



# NEWSLETTER

## BOARD MEETING - MONDAY, SEPTEMBER 11, 2023 @ 9AM



## SHOPPING

Tuesday, September 12  
Tuesday, September 26

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

**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**

## 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 an 8 hour Defensive Driving Course and attend a 4 hour refresher course every 3 years.

We are planning a trip to the apple orchard on September 14. There is an interest sheet at the senior center. Please sign up. The cost is \$21 which includes lunch and transportation. Will leave center at 10:30 AM.



### 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.



# SEPTEMBER 2023

MON	TUES	WED	THURS	FRI
				<b>01</b>
				Closed
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
Closed	9:00 am Exercise	9:00 am Fun Cribbage 9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise 9:00AM Shopping	9:00 am Fun Cribbage 9:30 am Wii Bowling 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 55+ Driver Course
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:00 am Fun Cribbage 9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	8am-4pm Sale 9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	8am-4pm Sale 4-7pm Spaghetti Dinner
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise 9:00AM Shopping	9:00 am Fun Cribbage 9:30 am Wii Bowling 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.

### SEPTEMBER 2023

MON	TUES	WED
04	05	06
CLOSED		Chicken Chow mein over rice Dessert
11	12	13
Cheesy Ham with Hash Browns Vegetable Dessert		Hamburger Stroganoff over baked Potatoes Vegetable Dessert
18	19	20
Chili Cornbread Tossed Salad Dessert		Baked Chicken Potato Vegetable Dessert
25	26	27
Goulash Vegetable Dessert		Pork Chops Potatoes Vegetable Birthday Cake
Please call as soon as you receive the newsletter to sign up for the birthday meal.		

## HAPPY SEPTEMBER BIRTHDAYS

4 Judy Evans  
8 Harry Hibben  
9 Janis Mackimn  
13 Donna Marche  
14 Bob Bowmanneck  
15 Marcia Borle  
17 Jan Bennett  
21 John Yttreness  
21 Mary Jo Schultz  
25 Donna Henrikson  
26 Gordy Nelson  
27 Susan Sjoberk  
27 Wayne Ostrowski  
29 Peggy Steele



## 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.





### FROM THE PRESIDENT:

Hello fellow seniors,

We finally got the rain we needed. The yard is green again which means now we have to mow.

Our general meeting was on August 8th @ 5pm. We had hot dogs, potato salad, watermelon and cake. A good summer meal. But I was disappointed by the turnout. It would be nice to see more members at our general meetings to meet, greet and eat together. The next general meeting is October 10th at noon and we'll be serving soup. At 11am that day there will be vaccination shots thru Sam's Pharmacy. Mark it on your calendar. Flu, covid and RSV.

We're still looking for volunteers to bake and work at our next fundraiser. Sale is on Sep 21&22 and the spaghetti dinner is on Sep 22. Let us know if you can help.

Have a great September. -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.

\*\*\*\*\*  
 \* CarFit - September 9 @ 9am-noon @ Ham  
 \* Lake Senior Center parking lot.  
 \* CarFit is a free, interactive and educational  
 \* program that  
 \* teaches participants how to make their per-  
 \* sonal vehicle "fit" them to increase safety and  
 \* mobility when they hit the road. They review  
 \* 12 key areas. Please call the senior center at  
 \* 763-434-0455 to make your 20 minute  
 \* appointment. There is not a test.  
 \* \*\*\*\*\*

The following is from the commemorative event.

PLEASE LET ME INTRODUCE COMRADE JOHN LESLIE CLINTON. JOHN IS A MEMBER OF OUR VFW POST HERE AT PALMER LAKE VFW. WE ARE HERE TONIGHT TO PRESENT JOHN WITH MEDALS HE EARNED OVER 55 YEARS AGO THAT HE NEVER RECEIVED. TONIGHT JOHN WILL BE PRESENTED WITH THE ARMED FORCES EXPEDITIONARY MEDAL AND THE KOREAN DEFENSE SERVICE MEDAL.. LET ME TAKE YOU ALL BACK TO SOUTH KOREA OVER 55 YEARS AGO. JANUARY 23, 1968 THE U.S.S. PUEBLO WAS BOARDED AND CAPTURED BY THE NORTH KOREANS. THE PUEBLO WAS TOWED INTO PORT IN NORTH KOREA AND ITS ENTIRE CREW PUT IN PRISON. THINGS RAPIDLY HEATED UP ALONG THE ENTIRE KOREAN PENINSULA. JOHN WAS THERE AND THINGS WERE VERY TENSE ALL ALONG THE ENTIRE DMZ. JOHN WAS DRAFTED AND REPORTED FOR DUTY 19 SEPTEMBER 1966. AFTER BASIC TRAINING HE REPORTED TO THE 2<sup>ND</sup> INFANTRY DIVISION ARTILLERY IN SOUTH KOREA. HE WAS AN OPERATIONS AND INTELLIGENCE SPECIALIST. JOHN MADE SERGEANT IN JUST 15 MONTHS. AFTER A DANGEROUS YEAR SERVED ALONG THE DMZ JOHN RETURNED HOME. HE RECEIVED HIS DD-214 AND A YOUNG INEXPERIENCED 2<sup>ND</sup> LT.DID THE INPUT AND PAPERWORK. NOTHING ON HIS DD-214 SHOWED THAT HE SPENT OVER A YEAR IN KOREA OR THE MEDALS THAT HE EARNED. NONE OF THIS REALLY SEEMED TO MATTER UNTIL JOHN NEEDED TO INQUIRE ABOUT VA HEALTH CARE. VETERANS WHO SERVED IN KOREA ARE ELIGIBLE FOR AGENT ORANGE BENEFITS AND HIS DD-214 SHOWED NO SERVICE IN KOREA. OUR VFW HELPED JOHN GET A DD-215 WHICH SHOWS HIS OVERSEAS SERVICE AND CAMPAIGN MEDALS THAT HE EARNED. THIS IS WHAT THE VFW DOES, IT'S VETERANS HELPING VETERANS. AFTER 55 YEARS, THE ARMY FINALLY SENT THE MEDALS THAT WE ARE PRESENTING HERE TODAY.







# HAM LAKE SENIOR CENTER

15544 Central Ave. NE  
Ham Lake, MN 55304

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
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Did you know...  
Vet coffee and  
cookies is availa-  
ble on Monday  
morning at 9am.

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



## 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

