 20 years and most of them learned at the senior center. They have snowbird and cabin bird members who come and go at various times of the year.

Some have joined because

of a large show which takes place in March at Northtown Mall. There have been beginner classes at various times and there's a seminar in October that usually has 10 instructors teaching different ways to carve. They like to have anyone who's interested in carving to come and observe what they are working on. They are very open to new members and will be happy to show the process and teach techniques. The most important thing they mentioned is to get high quality tools as this is what frustrates most people who start out carving.

*Always  
start your day  
with a smile*




# 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.



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

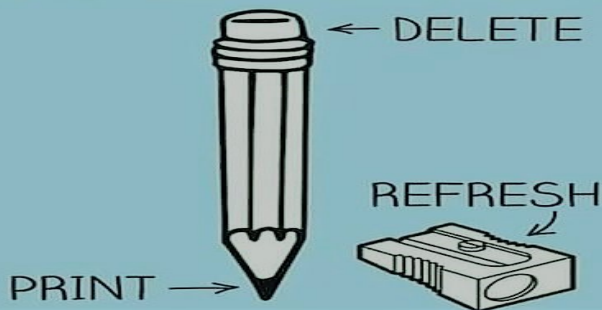
**NOW**  
is the time to  
get reimbursed  
for License and  
Certification  
Exams

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

## WANTED - BUS DRIVER

Bus driver wanted to drive the Ham Lake Senior Center bus for meals and shopping trips and an occasional theater or field trip. Paid position.

**WHEN I WAS A KID, THIS  
WAS MY COMPUTER:**



## 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

