

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 11

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

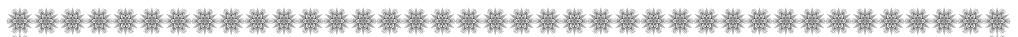


NOVEMBER 2023



Thanksgiving Celebration with Friends

We look forward to seeing all of our friends on Wednesday November 15th at 12:00PM noon. Music will be playing from 11-12 and there will be a Jam session after lunch. \$10.00



Mark your calendars for the **Christmas Celebration** on December 20, 2023. Music by Dick Szyplinski before/during lunch. \$10.00



Decorate for Christmas on Wednesday, November 22 after Lunch. All help appreciated.



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

Senior Center will be **closed** on November 23rd in observance of Thanksgiving. No activities.

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 will be played also on Wednesdays 1-3.

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

-Daylight Saving Time starts on November 5, 2023. Turn your clocks back one hour.

BOARD MEETING - MONDAY, NOVEMBER 13, 2023 @ 9AM

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



SHOPPING

Tuesday, November 14
Tuesday, November 28

Ham Lake Lions 50th Annual Christmas Dinner for Senior Citizens

Sunday, December 3, 2023

4pm - Entertainment

5pm - Dinner

6:30 - Visit from Santa Claus

Glen Cary Lutheran Church

15531 Central Av NE (across from City Hall)

Ham Lake MN 55304

All seniors from the area are invited to attend.

No reservations are required and there is no charge to attend.

**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, 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.



In Memoriam
Dennis Peterson

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.



NOVEMBER 2023

MON	TUES	WED	THURS	FRI
29	30	1	2	3
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise 9:00AM Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 500 cards	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
6	7	8	9	10
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining Veteran Recognition 1:00 500 cards & Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
13	14	15	16	17
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise 9:00AM Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Thanksgiving Dinner 1:00 pm Jam Session-500 cards	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards 7:00 pm Jam Session	Closed
20	21	22	23	24
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining- 1:00 500 cards & Decorate	Closed	Closed
27	28	29	30	
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise 9:00AM Shopping	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday Birthday Bingo 1:00 500 cards	9:00 am Exercise	

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.

NOVEMBER 2023

MON	TUES	WED
30	31	Nov 1
	Get your reservation in early for the turkey dinner on the 15th	Tater Tot Hotdish Vegetable Dessert
06	07	08
Beef Stew over BP Biscuit Salad Dessert		Porcupine Meatballs Potato Vegetable Dessert
13	14	15
Chicken Wild Rice Soup Salad Dessert		Turkey Dinner
20	21	22
BBQ Pork on Beans Baked Beans Tater Tots Dessert		Goulash Vegetable Dessert
27	28	29
Orange Chicken over Rice Stir Fry Vegetable Dessert	Please call as soon as you receive the newsletter to sign up for the birthday meal.	Ham Potato Vegetable Birthday Cake

HAPPY NOVEMBER BIRTHDAYS

2 Sandi Land
4 Carolyn Johnson
4 Tom Thotland
6 Beatrice Anderson
12 Ric Colburn
15 Carl Henrikson
17 Jill Bonde
17 Mike Sjoberg
24 William Barda
25 Beverly Neuman
26 Dave Schoumaker
28 Lenny Witucki
29 Ruth Hayek



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.

FUN BINGO

On November 8th @ 1pm, we will have a fun bingo party. No cost to play and you win prizes. Come for some fun.





FROM THE PRESIDENT:

Hello fellow seniors,

We just had summer the first few days of October, now we're back to our normal fall. The leaves we all be falling soon.

Our spaghetti dinner, bake and plant sale was a successful fundraiser for us. We cleared over \$2,000. I thought we did pretty good because we were running low on spaghetti.

I know some of the snowbirds are packing up and getting ready to head south for the winter. Don't forget to leave your southern address or just ask us to pull your copy while you're gone. The post office doesn't forward bulk mail and if we get it back we have to pay first class postage of 66 cents.

I guess I'll just stay here and have fun in the snow and cold. The doctor says it's good to have something to do every day.

-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.




Wii Bowlers - There are at present eight member with one sub. They have been doing this since 2008. If you have been in the lounge/library you may have noticed bowling pin decorated characters. These are in memory of past players who are no longer with us. The game uses software which plays on the TV screen. Each player uses a hand held device to play. They meet every Wednesday @ 9:30am for a couple hours. This is every year from September to April with December off for the holidays. They have a banquet in April with prizes awarded. Open to additional players. Everyone welcome. This is a great replacement for those who used to bowl but can't now because of physical limitations.



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Ham Lake, MN 55304

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MinnesotaVeteran.org

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

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

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

