

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 10

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

## OCTOBER 2023

### SPAGHETTI DINNER & FALL FUNDRAISER

**THANK YOU** to all who donated items and  
worked to make the fundraiser a success!  
We can't do this without your support.



### OCTOBER GENERAL MEETING—October 20 @ Noon

We will provide a free meal of soup and dessert at noon  
followed by our membership meeting.

**SHOTS** - FLU, COVID, and RSV shots will be available  
starting at 11am for anyone (you don't have to be a mem-  
ber) who wishes to get them. The pharmacist from Sam's  
Club will be administering them. Just bring your ID and  
medical insurance card.

**BUS DRIVER WANTED** - Paid Position. Inquire in the office or  
call 763.434.0455 for details.

### DID YOU KNOW...

-The Jam Session has moved from the third Tuesday to the third  
Wednesday of the month at 1pm. Come for lunch and stay for  
the music.

-Fun cribbage 9:30 AM Wednesdays No money. Just fun.

- 500 Cards are played on Thursday Noon-3pm.

**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**  
**Advertisers**

**BOARD MEETING - MONDAY, OCTOBER 9, 2023 @ 9AM**



## SHOPPING

Tuesday, October 17  
Tuesday, October 31

**OUR NEW BENCH** - We have received our bench made from the recycled flexible plastic. We recently had a name plate engraved for the bench. Here Chuck Sader is attaching it to the bench.

We are currently collecting for a second bench which we will donate to the veteran campground on Big Marine Lake.



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

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

## 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, 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.



### 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.



# OCTOBER 2023

MON	TUES	WED	THURS	FRI
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining		<b>9:30 am</b> Fun Cribbage Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>10:00am</b> Dominoes <b>12:30 pm</b> 500 cards	Closed
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>9:00 am</b> Vet Coffee <b>9:00 am</b> Board Meeting <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>11:00 am</b> Shots <b>12 noon</b> General Member Meeting	<b>9:30 am</b> Fun Cribbage Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>10:00am</b> Dominoes <b>12:30 pm</b> 500 cards	Closed
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>9:00AM</b> Shopping	<b>9:30 am</b> Fun Cribbage Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining <b>1:00 pm</b> Jam Session	<b>9:00 am</b> Exercise <b>10:00am</b> Dominoes <b>12:30 pm</b> 500 cards <b>7:00 pm</b> Jam Session	Closed
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise	<b>9:30 am</b> Fun Cribbage Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining-Birthday <b>Birthday Bingo</b>	<b>9:00 am</b> Exercise <b>10:00am</b> Dominoes <b>12:30 pm</b> 500 cards	Closed
<b>30</b>	<b>31</b>			
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>9:00AM</b> Shopping			



## 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.

**OCTOBER 2023**

MON	TUES	WED
<b>02</b>	<b>03</b>	<b>04</b>
Tuna Casserole Vegetable Dessert		Chicken Teriyaki over rice Dessert
<b>09</b>	<b>10</b>	<b>11</b>
Chicken Noodle Casserole Vegetable Dessert		Beef Wild Rice Casserole Vegetable Dessert
<b>16</b>	<b>17</b>	<b>18</b>
Taco Casserole Tossed Salad Dessert		Spaghetti Vegetable Dessert
<b>23</b>	<b>24</b>	<b>25</b>
Fish Almondine or Alternative Casserole Hash Browns Vegetable Dessert		Pork Roast Mashed Potatoes Vegetable Birthday Cake
<b>30</b>		
Chicken Parmesan Over noodles Vegetable Dessert		Please call as soon as you receive the newsletter to sign up for the birthday meal.

## HAPPY OCTOBER BIRTHDAYS

5 Colleen Young  
10 Laurretta Bushey  
12 Larry Anderson  
14 Anne Roseland  
16 Lenora Courtney  
23 Mary Lehman  
24 Gary Steen  
25 Fred Siegler  
30 Darrel Roseland



## 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.

**Our New  
REFRIGERTOR -  
Connexus Energy**  
paid for our new re-  
frigerator through  
rebates and their  
foundation.





### FROM THE PRESIDENT:

Hello fellow seniors, You should get this newsletter before October 10th, so I hope many of you can make it to our general meeting. We can tell you about how well the spaghetti dinner fundraiser went.

I didn't have anything else, so Pat wrote: Greetings from Pat,

The slow transition from summer to fall is upon us. Two weeks ago, just a couple trees made me think the leaves were turning orange. But our drive to WI last weekend showed they had gotten more colorful. It made to think of our trip to the apple orchard and lunch there with some of our members. I'm hoping for a beautiful sunny day and not too cold. Some of you are already Wii bowling and the spaghetti dinner will be behind us. Football games are on the calendar, as are Halloween and Christmas. Months fill up and go by fast. Come in and enjoy exercise, cards, puzzles, lunches and more.

Have a great October. -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.



NEW BUNN COFFEE POT - Janet Anderson used her Thrivent dollars to help us acquire a new Bunn along with funds donated by Jim Albrecht.  
**THANK YOU!!**



**500 Card Players** - We meet on Thursday from noon to 3pm. They serve lunch twice a month on the first and third week and other times have just snacks and coffee. They have several tables and the players move to change after 4 hands. Players then switch partners. They have been playing for many years and are always looking for new card players. Everyone is welcome. The cost to play is \$1.00 and prizes are paid to the top 4 and the bottom 1.







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15544 Central Ave. NE  
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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.**

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

Voices of Impact Choir in Anoka County, created for neighbors who are living with memory loss and their caregivers. The choir provides entertainment and a feeling of community for all participants. Visit them on Monday morning at Faith Lutheran Church, 11115 Hanson Blvd, Coon Rapids. 10am-noon. For more info, visit our website at [impactservicesmn.org](http://impactservicesmn.org) and select Voices of Impact. Or feel free to call at 763.236.8718

## 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](http://www.MinnesotaHelp.info)**

A service of the Minnesota Board on Aging  
and Area Agencies on Aging

