

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 20

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

Ham Lake Senior Center is a non-profit supported by volunteers and donations.



AUGUST 2024

GENERAL MEETING - 5pm August 20

Serving a meal at 5pm with the meeting to follow.

BAKE SALE

August 28th and 29th 8—4

We will provide the ingredients or you can use your own – and you bake at home and bring it in. Please sign up now if you'd like to use our ingredients.

BAKE, PLANT, BOOK, PUZZLE Sale on September 19th & 20th.
SPAGHETTI Dinner on September 20th 4-7pm. Tell your friends and neighbors to put it on their calendar.



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.

School Supply Collection
We are collecting school supplies for a donation to McKinley Elementary School. Please donate what you can for the kids.
Suggested items: glue sticks, Kleenex, 24 count Crayola crayons, 10 count primary color Crayola markers, 12 count Crayola colored pencils, #2 pencils, wide ruled notebooks, large pink erasers, 2 pocket folders, highlighters, black Expo dry erase markers

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DID YOU KNOW...

-Vaccinations, including Flu Shots, shingles and pneumonia will be available at the October 8th meeting @ 11am from Sam's Club Pharmacy. Anyone can get vaccinations, you don't have to be a member.

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

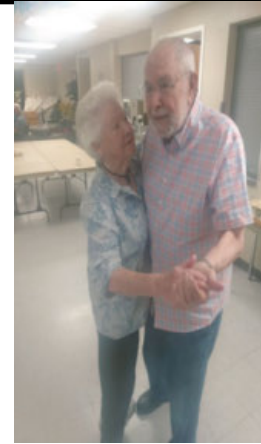
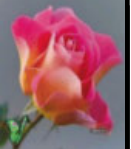
2

This is a sudoku X. In addition to the numbers 1-9 in each row and column, 1-9 must also go from corner to corner.



SHOPPING
Tuesday, August 6
Tuesday, August 20

In Memoriam - Grace Peterson
 Kathy Lienemen (Jim Albrecht's sister)
 LaVerne Johnson



Ray and Doris Bartos came to our dances for years. They now come to the jam session and dance. You to can come and enjoy the music and dance . Bring a friend and tap your toes if you're not up to the dancing.



We collect flexible plastic items at the senior center for recycling. Must be CLEAN

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

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Upcoming Defensive Driving Courses 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/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. The fee is \$24.

Friday, August 9, 2024 - 11am to 3pm
Friday, October 25, 2024 - 11pm to 3pm

8 Hour First Time Course: As of July 1, 2024, you no longer have to take a 8 hour course. Just sign up for one of the 4 hour courses.

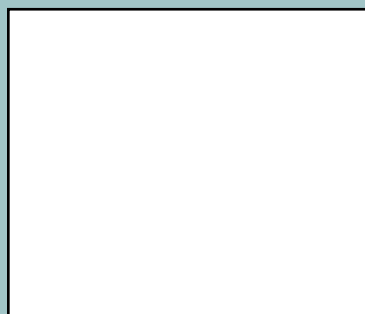
If you are 55 or over and take these courses, state law requires that your insurance company give you a 10% discount if you take and 8 hour Defensive Driving Course and attend a 4 hour refresher course every 3 years.

We are planning a trip to the apple orchard in the fall. There is an interest sheet at the senior center. Please sign up and when we have more details on when the apples will be ready, we'll contact you with more information.



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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AUGUST 2024

MON	TUES	WED	THURS	FRI
			01	02
<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>			<p>9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards</p>	Closed
05	06	07	08	09
<p>9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe</p>	<p>9:00 am Exercise Shopping</p>	<p>9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining</p>	<p>9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards 7:00 pm Jam Session</p>	<p>Closed</p> <p>11am-3pm 55+ Driver Class</p>
12	13	14	15	16
<p>9:00 am Board Meeting 9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe</p>	<p>9:00 am Exercise</p>	<p>9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining</p>	<p>9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards</p>	Closed
19	20	21	22	23
<p>9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe</p>	<p>9:00 am Exercise Shopping 5:00 pm General Meeting</p>	<p>9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session</p>	<p>9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards</p>	Closed
26	27	28	29	30
<p>9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe</p>	<p>9:00 am Exercise</p>	<p>9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 12 noon Senior Dining-Birthday Birthday Bingo</p>	<p>9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards</p>	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.

AUGUST 2024

MON	TUES	WED
05	06	07
Sweet Italian sausage on a bun Chips Salad Dessert		Meatloaf Potatoes Vegetable Dessert
12	13	14
Taco Salad Taco chips Dessert		Chicken a la king Baking Powder Biscuit Vegetable Dessert
19	20	21
Garlic Parmesan Chicken Noodles Vegetable Dessert		Porcupine Meatballs Potatoes Vegetable Dessert
26	27	28
Lemon Chicken Rice Vegetable Dessert		Pork Roase Dressing Mashed Potatoes Vegetable Birthday Cake

HAPPY AUGUST BIRTHDAYS

- 3 Dennis Iverson
- 3 Janet Anderson
- 10 Judy Nordstrom
- 11 Ruth Nelson
- 12 Sharon Anderson
- 20 Sheryl Kocur
- 28 Edythe Dankert



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.



HAPPY BIRTHDAY

United States
Coast Guard
August 4th

FROM THE PRESIDENT:

Hello fellow seniors, Thank you Paul Titterud for his service to our community center. The new board is elected and beginning our terms of office. In the coming months I am going to ask each board member to tell us about themselves. Why they are in Ham Lake and their goals for our community.

I moved to Ham Lake from Detroit Lakes 20 plus years ago for an employment opportunity. My working background is mainly in aluminum/magnesium castings.

Whimsical thought = why is Bob a common nickname for Robert?

Keep it light, be happy and serve your community where and when you can.
-John

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

Do you have 3 hours per month or week?

We still need volunteers to cover more hours to keep the senior center open longer.

Happy are those who take **life** day by day **complain** very **little**, and are **thankful** for the little things in **life**.

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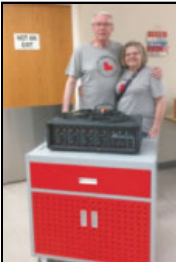
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We have a new audio cabinet which Janet helped acquire thru Thrivent donation. MUCH easier to push around and it has all the equipment in it. Thank you!

Bake Sale on Aug 28-29 8-4pm

Opportunities for helping -

You can do the baking or we will provide the ingredients and you can bake.

We also need volunteers to be cashiers on Wednesday and Thursday for a half day shift.

Tell your friends and neighbors about the sale.

See you on Aug 28 & 29



Crisp Sugar Cookies from Arlene Nelson

- 1 c powdered sugar
- 1 c sugar
- 1 c butter
- 1 c oil
- 2 eggs
- 2 tsp vanilla or almond extract
- 4 2/3 c flour
- 1 tsp baking soda
- 1 tsp cream of tartar

Cream the sugars, butter and oil. Beat in the eggs and extract.

Mix in the flour, soda, and cream of tartar.

Let rest for 1 hour in the fridge.

Use cookie scoop or make into balls.

Press down with a glass or cup dipped in sugar.

Bake at 350 for 10.5 minutes.

Makes 6-7 dozen.

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



SENIOR LINKAGE LINE

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Your link to senior services and
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www.MinnesotaHelp.info

A service of the Minnesota Board on Aging
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