

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

**Published by:**  
Ham Lake Senior Center Inc.

**Issue 31**

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

**Email**

**Ham Lake Senior Center** is  
a non-profit corporation.

Our support comes from  
fundraisers and donations.  
All donations are greatly  
appreciated.

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

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## JULY 2025

### JUNE 10, 2025 GENERAL MEETING ELECTION RESULTS

**Congratulations! The board election results are:**

**Vice President** Denny Hoch

**Treasurer** Mary Jo Schultz

**At-large** Bruce Christensen

Barb Huntley

**1 year term** Pat Titterud

The rest of the board is listed on page 6.

### Meal Delivery on Monday and/or Wednesday

If you need meal delivery, please call and order with as much  
notice as possible. We may be able to accommodate same  
day delivery if we have a cancellation and have a driver.

We are collecting school supplies for a donation to McKinley  
Elementary School. Please donate what you can for the kids.  
They are greatly appreciated by teachers and students.

## HAPPY 4TH OF JULY

**BOARD MEETING - MONDAY, JULY 14, 2025 @ 9AM**



## SHOPPING

Tuesday, July 8  
Tuesday, July 22

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

## Recipe of the Month...

### Blueberry Cream Cheese Cookies

1 c sugar

1/2 c butter, softened

4 oz cream cheese, softened

1 large egg

1 T lemon juice

1 T lemon zest

2 1/2 c flour

1 tsp baking soda

2 tsp cornstarch

1/4 tsp kosher salt

2 c blueberries

Preheat oven to 350. Line 2 baking sheets with parchment paper.

In a large bowl, cream together sugar, butter, cream cheese until fluffy. In a medium bowl combine flour, soda, cornstarch and salt. Beat this into the wet mixture just until combined. Gently fold in the blueberries. Using a 3 T cookie scoop, scoop dough onto prepared sheets. Bake until cookies are set and edges turn lightly golden 10-15 minutes. Let cool.

Drizzle with lemon glaze. Yield: 20 cookies

Lemon glaze:

1 c pwd sugar

1 T cream

1 T lemon juice

zest of 1 lemon

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

### 2025 Classes

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 refresher course every 3 years.

"ONE FLAG, ONE LAND,  
ONE HEART,  
ONE HAND, ONE NATION  
EVERMORE!"

— OLIVER WENDELL HOLMES



Property tax refund assistance will be available at HLSC on Thursday, July 17 between 10 and noon. No appointment necessary.

### PROTECT YOUR CREDIT

To keep others from opening accounts in your name, put a credit freeze on your accounts at 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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# JULY 2025

MON	TUES	WED	THURS	FRI
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
	9:00 am Exercise	10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 12:30 pm 500 cards	Closed
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe Hand and Foot	9:00 am Exercise Shopping	9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 12:45 pm Bingo	9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session	Closed
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
9:00 am Board Meeting 9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe Hand and Foot	9:00 am Exercise	10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	9:00 am Exercise 12:30 pm 500 cards	Closed
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe Hand and Foot	9:00 am Exercise Shopping	10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 12:30 pm 500 cards	Closed
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe Hand and Foot	9:00 am Exercise	10:00 am Wood Carving 12 noon Senior Dining-Birthday 12:45 pm Bingo	9:00 am Exercise 12:30 pm 500 cards	

## 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.

### JULY 2025

MON	TUES	WED
	01	02
		Bacon Cheeseburger Potato Salad Baked Beans Watermelon
07	08	09
Cheesy Chili Dog Coleslaw Cinnamon Chocolate Chip Dessert		Chicken Cordon Bleu Casserole Green Beans Triple Berry Dessert
14	15	16
Cheesy Bacon Chicken Baked Potato Mixed Vegetable Fruit Crisp Dessert		Salisbury Steak Mashed potatoes/ gravy Carrots Strawberry Rhubarb Dessert
21	22	23
Tuna Melt Tossed Salad Chips Rhubarb Dessert		BBQ Chicken Baked Potato Mixed Vegetable Peach Dessert
28	29	30
Orange Chicken over Rice Stir Fry Vegetables Fruit Cocktail Cake		Roast Beef Mashed Potatoes Gravy Green Beans Birthday cake

## HAPPY JULY BIRTHDAYS

3 Mike Kane  
5 Dennis Femrite  
7 Bruce Christensen  
9 Wayne Brenholt  
10 Kathy Aanerud  
12 Mary Lou Michels  
14 Ella Rice  
14 Linda Siegler  
14 Lynn Anderson  
15 Stacia Stauffacher  
18 Chuck Human  
22 Betty Yunick  
26 Kirk Nelson



## 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.

Next time you come to the senior center, bring a friend.

## DID YOU KNOW...

This is your last newsletter if you haven't paid your dues. Please submit them soon, if you haven't.

**Thank you**



### FROM THE PRESIDENT:

The board for the next year is in place. Please contact any board member with ideas, concerns or what is on your mind. Volunteer to help with things at the center when you can.

Denny and I went to a presentation about legal and other concerns for seniors to consider. Planning for health directives, estate planning, long term care etc.

Do you know what "legal look back" means on your finances as you plan your will?

We plan to hold a discussion at the senior center for this topic. What other topics are of interest to you?

At the center...The windows have all been treated with a film which helps block the heat and cold and the suns glare. Parts have been ordered for blinds.

Thank you to the Lions, bake/book/plant sale, volunteers as we continue to be financially in the black.

Facts: Average age of senior center participants is 75.

Half of all adults 65 and older volunteer.

Your brain never stops growing. It constantly reshapes itself in response to learning.

Volunteer. Be Happy. Be Well.

### Board of Directors

President - John Yttreness

Vice President - Denny Hoch

Secretary - Ruth Hayek

Treasurer - Mary Jo Schultz

At Large -

Renee Miller

Bruce Christensen

Barb Huntley

Pat Titterud

**Respect is earned.  
Honesty is appreciated.  
Trust is gained. Loyalty is  
returned.**

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## Mark Your Calendar

Red Cross Blood Drive  
Ham Lake Senior Center  
August 22, 2025  
11am-5pm

This is a fundraiser for us. We will help at the blood drive and will earn money for each donor if we have at least 25 donors. Get your family, friends and neighbors to donate. Also, look for a sign up sheet to help. Thank you.

Every day is a gift.  
Be happy and know that  
you can be the reason  
someone smiles today.



### Do you have some spare time?

Mercy Hospital-Unity Campus in Fridley is looking for senior volunteers. A variety of jobs are available.

Please call Katie Swanson at 763-236-3014 or email her at Katie.Swanson2@allina.com

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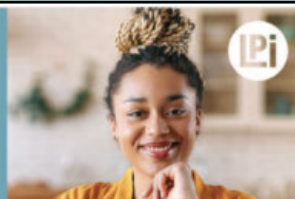


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Ham Lake Senior Center, Ham Lake, MN

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# HAM LAKE SENIOR CENTER

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TO DANCE IN THE RAIN.

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



## SENIOR LINKAGE LINE

Want help on the phone?  
Call the Senior LinkAge Line  
**1-800-333-2433**

Your link to senior services and  
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**www.MinnesotaHelp.info**

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