



KODIAK SENIOR CENTER

NEWSLETTER

November 2026

302 Erskine Ave
Kodiak, Alaska
(907) 486-6181

www.kodiakseniorcenter.org

Director's Door

It's hard to believe we're already entering the third "ber" month of the year! Despite the cold, September and October treated us to some beautiful fall weather. I'm looking forward to seeing what November brings, especially as we enter the holiday season and prepare for many wonderful gatherings.

This month, we will host our annual Seniors Serving Seniors Thanksgiving celebration. Kodiak High School seniors will join us on Wednesday, November 18th, to serve you. Be sure to join us for turkey, sides, pumpkin pie, and great company!

SCOK Deputy Director, Kate Schaberg, will once again lead the Annual Fall Forum on Friday, November 6 at 12:30pm. Please join us to share your suggestions, concerns, compliments, and feedback about our services, plus we'll have some treats! We've also added several exciting events to the November calendar, so be sure to take a look at the Events Calendar to see what's new.

Remember to "fall back" on Sunday, November 1st, when Daylight Saving Time (DST) ends at 2:00 a.m. and we return to standard time.

We will be closed on Wednesday, November 11th, in observance of Veterans Day, and on Thursday, November 26th, for Thanksgiving. I would like to take this opportunity to thank every veteran for their service to our country. We will honor our veterans at the Veterans Day Luncheon on November 10th. If you are a veteran, lunch is on us that day, so be sure to come and enjoy smoked beef brisket! Thank you again for your service.

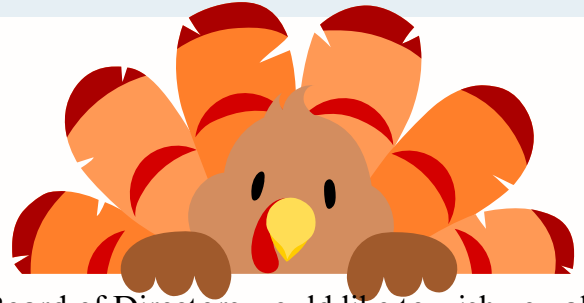
Please remember to vote on Election Day, Tuesday, November 3rd, if you did not participate in early voting. If you need a ride, remember that you can call the KATS bus at least 24 hours in advance to schedule door-to-door service for just \$2.00 per ride!

I hope you have a wonderful November, and I hope you'll stop by to see us!

Amy



News from the Board



The Board of Directors would like to wish you all a wonderful Thanksgiving. We are thankful for all of your support to Senior Citizens of Kodiak. Your support helps sustain our programs so we can continue our mission to enhance the lives of older adults.

Senior Citizens of Kodiak, Inc. **BOARD OF DIRECTORS**

ALAN SCHMITT, PRESIDENT
RALPH 'SKIP' BOLTON, VICE PRESIDENT
SUSAN BROCKMAN, SECRETARY/TREASURER
JOYCE GREGORY, MEMBER
NENITA NICOLAS, MEMBER
BETTY WALTERS, MEMBER
SANDY PEOTTER, MEMBER
PAT SZABO, MEMBER
RICHARD LANTZ, MEMBER



Our mission is to enhance the lives of older adults.

This agency is supported through funding from the Division of Senior and Disabilities Services, Alaska Community Foundation, American Seafoods Company, CHARR, City of Kodiak, Conoco Phillips, Credit Union One, Kodiak Island Borough, Kodiak Community Foundation, Providence Alaska Foundation, & Rasmuson Foundation. We are also appreciative of fish donations from Kodiak Seiners Associates.

We greatly appreciate the continued support of all our members along with the generous donations made recently by *The Whippersnappers* and Highmark Marine Fabrication, LLC.

Thank you

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fajitas w/ Sauteed Peppers & Onions Spanish Rice Refried Beans Dessert Soup & Salad	3 Pulled Pork Sandwich with Coleslaw Pasta Salad Dessert Soup & Salad	4 Chicken Fried Steak Mashed Potatoes Succotash Dessert Soup & Salad	5 Almond Chicken Fried Rice Asian Vegetables Egg Rolls Dessert Soup & Salad	6 Fish & Chips Broccoli Salad Dessert Soup & Salad
9 Baked Ziti with Italian Sausage Green Beans Garlic Bread Dessert Soup & Salad	10 Veteran's Day Luncheon Smoked Beef Brisket Roasted Red Potatoes Glazed Carrots Special Dessert	11  Kodiak Senior Center & Island Cove Closed In Honor of Veteran's Day	12 Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Salad	13 AK Native Heritage Month Halibut Olympia Rice Pilaf California Style Vegetables Dessert Soup & Salad
16 Pork Roast Au Gratin Potatoes Applesauce Green Bean Medley Dessert Soup & Salad	17 Ham & Cheese Hoagie w/ LTO Chips Dessert Soup & Salad	18 Seniors Serving Seniors Roast Turkey Stuffing with Gravy Peas & Carrots Cranberry Sauce Pumpkin Pie	19 Birthday Luncheon Beef Stroganoff Butter Noodles Sweet Pea Dessert Soup & Salad	20 Parmesan Baked Whitefish Rice Pilaf Mixed Vegetables Dessert Soup & Salad
23 Stuffed Shells Mixed Vegetables Garlic Toast Dessert Soup & Salad	24 Baked Ham Scalloped Potatoes Broccoli Dessert Soup & Salad	25 Hot Turkey Sandwich Mashed Potatoes & Gravy Cranberry Sauce Corn Dessert Soup & Salad	26  Kodiak Senior Center & Island Cove Closed for Thanksgiving	27 Brunch Vegetable Frittata Hash Brown Potatoes Sausage Links Fruit Cocktail Soup & Salad
30 Pork Loin Chops Mashed Potatoes & Gravy Brussel Sprouts Dessert Soup & Salad				

1% milk, full strength juice, salad and bread are served daily. Menu is subject to change without notice. Meals served 12:00 - 1:00pm Monday-Friday at 302 Erskine Ave.

NOVEMBER 2026 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yoga 9:30 am	3 Election Day	4 Tai chi 9:30 am Elder Coffee Hour & Craft 12:30 pm-2:30 pm	5	6 Foot Clinic 9-12 pm Whippersnappers 1 pm Fall Forum 12:30-1:00
9 Yoga 9:30 am Beading Craft 1 pm	10 Veteran's Day Luncheon CANCELED - No Balance & Mobility Social Security VSD 9 -11:45am (Job center)	11 Senior Center & Island Cove Closed for Veteran's Day	12 Trivia at 12:30 pm Caregiver Appreciation Event 4:30-6:00	13 AK Native Heritage Month Luncheon Whippersnappers 1 pm
16 Yoga 9:30 am National Day Series: Odd Socks Day! Fall Crafts 1 pm	17 Balance & Mobility 9:30 am Alaska Legal Service 1 pm - 3 pm	18 Senior Serving Seniors Thanksgiving Luncheon at 12 pm 	19 Birthday lunch BINGO at 1 pm  Food Bank 1:30 pm	20 Foot Clinic 9-12 pm Alutiiq Mobile Museum 12:30-1:30 pm Whippersnappers 1 pm
23 Yoga 9:30 am	24 Balance & Mobility 9:30 am Social Security VSD 9 -11:45am (Job center)	25 Tai chi 9:30 am Elder Coffee Hour & Craft 12:30-2:30 pm	26 Senior Center & Island Cove Closed for Thanksgiving Day	27 Foot Clinic 9-12 pm Whippersnappers 1 pm
30 Yoga 9:30 am Property Tax Exemption Filing Assistance 11:45-1:15		The next SCOK BOD Meeting will take place on December 2 at 1:00 pm	 	

Reminders:

Foot Clinic

Please call for appointment.

BINGO

Free to play, hosted by VFW. Gift cards for prizes!

Exercise Classes

Membership required!

National Event Series:

This month we're celebrating National Odd Socks Day. This day opens anti-bullying week and celebrates individualiy and promotes inclusion. Where your mismatched socks with pride!

For details on all other events, see page 4-5 of the newsletter

Questions about Events?

Call (907) 486-6181
Email info@scoki.org

Announcements & Reminders

The Kodiak Senior Center & Island Cove will be closed on Wednesday, November 11 for Veteran's Day and Thursday, November 26 for Thanksgiving



Fall Forum

Friday, November 6 at 12:30 pm

Calling all recipients of Senior Center Services! We would love to have you join us at the Senior Center to discuss what is working for you and what new ideas you may have for us to incorporate in the coming year to make our activities, events and services even better.

We will have some tasty treats to keep you happy while you visit with us. The more the merrier so bring a friend!

Exercise Classes

As a reminder, you do not need to sign up ahead of time, but we do encourage those who attend to keep their membership current- please check in with us for renewal if needed.

This Month's Schedule of Classes:

All classes begin at 9:30am

- **Chair Yoga, All Mondays in November with Veronica**
- **Balance and Mobility, All Tuesdays in November with Michelle**
- **Tai Chi, Wednesday November 4 and 25 with Deb**

Foot Clinic

Katrina, with Alaska Body and Soul, LLC continues to offer foot clinic at the Kodiak Senior Center. This month, she will be offering appointments on:

Friday, November 6, 20 and 27th

Please call 907-486-6181 for appointments.

Beginning in September, we had new start times for appointments.

The appointment start times will be:

9:00AM | 9:45AM | 10:30AM

11:15AM | 12:00PM

Please note, appointments are still planned as 30 minutes but this gives us some wiggle room if things run behind. Thank you for your patience!

Don't Forget to Vote!

The General Election is on November 3, 2026



Daylight Savings Time

Daylight saving time will end at 2 a.m. Sunday, Nov. 1, 2026, when clocks turn back one hour. Enjoy your extra hour of sleep and don't be surprised when it gets darker earlier!



BACK

Alaska Legal Services

Alaska Legal Services is continuing to offer one-on-one services for seniors at the Senior Center.

Tuesday, November 17, 2026

1 pm - 3 pm (first come first serve).

During this time, they can help you start wills, start and execute powers of attorney and advanced healthcare directives; collect info and signed authorizations to appeal delay of public benefits, or answer any questions you may have regarding legal documents.

Please note: If you plan to bring someone that does not speak English, please call Teka at (907) 512-0499 to schedule a separate appointment, or let us know in advance so Teka can arrange for a translator.

Activities at the Senior Center

Caregiver Appreciation Event

Thursday November 12th from 4:30-6

Thank you to all caregivers—including family members, home health aides, nurses, and hospital staff—for your tireless dedication, compassion, and strength.

Join us at the Senior Center for a special caregiver appreciation event with light refreshments, some activities, and a time to connect with others.

Elder Coffee Hour

November 4 & 25, 12:30 -2:30 pm

We are continuing to host KANA's Elder Coffee Hour at the Kodiak Senior Center. This will continue every month, two times a month.

Alaska Native Heritage Month

November is designated as Alaska Native Heritage Month. This observance commemorates the history, heritage, and culture of Native Americans and Alaskan Natives. It is during this month we acknowledge the vast achievements and contributions of Alaska's Indigenous people. **We will celebrate with a special luncheon on Friday, November 13.**



Wednesday, November 18, 2026 at 12:00

Please join us for a Thanksgiving feast served to you by this year's Kodiak High School Seniors.

Thanksgiving is a time to pause and give thanks for those around us. Join us and surround yourself with wonderful food & even better company.

This is one of our biggest and most special events of the year, and we hope you can join us.

Arts & Crafts



Join Gail for Beading on

Monday November 9 at 1 pm

and

Enjoy some Fall Crafts with Barbara & Kate on **Monday, November 16 at 1 pm.**



to everyone with November birthdays!

Join us for lunch on Thursday **November 19** to celebrate those with November birthdays! Please note this is on the 3rd Thursday this month due to the holiday. We'll eat and sing together, and share happy blessings to those with November birthdays!

All those present with a November birthday will be entered to win a free lunch ticket!

BINGO will follow immediately after birthday lunch. Thank you so much to those organizations who make this event possible: Olson's Bookkeeping, VFW Post 7056 Auxiliary, Harborside Coffee, Henry's, Kodiak Island Brewing, Norman's Gifts, and Subway

Activities at the Senior Center**PROPERTY TAX EXEMPTION
FILING DATES:
NOV 15, 2026- JAN 15, 2027**

**KIB Assessor, Seema Garoutte, will
be at the Kodiak Senior Center to
assist those who qualify* with
their applications on:**

- **Monday, November 30, 2026 11:45am - 1:15pm**
- **Wednesday, December 16, 2026 11:45am - 1:15pm**
- **Wednesday, January 13th, 2027 11:45am - 1:15pm**

- *Seniors age 65 and up and any 50% or more disabled veteran can come and file during the dates/times above.
- Any Senior who has filed before doesn't need to bring anything.
- Those who are filing for the first time (Senior or DV) should bring two forms of ID, both of which must have a PICTURE.
- All Disabled Veterans, previous filer or new, must bring their disability rating letter, with a 2026 date (any month).



For all Exemption questions, please call Seema,
KIB Assessor at 907-486-9350
All other questions can go to (907) 486-6181
info@scoki.org

KATS Corner

ANYONE can ride the KATS bus!

If you are riding for the first time, please call us to register so you can be entered in to our scheduling system. Registrations can be done over the phone or in person. Once you are in our system, you can schedule your rides. Contact information is below!

The KATS bus offers door-to-door service.

This means the KATS bus will pick you up and drop you off at the location of your choice, within city limits.



KATS office hours are Monday through Friday, 8 a.m. to 5:30 p.m. KATS buses operate seven days a week; Monday through Friday from 6:30 a.m. to 6:30 p.m. and Saturday and Sunday from 10:00am to 3:00pm.

Rides need to be scheduled by close of business the day before.

Remember, if you need a ride on Saturday, Sunday, or Monday, your reservation needs to be made by 5:30 pm on Friday. To cancel a ride, please call. If it is outside of business hours, leave a message.

For more information, call KATS at 907-486-8308, the Senior Center at 907-486-6181 or visit us on our website, katsbus.org

We also have a new Facebook page - Follow us at KATS Kodiak Area Transit System

Rules of the Road - Highlights!

- Everyone is eligible.
- Rider does not pay driver - rides are paid with pre-purchased e-passes or exact cash into the fare box.
- KATS will not stop for a person “flagging” the bus.
- Riders should maintain acceptable personal hygiene standards while riding the bus. This includes but is not limited to not wearing heavy amounts of perfume or cologne due to others having asthma, allergies or other sensitive medical conditions.
- For more rules of the road, check our [Rider Guide](#), visit our website or stay tuned for next month’s newsletter with more highlights!



October Highlights

Monday - Yoga



If you're looking for some fun & socialization and a bit of exercise this winter, look no further - the Kodiak Senior Center is lucky to have three fabulous volunteer instructors offering options for exercise three days a week. Be sure to sign up as a member before coming to class, and if you're already a member - come on in! Classes usually start at 9:30am, but check out the Event Calendar for this month's schedule.

We also offer some fun classes throughout the year - in October, we were lucky to have Melanie from Melanie's Crazy Cakes come and do a fall cookie decorating class - the cookies turned out amazing!

Our newsletter is publishing prior to our Halloween Costume Party on the 30th, so we'll put some pictures in next month's issue!

Tuesday - Mobility



Wednesday - Tai Chi



Medicare Minute

Medicare Annual Wellness Visit



This article brought to you by the [Medicare Interactive Medicare Rights Center](#)

An Annual Wellness visit helps assess your health risks and update your personalized prevention plan. Find out what is included, who is eligible, and how Medicare covers the visit.

Then annual Wellness Visit (AWV) is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. Keep in mind that AWV is not a head-to-toe physical. This service is similar to but separate from the one-time [Welcome to Medicare preventive visit](#).

Medicare Part B covers the Annual Wellness Visit if:

- You have had Part B for over 12 months
- And, you have not received a AWV in the past 12 months
- Additionally, you cannot received your AWV within the same year as your Welcome to Medicare preventive visit.

During your Annual Wellness Visit, your Primary Care Provider (PCP) will develop your personalized prevention plan. Your PCP may also:

- Check your height, weight, blood pressure, and other routine measurements.
- Give you a health risk assessment
 - This may include a questionnaire that you complete before or during the visit. The questionnaire asks about your health status, injury risks, behavioral risks, and urgent health needs.
- Review your functional ability and level of safety
 - This includes screening for hearing impairments and your risk of falling
 - Your doctor must also assess your ability to perform activities of daily living (such as bathing and dressing), and your level of safety at home.
- Learn about your medical and family history
- Make a list of your current providers, durable medical equipment (DME) supplies and medications.
 - Medications include prescription medications, as well as vitamins and supplements you take.
- Create a written 5-10 years screenings schedule or check-list.

Your PCP should keep in mind your health status, screening history, and eligibility for age-appropriate, Medicare-covered preventive services

- Screen for cognitive impairment, including diseases such as Alzheimer's and other forms of dementia
 - Medicare does not require that doctors use a test to screen you. Instead, doctors are asked to rely on their observations and/or on reports by you and others.
- Screen for depression
- Provide health advice and referrals to health education and/or preventive counseling services aimed at reducing identified risk factors and promoting wellness.
 - Health education and preventive counseling may relate to weight loss, physical activity, smoking cessation, fall prevention, nutrition and more.

Medicare Minute, continued

Annual Wellness Visits (AWV) after your first visit may be different. At subsequent AWVs, your doctor should

- Check your weight and blood pressure
- Update the health risk assessment, medical and family history, list of current medical providers and suppliers and your written screening schedule
- Screen for cognitive issues
- Provide health advice and referrals to health education and/or preventive counseling services.

If you qualify, Original Medicare covers the AWV at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance)

Medicare Advantage Plans are required to cover AWVs without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

(Please note: Medicare Advantage are not available in Alaska.)

During the course of your AWV, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit.

For more information about Medicare -- go to [medicare.gov](https://www.medicare.gov)
Or contact the State Health Insurance Program at 1-800-478-6065

Or in Kodiak

Contact Senior Citizens of Kodiak, Inc., at 907-486-6181 and ask to speak with Laurie Murdock, the Certified Medicare Counselor.

MEDICARE SCAMS
TO WATCH FOR DURING OPEN ENROLLMENT

Open Enrollment is an especially important time to be cautious because scammers know you're reviewing your healthcare coverage during Open Enrollment. Look out for:

- **Fake Medicare representatives.** Someone calls claiming to be from Medicare and says they need to verify your Medicare number or Social Security number to keep your coverage active.
- **New Medicare card scams.** A caller claims you need a new Medicare card, possibly one with a chip or upgraded features, and asks for your information or payment.
- **Promises of better benefits.** Scammers claim they can enroll you in a better plan with additional benefits, lower costs, or free services. Their real goal may be to obtain your Medicare information.
- **Free medical equipment scams.** Someone offers free braces, medical supplies, or other equipment in exchange for your Medicare number. That information may then be used to submit fraudulent claims.
- **Threats of losing coverage.** A caller tells you that your benefits will be canceled unless you immediately verify information or enroll in a different plan.



When in doubt, hang up and contact Medicare directly or talk with a trusted family member or friend. If you suspect Medicare fraud, call 1-800-MEDICARE (1-800-633-4227).

Health Wire

November is Here, Let's Get Cozy

November is here, and that means winter is coming. It is time to get serious about finding meaningful activities that support your health and happiness. Time to get cozy!



Prepare your nest. It may sound silly, but take a look around your space at home. Do you have what you need to keep you cozy inside? A warm set of socks or slippers, a happy light, a couple of books to choose from, some favorite blankets to snuggle under - treat yourself to something that will help keep you warm and cozy for the darker colder months coming up!



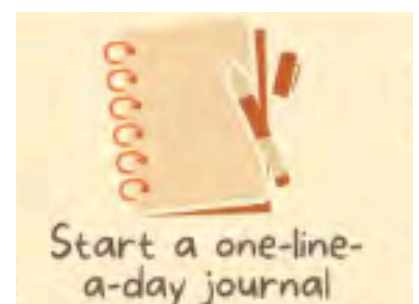
Enjoy the Outdoors. Now that you have a warm cozy place to retreat to, head outside for a walk with a friend before the ice and snow arrives (hopefully we haven't gotten any by the time this newsletter gets published). Enjoy the fall colors. Walking helps keep seniors mobile and improves circulation, strength and balance. It also gives your mental health a boost!

Practice Gratitude. This can happen in a variety of ways - try keeping a gratitude journal where you write down things you're grateful for during each day. You might also just make a point to express your gratitude to others. Showing gratitude toward others makes them feel happier and it's not secret that making others happy in turn improves our own mood!



Connect with Others. Whether you attend an activity or event around town, at the senior center or connect with others through cards and phone calls - staying connected with friends and families strengthens emotional well-being, reduces feelings of isolations and gives us a sense of purpose.

More Cozy Ideas



The Caring Islander

November is National Family Caregivers Month



Every November, the nation celebrates and recognizes the vital role of family caregivers during National Family Caregivers Month. A family caregiver is a person who provides care and assistance to a member of their family of origin or their family of choice, and it includes neighbors and friends. November is National Family Caregivers Month, a dedicated time in the United States to recognize, honor, and support the tens of millions of family members, friends, and neighbors who provide unpaid care.

Key Facts

- **Origin:** Spearheaded by the Caregiver Action Network and officially recognized through presidential proclamations since 1997.
- **Who Caregivers Are:** More than 50 to 60 million Americans act as family caregivers, supporting older adults, individuals with chronic illnesses, veterans, or people with disabilities.
- **Common Challenges:** Many caregivers face high rates of emotional stress, physical fatigue, and financial strain while balancing care with work and family life.
- **Goal of the Month:** Raise public awareness, educate communities, and connect caregivers with essential resources, respite care, and support systems.

SCOK Resources for Caregivers

- **Caregiver Counseling:** Ella Santiago offers counseling for caregivers who may need one on one support and guidance through the process of caregiving.
- **Caregiver Support Groups:** This is a monthly opportunity to gather with those on a similar journey as yours, and get support from each other.
- **In Home Respite:** If you are a caregiver for someone over the age of 60, SCOK can offer up to 30 hours per month of in-home respite service, where a caregiver comes into your home and provides care for your loved one while you are at work or doing errands.
- **Island Cove Adult Day:** Our adult day program is open 7 days a week and is perfect for those looking for a place for their loved one to go while they are at work.

The closest thing to
being cared for is to
care for someone else.”

Caregivers
deserve care, too.

When you are a caregiver, you know that
everyday you will touch a life
or a life will touch yours.

News from Island Cove

We had a full schedule in October that included something for everyone. We continued chair exercise, got a visitor from a furry friend, made our own fall trail mix, decorated cupcakes and filled crepes, painted pumpkins and decorated Island Cove to get in the fall spirit. It may be getting colder outside, but it's warm and welcoming at Island Cove!

If you or someone you know may be a good fit for Island Cove, we'd love to hear from you and show you around. Give us a call at (907) 486-6181 or email us at info@scoki.org. You can also check us out on the website kodiakseniorcenter.org/island-cove-adult-day-program. You can now download an updated brochure and schedule a tour from the web.

Happy Fall from all of us at Island Cove!

Daily Schedule

You're Invited! Come and Join the Fun

Island Cove offers adult day care 7 days a week

Monday – Friday 8:00 to 4:30

Weekends 9:30 to 3:00

The KATS bus offers pick up and drop off service for Island Cove participants.

Here's a glance at our schedule:

8:00 am: Opening Time

8:00-10:00am: Breakfast, News, Morning Socialization & Independent Activities

10:00-11:00am: Chair Exercise or BINGO

11:00-12:00pm: Lunch preparation and Lunch

12:00-1:00pm: 1st afternoon activity - rotating

1:00-1:30pm: Afternoon Snack

1:30-2:30pm: 2nd afternoon activity - rotating

2:30-4:30pm: Relax, socialization and unwind

**CONTACT US FOR MORE INFORMATION
OR TO SET UP A TOUR**

For information call: 486-2203 or visit our website at: www.kodiakseniorcenter.org



Fun & Games

GET CREATIVE WITH YOUR THANKSGIVING LEFTOVERS

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

WORDS TO FIND (AND IDEAS OF USING UP THOSE LEFTOVERS):

BREAKFAST HASH
ENCHILADAS
PANINI
SANDWICH
POT PIE
PIZZA TOPPINGS
BURRITO

QUICHE
SOUP
CHOWDER
NACHOS
SALAD
TACOS



Community Resources



PLANNING FOR LIFE'S CHANGES 2026 3-PART SERIES

KODIAK COLLEGE PRESENTS

MONDAY, NOV 2ND 6:00-8:00 PM

Tips & Tricks for Getting Organized, Part 1

- Deb Houlden-Engvall

Advanced Healthcare Directives & POLST

- Erin Carter, Palliative Nurse Practitioner, PKIMC

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MONDAY, NOV 9TH 6:00-8:00 PM

Tips and Tricks for Getting Organized, Part 2

-Deb Houlden-Engvall

Power of Attorney & Wills

-Andrew Ott, Attorney, Kodiak Law Group, LLC

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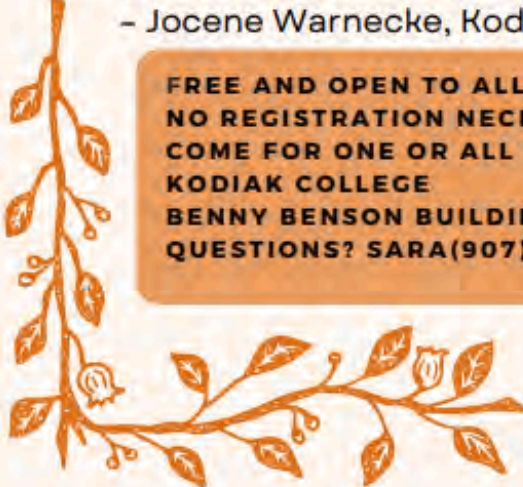
MONDAY, NOV 16TH 6:00-8:00 PM

The Gentle Art of Swedish Death Cleaning

-Deb Houlden-Engvall

What Happens to My Body If I Die in Kodiak?

- Jocene Warnecke, Kodiak Funeral Chapel



**FREE AND OPEN TO ALL
NO REGISTRATION NECESSARY
COME FOR ONE OR ALL THREE
KODIAK COLLEGE
BENNY BENSON BUILDING ROOM 128, CC 127
QUESTIONS? SARA (907) 486-1237 OR DEB (907) 942-0694**



But Wait...There's more!



Senior Testimonials



"The drivers/dispatch workers within KATS bus transportation have exceeded my expectations. Their personal great customer services and extreme attention to detail, awareness of surrounding. A wonderful genuine group of real people doing and taking their jobs as more than just a job. They are respectful and they care - very evident. So grateful to them."



If you would like to be featured in our Senior Testimonial section, fill out a comment card at the Senior Center or stop by and let us know in person! Comments can be anonymous or you can share your name.



We have several special luncheons coming up in November. You're invited!

- **Tuesday, November 10; Veteran's Day Luncheon:** Smoked Beef Brisket, Roasted Red Potatoes, Glazed Carrots & Special Dessert
- **Friday November 13; AK Native Heritage Month:** Halibut Olympia, Rice pilaf, Vegetables & Dessert
- **Wednesday, November 18; Seniors Serving Seniors:** Roast Turkey, Stuffing with Gravy, Peas & Carrots, Cranberry Sauce & Pumpkin Pie
- **Thursday, November 19; Birthday Luncheon:** Beef Stroganoff, Buttered Noodles, Sweet Peas & Birthday Treat

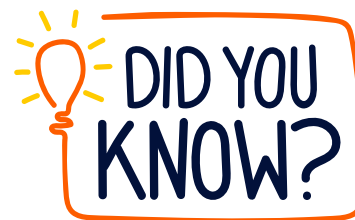
Lunch is serve daily from 12 - 1:00 pm. A \$10 donation is requested to keep our program sustainable.

PUZZLE ANSWER

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



THANKSGIVING



Since we serve our meals with bread, soup, salad and dessert, sometimes we hear from seniors that they aren't able to eat their full meal! If that sounds familiar, here are some options:

For Congregate Meals:

1. You can always ask for a smaller portion when you step up to the counter for your plate.
2. You can ask for no soup, and/or decide to leave the salad or dessert.

For Curbside Meals:

These meals are pre-packed so we can't do much about the meal portion but please let us know when you drive up if you would prefer not to have soup, salad or dessert and we can save it for another meal!