

Recipe of the Month - Peaches & Cream Pie

Crust: 3/4 c flour 1 tsp baking powder
 1/2 tsp salt 1/2 c milk
 3 T softened butter 1 egg
 Box of vanilla pudding mix

Filling: 29oz + 15 oz can sliced peaches in heavy syrup,
 drained and reserve 3 T of the syrup

Cream Layer: 8 oz cream cheese
 1/2 c sugar 3 T of juice from peaches

Topping: 1 T sugar 1 tsp cinnamon

Preheat oven to 350 and grease pie pan.
 Mix crust and line the pan with the mixture and up the sides.
 Layer the peaches on the crust.
 Mix the filling and spoon it evenly over the peaches.
 Mix the topping and sprinkle it over the cream cheese layer.
 Bake until golden brown about 30-35 minutes.
 Let cool for 20 minutes and then refrigerate for 2 hours.



SHOPPING
 Tuesday, September 2
 Tuesday, September 16

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	6	3				9		8

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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 Course: You need to take this every 3 years and time flies so make sure you are current. The fee is \$24.

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 every 3 years, state law requires that your insurance company give you a 10% discount on your car insurance.

We are planning a trip to the apple orchard for September 11. Sign up sheet at the senior center. The cost of \$25 will include lunch and transportation. We'll leave the senior center at 9:30 AM. Must be a member to ride the bus. Please pay by one week prior.



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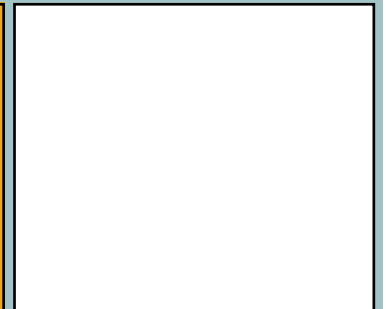
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SEPTEMBER 2025

MON	TUES	WED	THURS	FRI
01	02	03	04	05
Closed Labor Day	9:00 am Exercise 9:00 am Shopping	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining	9:00 am Exercise 12:30 pm 500 cards	Closed
08	09	10	11	12
9:00 am Vet Coffee 10:00 am Craft Group 9:00 am Board Meeting 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 12:45 Bingo	9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session	Closed
15	16	17	18	19
9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00 pm 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	8 am-4pm Sale 9:00 am Exercise 12:30 pm 500 cards	8am-7pm Sale 4-7pm Spaghetti Dinner
22	23	24	25	26
9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	9:00 am Exercise	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining-Birthday 12:45 Bingo	9:00 am Exercise 12:30 pm 500 cards	Closed
29	30			
9:00 am Vet Coffee 10:00 am Craft Group 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	9:00 am Exercise			

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 made a reservation, be sure to call and cancel.

SEPTEMBER 2025

MON	TUES	WED
01	02	03
CLOSED		Cheesy Sausage Casserole Peas Chocolate Cake
08	09	10
Lemon Chicken Rice Stir Fry Vegetables Rhubarb Crisp		Meatloaf Mashed Potatoes Gravy Coleslaw Cherry Cake
15	16	17
Fish Baked Potato Peas & Carrots Apple Cake		Chicken Parmesan Roasted Potatoes Green Beans Banana dessert
22	23	24
Chicken Alfredo over Noodles Broccoli Mix Apricot Dessert		Ham Augratin Potatoes Glazed Carrots Birthday Apple Cake with Caramel Sauce
29	30	
Swedish Meatballs Baked Potato Beets Bread Pudding		Please call as soon as you receive the newsletter to sign up for the meals.

HAPPY SEPTEMBER BIRTHDAYS

- 4 Judy Evans
- 8 Harry Hibben
- 8 Vi Greene
- 9 Annette Jarosz
- 14 Bob Bowman
- 15 Audrey Williamson
- 15 Marcia Borle
- 17 Jan Bennett
- 18 Cindy Philips
- 19 Wayne Olson
- 21 John Yttreness
- 21 Mary Jo Schultz
- 23 Archie Swanson
- 25 Donna Henrikson
- 26 Gordon Nelson
- 26 Priscilla Stopher
- 27 Susan Sjobeck
- 27 Wayne Ostroski
- 29 Peggy Steele



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:

September is here, are you ready for frosty mornings, shorter days and stuff you planned to do this summer but didn't quite get it done. Well you can do it next year or probably it wasn't that important. Don't sweat the small stuff.

September has two zodiac signs: thru Sep 22 is Virgo and 23 to 30 is Libra. Virgo, noted for empathy and other good stuff, like intelligence. Seriously, look it up! Guess which one I am?

We are never too old to realize a new goal or dream. Ponce de Leon was looking for the fountain of youth. Well, he never found it or so the story goes. The fountain of youth is found within each of us. The joy come from friends, family and everyone you know.

September 18-19 we have our second/last fundraiser of the year, our Bake, Book, Plant, Puzzle & misc sale. We also have a spaghetti dinner on the 19th and volunteers will make dinner for you and it's delicious! The funds keep our

gathering place open for playing cards, socializing, meals, carving etc. All run by volunteers on the board, people who help in the kitchen, answer phones and other jobs. Thank you for volunteering! -John

Board of Directors

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 Vice President - Denny Hoch
 Secretary - Ruth Hayek
 Treasurer - Mary Jo Schultz
 At Large -
 Renee Miller
 Bruce Christensen
 Barb Huntley
 Pat Titterud



Hello, my name is Bruce Christensen. I'm new on the board this year and look forward to serving. My wife and I have lived in Ham Lake for 51 years and raised our family here. I'm retired from truck driving and now enjoying a slower pace. I hope to see you at the senior dining for a good meal and great desserts. -Bruce

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ADVANCE PLANNING SEMINAR

When: **October 16, 2025**
Time: **11:30 am**
Where: **Ham Lake Senior Center**

Relax with your neighbors and enjoy a **free** lunch and experience a 90 minute 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 directions, 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.

Please **RSVP**.

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LPI Gina Shaughnessy
952-356-6488 Cell

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1	6	3	5	2	4	9	7	8



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A service of the Minnesota Board on Aging

