

Valdez Senior Center, Inc.

2026 NEWSLETTER



April 21st
1:30pm
Board Meeting

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 -

April 21st, 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

Christine Tiedeman
Driver & Custodian

Ben Hall
Driver & Office Assistant

What do bees use to fix their hair?



Honeycombs

COMMUNITY PHOTOGRAPHY

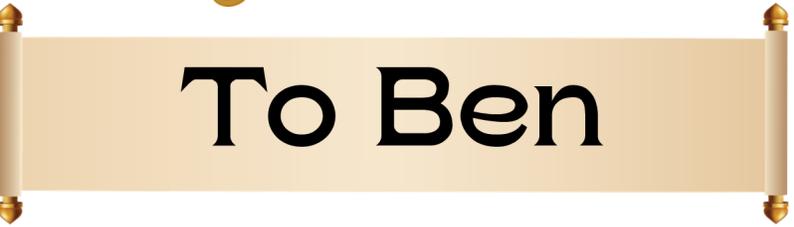


Photographer:
Jared Thoma

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

Email, Activities@valdezseneiorcenter.org

Congratulations



To Ben

Ben 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.

HAPPY BIRTHDAY

- | | | | |
|-----------------------|-------------|-------------------------|-------------|
| David Bradley | 4/6 | Gloria McAlister | 4/19 |
| Larry Kelon | 4/7 | Marty Brown | 4/27 |
| Patrick Day | 4/7 | | |
| Pam Shrirel | 4/7 | | |
| Bob Williams | 4/9 | | |
| Melissa Bowden | 4/11 | | |
| Sue Willi | 4/11 | | |
| Charles Sasse | 4/15 | | |
| Margaret Waver | 4/18 | | |





Letter from the Director

Dear Members of the VSC,

I'm not sure if I believe it yet, but April holds my two-year anniversary working for the Valdez Senior Center. The last two years have been incredible. I am grateful to work with a community as caring as ours, and a staff that constantly keeps me laughing and on my toes.

Our Annual Meeting is on April 21st, when the two vacant Board of Directors seats will be filled. Make sure to have your ballot cast by April 13th and 4pm. As always, I encourage you to attend the meeting. Board Meetings are open to all members to attend, and it's a great way to know what is going on with the VSC.

A huge thank you to our current Board of Directors. We are lucky to have an active BOD, who listens to our members, offers helpful feedback or assistance, steps in to fill in gaps (sometimes literally – George has patched countless holes in our walls), and fights for the VSC. Steve, Larry, Trish, Katey, Harold, Bob, and George, I know we would not be where we are today without your efforts. Thank you.

I want to highlight a couple of activities with Zadio this month. Did you know that the VSC partners with the Valdez Food Bank to pack delivery bags for seniors? We invite you to join volunteers on the 8th at 1:30 at the Valdez Food Bank. These bags then get delivered by our driver on Friday. Jan Whalen is hosting a Glass Plate class on the 20th. Her class was a blast last year, and I am so thankful she's back again. At our members' social, we will be personalizing hats to protect our faces during outdoor activities, like gardening in the VSC's Memorial Garden. I hope to see you for an activity or two this month.

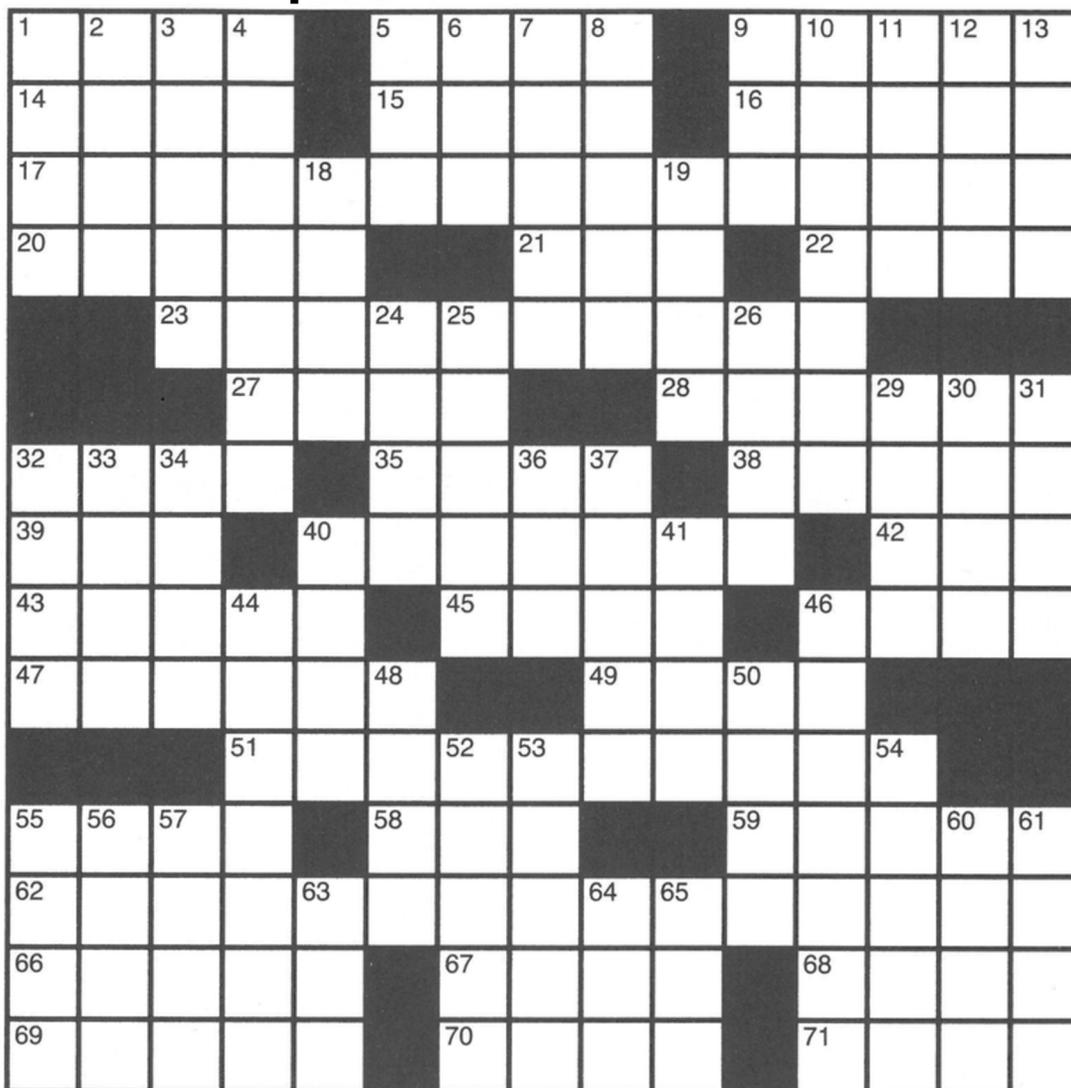
Make sure to stop by for lunch as well! I had the opportunity to be in the kitchen for the first two weeks of March, and it was really neat to hear everyone's feedback about menu items and preferences. Prior to this, I hadn't spent more than a few hours filling in as needed. Thankfully, Eddie and Jace are both back, and they've lovingly told me that I'm a better taste-tester, so I'll stick to that.

Happy spring!

Allie



April Crossword



ACROSS

- 1 Brief email sign-off
- 5 Baby horse
- 9 Utterly detest
- 14 ___ rug: floor decor
- 15 Extreme anger
- 16 Director Sergio
- 17 *Equally disagreeable choices
- 20 Line spoken to the audience
- 21 Boo-boo kisser
- 22 Serve dinner to
- 23 *Easy to cut, as meat
- 27 Be a good dog, say
- 28 Grade just above C
- 32 Mideast title
- 35 Org. that certifies albums as gold or platinum
- 38 Pronoun-shaped girders
- 39 ___ Vegas Raiders
- 40 *Improvises
- 42 Gym cushion
- 43 "Erin go ___"
- 45 Prod

46 Snaky swimmers

- 47 "The Handmaid's Tale" novelist Margaret
- 49 Tire leak sound
- 51 *Braking signals
- 55 Admin. aide
- 58 Alumna bio word
- 59 Deliver a speech
- 62 "We were just talking about you!" and a hint to the first words of the answers to the starred clues
- 66 Depend (on)
- 67 Oompah instrument
- 68 12/24 and 12/31
- 69 Provide with funding
- 70 "You missed a ___"
- 71 Whitehall whitewall

DOWN

- 1 "Who Let the Dogs Out" group ___ Men
- 2 Greek Cupid
- 3 Calligraphy stroke
- 4 Clay oven for baking naan

5 To and ___

- 6 Bumbling fool
- 7 Athlete's peak performance
- 8 Gave false hope to
- 9 Every last one
- 10 Barbecue cut
- 11 House-shaped browser button
- 12 "Looks like the joke's ___"
- 13 Get lost in a book
- 18 Balkan native
- 19 Film research website
- 24 "The Americans" star Russell
- 25 Making, as a knot
- 26 Radiate
- 29 Birth certificate information
- 30 Eurasian border river
- 31 Phased-out fast planes, for short
- 32 Actor Idris
- 33 Small store
- 34 "No need to describe what happened"

36 "Four score and seven years ___ ..."

- 37 Japanese beer brand
- 40 "Not so fast!"
- 41 "With ya so far"
- 44 "Adios!"
- 46 Springsteen's ___ Band
- 48 Flintstone family pet
- 50 Wearing kicks
- 52 Some boxing jabs
- 53 Ease off, as rain
- 54 Expertise
- 55 Tennis legend Arthur
- 56 Laundry cycle
- 57 Ship
- 60 Cake layer
- 61 "You are something ___!"
- 63 London's ___ Gardens
- 64 "House of the Dragon" cable network
- 65 "Dig in!"

One-on-One with Social Security

April 20th



By appointment only

Call (907)835-5032
to schedule an
appointment for Social
Security Assistance.



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!

FISH PLATE CERAMIC WORKSHOP

APRIL 20TH
1PM TO 3PM

TAUGHT BY
LOCAL ARTIST
JAN WHALEN

\$25 PER PERSON

\$15 FOR MEMBERS

PLEASE REGISTER IN ADVANCE BY
CALLING (907)835-5032



Bingo

April

7th & 28th at 3pm!



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

***must be 21 to gamble**

Volunteer with us!



Wednesday 4/8 at 1:30 PM

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

April Crossword Answers

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



Member Social April 24th 2pm



Make your own gardener's hat, swap gardening tips and tricks while enjoying light refreshments.



Hats and crafting supplies will be provided.



Do you need a ride?

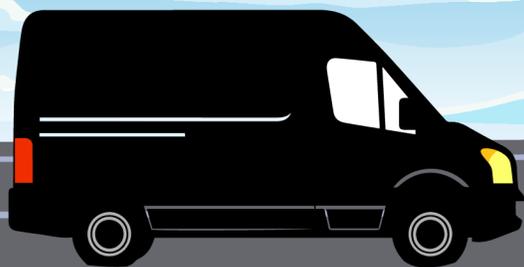
We offer rides

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



April Indoor Activities

Food Bank Volunteering



Wednesday the 8th at 1:30 pm

One-on-One with Social Security



April 20th

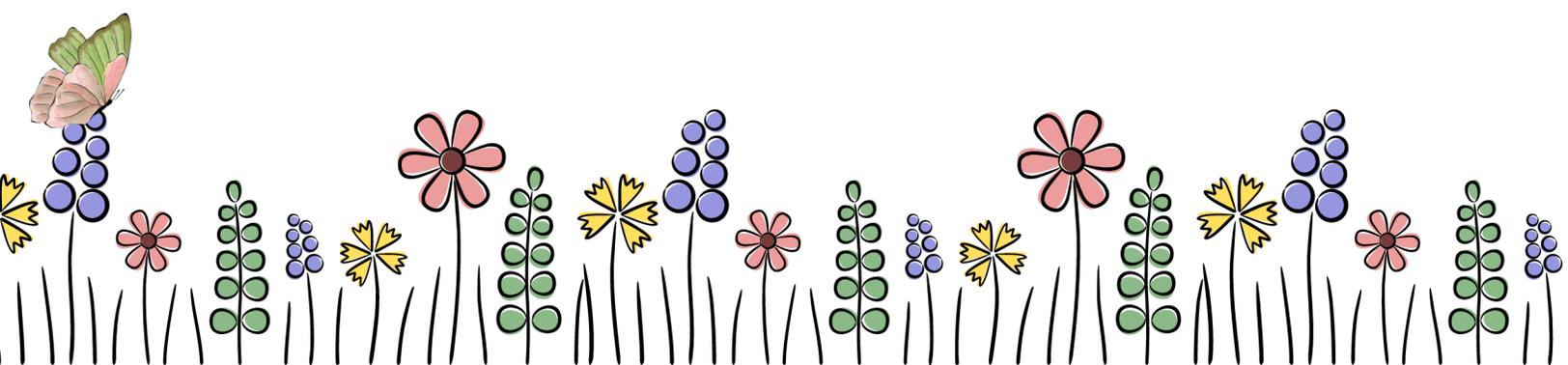
By appointment only

Call (907)835-5032 to schedule

Bingo



Tuesday the 7th & 28th at 3 pm



Valdez Senior Center, Inc. Activity Calendar

Address: 1300 E. Hanagita Street, Valdez, Alaska

Phone: 907-835-5032



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 • Dominoes 10AM • Mahjong 1:15PM	2 • Chair Yoga 11AM • Crochet & Kitting 2PM	3 • Garden Club 10AM • 60 Second Cocktails 3PM
6 • Wii Fit Monday 10AM • Canasta 1:15PM	7 • Chair Yoga 11AM • Bingo 1:30PM	8 • Dominoes 10AM • Mahjong 1:15PM • Food Bank Volunteering 1:30PM	9 • Chair Yoga 11AM • Stepping Stone Craft 2PM	10 • Garden Club 10AM • 60 Second Cocktails with guest Lester Green 3PM
13 • Narcarn Training 9:30AM • Canasta 1:15PM	14 • Chair Yoga 11AM • Crochet & Kitting 2PM	15 • Dominoes 10AM • Mahjong 1:15PM	16 • Chair Yoga 11AM • Cozy Crafting Hour 2PM	17 • Garden Club 10AM • 60 Second Cocktails 3PM
20 • One on One Social Security Assistance *By Appointment • Glass Plates with Jan 1PM - 3PM	21 • Chair Yoga 11AM BOARD MEETING 1:30PM	22 • Dominoes 10AM • Mahjong 1:15PM	23 • Chair Yoga 11AM • Cozy Crafting Hour 2PM	24 • Garden Club 10AM • 60 Second Cocktails 3PM
27 • Wii Fit Monday 10AM • Canasta 1:15PM	28 • Chair Yoga 11AM • Bingo 3PM	29 • Dominoes 10AM • Mahjong 1:15PM	30 • Chair Yoga 11AM • Member Social 2PM to 4PM	

• **Chair Yoga 11 AM**
Join Cammie as she leads you through 30 minutes of fun chair exercises.

• **Garden Club 10 AM**
Join us for the garden club to discuss potential plans for the community garden.

• **Wii Fit Monday 10 AM**
Join us for a round of Wii Golf, Wii Bowling, and more Wii Sports fun

• **Canasta 1:15 PM**
Join our group of rowdy card players on Monday at 1:15 pm.

• **60-Second Cocktails 3 PM**
Learn how to make a cocktail in 60 seconds!

***This course is for members only**

Bingo April 28th 3pm

\$10 for 5 cards, \$2 for single cards funds go towards Senior Helping Senior Scholarship!

Narcarn Training

April 13th 9:30AM

Terri will be going over Opioid Over Diose Response Training. Open to the community!

Social Security Assistance April 20th

Meet with the Public Affairs Specialist 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

VALDEZ SENIOR CENTER INC.
Growing Together



April 2026 -Lunch

Valdez Senior Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	Apr 1	2	3	4
	Creamy Chicken Breast Fluffy Baked Rice Lemon Buttered Broccoli	BBQ Pulled Pork on a Bun Baked Sweet Potato Fries Spiced Harvard Beets	Sour Cream Crusted Fish Parsley Potatoes Seasoned Broccoli	Pepper Steak White and Wild Rice Pilaf Vegetable Medley	Old Fashioned Chicken and Gravy Herb Roasted Red Potatoes Sauteed Yellow Squash	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	Oven Fried Chicken Hot Potato Salad Honey Roasted Carrots	BBQ Glazed Meatballs Herb Mashed Potatoes Sauteed Summer Squash	Roasted Pork Baked Sweet Potato Grilled Asparagus	Baked Chicken Breast Penne Pasta Brussels Sprouts	Ranch Chicken Classic Mashed Potatoes Vegetable Medley	
19	20	21	22	23	24	25
	Honey Dijon Roasted Chicken Penne Pasta Mixed Vegetables	Pot Roast Herb Mashed Potatoes Broccoli and Cauliflower	Seasoned Salisbury Steak Buttered Noodles Green Beans	California Chicken Glazed Sweet Potatoes Grilled Zucchini	Seasoned Baked Fish Lemon Rice Sauteed Spinach	
26	27	28	29	30	May 1	2
	Garlic Herb Pork Roast Angel Hair Pasta Italian Peas	Mississippi Beef Mashed Red Potatoes Carrots	Homestyle Turkey Cornbread Dressing Roasted Cauliflower and Carrots	Meatloaf Parmesan Roasted Potatoes Vegetable Medley		

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 _____

<i>(For Office Use Only)</i>	
Application Received Date: ____/____/____	CASH OR CHECK Receipt # _____
Received by: _____	Amount: _____
Regular Member _____	Sustaining Member _____ Auxiliary Member: _____
<i>For New membership only:</i>	
Board of Directors Meeting Date: ____/____/____	
Application: _____ Approved	_____ Disapproved
If application is disapproved, please explain: _____	
