



197 W. Park Avenue
Soldotna, AK 99669
Phone: (907) 262-2322 Fax: (907) 262-2147
email: solsrctr@soldotnaseniors.com
Open Monday - Friday 8:00 - 4:00
Website: www.soldotnaseniorcenter.org

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As we transition from the cold winter months (HAHA!) into the refreshing warmth of spring, I wanted to take a moment to reflect on the great community we have here at the senior center and share some exciting happenings in March.

March is a time of renewal and growth, and we are thrilled to celebrate it with you all! This month, we will be focusing on embracing new opportunities, enjoying the beauty of the changing season, and staying engaged in activities that nourish both the body and the spirit.

We encourage you all to continue engaging with the variety of programs we offer, whether it's social events, educational talks, or physical fitness classes. Every activity is designed to bring joy, spark creativity, and keep our minds and bodies strong.

As always, I want to thank you for being part of our center. Your presence and positive energy make this a wonderful place to be, and we are honored to serve you. If you ever have suggestions for activities or ways to make our community even better, please don't hesitate to let me know.

Wishing you all a month filled with joy, laughter, and the bright promise of spring!

*Thank you,
Lisa M Riley*





Everyone I have talked to, has the same response, ‘never experienced a winter like this in Alaska’ ...so what will March bring us? March traditionally can be our snowiest month. Will it be rain? Snow? Or a mix or something else. The weather has been confusing the plants and my goats, who are shedding their winter coats early!

Regardless of the weather, I will be here Monday – Thursday, 8:30 to 3:30, and every other Fri, 8:00 12:00. Still at the Soldotna Senior Center, you can make a phone call, or we can meet face to face. If you are coming in, please call first to make sure I am available and not already committed to another appointment. Call: 907-262-2322, it will be answered Soldotna Senior Center, ask for Lee or the Medicare person.

Lee Coray-Ludden – Certified Medicare Counselor

Senior Center Office Services

- Executive Director** – Lisa Riley
- Office Administrator** - Corrah Welch
- Administrative Assistant** - Karin Grimes
- Certified Medicare Counselor** -
Lee Coray-Ludden
- Head Cook** - Ashley Lacy
- Assistant Cook** - Bobbie Stelljes
- Dish Washer** - Linda Wade
- Janitor** - Peggy Kane
- Delivery Driver** - Jim Dalebout
- Delivery Driver** - Dana Helsing

Board of Directors

- President** - Janet Stacy
- Vice-President**– Kevin Barrett
- Treasurer**—Dean Peterson
- Secretary** – Leona Creary
- Board Member** – Nicky Talbot
- 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 at the bottom 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

MARCH BIRTHDAYS

Vi Morrison	3/2	Denise Havlik-Jensen	3/3
Ouida Parker	3/5	Marina Bosick	3/6
Delores Wagaman	3/7	Corinne Latimer	3/9
Leon Marcinkowski	3/13	Faye Lauver	3/14
Rita Goshorn	3/17	Irene Girves	3/17
Martha Rose Hays	3/18	Gary Bennett	3/19
Gary Upton	3/21	Candy Gilbertson	3/25
David McCluskey	3/29	Joyce Fischer	3/30

\$5 or-MORE-A-MONTH CLUB

CONTRIBUTORS!

Thank you \$5/month Donors! The Senior Center was able to purchase a Warming Cabinet for the kitchen with your generous contributions.

Arnold & Delores Wagaman	Emmett Young Penelope Maize	Judith Swarner Hosanna Heartsong
Estelle Parks	Candy Gilbertson	John White
Margaret Johnson	Don & Fay Lauver	John Landess, Jr.
Gladys Routh	Tina Strayhorn	John Burke
Janet Stacy	Lisa Riley	Karin Grimes
Ben Swan	Jack & Troy Castimore	Dorothy Diamond
Vi Morrison	Debra Williams	**anonymous**

A LOOK AHEAD

March 7th and 21st

Live Music with Kevin

March 8th at 4:00

Murder at Mardi Gras

March 9th

Daylight Savings Time

March 10th

Lori Sisson will be teaching a painting class

March 17th

Join us for a festive day of Irish Food and Fun

March 27th

The National Honor Society students will be here to ask for career advise!



Here are **top ways to stay positive in 2025:**

Practice Gratitude: Regularly acknowledge and appreciate the good things in your life.

Set Intentional Goals: Create specific and meaningful goals to give your year direction.

Surround Yourself with Positivity: Engage with positive people and environments.

Prioritize Self-Awareness and Mindfulness: Stay present and aware of your thoughts and feelings.

Reframe Challenges as Opportunities: View difficulties as chances for growth and learning.

These strategies can help foster a positive mindset throughout the year.



No Host Lunch at Senor Panchos. Enjoying good food and good friends.

Valentine's Day was an amazing day. Lots of Valentine treats, good friends and excellent food.

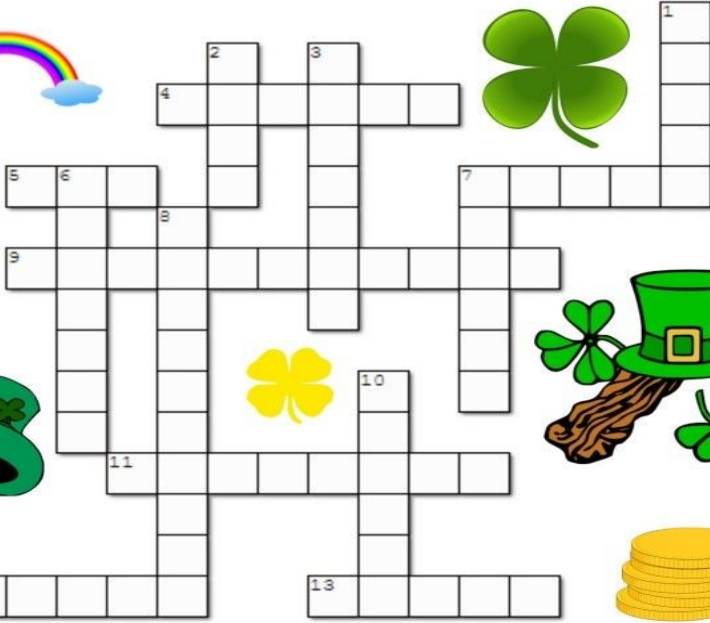


***Full Salad Bar is now available.**

SOLDOTNA SENIOR CENTER
MARCH MEALS

Mon	Tue	Wed	Thu	Fri	Sat
3 Chicken Pot Pie Veggie Normandy Happy Birthday Cake	4 Smoked Sausage Cajun Alfredo, Green Beans w/Tomatoes Pears Fat Tuesday	5 Beef & Broccoli w/Rice Corn Jello	6 Tuna Casserole Carrots Rolls Three Berry Crisp	7 BBQ Pulled Pork Sandwich Coleslaw Baked Beans Rainbow Cookies	8 Murder at Mardi Gras Kings Cake Chicken & Sausage Gumbo Red Beans & Rice
10 Turkey Tetrazzini Angel Hair Pasta Spinach Brownie	11 Chef's Salad Dinner Roll Ice Cream w/Caramel	12 Country Ribs Roasted Red Potatoes w/Onions & Peppers Green Beans Apple Cobbler	13 Egg/Sausage & Hashbrowns/Biscuit Breakfast Casserole Oatmeal Peaches	14 Beef Stew in a Bread Bowl Dinner Salad Cookies	15
17 Corned Beef & Cabbage Boiled Potatoes Cupcakes St Patrick's Day	18 Lasagna Green Beans Breadsticks Vanilla Pudding	19 Pork Chops Mashed Potatoes & Gravy Peas & Carrots Applesause	20 Chicken Stir Fry w/Rice Fortune Cookies	21 Cheeseburger Potato Wedges Broccoli/Cauliflower Mix Tropical Fruit	22
24 Pot Roast Potatoes/Carrots Gravy Mandarin Oranges	25 Hawaiian Chicken Sandwich Potatoes Chips Pineapple Upside Down Cake	26 Pork Cutlets Stuffing Green Beans Jello w/Fruit	27 Egg Salad Sandwich Beets Brownies & Ice Cream	28 Baked Cod Wild Rice Asparagus w/ Hollandaise Sauce	
31 Meatloaf Mashed Potatoes Carrots Fruit				March 1 - No Host Lunch 1:00 at The Tree House in Nikiski	

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make _____
- 13. from Ireland

Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf _____

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9	8						5

March 2025

GAME ROOM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 Tai-Chi 10:30-11:30 Mahjong 1-4	4 Bingo 12:30-2:30	5 Tai-Chi 10:30-11:30 Line Dancing 2-4	6 Poker 10-2	7 Tai Chi 10:30-11:30 Bingo	8
9 Daylight Savings time.	10 Tai-Chi 10:30-11:30 Mahjong 1-4	11 Bingo 12:30-2:30	12 Tai-Chi 10:30-11:30 Line Dancing 2-4	13 Poker 10-2	14 Tai Chi 10:30-11:30 Bingo 12:30-2:30	15
	17 Tai-Chi 10:30-11:30 Mahjong 1-4	18 Bingo 12:30-2:30	19 Tai-Chi 10:30-11:30 Line Dancing 2-4	20 Poker 10-2	21 Tai Chi 10:30-11:30 Bingo 12:30-2:30	22
	24 Tai-Chi 10:30-11:30 Mahjong 1-4	25 Bingo 12:30-2:30	26 Tai-Chi 10:30-11:30 Line Dancing 2-4	27 Poker 10-2	28 Tai Chi 10:30-11:30 Bingo 12:30-2:30	29
	31 Tai-Chi 10:30-11:30 Mahjong 1-4		Card Games & Dominos in the dining room any day.		March 1 - No Host Lunch 1:00 at The Tree House in Nikiski	

March 2025

CRAFT ROOM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Quilting 1-3	4	5 Fly Tying Class 1-3	6	7	8
9 Daylight Savings Time	10 Painting with Lori Sisson 1-3	11	12 Fly Tying Class 1-3	13	14	15
16	17 Quilting 1-3	18	19 Fly Tying Class 1-3	20	21	22
23	24 Quilting 1-3	25	26 Fly Tying Class 1-3	27	28	29
30	31 Quilting 1-3				March 1 - No Host Lunch 1:00 at The Tree House in Nikiski	

**DONOR RECOGNITION
AND THANK YOU!!**

BELIEVERS

Denise Rust
Jim Dalebout
Lee Corray-Ludden
Corrah Welch
Linda Wade
Dean Petersen

AMBASSADORS

Karin Grimes
Peggy Kane
Ashley Lacy
Lisa Riley
Don & Fay Lauver

**WE APPRECIATE
OUR DONORS
BEYOND MEASURE!!
TO LEARN MORE ABOUT OUR
DONOR PLAN
PLEASE STOP BY OR CALL
LISA AT
907-262-2322**



THANK YOU FOR YOUR SUPPORT

