

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 15

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

MARCH 2024



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

GET READY...
The May 16 & 17 Plant, Book, Puzzle and Miscellaneous Sale is just around the corner. 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.

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

DON'T FORGET...

PLEASE fill out your survey and return it to the Senior Center

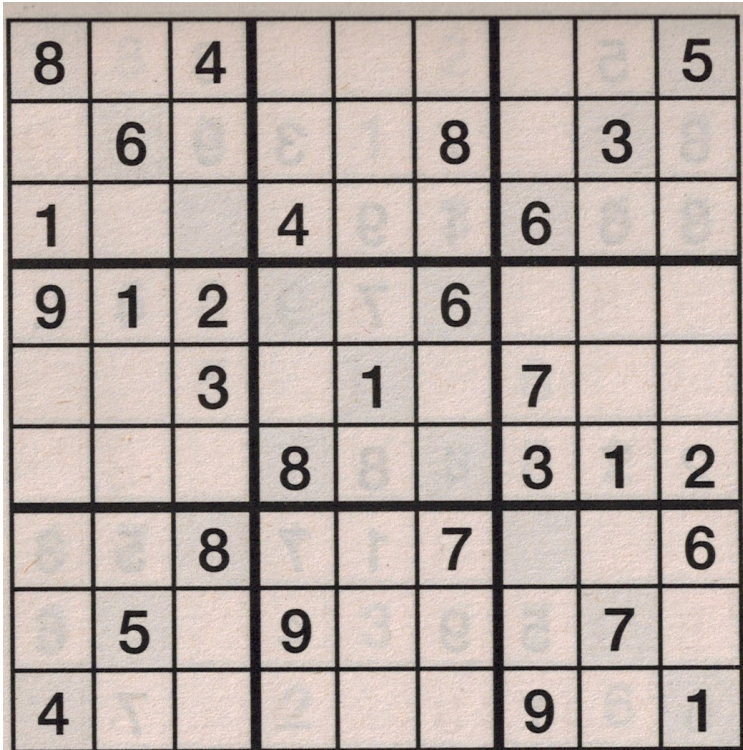
*Just a
Reminder!*



Life is a gift.
Don't forget to have a
good time and appreciate
every moment you have.

BOARD MEETING - MONDAY, MARCH 11, 2024 @ 9AM

Daylight Savings Time starts Sunday
March 10. Turn your clocks forward.



SHOPPING

Tuesday, March 5
Tuesday, March 19



The BENCH has been delivered. A group of veterans put the bench together and then delivered it to the Veteran's Campground on Big Marine Lake. Now you can sit and fish. Enjoy!
THANK YOU for your service!



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

Friday, 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 an 8 hour Defensive Driving Course and attend a 4 hour refresher course every 3 years.

Property Tax Assistance

Tax preparers will be at the Ham Lake senior center on June 27, 2024 from 10AM to noon.

There are no appointments.

First come, first served.

Fun Facts About March -

March is the equivalent of September in the Southern Hemisphere.

Every year, March and June finish on the same day of the week.

March is the time of year when animals start waking up from hibernation.

The name for March comes from Mars, the Roman god of war.



MARCH 2024

MON	TUES	WED	THURS	FRI
				1
PLEASE LET US KNOW... What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.				Closed
4	5	6	7	8
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 12 noon Senior Dining	Closed for Election Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving Noon Senior Dining	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Spring Ahead Time Don't forget to set your clocks ahead one hour before you go to bed Saturday.
11	12	13	14	15
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving Noon Senior Dining 12:45 Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards 7:00 pm Jam Session	Closed
18	19	20	21	22
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 12 noon Senior Dining	9:00 am Exercise Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving Noon Senior Dining 1:00 pm Jam Session	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
25	26	27	28	29
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 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 12:45 Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed Bingo is open to the public. Bring a friend. You can also sign up for lunch.

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.

MARCH 2024

MON	TUES	WED
4	5	6
Cheesy Chicken Broccoli Soup Cornbread Dessert		Spaghetti Vegetable Dessert
11	12	13
Chicken Wild Rice Casserole Vegetable Dessert		Meatloaf Potato Vegetable Dessert
18	19	20
Sloppy Joes Tater Tots Vegetable Dessert		Chicken Teriyaki Over Rice Vegetable Dessert
25	26	27
Goulash Vegetable Dessert		Lasagna Garlic Bread Vegetable Birthday Cake
Monday lunches Bakery items from Wed will be put in the freezer and Mon lunchers will get one to take home		

HAPPY MARCH BIRTHDAYS

2 Sylvia Jacobson
7 Naomi Bowman
10 Mar Archmbault
14 Ann Phillips
15 Howard Courtney
15 John Graff
16 Bonnie Herr
16 Dennis Borle
17 Arnita Dobratz
22 Earl Hansmann
24 Phil Stumo
25 Cindy Iverson
25 Renee Miller
27 Merete Duarte
29 Myrna Marcus



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.

Bingo is open to the public. Bring friends for an afternoon of fun.



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

FROM THE PRESIDENT:

Hello fellow seniors, It's Super Bowl Sunday and I have to write the column for our March newsletter. I have two tractors with snow-blowers and two snowmobiles waiting for use and riding. The only snowflakes we've had this year are hanging from the ceiling at the senior center. Soon they will be replaced with flowers and shamrocks. Set your clocks ahead one hour on March 10th for daylight savings time. March 19th is the first day of spring—the end of our "winter" that did not happen. We still have this month with the state tournaments to see "snow". It would be nice to see more of you come to our lunches on Mondays, the numbers are very few. We will be sending a questionnaire regarding the lunch program—please fill out and return. We need your input. What you would like to see on the menu and other items. We have had some of you be missed on the monthly birthday list—please let us know if your name does not appear on the list for your birthday month, we want to recognize each of you for your birthday. Until next month have a great spring.-Paul

ATTENTION SNOWBIRDS!!

When you return from warmer climates, please call the Senior Center 763-434-0455 and let us know you are home so we can get you back on the mailing list.



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. Appointments are from 9am to Noon each Monday.

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 your appointment. Please arrive on time (or 15 minutes early) for your appointment.



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Exams

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888-LINKVET
MinnesotaVeteran.org

Vet coffee/cookies is
available on Monday
morning at 9am.

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

We don't talk about
trees getting older,
we say they're
"growing."
Let's use that same
term for ourselves.
We're not getting
older, we're just
"growing."
That's the
spirit of living.

@darkirishwitch

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

