

Gastineau Channel

Senior Centers' News Juneau, Alaska



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The Newsletter is Back!

We are finally back to being fully staffed again at the Juneau Senior Center and are working hard to bring back the things you miss. If there is something you miss having at your senior center, please let us know and we'll try to work it in. In the meantime, please see the activities page for what's going on right now! There is also a menu page for you to look over and use to help you decide when to join us here at the center. Lunch is served everyday that we're open, so join us at 11:45 Monday through Friday.

What You've Missed:

Amber Smith joined us for a day in November, which was Alzheimer's month. She spent one-on-one time with a number of seniors doing memory loss screenings. She was kept very busy because the interest was so high. She's willing to come back if there's more interest. She's also willing to see any of you in her private office. Just call and make an appointment at (907) 586-6044. The screening is free to seniors.

You also might have missed the introductory classes to Tai Chi by Glen Ray. Glen is well trained and accredited by the Arthritis Foundation to teach this wonderful form of gentle exercise that eases joint pain, reduces stress and helps your digestion. All of us can benefit in some way from this form of exercise. Glen will finish his first level of instruction in December but he is willing to offer another 5-week series if more of you want to take advantage of this free training.

What You Shouldn't Miss:

The Gastineau Channel Advisory Council is looking for new members and participants. They will also be electing new officers. If you are interested in being part of the Advisory Council, just call Carol at 463-6175 to have your name passed on to the council.

December activities will help keep you warm. See the activity calendar for what's happening in December!

Carol Comolli, Site Manager








DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LUNCH MENU</p> <p>JUNEAU SENIOR CENTER</p>	<p>Meals on Wheels 463-6179</p> 	 <p>Milk, Water, Tea, and Coffee are offered daily with meals.</p>	<p>1 Beef Noodle Casserole Steamed Zucchini Tomato Aspic</p>	<p>2 Baked fish Brussels Sprouts Wheat Rolls Texas Cole Slaw</p>
<p>5 Clam Chowder Tomato Rockefeller Wheat Bread Cole Slaw</p>	<p>6 Sweet and Sour Pork Steamed Rice Oriental Vegetables Tossed Salad</p>	<p>7 Roast Beef & Gravy Mashed Potatoes Green Beans Romaine Salad</p>	<p>8 Tuna & Noodle Casserole Spinach Cauliflower Broccoli Toss</p>	<p>9 Herbed Chicken Peas Oat Bran Muffin Sunshine Salad</p>
<p>12 BBQ Chicken Mixed Vegetables Biscuits Peach Salad</p>	<p>13 Salisbury Steaks Parsley Potatoes Broccoli Slaw</p>	<p>14 Sliced Ham Potatoes Gravy Peas & Carrots Creamy Fruit Slaw</p>	<p>15 Clam Chowder Ham & Tomato Sandwich Danish Salad</p>	<p>16 Creole Pork Steaks Spinach Zucchini & Tomato Salad</p>
<p>19 Beef & Vegetable Soup Cheese Sandwich Citrus Cup</p>	<p>20 Chinese Fruit Pork Oriental Vegetables Steamed Rice Cucumber Salad</p>	<p>21 Baked Halibut Rice Vegetable Pilaf Green Beans Fruit Slaw</p>	<p>22 French Dip Sandwich Au Gratin Potatoes Peas Apricot Salad</p>	<p>23 Turkey Sweet Potatoes Green Beans Spicy Fruit Cup Rolls</p>
 <p>26</p> <p><i>Closed for Christmas</i></p>	<p>27 Chili with Beef And Cheese Corn Muffin Texas Cole Slaw Orange Juice</p>	<p>28 Pork Chops with Apples Rice Vegetable Pilaf Peas Garden Salad</p>	<p>29 Pot Roast Mashed Potatoes Spinach Citrus Fruit Cup</p>	<p>30 Tomato Soup Tuna Sandwich Waldorf Salad</p> <p>A HAPPY NEW YEAR</p>

ACTIVITY CALENDAR

DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For more information on activities, call Carol 463-6175</p>	<p>Join us for lunch daily at 11:45</p> 	<p>Bridge every Sunday at 1:00</p>	<p>1</p>	<p>2</p>
<p>5 Ceramics Class 10:00- 2:00</p> <p>Bridge 1:00-3:00</p>	<p>6 Tai Chi Class 10:30-11:00 Pre-Schoolers sing carols at noon.</p> 	<p>7 Ceramics Class 10:00- 2:00</p> <p>Bridge 1:00-3:00</p>	<p>8</p>	<p>9 Advisory Council Meeting 1:00-2:00</p> <p>Pioneer's Meeting 5:50 pm</p>
<p>12 Ceramics Class 10:00 - 2:00 Bridge 1:00-3 Diabetes Support Group 1:00pm Santa visits at Noon</p>	<p>13 Tai Chi Class 10:30-11:00</p>	<p>14 Ceramics Class 10:00 - 2:00</p> <p>Bridge 1:00-3:00</p>	<p>15 Santa Douglas Senior Center</p> 	<p>16</p>
<p> 19 "Feet First" Pedicures 9-11 Ceramics Class 10:00 - 2:00 Bridge 1:00- 3</p>	<p>20 Tai Chi Class 10:30-11:00</p>	<p>21 Ceramics Class 10:00-2:00</p> <p>Bridge 1:00-3:00</p>	<p>22</p>	<p>23</p>
<p>26 <i>Closed for Christmas</i></p> 	<p>27 Low Vision Support Group 1:00-3:00</p>	<p>28 Ceramics Class 10:00 - 2:00</p> <p>Bridge 1:00- 3</p>	<p>29</p>	<p>30 Dinner Theater For details, call Claudette 364- 3195.</p> 