



Ham Lake Senior Center Newsletter

June
Issue 359

Published by Ham Lake Senior Center, Inc.
15544 Central Ave. NE, Ham Lake, Minnesota 55304 763-434-0455
Office Hours: Monday – Thursday 8:00 a.m. – 3:30 p.m



JUNE 2021



Office hours: Monday thru Thursday 8:00 a.m. to 3:30 p.m.

Address: 15544 Central Avenue NE, Ham Lake

Senior Dining: Mondays and Wednesdays at 12 noon. Reservations needed. Please call two days in advance!!
The cost is \$5.00 for 55 and older and \$8.00 for anyone under 55.

For more information call (763) 434-0455 or email: hamlakeseniorcenter@yahoo.com



ANNUAL GENERAL MEMBERSHIP MEETING AND ELECTIONS OF BOARD MEMEBERS IS ON TUESDAY, JUNE 15TH AT NOON*

Pizza and dessert will be provided.

AT THE JUNE GENERAL MEETING, THERE WILL BE 4 OPENINGS ON THE BOARD.

- ◆ VICE-PRESIDENT
- ◆ TREASURER
- ◆ 2 AT-LARGE

Membership dues - which are due by June 1, 2021 must be paid in order for eligibility to vote in the elections.

PLEASE, PLEASE, PLEASE, IF YOU ARE INTERESTED IN SERVING, CONTACT SOMEONE IN THE OFFICE TO GET ON THE BALLOT OR FIND OUT MORE INFORMATION!! New Board members mean new ideas and a chance for everyone to get involved!!!!!!

IF YOU NEED A FREE RIDE TO THE SENIOR CENTER PLEASE CALL TO GET ON THE LIST. THE BUS WILL LEAVE THE CENTER AROUND 11:15 A.M. FOR PICK-UPS!

WE'RE OPEN!!!!

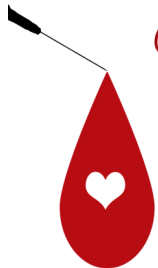
The Senior Center is re-opening on Monday, June 14th for all activities and meals. Spread the word to everyone as some people didn't renew their membership last year because of the pandemic and may not be getting the newsletter.



DON'T FORGET TO PAY YOUR MEMBERSHIP DUES OF \$10.00 FOR THE YEAR OR THIS WILL BE YOUR LAST ISSUE OF THE HAM LAKE SENIOR CENTER NEWSLETTER!!

Happy June Birthdays!!

Paul Buchholz.....	5
Grace Peterson.....	7
Donna Vorel.....	8
Joan Mager.....	16
Jeff Jarosz.....	20
Gary Hanley.....	23
Ron Buchholz.....	25



*Give Blood
for
Life!*

Come give blood at the Ham Lake Senior Center on Thursday, June 10th from 12:30 p.m. to 6:30 p.m.

Please visit redcrossblood.org to schedule your appointment or call 1-800-RED-CROSS (1-800-733-2767).



ACTIVITES

1. You must call to get on the lunch list. Meals will be on Monday and Wednesday at Noon.
2. Wood carvers—Monday and Wednesday at 9:30 a.m.
3. Cribbage Monday and Wednesday at 9:30 a.m. (Bring your own coffee)
4. Hand and Foot on Monday at 12:45 p.m.
5. 500—Thursday at 12:30 p.m.
6. Jam Session—the 2nd Thursday at 7 p.m. and 3rd Tuesday at 1 p.m. (starting in July).
7. Exercise will be Tuesday and Thursday at 9 a.m.

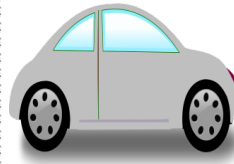
You will need to wear a mask in the Senior Center!!



THE SENIOR DANCES HAVE BEEN CANCELLED!!!!

Help Wanted

A BUS DRIVER IS WANTED
FOR MONDAY &
WEDNESDAY MEALS,
SHOPPING TWICE A
MONTH AND AN
OCCASSIONAL OUTING!!



UPCOMING DEFENSIVE
DRIVING COURSES FOR 2021
ARE NOW 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.

**Driver's training is being offered again.
Everyone will need to wear a mask and
social distance to attend.**

4 Hour Refresher Course: (you need to take this
every three years and time flies, so make sure you are
current!) **The fee is \$22 for the 4 hour class!!**

Tuesday, July 13th—11 a.m. to 3 p.m.

Friday, October 15th—11 a.m. to 3 p.m. (Via Zoom)

8 Hour Refresher Course: (Required for "First
Timers") **The fee is \$26 for the 8 hour class!!**
NONE SCHEDULED AT THIS TIME!!!

DID YOU KNOW that if you are 55 years or older,
state law requires your insurance company to give you
a 10% discount if you take an 8 hour Defensive
Driving Course and attend a 4 hour refresher course
every 3 years?



Shopping will be on
Tuesday, June 8th and
Tuesday, July 13th.
Masks required on the bus!!



SALE

THURSDAY, MAY 20TH AND FRIDAY,
MAY 21ST FROM 9 A.M. TO 4 P.M. WE
WILL BE HAVING OUR ANNUAL PLANT,
BOOK, BAKE AND PUZZLE SALE!! BRING
ALL DONATED ITEMS WEDNESDAY OR
AT 8:30 AM ON THURSDAY MORNING.



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.

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Ham Lake Senior Center, Inc.

15544 Central Ave NE
Ham Lake, MN 55304

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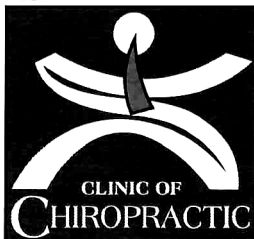
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HamLakeDental.com

16220 Aberdeen St. NE Ste. A1
Ham Lake, MN 55304

CROSTOWN



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Minnesota Monthly Magazine

Providers for all major
Minnesota insurance plans
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2330 Crosstown Blvd NE
Ham Lake, MN 55304
(1 mile east of HWY 65)
Drs. Valorie & Robert Hoffmann DC
crosstownclinic.com

21st Century Bank

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Branch Locations






Minneapolis | Blaine | Ham Lake | Loretto | Rogers | Lilydale

www.21stcb.com

Ham Lake Branch • 763-434-2178



June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 Exercise Class	2	3 9:00 Exercise Class	4 <u>SENIOR CENTER</u> <u>CLOSED</u>	5
6	7	8 9:00 Exercise Class 10:00 SHOPPING 	9	10 9:00 Exercise Class <u>12:30 P.M. TO 6:30 P.M.</u> <u>RED CROSS BLOOD</u> <u>DRIVE</u> 	11 <u>SENIOR CENTER</u> <u>CLOSED</u>	12
13	14 9:00 Board Mtg. 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining 12:45 Hand & Foot	15 9:00 Exercise Class 12:00 Annual General Board Mtg.	16 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining	17 9:00 Exercise Class 12:30 "500" cards	18 <u>SENIOR CENTER</u> <u>CLOSED</u>	19
20 	21 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining 12:45 Hand & Foot	22 9:00 Exercise Class	23 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining	24 9:00 Exercise Class 12:30 "500" cards	25 <u>SENIOR CENTER</u> <u>CLOSED</u>	26
27	28 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining 12:45 Hand & Foot	29 9:00 Exercise Class	30 9:30 Cribbage 9:30 Woodcarving 12:00 Senior Dining			

HLSC DINER



Ham Lake Senior Center Menu

Each week there is Senior Dining at noon on Mondays & Wednesdays –
RESERVATIONS ARE NEEDED. PLEASE CALL TWO DAYS IN ADVANCE! (NOTE: the cost of the meal is \$5.00 for anyone 55 and older and \$8.00 for anyone younger!)

ADDRESS: 15544 Central Ave. NE, Ham Lake PHONE: 763-434-0455

June 2021

Mon.	Tue.	Wed.	Thu.	Fri.
	1	2	3	4
MENUS ARE SUBJECT TO CHANGE!!!				
7	8	9	10	11
14	15	16	17	18
SHEPHERD'S PIE MASHED POTATO TOPPING MIXED VEGGIES DESSERT		PORK SLICES W/GRAVY RED POTATOES APPLESAUCE DESSERT		
21	22	23	24	25
TACO SALAD W/ FIXINGS DESSERT		LASAGNA TOSSED SALAD GARLIC BREAD DESSERT		
28	29	30		
CHEESEBURGER BACON CASSEROLE W/CHEDDAR TOPPING COLESLAW DESSERT		MEATLOAF MASHED POTATOES CARROTS DESSERT (B-DAY MEAL)		NOTE: DESSERTS MAY NOT BE PREPARED ON SITE!!!!