



197 W. Park Avenue

Soldotna, AK 99669

Phone: (907) 262-2322 Fax: (907) 262-2147

email: [solsrctr@soldotnaseniors.com](mailto:solsrctr@soldotnaseniors.com)

Open Monday - Friday 8:00 - 4:00

Website: [www.soldotnaseniorcenter.org](http://www.soldotnaseniorcenter.org)

# NOVEMBER

# NEWSLETTER



Dear Members and Friends,

As we welcome the month of November, I want to take a moment to express my gratitude for each of you. The warmth and spirit you bring to our senior center truly makes it a special place. This month is a time for reflection and appreciation, and I encourage you to take a moment to consider all the wonderful connections we've fostered together.



November is also a time to celebrate community and the joy of togetherness. We have an exciting lineup of events planned, including our Thanksgiving celebration. Be sure to check the calendar for details. I hope you'll join us in these festive activities.

I also want to remind you of the resources available to you through our center. Whether it's a special presentation, fitness classes, or social gatherings, we are here to support your needs and interests. If you have any suggestions for future programs, please don't hesitate to reach out.

Wishing you all a month filled with joy, warmth, and gratitude. Thank you for being a vital part of our community!

Warm regards,

Lisa Riley



## Medicare Support



The leaves have been swept off the trees by strong winds, leaving the whiteness of the birch in stark contrast to the deep greens of the spruce. The last burst of color is the lovely Larch trees, Hooray, a last color to Fall as we move toward Winter. The frost was heavy on my deck this morning, and they are saying maybe snow this weekend, shall see.

I am at the Soldotna Senior Center. I work Mon to Thurs, 8:30 to 3:30 and Fri from 8:30 to 11:30. You can make a phone call, or we can meet face to face. If you are coming in, call first to make sure I am available and not already committed to another appointment. The phone# here is 907-262-2322, it will be answered Soldotna Senior Center, ask for Lee or the Medicare person.

Lee Coray-Ludden

### Senior Center Office Services

**Executive Director** – Lisa Riley

**Office Administrator** -Corrah Welch

**Administrative Assistant**– Karin Grimes

**Certified Medicare Counselor**

Lee Coray-Ludden

### Board of Directors

**President** - Janet Stacy

**Vice-President**– Kevin Barrett

**Treasurer** – Dean Peterson

**Secretary** – Leona Creary

**Board Member** – Nicky Talbot

**Board Member** - Rob Wolf

**Board Member** – Cheryl Thames

**Board Member**-Pamela Gillham

## MEMBERSHIP AT THE CENTER

The Senior Center is a private corporation owned by the seniors in the Soldotna area and governed by a Board of Directors. It is not owned or managed by any city, borough, state or federal agency. The Center provides services by obtaining funding from sources including: city, borough, state and federal agencies; fundraisers such as bazaars, special dinners, \$5-or-more-a-month club members and seniors that pay an annual \$25 membership fee. Lifetime memberships are also available based on age.

**BECOME A  
MEMBER**  
JOIN TODAY!



Soldotna Senior Center is now taking Credit Cards! All credit/debit sales are subject to a 5% processing fee.



### SENIOR CENTER SERVICES

The Senior Center provides services to individuals age 60 and older, younger spouses of seniors, and others that are disabled may be eligible that live in senior housing where services are being provided or with an eligible senior. There are no income limits to attend. If you have questions about services, including assistance, referrals, home delivered meals, etc., come to the Center or call 262-2322.

### State of Alaska

### SENIOR BENEFITS PROGRAM

We can provide applications for the Senior Benefits Program. You must be an Alaska resident age 65 or older. The chart to the right is your gross income before any deductions are subtracted (such as taxes or Medicare premiums). The Alaska Permanent Fund Dividend does NOT count as part of your gross income.

Senior Benefits Program Gross Annual Income  
Effective 4/1/2024

Senior Household size	\$250 monthly payment	\$175 monthly payment	\$125 monthly payment
Individual	\$14,108	\$18,810	\$32,918
Married Couple	\$19,155	\$25,540	\$44,695

# NOVEMBER BIRTHDAY

Kathy Sturman 11/2

Les Little 11/5

Richard Wells 11/7

Anita Kwan 11/8

Germaine Patchett 11/12

Dean Petersen 11/14

Larry Opperman 11/18

Thomas Downs 11/22

Donna Mortenson 11/27

Margaret Marsh 11/4

Diane LaFond 11/6

Donna Hoyt 11/7

Ken Losser 11/9

Sherril Miller 11/12

Jerry Norris 11/15

Barbara Burke 11/19

Bunny Chong 11/25

Kathleen Reeves 11/28

Elizabeth Robbins 11/4

Lulu Howes 11/6

Julia Consiel 11/7

Kay Paulsrud 11/10

Lee Miller 11/14

Donna Swaby 11/15

Linda Blake 11/21



## \$5 or-MORE-A-MONTH

### CLUB

## CONTRIBUTORS!



Arnold & Delores  
Wagaman

Estelle Parks

Vi Morrison

Gladys Routh

Janet Stacey

Ben Swan

\*\*anonymous\*\*

Emmett Young

Candy Gilbertson

Don & Fay Lauver

Tina Strayhorn

Lisa Riley

Margaret Johnson

Judith Swarner

John White

John Landess, Jr.

Jack Hamill

Karin Grimes





Kenai Peninsula Family  
Caregiver Support Program

## NOVEMBER SUPPORT GROUPS

11/1/24 SOLDOTNA SENIOR CENTER 1-2 PM  
"HOLIDAY DINING WITH DEMENTIA"  
WITH VALERIE FLAKE

11/6/24 KENAI SENIOR CENTER 2 - 3:30 PM  
"STRONGER TOGETHER" SUPPORT GROUP

11/7/24 TYOTKAS ELDER CENTER 10:30-11:30 AM

11/21/24 STERLING SENIOR CENTER 1 - 2 PM

11/26/24 NIKISKI SENIOR CENTER 1-2 PM

For information call  
Dani or Lisa 907-776-7654



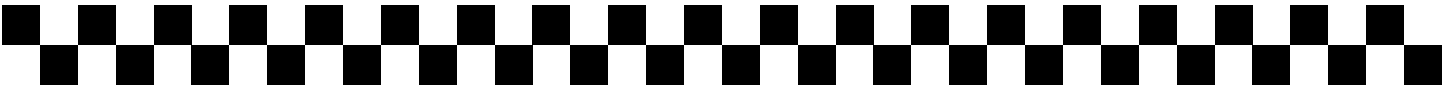
## HOLIDAY DINING WITH DEMENTIA

Guest speaker Valerie Flake  
(Val's Care Coordination)

presents tips for successful holiday events  
when a loved one experiences dementia.

Join the discussion on  
Friday, November 1, 2024  
from 1-2 pm at the  
Soldotna Senior Center

For more information call  
Dani or Lisa at KPFCSP  
907-776-7654



## A LOOK AHEAD

### November 2nd-Holiday Craft Sale

This is a great opportunity to Christmas shop!

### November 2nd-4Wheeler Raffle Drawing!

2024 Polaris Sportsman 450 H.O.

With a plow and winch! (Tickets are \$50 each)

### November 16th

Puttin' On the Ritz featuring local musician, J Lee Webster!

# VOLUNTEER OPPORTUNITIES



- GIFT SHOP
- FRONT DESK
- ACTIVITIES COORDINATOR
- FUNDRAISING
- FRONT OFFICE
- JANITORIAL
- GROUNDSKEEPING
- DELIVERY DRIVER



We Encourage volunteers of all ages



Thanks to all the volunteers, who sold 4-Wheeler Tickets at Trustworthy Hardware & Soldotna Mall.

# November Activities



**NEW ACTIVITY:**

An idea that was borne through a conversation between some of our artists is our Artist's Circle. On Wednesday afternoons bring the project that you are working on and join other artists for a relaxed time to connect and feel inspired with other artists!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>Caregiver Support Group 1-2</b> Tai-Chi 10:30 11:30 Live Music Bingo 1-3	<b>2</b> <b>Holiday Craft Sale 9-4</b> <b>4-Wheeler Drawing</b> <b>No HOST @ Rocky's 1:00</b>
<b>3</b> <b>Daylight Savings Time</b>	<b>4</b> Card Games 1-3 Quilting Club 1-3 Mahjong 1-4	<b>5</b> Chair Yoga 10:30 Bingo 1-3	<b>6</b> Tai-Chi 10:30 Line Dancing 2-4 <b>Artist Circle 1-3ish</b>	<b>7</b> Chair Yoga 10:30 Painting 1-3 Mahjong 1-4	<b>8</b> Tai-Chi 10:30 11:30 Live Music Bingo 1-3	<b>9</b>
<b>10</b>	<b>11</b> <b>Closed Veterans' Day</b>	<b>12</b> Chair Yoga 10:30 Bingo 1-3	<b>13</b> Tai-Chi 10:30 Line Dancing 2-4 <b>Artist Circle 1-3ish</b>	<b>14</b> Chair Yoga 10:30 Craft Class 1-3 Mahjong 1-4	<b>15</b> Tai-Chi 10:30 11:30 Live Music Bingo 1-3	<b>16</b> <b>Puttn<sup>®</sup> on the Ritz 5-8 Live Jazz Singer</b>
<b>17</b>	<b>18</b> <b>Movie Monday 1-3</b> Quilting Club 1-3 Mahjong 1-4	<b>19</b> Chair Yoga 10:30 Bingo 1-3	<b>20</b> Tai-Chi 10:30 Line Dancing 2-4 <b>Artist Circle 1-3ish</b>	<b>21</b> Chair Yoga 10:30 Painting 1-3 Mahjong 1-4	<b>22</b> Tai-Chi 10:30 11:30 Live Music Bingo 1-3 Cookie Decorating	<b>23</b>
<b>24</b>	<b>25</b> Card Games 1-3 Mahjong 1-4	<b>26</b> Chair Yoga 10:30 Bingo 1-3	<b>27</b> Tai-Chi 10:30 Line Dancing 2-4 <b>Artist Circle 1-3ish</b>	<b>28</b> <b>Closed Thanksgiving</b>	<b>29</b> <b>Closed Thanksgiving</b>	<b>30</b>

# States and Capitals Word Search Puzzle

Arizona

Idaho

Wisconsin

Madison

Boise

Dover

California

Phoenix

Kentucky

Raleigh

E	N	W	I	S	C	O	N	S	I	N	Q	M	N	K	H	B
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C	A	L	I	F	O	R	N	I	A	A	O	V	E	T	Q	L
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Y	I	B	I	T	G	E	F	H	A	K	F	L	I	C	A	I
K	D	H	F	S	O	F	X	V	R	F	Z	K	X	K	L	V
G	A	Z	A	I	O	P	I	A	O	O	U	E	C	Y	E	B
Q	H	Q	X	J	Q	N	E	E	S	R	X	B	Q	X	I	S
B	O	I	S	E	P	Z	G	K	L	T	Y	V	I	H	G	Z
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Frankfort

Springfield

Austin

Boston

Topeka

Atlanta

Texas



COOL2BKIDS

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**\*Full Salad Bar is now available.**

## SOLDOTNA SENIOR CENTER

# November Meals

Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Ribs Baked Beans Cornbread Potato Salad Applesauce	<b>2</b> <b>Holiday Craft Sale 9-4</b> <b>4-Wheeler Drawing</b> <b>No Host Lunch @ Rocky's Café Kasilof 1:00</b>
<b>4</b> Chicken Pot Pie Cauliflower <b>Birthday Cake</b>	<b>5</b> Pork Culets over Egg Noodles Beets Jello W/Fruit	<b>6</b> Sausage Stuffed - Pancakes Scrambled Egg - Omelet Grits Cinnamon Rolls	<b>7</b> Cod Olympia Rice Beets Fruit Salad	<b>8</b> Cheeseburger Tater Tots Pasta Salad Blushing Pears	<b>9</b>
<b>11</b> <b>Closed Veterans' Day</b>	<b>12</b> Pot Roast Roasted Potatoes & Carrots Gravy Fresh Baked Bread Apples & Peanut Butter	<b>13</b> Lemon Pepper Chicken Broccoli/Cauliflower mix Roasted Red Potatoes Cottage Cheese & Peaches	<b>14</b> Cabbage Rolls (Beef) Baked Potato Jello	<b>15</b> Fish & Chips Coleslaw Ice Cream	<b>16</b> <b>Puttin' on the Ritz 5-8</b> Chicken Piccata Asparagus w/ Hollandaise Sauce Wild Rice & Roll
<b>18</b> Grilled Ham & Turkey Vegetable Soup French Fries Peanut Butter Cookies	<b>19</b> Meatloaf Mashed Potatoes & Gravy Green Beans Tapioca Pudding	<b>20</b> Liver & Onions Roasted Potatoes Honey Roasted Carrots Blueberry Pie	<b>21</b> Chef's Salad Dinner Rolls Brownies	<b>22</b> BBQ Chicken Mac & Cheese Corn Baked Apples	<b>23</b>
<b>25</b> Chicken Sandwich Macaroni Salad Onion Rings Fruit Cocktail	<b>26</b> Spaghetti & Meatballs Garlic Bread Grapes	<b>27</b> Turkey Mash Potatoes Stuffing Green Bean Casserole Rolls Pumpkin Pie	<b>28</b> <b>Closed Thanksgiving</b>	<b>29</b> <b>Closed Thanksgiving</b>	<b>30</b>

# PUTTIN' ON THE RITZ



*Saturday November 16, 2024*

*5 PM-8 PM*

*Soldotna Senior Center*

*197 W. Park Ave (907)262-2322*

## **RESERVE:**

**Table of 6 : \$160**

**Seat : \$30**

## **Live Music:**

**Performed by J. Lee Webster**

**Accompaniment by Ingrid  
Vyhmeister**

**Silent Auction**



THANK YOU FOR YOUR SUPPORT

