

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 37

#### Address

15544 Central Ave. NE  
Ham Lake, MN 55304

#### Phone

763-434-0455

#### Office Hours

Mon - Thurs: 8:30am to 3:30 pm

#### Website

[www.hamlakemn.gov/community/senior/home](http://www.hamlakemn.gov/community/senior/home)

#### Email

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

**Ham Lake Senior Center is a non-profit corporation supported by volunteers, fundraisers and donations. All donations are greatly appreciated. We are open to anyone 55 and older.**



# JANUARY 2026

*Happy  
New Year*

Ham Lake Senior Center is a non-profit corporation. We have 1 paid employee, our cook. Everyone else you see working here is a volunteer. We ask that everyone do something to help support our center and keep the doors open. A few hours or a hundred, anything will help our mission.

#### **McKinley Elementary School Drive** for mid-year needs.

According to the social worker, the children need  
-New or gently used snowpants, gloves or mittens, size 6-10 new underwear for girls and boys.  
The health and teaching staff need Lysol or Clorox wipes and Kleenex or Puffs tissues.  
We will be collecting these items until January 29, 2026. All donations are greatly appreciated.  
Speak with Nancy Runquist if you have any questions.

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

#### **Coming 2026:**

- Special bingo days
- More opportunities to volunteer
- Spring sale on April 30-May 1

**Please Support our Advertisers**

**BOARD MEETING - MONDAY, JANUARY 13, 2025 @ 9AM**

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

## IN MEMORIAM Mary Kohler



### Tamarisk, Inc.

Mission statement: To create a caring presence and a safe haven for the thoughts, feelings, and concerns of persons, and their families, faced with end stages of threatening illness. We attend to our client's non-medical needs, while simultaneously providing much needed respite to caregivers.

This is a free service to care for the non-medical needs of people living life with illnesses such as ALS, Parkinson's, Alzheimer's and cancer.

For 2-4 hours a week Tamarisk volunteers assure the safety and well-being of the client while the family caregiver is away.

Tamarisk volunteers socialize, play cards, prepare a light meal or run errands. The client's needs determine the agenda.

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651-429-8966 • ChaunceyBarrettMN.com

Savannah Oaks, Ramsey

763-576-0882 • SavannahOaksMN.com



## Upcoming Defensive Driving Courses being held by Precisions Driving 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 [www.DriverDiscountProgram.com](http://www.DriverDiscountProgram.com)

**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.

### 2026 classes:

Tuesday, March 31st - 11am to 3pm  
 Friday, June 5th - 11am to 3pm  
 Friday, August 21st - 11am to 3pm  
 Friday, October 16th - 11am to 3pm  
 Friday, November 13th - 11am to 3pm

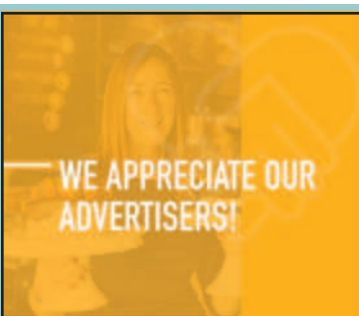
If you are 55 or over, state law requires that your insurance company give you a 10% discount if you attend a 4 hour refresher course every 3 years.

### Recipe: Quick Frosting

1 box of instant pudding (any flavor)  
 1 c milk  
 8oz cool whip  
 Mix the pudding and milk for 2 minutes. Fold in the cool whip. Ice your 9x13 cake.

### Dressing for salad

1 cup mayo or miracle whip  
 2 T sugar  
 2 T rice vinegar  
 Milk to get to consistency  
 Mix the mayo, sugar, vinegar. Add enough milk and stir to get to a dressing consistency. Can be use on Any vegetable salad or a Vegetable with fruit salad such as the one we served for the Thanksgiving lunch.



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# JANUARY 2026

MON	TUES	WED	THURS	FRI
			<b>01</b>	<b>02</b>
			Closed	Closed
<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>
<b>9:00 am</b> Vet Coffee <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1pm</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 Senior Dining</b>	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards <b>7:00 pm</b> Jam Session- Postponed until March	Closed
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>9:00 am</b> Vet Coffee <b>9:00 am</b> Board Meeting <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1pm</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 Senior Dining</b> <b>12:45 pm</b> Bingo	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	Closed
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Closed	<b>9:00 am</b> Exercise	<b>9:30 am</b> Wii bowling <b>10:00 am</b> Wood Carving <b>12 noon Senior Dining</b> <b>1:00 pm</b> Jam Session	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	Closed
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>9:00 am</b> Vet Coffee <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1pm</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-Birthday <b>12:45 pm</b> Bingo	<b>9:00 am</b> Exercise <b>12:30 pm</b> 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. If you can't make it for your reservation, please call to cancel.

### JANUARY 2026

MON	TUES	WED
<b>05</b>	<b>06</b>	<b>07</b>
Pork Chop Dressing, Gravy Mashed Potatoes Peas & Carrots Fruit cocktail dessert		Goulash Mixed Vegetables Banana dessert
<b>12</b>	<b>13</b>	<b>14</b>
Crispy Fish Fillet Rice Pilaf Beets Pineapple dessert		Cheesy Bacon Chicken Baked Potato Peas Blueberry dessert
<b>19</b>	<b>20</b>	<b>21</b>
Closed		Meatloaf Mashed Potatoes Glazed carrots Apple dessert
<b>26</b>	<b>27</b>	<b>28</b>
Chili Cornbread Tossed salad Peach dessert		Chicken cordon bleu over noodles Broccoli cauliflower mix. Birthday Cake

### HAPPY JANUARY BIRTHDAYS

- 1 Suzanne Abramson
- 2 Chuck Sader
- 2 Mary Vpgt
- 3 Mel Aanerud
- 3 Evalyn Krueth
- 5 Lucy Carlson
- 5 Shirley Pary
- 7 Marilyn Brenholt
- 9 Ann Witucki
- 15 Pat Oredson
- 16 Jim Szurek
- 17 Doug Phillips
- 22 Merilee Doll
- 23 Denny Hoch
- 30 Ron Blake
- 31 Marion Stumo



### 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 either on a Monday or Wednesday.





### FROM THE PRESIDENT:

The year is 2026 – Do you make New Year's resolutions? Did you predict what will happen with your personal life? Or what will be in year 2027? How did new year resolutions come about?

New year's resolutions may date back to the ancient Babylonians, 4,000 years ago as the internet states (I don't know as I was not there). I wonder how or if the stuff we look up on the internet is useful? Or factual??

According to the internet (I caution you not to believe everything you see or read on the internet), approximately 25 to 30% of Americans make new year's resolutions and by the middle of February the resolutions are long over, forgotten and what was I thinking? That statistic I believe.

My thoughts on new year's resolutions are:

1. Don't believe everything you see and hear. Decide if it is worth you brain power and time.
2. Be of some use while you are on this earth. Discover what you are good at. Grow flowers or visit the sick or wash dishes
3. Continual learning keeps your brain power stimulated.
4. Be of service to others.
5. Live and love others and accept reciprocal feelings.

January brings longer daylight hours, temperatures rising, spring is in the air...well ok, spring is just around the corner.

-John

### Board of Directors

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 Vice President - Denny Hoch  
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## AARP Foundation Tax-Aide Assistance Program 2026

**AARP Foundation Tax-Aide** will be providing income tax services starting in February. The Tax-Aide program utilizes the talents of IRS certified volunteers to complete free tax returns for members of our community concentrating on low-income 50+. All tax returns will be completed the same day following safety protocols set forth by both the Ham Lake Senior Center and AARP Foundation Tax-Aide.

**Tax-Aide** volunteers are taking appointments for the 2025 tax season which will run from **Monday, February 2nd to April 15th** at the Ham Lake Senior Center **by appointment only**. You will need a separate appointment for each year's return you need completed. Appointments are 9am to Noon.

The appointment scheduling line will be open **starting on January 15th**. Calls before that date will not be returned. Appointments will be taken by a dedicated tax line. Please call or text **612.615.8575**. 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 and collect all your tax documents (take them out of the envelope and put in number order) including your prior year's tax return and bring all of it to you appointment. Please arrive on time (or 15 minutes early) for your appointment.

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

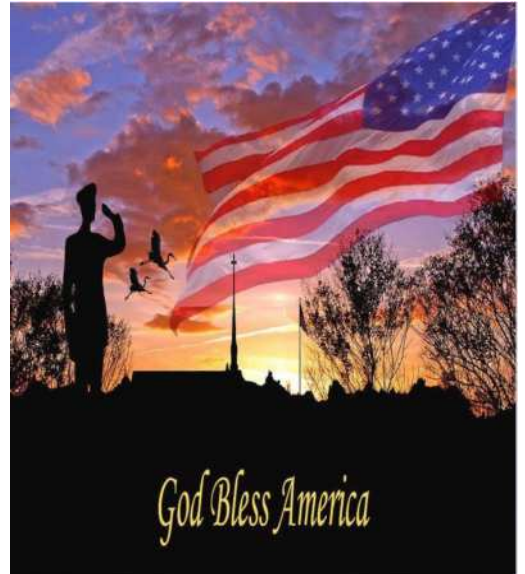


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2	3	9	4	8	6	7	5	1
7	8	5	3	2	1	6	9	4
1	5	2	6	9	8	4	3	7
9	6	4	2	3	7	8	1	5
8	7	3	1	5	4	2	6	9

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