

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 517

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



MAY 2024

MAY 16 and 17 SALE

BAKE, PLANT, BOOK, PUZZLE, MISCELLANEOUS

Get ready to bake some tasty treats. Start cleaning out and getting items ready to donate. Gently used household items should be pre-priced when you bring them. Any unsold miscellaneous items you are responsible for taking home again. Books and puzzles don't need to be marked and they can stay if unsold.

VOLUNTEERS needed to work one 3-4 hour shift on Wed, Thurs, or Friday. Sign up sheets will be out soon.

80+ BIRTHDAY PARTY - MAY 8th @ 1pm

If you are 80+ as of May 8th, please let us know if you will be attending the party.

If you are under 80, please sign up to help with the party.

ELECTIONS for the BOARD OF DIRECTORS

There are 4 openings on the board each year. This year is President, Secretary, and 2 at-large positions. If you are interested in running for any position, please talk to someone in the office to get details and/or get on the ballot.

Ham Lake Senior Center has activities and meals for 55+ persons from the area. We serve meals cooked in our kitchen on Mondays and Wednesdays. There are no income restrictions as we serve all. We are a tax exempt nonprofit that does fundraisers and gets donations to operate.



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 reserva-

Please Support our
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BOARD MEETING - MONDAY, MAY 13, 2024 @ 9AM

2

You can keep track of your volunteer hours on the form at the senior center



SHOPPING
Tuesday, May 14
Tuesday, May 28



**In Memoriam - Guy Johnson
Jim Kapla**

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

ARMED FORCES DAY is the 3rd Saturday in May. This year we celebrate on May 18th.



Flexible plastic items can be brought to the senior center for recycling.
Must be CLEAN

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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, 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. 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 and 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 **Tues, June 27 10-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.





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 **Cedar Creek SENIOR LIVING**
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19131 Taylor Street
 EAST BETHEL
763.392.5443
cedarcreekseniorliving.com



MAY 2024

MON	TUES	WED	THURS	FRI
		01	02	03
PLEASE LET US KNOW... What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.		9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
06	07	08	09	10
9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe	9:00 am Exercise 1:00 pm 80+ Birthday Party	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00pm Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards 7:00 pm Jam Session	Closed
13	14	15	16	17
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining 1pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	8-4 Spring Sale 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	8-4 Spring Sale Baked Goods Plants Books Puzzles Miscellaneous
20	21	22	23	24
9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1pm Defensive Class- Personal Safety	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	11a-3pm 55+ Defensive Driving Class
27	28	29	30	31
Closed for Memorial Day	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining-Birthday 1:00pm Bingo		

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.

MAY 2024

MON	TUES	WED
		01
		Chicken Chowmein White Rice Dessert
06	07	08
Fish Almondine or Alternate Hash Browns Vegetable Dessert		Swedish Meatballs w/ white sauce Potato Vegetable Dessert
13	14	15
Hot Ham & Cheese on a bun Coleslaw Baked Beans Dessert		Chicken Stroganoff Noodles Vegetable Dessert
20	21	22
Tuna Melt on a bun Tater Tots Tossed Salad Dessert		Hamburger & Wild Rice Casserole Vegetable Dessert
27	28	29
CLOSED		Pork Chops Mashed Potatoes Vegetable Birthday Cake

HAPPY MAY BIRTHDAYS

11 Dennis Olson
13 Dennis Buschmann
13 Judi Buccholz
24 Char Olson
25 Frank Tatro
25 Lois Tatro
27 Deborah Oswald



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.

Minnesota Lynx basketball game on September 5 at 2pm. Sign up at the senior center if you are interested. You can ride our bus if you're a member. If you want to take your family, we can get you discount tickets but you'll have to drive.

Health Dept regulations forbid us from allowing dogs in the building because we serve food. Service dogs are the only exception.





FROM THE PRESIDENT:

Hello fellow seniors, We finally got enough snow to go snowmobiling. The one and only time this winter. The day before Easter the north shore trails were open, but already getting mushy and melting. We have a general membership meeting every other month. We hope more of you would come and discuss what activities you'd like to see at the center. We're looking into bean bag toss game or having a movie once a month. Interested? Or do you have other ideas? Our 80+ birthday party will be on May 7th. I hope all of you that are 80 and older will attend. It's a fun time. Pat just told me that April was volunteer appreciation month. So, to all our volunteers, if I haven't said it to you already - THANK YOU, THANK YOU, THANK YOU!!! Have a great May-Paul

Board of Directors

President - Paul Titterud
 Vice President - Denny Hoch
 Secretary - Corinne Johnson
 Treasurer - Mary Jo Schultz
 At Large -
 John Yttreness
 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.

Anoka County Senior Expo 2024

Where: Lord of Life Church
 14501 Nowthen Blvd NW
 Ramsey, MN 55303

When: Saturday, May 18, 2024

Time: 9am - Noon

Free event open to seniors and their families. Information booths, pancake breakfast, blood pressure checks, entertainment, vaccinations, eyewear repair & cleaning and more.

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MEMBERSHIP RENEWAL FORM - DUE BY JUNE 1, 2024

Enclosed is the membership renewal form. Please fill out and submit with your \$10 per person membership renewal fee.

Recipe of the Month

Yellow Cake for a 9x9 pan

3/4 c sugar
 1/3 c oil
 2 eggs
 1 tsp vanilla
 1/2 c milk
 1 1/4 c flour
 1 1/4 tsp baking powder
 Dash of salt (optional)
 Preheat oven to 350 degrees.
 Mix sugar and oil. Add eggs and vanilla and beat to mix. Add milk and stir in. Add flour, BP and salt. Stir. Pour in greased/sprayed 9x9 pan. Bake 25-30 minutes.
 You can double the recipe for a 9x13 pan and bake for 35-40 min.

This recipe also works with King Arthur gluten free flour.

If you have a recipe you'd like to share or a recipe you've been looking for, let us know and we'll work on it.

Personal Safety Defensive Class

What would you do if approached/attacked by someone?
 A former policeman is joining us to show/tell us handy tips on what to do and what not to do.
 Everyone is welcome. No fee.
 Date: Wednesday, May 22
 Time: 1:00 pm

Invite a friend to come with you to the senior center and enjoy activities.



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

And I'm proud to be an American,
Where at least I know I'm free.
And I won't forget the men who died,
Who gave that right to me.

~ God Bless the U.S.A
by Lee Greenwood

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

