

HAM LAKE SENIOR CENTER

NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 4

Address
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Ham Lake, MN 55304

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Office Hours
Mon – Thurs: 8:00am to 3:30 pm

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community/senior/home

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APRIL 2023

☆☆

☆ **REMEMBER** ☆

☆ **The May 18 & 19 Plant, Book, Puzzle and Miscellaneous Sale** ☆

☆ is just around the corner. Start cleaning out and getting items ☆

☆ ready to donate. Gently used household items should be pre- ☆

☆ priced when you bring them. Any unsold miscellaneous items ☆

☆ you are responsible for taking home again. ☆

☆ We will also need volunteers to work 3-4 hour shifts on Wed, ☆

☆ Thu, and Friday. Sign up sheets will be out soon. ☆

☆☆

APRIL 2—LIONS PANCAKE BREAKFAST at the Ham Lake Senior Center. 8am-12:30pm Free will offering.

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 reservation.

GENERAL MEMBERSHIP MEETING— APRIL 11 @ 5pm
For all members of the Ham Lake Senior Center, our bi-monthly meeting will be held on April 11. A free meal of sloppy joes will be provided followed by the meeting.

Jim Albrecht is retiring as the bus driver—THANK YOU!

We need paper bags—please bring in any extras you have.

Do you have 3 hours per month? We still need volunteers to cover more hours to keep the senior center open.

WANTED - BUS DRIVER
Paid position. Every Monday/ Wednesday for lunch and 2 shopping days per month. Call for details.

Did you know...
-Willie McCoy's has 1/2 price hamburgers all day Monday
-You can get free popcorn and \$5 movies in East Bethel and Andover theaters

Please Support our Advertisers



SHOPPING
Tuesday, April 4
Tuesday, April 18

What can be recycled?

All plastic must be clean, dry and free of food residue.



Grocery bags



Bread bags



Bubble wrap



Dry cleaning bags



Newspaper sleeves



Ice bags



Plastic shipping envelopes



Ziploc & other reclosable food storage bags



Cereal bags



Case overwrap



Salt bags



Pallet wrap & stretch film



Wood pellet bags



Produce bags

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, June 9th - 11am to 3pm

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.

Tax Assistance

Tax preparers will be at the Ham Lake senior center on

Thurs, June 8 9-noon

Tues, June 27 9-noon

To help seniors with their M1PR (property tax refund) submission. First come-first served basis.

No appointments.

**WE'RE GOING TO HAVE
TO PAINT POTATOES
THIS EASTER, Y'ALL.**





APRIL 2023

MON	TUES	WED	THURS	FRI
03	04	05	06	07
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	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
10	11	12	13	14
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining	9:00 am Exercise	9:30 am Fun Cribbage 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
17	18	19	20	21
9:00 am Vet Coffee 12 noon Senior Dining	9:00 am Exercise 1:00 pm Jam Session	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
24	25	26	27	28
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-Birthday Birthday Bingo	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
			PLEASE LET US KNOW... What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.	

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.

APRIL 2023

MON	TUES	WED
03 Cheesy Ham and Scalloped Potatoes Vegetable Dessert	04	05 Hamburger Stroganoff over Baked Potato Vegetable Dessert
10 BBQ Pork on a Bun Baked Beans Vegetable Dessert	11	12 Baked Chicken Potatoes Vegetable Dessert
17 Cheesy Sausage Noodle Casserole Vegetable Dessert	18	19 Tater Tot Hotdish Tossed Salad Vegetable Dessert
24 Chicken Teriyaki Rice Stir Fry Vegetables Dessert	25	26 Pork Chops Potatoes Vegetable Birthday Cake

HAPPY APRIL BIRTHDAYS

- 2 Samuel Rossi
- 2 Sondra Kroetch
- 3 Daniel Humphreys
- 3 James Albrecht
- 8 Peggy Doty
- 9 Ann Steen
- 10 Jerry Cleveland
- 11 Judy Carlson
- 14 Robert Anderson
- 19 Sue Golden-Benike
- 20 Jan Beckstrom
- 23 Judy Schoumaker
- 25 Chris Moser
- 26 Barbara Danger
- 29 Corinne Johnson
- 29 Robert Jensen



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.



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

FROM THE PRESIDENT:

Hello fellow seniors,

We're into the middle of March and it's still snowing. I hope we get spring weather pretty soon. I know Pat's looking forward to it. She bought a bunch of flower seeds. On the other hand winter seemed to go by fast. I didn't get to do enough ice fishing and snowmobiling. Just got in my last 100 miles on the snowmobile. Went fishing till 9pm last night. I had 3 strikes and lost my bait. My grandson caught one nice crappie.

Snowbirds will be coming back. Mary Jo is back and taking down the snowflakes and with John's help, she's putting up flowers and shamrocks.

We are still in need of volunteers to answer the phone and keep out place open to 3:30pm. If you keep track of your hours, you can qualify to use the senior center for birthday or anniversary parties or a family gathering.

See you soon-
Paul

Winter Olympics

I C E D C E A B R O N Z E K R O I
 E B C E S E K H C R O T A D C I I
 R O E E K B R B I A T H L O N H G
 E B D P I G D E A A S M M R O S O
 V S R S L N E E M P C P E C R G L
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 M E H O O O G N I T A K S P M U J
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 A E N N E W S K I N I A T N U O M

Word List:

- | | | | |
|----------|-------------|-----------|----------|
| MILANO | CORTINA | ITALY | SKIING |
| BIATHLON | BOBSLED | CURLING | LUGE |
| HOCKEY | SKATING | FIGURE | NORDIC |
| SPEED | SKELETON | SNOWBOARD | OLYMPICS |
| ATHLETES | COMPETITION | GOLD | SILVER |
| BRONZE | COUNTRY | TEAM | SNOW |
| ICE | COLD | SKILL | MOUNTAIN |
| RINK | JUMP | SKI | CEREMONY |
| SPORT | WORLD | TORCH | FLAME |
| PODIUM | MEDAL | ANTHEM | |

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 before it can happen.

Senior Expo

Saturday, Apr 15, 2023 9-noon
 Lord of Life Church
 14501 Nowthen Blvd NW
 Ramsey, MN



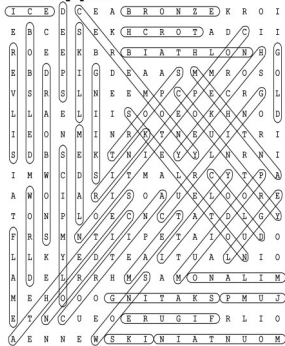
HAM LAKE SENIOR CENTER

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BINGO - Last Wednesday of the month following lunch

Winter Olympics



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

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I REALLY DON'T MIND GETTING OLD

BUT MY BODY IS HAVING A MAJOR HISSY FIT

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

