

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 22

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

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.

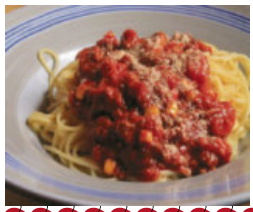
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a non-profit corporation.
Our support comes from
fundraisers and donations.
All donations appreciated.

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OCTOBER 2024

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—October 8 @ 5pm
We will provide a free meal of soup and dessert at 5pm followed by our membership meeting.

Mark Your Calendars - All are open to the public

October 2 @ 12:45pm The fire chief, Mike Raczkowski, will hold a class at HLSC to teach us how to use the AED (defibrillator). He will answer questions on what to do and not do when the machine is needed

October 23 @ 12:45pm Laura Landes from the Anoka County Sheriff's Office will speak about scams and computer safety. Bring your questions and learn how to protect yourself. Come and learn and ask questions.

November 6 @ 12:45pm DIY Antiques Appraisal Workshop
Learn how to appraise and research your antiques and heirlooms all by yourself in this great new class from North Metro TV's Eric Houston. Eric will show you how to use online resources like Google and eBay to find out just what you have and what it's worth! Students are encouraged to bring in one item from home to research with the rest of the class. Eric is not only a computer expert, but a seasoned antiques buyer and seller and he's ready to share his tips with you!

BOARD MEETING - MONDAY, OCTOBER 7, 2024 @ 9AM



SHOPPING
Tuesday, October 1
Tuesday, October 15

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

Recipe of the Month

Strong Arm Chocolate Cookies from Lois Tatro

- 12 T (1 1/2 sticks) butter, softened
- 1/4 c vegetable shortening
- 1 3/4 c dark brown sugar
- 2 eggs
- 1/2 c buttermilk
- 3 1/4 c flour
- 2 T cocoa, sifted
- 1 tsp baking soda
- 1 tsp salt

Total of 2 cups of any/all of the following-pecans, walnuts, craisins, chocolate chips.

Beat butter, shortening and sugar. Beat in eggs, then buttermilk. Stir in flour, soda and cocoa. Fold in the nuts/craisins/chips. Chill 1 hour. Bake 8-11 minutes at 350 degrees. Let cool 1 minute on baking sheet then move to rack with spatula.

Freezes well too. Enjoy!

Editor Note-I made these without any chips/nuts, but used 1/2 c cocoa and they tasted a lot like a brownie. Delish!

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

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

- Friday, October 25, 2024 - 12pm to 4pm
- Friday, March 28, 2025 12pm to 4pm
- Friday, May 23, 2025 12pm to 4pm
- Friday August 8, 2025 12pm to 4pm
- Friday October 24, 2025 12pm to 4pm

8 Hour First Time Course: As of July 1, 2024 you can just take the 4 hour class. 8 hour is no longer offered or needed.

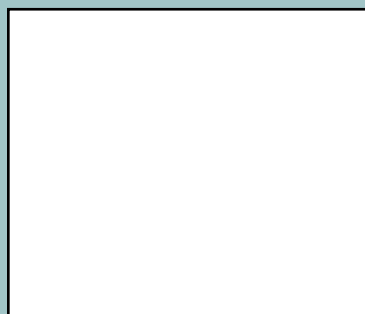
If you are 55 or over and take these courses, state law requires that your insurance company give you a 10% discount if you attend a 4 hour course every 3 years.

WANTED:

- A backup person to do the newsletter mailing during snowbird season.
- Kitchen helpers. Set tables, plate desserts and serve. Free lunch. Schedule by kitchen.
- Pick up bread from CUB. Once per month on rotating schedule

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OCTOBER 2024

MON	TUES	WED	THURS	FRI
	01	02	03	04
	9:00 am Exercise 9:00AM Shopping	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 12:45pm AED class	9:00 am Exercise 12:30 pm 500 cards	Closed
07	08	09	10	11
9:00 am Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise 5:00 pm General Member Meeting	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00pm Bingo	9:00 am Exercise 12:30 pm 500 cards	Closed
14	15	16	17	18
9:00 am Vet Coffee 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise 9:00AM Shopping	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 pm Jam Session	9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session	Closed
21	22	23	24	25
9:00 am Vet Coffee 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 12:45pm Laura Landes class on senior scams	9:00 am Exercise 12:30 pm 500 cards	Closed Defensive Driving Class 12-4
28	29	30	31	
9:00 am Vet Coffee 12 noon Senior Dining 1:00pm Hand-Foot-Toe	9:00 am Exercise 9:00AM Shopping	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday 1:00 pm Bingo		

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.

OCTOBER 2024

MON	TUES	WED
	01	02
Please call as soon as you receive the newsletter to sign up for the meals. You don't have to wait.		Cheesy Sausage Casserole Vegetable Dessert
07	08	09
Chili Cheese Dog Baked Beans Dessert		BBQ Chicken Potato Vegetable Dessert
14	15	16
Liver & Onions w/ Hash Browns Or Goulash Vegetable Dessert		Wild Rice Meatballs w/ mushroom gravy Potato Vegetable Dessert
21	22	23
Chicken Alfredo Over Noodles Vegetable Dessert		Sweet & Sour Pork over Rice Stir Fry Vegetables Dessert
28	29	30
Tater Tot Hotdish Vegetable Dessert		Spaghetti & Meatballs Garlic Bread Vegetable Birthday Cake

HAPPY OCTOBER BIRTHDAYS

8 Becky Human
10 Gaylon Bratland
10 Laretta Bushey
12 Larry Anderson
14 Anne Roseland
16 Lenora Courtney
21 James Pary
24 Gary Steen
25 Fred Siegler
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:

Each month a board member writes a bio of their thoughts and ideas. This month we have Renee Miller. Thank you, Renee.

We have several speakers coming in on Wednesdays at 12:45pm to speak on various topics. (list is on the page 1) All are open to the public.

October 2nd Ham Lake Fire Chief will demonstrate how to use the AED. PLEASE attend.

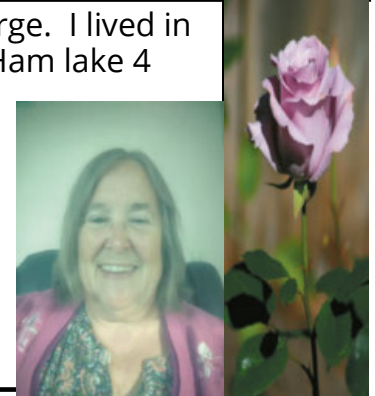
October 23rd Laura Landes from Anoka County sheriff's office will fill us in on the latest scams and other malfeasance making the rounds.

Whimsical thought: what tree produces the most beautiful fall foliage and why? Join us for fun, learning, conversation, music, and enjoyment at the senior center
-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

Hi, I'm Renee Miller, board member-at large. I lived in Andover over 30 years, before moving to Ham lake 4 years ago. After retiring, I started volunteering for AARP tax-aide. The Ham Lake site closed because of covid but I was determined to reopen it, which happened this year. I became of member of HLSC last fall to help make that happen. I have really enjoyed getting to know so many new people.



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Historical October

- October 1, 1908** Henry Ford's Model T went on sale,
- October 3, 1863** President Lincoln designated the last Thursday in November as Thanksgiving Day.
- October 6, 1927** The first "talkie" film, The Jazz Singer starring Al Jolson was the first full-length feature film to use spoken dialogue.
- October 8, 1871** The Great Fire of Chicago erupted killing over 300 people and destroying 3.5 square miles.
- October 19, 1960** The U.S. embargo of Cuba began.
- October 21, 1879** Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament in his laboratory.
- October 22, 1962** President Kennedy went on television to inform Americans of the existence of Russian nuclear missiles in Cuba.
- October 24, 1965** The United Nations was founded.
- October 28, 1919** Prohibition began in the U.S. with the passage of the 18th amendment. It was repealed on December 5, 1933 with the 21st amendment.
- October 29, 1929** The stock market crash started the Great Depression.
- October 31, 1941** Mount Rushmore National Memorial was completed after 14 years of work.

Bake Sale 9/28-29/2024
The bake sale was a success thanks to the bakers, workers and customers.



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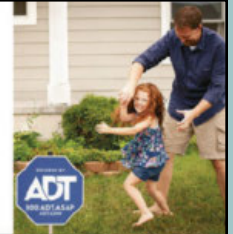
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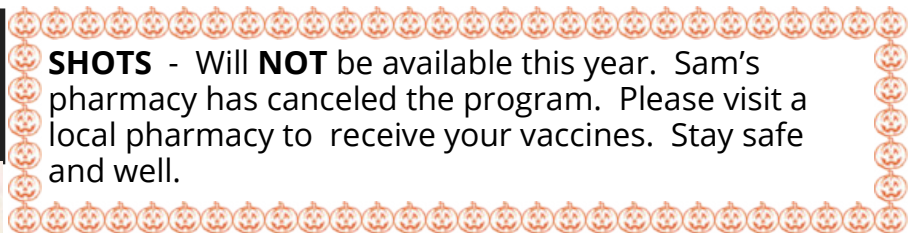


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Did you know...Vet coffee and cookies is available on Monday morning at 9am.



SHOTS - Will **NOT** be available this year. Sam's pharmacy has canceled the program. Please visit a local pharmacy to receive your vaccines. Stay safe and well.

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



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