November 2026

Think Young

In this issue

November Menu	2
Events & Announcements	3
Chef Ben & Bingo	4
Community Book Update	5
Thanksgiving Dinner	6
Birthdays & Board	7
Volunteer: Rob Shaffer	8
Placemats & Breakfast	9
New Storage Shed	10
Local Business Sponsors	11
Return Mailing Page	12

FOLLOW US ON **Facebook**

News, events & community updates

From the President's Desk:

Breaking the Stigma of the Senior Center.

How many of us have said to ourselves, "I'm not going to the Senior Center. That means I'm old and dependent."

And let's be honest—many of us have also thought the food would be bland, like hospital food.

Here is the reality: Our menus are chef-designed and nutritious. We prioritize fresh ingredients, variety, and flavor. We also offer dietary customization including low-sodium and diabetic-friendly options.

OUR LUNCH PROGRAM:
Join us Monday – Friday, 11:30–12:30.

Our Soup and salad bar is served every day at 11:30, main course is served at 12 Noon with dessert to follow.

Members over 60 yrs with a completed intake form, it's contribution only. Guests are $14.00

Come and give us a try. Pick up a menu and make a reservation or call the Senior Center the night before at 406-677-2008. You will be surprised.

We also have a Meals on Wheels program, sponsored by Missoula Aging Services and delivered by Seeley Lake volunteers. After completing a simple form, this service is available whether someone needs support for a few weeks after a health crisis or ongoing assistance, Our Montanans live independently in the place they call home.

This is your center. It's a place for good food, good company, and community support.

Please come and support us in any way you can– as a guest for lunch, as a volunteer, or a Meals on Wheels delivery, contribution. We'd love to see you.

Sincerely,
Howard Doulder
President

SEELEY LAKE
SENIOR CENTER

Seeley Lake Senior Center

November Lunch Menu

Good Food • Good Friends • A Great Place to Gather!



Monday	Tuesday	Wednesday	Thursday	Friday
2 Patty Melt and Fries Mahjong 2:30	3 Chicken Tacos	4 Ham and Scalloped Potatoes Pinochle 12:45	5 Beef Stroganoff	6 Chicken Alfredo Bingo 12:45
9 Philly Steak Sandwich Mahjong 2:30	10 Chicken Fajitas, Rice and Beans Bridge 10:00 Bingo 12:45	11 *Birthday Lunch!* Chili and Cornbread Pinochle 12:45	12 Hamburger Steak Grilled Onions and Mashed Potatoes	13 Chicken Parmesan Bingo 12:45
16 Reuben and Coleslaw Mahjong 2:30	17 Teriyaki Chicken and Fried Rice Bridge 10:00 Bingo 12:45	18 Beef Stew and Biscuits Pinochle 12:45	19 Liver and Onions and Mashed Potatoes	20 Fish and Chips Bingo 12:45
23 Meatloaf Smashburger and Fries Mahjong 2:30	24 Nacho Beans and Rice Bridge 10:00 Bingo 12:45	25 Marinated Flank Steak and Sweet Potatoes Pinochle 12:45	26 *Happy Thanksgiving!*	27 Thanksgiving Holidays CLOSED
30 General Board Meeting Grilled Ham & Cheese with Fries Mahjong 2:30				

Soup & Salad Bar

Monday – Friday

11:30 AM

Lunch & Dessert at Noon

Members Donate to Seeley Lake Senior Center or Missoula Aging Services with approved intake form by MAS.

General Public and Takeout

$14 a Meal

Please Call to Schedule a Congregate Meal the Night Before or by 7:00 AM the Day Of

406-677-2008

Community Events Schedule

Saturday, November 7
Craft Fair — Seeley Lake Elementary School, 9 a.m.
Seeley Skate Park BINGO fundraiser party,
Sullivan Memorial Community Hall, 5 p.m.

Thursday, November 19
Coffee and Computers — Seeley Lake Community Foundation, 10 a.m.

Thursday, November 26
Thanksgiving dinner at the Senior Center
Call or sign up at the center. (406) 677-2008

Community Announcements

Medicare Open Enrollment runs Oct 15 – Dec 7. It is recommended you check your current Part D or Medicare Advantage plan as there are a lot of changes happening this year. Contact Melani at Missoula Aging Services, 406-541-7688 to schedule an appointment.

I Ride can get you to your medical appointments in Missoula. Call 406-916-7860 to learn more. Cost is $10 for a round-trip to Missoula. Scholarships are available.

Let's Play MAHJONG Do you enjoy playing American Mah Jong? Would you like to learn how to play? Come to the Seeley Lake Senior Center every Monday 2:30-4:30 to have fun with us! Lessons are available! For more information contact: Allison (406)459-1788 or Jackie (406)370-9071.

Welcome Chef Ben



We are thrilled to welcome Benjamin Ott to our team! He has more than 25 years of experience preparing exquisite meals in lodge, ranch and hospitality settings. He comes to us from Grey Wolf Ranch, where he prepared top-notch, high-end meals for 23 years.

Chef's Corner

Happenings



BINGO at the Senior Center

By Rachel Wilkinson

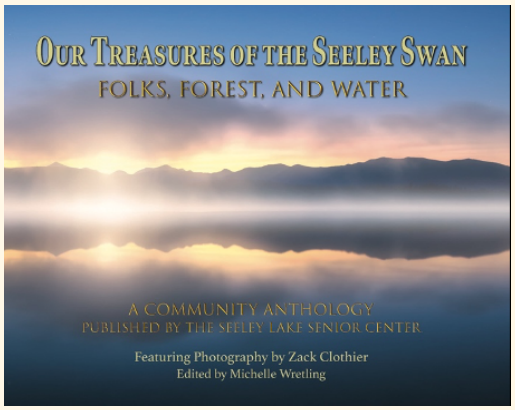
The Senior Center has Bingo twice weekly, on Tuesdays and Fridays, after lunch at 12:45. We charge 50¢ per bingo card, all of which is given back to the players, only after taking $22 which is put into a fund that builds until it reaches $100. At that time the last game is played until someone wins.

We play various games that are picked from a computerized list. However, the last 3 games are always the same. The last games are continuous: a 6-pack with no free space, a 12-pack with the free space, and then the last game is a coverall or blackout. If the coverall is gotten within a certain number of numbers they get the big jackpot, which is the money that is put in the pot every tines we play. Otherwise, it is a much smaller amount of money and pot pot keeps growing until it is won. Everyone who plays Bingo seems to enjoy themselves. We always enjoy having new people come and play. It is always nice to have a bigger pot!

Community Book Update

Senior Center Community Anthology to Be Featured in the December Alpine Artisans Open Book Club

Our Treasures of the Seeley Swan: Folks, Forest, and Water is a collection of local memories, photographs, and stories celebrating the people and places that make our community special.



Just in time for Christmas, this community anthology brings together the voices and experiences that help tell the story of the Seeley Swan. From the logging years to life here today, these recollections offer a chance to see familiar places through the eyes of the people who have called them home.

Created in collaboration with the Seeley Lake Historical Society and the Seeley Lake Community Foundation, the collection features contributions from seniors, business owners, historians, teens, and summer residents. Their stories celebrate local history alongside the everyday moments that connect us: the people we remember, the places we treasure, and the experiences that shape a community. Photographs offer another way to look back and connect those memories with the present.

Some stories were shared in the tellers' own voices, with support from volunteers who helped put their memories into words. The collection honors those voices and gives readers an opportunity to discover and share the stories behind the place we call home.

The book will be featured at the December Alpine Artisans Open Book Club on December 12 at 2 p.m. Join the conversation and celebrate this collection of community stories.

Grants for printing costs were provided by the Seeley Lake Community Foundation and the Historical Museum at Fort Missoula. Their support helps bring these local memories to the printed page and makes this community fundraiser possible.

The books will be available by late November and will sell for $45. All proceeds go to the Senior Center. Watch our Facebook page for updates on availability and where to purchase a copy.

Give someone a piece of local history this Christmas, pick up a copy for yourself, or share it with someone who holds the Seeley Swan close to their heart. Every purchase supports the Senior Center while helping keep our community's stories alive.

Seeley Lake Senior Center

Thanksgiving

MEMBER APPRECIATION DINNER

Members and their families only

A COMPLIMENTARY MEAL FOR OUR MEMBERS



Buffet Style

Turkey
Mashed Potatoes & Gravy
Stuffing
Cranberries
Dessert of Pumpkin Pie and Apple Pie

2 SITTINGS AVAILABLE

1:00 – 2:30 p.m.

2:30 – 4:00 p.m.

THURSDAY
NOVEMBER 26, 2026

707 PINE ST.
SEELEY LAKE

RSVP BY NOVEMBER 9TH
by calling 406-677-2008 or stop by and add your name to the sign up sheet.

SEELEY LAKE
SENIOR CITIZENS CENTER

November Birthdays

Suzanne Peavey
Sherry Fulton
Mary Dalton
Becky White
David Livingston
Rita Barsi

Virginia Knight
Frank Horak
Ruth Stebelton
Jim Collins
Barbara Knopp
Ed Wezowcoz

Boardmembers and Staff

Board of Directors

Chairman: Howard Doulder
Vice-Chairman: Barbara Knopp
Secretary/Treasurer: Liz Britt
Director: Jon Kimble
Director: Michelle Wretling
Director: Rachel Wilkinson
Director: Basche Wahlberg

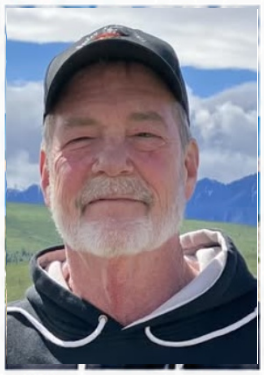
Staff

Chef: Ben Ott
Bookkeeper: Liz Britt

Seeley Lake Senior Center

Volunteer Spotlight

Discussion with Rob Shaffer



Question: How long have you been deliver meals for MOW?

Rob: I have been delivering meals for appx. 2 years.

Question: Why did you decide to help Meals on Wheels?

Rob: My family had utilized the MOW service with my mother in Arizona. When my SO (Liz) mentioned that the Senior Center (Sela Senci) was short on drivers, I thought it was a perfect time for me to "pay it back".

Question: What do you like about being a MOW driver?

Rob: I like that fact that I am filling a need for those that truly need some assistance. We can be very busy sometimes, but I recognize that I am one of the few contacts to the "outside world" that some people have and try to take the time to speak with them a bit.

Question: What else do you feel is important about your position as a MOW driver?

Rob: For some, we are the "first line of defense" observing the apparent state of their health. There have been several times where myself or another MOW driver has reported back to Missoula Aging Services about concerns we see in someone that utilizes the service.

Question: What would you say to someone that was considering volunteering to drive for MOW?

Rob: Do it! You'll be glad you did. It is a great feeling knowing that you are making a difference.

New Placemats at the Senior Center

Special Thankyou to Lisa Hayworth for selling placemat ads. It turned out to be a great fundraiser!

MAS
MISSOULA aging SERVICES

TRAINED
CERTIFIED
UNBIASED
MEDICARE
ADVISING

One-on-one Open Enrollment appts. with unbiased Medicare experts. MAS Specialists make sure you understand your coverage options.



(406) 728-7682

missoulaagingservices.org

Hunters Breakfast – A team effort



Thank you to our volunteers from the Lions Club and Leos for making the Hunters Breakfast a success!

Volunteers Build Our New Storage Shed

By Jon Kimble

A year ago, a member struggled to carry Durable Medical Equipment (DME) up thirteen narrow basement steps. Recognizing the safety hazard, our President proposed a ground-level storage shed.

"We're Going to Save a Lot of Money!"

The Board chose a do-it-yourself kit to save money. When it arrived in early spring, we discovered that foundation, flooring, siding, paint, and roofing materials were extra!

Building a stable, level foundation of timbers on cinder blocks took about a month and a half. Two retired builders then volunteered to assemble the shed.

Confusing pictograms, inadequate wall framing, and a floor four inches too long prompted some improvisation. When one builder suggested checking the plans again, the other declared, "If you get those out again, I'm leaving!"

Another volunteer joined with donated metal roofing. Then the doors hit the higher parking lot, requiring a rented jackhammer. Rain delayed roofing a day, but the crew persevered.

Our 10-by-16-foot shed took five construction days and another $400 in materials. We still saved money! Painted to match the existing buildings, it now houses the DME safely at ground level.

A Special Thank You to Our Volunteers:

- **Ray Stoetzel** – Member and former builder.
- **Al Simons** – Member, additional crew member, and donor of roofing materials.
- **Buster Pritchard** – Member who built the foundation and painted the finished shed.
- **Howard Doulder** – Senior Center President and project leader.

Thank you for safer storage—and a memorable adventure!

CASA CARO
Mexican Restaurant
SEELEY LAKE, MONTANA



HWY 83 PO BOX 630 SEELEY LAKE, MT 59868
FUEL • HARDWARE • WINE & BEER • SNACKS
GROCERY • DELI • PIZZA
ROVERO'S
conoco
ACE Hardware

Optimal
FITNESS

The Filling Station
Seeley Lake, Montana
Bar, Restaurant & Casino
406-677-2080


Dee Dennison
Independent Sales Director
P.O. Box 779-682 Overland Trail
Seeley Lake, MT 59868
cell/text (406) 240-3970
home/office (406)677-7700
deedennison@blackfoot.net
Enriching Women's Lives
Mary Kay

Glen's Automotive Service, Inc.


PO Box 246 Seeley Lake, MT 59868

CLEARWATER
MONTANA PROPERTIES
Thankful for our Seniors who strengthen our community by sharing their wisdom, life experiences, and help to keep our valued traditions alive.

A trusted partner for all of your Real Estate needs, Broker / Realtor®
Jeff Micklitz
406-529-5272
jmicklitz@cmpmontana.com

Seasons
at Double Arrow Lodge
406-677-2777
Double Arrow Lodge
Seeley Lake, Montana

THE VILLAGE
Senior Residences

2815 Old Fort Road • Missoula, MT 59804
villagesenior.com
INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

Seeley Lake Senior Center
PO Box 55
Seeley Lake, MT 59868