

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 26

#### 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](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 for Monday reservation and by Monday for Wednesday reservation.

**Please Support our Advertisers**

**FEBRUARY 2025**

**Happy Valentine's Day**

### General Membership Meeting February 11, 2025 Noon

Free pizza lunch followed by the membership meeting.

Be sure to check out the information regarding free tax assistance that will be provided at the center. You can start making appointments on January 15th. You must come into the center and get a form that needs to be filled out completely before your appointment time. You need to bring your documents and the completed form to the appointment. We have been advised that the preparer will end the appointment if these forms and documents are not filled out or brought with. It would then require another appointment to be made. Appointments fill up fast, so get your appointment now.

**BOARD MEETING - FRIDAY, FEBRUARY 7, 2025 @ 9AM**

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



## SHOPPING

Tuesday, February 11  
Tuesday, February 25

**Recipe Correction:** Marion makes these so fast, she forgot to tell us one step.

### Mounds Bars

22 graham Crackers, crushed

1/3 c melted butter

1/4 c sugar

Combine and press into bottom of 9x13 pan which was sprayed or lined with parchment paper.

Sprinkle with

**7 oz flaked coconut** and then pour

**14oz can of sweetened condensed milk** over the top.

Bake at 350 for about 30 minutes or until slightly browned.

Melt

**12 oz pkg of chocolate chips** with

**1 T peanut butter.** Spread over coconut layer. Cool slightly and cut into squares.

### A FAMILY TREE AND BRUSH SERVICE



- Beautiful Work
- Affordable Prices
- Stump Grinding
- Lot Cleaning
- Firewood

Insured

**413-0694**



**HARDWARE  
HANK**

17426 Hwy. 65 NE,  
Ham Lake

**763-434-4199**

HamLakeHardware.com  
Toro, Stihl, Weber Grills & Valspar Paints

## WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
careers@4lpi.com or  
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS  
Advertise in our Newsletter!

CONTACT ME  
**Gina Shaughnessy**

gshaughnessy@4LPi.com

(800) 950-9952 x2487



Crosstown Chiropractic, PA

2330 Crosstown  
Blvd NE  
Ham Lake, MN 55304  
(1 mile East of HWY 65)

Same day  
appointments  
available!

**763-434-5714**  
Crosstownclinic.com

### Always Hiring!



**Kottkes'  
Bus Service**

Starting at \$24/hr  
Bonuses up to \$3,500

**(763) 450-5388**

www.kottkesbus.com



## 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 for the class.

### 2025 classes:

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

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



**Always**  
wear a smile, because  
your smile is a reason  
for many others to  
*Smile :)*

### 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.

## Pre-planning is a gift of love.

VISIT US AT OUR  
**BLAINE PREARRANGEMENT  
CENTER**

10450 Baltimore Street NE  
(763) 231-0506

*Washburn-McReavy*

Funeral Chapels, Cemeteries,  
& Cremation Services  
[washburn-mcreavy.com](http://washburn-mcreavy.com)

### 21<sup>st</sup> Century Bank

Top 10 MN SBA Preferred Lender  
SBA 7(a) and SBA 504

**SMALL BUSINESS LENDING**  
Expansions, Acquisitions, Startups  
Equipment Purchases

**SMALL BUSINESS BANKING**  
Checking, Savings,  
Cash Management Services

17635 Central Ave NE  
Ham Lake, MN 763-434-2178

### Joel Smith Heating & Air Conditioning Reliable Products & Quality Service

Residential & Commercial Heating  
& Air Conditioning Service/Replacement

- Energy Efficient Heating • Air Conditioning
- Basement Finishes • Air Source Heat Pumps
- Indoor Air Quality • Garage Heaters



Mention  
this ad for  
**20% OFF**  
a furnace  
tune-up.



763.792.1066  
[jsmithvac.com](http://jsmithvac.com)

13915 Lincoln St. NE, Ste E, Ham Lake

**ptl**tire & auto  
established 1981

Complete Automotive Repair  
**New Tires at Great Prices**  
**(763) 434-7766**

[www.ptltireandauto.com](http://www.ptltireandauto.com)

## Home Health Care Solutions



**ADARA**  
HOME HEALTH  
Formerly Prairie River Home Care

- Family-owned Business
- Family-like Values
- Full spectrum of services

Call Adara Home Health at **763-792-9471** if you are:

- Being discharged after a hospital or rehab stay
- Looking for additional support and services in an assisted living or private home environment

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aide

\* Adara accepts most payer sources

For more information, visit [www.adarahomehealth.com](http://www.adarahomehealth.com)

**TWO CONVENIENT  
LOCATIONS TO  
SERVE YOU**

Call or visit —  
we're here to help  
you *age magnificently.*



**Arbor Oaks  
SENIOR LIVING**  
A Lifespark Community

1640 155th Lane NW  
ANDOVER

**763.205.2248**

[arboroakseniorlivingmn.com](http://arboroakseniorlivingmn.com)



**Cedar Creek  
SENIOR LIVING**  
A Lifespark Community

19131 Taylor Street  
EAST BETHEL

**763.392.5443**

[cedarcreekseniorliving.com](http://cedarcreekseniorliving.com)



# FEBRUARY 2025

MON	TUES	WED	THURS	FRI
<b>PLEASE LET US KNOW...</b> What you want to do and see at the Senior Center. There's a suggestion box waiting for your ideas.				
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
<b>9:00 am</b> Vet Coffee <b>12 noon</b> Senior Dining <b>1:00 pm</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
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>9:00 am</b> Vet Coffee <b>9:00 am - Noon</b> AARP Income Tax <b>12 noon</b> Senior Dining <b>1:00 pm</b> Hand-Foot-Toe	<b>9:00 am</b> Exercise Shopping <b>Noon</b> <b>General Meeting</b>	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining <b>1:00pm</b> Bingo	<b>9:00 am</b> Exercise <b>11:30 pm</b> 500 cards <b>7:00 pm</b> Jam Session	<b>Closed</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Closed</b> <b>9:00 am - Noon</b> AARP Income Tax	<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>1:00pm</b> Jam Session	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	<b>Closed</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>9:00 am</b> Vet Coffee <b>9:00 am - Noon</b> AARP Income Tax <b>12 noon</b> Senior Dining <b>1:00 pm</b> Hand-Foot-Toe	<b>9:00 am</b> Exercise Shopping	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining-Birthday <b>1:00pm</b> Bingo	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	<b>Closed</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 for Wednesday and Wednesday for Monday). The cost of the meals are \$7 for anyone over 55 otherwise \$10. Home Cooked Meals.

### FEBRUARY 2025

MON	TUES	WED
<b>3</b>	<b>4</b>	<b>5</b>
Turkey Loaf Potato Vegetable Desert		Pork Chow mein Rice Dessert
<b>10</b>	<b>11</b>	<b>12</b>
Tuna Melt Chips Salad Dessert		Chicken Stroganoff over Noodles Vegetable Dessert
<b>17</b>	<b>18</b>	<b>19</b>
Closed		Meatloaf Potato Vegetable Dessert
<b>24</b>	<b>25</b>	<b>26</b>
Chili Cornbread Salad Dessert		Lasagna Garlic Bread Vegetable Birthday cake
You can sign up for any lunch as soon as you receive your newsletter.	Please bring your own take out dishes for taking extra food home.	

## HAPPY FEBRUARY BIRTHDAYS

2 Aggie Gazvoda  
2 Mark Kvamme  
6 Lynn Christensen  
7 Paul Titterud  
12 Thurman Doty  
15 Colette Pearson  
16 Fred McCallister  
17 Mary Jo Hoch  
23 Alice Ganter  
23 Barb Huntley  
24 James Duarte  
24 Leon Mager



## 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.







### FROM THE PRESIDENT:

JFK became president of the USA in 1961. One of his famous quotes is "Ask Not What Your Country Can Do For You-Ask What You Can do For Your Country". Sixty-four years ago.

Today this motto is a thought for us. Our ages and infirmities that come with age limit what we can do. However, we can all do something. It may seem insignificant but is not insignificant to the person(s) we can help.

Our senior center is functioning well. Bills are paid, a new freezer installed, the cook stove repaired and working well. Year 2025 will bring us other challenges. We are working with the city doing some painting and repairing the tile flooring. We can always use more volunteers to help out.

Join us for good fun, food and entertainment.

Random thought - "I'm a little bit older, a little bit wiser(?), a little bit rounder"  
-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.

**Dear Mother Nature,**  
**Having received my free sample of winter, I would like to cancel the remainder of my subscription. Thank you.**

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Gina Shaughnessy**

[gshaughnessy@4LPi.com](mailto:gshaughnessy@4LPi.com)

(800) 950-9952 x2487



Septic Pumping, Installations & Repairs  
Site Evaluations & Septic Designs  
Compliance & Well Testing  
**(763) 434-3915**  
1244 Crosstown Blvd. NW | Ham Lake, MN 55304  
[service@lashinskiseptic.com](mailto:service@lashinskiseptic.com)  
[www.lashinskiseptic.com](http://www.lashinskiseptic.com)



**FREE**  
**AD DESIGN**  
with purchase  
of this space

**CALL 800-950-9952**

# SUPPORT OUR ADVERTISERS!

## AARP Foundation Tax-Aide Assistance Program

Tax-Aide volunteers are taking appointments for the 2024 tax season which will run from Monday, February 10th to April 14th at the Ham Lake Senior Center

**by appointment only.** You will need a separate appointment for each year's return you need completed.

The appointment scheduling line will be open starting January 15th. Appointments will be taken by the Ham Lake Senior Center. Please call **763-434-0455**. If not answered, leave a message and we will return your call in the order received. All taxes will be done by appointment only.

Prior to your appointment, required documents need to be picked up at the Ham Lake Senior Center. Please fill out the forms prior to coming to your appointment. Collect all your tax documents including your prior year's tax return and bring all of it to your appointment. Everything must be filled out and documents present or you could be sent home. Please arrive on time (or 15 minutes early) for your appointment.

## Just The Way You Are

A musical of classic love songs of the 60s and 70s celebrating Valentine's Day

When: February 13, 2025

Where: Sidekick Theater  
In Bloomington

Time: Leave HLSC 10:15 am

Cost: \$64 includes lunch, play and bus

Featuring musicians and vocalists performing hits from Elvis, The Righteous Brothers, The BeeGees, Carole King and more.

Reservations must be made by January 28, 2025 in order to get the tickets purchased.

*Providing quality care with a personal touch,  
by a nurturing team of professionals.*



**Call today and let us  
tell you more about our services!**

**Mary T.  
Home Health, Inc**

**(763) 862-5426**

*Medicare Certified*

**Mary T.  
Hospice**

**(763) 772-9955**

*Medicare Certified, Chap Accredited*

[www.marytinc.com](http://www.marytinc.com) • [facebook.com/marytinc](https://facebook.com/marytinc)

## ADT-Monitored Home Security

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

**833-287-3502**



AllinaHealth | **aetna**

*Questions about Medicare?*

Call Benita Jackson

**612-283-6032**

[JacksonB6@allinahealthaetna.us.com](mailto:JacksonB6@allinahealthaetna.us.com)

**EXCEPTIONAL  
CHIROPRACTIC**

**(763) 208-5382**

16230 Aberdeen St NE Ste B  
Ham Lake, MN 55304

**Exceptional  
Chiropractic**

*"Exceptional Quality Care"*

[exceptionalchiropractic.com](http://exceptionalchiropractic.com)

Why deal with pain and discomfort,  
When help is just around the corner?



# HAM LAKE SENIOR CENTER

15544 Central Ave. NE  
Ham Lake, MN 55304



NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
ANOKA, MN  
PERMIT #289

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

**MONEY**  
FOR QUALIFYING MN SERVICE MEMBERS & DEPENDENTS

**NOW**  
is the time to  
get reimbursed  
for License and  
Certification  
Exams

Apply Today!  
Minnesota GI Bill  
**888-LINKVET**  
MinnesotaVeteran.org



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



## 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](http://www.MinnesotaHelp.info)**

A service of the Minnesota Board on Aging  
and Area Agencies on Aging

