



# 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

May  
Issue 358



# MAY 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](mailto:hamlakeseniorcenter@yahoo.com)

## **ELECTIONS IN JUNE AT THE GENERAL MEETING ON TUESDAY, JUNE 15TH @ NOON**



**AT THE JUNE GENERAL MEETING, THERE WILL BE 4 OPENINGS ON THE BOARD.**

- ◆ **VICE-PRESIDENT**
- ◆ **TREASURER**
- ◆ **2 AT-LARGE**

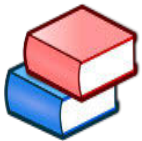
**PLEASE, PLEASE, PLEASE, IF YOU ARE INTERESTED IN SERVING, CONTACT SOMEONE IN THE OFFICE TO GET ON THE BALLOT OR FIND OUT MORE INFORMATION!!**

**IF YOU NEED A RIDE TO THE SENIOR CENTER PLEASE CALL 2 DAYS IN ADVANCE TO SIGN-UP FOR THE BUS TO PICK YOU UP!!!**



## **MAY SALE!!!!**

THURSDAY, MAY 20TH AND FRIDAY, MAY 21ST FROM 9 A.M. TO 4 P.M. WE WILL BE HAVING OUR ANNUAL PLANT, BOOK, BAKE AND PUZZLE SALE!! BRING ALL DONATED ITEMS EITHER WEDNESDAY AFTERNOON BY 2 PM OR AT 8:30 AM ON THURSDAY MORNING.



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

**WATCH FOR THE JUNE NEWSLETTER FOR MORE ACTIVITES TO RETURN!!!**



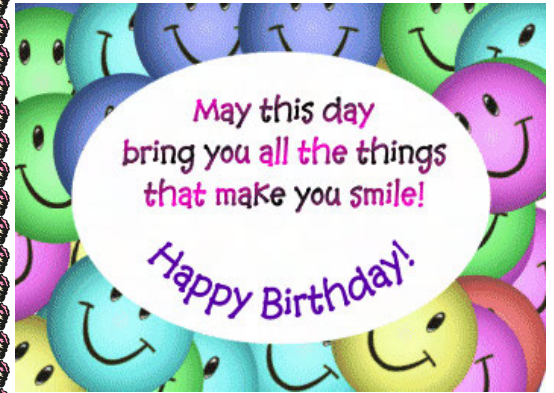
***Voicemail  
messages and  
the mail are***



***checked once a week. You can  
leave messages if it's not  
urgent and we will get back to  
you (763) 434-0455!!***

Happy May Birthdays!!

- Dennis Olson.....11
- Dennis Buschmann.....13
- Judi Buchholz.....13
- Shirley Anderson.....27
- Betty Sannerud.....29
- Art Tuott.....31



**Annual Memberships Due**

**YOUR MEMBERSHIP RENEWAL FORM IS INCLUDED IN THIS MONTH'S NEWSLETTER!!**

**MEMBERSHIP FOR THE HAM LAKE SENIOR CENTER RUNS FROM JUNE 1ST THRU MAY 31ST OF THE FOLLOWING YEAR AND THE COST IS \$10 PER PERSON. YOU MUST PAY YOUR MEMBERSHIP DUES IN ORDER TO VOTE IN THE JUNE ELECTION!!**

Happy June Birthdays!!

- Paul Buchholz.....5
- Grace Peterson.....7
- Donna Vorel.....8
- Joan Mager.....16
- Jeff Jarosz.....20
- Gary Hanley.....23
- Joan Heins.....24
- Ron Buchholz.....25

**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!!!!**





**Help  
Wanted!**

**Volunteer(s)  
needed to  
pick-up the bread  
from Cub Foods  
each Wednesday  
morning and bring it to 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!!**  
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!!**  
**NONE SCHEDULED AT THIS TIME!!!**

**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 will be on  
Tuesday, May 11th.**



**Masks required on the bus!!**

**IF YOU NEED TO CONDUCT ANY  
BUSINESS AT THE SENIOR CENTER, PLEASE  
STOP BY FROM 9 A.M. TO 10:30 A.M. ON  
TUESDAY OR THURSDAYS!!!**

**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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exceptionalchiropractic.com



# Ham Lake Senior Center, Inc.

15544 Central Ave NE  
Ham Lake, MN 55304

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## CROSTOWN



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(1 mile east of HWY 65)  
Drs. Valorie & Robert Hoffmann DC  
[crosstownclinic.com](http://crosstownclinic.com)

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### Branch Locations

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Ham Lake Branch • 763-434-2178





## HAM LAKE SENIOR CENTER, INC.

15544 Central Avenue NE • Ham Lake, Minnesota 55304 • (763) 434-0455

### HAM LAKE SENIOR CENTER MEMBERSHIP RENEWAL FORM

To continue your membership and receive the **HLSC Newsletter**, please fill out the following:

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_ 2<sup>nd</sup> Member: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Please fill out the following if you have any changes since previous year:**

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Membership is from June 1<sup>st</sup> of the current year to May 31<sup>st</sup> of the next year. **Dues are \$10.00 per person per year.**

Make checks payable to: **Ham Lake Senior Center**

Optional:

Please provide the name and phone number of an emergency contact.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Note:

**Please let us know if you are moving, including a temporary winter move.**

Also, if you are putting a hold on your mail at the Post Office, tell us not to mail your newsletter while you are gone. They will come back to us and we have to pay return postage.

Thank you!