

Valdez Senior Center, Inc.

2026 NEWSLETTER



March 17th
1:30pm
 Board Meeting

Office Closed
Monday 30th

Office Hours
 Monday - Friday
 8AM - 4PM

P. 907 - 835 - 5032
 F. 907 - 835 - 2518

The Mission of the Valdez Senior Center is to serve as community support for the seniors of Valdez, while enhancing their quality of life through care and services.



Valdez Senior Center, Inc.
 P.O. Box #1635
 Valdez, Alaska 99686

VSC BOARD MEMBERS

President: Steve Newcomer
Elected 3 yrs; term ends in 2028

Vice President: Larry Weaver
Elected 3 yrs; term ends in 2026

Secretary: Katey Connell
Elected 3 yrs; term ends in 2026

Treasurer: Trish Stowe
Elected 3 yrs; term ends in 2028

Director: Harold Blehm
Elected 3 yrs; term ends in 2026

Director: Robert Rountree
Elected 3 yrs; term ends in 2027

Director: George Keeney
Elected 3 yrs; term ends in 2027

The mission of the Valdez Senior Center is to serve as community support for the Seniors of Valdez, while enhancing their quality of life through care and services.

This agency is supported through funding from the Alaska Division of Senior and Disabilities Services, City of Valdez, Providence Alaska Foundation, United Way, SOA Dept. of Transportation, and other generous donations.

NEXT BOARD MEETING

Valdez Senior Center

- Tuesday -

March 17th, 2026

at 1:30 pm

Find our agenda on Facebook or our in-house Bulletin Board

Phone: 907 - 835 - 5032

Fax: 907- 835 - 2518

**P.O. Box 1635
Valdez, Alaska 99686**

Physical Address

1300 E. Hanagita Street
Valdez, Alaska 99686



Facebook

Valdez Senior Center, Inc.



Website

valdezseniorcenter.org





We deliver! Valdez Senior Center, Inc. has partnered with Meals-on-Wheels to deliver daily meals for those 60 & older, as well as those who are unable to leave their home and prepare meals.

Are you or someone you know interested in joining? Apply at the VSC front desk!

Meals on the Go!

Enjoy pick-up from our Senior Center Kitchen.

To-Go orders must be placed a day in advance.

Our menu is posted on our website, Facebook page, and in this newsletter!

*Keep in touch - Menu & availability subject to change.

VSC STAFF

Allie Steed
Executive Director

Zadie Carman
Activities Coordinator

Jared Thoma
Administrative Assistant

Eddie Hartleb
Kitchen Supervisor

Jace Nielson
Kitchen Assistant

Ellie Keeton
PCS Program Administrator

Anthony Wilkinson
Driver & Custodian

Ben Hall
Driver & Office Assistant

What do you get when two leprechauns have a conversation?



A lot of small talk.

COMMUNITY PHOTOGRAPHY



Photographer: Zadie Carman



Send in your photo to be featured in
next month's newsletter!

Email, Activities@valdezeseniorcenter.org

Congratulations

To Shelly

Shelly is our free
punch card winner!

For each card you purchase.
Your name gets entered to
win a free punch card
during lunch at the VSC.



Allan Lauderet 3/17

Eddie Sorenson 3/4

Jenelda (Nellie) Moore 3/15

Crista Brown 3/21

Guy Morris 3/27

Leo Paddock 3/3

Mary Mehlberg 3/6

Nikki Newcome 3/18

Susan Jones 3/5



"Am I Irish? Are you kidding? I was born green!"



Letter from the Director



VSC Members,

Is it too early to say happy spring? While I'm incredibly thankful for the additional snow we will receive between now and summer, it is wonderful to have daylight before 8am again. This month is busy at the Senior Center, with many opportunities for folks to join in on the fun!

As always, Zadie has created a calendar based on our members' requests. We think there's something for everyone and invite you to join us throughout the month! Dominoes is now on Wednesdays, with our Wii Fit exercise program on Monday mornings. Chair Yoga with Cammie will see a break starting on the 10th, but will resume on the 24th. The Board of Director's meeting is also on the 24th. I hope to see you there.

On Monday and Tuesday, March 9th and 10th, THRHA and the Volunteer Income Tax Assistance program are coming to Valdez to provide free tax preparation support! They will be at the VSC from 1-6pm on the 9th, and 10am-6pm on the 10th. Assistance is for everyone in the community, and the items can be found on their flyer, which is in this newsletter. We are so thankful to have them back for another year in Valdez!

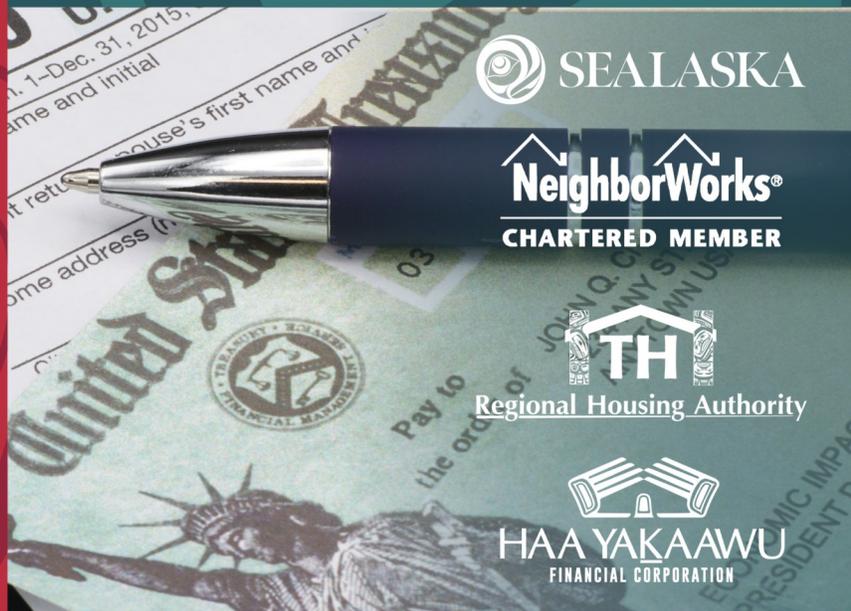
On Monday, March 16th, Nathan Cole from the Social Security Administration will be hosting 30-minute one-on-one calls with Valdez residents. These calls are by appointment only and can be made by calling or visiting our front desk. Space is limited, so reach out if you're interested soon!

The March menu has new recipes that we are very excited to try. Eddie and Jace always make a great meal, and it's exciting to see so many of you at the VSC for lunch.

Here's to a wonderful month!

Warmly,
Allie

ATTENTION VALDEZ RESIDENTS



Free Tax Assistance

THRHA and the Volunteer Income Tax Assistance (VITA) program are coming to your community to provide tax preparation support.

Please note that we do not provide assistance for comprehensive income tax returns, business tax returns, or returns involving litigation or ongoing legal action.

Free Tax Preparation:

March 9, 1 p.m. - 6 p.m.
March 10, 10 a.m. - 6 p.m.

Location:

Valdez Senior Center
1300E. Hanagita St.

If you can't access our events, you can send a completed intake/interview form 13614-C, photo ID, and all tax documents to the address below:

Attention: THRHA VITA Program
5446 Jenkins Drive, Juneau, AK 99801.

Items to Bring

-  All income information (if filing jointly, for both spouses)
-  Social Security cards for ALL those claimed on your tax return
-  Picture ID for you and your spouse
-  W-2s
-  Interest and any other investment statements
-  Unemployment statements
-  Social Security statements
-  Pension or retirement statements
-  Any 1099-DIV Forms
-  Power of attorney (if you have one)
-  Copy of previous year's tax return
-  Any other tax-related documents
-  Your return will not be processed with partial documentation



5446 Jenkins Drive
Juneau, AK 99801



lending@hyfc lending.com
hyfc lending.com



(907) 780-3105
Call toll-free (888) 241-6868

Gnome Craft



Join Zadie on March 3rd to make gnomes out of pinecones!

These are cute little decorations for your home.



Wii Fit Mondays

10AM to 12PM



Engage in a fun morning of movement with Wii Fit Sports Resort!

Challenge your friends to a round of tennis, golf, or play to have fun!

Paint By Numbers



Tuesday Part 1 March 17th

Pick your canvas to begin painting.

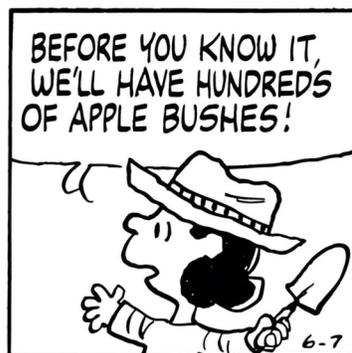
Thursday Part 2 March 19th

Finish painting the chosen canvas.



Gardening Club Meeting

March 12th at 10AM



Volunteer with us!



Wednesday 3/11 at 1:30 PM

If you are looking to get out and be more involved in the community, this is a great opportunity!

Bingo March

24th at 3 pm!



Funds raised during Bingo go towards the Seniors Helping Senior Scholarship!

***must be 21 to gamble**

Spring Membership Social

Join us in the activities area for a
Seed Exchange and Musical Bingo!



Bring seeds
from previous
years to exchange
for new ones!

Test your 
knowledge with
musical bingo!

*Free to play - does not contribute
to the scholarship fund*



Do you need a ride?

We offer rides

Monday through Friday,

9 am to 3 pm

*Limited to 2
rides a day
per person.

*Must call 24 hrs
in advance to put
in a reservation.



Do you need mail picked up?

We pick up mail on

Tuesdays and Thursdays!

If you are interested, please visit the front office to fill out an address form.



Address: 1300 E. Hanagita St.

Valdez, AK 99686

Phone: (907)835-5032

FAX: (907)835-2518



VALDEZ SENIOR CENTER INC.
Growing Together

Special March Indoor Activities



Food Bank Volunteering



Wednesday the 11th at 1:30 pm

One-on-One with Social Security



March 16th

By appointment only

Call (907)835-5032 to schedule

Bingo



Tuesday the 24th at 3 pm



Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street, Valdez, Alaska

Phone: 907-835-5032



• Wii Fit Monday's 10AM to 12PM

Join our group of rowdy card players on Monday at 1:15 pm

• Chair Yoga 11AM

Chair yoga is canceled for the 10th, 12th, 17th, and 19th. Normal times will resume on the 24th

• Bridge 1PM to 4PM

Join us in the activities area for a fun game of bridge with Cheryl.

• Leisure Hour 9AM

Join us in the activity center for light beverages and a calm social hour.

• Canasta 1:15PM

Join our group of rowdy card players on Monday at 1:15 pm.

• 60-Second Cocktails 3PM

Learn how to make a cocktail in 60 seconds! *This course is for members only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 • Wii Fit Monday 10AM - 12PM • Canasta 1:15PM	3 • Chair Yoga 11AM • Gnome Craft 2PM	4 • Dominoes 10AM • Mahjong 1:15PM	5 • Chair Yoga 11AM • Bridge 1PM - 4PM	6 • 60 Second Cocktails 3PM
9 • Wii Fit Monday 10AM - 12PM • Tax Help 1PM to 7PM	10 • Tax Help 10AM to 6PM *No Lunch- Due to Tax Assistance	11 • Dominoes 10AM • Mahjong 1:15PM • Food Bank Volunteering 1:30PM	12 • Garden Club 10:30AM • Bridge 1PM - 4PM	13 • Leisure Hour 9AM • 60 Second Cocktails 3PM
16 • One on One Social Security Assistance *By Appointment • Canasta 1:15PM	17 • Paint By Numbers Part 1 10AM BOARD MEETING 1:30PM	18 • Dominoes 10AM • Mahjong 1:15PM	19 • Paint By Numbers Part 2 10AM • Bridge 1PM - 4PM	20 • Leisure Hour 9AM • 60 Second Cocktails 3PM
23 • Wii Fit Monday 10AM - 12PM • Canasta 1:15PM	24 • Chair Yoga 11AM • Bingo 3PM	25 • Dominoes 10AM • Mahjong 1:15PM	26 • Chair Yoga 11AM • Bridge 1PM - 4PM	27 • Leisure Hour 9AM • Spring Membership Social 2PM to 3:30PM
30 Closed for Seward's Day	31 • Chair Yoga 11AM • Crochet & Knitting 2PM			

Tax Preparation Assistance

Tax Assistance will be in at the VSC to help community members with their taxes. Appointments are assigned on a first-come, first-served basis.

Social Security Assistance

Meet with Public Affairs Specialist Nathan Cole for a one-on-one appointment. *Must book an appointment in advance*



Connections to Care equipment loan program

Connections to care offers medical equipment loans. This is a free service provided to all those who need equipment to improve mobility, comfort in the home, or to be more independent. We only ask that you return the item(s) once you are done with them.

**Pick up the equipment at
The Valdez Senior Center, Inc.
1300 E Hanagita St, Valdez AK 99686**

Call connections to care at (907)255-2356

Equipment Available

- Crutches
- Canes
- Walkers
- Shower Chairs
- Shower Handles
- Raised Toilet Seats
- Wheelchairs
- Bladder Control Pads
- All Sizes of Depends
- Donut Cushions
- Knee Scooters
- Bed Pads
- Hospital Beds
- Injury Braces
- And More!!



Valdez Senior Center, Inc. offers Personal Care Services

- Services include help with:
- Daily Activities (Bathing, eating, light cooking, etc.)
 - Light Housekeeping duties
 - Ambulatory Help (Assistance with transfers)
 - Transportation
 - Social Security Assistance
 - Medicaid Assistance
 - Medical Equipment Loans

Services can be provided in your home by caregivers with support from the Valdez Senior Center, Inc. Eligibility requirements apply.

Contact our Care Coordinator:

(907)834-4933 or caregiving@valdezseneiorcenter.org



March 2026 - Lunch

Valdez Senior Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar 1	2 Creamy Chicken Breast Fluffy Baked Rice Lemon Buttered Broccoli	3 BBQ Pulled Pork on a Bun Baked Sweet Potato Fries Spiced Harvard Beets	4 Salisbury Steak Herb Mashed Potatoes Corn	5 Baked Chicken Breast Penne Pasta Brussels Sprouts	6 Beef and Broccoli Basmati Rice Fresh Vegetable Stir Fry	7
8	9 Teriyaki Chicken Fried Rice Stir Fry Cabbage	10 Closed for lunch	11 Honey Glazed Pork Garlic Roasted Potatoes Yellow Squash and Onions	12 Hamburger Steak and Onions Classic Mashed Potatoes Mixed Vegetables Baked Roll	13 Baked Fish Fillet Seasoned Rice Oven Roasted Broccoli	14
15	16 Roasted Lemon Chicken Fettuccine Alfredo Herb Roasted Vegetables	17 BBQ Pulled Pork Baked Potato	18 Classic Meatloaf	19 Anniversary Chicken Cheesy Rice Vegetable Medley	20 Cajun Seasoned Fish Roasted Potato Medley Wilted Spinach With Garlic	21
22	23 Baked Ham German Potato Salad Roasted Cabbage and Carrots	24 Fried Shrimp with Cocktail Sauce Parsley Noodles Sauteed Zucchini	25 Italian Turkey Meatballs Spanish Rice Mixed Vegetables	26 Chicken and Biscuits Pineapple Chunks	27 BBQ Chicken Breast Rice Steamed Broccoli	28
29	30 Closed for Seward's Day	31 Louisiana Chicken Dirty Rice Wilted Spinach With Garlic	Apr 1	2	3	4

Dine-in Monday through Friday at 12 PM.

To-Go orders must be placed a day in advance.
Visit our Facebook page for menu updates.
The Salad Bar is included for all dine-in patrons.

To Reheat Meals:

Remove all food from styrofoam containers. Reheat food to 165°F. Bring soup or gravy to a rolling boil.
Store food in a refrigerator at 40° F or below.

Suggested Donation:

\$10: 60+

\$15: 59 & Under.

Leaving food out causes bacterial growth & illness.

An NTS grant provides funds to cover a portion of the lunch cost to senior citizens.

Thank you to all of our Partners and Sponsors! We could not do it without you!



Alaska Department of Transportation & Public Facilities
Alaska Community Transit



Valdez Food Bank





1300 E. Hanagita
PO Box 1635
Valdez, AK 99686
Ph: 907-835-5032
Fax: 907-835-2518

2026 Membership Application

(PLEASE PRINT)

Membership dues are \$25.00 per year per person, applications accepted year-round

Today's Date: ____/____/____ Phone number: (____) ____--____

Applicant's Name: _____ Birthdate: _____
(Please Print Clearly - First and Last Name) (MM/DD/YYYY)

(MARRIED AND FILING A JOINT MEMBERSHIP FORM – Joint fee is \$50)

Spouse's name: _____ Birthdate: _____
(Please Print Clearly - First and Last Name) (MM/DD/YYYY)

Mailing Address: _____
(City) (State) (Zip code)

Physical Address: _____
(If different from your mailing address – for those who do not get mail delivery at their homes)

Email Address: _____

Emergency Contact: Name: _____ Phone: (____) _____

Would you like to receive our monthly newsletter? _____ Yes _____ No _____ By Email

Do you want your name or information released to other members? _____ Yes _____ No
(Birthday Celebration is noted monthly in newsletter by name and birthdate MM/DD)

(Signature of Applicant)

(Date)

(Signature of Spouse)

(Date)

This is a RENEWAL _____ OR NEW Application _____

(For Office Use Only)

Application Received Date: ____/____/____ CASH OR CHECK Receipt # _____

Received by: _____ Amount: _____

Regular Member _____ Sustaining Member _____ Auxiliary Member: _____

For New membership only:

Board of Directors Meeting Date: ____/____/____

Application: _____ Approved _____ Disapproved

If application is disapproved, please explain: _____
