

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 25

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

Ham Lake Senior Center is a non-profit corporation. Our support comes from fundraisers 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 for Monday reservation and by Monday for Wednesday reservation.

Please Support our Advertisers



JANUARY 2025



Ham Lake Senior Center is a non-profit corporation. We have 2 paid employees –the cook and the bus driver. 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.

JUST THE WAY YOU ARE

A Musical of Classic Love Songs of the 60s and 70s Celebrating Valentine's Day

When: February 13, 2025
Where: Sidekick Theatre
Time: Leave HLSC 10:15am
Cost: \$64 include lunch, play and bus

Featuring musicians and vocalists performing hits from Elvis, The Righteous Brothers, The BeeGees and Carole King and more.

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



SHOPPING
 Tuesday, January 14
 Tuesday, January 28

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

Recipe: Mounds Bars from Marion Stumo
 22 graham crackers, crushed
 1/3 c melted butter
 1/4 c sugar

Combine and press into bottom of 9x13 pan which was sprayed or lined with parchment paper. Sprinkle with **7 oz flaked coconut** and bake at 350 for about 30 min or until slightly brown. Melt **12 oz pkg of chocolate chips** with **1 T peanut butter**. Spread over coconut layer. Cool slightly and cut into squares.

PROTECT YOUR CREDIT

To keep others from opening accounts in your name, put a credit freeze on your accounts at all 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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Defensive Driving Courses are being held 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 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.

2025 classes:

- Friday, March 28th - 11am to 3pm
- Friday, May 23rd - 11am to 3pm
- Friday, August 8th - 11am to 3pm
- Friday, October 24th - 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.

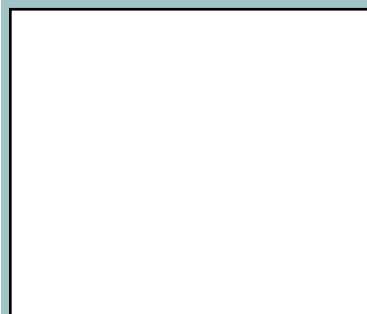
Recipe: Calico Beans from Ruth Hayek

- 1 lb. hamburger
- 1 medium onion, diced
- 28 oz. can pork and beans
- 15oz can lima beans
- 15 oz can kidney beans
- 15 oz can northern beans
- 3/4 c ketchup
- 3/4 c brown sugar
- 2 T vinegar
- 2 T yellow mustard
- 1 T liquid smoke
- 2 T bacon bits

Brown hamburger and onion, drain. Drain and rinse beans. Put all ingredients into roaster and mix well. Bake at 350degrees for about 1 hour.

IN MEMORIAM

Joyce Manthey



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JANUARY 2025

MON	TUES	WED	THURS	FRI
		1	2	3
		Closed	9:00 am Exercise 10:00am Dominoes 12:30 pm 500 cards	Closed
6	7	8	9	10
9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Wii bowling 10:00 am Wood Carving 12 noon Senior Dining 1:00 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 Vet Coffee 9:00 am Board Meeting 12 noon Senior Dining 1pm Hand-Foot-Toe	9:00 am Exercise 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	Closed
20	21	22	23	24
9:00 am Vet Coffee 12 noon Senior Dining 1pm 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
27	28	29	30	31
9:00 am Vet Coffee 12 noon Senior Dining 1pm Hand-Foot-Toe	9:00 am Exercise Shopping	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday 1:00 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). The cost of the meals are \$7 for anyone over 55 otherwise \$10. Home Cooked Meals.

JANUARY 2025

MON	TUES	WED
		1
		Closed
6	7	8
Country Sausage Gravy over baking powder biscuit Vegetable Dessert		Cheesy Bacon Chicken Potato Vegetable Dessert
13	14	15
Cheesy Tomato Chicken Potato Vegetable Dessert		Turkey Tetrazzini Vegetable Dessert
20	21	22
Closed		Hamburger Stroganoff over baked potato Vegetable Dessert
27	28	29
Chicken Wild Rice Soup Salad Dessert		Roast Beef Gravy Potato Vegetable Birthday Cake

HAPPY JANUARY BIRTHDAYS

- 1 Suzanne Abramson
- 2 Chuck Sader
- 2 Mary Vpgt
- 3 Mel Aanerud
- 3 Evalynn Krueth
- 5 Lucy Carlson
- 5 Shirley Pary
- 7 Marilyn Brenholt
- 9 Ann Witucki
- 15 Pat Oredson
- 16 Jim Szurek
- 17 Doug Phillips
- 21 Glen Bonde
- 22 Merilee Doll
- 23 Denny Hoch
- 27 Al Stauffacher
- 28 Gerry Christensen
- 29 Doc Servin
- 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.



FROM THE PRESIDENT:

As you read this we are ready to start the new year of 2025!

We have an elected president and congress: whatever side of the aisle you are on, we are all in the USA.

The senior center has a new freezer (the old one quit). Ham Lake Chamber of Commerce and Connexus have made donations to help with the cost. The stove needed repairs and the city paid for them. Stove is now working better than it has for 10 years. This matters because 2 days a week and on special occasions we have value priced good food! The attendance at the Thanksgiving meal was 85. Hopefully, the Christmas meal sees just as many smiling faces for music, food and social time.

We've had several informative speakers (some have left info on their topic). If there's someone/something you want to hear about, let us know.

Random thought: Where were you during the Halloween storm of 1991? **-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



I grew up in Hibbing and then moved to Blaine. I worked at Johnsville Elementary and retired in 2003. I moved to Ham Lake and got bored so I read the Ham Laker and found an ad for a cook at the senior center. I got the job. I became a member and then got on the board. I've met a lot of nice people. Time is coming for me to retire...again.

-Aggie Gazvoda

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AARP Foundation Tax-Aide Assistance Program 2025

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 2024 tax season which will run from **Monday, February 11th 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.

The appointment scheduling line will be open **starting on January 15th**. Appointments will be taken by the Ham Lake Senior Center. Please call **763-434-0455**. 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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Did you know...Vet coffee and cookies is available on Monday morning at 9am.

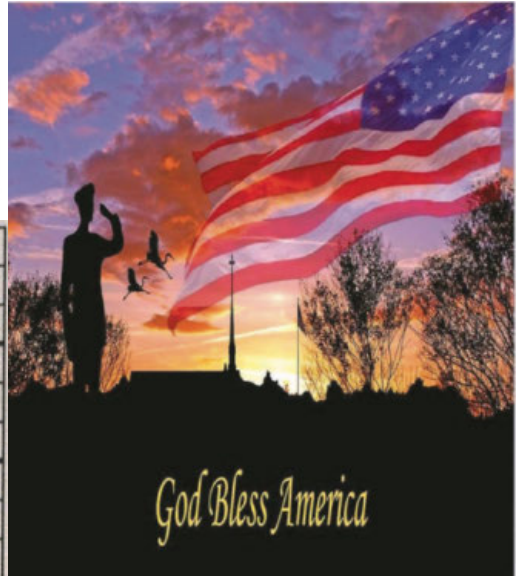


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7	8	5	3	2	1	6	9	4
1	5	2	6	9	8	4	3	7
9	6	4	2	3	7	8	1	5
8	7	3	1	5	4	2	6	9



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

A service of the Minnesota Board on Aging
and Area Agencies on Aging

