



HAM LAKE SENIOR CENTER

NEWSLETTER

WELCOME!

Published by:
Ham Lake Senior Center Inc.

Issue 21

Address

15544 Central Ave. NE
Ham Lake, MN 55304

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763-434-0455

Office Hours

Mon – Thurs: 8:00am to 3:30 pm

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[www.ci.ham-lake.mn.us/
community/senior/home](http://www.ci.ham-lake.mn.us/community/senior/home)

Email

hamlakeseniorcenter@yahoo.com



SEPTEMBER 2024

SPAGHETTI DINNER FUNDRAISER

On Friday, September 20th there will be a Spaghetti Dinner Fundraiser at The Senior Center. It will be from 4PM-7PM and the cost is \$10.00. There will also be a bake sale and mini garage sale. We will need volunteers for prep work, set-up, take down, serving and baking. The sign-up sheets are at the Senior Center.



FALL FUNDRAISER

There will be a bake sale and mini garage sale (books, misc, puzzles, plants) on Thursday September 19th from 8 AM to 4 PM. And Friday September 20th from 8 AM to 7 PM.

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 that does fundraisers and gets donations to operate. Open to anyone 55 and over.

DID YOU KNOW...
-Vaccinations, including Flu Shots will be available on October 8th @ 11am from Sam's Club Pharmacy. Anyone can get vaccinations, you don't have to be a member.

-Wii bowling starts Sept. 4th. Sign-up now.

Taylor's Falls Trip - Bus will leave HLSC at 9:30am on 9/24. There will be a stop for lunch and then 80 min. boat tour at 1pm. Cost of trip is \$37 which includes the bus and boat. Pay by 9/1/24. Lunch is on your own. A few seats still open.

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BOARD MEETING - MONDAY, SEPTEMBER 9, 2024 @ 9AM

Recipe of the Month - Monster Cookies

- 1/2 c butter, softened
- 1 1/2 c creamy peanut butter
- 1 c brown sugar
- 1 c sugar
- 3 eggs
- 1 tsp vanilla
- 4 1/2 c oatmeal
- 2 tsp soda
- 1/2 tsp salt
- 1 c chocolate chips
- 1 c M&Ms

Cream butters and sugars. Add eggs and vanilla. Stir. Add oatmeal, soda & salt. Mix. Fold in chips. Chill for 1 hour. Bake at 350 for 11 minutes.

Alternate1: Leave out the chocolate chips and M&Ms and put in raisins and walnuts.

Alternate 2: Use gluten free oatmeal to get GF cookies.

Bon appétit!



SHOPPING
Tuesday, September 3
Tuesday, September 17

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

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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 Refresher Course: You need to take this every 3 years and time flies so make sure you are current. The fee is \$24 for the 4 hour class.

- Friday, October 25, 2024 - 12pm to 4pm
- Friday, March 28,, 2025 - 11am to 3pm
- Friday, May 23, 2025 - 11am to 3pm
- Friday, August 8, 2025 - 11am to 3pm
- Friday, October 24, 2025 - 11am to 3pm

8 Hour First Time Course: As of July 1, 2024, you are no longer required to take an 8 hour class. Just sign up for one of the 4 hour classes.

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.

We are planning a trip to the apple orchard for late September or early October. There is an interest sheet at the senior center. Please sign up. The cost will include lunch and transportation. We'll leave the senior center at 10:30 AM. Must be a member to ride the bus.



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cedarcreekseniorliving.com



SEPTEMBER 2024

MON	TUES	WED	THURS	FRI
02	03	04	05	06
Closed	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
09	10	11	12	13
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 pm Bingo	9:00 am Exercise 12:30 pm 500 cards 7:00 pm Jam Session	Closed
16	17	18	19	20
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 pm Jam Session	8 am-4pm Sale 9:00 am Exercise 12:30 pm 500 cards	8am-7pm Sale 4-7pm Spaghetti Dinner
23	24	25	26	27
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	9:00 am Exercise Trip to Taylors Falls for boat tour - still openings	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
30				
9:00 am Vet Coffee 12 noon Senior Dining 1:00 pm Hand-Foot-Toe	October 1 Fishing Trip to Mille Lacs			

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.

SEPTEMBER 2024

MON	TUES	WED
02	03	04
CLOSED		Bacon & Cheese on Chicken Potato Vegetable Dessert
09	10	11
Sausage Country gravy over baking powder biscuit Vegetable Dessert		Chicken Teriyaki Over Rice Stir Fry Vegetables Dessert
16	17	18
BBQ pork on a bun Tater Tots Tossed Salad Dessert		Swedish Meatballs Potato Vegetable Dessert
23	24	25
Tuna Casserole Vegetable Dessert		Salisbury Steak w/mushroom gravy Potatoes Vegetable Birthday Cake
30		
Hot Ham & Cheese On a Bun Coleslaw Dessert		Please call as soon as you receive the newsletter to sign up for the meals.

HAPPY SEPTEMBER BIRTHDAYS

- 3 Kathy Collins
- 4 Judy Evans
- 8 Harry Hibben
- 8 Vi Greene
- 9 Annette Jarosz
- 13 Donna Marche
- 14 Bob Bowman
- 15 Marcia Borle
- 17 Jan Bennett
- 19 Wayne Olson
- 21 John Yttreiness
- 21 Mary Jo Schultz
- 23 Archie Swanson
- 24 Ann Marie
- 25 Donna Henrikson
- 26 Gordy Nelson
- 26 Priscilla Stopher
- 27 Susan Sjobeck
- 27 Wayne Ostrowski
- 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: Wow, here we are in the September newsletter. Soon we will be hearing that 4 letter word "snow".

Please notice that board member Ruth has a bio in this newsletter. The idea is everyone know the board members and contact any of us with your thoughts. Thank you, Ruth.

We hear so much about crime in neighborhoods, therefore, we have contacted the Anoka County Crime Watch Specialist and hope to schedule her to speak to us.

Our finances are stable and we are in good standing. Having said this, we are contacting financial experts for options.

Whimsical thought this month. What is your greatest irrational fear? Mine is going to the dentist.

Join us for fun, food, stimulating conversation and games 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, my name is Ruth Hayek.
 I am the newly elected Secretary on the board.
 My family moved to Ham Lake from Minneapolis 27 years ago looking to give our kids a safer place to live. Having lived in Minneapolis all my life, I was not used to the quiet and the darkness. Now, that is part of why I love living in Ham Lake.
 Before retiring, I worked as a surgery scheduler.

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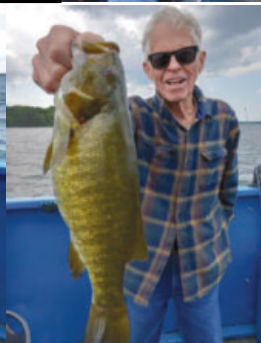
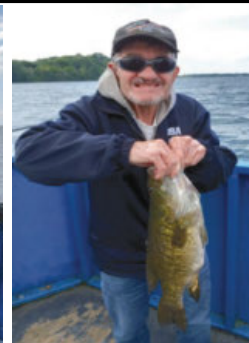
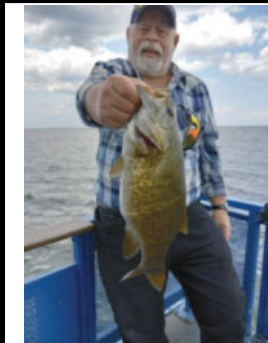
What a beautiful day!

That was the consensus of the people who went on the fishing trip to Mille Lacs Lake. Everyone caught at least one fish, some caught more. We know "one person" in the group caught the most with the help of a special prayer. The day started with a good lunch and we trudged out the long dock to the boat. We had one crew member who did everything from putting on your bait (worms and leeches) to taking the fish off the hook. I was wondering if he would be able to help everyone...and he did! The weather was beautiful, the company encouraging and the fish put up enough of a fight to be fun. When the next trip comes up, whether you like to fish or just have a beautiful day on a boat, sign up. I don't think you'll regret it

- Linda Siegler



Next Fishing Trip is October 1, 2024. Get signed up now for your exciting trip of fishing and fun. Must be a member to ride the bus.



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

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



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