

Gastineau Channel

Senior Centers' News Juneau, Alaska

NOVEMBER 2010 Published by Southeast Senior Services,
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Well the holidays are upon us. On Thursday, October 14, the members of the Polaris House hosted a dinner for seniors at the Juneau Senior Center. Even with the crummy weather and a last minute cancelation, the dinner was deemed a success by all that came. Andy and the cooks fixed a meal that people are still talking about. Thank all of you for your time and interest in the seniors of Juneau. From the fifty of us that were there, THANK YOU.

On Alaska Day the Juneau Senior Center put on their annual fundraiser Pancake Breakfast. This year's breakfast was a huge success with over \$1500 netted for the Juneau Meals on Wheels program and the congregate meals programs. A huge thanks to Sysco for the donation of many of the breakfast foods. They help us out with donations all year long.

Doug Bridges' Om Pa Band furnished music for a good deal of the time, with several of the little ones dancing to the music. The music was a treat and so were the little ones.

There was so much help both from the seniors, high school students, and a couple of gals from SAGA. Ward was there flipping hot cakes and was even pictured on the front page of the Juneau Empire.

Thanks to the radio stations for the word getting out all morning. The food was delicious and the atmosphere delightful. If you missed it, I hope you will put it on your calendar for next year.

Thanks to the Volunteers from the Public Health Center for giving out the flu shots at all three of the Senior Centers.

All three of the Senior Centers will be closed this year for Veterans Day. Check your papers for a list of events around town.

Both the Juneau Senior Center and the Douglas Senior Center will hold their Thanksgiving luncheon on Thursday, November 18, and the Valley Senior Center will have their luncheon on Friday, Nov. 19. **Reservations are required** for this dinner. We are expecting a very large crowd, so just give me a call at 463-6175

The Senior Centers will be closed on November 25 and 26 for the Thanksgiving Holiday.

-----Lee Ann See, Site Manager



Holiday Bazaar

Saturday, November 20

9:00 AM--- 2:00 PM

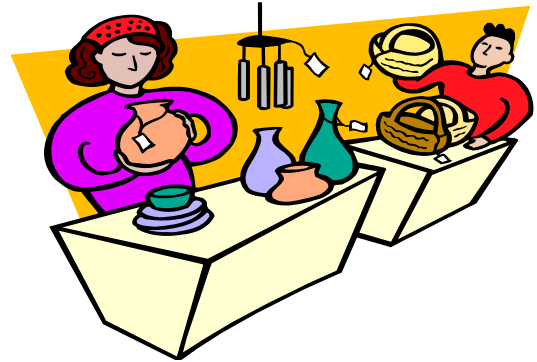
Juneau Senior Center

Tables available for \$35.00

**You can sell homemade crafts,
ceramic, goodies or collectibles.**

**To reserve a table or for
information, call 463-6175.**

Everyone welcome!



YOU ARE INVITED TO CELEBRATE THANKSGIVING LUNCH



Juneau and Douglas Senior Centers

Thursday, November 18

Valley Senior Center, Friday, November 19

RESERVATIONS REQUIRED 24 HOURS IN ADVANCE

Mark your calendars for December!

Santa will be visiting the Juneau Senior Center on Monday, December 13

the Douglas Senior Center on Thursday, December 16,

and the Valley Senior Center on Friday, December 17.

We will be closed on Friday, December 24 for Christmas and

on Friday, December 31 for New Year's Day.

Please call the Juneau Senior Center's Site Manager,

Lee Ann See at 463-6175

if you have any questions or would like us to send you a menu.

The menu is also printed in the Sunday Neighbors section

of the Juneau Empire.

All seniors welcome. We hope to see you soon!

The Valley Senior Center is Seeking a Part-time Coordinator

We are seeking a part-time Coordinator able to work four hours a week. If you are over 18, please think about this rewarding job opportunity. You get to have the bonus of a delicious hot meal with the seniors in the Valley two days a week. You will set up the meals for the seniors at the Valley Senior Center on Wednesdays and Fridays. The duties include setting the lunch tables, setting up the lunch dishes, clearing the dishes, loading the dishwasher and some light cleaning in the kitchen and dining area. This will take about two hours each day.

With the holidays upon us this is the perfect time of the year to start. I will come out to the Valley to train someone and will always be here for support. If you are interested please call Lee Ann at 463-6175.



Sewing Machine for Use at the Juneau Senior Center

The Juneau Senior Center has been given a donation of a very nice, well maintained sewing machine. We are keeping it here for the use of anyone

that has some knowledge of how to use one. Lee Ann will be unable to assist since she hasn't used one in many years, but she wants to make it available for your use. Call her at 463-6175 for more information.

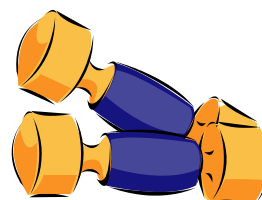
The Gastineau Channel Senior Centers' Advisory Council Notes

The Advisory Council met on Friday October 8, and will meet next on Friday, November 12 at 1:00 pm. Many of the council members helped with the Alaska Day Pancake Breakfast. They are the ones that came in early and stayed late. It sure made Lee Ann's job easier.

Some of the seniors will lend their support at the Annual Holiday Bazaar. There will be homemade goodies and decorations. Everyone always has fun, and many of the visitors get their Christmas gifts there. There will still be time to mail things to the Lower 48.

Exercise at the Juneau Senior Center Discontinued Until Further Notice

Jan Rice will be taking a well deserved break from teaching the exercise classes at the Juneau Senior Center. Until we can find a new teacher, please feel free to participate in the classes at the Valley Senior Center. If you are interested in teaching a class please call Lee Ann at 463-6175.



NOVEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">1</p> <p>Chicken Rice Casserole Mixed Vegetables Cauliflower & Broccoli Toss</p>	<p align="center">2</p> <p>Fiesta Pork Sweet Potato Cauliflower Fruit Slaw</p>	<p align="center">3</p> <p>Beef Stew w/Vegetables Spicy Fruit Cup Rolls</p>	<p align="center">4</p> <p>Ham Macaroni & Cheese Steamed Zucchini Perfection Salad</p>	<p align="center">5</p> <p>Chinese Fruited Pork Rice Green beans Waldorf Salad</p>
<p align="center">8</p> <p>California Chicken Rice Peas Cole Slaw</p>	<p align="center">9</p> <p>Ham Sweet Potatoes Sukiyaki Salad Roll</p>	<p align="center">10</p> <p>Beef Patty & Noodles Gravy Broccoli Tossed Salad</p>	<p align="center">11</p> <p align="center">VETERANS DAY WE ARE CLOSED</p>	<p align="center">12</p> <p>Salmon Rice Oriental Vegetables Honey Orange Salad</p>
<p align="center">15</p> <p>Hearty Beefy Minestrone Soup Pickled Beets Rolls</p>	<p align="center">16</p> <p>Meatloaf Mashed Potatoes & Gravy Peas Cole Slaw</p>	<p align="center">17</p> <p>Roast Beef Noodles & Gravy Peas & Carrots Fruit Cup</p>	<p align="center">18</p> <p align="center">THANKSGIVING DINNER Turkey Mashed Potatoes & Gravy & all the trimmings</p> 	<p align="center">19</p> <p>Ham Au Gratin Potatoes Broccoli Carrot Pineapple Salad</p>
<p align="center">22</p> <p>Hamburgers on a Bun Steamed Carrots Potato Salad</p>	<p align="center">23</p> <p>Split Pea Soup Cheese Sandwich Apricot Salad</p>	<p align="center">24</p> <p>BBQ Chicken Rice Oriental Vegetables Triple Bean Salad</p>	<p align="center">25</p> <p align="center">THANKSGIVING HOILDAY WE ARE CLOSED</p> 	<p align="center">26</p> <p align="center">THANSKGIVING HOLIDAY WEEKEND</p> <p align="center">WE ARE CLOSED</p>
<p align="center">29</p> <p>Lima Bean Soup Egg Salad Sandwich Apple Salad</p>	<p align="center">30</p> <p>Sweet & Sour Chicken Rice Mixed Vegetables Fruit Slaw</p>	<p align="center">Meals on Wheels Information 463-6179</p>	<p align="center">Milk, Water, Tea, Coffee and Deserts are offered daily with meals</p>	<p align="center">SENIOR MENU NOVEMBER 2010 Reservations 463-6175</p>

NOVEMBER 2010 ACTIVITIES

JUNEAU SENIOR CENTER

SUN	MON	TUES	WED	THUR	FRI
Call Lee Ann for Info 463-6175	1 10:00—2:00 Ceramics	2 Vote Today 10:00 Ceramics 1:00 Knit & Crochet	3 10:00 Ceramics	4 Have an idea of something fun	5
7 1:30 Duplicate Bridge	8 10:00—2:00 Ceramics	9 10:00 Ceramics 1:00 Knit & Crochet w/Agnes	10 10:00 Ceramics	11 VETERANS DAY WE ARE CLOSED	12 1:00—3:00 Advisory Council
14 1:30 Duplicate Bridge	15 9:00 Feet First 10:00—2:00 Ceramics 1:00 Diabetic Support Group	16 10:00 Ceramics 1:00 Knit & Crochet w/ Agnes	17 10:00 Ceramics	18 Thanksgiving Dinner for the Juneau Senior Center and Douglas Senior Center	19 Thanksgiving Dinner for the Valley Senior Center 5:00 Pioneers Dinner Meeting
21 1:30 Duplicate Bridge	22 10:00—2:00 Ceramics	23 10:00 Ceramics 1:00 Low Vision Support Group 1:00 Knit w/Agnes	24 10:00 Ceramics	25 & 26 THANKSGIVING WE ARE CLOSED	
28 1:30 Duplicate Bridge	29 10:00—2:00 Ceramics	30 10:00 Ceramics 1:00 Knit & Crochet w/ Agnes		Holiday Bazaar Saturday, November 20 9:00AM---2:00 PM If you would like a vendor table at the Bazaar call Lee Ann 463-6175	

Senior Information &
Caregiver Resource Center

Family Caregiver Education Series

Nov. 2nd, 9th, 16th, 23rd and 30th

Noon (snacks provided)

Northern Light United Church
400 W. 11th Street

For more information call
463-6177

Nov. 2nd - Seniors, Alcohol and Substance Abuse
Michael Rowcroft, Gastineau Human Services Counselor

Nov 9th - Discussion Panel on Long Distance Caregiving
Rep. Beth Kerttula, Jim Lunsford, and Kelley Huse

Nov. 16th - Dementia: Caregivers Embracing Control
Amber Smith, Alzheimer's Resource Agency

Nov. 23rd - Skin Care/Personal Care 101
Heidi Hamillon, NP - Juneau Pioneer Home

Nov. 30th - Balancing Your Own Energy
Dr. Maureen Longworth



a division of








Catholic Community Service

This program is funded in part by the State of Alaska Division of Senior and Disabilities Services.

Valley Senior Center Activities

NOVEMBER 2010 LEE ANN- 463-6175

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10 AM Exercise 1:30 PM Contract Bridge	2 10 AM— 4 PM Sewing Circle	3 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	4 10 AM-4 PM Sewing Circle 	5 10 AM Exercise Noon-Lunch
8 10 AM Exercise 1:30 PM Contract Bridge	9 10 AM— 4 PM Sewing Circle	10 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	11 Veterans Day We are Closed 	12 10 AM Exercise Noon-Lunch
15 10 AM Exercise 1:30 PM Contract Bridge	16 10 AM— 4 PM Sewing Circle	17 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	18 10 AM-4 PM Sewing Circle 	19 10 AM Exercise Thanksgiving Lunch
22 10 AM Exercise 1:30 PM Contract Bridge	23 10 AM— 4 PM Sewing Circle	24 10 AM Exercise Noon-Lunch 1:30 PM Contract Bridge	25 CLOSED FOR THANKSGIVING DAY 	26 CLOSED FOR THANKSGIVING 
29 10 AM Exercise 1:30 PM Contract Bridge	30 10 AM— 4 PM Sewing Circle	Milk, Water, Tea, Coffee and Desserts are offered with the meal.	All seniors ages 60 and over are welcome and invited to participate.	For lunch reservation please call Lee Ann 24 hours in advance 463-6175

**The Juneau, Valley, and Douglas Senior Centers
will be closed for Veterans Day: Thursday, November 11, and for
Thanksgiving: Thursday, November 25 and Friday, November 26.**

**Our special holiday meal will be served on November 18, for Douglas
and Juneau, and on the 19th for the Valley.**

Don't forget to make your reservations several days in advance!



Juneau Senior Center Information & Reservations: 463-6175

895 W. 12th St., Juneau, AK 99801

E-Mail: LeeAnn.See@ccsjuneau.org

Senior and Caregiver Resource Center: 463-6177

419 6th Street, Juneau, AK 99801

E-mail: seniorinfo@gci.net

Toll Free in Alaska: 1-866-746-6177



This agency receives partial funding from the

Alaska Division of Senior and Disabilities Services