

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 18

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

JUNE 2024

JUNE 11, 2024 GENERAL MEMBERSHIP MEETING & ELECTION OF OFFICERS

Dinner Ham/Cheese sliders, Salads and Dessert served at **5pm** followed by the meeting. You will need to have paid your dues to vote at the meeting. Come eat and vote!

You're always welcome to bring a potluck item!

ELECTIONS for the BOARD OF DIRECTORS

There are 4 openings on the board each year. This year is President, Secretary, and 2 at-large positions. If you are interested in running for any position, please talk to any board member for more information.

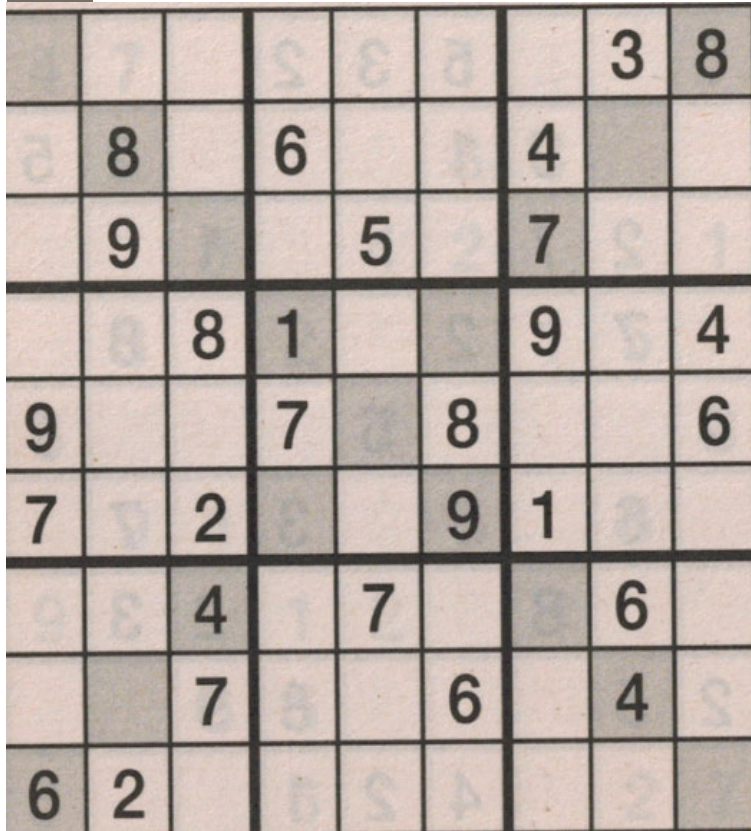
There is a clipboard at the center for you to log in your volunteer hours. Members in good standing who have contributed 20 volunteer hours can use the center for personal events. Those members who volunteered in the past and are now disabled are also eligible.

Trips that we are planning-let us know now if you are interested.
Minnesota Lynx Sept 5 at 2pm
Taylor Falls boat Tour
St Paul Gangster Tour
James J Hill House in St Paul
Anoka Historical Museum
Sign up now so we can get them scheduled/reserved.

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.

Please Support our Advertisers

BOARD MEETING - MONDAY, JUNE 10, 2024 @ 9AM



SHOPPING
 Tuesday, June 11
 Tuesday, June 25

NEW GAMES AT HLSC

We now have
Cornhole/Bean Bag Toss
Five Crowns
Bunco

Bring a friend or a group of friends and play a game or two.

We are planning a bake sale on Wed/Thu, Aug 28 & 29. We will provide the mix, instructions etc. but we need bakers. Please sign up if you are willing to do some baking for us.

Flexible plastic items that can be brought to the senior center for recycling. Must be CLEAN

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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, 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.
 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 **Tues, June 27 10am-noon** To help seniors with their M1PR (property tax refund) submission. First come-first served basis.
 No appointments.

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.





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JUNE 2024

MON	TUES	WED	THURS	FRI
<p>PLEASE LET US KNOW... What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.</p>				
03	04	05	06	07
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	9:00 am Exercise	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
10	11	12	13	14
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	9:00 am Exercise 5:00 pm General Meeting Elections	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00pm Bingo	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 1:00 pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	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 1:00 pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Fun Cribbage Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday 1:00pm Bingo	9:00 am Exercise 10am-12 noon Property Taxes 10:00am Dominoes 12:30 pm 500 cards	Closed

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.

JUNE 2024

MON	TUES	WED
03	04	05
Creamy Chicken Enchiladas Rice Tossed Salad Dessert		Hamburger Stroganoff over Baked Potato Vegetable Dessert
10	11	12
Stuffed Shells Vegetable Dessert	5pm General Member Meeting & Elections	Cheesy Sausage Casserole Vegetable Dessert
17	18	19
Sloppy joes Tater Tots Coleslaw Dessert		Cheesy Bacon Chicken Potatoes Vegetable Dessert
24	25	26
Ham Cheesy Potatoes Vegetable Dessert		Chicken Parmesan over Noodles Vegetable Birthday cake

HAPPY JUNE BIRTHDAYS

- 2 Donna Thotland
- 2 William Kocur
- 4 J D Hughes
- 7 Grace Peterson
- 9 Jim Alfson
- 16 Joan Mager
- 20 Jeff Jarosz
- 22 Pat Blake
- 23 Gary Hanley
- 25 Paul Buccholz
- 27 Orville Underdahl



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.

Thank you Thank you Thank you
Tax-Aide AARP saw over 150 tax payers at HLSC for 2023 returns. 136 Federal were completed and filed plus 220 state, rent and property tax returns. It was a great success and hope to return next year. A very special thank you to everyone who answered and returned the 100's and 100's of calls that came in to schedule appointments.



FROM THE PRESIDENT: Hello fellow seniors, Mother's Day was a beautiful day to celebrate with all the mother's in our family. We had a great time at our over 80 birthday party event. I have to thank Mary Jo who organized a good event for us as usual, and thank you to all the "young" volunteers who helped make it happen.

Next Thursday, May 16th starts our plant and bake sale. This is one of our few fundraisers we have every year. I hope it will be another success.

We now have bean bag toss game set up by the north wall in the center. Anyone can play whenever you want. Get a group together and have some fun. Pat and I played but got tired of walking back and forth, so we decided to end the game at 10 points. I won, any challengers out there?

Have a safe and happy summer -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.

THANK YOU

- To all the volunteers who helped with the 80+ birthday party.
- To all the volunteers who donated and helped with the bake, plant, book sale
- To all those who came and bought items at our sale

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SUPPORT OUR ADVERTISERS!

We held our annual party for everyone over 80 years of age. Harry Hibben and friends played music for us. We then played games and had cake and ice cream. The 'younger' folks served and ran the games.



RECIPE CORNER

Rhubarb Torte from Grandma's recipe box

Bottom layer:

- 1 cup flour
 - 1/3 cup powdered sugar
 - 1/2 cup butter, softened
- Mix and press into 8x8 or 9x9 greased pan.
Bake 15 minute at 350

Topping:

- Mix 4 cups diced rhubarb
 - 2 eggs
 - 1 1/2 cup sugar
 - 1/4 cup flour
 - 3/4 tsp baking powder
 - 1/2 tsp salt
- Pour over crust.
Bake an additional 35 minutes at 350.

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

Ham Lake Senior Center is a non-profit organization which provides activities and serves meals for those 55+ from the Ham Lake area. We do fundraisers and get donations to operate.

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



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www.MinnesotaHelp.info

A service of the Minnesota Board on Aging
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