

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 29

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.hamlakemn.gov/community/senior/home

Email
hamlakeseniorcenter@yahoo.com

Ham Lake Senior Center is a non-profit corporation. Our support comes from fund raisers 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 a Wednesday reservation.

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MAY 2025

MAY 1 and 2 SALE

BAKE, PLANT, BOOK, PUZZLE, MISCELLANEOUS

Get ready to bake some tasty treats. Start cleaning out and getting items ready to donate. Gently used household items should be pre-priced when you bring them. Any unsold miscellaneous items you are responsible for taking home again. Books and puzzles don't need to be marked and they can stay if unsold.

This year the Reuse Tent will be in the Ham Lake City Hall parking lot on May 3rd. Some of your items may be able to be dropped off there if they don't sell.

VOLUNTEERS needed to work one 3-4 hour shift on Wed, Thurs, or Friday. Sign up sheets are ready for you. We also need volunteers to set up table on April 23rd.

Drop off donations starting on Monday, April 28th. Bakery items can be dropped off either on Wednesday, April 30th or Thursday, May 1st at 8am.

ELECTIONS for the BOARD OF DIRECTORS on June 10th

There are 4 openings on the board each year. This year is Vice President, Treasurer, and 2 at-large positions. If you are interested in running for any position, please talk to someone in the office to get details and/or get on the ballot.

80+ BIRTHDAY PARTY - MAY 20th @ 1pm

If you are 80+ as of May 20th, please let us know if you will be attending the party. Music, games, prizes and birthday cake.

If you are under 80, please sign up to help with the party.

BOARD MEETING - MONDAY, MAY 12, 2025 @ 9AM

2

You can keep track of your volunteer hours on the form at the senior center



In Memoriam - Glen Bonde & Delaine Braastad

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

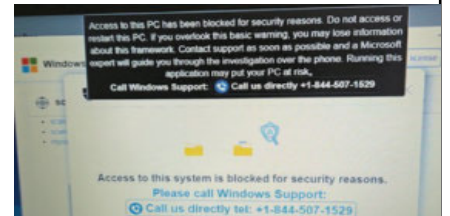


SHOPPING
Tuesday, May 13
Tuesday, May 27

ARMED FORCES DAY is the 3rd Saturday in May. This year we celebrate on May 17th.



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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 attend a 4 hour refresher course every 3 years.

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

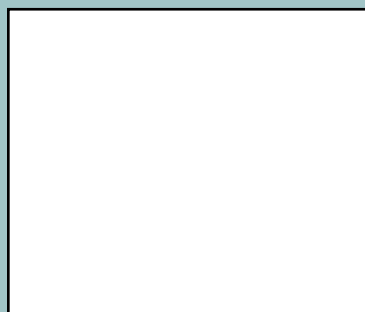
2025 Classes

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

Tax Assistance

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

Hi-jacking data...They have found a new way to get your data. When you are asked to “prove you are human” with a captcha box, if you get this box **Immediately** delete your session. They will invade your device and steal your info.



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EAST BETHEL

763.392.5443
cedarcreekseniorliving.com



MAY 2025

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>8-4 Spring Sale 9:00 am Exercise 12:30 pm 500 cards</p>	<p>8-4 Spring Sale Baked Goods Plants Books Puzzles Miscellaneous</p>
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 1:00 pm 80+ Birthday Party</p>	<p>9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining 1:00pm Bingo</p>	<p>9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session</p>	Closed
12	13	14	15	16
<p>9:00 am Vet Coffee 9:00 am Board Meeting 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 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 1:00-3:00 80+ Birthday Party</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 12:30 pm 500 cards</p>	11am-3pm 55+ Defensive Driving Class
26	27	28	29	30
Closed for Memorial Day	<p>9:00 am Exercise Shopping</p>	<p>9:30 am Fun Cribbage 10:00 am Wood Carving 12 noon Senior Dining-Birthday 1:00pm Bingo</p>		

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) by Noon. The cost of the meals are \$7 for anyone over 55 otherwise \$10. Home Cooked Meals.

MAY 2025

MON	TUES	WED
Bring a friend - Enjoy a meal together.	Bring a container if you can't eat it all at noon.	
05	06	07
Crispy Ranch Chicken Breast Baked Potato Peas & Carrots Dessert		Ham Augratin potatoes Sweet Potatoes Pineapple Dessert
12	13	14
Brat on a bun Sauerkraut Tater Tots Baked Beans Dessert		Meatloaf Mashed potatoes & gravy Broccoli & cauliflower Blueberry Dessert
19	20	21
Fish Rice Pilaf Mixed vegetables Dessert		Chicken wild rice casserole Carrots Banana Dessert
26	27	28
CLOSED		Lasagna Green beans Garlic toast Birthday Chocolate Cake

HAPPY MAY BIRTHDAYS

3 Sharon Kvamme
3 Susan Ubl
11 Dennis Olson
13 Dennis Buschmann
13 Judi Buccholz
24 Char Olson
25 Frank Tatro
25 Lois Tatro
27 Deborah Oswald



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.

Attention

1. Effective July 1, 2025, pink birthday tickets will only be accepted for the Monday meal. You can use it also for carry out on Monday meal.
2. We are starting a program for meal delivery within Ham Lake. You will need to order ahead just like now so we can make sure there is a driver volunteer available. If it turns out that it's not working, we may need to cancel.

Health Dept regulations forbid us from allowing dogs in the building because we serve food. Service dogs are the only exception.



FROM THE PRESIDENT:

As you read this it is Spring. Warmer weather, green grass, birds singing, longer daylight and no snow (hopefully). Enjoy each day at the senior center or in your daily outings.

The center has many things going on. We provided a space for AARP-tax aide to help tax payers, wood carvers, exercise time, music from Harry and friends, card playing, bingo, conversation, meals and just a fun place to visit with friends. Invite your neighbors to join us.

The center has been painted and new window coverings are in place. City workers did the work and the city paid the bill for supplies. New flooring in the future? The board is working with the mayor so that a budget can be worked out and new flooring installed.

The cities surrounding Ham Lake receive stipends from the city, we do not. They provide us a place to gather. We rely on our fund raisers and donations for our operating expenses. The first quarter of this year we are in the red budget wise. We are not going broke, however, we need to remain cognizant of expenses. This is why the sale in May is important for us all. Please contribute, donate, volunteer and/or buy.

I want to thank our "favorite bag lady" Sharon Anderson for getting the plastic project up and running. We collect over 100 lbs each month and will be getting another bench in 5 months.

Closing thoughts: I do not want this message to be a downer because the fun we have and time harassing our friends at the center brings a smile to our faces.

Random thought: What is the purpose of box elder bugs?

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

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MEMBERSHIP RENEWAL FORM - DUE BY JUNE 1, 2025

Enclosed is the membership renewal form. Please fill out and submit with your \$10 per person membership renewal fee.

Recipe of the Month

Chocolate Zucchini Cake

- 1/2 c butter
- 1/2 c oil
- 1 3/4 c sugar
- 2 eggs
- 2 c sour milk
- 1 tsp vanilla
- 2 1/2 c flour
- 1/2 c cocoa
- 1 tsp soda
- 1 tsp baking powder
- 1 tsp cinnamon
- 2 c grated zucchini

Mix and pour in 9x13 greased pan.
 Mix and top with 3/4 c brown sugar
 3/4 c chopped nuts
 3/4 c chocolate chips

Bake at 350 degrees for 45 minutes

Recipe of the Month

Betty's Salad

- 24 oz curly macaroni
- 14 oz can sweetened condensed milk
- 1/4 c vinegar
- 3 carrots, shredded
- 1 small onion, diced small
- 1 green pepper, diced small
- 1 pint (2 c) miracle whip
- 3/4 c sugar

Cook the macaroni and cool.
 Combine all the ingredients, stir, chill.

Ham Lake Senior Center has activities and meals for 55+ persons from the area. We serve meals cooked in our kitchen on Monday and Wednesday for \$7 each. There are no income restrictions as we serve all. We are a tax exempt nonprofit that does fund raisers and gets donations to operate.

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GO UNLOVED
WAY NO SOLDIER
WALK ALONE
WAY NO SOLDIER
BE FORGOTTEN
WAY NO SOLDIER
BE LEFT BEHIND
WHEN THEY
RETURN HOME:

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

And I'm proud to be an American,
Where at least I know I'm free.
And I won't forget the men who died,
Who gave that right to me.

~ God Bless the U.S.A
by Lee Greenwood

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