

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 35

**Address**  
15544 Central Ave. NE  
Ham Lake, MN 55304

**Phone**  
763-434-0455

**Office Hours**  
Mon – Thurs: 8:30am to 3:30 pm

**Website**  
www.hamlakemn/community/  
senior/home

**Email**  
hamlakeseniorcenter@yahoo.com

**Ham Lake Senior Center** is a nonprofit corporation supported by volunteers, fundraisers and donations. All donations are greatly appreciated. We are open to anyone 55 and older.



# NOVEMBER 2025



### Thanksgiving Celebration with Friends

We look forward to seeing all of our friends on Wednesday November 19th at 12:00PM noon. Music will be playing from 11-12. Cost is \$10.00. There will be a Jam session starting at 1pm.



Mark your calendars for the **Christmas Celebration** on December 17, 2025. Music by Dick Szyplinski before/during lunch. Music 11am-12:30pm. \$10.00



**Decorate** for Christmas on Wednesday, November 26th after Lunch. All help appreciated.



Senior Center will be **closed** on November 27th in observance of Thanksgiving. No activities.

### VOTE - November 4, 2025 School Board

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 12, 2025. Sign up for lunch and let us know if you are a veteran.



**Daylight Saving Time** ends on November 2, 2025. Turn your clocks back one hour.

**SENIOR DINING**  
Monday & Wednesday @ noon. \$7 for 55 and older, \$10 for anyone else. Please call by Wednesday noon for Monday reservation and by Monday noon for Wednesday reservation.

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## BOARD MEETING - MONDAY, NOVEMBER 10, 2025 @ 9AM

2

This is diagonal sudoku. You also need to have 1-9 diagonally.

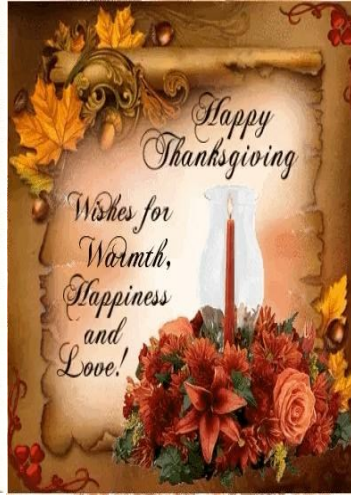
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**Ham Lake Lions 52nd Annual Christmas Dinner for Senior Citizens**  
**Sunday, December 7, 2025**

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. Bus ride available for members who don't drive.



Christmas light tour  
 Thursday, December 18. Leave the senior center at 5pm. Reserve your spot on the bus now,



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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.

**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, state law requires that your insurance company give you a 10% discount if you attend a 4 hour refresher course every 3 years.

In Memoriam  
Jim Albrecht  
Alice Ganter

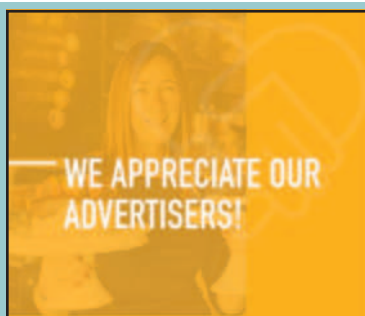


If you know about school plays or concerts, please let us know as we can schedule an outing to attend.

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# NOVEMBER 2025

MON	TUES	WED	THURS	FRI
Please arrive by 12:50 to play Hand-Foot-Toe. Play starts promptly at 1:00pm.		<b>Alert -In the planning stage - Move the Thursday 7pm jam session to an acoustic session on the First Wednesday of the month at 1pm.</b>		
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>9:00 am</b> Vet Coffee <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1:00 pm</b> Hand-Foot-Toe	<b>9:00 am</b> Exercise	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	Closed
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>9:00 am</b> Vet Coffee <b>9:00 am</b> Board Meeting <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1:00 pm</b> Hand-Foot-Toe	<b>9:00 am</b> Exercise	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining Veteran Recognition <b>12:45 pm</b> Bingo	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards <b>7:00 pm</b> Jam Session	Closed
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>9:00 am</b> Vet Coffee <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1:00 pm</b> Hand-Foot-Toe	<b>9:00 am</b> Exercise	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>11-12</b> Music <b>12 noon</b> Senior Dining- Thanksgiving Lunch <b>1:00</b> Jam Session	<b>9:00 am</b> Exercise <b>12:30 pm</b> 500 cards	Closed
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>9:00 am</b> Vet Coffee <b>10:00 am</b> Craft Group <b>12 noon</b> Senior Dining <b>1:00 pm</b> Hand-Foot-Toe	<b>9:00 am</b> Exercise	<b>9:30 am</b> Wii Bowling <b>10:00 am</b> Wood Carving <b>12 noon</b> Senior Dining-Birthday <b>1:00 pm</b> 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. If you can't make it and have a reservation, please call to cancel.

### NOVEMBER 2025

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 19th		
<b>03</b>	<b>04</b>	<b>05</b>
Pork Chop Dressing, Gravy Mashed Potatoes Broccoli Cauliflower Mixed berry dessert		Chicken Tater Tot Casserole Peas Apple cake
<b>10</b>	<b>11</b>	<b>12</b>
Crispy Chicken Hash Browns Beets Butter pecan dessert		BBQ meatballs Baked potato Coleslaw Chocolate Cake  Veteran Recognition
<b>17</b>	<b>18</b>	<b>19</b>
Fish Rice Pilaf Peas & carrots Rhubarb Crisp		Thanksgiving Turkey Dinner \$10
<b>24</b>	<b>25</b>	<b>26</b>
Pulled pork on bun Coleslaw Strawberry dessert		Spaghetti & Meatballs Garlic Bread Carrots Birthday cake

### HAPPY NOVEMBER BIRTHDAYS

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



### 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 on Monday or Wednesday.

Happy Birthday U.S. Marines  
November 10



**FROM THE PRESIDENT:**

November brings us together for several reasons-yes, the weather is colder and we're inside more. Many holidays -Veteran's Day, Thanksgiving Day, Singles Day, World Kindness Day, International Day for Tolerance (we need tolerance day as election day is also in November), daylight savings time ends, plus some others like World Toilet Day ( I wasn't aware that a toilet day existed).

Yes, we have good food on Monday and Wednesday at the senior center. What we really have is a social event for the exchange of ideas, learning experiences, and the opportunity to learn and interact with life experienced people. Social interaction prolongs life expectancy and contributes to better overall health.

The center is open typically four of the five weekdays. We had 18 days in October. I see people socializing, exercising and helping each other.

The September bake sale and spaghetti dinner was a great success. The highest number of spaghetti eaters ever. Thank you to all who helped with a fun experience.

The point of the November presidential thoughts is living a healthy, happier life. Join Us.

-John

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Recipe of the Month: **BANANA CAKE**

- 2 c sugar
- 3/4 c oil
- 3 eggs
- 1 1/2 tsp vanilla
- 1 3/4 c mashed bananas
- 6 T milk
- 3/4 c hot water
- 3 c flour
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking powder

Preheat oven to 350 degrees  
 Mix all ingredients.  
 Pour in 9x13 pan.  
 Bake 45-50 minutes

You can also use this recipe to make banana bread or bars. Just use a different pan or 2 and adjust the time.

This also works for GF. Just leave out 1/4 c of the flour. I bake for 55 minutes.



Hello, I'm Pat Titterud. I'm from Trenton NJ but became a resident of MN in 1965. My husband is Paul and we met when he was in the Air Force at McGuire AFB. We have 4 children, 6 grandchildren and 1 great grandchild. We were also foster parents to over 100 children for many years before retiring. My name was always "mama". WI is our 2nd home where we retreat to for extended weekends. We have many gatherings there. It's amazing how many shoes collect near the door. I'm a puzzler, a words player and mahjong. I also love to draw and write letters.



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Tuesday  
November 4, 2025  
Polls are open 7am - 8pm

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8	9	2	4	7	5	1	6	3



## SENIOR

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