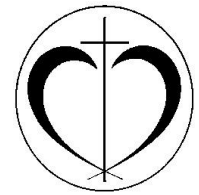




Gastineau Channel

Senior Center's News Juneau, AK



NOVEMBER 2016 Published by Southeast Senior Services,
a Division of Catholic Community Service

Happy November!!

I'm still trying to convince myself that, yes, summer is really over. I was thinking that the October 15 snow fall was just a trick to lure me into a winter mood. But, since Thanksgiving is less than 4 weeks away, I guess it's time for me to get caught up with the season! Good news, you don't have to wait until Thanksgiving to eat your fill of turkey and trimmings. The Senior Center will be serving a fantastic turkey dinner at noon on November 17th. All seniors are welcome to join us for the feast.

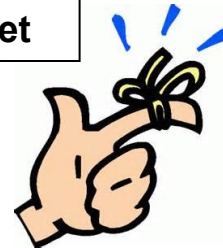


Speaking of Time – It's That Time!

November 6, at 2:00am set your clock back one hour.



Don't Forget



Friday, November 4 from 10 am - 2 pm, Amber Smith will be at the Senior Center for Memory Screenings. The private screenings take 20 – 30 minutes and are by appointment only. For more information or an appointment, contact Amber at 586-6044 or asmith@alzalaska.org.

Flu Vaccine Saves Lives

For community immunity, protect yourself and those around you. You can get your **free** flu vaccine on Saturday, November 5th from 10 am – 3 pm at the Juneau Douglas High School, room 206. Public Health Nursing is offering free flu vaccine for all ages. For questions regarding this event call: Juneau Public Health Center 465-3353.

Vote on November 8, 2016

Voting is a way to let your voice be heard on how you feel about Social Security, healthcare and general senior issues. Voting is our chance to make a difference. Voting is a way to preserve the honor of those who fought for our right to vote. Voting gives you credibility. If we aren't voting, our concerns may not matter to elected officials. Voting makes your concerns a top priority for legislators. See page 2 for current Juneau polling places.

NOVEMBER 8, 2016 GENERAL ELECTION POLLING PLACES

District/ Precinct	Name	Location	Address
33-500	DOUGLAS	DOUGLAS PUBLIC LIBRARY	1016 3RD STREET, DOUGLAS
33-510	JUNEAU NO. 1	ALASKA STATE LIBRARY, ARCHIVES & MUSEUM BLDG.	395 WHITTIER ST, JUNEAU
33-515	JUNEAU NO. 2	NORTHERN LIGHT UNITED CHURCH	400 W 11TH ST, JUNEAU
33-520	JUNEAU NO. 3	BARTLETT REGIONAL HOSPITAL - GALLERY AREA	3260 HOSPITAL DR, JUNEAU
33-525	LEMON CREEK	ALASKA ELECTRIC LIGHT & POWER	5601 TONSGARD CT, JUNEAU
33-530	NORTH DOUGLAS	JUNEAU FIRE STATION	820 GLACIER AVENUE, JUNEAU
34-400	AUKE BAY	UAS RECREATION CENTER	12300 MENDENHALL LOOP ROAD, JUNEAU
34-410	JUNEAU AIRPORT	NUGGET MALL	8745 GLACIER HIGHWAY SUITE #328, JUNEAU
34-420	LYNN CANAL	AUKE BAY FERRY TERMINAL	13.8 MILE GLACIER HIGHWAY, JUNEAU
34-430	MENDENHALL VALLEY 1	MENDENHALL VALLEY PUBLIC LIBRARY	3025 DIMOND PARK LOOP, JUNEAU
34-440	MENDENHALL VALLEY 2	ALDERSGATE METHODIST CHURCH	9161 CINEMA DR, JUNEAU
34-450	MENDENHALL VALLEY 3	GLACIER VALLEY BAPTIST CHURCH	3921 MENDENHALL LOOP ROAD, JUNEAU
34-460	MENDENHALL VALLEY 4	SHEPHERD OF THE VALLEY LUTHERAN	4212 MENDENHALL LOOP ROAD, JUNEAU

Polls are open 7:00 am to 8:00 pm. If you are unsure where to vote, call the State of Alaska Polling Place Locator, 1-888-383-8683.

Thanks

Once again the people of Juneau turned out to support our Alaska Day Pancake Breakfast. Thanks to those that came to the fundraiser, it was a great success. The generosity of the Juneau community is amazing. Ticket prices began a \$13 for advance purchase and \$15 at the door, but some of our kind supporters paid much more for their ticket with donations from \$100 to \$1,000!! We had plenty of volunteers to cook, serve and clean up. The Advisory Council was there along with some of the JSC staff. Larry Bussone came in to cook the eggs again- we are hoping to make that a tradition! Raquel Corpus came in to help and new volunteers, Adam Hykes, Rachel Friedlander and Jean Hunt pitched in. All of the proceeds go directly to the nutrition program. Besides having all volunteer workers, we had all of the food items donated. Thanks are due to Ela Highley, Brian Jensen, Costco and Heritage Coffee. And since the event is not just about food, but also about having a good time, we thank Dale Wygant for the music. We will be doing this again for Seward's Day, so if you missed this one, you have another chance to join us and support the senior nutrition program.



Left to right: Alan Akiyama, Larry Bussone, Mana Akiyama, Ward Lamb

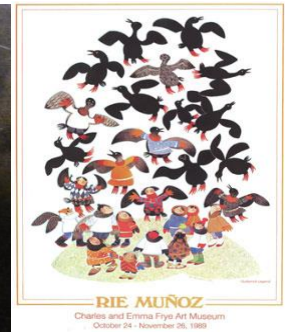
Advisory Council Meeting

The advisory council met on Friday, October 14th to finalize plans for the pancake breakfast. Since the second Friday of November (our usual meeting

time) is a holiday, we will meet next on Wednesday, November 9 from 1 pm -2 pm. to discuss by-laws. We are currently selling raffle ticket for \$10 each or 3 for \$25. First prize is \$500. The drawing will be on Dec. 9. Please call Carol at 463-6175 for more information. If you are interested in attending meetings or joining the council, we meet in the Juneau Senior Center dining room.



RAFFLE PRIZES



FREE STUFF

Do you wear contacts? I have lots of bottles of cleaner and conditioner to soak them in- donated by Costco.

Do you use Powerone batteries in hearing aids? Size p10? I have quite a few packages of those too. If you are interested in these items, call Carol at 463-6175.



Menu November 2016 Juneau Senior Center




Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken California Rice Peas Texas Cole Slaw	2 Honey Glazed Ham Roll Sweet Potatoes Sukiyaki Salad	3 Tuna Salad Sandwich Cream of Tomato Soup Apple/Cabbage Salad	4 Fish "Caddy Ganty" Rice Pilaf Mixed Veggies Honey Orange Salad
7 Beef Stroganoff Peas & Carrots Spicy Fruit Cup	8 Salmon Loaf Baked Sweet Potatoes & Apples Roll Spinach Salad	9 Baked Ham Au Gratin Potatoes Steamed Broccoli Carrot/Pineapple Salad	10 Meatloaf Mashed Potatoes Peas Creamy Coleslaw Peach Salad	11 CLOSED FOR VETERANS' DAY
14 Sloppy Joe on Bun Potato Salad Steamed Carrots	15 Cheese Sandwich Split Pea Soup Apricot Salad	16 BBQ baked Fish Biscuits Mixed Vegetables Sunshine Salad	17 Turkey Cranberry Sauce Mashed Potatoes w/Gravy Green Beans Buttermilk Biscuit Romaine Salad Pumpkin Pie	18 Chicken or Turkey w/Noodles Broccoli & Cauliflower Triple Bean Salad
21 Egg Salad Sandwich Vegetable Soup Apple Salad	22 Pot Roast w/ Carrots & Potatoes Herb Biscuits Fresh Fruit	23 Pork Chop Suey Rice Oriental Veggies Tossed Salad	24 CLOSED FOR THANKSGIVING	25 Baked Fish Rolls Brussels Sprouts Cole Slaw
28 Fish or Clam Chowder Wheat Rolls Tomatoes Rockefeller Honey-Mustard Coleslaw	29 Roast Beef & Gravy Mashed Potatoes Green Beans Romaine Salad	30 Herbed Chicken Peas Bran Muffin Sunshine Salad	December 1 Country Fried Steak Oven Fried Potatoes Squash Danish Salad	December 2 Tuna & Noodle Casserole Spinach Cauliflower- Broccoli Toss



Activities for November 2016



JUNEAU SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Ceramics 10-2 Bridge 1-4PM	3 T.O.P.S. 6:30-8:00 PM	4 Ceramics 10-2
7 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	8	9 Ceramics 10-2 Bridge 1-4PM	10 T.O.P.S. 6:30-8:00PM JCOA TO RESUME AT JSC IN JANUARY 2017	11 CLOSED FOR VETERANS' DAY
14 Feet 1 st /call for appointment 463-6175 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	15	16 Ceramics 10-2 Bridge 1-4PM	17 T.O.P.S. 6:30-8:00PM	18 Ceramics 10-2 Pioneers 
21 Ceramics 10-2 Bridge 1-4PM JREA 5- 8 PM	22 CRIBBAGE 5-9PM	23 Ceramics 10-2 Bridge 1-4PM	24 CLOSED FOR THANKSGIVING	25 Ceramics 10-2
28 Ceramics 10-2 Bridge 1-4PM CRIBBAGE 5-9PM	29	30 Ceramics 10-2 Bridge 1-4PM Shelly Smith will be here for lunch/dessert to talk to caregivers		

Just for Fun Page



Q: What should you do when your elephant won't stop chasing kids on bikes?

A: Take away his bikes.

Q: Why don't ants get sick?

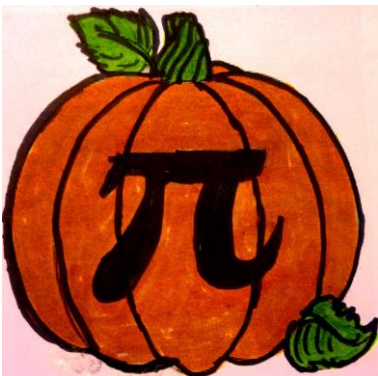
A: They possess strong anty bodies.

Policeman: OK, buddy, where were you between 4 and 6?

Suspect: Uh...kindergarten – why do you ask?

Q: What do you get when you divide the circumference of a pumpkin by its diameter?

A: Pumpkin Pi



Q: What do you get when you cross a turkey with a banjo?

A: A bird that can pluck itself.

I'm excited about Thanksgiving because I love unsolicited advice from relatives I see twice a year.

Thanksgiving is great because people tend to speak less when food is lodged in their mouths.

The greatest thing about having guests over for Thanksgiving is that it gives you extra couch-coins to use for Christmas shopping.

I love brisk fall breezes, especially when the leaves blow into the neighbor's yard.

Thanksgiving/Turkey Trivia

- The people of California consume the most turkeys
- About 280 million turkeys are eaten each year on Thanksgiving in the US
- More alcohol is consumed on Thanksgiving than any other holiday of the year
- Thanksgiving is the busiest travel day of the year
- A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat
- Turkey has more protein than chicken or beef
- Turkeys will have 3,500 feathers at maturity
- It is estimated that 88% of Americans eat turkey on Thanksgiving
- To make sure your cranberries are ripe, you should bounce them – they should bounce about 4 inches
- The first Thanksgiving in the New World was celebrated in 1621
- More than half of the people in the Plymouth colony died that winter in 1621