

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 34

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

Email
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.

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

OCTOBER 2025

SPAGHETTI DINNER & FALL FUNDRAISER

THANK YOU to all who donated items and worked to make the fundraiser a success! We can't do this without your support.



OCTOBER GENERAL MEETING—Tue, October 14 @ Noon

We will provide a free meal of soup and dessert at noon followed by our membership meeting.

Mark Your Calendars - Open to the public

October 16, 11:30am Lunch & Learn End of Life Pre-Planning

Join us for 90 minutes of education, humor, answers to your questions, and enjoy a delicious wild rice hotdish meal.

We'll start things off with a short program, "You'll Feel Better Once You Can Say Everything Has Been Taken Care Of," and then, we'll open things up to your questions for the remainder of our time together.

This will be a great opportunity to dispel myths, remove doubt, and get real answers to any questions you might have.

Everyone who attends will receive a FREE folder of take-home information.

Please call 763.783.1100, text 507.276.2321, or email preneed@kozlakradulovich.com to reserve your seat today!

Advance registration is required to assist us in our preparation of seating, food, and handouts.

BOARD MEETING - MONDAY, OCTOBER 13, 2025 @ 9AM

2



SHOPPING - Let us know if you need a ride.

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

Flexible plastic items can be brought to the senior center for recycling. Must be CLEAN

Recipe of the Month

A crunchy, sweet and salty snack

FUNKY FRITOS

10 oz bag of Fritos corn chips

1/2 c sugar

1/2 c corn syrup

1/2 c creamy peanut butter

5-6 oz of chocolate

Place corn chips on parchment paper on a cookie sheet.

In a saucepan, bring the sugar and corn syrup to a boil. Remove from heat and stir in the peanut butter til smooth. Drizzle over the corn chips. Spreading any places where it got a little too much.

Melt the chocolate and drizzle over the peanut butter layer.

Allow to cool and then break into pieces and store in an airtight container.

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Ham Lake Senior Center, Ham Lake, MN

A 4C 02-1165

Upcoming Defensive Driving Courses are 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 Refresher Course: You need to take this every 3 years and time flies so make sure you are current.

2025 Classes

Friday, October 24 - 11am to 3pm

2026 Classes

Tuesday, March 31 - 11am to 3pm

Friday, June 5 - 11am to 3pm

Friday August 21 - 11am to 3pm

Friday October 16 - 11am to 3pm

Friday November 13 - 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.

In Memoriam -
Lois Tatro
Peggy Doty



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OCTOBER 2025

MON	TUES	WED	THURS	FRI
		01	02	03
		9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 12:30 pm 500 cards	Closed
06	07	08	09	10
9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Wii Bowling 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
13	14	15	16	17
9:00 am Board Meeting 9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise Noon General Member Meeting	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	9:00 am Exercise 11:30 Lunch & Learn Pre-Planning End of Life	Closed
20	21	22	23	24
9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 12:30 pm 500 cards	Closed Defensive Driving Class 11-3
27	28	29	30	31
9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday 12:45 pm Bingo	9:00 am Exercise 12:30 pm 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 by 1pm). The cost of the meals are \$7 for anyone over 55 otherwise \$10. Home Cooked Meals. If you can't make it and have a reservation, please call and cancel.

OCTOBER 2025

MON	TUES	WED
		01
Please call as soon as you receive the newsletter to sign up for the meals. You don't have to wait.		Goulash Broccoli, Cauliflower Mix Pumpkin Bars
06	07	08
Spaghetti Garlic Toast Tossed Salad Cream Pie		Chicken Cordon Bleu over Noodles Mixed Vegetables Nanaimo Bars
13	14	15
Tater Tot Chicken Pot Pie Mixed Vegetable Blueberry Dessert	Noon -Soup and Dessert followed by General Meeting	Wild Rice Meatballs with mushroom gravy Mashed potatoes Banana Dessert
20	21	22
Liver & Onions Hash Browns Peas Pumpkin Dessert		Chicken Chow Mein over rice Bread Pudding
27	28	29
Fish Rice Pilaf Coleslaw Lemon Dessert		Lasagna Garlic Bread Green Beans Birthday Cake

HAPPY OCTOBER BIRTHDAYS

10 Gaylon Bratland
10 Laurretta Bushey
12 Larry Anderson
14 Anne Roseland
15 Mary Rytkenon
16 Lenora Courtney
21 James Pary
24 Gary Steen
30 Darrel Roseland



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 U.S. Navy
October 13





FROM THE PRESIDENT:

October is the middle month of fall. The beauty and decay of autumn. Plants lose their foliage, leaves fall in a burst of color and then become compost. (hmmm, think on that statement in life). The best time of year? Or not as winter lurks about.

On October 16th we have an educational seminar preparing us for our personal fall of life situations. It is free for all and includes lunch. Notices are up at the senior center and on page 7. Please sign up, so we know how many to prepare for. You do not need to be a member of the center or live in Ham Lake, should you know a relative or friend who would benefit.

Random thoughts: I see many people doing things and pitching in, helping at lunch time or any time. People just seeing a need and doing it. THANK YOU!

Every time I stop in at the center people are using the space for exercise, fun, music, dining and more. Keep using it and invite all as we have room for more.

Speaking of the fall of life: The patient goes to the doctor "Doctor, it hurts when I do this". The doctor's cure "well don't do that"

Ah yes, the most beautiful time of life.
-JOHN



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16th October /11:30am

FREE

16 Page Funeral & Cremation Planning Guide

Each attendant will receive a folder of take-home information and can request a free funeral planning guide.

Free Luncheon

Relax with your neighbors, enjoy **Wild Rice Hotdish, Salad, Bread rolls, and Desserts**, and experience a 90mn program by a panel of knowledgeable professionals exploring some very important topics.



Statistics show most of us haven't really planned for the major things which happen as we get older... powers of attorney, wills, healthcare decisions, long-term care, funeral & cremation directives, and other issues. Most things are fairly simple and affordable to take care of ahead of time. We understand it's human nature to put things off... and that's why we encourage you to attend this event.

Ham Lake Senior Center
15544 Centra/ Ave. NE



Hi, I'm Barb Huntley. I was born in KY and we moved to CA when I was 12. I moved to Blaine in 2012 and love it here.

I love to travel, especially where I can observe the wildlife in there native environment. I have been to Africa, Antarctica and the Galapagos Islands. I have 2 children, 4 grandchildren and 2 great grandchildren and look forward to family activities. Also high on my list of things to do is volunteering at HLSC and participating in activities such as playing cards, Wii bowling and going on outings with other Seniors from the center.

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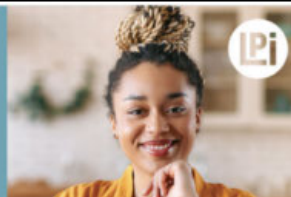
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And crown thy good with brotherhood
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8	4	3	9	1	6	7	5	2
2	6	1	8	5	7	4	9	3
7	5	9	2	3	4	6	1	8



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