November

Soldotna Senior Citizens
SENIORS HELPING SENIORS
197 W. Park Avenue · Soldotna, Alaska
(907) 262-2322 · Fax: (907) 262-2147
solsrcctr@soldotnaseniors.com

Monday-Friday · 8am-4pm
www.soldotnaseniorcenter.org

As November arrives, we begin to settle into the rhythm of the colder season and look forward to the warmth and togetherness that this time of year can bring. With Thanksgiving approaching, it is a wonderful opportunity to reflect on the things we are grateful for, especially the friendships, kindness, and sense of community that make our Senior Center such a special place.

This time of year can bring both joy and challenges. Shorter days and colder temperatures may make it harder to get out and about, but staying connected remains important. Whether you join us for an activity, share a conversation with a friend, or simply stop by for a visit, we hope the Senior Center continues to be a place where you feel welcome, supported, and included.

As we prepare for the winter months ahead, please remember to take care of yourself and one another. A friendly phone call, a helping hand, or a few kind words can make a meaningful difference in someone's day. We are fortunate to be part of a community where people look out for each other, and I encourage us all to continue that tradition.
I would also like to express my sincere gratitude to our members, volunteers, and staff. Your participation, generosity, and willingness to lend a hand help make our Senior Center a vibrant and caring place. It is a privilege to serve this community, and I am thankful for all that you bring to it.

As you celebrate Thanksgiving this month, may you find time to enjoy good company, reflect on life's blessings, and create special memories with family and friends. From all of us at the Senior Center, I wish you a November filled with comfort, connection, and gratitude.

Warmly,
Lisa Riley,
Director

Lisa and Daughn attended the Alaska Statewide Summit on Aging in Anchorage, October 15–17, learning about ways to support seniors' health, independence, and quality of life.











Lee's Medicare Corner

November brings colder weather, the likelihood of more snow, and the holiday season. Thanksgiving is a time to gather with family, friends, and community, share a meal, and give thanks.

I am at the Soldotna Senior Center Monday through Thursday, from 8:30 a.m. to 3:30 p.m. We can talk by phone or meet face to face. If you plan to stop in, please call first to make sure I am available and not already scheduled with someone else.

Call 907-262-2322. The phone will be answered "Soldotna Senior Center"—just ask for Lee or the Medicare person.

Lee Coray-Ludden,
Certified Medicare Counselor



Senior Center Staff

Executive Director
Lisa Riley

Bookkeeper
Daughn Carpenter

Administrative Assistant
Cassie Carver-Savok

Administrative Assistant
Sara Gould

Certified Medicare Counselor
Lee Coray-Ludden

Head Cook
Michael Lacy

Assistant Cook
Sarah Jones

Kitchen Support
Linda Wade

Delivery Driver
Jim Dalebout

Delivery Driver
Tom Woodford



Board of Directors

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HAPPY BIRTHDAY

Anita Kwan
Cathy Sturman
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Elizabeth Robbins
Dorothy Cunningham
Becky Applebee
Kathryn Dunagan
Diane LaFond
Bernice Robbinett-Simpson
Ken Losser
Jim Weiss
Michael Copper
Sherril Miller
Dean Petersen
Donna Swaby
Lynda Blake
Thomas Downs
Stanley Steadman

$5-or-More-A-Month Club

Donations are used for unbudgeted items. A kitchen warmer & washer/dryer were purchased within the last year.

James Weiss
Estelle Parks
Hosanna Heartsong
John Landess Jr.
Deborah Williams
Vincent Hamm
Pauline Hite
Don Lauver
Fay Lauver
John White
Viola Morrison
Ben Swan
Tina Strayhorn

THANK YOU SO MUCH!

Donor Recognition and Thank You!

We appreciate our donors beyond measure!!

To learn more about our donor, plan please stop by or call Lisa @ 907-262-2322



Friends
($20-$99)

Kevin Barrett
Chris Carver-Savok
John Maraz

Ambassadors
($500-$4,999)

James Weiss
Michael Lacy
Lisa Riley
Daughn Carpenter
Don & Fay Lauver
Estelle Parks
Bruce Cox
AKRE Real Estate
Pollard E-Line
KB Laser Wash
Bishops Attic
Hooked on the Bean

Posthumously- Max Carpenter

Believers
($100-$499)

Lee Coray-Ludden
Denise Rust
Jim Dalebout
Cheryl Thames
Cassie Carver-Savok
Michael & Stephanie Clute
Sara Gould
Leona Creary
Janet Stacy
Nicky Talbot
Linda Wade
Dean Petersen
Deanna Cashman
Paula Hite
Kelly Griebel (Century 21 Realtor)

Advocates
($5,000-$19,999)

Marie Bates
Ronald Bates

NOVEMBER IS AMERICAN DIABETES MONTH

Small Steps, Lasting Health

November is a reminder to care for ourselves as we gather with others. Diabetes causes blood sugar to rise too high and, over time, can affect the heart, kidneys, eyes, and nerves.
Increased thirst, frequent urination, blurry vision, and unusual tiredness can be warning signs. However, type 2 diabetes may develop with few or no symptoms. Ask your healthcare provider whether you are due for a blood sugar test.

Give yourself the gift of healthy habits:

- Enjoy regular, balanced meals with vegetables, fiber-rich foods, and protein.
- Choose water more often than sugary drinks.
- Stay active in ways that fit your abilities.
- Take medicines as prescribed and keep recommended eye, foot, and kidney checks.

You can still enjoy holiday favorites. If you have diabetes, work with your care team on portions and meal timing that fit your needs.

This season, make your health something to be thankful for.



Source: National Institutes of Health

Thanksgiving Fruit Salad

Recipe of the Month

Ingredients

- 2 medium green apples
- 2 medium red apples
- ¾ cup dried cranberries
- 1 cup pecans
- 1 cup grapes
- 3 medium navel oranges
- 1 medium lemon (juiced)

Dressing

- ½ cup orange juice
- ¼ cup white sugar
- ¼ teaspoon apple pie spice
- Zest of 1 lemon
- Zest of 1 orange



Directions

1. Preheat oven to 350°F. Place pecans on a baking sheet and roast them in the oven until fragrant, about 5-10 minutes. Remove from the oven and set aside to cool.
2. In a small saucepan, combine orange juice, sugar, apple pie spice, lemon zest, and orange zest. Place over medium heat, whisking to combine. Bring to a low boil, then reduce heat and simmer for 3-4 minutes.
3. Strain the mixture through a fine- mesh strainer to remove any zest and cool completely.
4. Core and slice the apples into bite-sized pieces. Toss the apples with juice from half a lemon to prevent browning.
5. Peel the oranges and cut them into bite-sized pieces.
6. In a large bowl, combine the apples, dried cranberries, toasted pecans, grapes, and oranges.
7. Drizzle the cooled dressing over the fruit and toss gently to combine.









WE'RE BRINGING BACK THE

QUARTERLY

FREE MEAL PUNCH CARD DRAWING!

When you run out of punches on your card, **don't throw it away!**
Give it back to the front desk and **be entered to win a FREE MEAL PUNCH CARD!**

Drawings done the last Friday on the following months: June, September, December, March.

A Historic Day in Whittier!

On October 3rd, eight of our adventurous seniors braved the wind and rain to witness a piece of Alaska history!

The USS Ted Stevens (DDG-128), named in honor of Alaska's longtime U.S. Senator, was officially commissioned into the U.S. Navy right here in Whittier!



USS Ted Stevens (DDG-128) • Whittier, Alaska • October 3, 2026





Honoring a New Navy Ship



Dolores with USS Ted Stevens in the background



Sara & Daughn with USS Ted Stevens in the background

Thankful for These Little Moments at our Center



Cathy Perry is always dressed to the nines



Margaret's family joined her for lunch to celebrate her 90th birthday!



Debbie and Bobby having lunch together



Lisa on Bosses Day. Thank you for all you do, Lisa!



Rita, MeiLing, Grace and Lisa listening to the live music during lunch.



Live music at lunch always draws a crowd!



Brian Fitzgerald brought history to life with his American Civil War presentation on October 24, drawing a crowd into the Center.



Live music from Mike, George, and Chris.



Impromptu staff meeting while decorating for an event.

A Night of Murder and Mystery

Our Bullets & Brie murder mystery dinner was a wonderful success! Set in Casablanca, the story brought together a colorful cast of characters, hidden identities, and suspicious secrets as guests worked to uncover a killer.

A heartfelt thank-you to our staff and volunteers for the time, energy, and teamwork that brought the evening to life. From preparations to serving and cleanup, your efforts made it all possible!

Thank you to everyone who purchased tickets, participated, and joined in the fun. Your enthusiasm and support helped make this a night to remember!

Keep an eye out for our next murder mystery dinner—there's always another mystery waiting to be solved!


Michael was getting into the mystery.


cast gathering before the show!




Enjoying the meal after the show.


Char and Reba all dressed up!


The Deputy Mayor of Casablanca and his wife


We love when our guests dress up too!


Such a great cast!


It was a full house

VETERANS DAY

HONORING ALL WHO SERVED





Here at the Soldotna Senior Center, we extend our heartfelt thanks to all who have served in our nation's military, past and present. We are grateful for your service, your sacrifices, and the commitment you have shown to our country.

The photos on this page capture special moments from our celebration of America's 250th birthday this past July.

We are continuing to update our veterans list and want to make sure everyone is included. If we missed your name, please accept our apologies and call us at 907-262-2322 so we can add you. We appreciate the opportunity to recognize your service.









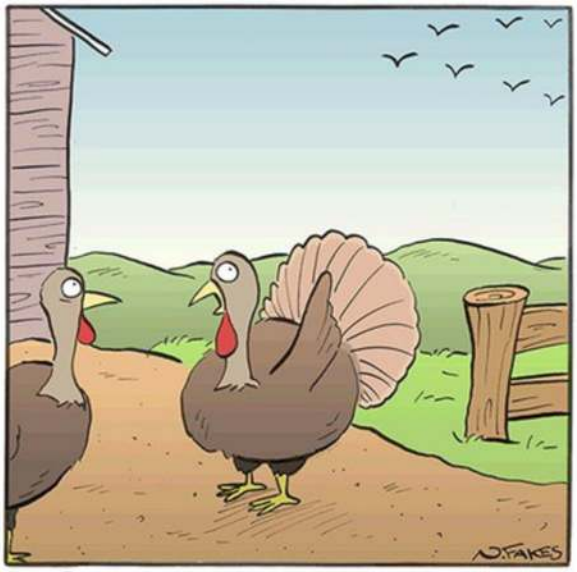




Brian Fitzgerald
Brian Maclellan
Keith Karsten
Jim Dalebout
Fay Lauver
Don Lauver
Gene Moyer
Ken Laing

Patrick Bowen
Dean Petersen
Frank Jones
Robert Saucedo
Rick Ketchum
David Applebee
John Mraz
Jack Hamill

Ed Seaward
Margaret Phelps
Ronald Hildabrant
William O'Donnell
Ken Losser
Stan Vogel
Charles Gillick
Robert Moorhead



"Before the end of November, we need to learn to do that."

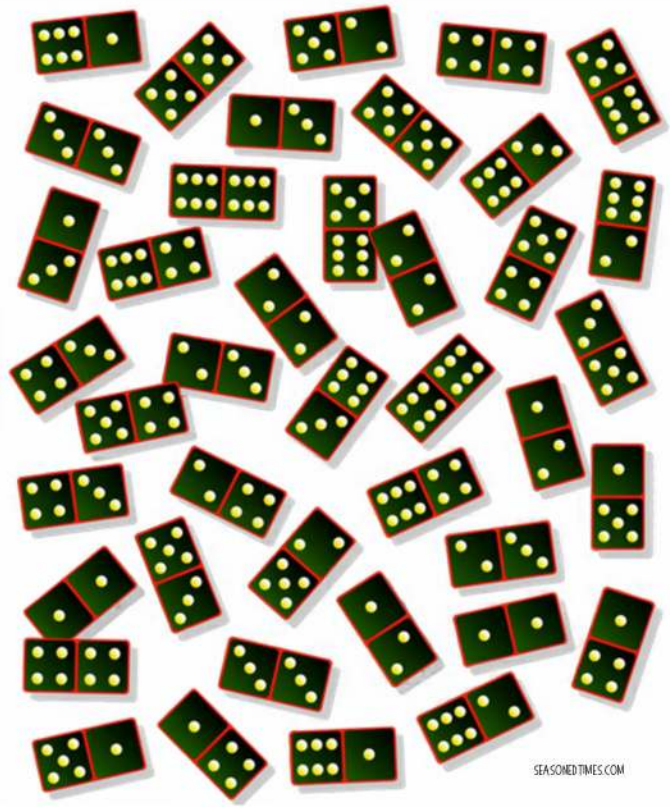
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Corn	Gravy	Cooking	Leaves	Family
Autumn	November	Festival	Pumpkin	Friends
Pilgrims	Turkey	Harvest	Gratitude	Football

ONE & ONLY

TAKE A GOOD LOOK AT THE DOMINOES BELOW AND FIND THE ONE THAT HAS NO MATCH.



Why did the cranberries turn red?
They saw the turkey dressing!



What do you call a running turkey?
Fast Food!

Soldotna Area Senior Center

The Soldotna Senior Center is an independent private corporation governed by a Board of Directors. It is not owned or managed by any city, borough, state, or federal agency. The Center's programs and services are supported through funding from city, borough, state, and federal agencies, fundraising events, and community donations. Programs and services are based on age eligibility, and membership is not required to participate.

Happy Thanksgiving





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

Alaska Housing Finance Corporation

EQUAL HOUSING OPPORTUNITY

NO MEMBERSHIP REQUIRED!

Programs and activities are based on age—not membership.

SENIOR CENTER SERVICES

Services are available to individuals age 60 and older and their spouses. Individuals under age 60 with disabilities may also be eligible if they live in senior housing where services are provided or reside with an eligible senior. There are no income limits to participate. For questions about eligibility, assistance, referrals, Home Delivered Meals, or other available resources, visit the Center or call 907-262-2322.

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 4/1/2026

Senior Household Size	$250 Monthly Payment	$175 Monthly Payment	$125 Monthly Payment
Individual	$14,963	$19,950	$34,913
Married Couple	$20,288	$27,050	$47,338

GOBBLE Til You WOBBLE

November

Lunch Menu

Soldotna Senior Center
(907) -262-2322



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Roast Beef w/Gravy Mashed Potatoes Whole Wheat Roll Carrots Cherry Pie Bars	3 Chicken Enchilada Spanish Rice Cinnamon Apples & Ice Cream	4 Baked Fish & Chips Coleslaw Applesauce	5 Chicken Marsala Mashed Potatoes Whole Wheat Roll Green Beans Cherry Cobbler	6 Spaghetti & Meatballs Spinach Salad Pears
9 Smothered Pork Chop Rice Green Peas Apple Turnover	10 Meatball Sub Green Beans Brownie *Complimentary Meal for Veterans*	11 Closed for Veterans Day	12 Beef & Vegetable Stir Fry Fried Rice Yogurt Parfait	13 Oven Baked Chicken Mashed Potatoes Whole Wheat Roll Corn Red & Green Grapes
16 Turkey Tetrazzini Green Beans Garlic Bread Applesauce	17 Biscuits & Sausage Gravy Scrambled Eggs Peach Cobbler	18 Stuffed Bell Pepper Tossed Salad Garlic Toast Rice Krispie Bar	19 Tuna Casserole Peas Whole Wheat Roll Mixed Fruit	20 Cheeseburger Deluxe French Fries Corn Chocolate Chip Cookie
23 Chicken Gumbo Whole Grain Rice Mixed Vegetables Peaches	24 Beef Tips w/ Gravy Whole Wheat Roll Brussels Sprouts Mandarin Oranges	25 Turkey Mashed Potatoes Stuffing Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Pie	26 CLOSED	27 CLOSED
30 Pork Chops w/Rice Pilaf Green Beans Berry Crisp	Dec. 1 Chicken Fajitas Peppers & Onions Spanish Rice Cinnamon Apples	Dec. 2 Beef Stew w/ Carrots & Potatoes Whole Wheat Roll Ice Cream	Dec. 3 Swedish Meatballs Noodles Normandy Blend Vegetables Mandarin Oranges	Dec. 4 BBQ Chicken Potato Salad Corn Muffin Mixed Vegetables Watermelon

Beef Chicken Pork Fish Turkey Vegetarian Special Event

Meal cost suggested donation: $8 for ages 60+
All meals come with drink and dessert
Lunch starts @ 11:50 AM–12:50 PM
Soup served @ 11:50 AM Salad Bar Available

Meals are subject to change

November Activities

Important Dates

Saturday November 7th

Veteran Support Group at Soldotna Senior Center @ 11 AM

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Tuesday November 10th

Complimentary Meal for Veterans

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Wednesday November 11th

Soldotna Senior Center Closed

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Thursday November 12th

Movie Hosted by Char @ 1pm

•••

Friday November 13th

Slip & Fall Prevention by Brad Smith

•••

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sewing Circle 1-3 PM	3 Crochet & Knitting Group 1-3 PM	4 Painting Club 1-3 PM	5 Diamond Art 1-3 PM	6 Sewing Circle 1-3 PM
9 Sewing Circle 1-3 PM	10 Crochet & Knitting Group 1-3 PM	11 Closed for Veterans Day	12 Diamond Art 1-3 PM	13 Sewing Circle 1-3 PM
16 Sewing Circle 1-3 PM	17 Crochet & Knitting Group 1-3 PM	18 Painting Club 1-3 PM	19 Diamond Art 1-3 PM	20 Sewing Circle 1-3 PM
23 Sewing Circle 1-3 PM	24 Crochet & Knitting Group 1-3 PM	25 Painting Club 1-3 PM	26 Closed for Holiday	27 Closed for Holiday
30 Sewing Circle 1-3 PM				

Craft Room Schedule





Monday	Tuesday	Wednesday	Thursday	Friday
2 Tai Chi 10:30-11:30 AM Mahjong 1-3 PM	3 Tai Chi 10:30-11:30 AM Bingo! 12:40-2:30 PM	4 Tai Chi 10:30-11:30 AM	5 Poker 10-1 PM Mahjong 1-3 PM	6 Tai Chi 10:30-11:30 AM Bingo! 12:40-2:30 PM
9 Tai Chi 10:30-11:30 AM Mahjong 1-3 PM	10 Bingo! 12:40-2:30 PM	11 Closed for Veterans Day	12 Poker 10-1 PM Mahjong 1-3 PM	13 Tai Chi 10:30-11:30 AM Bingo! 12:40-2:30 PM
15 Tai Chi 10:30-11:30 AM Mahjong 1-3 PM	16 Chair Yoga 10-11 AM Bingo! 12:40-2:30 PM	17 Tai Chi 10:30-11:30 AM	18 Poker 10-1 PM Mahjong 1-3 PM	19 Tai Chi 10:30-11:30 AM Bingo! 12:40-2:30 PM
23 Tai Chi 10:30-11:30 AM Mahjong 1-3 PM	24 Bingo! 12:40-2:30 PM	25 Tai Chi 10:30-11:30 AM	26 Closed for Holiday	27 Closed for Holiday
30 Tai Chi 10:30-11:30 AM Mahjong 1-3 PM				

Game Room Schedule





Monday	Tuesday	Wednesday	Thursday	Friday
2 Cards and Dominoes	3 Cards and Dominoes	4 Line Dancing 2-4 PM	5 Cards and Dominoes	6 Cards and Dominoes
9 Cards and Dominoes	10 Cards and Dominoes	11 Closed for Veterans Day	12 Movie Hosted by Char @ 1PM	13 Slip & Fall Prevention by Brad Nelson @ 11:30 AM
16 Cards and Dominoes	17 Cards and Dominoes	18 Line Dancing 2-4 PM	19 Cards and Dominoes	20 Cards and Dominoes
23 Cards and Dominoes	24 Cards and Dominoes	25 Line Dancing 2-4 PM	26 Closed for Holiday	27 Closed for Holiday
30 Cards and Dominoes				

Dining Room Schedule





Thank you to our community partners and sponsors



ASHMAN KRAUSE
REAL ESTATE

Jack White Real Estate
34851 Kenai Spur Hwy, Suite 6
Soldotna, AK 99669
(907) 741-7253 | (907) 252-3086
Denise@AKRESold.com
Stacie@AKRESold.com

Answers to Puzzle Page

G	C	O	H	N	M	U	T	U	A	F	K	P	W	W
H	R	L	L	A	V	I	T	S	E	F	S	S	T	T
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