

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 28

**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.ham-akemn.gov/community/senior/home](http://www.ham-akemn.gov/community/senior/home)

**Email**  
[hamlakeseniorcenter@yahoo.com](mailto:hamlakeseniorcenter@yahoo.com)

**Ham Lake Senior Center** is a non-profit corporation. Our support comes from fundraisers and donations. All donations are greatly appreciated.

**SENIOR DINING**  
Monday & Wednesday @ noon. \$7 for 55 and older, \$10 for anyone else. Please call by Wednesday noon for Monday reservation and by Monday noon for Wednesday reservation.

Please Support our Advertisers

## APRIL 2025

**REMEMBER**  
The **May 1 & 2 Bake, 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 prepriced when you bring them. Any unsold miscellaneous items you are responsible for taking home after the sale unless special arrangements are made. We will also need volunteers to work 3-4 hour shifts on Wed, Thu, and Friday. Sign up sheets will be out soon.  
**Bakery Items** - start planning what to bake for the sale!

**GENERAL MEMBERSHIP MEETING— APRIL 8 @ 5pm**  
For all members of the Ham Lake Senior Center, our bi-monthly meeting will be held on April 8th. A free meal of sloppy joes will be provided followed by the meeting.

**April 13—LIONS PANCAKE BREAKFAST** at the Ham Lake Senior Center. 8am-12:30pm  
Free will offering.



**Senior Expo**  
Saturday, Apr 5, 2025 9-noon  
Lord of Life Church  
14501 Nowthen Blvd NW  
Ramsey, MN 55303

Reminder - **Bus Rides** - If you wish to get a bus ride to meals on Monday or Wednesday, you need to call ahead to make sure we get the reservation. If you are a regular rider and are booked for lunch every week, you're taken care of already.

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

### BOARD MEETING - FRIDAY, APRIL 4, 2025 @ 9AM



**SHOPPING**  
 Tuesday, April 8  
 Tuesday, April 22

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

Recipe of the Month: **Cinnamon Toast Bars**

- 2 c flour
- 1 c sugar
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 c milk
- 6 T melted butter
- 1 tsp vanilla



Whisk together flour, sugar, BP and salt. Add milk, butter and vanilla and beat for 1 min. Pour in greased 9x13 pan. Bake 350 for 20 min. While that's baking, whisk together

- 1/2 c sugar
- 6 T melted butter
- 1 T cinnamon

Let sit to cool and thicken slightly. When the bars are done, whisk again and then spread over bars. Put in oven for ~ 8 min until it's bubbly. NOTE: I made 1/2 recipe in a 9x9 and works great. Also made it GF and that works too, just remember to make sure to beat for 1 min. My next effort will to make a double batch in 9x13. You can leave off the topping too. Delish!

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

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## Upcoming Defensive Driving Courses being held by MHSRC (Minnesota Highway Safety Research Center) at Ham Lake Senior 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/mhsrc/55-plus/default.aspx>

**4 Hour Course:** You need to take this every 3 years and time flies so make sure you are current. 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 a 4 hour Defensive Driving Course every 3 years.

The fee is \$24 for the 4 hour class.

### 2025 Classes

- Friday, March 28th - 11am to 3pm
- Friday, May 23rd - 11am to 3pm
- August 8th - 11am to 3pm
- Friday, October 24th - 11am to 3pm

## Property Tax Assistance

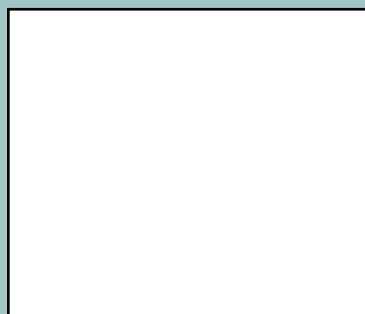
Tax preparers will be at the Ham Lake senior center on **Thurs, July 17 10-noon** To help seniors with their M1PR (property tax refund) submission. First come-first served basis. No appointments.

Free Scooter to someone in need. Someone donated an almost brand new scooter and would like it to go to someone in need.



## Income Tax Assistance

Tax preparers will be at the Ham Lake senior center on **Mondays 9am-Noon until April 15. You need to call 763-434-0455 for an appointment.**



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# APRIL 2025

MON	TUES	WED	THURS	FRI
	1	2	3	4
<b>9:00 am</b> Vet Coffee <b>9:00 am - Noon</b> AARP Income Tax <b>12 noon</b> Senior Dining <b>1:00pm</b> Hand-foot-toe	<b>9:00 am</b> Exercise	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	<b>Closed</b> <b>9:00 am</b> Board Meeting
7	8	9	10	11
<b>9:00 am</b> Vet Coffee <b>9:00 am - Noon</b> AARP Income Tax <b>12 noon</b> Senior Dining <b>1:00pm</b> Hand-foot-toe	<b>9:00 am</b> Exercise Shopping <b>5:00 pm</b> Member Meeting	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining <b>12:45 pm</b> Bingo	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards <b>7:00 pm</b> Jam Session	<b>Closed</b>
14	15	16	17	18
<b>9:00 am</b> Vet Coffee <b>9:00 am - Noon</b> AARP Income Tax <b>12 noon</b> Senior Dining <b>1:00pm</b> Hand-foot-toe	<b>9:00 am</b> Exercise	<b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining <b>1:00 pm</b> Jam Session	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	<b>Closed</b>
21	22	23	24	25
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining <b>1:00pm</b> Hand-foot-toe	<b>9:00 am</b> Exercise Shopping	<b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	<b>Closed</b>
28	29	30		
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining <b>1:00pm</b> Hand-foot-toe	<b>9:00 am</b> Exercise	<b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining-Birthday <b>12:45 pm</b> Bingo	<b>PLEASE LET US KNOW...</b> <b>What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.</b>	

### 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 by noon for Wednesday and Wednesday by noon for Monday). The cost of the meals are \$7 for anyone over 55 otherwise \$10.

### APRIL 2025

MON	TUES	WED
	1	2
You can call as soon as you receive the newsletter to reserve any day.		Salisbury Steak Potato & Gravy Vegetable Dessert
7	8	9
Lemon Chicken Rice Stir Fry Vegetable Dessert	Member 5pm Meeting Sloppy Joes Potato Salad Dessert	Swedish Meatballs Potato Vegetable Dessert
14	15	16
Shepherd's Pie Dessert		Chicken Chow Mein Rice Vegetable Dessert
21	22	23
Tuna Casserole Vegetable Dessert		Cheesy Sausage Casserole Vegetable Dessert
28	29	30
Italian Sausage On a Bun Salad Dessert	Please bring in your own take home containers if you can't eat your whole meal.	Chicken Parmesan Over Noodles 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 Galden-Benike
- 20 Jan Beckstrom
- 22 Pauline Johnson
- 22 Kathy Hughes
- 23 Judy Schoumaker
- 26 Barbara Danger
- 29 Robert Jensen
- 29 Corinne Johnson



### 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.

### LAUNDRY TIP

Do your sheets all get tangled in the dryer? Fold them in half 3 times and put them in the dryer. They won't stay folded, but they won't be tangled.

**FROM THE PRESIDENT: April Thoughts**

We continue to work with the Ham Lake City officials about updating the senior center interior. We would like painting, flooring and ceiling updates. The painting will probably take place in April. We may have to close our doors for two days during painting to allow the crew complete access. More information as we know more. However, flooring and ceiling updates are to be determined as we work with city officials.

Monday meal attendance remains low and we are running a deficit in our monthly finances. NO, we are not going broke. However, we need to be cognizant of our finances as a nonprofit corporation. In March we approached the Lions as they are generous (\$) with us.

**Board of Directors**

President - John Yttreness  
 Vice President - Denny Hoch  
 Secretary - Ruth Hayek  
 Treasurer - Mary Jo Schultz  
 At Large -  
 Sharon Anderson  
 Linda Siegler  
 Aggie Gazvoda  
 Renee Miller

Changes coming to our center include the meal menu. Do we discontinue Monday meals? Also, our van driver has moved to a volunteer position. So we will have several drivers which are all volunteer. They will be moderately compensated for being on call. THANK YOU Bob.

Random thoughts: April showers bring May flowers...  
 and sometimes snow.

Happy Spring!

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**APRIL FUN FACTS**

- April 1 - Don't be fooled
- April 2 - Light up blue for Autism Awareness
- April 20 - Easter
- April 22 - Earth Day



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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.

**Scam Alert** –If you have the app **Finance Simplified** on your phone, please delete it. It steals your data and blackmails you after data is sold to cyber criminals. Change your passwords and use 2 factor authorization.

**Ham Lake Senior Center Snow Policy**  
If the Anoka-Hennepin School District is closed, so is the senior center. It's the easiest way to inform you.

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**



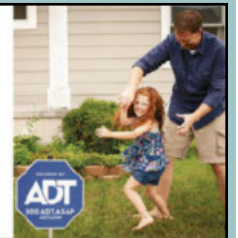
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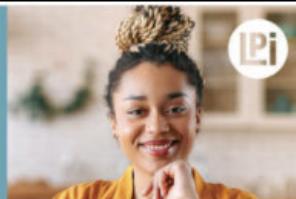
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# HAM LAKE SENIOR CENTER

15544 Central Ave. NE  
Ham Lake, MN 55304



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**Vet coffee and cookies is available on Monday mornings at 9am.**

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



**May no soldier go unloved May no soldier walk alone May no soldier be forgotten May no soldier be left behind when they return home. God Bless Them All!**

## SENIOR LINKAGE LINE

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Your link to senior services and Health insurance counseling.  
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A service of the Minnesota Board on Aging

