

2

This is a sudoku X. In addition to the numbers 1-9 in each row and column, 1-9 must also go from corner to corner.

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



SHOPPING

Tuesday, August 8
Tuesday, August 22

OUR NEW BENCH - We have received our bench made from the recycled flexible plastic. We have started saving for a second bench which will be donated and sit on the fishing dock at the veterans campground on Big Marine Lake. They currently have no place to sit while fishing. If you have ideas for another organization that could benefit from a bench, please submit the name to someone in the office. Come in and try it out.



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

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, September 15th - 11am to 3pm
Friday, November 10th - 12pm to 4pm

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.

We are planning a trip to the apple orchard in the fall. There is an interest sheet at the senior center. Please sign up and when we have more details on when the apples will be ready, we'll contact you with more information.



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.



AUGUST 2023

MON	TUES	WED	THURS	FRI
	01	02	03	04
	9:00 am Exercise	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
07	08	09	10	11
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise 5:00 pm General Meeting	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 7:00 pm Jam Session	Closed
14	15	16	17	18
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
21	22	23	24	25
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	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
28	29	30	31	
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 12 noon Senior Dining-Birthday Birthday Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	

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.

AUGUST 2023

MON	TUES	WED
	01	02
		Chicken Alfredo Over Noodles Vegetable Dessert
07	08	09
Cheesy Sausage Noodle Casserole Vegetable Dessert		Country Style Ribs Potatoes Vegetable Dessert
14	15	16
Tater Tot Casserole Tossed Salad Dessert		Lemon Chicken Over Rice Stir Fry Vegetables Dessert
21	22	23
Chili Cheese Dog On a Bun Potato Salad Dessert		Meatloaf Potatoes Vegetable Dessert
28	29	30
Hot Ham & Cheese On a Bun Tater Tots Tossed Salad Dessert		Lasagna Garlic Bread Vegetable Birthday Cake

HAPPY AUGUST BIRTHDAYS

2 Jack Hanson
3 Dennis Iverson
3 Janet Anderson
10 Judy Nordstrom
11 Ruth Nelson
12 Sharon Anderson
13 Ron Otterness
24 Donna Dobbs
25 Don Krueger
25 Janice Wagner
28 Edythe Dankert
30 Rena Edmundson



Birthday Meal

On the last Wednesday of each month, we celebrate all birthdays from that month. If you are present for the meal, you will receive a coupon for a free future meal.

Did you know...

-You can get \$5 movies in East Bethel and Andover theaters on Tuesdays.



FROM THE PRESIDENT:

Hello fellow seniors,

The summer is flying by. I hope everyone had a great 4th of July celebration. It was kind of a bummer at the lake in WI. They usually have 2 nights of fireworks over the lake and a large decorated boat parade. This year it rained so we had 2 boats and no fireworks on the 4th. But we did have a great time with family and friends.

Harry Hibben and friends had their jam session after lunch on June 21st. A lot of people who ate on Wed. stayed and enjoyed their music. I didn't see anyone dancing but you could if you wanted to. They will be playing again on July 19th at 1pm and every 3rd Wed of the month at 1pm. They also play on the 2nd Thurs. of each month at 7pm.

Have a great August. If it gets too hot, come to the cool senior center and do a puzzle, read a book, play cards, watch TV or just sit and relax. -Paul

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

Do you have 3 hours per month or week?

We still need volunteers to cover more hours to keep the senior center open longer.

We forget that waking up each day is the first thing we should be grateful for.



JAM SESSION - The jam sessions have been going on for 23+ years. Started back when Harry and Ray were playing at another venue and the facility closed. They got permission to play at the Ham Lake Senior Center and as they say "the rest is history". There has been as many as 30 participants at any one time over the years. The sessions are held twice a month - the second Thursday @ 7pm and the third Wednesday @ 1pm. Anyone can join. Just bring an instrument and grab a chair. The current players really enjoy playing and interacting with one another and encourage each other. You will hear many

'standards' and also tunes from lesser known writers and musicians. Any given day the numbers change as people are available or are snowbirds or cannot drive after dark. Experience varies from 23+ years with this and other groups, professional player since the 1950's and playing in many bands or with the Grand Ole Opry stars. A wide variety but they all love to play in the jam sessions.



HAM LAKE SENIOR CENTER

15544 Central Ave. NE
Ham Lake, MN 55304

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

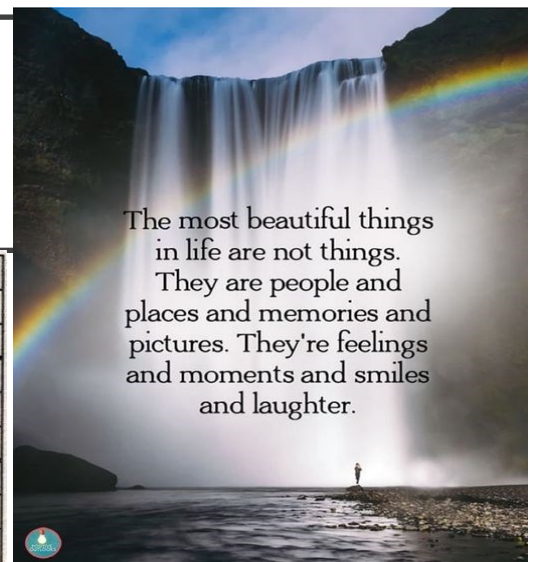
MONEY
FOR QUALIFYING MN SERVICE MEMBERS & DEPENDENTS

NOW
is the time to
get reimbursed
for License and
Certification
Exams

Apply Today!
Minnesota GI Bill
888-LINKVET
MinnesotaVeteran.org

Did you know...
Vet coffee and
cookies is availa-
ble on Monday
morning at 9am.

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



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

