

# HAM LAKE SENIOR CENTER



## NEWSLETTER

### WELCOME!

Published by:  
Ham Lake Senior Center Inc.

Issue 24

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](mailto:hamlakeseniorcenter@yahoo.com)

The Ham Lake Senior Center is a non-profit corporation. Our support comes from fundraisers and donations. All donations 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.

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## DECEMBER 2024



### Christmas Celebration with Friends

We look forward to seeing all of our friends on Wednesday December 18th at 12:00 noon. Music by Dick Szyplinski will be playing from 11-12:30. Lunch \$10.00....and stay for the Jam Session starting at 1pm. We will have Christmas treats prior to lunch. If you would like to share something you made, please bring in by 11:30. Thank you.



**UnDecorate** for Christmas on Thursday, December 26 at 10am. All help appreciated. Volunteer hours.

Senior Center will be **closed** on December 25th in observance of Christmas. No activities.

The Senior Center would like to wish everyone a

# Merry Christmas!

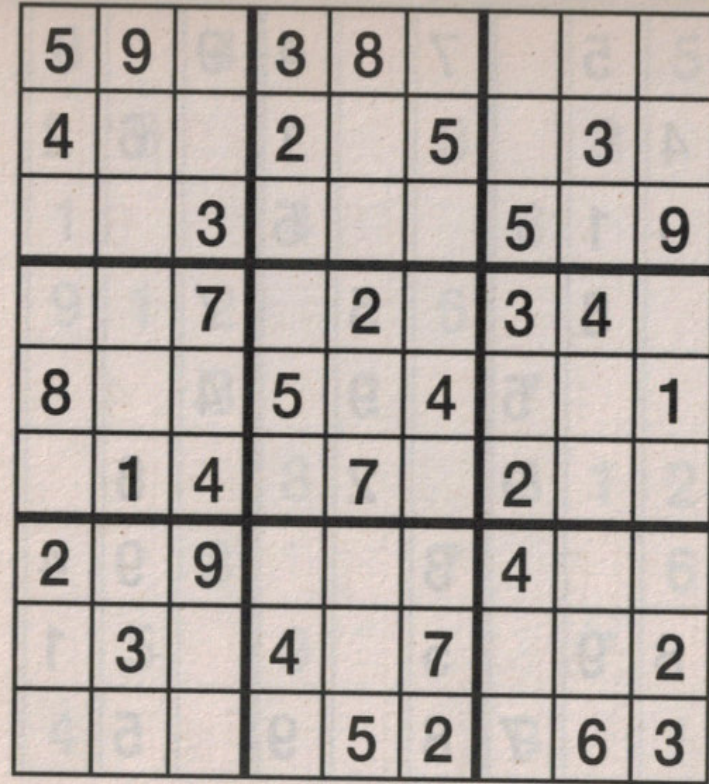


and a



# Happy New Year!

**BOARD MEETING - MONDAY, DECEMBER 9, 2024 @ 9AM**



**SHOPPING**  
 Tuesday, December 17  
 Tuesday, December 31

**Ham Lake Lions 50th 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.

**Flexible plastic items that can be brought to the senior center for recycling. Must be CLEAN**

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## Upcoming Defensive Driving Courses for 2023 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.

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

**8 Hour First Time Course:** No longer required.

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.

### WINTER STORM RULES

The Senior Center will be following the policy of Anoka-Hennepin School District #11. If they close, so will the Senior Center.

Check your local TV.



### 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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# DECEMBER 2024

| MON  | TUES   | WED  | THURS   | FRI       |
|--|--|--|---|-----------|
| <b>2</b>   | <b>3</b>   | <b>4</b>   | <b>5</b>  | <b>6</b>  |
| <b>9:00 am</b><br>Vet Coffee<br><b>12 noon</b><br>Senior Dining                                    | <b>9:00 am</b><br>Exercise                           | <b>10:00 am</b><br>Wood Carving<br><b>12 noon</b> Senior Dining<br><b>12:45</b> Speaker on resources for staying in your home  | <b>9:00 am</b><br>Exercise<br><b>12:30 pm</b><br>500 cards                                  | Closed    |
| <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b>   | <b>13</b> |
| <b>9:00 am</b><br>Vet Coffee<br><b>9:00 am</b><br>Board Meeting<br><b>12 noon</b><br>Senior Dining | <b>9:00 am</b><br>Exercise                           | <b>10:00 am</b><br>Wood Carving<br><b>12 noon</b> Senior Dining<br><b>1:00</b> Bingo   | <b>9:00 am</b><br>Exercise<br><b>12:30 pm</b><br>500 cards<br><b>7:00 pm</b><br>Jam Session | Closed    |
| <b>16</b>  | <b>17</b>  | <b>18</b>  | <b>19</b>   | <b>20</b> |
| <b>9:00 am</b><br>Vet Coffee<br><b>12 noon</b><br>Senior Dining                                    | <b>9:00 am</b><br>Exercise<br><b>9:00AM</b> Shopping | <b>10:00 am</b><br>Wood Carving<br>11:00-12:30 Music by Dick Szyplinski<br><b>12 noon</b> Senior Dining<br>Christmas Lunch \$10<br>Birthday<br><b>1:00</b> Jam Session | <b>9:00 am</b><br>Exercise<br><b>12:30 pm</b><br>500 cards                                  | Closed    |
| <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b> |
| <b>9:00 am</b><br>Vet Coffee<br><b>12 noon</b><br>Senior Dining                                    | <b>9:00 am</b><br>Exercise                           | Closed   | <b>9:00 am</b><br>Exercise<br><b>10:00 Undecorate</b><br><b>12:30 pm</b><br>500 cards       | Closed    |
| <b>30</b>  | <b>31</b>  |  |   |           |
| <b>9:00 am</b><br>Vet Coffee<br><b>12 noon</b><br>Senior Dining                                    | <b>9:00 am</b><br>Exercise<br><b>9:00AM</b> Shopping |  |   |           |

## 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.

### DECEMBER 2024

| MON  | TUES  | WED   |
|--|---|---|
| <b>2</b>   | <b>3</b>  | <b>4</b>  |
| Orange Chicken w/<br>Rice<br>Stir Fry Vegetable<br>Dessert | Please bring<br>your own<br>container to<br>take home part<br>of your lunch, if<br>necessary. | Goulash<br>Vegetable<br>Dessert   |
| <b>9</b>   | <b>10</b>   | <b>11</b>   |
| Taco Casserole<br>Vegetable<br>Dessert                     | All those<br>containers cost<br>us money.   | Chicken Parmesan<br>over Noodles<br>Vegetable<br>Dessert                            |
| <b>16</b>  | <b>17</b>   | <b>18</b>   |
| Bratwurst on a Bun<br>Chips<br>Salad<br>Dessert            | Get your<br>reservation in<br>early for the<br>Christmas<br>lunch.                            | Christmas Lunch<br>Pork Chops and<br>more. \$10<br><br>Birthday                     |
| <b>23</b>  | <b>24</b>   | <b>25</b>   |
| Breaded Fish<br>Tater Tots<br>Vegetable<br>Dessert         |   | Closed  |
| <b>30</b>  | <b>31</b>   |   |
| Chili<br>Cornbread<br>Salad<br>Dessert                     |   | Please call as soon<br>as you receive the<br>newsletter to sign<br>up for any meal. |

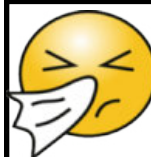
## HAPPY DECEMBER BIRTHDAYS

- 2 Gwen Mikish
- 5 Delaine Braastad
- 7 Karen Schulze
- 16 Sharon Foote
- 20 Pat Titterud
- 20 Peter Wojciechowski
- 21 Peter Oswald
- 22 Nancy Runquist
- 24 Bev Staples
- 25 Genevieve Rossi
- 28 Michael Ubl



### 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.



If you are ill or think you're coming down with something, PLEASE stay home. There are many people who are immune suppressed or fighting other illnesses. They may not be able to fight off what you have. THANK YOU!

### December 4th @ 12:45pm

We will have a speaker on "Resouces available so you can stay in your home". Please join us.



### FROM THE PRESIDENT:

- The election is over. Maybe your candidate won or lost. Join together, respecting all and move forward.
  - This month the board is meeting with sources of funding including Connexus Energy, Ham Lake Chamber of Commerce and the Ham Lake Lions.
  - The Monday lunch attendance at the senior center is less than hoped for. We need some ideas about how to increase attendance.
  - We've had learning programs over the last month. Please take advantage of these learning experiences. Upcoming learning includes "How seniors can find help in their daily lives to stay in their homes and avoid nursing homes".
  - Bring your friends, relatives and join us for food, exercise, card games, bingo and conversation.
  - Weird thought: What is the difference between a mole and a vole?
- 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



Greetings Everyone! I am a short time resident of Ham Lake. We moved here in 1980 after building our home. I was an electrician and Mary Jo was a teacher in the Anoka-Hennepin school district. We have been members since 2015. I have been a member of the board for 7 years and VP 3 years. It has been my great pleasure to serve you during this time and to be available if you have questions or concerns.  
 - **Denny Hoch**

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## SUPPORT OUR ADVERTISERS!



WE COUNT OUR BLESSINGS!!!

During the holiday season we are especially reminded to "COUNT OUR BLESSINGS"

Special thanks to our many dedicated and loyal volunteers who helped us out at our events in 2024 with all the tasks including setting

tables, kitchen work, receptionist work, cooking, planning, clean-up, setting up tables and chairs and more. And all of those that help get the newsletter out the door, or volunteered by keeping track of our money. And of course, our Board Members!

**REMEMBER**, it's volunteers who keep the Senior Center going, so a big round of applause to all who continue to volunteer at the Ham Lake Senior Center!!!

PLEASE sign up to be a volunteer!!!



**Attention Snowbirds!**

Before you take off for warm climates, please call and let us know when you will be gone. Newsletters are sent in bulk mail and if non-deliverable we have to pay .73 when they come back to us because they don't forward them.

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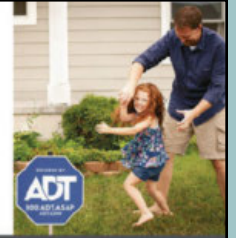
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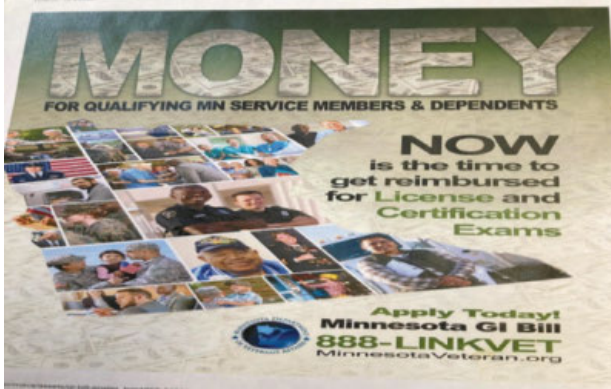
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**Did you know...Vet coffee and cookies is available on Monday morning at 9am.**

AARP Tax-Aide will be available at HLSC again in 2025. Call for an appointment starting January 15,



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



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A service of the Minnesota Board on Aging  
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