

# 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



# MARCHIAPRIL 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 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

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.

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 April Birthdays!!

<del>- 11, 1 , , , , , , , , , , , , , , , , </del>	_
Samuel Rossi	2
James Albrecht	
Daniel Humphreys	3
Peggy Doty	8
Ann Steen	9
Donna Hibben	9
Gerald (Jerry) Cleveland	10
Melvin McCormick	
Judy Carlson	11
Robert Anderson	
Lorraine Soderquist	17
Jan Beckstrom	
Judy Schoumaker	
Rollie Spier	
Corinne Johnson	





PATRICK'S DAY (WEDENSDAY, MARCH 17TH)

& EASTER (APRIL 4TH)





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!!!** 





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?





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.



"Exceptional Quality Care"

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



Return Service Requested

NON-PROFIT **ORGANIZATION** U.S. POSTAGE **PAID** ANOKA, MN PERMIT #289

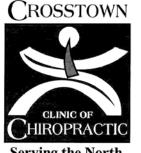




(763) 434-4188

HamLakeDental.com

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



Serving the North Metro area

763-434-5714

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



Top 10 MN SBA Preferred Lenders SBA 7(a) and SBA 504

Business solutions tailored for you.

Small Business Lending: Acquisitions, Expansion, Startups

**Banking Products and Services:** Checking, Savings, Cash Management, Money Market

**Branch Locations** 

Minneapolis I Blaine I Ham Lake I Loretto I Rogers I Lilydale www.21stcb.com

Ham Lake Branch • 763-434-2178

