



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

March / April 2021

Issue 357



MARCH/APRIL 2021



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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 have resumed at 9:00 a.m. 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!!!!

TAX ASSISTANCE

AARP tax help will be available in 2021 for your 2020 taxes but it will look different. No tax preparation will take place at any of the centers including Ham Lake Senior Center. There will only be 2 sites, Mary Ann Young (Blaine) Senior Center and Coon Rapids Senior Center where you can make an appointment for your turn to get your documents scanned. The preparers will prepare and quality review them and return them to the center the following week where you dropped them off.

Appointments start on February 15th.

Mary Ann Young Sr. Center will operate Monday and Tuesday, 8 am to noon. Coon Rapids Sr. Center will operate Wednesday and Thursday, 8 am to noon.



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



MEALS WILL BE DISCONTINUED AND DISCUSSED AT THE APRIL 12TH BOARD MEETING.

Board Meeting—Monday, April 12, 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 March Birthdays!!

Sylvia Jacobson.....2
 Wilma Vetsch.....3
 Mar Archmbault.....10
 Betty Monson.....13
 Howard Courtney.....15
 John Graff.....15
 Bonnie Herr.....16
 Dennis Borle.....16
 Arnita Dobratz.....17
 Mary Cooney.....17
 Phil Stumo.....24



Happy April Birthdays!!

Samuel Rossi.....2
 James Albrecht.....3
 Daniel Humphreys.....3
 Peggy Doty.....8
 Ann Steen.....9
 Donna Hibben.....9
 Gerald (Jerry) Cleveland.....10
 Melvin McCormick.....10
 Judy Carlson.....11
 Robert Anderson.....14
 Lorraine Soderquist.....17
 Jan Beckstrom.....20
 Judy Schoumaker.....23
 Rollie Spier.....27
 Corinne Johnson.....29

DAYLIGHT SAVINGS TIME IS SUNDAY, MARCH 14TH. REMEMBER TO MOVE YOUR CLOCKS AHEAD ONE HOUR!!!



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 ST.
PATRICK'S DAY
(WEDNESDAY,
MARCH 17TH)

§ EASTER
(APRIL 4TH)



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.

**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!!**

Friday, March 26th—11 a.m. to 3 p.m.

Thursday, July 15th—11 a.m. to 3 p.m.

Friday, October 15th—11 a.m. to 3 p.m. (Via Zoom)

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

Thursday, April 15th—4:30 p.m. to 8:30 p.m.

And Friday, April 16th—12:00 p.m. to 4 p.m.

(BOTH CLASSES MUST BE ATTENDED!!!)

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,
March 16th and
April 13th.**

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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