

HAM LAKE SENIOR CENTER



NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 23

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

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.

Ham Lake Senior Center is a
non-profit corporation. Our
support comes from fund-
raisers and donations. All
donations appreciated.

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NOVEMBER 2024



Thanksgiving Celebration with Friends

We look forward to seeing all of our
friends on Wednesday November
20th at 12:00PM noon. Music will be
playing from 11-12 and there will a
Jam session after lunch. \$10.00



Mark your calendars for the **Christmas Celebration** on
December 18, 2024. Music by Dick Szyplinski before/during
lunch. Music starts at 11am. \$10.00



Decorate for Christmas on Wednesday, November 27th after
Lunch. All help appreciated.



Senior Center will be **closed** on November 28th in observance of
Thanksgiving and November 5th for elections. No activities.

VOTE - November 5, 2024

To find your polling place go to
<https://pollfinder.sos.state.mn.us/>

You can also see a sample ballot and research the candidates.



Veterans recognition at Ham Lake Senior
Center will take place on Wednesday,
November 13, 2024. Sign up for lunch
and let us know if you are a veteran.



Daylight Saving Time starts on November 3, 2024. Turn your
clocks back one hour.

BOARD MEETING - MONDAY, NOVEMBER 11, 2024 @ 9AM



SHOPPING
Tuesday, November 5
Tuesday, November 19

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

Ham Lake Lions 51st Annual Christmas Dinner for Senior Citizens

Sunday, December 8, 2024

- 4pm - Entertainment
- 5pm - Dinner
- 6:30 - Visit from Santa Claus

Glen Cary Lutheran Church
 15531 Central Av NE (across from City Hall)
 Ham Lake MN 55304

All seniors from the area are invited to attend.
 No reservations are required and there is no charge to attend.



DIY Antique Appraisal Workshop

November 6th @ 12:45pm

Learn how to appraise your valuables and heirlooms. Bring one item to class.

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Upcoming 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.

- 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: It is no longer required to take an 8 hour class. Just sign up for a 4 hour class

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.

WANTED

- A backup person to do the news-letter mailing during snowbird season and someone to make the run to the PO.
- Kitchen helpers. Set tables, plate desserts and serve. Free meal.
- Pick up bread from Cub on Wed morning. Once per month on rotating schedule.

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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cedarcreekseniorliving.com

NOVEMBER 2024

MON	TUES	WED	THURS	FRI
28	29	30	31	1
9:00 am Vet Coffee 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 1:00 Bingo	9:00 am Exercise 12:30 pm 500 cards	Closed
4	5	6	7	8
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	Closed for Elections NO activities 9:00AM Shopping	9:30 am Wii Bowling 10:00 am Wood Carving 12 noon Senior Dining 12:45 Antique Roadshow Class	9:00 am Exercise 12:30 pm 500 cards	Closed
11	12	13	14	15
9:00 am Vet Coffee 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 Veteran Recognition 1:00 pm Bingo	9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session	Closed
18	19	20	21	22
9:00 am Vet Coffee 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 Jam Session	9:00 am Exercise 12:30 pm 500 cards	Closed
25	26	27	28	29
9:00 am Vet Coffee 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 1:00 pm Bingo 1:00 pm Decorate for Christmas	Closed Happy Thanksgiving 	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.

NOVEMBER 2024

MON	TUES	WED
Please call as soon as you receive the newsletter to sign up for the birthday meal or any other meal.	Get your reservation in early for the turkey dinner on the 20th	
04	05	06
Stuffed Shells Vegetable Dessert		Chicken Chow Mein over Rice Vegetable Dessert
11	12	13
Crispy Ranch Chicken Baked Potato Vegetable Dessert		Meatloaf Mashed Potatoes Vegetable Dessert
18	19	20
Sausage Egg Bake Hash Browns Dessert		Thanksgiving Turkey Dinner \$10
25	26	27
Fish Almondine Hash Browns Vegetable Dessert		Ham Au Gratin Potatoes Vegetable Birthday Cake

HAPPY NOVEMBER BIRTHDAYS

- 2 Sandi Land
- 3 Jerry Dahl
- 6 Beatrice Anderson
- 12 Ric Colburn
- 17 Jill Bonde
- 17 Mike Sjobeck
- 25 Beverly Neuman
- 26 Dave Schoumaker
- 28 Lenny Witucki
- 29 Ruth Hayek



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. Marines
November 11





FROM THE PRESIDENT: A longer and happier existence is our goal. Interaction with others keeps us more involved and happier according to some experts. (the term expert always give me pause) Anyhow, discussing current events, playing card games, bingo, enjoying conversation helps our brains stay sharp. Also, physical activity is good for you. It prevents falls and keeps the blood flowing. Politics is particularly stimulating this year. If you don't agree with someone, just agree to disagree, but VOTE. If you don't vote you lose the privilege to complain about the government. Early voting can be done now. In the end, join us at HLSC for mental and physical activity and good food. Ham Lake fire chief (Mike) taught us how to use the AED (defibrillator). Do you know where it is in the senior center....next to the stage. Weird thought -How much sawdust can you put in rice crispy bars before someone notices? Thanks to Mary Jo for her article in this month's newsletter.

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

Hello, I'm Mary Jo Schultz, currently Treasurer for HLSC. I was born and raised in SD. I moved to the big city to find a job. I lived in Nordeast and Fridley before moving to Ham Lake 51 years ago. I worked for IDS/American Express/Ameriprise (same company) for 40 years in accounting and IT positions. I've been a member of HLSC for 16 years and on the board for 15 years. I've met so many wonderful people here.



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Recipe of the Month: **Apple Cake**

- 2 cups sugar
- 1 1/4 cups oil
- 3 eggs
- 1 tsp vanilla extract
- 3 cups flour
- 1 tsp salt
- 1 Tbsp cinnamon
- 1 tsp baking soda
- 3 cups diced apples
- 1 cup chopped walnuts
- 1 cup raisins (opt)

Preheat oven to 350 degrees. Grease and flour a bundt pan. Mix the sugar, oil and vanilla. Beat in the eggs. Add flour, salt, cinnamon, soda. Fold in the apples, walnuts and raisins. Pour into (batter will be thick) the prepared pan. Bake 1 hour and 15 minutes.

Delicious with caramel sauce or plain.

Note: Can also be made with GF flour, just add a little xanthan gum if yours doesn't have enough. You can also bake in a 9x13 pan, but watch the time, it'll be less.

Trip to Taylors Falls

Everyone enjoyed an afternoon cruise on the St Croix. Taylors Falls boat tour had beautiful scenery. Lunch at Romaynes' before the tour was delicious!



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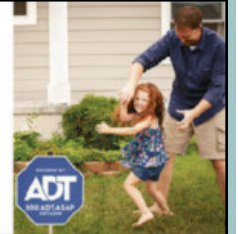
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3	9	6	5	2	4	1	8	7
2	6	1	4	3	9	8	7	5
9	7	3	1	8	5	4	2	6
5	4	8	7	6	2	9	1	3



VOTE
Tuesday
November 5, 2024
Polls are open 7am - 8pm



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