

Valdez Senior Center, Inc.

2026 NEWSLETTER



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: Katey Connell
Elected 3 yrs; term ends in 2029

Vice President: George Keeney
Elected 3 yrs; term ends in 2027

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

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

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

Director: Harold Blehm
Elected 3 yrs; term ends in 2027

Director: Sherry Hoppe
Elected 3 yrs; term ends in 2029

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 -

AUGUST 18th, 2026

at 1:30 pm

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

Phone: (907)835-5032

Fax: (907)835-2518

Mailing Address

P.O. Box 1635

Valdez, Alaska 99686

Physical Address

1300 E. Hanagita St

Valdez, Alaska 99686



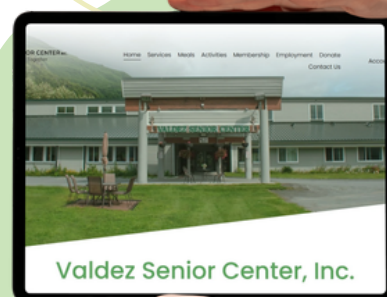
Facebook

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

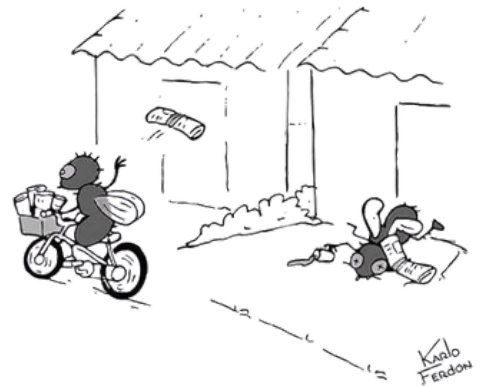
Sadie Vowell
Administrative Assistant

Eddie Hartleb
Kitchen Supervisor

John Jones
Kitchen Assistant

Ellie Keeton
PCS Program
Administrator

Christine Tiedeman
Driver & Custodian



UPCOMING COMMUNITY EVENTS

City of Valdez
4th Of July

Valdez Gold Rush Days
July 31st- August 5th

Valdez Senior Center
Garage Sale
July 10th from 9am-
3pm

Congratulations

To Sherry Hoppe

our free punch card
winner!

For each meal card you
purchase, your name gets
entered to win a free punch
card for lunch at the VSC.

HAPPY BIRTHDAY

Jeanne Chapman 7/7
Linda Guthrie 7/9
Charles Hughey 7/11
Cherie McKay 7/10
Deborah Siesser 7/16

Donna Gifford 7/17
Sue Kaspar 7/17
Lydia Rountree 7/19
Marie Blood 7/20
James Thayer 7/23
Ed Pinsky 7/26





Letter from the Director

Hello Members of the VSC,

It's been incredible seeing so many of you attend our Monthly Board Meetings. Those meetings are your space to hear what's happening at the VSC, ask questions, and voice your opinions. As a reminder, the VSC BOD does not meet in July. Our next BOD meeting will be August 18th, 2026. If you have any questions for the BOD before August, feel free to reach out to me or my team!

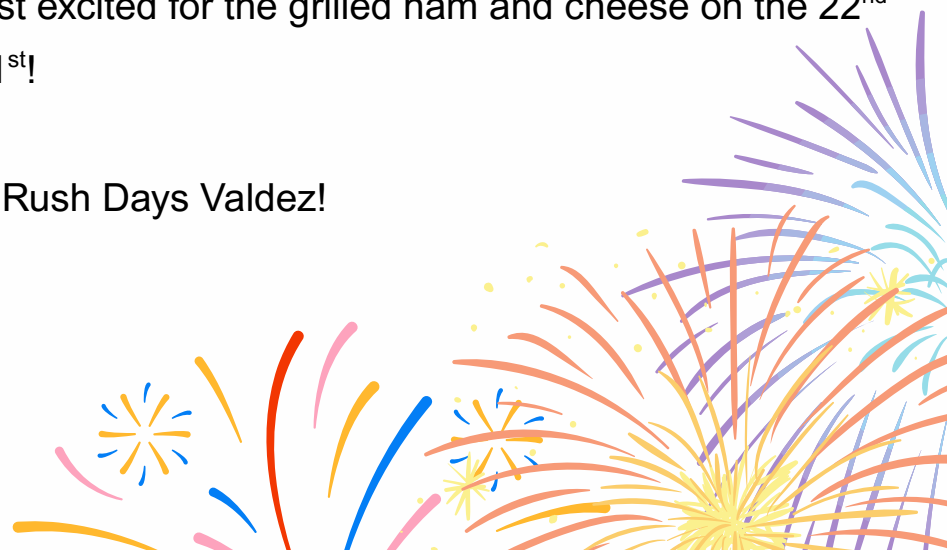
The Valdez Senior Center Memorial Garden has been getting lots of work! We have a new greenhouse – thank you to Garden Club and Valdez Lodge No 4 for building, painting, and fine tuning our new space. It's absolutely stunning, and I feel so lucky it's ours! Another huge thank you to the Copper Valley Electric Association Community Fund for our grant! Our July Member Social will be utilizing the new space – make sure to join us on the 16th!

On July 10th the VSC will hold a yard sale! Stop by and see what treasures are waiting for you! We will have small kitchen appliances, office supplies, crafting supplies, clothes, and more. Nathan Cole with the Social Security Administration is doing one-on-one appointments this month – stop by our front desk or call to secure yours! Valdez's Gold Rush Days start on the 29th, and we are elated to host our Ice Cream Social again!

Thank you to all who filled out our 2026 survey! As always, we have taken the information given and will begin to apply it as best as we can. Last year's survey really helped transform our meals program. I'm most excited for the grilled ham and cheese on the 22nd and sour cream crusted fish on the 31st!

Have a great month, and happy Gold Rush Days Valdez!

Warmly,
Allie



July Sudoku

3		1						
			5					
		2					4	9
7	6							
	5		7		8			
						5		2
				1		2		
1		9		4				
						7		5

Social Security

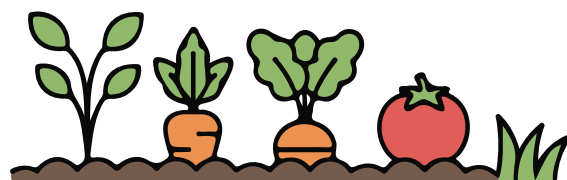
one-on-one

July 20th



We will have our July one-on-one sign-up sheet available in the front office.

Garden Club



Join other members of the VSC as we tend to the VSC Memorial Garden!

Most Fridays at 10am, check the calendar for all dates in July

Yard Sale



Visit the VSC from 9am-3pm on the 10th to pick up something special!

Small kitchen appliances, office supplies, craft supplies, clothing, and more will be available!

Bingo

July.

7th 1:30pm
& 28th at 3pm



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

*must be 21 to gamble

Volunteer with us!



Wednesday 7/8 at 1:30 PM

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

July Sudoku Answers

3	4	1	9	2	6	8	5	7
6	9	7	5	8	4	1	2	3
5	8	2	3	7	1	6	4	9
7	6	4	1	5	2	9	3	8
2	5	3	7	9	8	4	6	1
9	1	8	4	6	3	5	7	2
8	3	5	6	1	7	2	9	4
1	7	9	2	4	5	3	8	6
4	2	6	8	3	9	7	1	5

Gold Rush Days Ice Cream Social

Kick off 2026 Gold Rush Days with our annual Ice Cream Social!

Enjoy ice cream, community, and tour our VSC Memorial Garden. Who knows who will stop by!

Wednesday, July 29th, from 4-6pm

Do you need a ride?

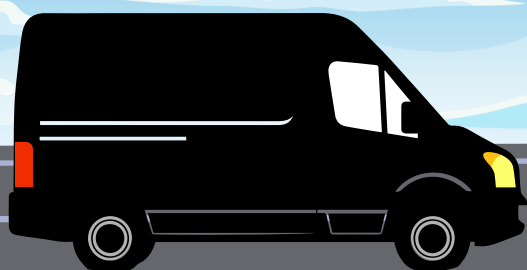
We offer rides

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



JULY MEMBER SOCIAL



Garden BBQ PARTY

JULY 16TH

2:30pm

SNACKS, FRIENDS

FUN!



We can't wait to see you all!





Valdez Senior Center, Inc. Activity Calendar
 Address: 1300 E. Hanagita Street, Valdez, Alaska
 Phone: 907-835-5032

- **Yoga DVD 10:00 AM**  Follow along with a yoga DVD to stretch your body and move with community members.
 - **Garden Club 10 AM**  Join us for the garden club to discuss potential plans for the community garden.
 - **Canasta 1:15 PM**  Join our group of rowdy card players on Monday at 1:15 pm.
 - **Great Course Wine Class 3 PM**  Back by popular demand! During this course, we will learn about different wines.
- *This course is for members only**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 • Dominoes 10AM • Mahjong 1:15PM	2 • Yoga DVD 10AM • Card Games 2PM	3 Closed for 4th of July
6 • Canasta 1:15PM	7 • Yoga DVD 10AM • Bingo 1:30PM	8 • Dominoes 10AM • Mahjong 1:15PM • Food Bank Volunteering 1:30PM	9 • Yoga DVD 10AM • Card Games 2PM	10 VSC Yard Sale 9am-3pm
13 • Painting Craft 10AM "Fireweed Flower" • Canasta 1:15PM	14 • Yoga DVD 10AM • Crochet and Knitting 2PM	15 • Dominoes 10AM • Mahjong 1:15PM	16 • Yoga DVD 10AM • Member Social - Garden Party & BBQ 2:30PM	17 • Garden Club 10AM • Great Course Wine Class 3PM
20 • One on One Social Security Assistance *By Appointment • Canasta 1:15PM	21 • Yoga DVD 10AM	22 • Dominoes 10AM • Mahjong 1:15PM	23 • Yoga DVD 10AM • Gold Rush Costume Exchange 2PM	24 • Garden Club 10AM • Great Course Wine Class 3PM
27 • Canasta 1:15PM	28 • Yoga DVD 10AM • Bingo 3PM	29 • Dominoes 10AM • Gold Rush Ice Cream Social 4PM	30 • Yoga DVD 10AM	31 • Garden Club 10AM • Great Course Wine Class 3PM



City of Valdez 4th of July Festival
Kelsey Dock Plaza 8AM to 3PM
 Join the City of Valdez for a patriotic and eventful day. There's a little something for the entire family!

Valdez Gold Rush Days
July 29th to August 2nd
 Valdez Gold Rush Days is an annual festival celebrating our community's gold rush history & heritage.

Social Security Help
 Nathan is available to help with your social security questions and needs on the 20th.
Appointment Required



Connections to Care equipment loan program

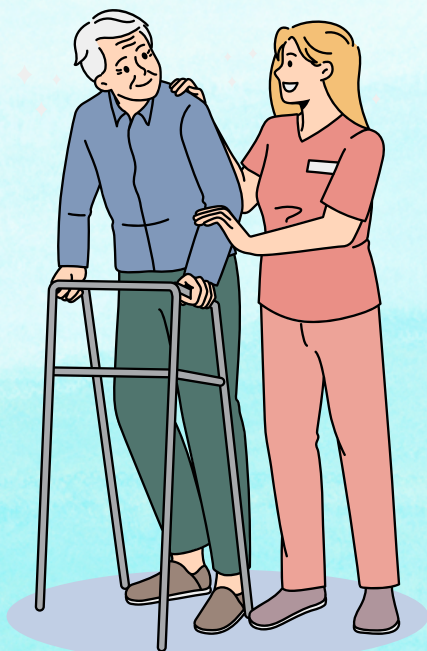
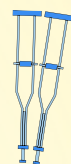
Connections to care offers medical equipment loans. This is a free service provided to all those who need equipment to improve mobility, comfort in the home, or to be more independent. We only ask that you return the item(s) once you are done with them.

**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@valdezseniorcenter.org

July 2026 - Dine In

Valdez Senior Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	Jul 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	Aug 1
	Garlic Herb Pork Roast Angel Hair Pasta Italian Peas	Mississippi Beef Mashed Red Potatoes Buttery Carrots	Ranch Chicken Classic Mashed Potatoes Vegetable Medley	California Chicken Glazed Sweet Potatoes Grilled Zucchini	Closed for the 4th of July	
	Garlic Herb Pork Roast Angel Hair Pasta Italian Peas	Mississippi Beef Mashed Red Potatoes Buttery Carrots	Classic Lasagna Garlic Bread Mixed Vegetables	Grilled Tuna Melt French Fries Mixed Fruit	Hawaiian Meatballs Aloha Sweet Potatoes Stir-Fry Vegetables	
	American Hamburger Baked Sweet Potato Fries Coleslaw	BBQ Chicken Thigh Veggie Pasta Salad Green Beans	Oven Fried Cod Garlic Mashed Potatoes Fresh Asparagus	French Toast and Sausage Mixed Fruit	Monterey Chicken with Mushrooms Rice Pilaf Steamed Broccoli	
	Lemon Baked Fish Garlic Herb Mashed Potatoes Oven Roasted Broccoli	Creamy Herbed Pork Chop Roasted Sweet Potatoes Normandy Blend	Grilled Ham and Cheese Tomato Soup	Hawaiian Baked Chicken Classic Macaroni Salad Green Beans	Hamburger Steak and Onions Parsley Seasoned Potatoes Glazed Baby Carrots	
	Oven Fried Chicken Hot Potato Salad Honey Roasted Carrots	Favorite Meatloaf Herb Mashed Potatoes Vegetable Medley	Roasted Pork Baked Sweet Potato Grilled Asparagus	Shoyu Chicken Vegetable Fried Rice Egg Roll	Sour Cream Crusted Fish Scalloped Potatoes Seasoned Broccoli	

Dine-In meals are served Monday-Friday, excluding

holidays or special events, starting at 12pm.

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 an internal temperature of 165°F. Bring soup or gravy to a rolling boil. Store food in a refrigerator at 40°F or below. Leaving food out causes bacterial growth & illness.

Suggest Donation:

\$10: 60+

\$15: 59 & Under

An NTS grant provides funds to cover a portion of the lunches services the 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



Advocates for Victims of Violence, Inc.



United Way



Valdez Food Bank

