



Senior Links



November 2025 • South Lake Tahoe Senior Citizens, Inc.

Contributing authors: Board Members of Seniors, Inc. and News agencies credited on the article.

Editor: Tiffany Fratres ~ sltseniornews@gmail.com
MAIN CONTACT EMAIL: sltseniorcitizens@gmail.com

Happening this month:

Monday, November 4th at 9am

BOARD MEETING - Closed meeting

Call 530-600-0393 to be added to the agenda.

Thursday, November 4th at 3pm

QUARTERLY MEMBERSHIP MEETING

Thursday, November 13th at pm

LINE DANCING with Roxy

See the flyer at the end of the Newsletter

Thursday, November 20th at 5pm

THANKSGIVING MEMBERSHIP POTLUCK

See the flyer at the end of the Newsletter

Friday, November 21st at 6pm

THANKSGIVING IN TAHOE SQUARE DANCE

See the flyer at the end of the Newsletter

OUR MISSION!

At Seniors Inc, our mission is to empower seniors of all backgrounds to live fully, every day—through inclusive support, vibrant social connection, engaging activities, and resources that promote health, independence, and overall well-being in our mountain community.

Table of Contents

Page 1

- President's Letter
- Happening this month

Page 2 - News Bites

Page 3 - At the Center

- Important NEWS
- Birthdays

Page 4 - Activities & Events

Page 5 - Fun & Games

Page 6 - Events Calendar

Page 7 - Lunch Menu

Page 8 - Membership Application

Pages 9 - 11 - Flyers

Pages 12 - 14 - Resources

President's Message

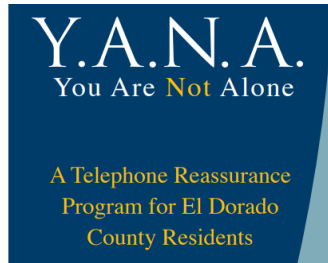
A heartfelt welcome to all our past, current, and future members! Together, we're building more than just a membership list — we're building a community that looks out for one another.

Each new member strengthens our Center and helps ensure we keep the space that feels like home to so many of us. The more we grow, the stronger our voice becomes.

So, keep joining in, invite a friend, and let's continue to grow our Senior Center family — because together, we make a difference!

Stay well, Stay Active,
~ Carol Olivas, President

NEWS BITES



Y.A.N.A. (YOU ARE NOT ALONE)

A Free Daily Telephone Reassurance Service

Being alone is one of the greatest fears older adults have as they age. The YANA Program is designed to help older adults remain independent in their homes by providing a daily telephone safety check-in call.

Sign Up

Referrals can be made by calling 530-621-6150.

Complete information can be found at:

<https://www.eldoradocounty.ca.gov/Services/Assistance-Programs/Seniors/Senior-Services/YANA-You-Are-Not-Alone>

TRPA begins 30-day map challenge, first one finds the big trees at Lake Tahoe!

Tahoe Regional Planning Agency (TRPA) is kicking off a 30-day map challenge with the first challenge to find out where Tahoe's largest trees are located! Each point on the map represents a tree with a trunk over three feet in diameter. The larger the point, the wider the tree.



Across the Tahoe Basin, more than 84,000 trees have estimated trunk diameters greater than 36 inches, showing where old-growth giants remain and new ones are emerging. One can zoom out on the map and see where the biggest groupings of large trees are located.

Explore the interactive map and learn why these trees matter at <https://storymaps.arcgis.com/stories/4e25e9df3e8b44a2af96894af1ac4670>



VETERANS MESOTHELIOMA BENEFITS CENTER

Are you a Veteran and been diagnosed with mesothelioma or other asbestos-related diseases due to military exposure?

You may be eligible for significant benefits from the VA, including disability compensation, healthcare coverage, and special monthly compensation for daily assistance. Eligibility requires proving that the asbestos exposure occurred during service in any branch of the military, and certain job roles, especially within the Navy, had higher risks. The VA rates mesothelioma as a 100% disability, entitling veterans to the highest monthly compensation. **Find out how to file a claim at:**

US Department of Veterans Affairs
<https://www.va.gov/disability/eligibility/hazardous-materials-exposure/asbestos/>

Mesothelioma Veterans Support
<https://mesothelioma.veteranssupport.us/>

At the CENTER



IT'S TIME TO ELECT NEW BOARD MEMBERS!

**Nominations START
November 30th and
End December 5th**



NOMINATION SHEETS WILL BE MAILED OUT VIA US MAIL

Choosing the right board of directors is key to keeping our Seniors, Inc. strong and focused on serving seniors in the community. We are looking for people who care deeply about our Seniors and want to make a difference.

Ideal candidates should demonstrate commitment to Seniors Inc, the willingness to actively participate, and the ability to contribute their time

A great board brings together a mix of skills and works as a team to guide our programs, support Seniors Inc, and keep things running smoothly.

An ACTIVE BOARD is vital to helping Seniors Inc. thrive.

MORE INFORMATION TO FOLLOW.

Get 2 FREE months during the month of November!

Are you a Member and need to Renew your Membership or want to join Seniors, Inc? Yearly Membership is \$25.00 per person or \$30 per couple in same household and 90 years old or older are FREE.

TO JOIN or RENEW: The application at the end of the newsletter, so check it out for more information.



Membership includes:

- ✓ Free Monthly Newsletters & Flyers
- ✓ Free Admission to our monthly Potlucks
- ✓ Access to many fun activities and use of our Library
- ✓ Discounts at Dances and other events
- ✓ Presentations in our Great Room

Happy Birthday to everyone celebrating in NOVEMBER birthdays!

Our only November birthday is:
Steven May 11/05

If we've missed your birthday, be sure to let us know and
HAPPY BIRTHDAY TO YOU!



Thursday, November 13th at 5 pm
LINE DANCING with Roxy



Thursday, November 20th at 5pm
**THANKSGIVING
MEMBERSHIP POTLUCK**

Friday, November 21st at 6pm
**THANKSGIVING IN
TAHOE SQUARE DANCE**



ACTIVITIES AND EVENTS



WEEKLY

Monday through Friday

11:40pm - 12:30 pm

Open to the 60+ Community



inch

Reservations required by 8am

Call 530-573-3130

Monday ~ 11:00am Shanghai Rummy

Call: Susan Alphonso

530-545-1747

Tuesday ~ 11:00am Mexican Train

Call: 530-600-0393

~ 1:00pm Duplicate Bridge

Call: Barbara Jones

530-541-3973

Wednesday ~ 1:00pm Bingo

Call: 530-600.0393

Thursday ~ NO ACTIVITIES

Friday ~ 1:00 pm Bridge

Call: Barbara Jones

530-541-3973

Other events this Month

COST per event: \$8 Adults ~ \$5 STUDENTS (12 - 18Yrs)
NO EXPERIENCE NEEDED!

**THURSDAY
NOVEMBER 13TH
5PM - 9PM**



**PLEASE CHECK OUT THE FLYERS AT THE END
OF THE NEWSLETTER FOR MORE
INFORMATION!**

Thanksgiving Social Potluck

November 20th at 5 p.m.



**V.O.W.S. WILL BE
SUPPLYING THE TURKEYS
AND SENIORS INC WILL
SUPPLY THE GRAVY!**

Come together with other members of the South Lake Tahoe 50+ community for an evening of visiting, music, information and fun!

**V.O.W.S. has generously donated the TURKEY
and Seniors, Inc will supply the gravy**

but we'd like help with extra dishes which are welcome but not mandatory.

We welcome side dishes like:

Mashed Potatoes & Gravy, Stuffing, Fruit Salads,
Breads & Butter and desserts, too.

NEW AND OLD MEMBERS WELCOME!

**MEAL is FREE for Active SENIORS INC. Members
but there is a \$5 MEAL COST for Non-Members.**

*Evening's
ENTERTAINMENT*



**El Dorado
COUNTY
Senior Legal**

Michelle Ward, attorney with the Senior Legal Services of El Dorado County will be joining us to discuss wills, estate planning and answer questions about family law and civil litigation.

Kristen Joyce of The Imposters will be singing for us. Her style features Folk, Pop, Country music and music has been a part of her life for as long as she can remember.



FUN & GAMES

Shanghai Rummy
Every Monday ~ 11:00am



MONTHLY RECAP:

September saw an average of 6 - 10 players and we welcome you to come join us!



BINGO!
Every Wednesday at 1:00pm!

- \$5 Per Packet
- \$1 Hot Ball
- Progressive Blackout
- NEW TO PLAYING? Game Play assistance available
- Snacks provided

MONTHLY RECAP:

Our average players were around 20 people. The game payouts were an average of \$10 and we had a HOT BALL WINNER who won \$112!

Duplicate Bridge
Every Tuesday at 1pm
Regular Bridge
Every Friday at 1pm



Bridge is a trick-taking card game played by four players in two partnerships, involving bidding, followed by card play where the goal is to win tricks and score points based on a contract.

Mexican Train
Every Tuesday ~ 11:00am



MONTHLY RECAP:

We had an average of 3 - 4 players and we could really use some more, so come join us!

LIBRARY OPEN DAILY!
Every day ~ 11:30am - 1pm



Located to the right down the hallway to the right past the bathrooms and at the end of the corridor, last door on the right.

There are tons of wonderful books to chose! No library card required and you can keep a book if you like it or return it for someone else to enjoy.







We are accepting donations, as well and thank you in advance for keeping our Library neat and tidy.

South Lake Tahoe Senior Citizens, Inc.

November 2025

CALENDAR OF EVENTS







SUN	MON	TUE	WED	THU	FRI	SAT
FOLLOW US ON FACEBOOK:  SLT SENIORS INC https://www.facebook.com/groups/sltseniorcitizensinc 						1
2	3 9:00am CLOSED Board Meeting 11:40am Lunch 11am Shanghai Rummy	4	5 11:40am Lunch 1pm Social Bingo	6 11:40am Lunch 3pm - All Members QUARTERLY MEMBERSHIP MEETING	7 11:40am Lunch 1pm - Bridge	8
9	10 11:40am Lunch 11am Shanghai Rummy	11 11:40am Lunch 11am - Mexican Train 1pm Duplicate Bridge	12 11:40am Lunch 1pm Social Bingo	13  11:40am Lunch 5pm LINE DANCING	14 11:40am Lunch 1pm Bridge	15
16	17 11:40am Lunch 11am Shanghai Rummy	18 11:40am Lunch 11am - Mexican Train 1pm Duplicate Bridge	19 11:40am Lunch 1pm Social Bingo	20  11:40am Lunch 5pm THANKSGIVING SOCIAL POTLUCK	21 11:40am Lunch 1pm Bridge 6pm SQUARE DANCE PARTY 	22
23 30	24 11:40am Lunch 11am Shanghai Rummy	25 11:40am Lunch 11am - Mexican Train 1pm Duplicate Bridge	26 11:40am Lunch 1pm Social Bingo	27 11:40am Lunch 	28 11:40am Lunch 1pm Bridge	29

Take a deep breath
and try all over again

530-600-0393 / sltseniorcitizens@gmail.com
3050 Lake Tahoe Blvd, South Lake Tahoe, CA 96150, USA

November Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 	<p>Alternative meal options:</p> <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Minestrone Soup • Clam Chowder <p><i>*Alternatives subject to availability</i></p>	<p>*To order an <u>alternative</u>, an advanced notice by the Wednesday before the week of the change is required.</p>		
<p>3</p> <p>Shepherd's Pie Green Beans Whole Grain Biscuit Applesauce Milk</p>	<p>4</p> <p>Creamy Chicken and Potato Soup Roasted Broccoli Whole Grain Roll Nectarine Milk</p>	<p>5</p> <p>Polynesian Meatballs Wild Rice Roasted Bell Pepper and Pineapple Blend Tropical Fruit Cup Whole Grain Bread Knot Milk</p>	<p>6</p> <p>Cheesy Ham and Vegetable Quiche Brussel Sprouts Whole Grain Pretzel Apple Slices Milk</p>	<p>7</p> <p>Turkey Burger with Melted Cheese on a Whole Wheat Bun Tomato/Onion Tater Tots Juicy Orange Chocolate Milk</p>
<p>10</p> <p>Chicken Noodle Soup Sauteed Zucchini & Mushrooms Whole Wheat Roll Crisp Apple Fig Newton Cookies Milk</p>	<p>11</p> 	<p>12</p> <p>Burrito Bowl Black Beans, Wild Rice, Fajita Vegetable Mix, and Cheese Whole Grain Tortilla Fresh Plum Milk</p>	<p>13</p> <p>Teriyaki Chicken Wild Rice Stir Fry Vegetables Dried Strawberry Craisins Milk</p>	<p>14</p> <p>Salisbury Steak with Gravy Mashed Potatoes Cinnamon Honey Carrots Whole Grain Bread Stick Mixed Fruit Cup Milk</p>
<p>17</p> <p>Chicken Enchilada Casserole Black Beans Fire Roasted Corn Apricots Milk</p>	<p>18</p> <p>Low Sodium Sausage, Whole Grain Biscuit, Country Gravy Egg Frittata w/Bell Pepper Medley 100% Orange Juice Milk</p>	<p>19</p> <p>Autumn Chicken Chopped Salad w/ Apple, Pear, Cranberries, Feta Cheese, Bacon pieces, Raspberry Vinaigrette Juicy Grapes Whole Wheat Roll Chocolate Milk</p>	<p>20</p> <p>Beef Stroganoff Whole Grain Pasta Broccoli Whole Grain Garlic Bread Pear Milk</p>	<p>21</p> <p>Chicken and Dumplings Key Largo Blended Veggies Whole Wheat Biscuit Kiwi Milk</p>
<p>24</p> <p>Savory Beef Chili with Cheese and Red Onion Roasted Cauliflower Golden Corn Bread Peach Cup Milk</p> 	<p>25</p> <p>Breaded Pollock w/Tartar Sauce Brown Rice Zucchini Whole Grain Roll Mandarin Orange Milk</p>	<p>26</p> <p>Juicy Turkey with Gravy Mash Potatoes Green Beans with a touch of Butter Hawaiian Roll Crustless Pumpkin Pie Fluff Milk</p>	<p>27</p> 	<p>28</p>

Lunch is a suggested voluntary contribution of \$5.00

Serving adults 60 years and older

To cancel a meal, please call the day before or NO LATER THAN 8 AM. (Placerville) 530 621-6160 OR (South Lake Tahoe) 530-573-3130

Call (530) 621-6160 for current dine-in status. Please join us at one of the following locations:

Placerville	El Dorado Hills	Pioneer Park	Pollock Pines	Georgetown	Cameron Park	South Lake Tahoe
937 Spring St	990 Lassen Lane	6740 Fairplay Rd	2675 Sanders Dr	6680 Orleans St.	2502 County Club Dr	3050 Lake Tahoe Blvd



SOUTH LAKE TAHOE SENIOR CITIZENS, INC.

MEMBERSHIP APPLICATION

\$25.00 per person or \$30 per couple in same household.
90 years old or older are FREE

TO JOIN or RENEW: Print and send with payment to the address below or come into the Center and fill out the form there. Thank you!

APPLICANT 1 NAME:

APPLICANT 2 NAME:

MAILING ADDRESS:

STREET ADDRESS (IF DIFFERENT FROM ABOVE):

PHONE NUMBER/TYPE (CELL OR LANDLINE):

EMAIL APPLICANT #1:

EMAIL APPLICANT #2:

BIRTHDATE OF APPLICANT #1:

BIRTHDATE OF APPLICANT #2:

ACTIVITY INTERESTS:

BINGO ☐

BRIDGE ☐

LUNCHEON DISCUSSIONS ☐

MEXICAN TRAIN ☐

POTLUCKS ☐

COMMUNITY MEETINGS ☐

SHANGHAI RUMMY ☐

DANCES ☐

OTHER (PLEASE LET US KNOW ☐

OTHER ACTIVITY INTERESTS:

APPLICANT CONFIRMATION INFORMATION - OFFICE USE ONLY

DATE PAID: _____

RECEIPT NUMBER: _____

PAYMENT AMOUNT: _____

DEPOSIT DATE: _____

PAYMENT TYPE: _____

MEMBERSHIP YEAR: _____

MAIL TO: 3050 Lake Tahoe Blvd, South Lake Tahoe, CA 96150
Phone: (530) 600-0393 • Email: sltseniorcitizens@gmail.com

Version Date: 10/02/2025

SPONSORED BY:

South Lake Tahoe
Senior Citizens, Inc.



THURSDAY
NOVEMBER 13TH
5PM - 9PM



TAHOE
LINE DANCING

COST: \$8 ADULTS ~ \$5 STUDENTS (12 - 18YRS)

50% OF COLLECTED COSTS WILL BE GIVEN TO SENIORS, INC & 50% OF THAT TOTAL WILL GO TOWARDS THE MEDIA FUND



Join us at 3050 Lake Tahoe Blvd, S Lake Tahoe
Ages 12 and older for our
FIRST EVER, Line Dancing Event!

Come spend a night full of fun and friendship!
Roxy, with **Tahoe Line Dancing** will be teaching the **12 and older crowd** a mix of beginner and more advanced dances so you can join in wherever you're comfortable! The music will be a variety from country to pop to Latin to hip hop.

NO EXPERIENCE OR PARTNER NEEDED!
GREAT FAMILY ACTIVITY ~ PARENTS BRING THE KIDS!
REFRESHMENTS PROVIDED!

Tahoe Line Dancing offers both public and private line dancing lessons in a welcoming and inclusive environment to all students, regardless of prior experience!

Contact Roxy at: info@tahoelinedancing.com
<https://www.tahoelinedancing.com/>

SEE YOU THERE!

3050 LAKE TAHOE BLVD, SOUTH LAKE TAHOE, CA 96150
PHONE: (530) 600-0393 • EMAIL: SLTSENIORCITIZENS@GMAIL.COM





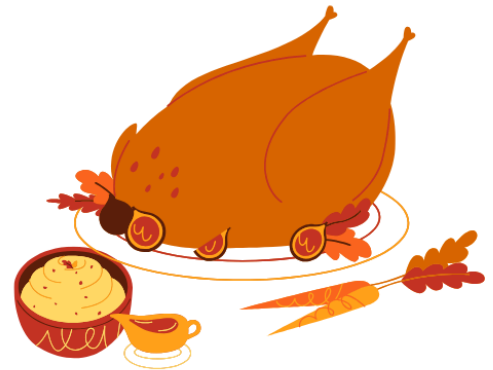
South Lake Tahoe Senior Citizens, Inc.

Proudly being hosted at 3050 Lake Tahoe Blvd, S Lake Tahoe, CA



November 20th at 5 p.m.

Thanksgiving Social Potluck



MEAL is FREE for Active
SENIORS INC. Members
but there is a
\$5 MEAL COST
for Non-Members.



REMINDER! This event is not
affiliated with the
Nutrition Department.



**El Dorado
COUNTY
Senior Legal**

*Evening's
ENTERTAINMENT*

Michelle Ward, attorney with the Senior Legal Services of El Dorado County will be joining us to discuss wills, estate planning and answer questions about family law and civil litigation.

Kristen Joyce of The Imposters.
Her style features Folk, Pop,
Country music and music has
been a part of her life for as long
as she can remember.



Come together with other members of
the South Lake Tahoe **50+ community**
for an evening of visiting, music,
information and fun!

**V.O.W.S. has generously donated
the TURKEY and Seniors, Inc will
supply the gravy**

but we'd like help with extra dishes which
are welcome but not mandatory.

We welcome side dishes like:
Mashed Potatoes & Gravy, Stuffing, Fruit
Salads, Breads & Butter and desserts, too.

**NEW AND OLD MEMBERS
WELCOME!**

RAFFLE PRIZE BASKET

Tickets Prices:

\$1 each / 6 for \$5.

50% of all funds raised will support our
media budget.



3050 Lake Tahoe Blvd, South Lake Tahoe, CA 96150
Phone: (530) 600-0393 • Email: sltseniorcitizens@gmail.com



Presented by Carson Valley Squares in association with
the South Lake Tahoe Senior Center

JOIN US FOR A

Thanksgiving in Tahoe SQUARE DANCE PARTY


FRIDAY NOV | 21 | 6 – 8:30 PM

South Lake Tahoe Senior Center
3050 Lake Tahoe Blvd
South Lake Tahoe, CA

Cost: \$8.00/adult - \$5.00/students (12 - 18)

SCOTT OLSON - INSTRUCTOR/CALLER

This is a one-night party to introduce Modern Western Square Dancing. **No experience needed, no partner needed.** We dance to all genres of music. It's a great event for the family! Ages 12 and up. We're looking to start a weekly class. Great for homeschoolers! Earn PE credit for completing the class. Sign up at the event for upcoming classes. Call or text for more info.



More Info: Scott Olson 916-761-0894 Email: Scott@CVSquares.com
Beth Symons 530-577-6934 Facebook: Carson Valley Squares
CarsonValleySquares.com

RESOURCES & INFORMATION



FOOD ASSISTANCE

MON - St. Theresa Catholic Church
1041 Lyons Ave.
4:00- 5:30 p.m.

MON, WED, FRI - Hope Full Lunch
930 Julie Lane
11:00- 12:30 p.m.

MON - FRI - Family Resource Center
3501 B Spruce Ave
9:00am - 4:30pm

TUES, WED & THUR - Christmas Cheer
1120 Third Street
11:00 a.m.- 2:00 p.m.

WED - Phoenix Pantry
2733 Lake Tahoe Blvd.
10:30 a.m. – Noon

THU - Live Violence Free
2941 Lake Tahoe Blvd.
9:00 a.m.-10:00 a.m.

FRI - Bread & Broth 2nd Serving
2733 Lake Tahoe Blvd.
4:00- 5:00 p.m



Neighbors helping neighbors is a beautiful thing!

FREE LASAGNA DELIVERED!

It is so important to know that others care about us and our needs. Lasagna Love hopes to share the love, one Lasagna at a time! If you would like some TLC in the form of a complimentary, homecooked meal from a volunteer in your area, just click on the link below and **make a request, no questions asked!**

Whether your need be financial, health-related or emotional, we want to help. Just complete our request form on our website, and we will work to match you as soon as possible. There are no strings attached! Lasagna Love simply connects volunteer cooks with fellow neighbors.

<https://lasagnalove.org/request-a-meal/>



Elder Options, Inc. provides solutions for older adults, individuals with chronic health challenges, and neuro-diverse children/adults and their families. We work with clients/families to ensure a life lived fully every day.

Contact them at
(800) 336-1709
info@elderoptionsca.com
or stop in their office at
2074 Lake Tahoe Blvd., Suite 7
South Lake Tahoe, CA 96150

MORE RESOURCES & INFORMATION



FREE TO EVERYONE

Community HUBs are a network of local resources centers with navigators who connect individuals to support and services in our area.

SOUTH LAKE TAHOE LIBRARY 1080 Rufus Allen Blvd.

(833) 332-4827

eldoradocountycommunityhub5@gmail.com

www.eldoradocommunityhubs.com

FREE LEGAL SERVICES

60 years and older

El Dorado County Residents



Every 1st Wednesday BY APPOINTMENT ONLY!

Limited Civil Issues

Call 530-621-6154

- Your message should include the issue you'd like to discuss.
- No need to leave multiple messages, your call will be returned as quickly as possible.

FEELING HOPELESS OR OVERWHELMED?




Medicare covers online therapy and other mental health services for Seniors.



Source: <https://www.aarp.org/medicare/faq/does-medicare-cover-mental-health>

Y.A.N.A.

You Are **Not** Alone

 $+$  $=$ 

Being alone is one of the greatest fears older adults have as they grow older. The YANA Program has been credited with saving the lives of many older adults who live alone and have fallen or become sick during the night.

This FREE service allows older adults to find comfort and security knowing that someone will be checking on them on a daily basis and in the event that something does happen, family or friends will be notified.

How Does It Work

- ♦ Calls are made daily, before 10:00 a.m.
- ♦ If a participant does not answer the phone after several attempts are made to reach them, a series of steps follow to assure their safety and well-being.
- ♦ When the above attempts fail and contact with participant cannot be made, local Law Enforcement is called to check on the participants well-being.

(530) 621-6255

www.co.el-dorado.ca.us/humanservices/yana

Medicare covers inpatient mental health services under Part A, and under Part B, it covers outpatient mental health services, including evaluation and visits with a mental health provider. To get specific information about your Medicare coverage for mental health services, you should contact your Medicare plan administrator or a Medicare counselor.

Thank you for reading!



SOUTH LAKE TAHOE
SENIOR CITIZENS, INC.



El Dorado County Area Agency On Aging

Information & Assistance

Health and Human Services Agency

Questions About Available Aging Resources?
Need Assistance or Support?
Speak with a Resource Specialist!

Hours of Operation:

Thursdays

12:30PM–3:00PM

Appointments Suggested

Location:

Senior Center

3050 Lake Tahoe Blvd

South Lake Tahoe, CA 96150

Call: 530-621-6369

