

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 14

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

FEBRUARY 2024

**Happy
Valentine's
Day**

SENIOR DINING
Monday & Wednesday @
noon. \$7 for 55 and old-
er, \$10 for anyone else.
Please call by Wednes-
day for
Monday reservation
and by Monday for
Wednesday reservation.

General Membership Meeting
February 13, 2024 Noon
Free lunch followed by the
membership meeting.

**Please Support our
Advertisers**

Be sure to check out the information regarding tax assistance that will be provided at the center. You can start making appointments on January 15th. You must come into the center and get a form that needs to be filled out completely before your appointment time. You need to bring your documents and the completed form to the appointment. We have been advised that the preparer will end the appointment if these forms and documents are not filled out or brought with. It would then require another appointment to be made.

BOARD MEETING - MONDAY, FEBRUARY 12, 2024 @ 9AM



SHOPPING

Tuesday, February 6
Tuesday, February 20

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

We are still collecting plastic for another bench. Flexible plastic items that can be brought to the senior center for recycling.

Must be CLEAN

We do not accept the hard plastic containers such as milk / water jugs, fruit containers or food containers like cottage cheese.

We are working with the City to complete this collection and are open to your suggestions for a organization to donate the bench to. Can not be personal or private. THANK YOU to all who have brought you flexible plastic to the center for this project that benefits another organization and keeps these items out of the landfill.

Even though we have received our bench, we are still collecting plastic for another project.

Upcoming Defensive Driving Courses for 2024 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, March 29th - 11am to 3pm

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. The fee is \$28 for the 8 hour class

Tues & Wed, April 9th & 10th - 4:30pm to 8:30pm

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

Turtle Lake Casino trip is planned for February 27th. The bus will leave the center at 9 AM. The cost is \$30 per person. There will be a sign up sheet on the table you can also call in to register. Fee is due one week before the trip. Remember that in order to ride the bus you must be a member of the center as the insurance requires.

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.



FEBRUARY 2024

MON	TUES	WED	THURS	FRI
			01	02
PLEASE LET US KNOW... What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.			9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
05	06	07	08	09
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 12 noon Senior Dining	9:00 am Exercise Shopping	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
12	13	14	15	16
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise Noon 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	Closed
19	20	21	22	23
Closed	9:00 am Exercise Shopping	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00pm Jam Session	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
26	27	28	29	
9:00 am Vet Coffee 9:00 am - Noon AARP Income Tax 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 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.

FEBRUARY 2024

MON	TUES	WED
5	6	7
Cheesy Ham Potato Vegetable Dessert		Shepherd's Pie Dessert
12	13	14
Lemon Chicken Rice Vegetable Dessert		Hamburger Wild Rice Casserole Vegetable Dessert
19	20	21
Closed		Chicken Alfredo Vegetable Dessert
26	27	28
Chicken Parmesan Vegetable Dessert		Pork Roast Mashed potatoes Vegetable Birthday cake
	Please bring your own take out dishes for taking extra food home.	

HAPPY FEBRUARY BIRTHDAYS

2 Aggie Gazvoda
7 Paul Titterud
12 Thurman Doty
16 Fred McCallister
17 Mary Jo Hoch
23 Alice Ganter
23 Barb Huntley
24 Leon Mager
24 James Duarte



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.



Wii bowlers are looking for new participants. Do you know any one who would like to join?



FROM THE PRESIDENT: Hello fellow seniors, I hope you had a good start to this new year. It seems like winter is almost over, but the deep freeze is on its way. If you are into NASCAR racing their schedule starts this month with 6 more races in February. Foot ball will soon be over and baseball will be starting soon - there is always next year. Very little snow for snowmobiling and the ice is not thick enough for some of us to venture out. At some point Minnesota winter is sure to greet us in full measure.

We had 10 people go on our Christmas light tour on Dec. 20th. We decided not to go to Isanti and pay the \$10 fee to walk in the cold. Instead we just toured our local area in our bus listening to Christmas songs and doing trivia quizzes between stops. We saw some great light displays with two being in Han Lake, two in Andover and one in Coon Rapids and many smaller ones in between. It was a fun tour lasting 3 hours. On our return we enjoyed snacks. All are looking forward to next year. -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.

A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.

AARP Foundation Tax-Aide Assistance Program 2024

AARP Foundation Tax-Aide will be providing income tax services starting in February. The Tax-Aide program utilizes the talents of IRS certified volunteers to complete free tax returns for members of our community concentrating on low-income 50+. All tax returns will be completed the same day following safety protocols set forth by both the Ham Lake Senior Center and AARP Foundation Tax-Aide.

Tax-Aide volunteers are taking appointments for the 2023 tax season which will run from Monday, February 5th to April 15th at the Ham Lake Senior Center **by appointment only**. You will need a separate appointment for each year's return you need completed.

The appointment scheduling line will be open starting the week of January 15th. Appointments will be taken by the Ham Lake Senior Center . Please call **763-434-0455** . If not answered, leave a message and we will return your call in the order received. All taxes will be done by appointment only.

Prior to your appointment, required documents need to be picked up at the Ham Lake Senior Center. Please fill out the forms prior to coming to your appointment. Collect all your tax documents including your prior year's tax return and bring all of it to you appointment. Everything must be filled out and documents present or you could be sent home. Please arrive on time (or 15 minutes early) for your appointment.



HAM LAKE SENIOR CENTER

15544 Central Ave. NE
Ham Lake, MN 55304

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ORGANIZATION
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Did you know...
Vet coffee and cookies is available on Monday morning at 9am.

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is the time to
get reimbursed
for License and
Certification
Exams

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



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

Reflections of a Boomer

I've seen fire and I've seen rain.
I've been through the desert on a horse with no name.
by Uncle Joe

I've gone to Kansas City, I sang in the sunshine.
I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.
I've put a camel to bed and danced the last dance.

Mr. Tambourine man played a song for me,
I've whispered words of wisdom, let it be.

I've fallen into a burning ring of fire and walked the line,
To all the girls I've loved before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,
I've driven my Chevy to the levee when the levee was dry.

I've been to Itchy coo Park in a yellow submarine.
I've made the scene in a time machine.

I've done the Hokey Pokey and turned myself around.
I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.
I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay.
I've rocked around the clock, on a sunshiny day.

I've knocked on Heaven's door, while blowing in the wind.
Joy to the world, those were the days my friend.

Lay lady lay, in crimson and clover.
It's been a hard day's night, the party's over.
Elvis Presley

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

