

Vol. 1

January 2026

CHUGIAK SENIOR CITIZENS

SENIOR EDITION

MISSION STATEMENT

The Chugiak Senior Center exists to provide quality services and facilities to meet the needs of seniors in our community through effective stewardship and program development.

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Community Announcement

Welcoming the New Year Together

As we welcome a brand-new year, we would like to extend our heartfelt gratitude to each and every one of you who make the Chugiak Senior Center such a special place. This past year has been filled with meaningful moments—shared meals, friendly conversations, laughter during activities, and the comfort of familiar faces. Each day spent together has helped strengthen the sense of community that we cherish so deeply.

The New Year is a time for reflection as well as hope. It allows us to look back with appreciation for the memories we've made and to look forward with anticipation for what lies ahead. Whether it's discovering new activities, continuing favorite traditions, or simply enjoying time spent with friends. We are excited for the many opportunities the coming year will bring.

At the Chugiak Senior Center, we remain committed to creating a welcoming, supportive, and engaging environment for all. In the year ahead, we look forward to offering new programs, special events, and opportunities for connection that encourage wellness, creativity, and joy. Your presence, participation, and stories are what bring life to our center, and we are grateful for the wisdom, warmth, and kindness you share.

As we step into this New Year together, we wish you good health, happiness, and peace. May the months ahead be filled with moments of laughter, meaningful connections, and reasons to smile. Thank you for being such an important part of our community—we are truly honored to serve you.

Wishing you a joyful and healthy New Year!

CONTACT INFORMATION

MANAGEMENT TEAM & DEPARTMENTS

Executive Director: Amy Demboski
amy@chugiakseniors.com

Finance Director: Lindsey Causer
907-688-2678 | lindsey@chugiakseniors.com

Food Service Director: Cat Kenney
907-688-2652 | cat@chugiakseniors.com

Housing Manager: Laurie Moffitt
907-688-2633 | laurie@chugiakseniors.com

Outreach Nurse: Lorna Mills, RN
907-854-7144 | lorna@chugiakseniors.com

Transportation Supervisor: Andy Gray
Transportation - Meals On Wheels
907-688-2652 | andy@chugiakseniors.com,
ride@chugiakseniors.com

PR : Makayla Collins
Activities - Newsletter - Room Rentals - Volunteers
907-688-2683 | makayla@chugiakseniors.com

ALP Administrator: Pam Read, RN
907-688-8999 | pam@chugiakseniors.com

Adult Day Services : Sharon Butler
907-688-2691 | sharon@chugiakseniors.com

Office Manager: Margaret Asbury
Membership
907-688-2674 | margaret@chugiakseniors.com
Donations - 907-688-2685 | seniors@chugiakseniors.com

BOARD OF DIRECTORS

President Andrew Fierro
Vice President Rick Oatman
Secretary Ruth McClain
Treasurer Bob Wilkinson

Members-at-Large

Kathryn Railing
Sue Holliday
Ken McCarty

Contact:
board@chugiakseniors.com

UPCOMING EVENTS

January 6th | Valley Thrifting Leaves @ 10:30am

Ready to fill a cart with things we absolutely don't need? Perfect, me too!

January 8th | Paint and Sip @ 2:00pm

Paint the Town Watercolor Class is ON! Enjoy a drink, but bring your ID. We have to make sure you're old enough!

January 12th & 26th | Water Color Class from 10am-12pm

Join Roxann as she teaches a watercolor class! Located in the painting room.

January 13th | Lions Bingo @ 1:30pm

I have to tell you something, try not to over react... IT'S BINGO DAY. Located in Adult Day Services

January 14th | Stained Glass Painting @ 1:00pm

Join Denise and Mary as they walk you through painting stained glass. Fun! This is located in the lower resident lounge.

January 20th | VFW Bingo @ 1:30pm

Oh brother, here we go...IT'S BINGO TIME AGAIN. Located in Adult Day Services.

January 21st | Movie Night @ 5:00pm

Sit back and relax. As always, it is located in the Bill Stoltze dining room. Make sure to run upstairs and tell Mrs. Margaret how many slices of pizza you would like !

BILL STOLTZE CAFE

JANUARY 2026

Congregate Lunch: 11:30am to 1:00pm, Monday through Friday.

MON

TUES

WED

THUR

FRI

HAPPY

NEW YEAR

Happy New Year
2026
* Center Is Closed

2

Ham &
Scalloped
Potatoes
Black
Eyed Peas
WW Roll

5

Fish Sandwich
WW Bun
Coleslaw
Baked Beans

6

Beef Taco's
Refried Beans
Fixing Bar
Churros

7

Salisbury Steak
Mashed
Potatoes &
Gravy
Vegetable
WW Roll

8

Bean & Sausage
Bake
Seasoned Rice
Vegetable

9

Chicken-n-
Dumplings
Vegetable

12

Sloppy Joes
WW Bun
Macaroni &
Cheese
Baked Beans

13

Baked Potato Bar
w/ Brisket
Brocoli & Cheese
Fixings Bar

14

Open Face
Turkey
Sandwich
Mashed
Potatoes &
Gravy
Vegetable

15

Baked Spaghetti
w/ Meat Sauce
Vegetable
Garden Salad

16

Game Day Bowl
Chicken Strips
Mashed
Potatoes
Corn
Biscuit

19



Center Is Closed

20

Pot Roast
w/ Carrots &
Potatoes
Fried Cabbage
WW Roll

21

Sweet-n-Sourt
Stir Fried Pork
Vegetables
Pot Stickers

22

Meatloaf!
Mashed Potatoes
& Gravy
Green Beans

23

Broiled Fish
Seasoned Rice
Vegetable

26

BBQ Riblet
Sandwich WW
Bun
Mac & Cheese
Coleslaw

27

Oven Fried
Chicken
Mashed Potatoes
& Gravy
Vegetable

28

Brunch For
Lunch!
Chef's Choice

29

Shephard's Pie
w/ Peas &
Carrots
Broccoli
Bread Slice

30

Chicken Alfredo
over Fettuccini
Noodles
Vegetable
Bread Stick

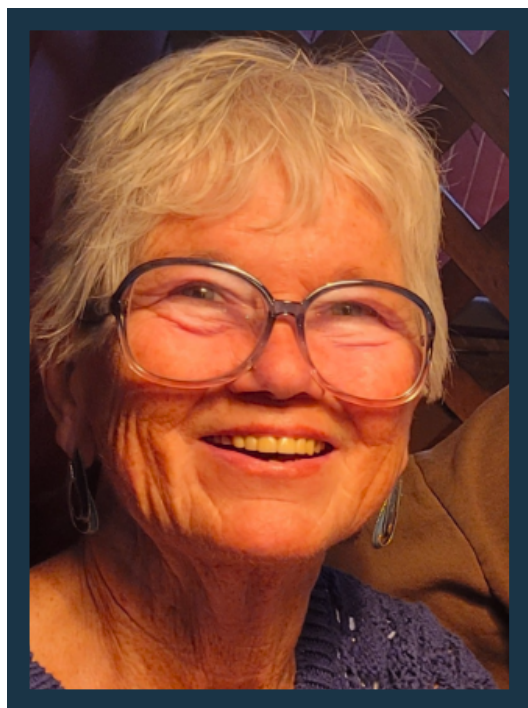
This Menu Is Subject To Change

THANK YOU

Thank you to everyone who generously donated toward our new van. Your support made this possible, and we are excited to share that the van is now on the road—be sure to check out its brand-new wrap the next time you see it around town!



Meet Our New Hairstylist



Hello, my name is Linda McLendon. I serve Chugiak Senior Center for haircut services in order to make it convenient for any clients.

I have been a barber since October 1980. I taught at Anchorage Alaska Barber College until October 1989. Alongside serving Chugiak Senior Center, I also serve at Hilda's Barber Shop in Eagle River since October 1989.

I am available for appointments at CERSC on the 1st and 3rd Wednesdays from 11:00 AM to 4:00PM.

Please text or call (907) 529-1273 or use the sign up sheet on the door to make arrangements.



Amy's Dad Jokes

Which vegetable has the best kung fu?

Broc-lee



Attorney Eva Knadjinova is a civil attorney with Alaska Legal Services Corporation, and specializes in seniors over the age of 60.



(by appointment only)

For more information or to schedule an appointment, please call 907-688-2674.

2025 Resident Christmas Party





BOB ROSS PAINTING NIGHT

MEMORY CAFE



Come socialize and enjoy time together with others who have worries about their memory.

When: January 9, 2026
Second Friday of each month

Time: 10:00-11:00 am

Where: Our Redeemer Lutheran Church
18444 Old Glenn Hwy, Chugiak

For individuals with early to moderate Alzheimer's or dementia and their care partners as well as those who worry about memory problems.

For more information, contact:
Our Redeemer Lutheran Church (907) 688-2157
Email: lauren@orlc-ak.org



The Alaska Veterans Museum Oral Histories Project is inviting veterans to share their experiences on video to be preserved as part of Alaska's living history. These recorded oral histories will be cherished by your family and made available for future generations at the museum.
Your story. Your legacy. For history.

To participate, contact Col Suellyn Wright Novak, USAF (Ret.)

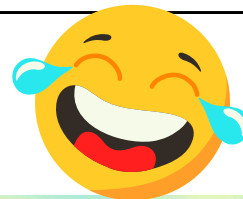
Call: 907-863-0569

Help us honor your service and ensure your journey is never forgotten.

The Crossing will be holding Sunday services at 3:00pm in the Main Dining Room.



Serving Others.



AC'S CORNER

Happy New Year



CHUGIAK SENIOR CITIZENS FOUNDATION

Welcome to 2026!

It's been 40 years since a group of early Chugiak Senior Center supporters established the Chugiak Senior Citizens Foundation. We are so grateful for their vision and generosity. Through their foresight and with contributions from individuals, couples, and businesses in the intervening years, our Foundation is now able to make yearly distributions for CERSC programs.

Our community shows its support for the mission of the Center in so many ways; by volunteering, attending events, answering requests for donations, participating in activities...the list is long. We're also making sure there will be a vibrant community Senior Center for generations to come by actively building the Foundation.

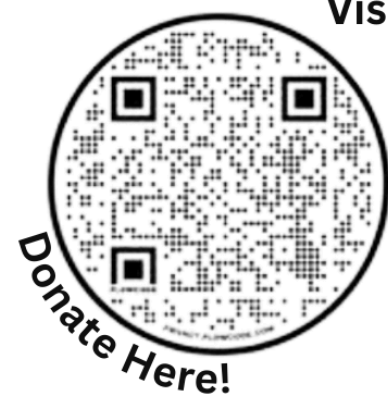
Several new contributors made the CSC Foundation a part of their enduring legacy in 2025. Thank you to Jean Karwowski, Leslie Lance, Paulette Shannon, Robert and Char Wilkinson, Barbara Parker, Jan and Dave Wachsmuth, and others for their philanthropy. Will you join the list in 2026?

Our next meeting is **January 19, at 4:30 pm** in the CSC board room. Officers will be elected, and we'll discuss strategic planning and the 2026 distribution to the Center. All are welcome to attend.

CSCF Board

Paulette Shannon - Leslie Lance - Stephen Anderson
Barbara Parker - Kira Bradford

Visit us at www.chugiakseniors.com/foundation



Strawberry-Chocolate Greek Yogurt Bark



Ingredients

3 cups whole-milk plain Greek yogurt
¼ cup pure maple syrup or honey
1 teaspoon vanilla extract
1 ½ cups sliced strawberries
¼ cup mini chocolate chips

Directions

Step 1: Line a large rimmed baking sheet with parchment paper. ¼ cup pure maple syrup or honey

Step 2: Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.

Step 3: Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.

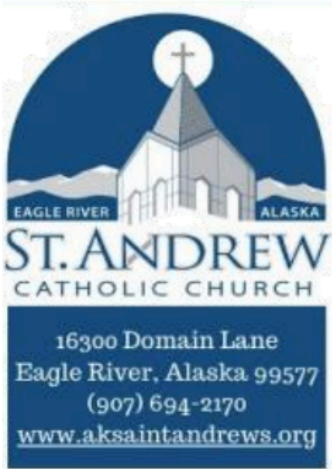
Recipe found at: <https://www.eatingwell.com/recipe/259080/strawberry-chocolate-greek-yogurt-bark/>

ST. ANDREW CATHOLIC CHURCH

-Catholic Mass: Friday February 20, 2026 in the Dining Hall, 3:30pm (confessions at 2:45pm)

-Catholics, former Catholics, and non-Catholics are all warmly welcome to attend.

-Homebound Catholics who would like to receive Communion may call 907-694-2170.



NEW YEAR'S RESOLUTIONS

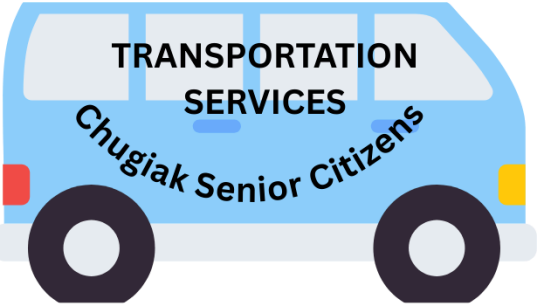
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Contact Us
(907) 688 - 2625
ride@chugiak
seniors.com

ABOUT US

The Chugiak Senior Citizens Center provides a safe and affordable transportation option for seniors aged 60 and over, with wheelchair-accessible vehicles to ensure everyone's mobility needs are met.

Hours: Monday - Friday, 8:00am - 4:00pm
Last Pickup: 3:30pm

Booking: Please schedule at least 24 hours in advance of your appointment.
To schedule your ride, call us at (907) 688-2626 during office hours
(Mon-Fri, 7:00 AM - 5:00 PM)

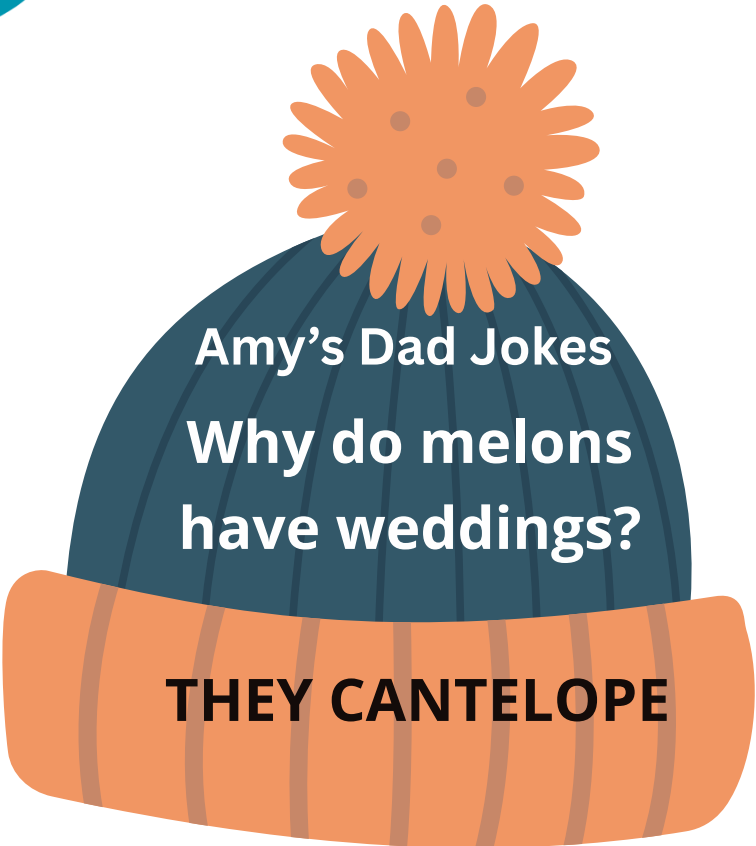
Donations Accepted But Not Required Weekly Shopping Schedule

Round Trip or one way to Eagle River
Round trip or one way to VA/JBER
Round trip or one way to Anchorage
Round trip or one way to Mat Su Valley

Monday: Walmart 1pm - 3pm
Tuesday: Fred Meyers. 1pm - 3pm
Wednesday: Walmart 1pm - 3pm
Thursday: Fred Meyer 1pm - 3pm
Friday: Carr's 1pm - 3pm
(Call for Trips to Three Bears)



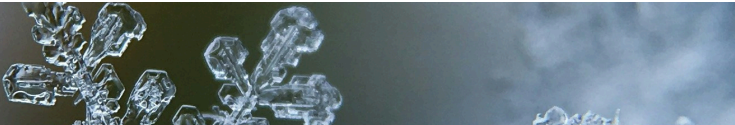
Call for information
on ADA Fare



Amy's Dad Jokes
Why do melons
have weddings?

THEY CANTELOPE

Connecting seniors, people with disabilities, and caregivers with long-term care services and support
Anchorage: 907-343-7770





Happy Birthday

January 3	Mary Charly Hughes	January 16	Cheryl Jackson	January 27	Valerie Sutter
January 3	Heather Miller	January 16	Barbara Lumsdon	January 29	Susan Boarland
January 4	Emily Blahous	January 17	Laura Lagstrom	January 30	June Adams
January 4	Phebe Dyal	January 17	Diana Sullivan	January 30	Jesse Ray
January 5	Betty Worthington	January 18	Theresa Cain	January 31	Kathleen Bernauer
January 6	James Brooks	January 18	Gloria Calvillo	January 31	Jason Miller
January 6	Cindy Gann	January 18	Catherine Rassmusson		
January 6	Shelley Hughes	January 18	Christel Thompson		
January 7	David Allen	January 18	Carol Williamson		
January 9	Anette Addington	January 19	Larry Phillips		
January 9	Linda Ewers	January 20	Ted Boom		
January 9	Phyllis Garido	January 20	John Vincent		
January 10	Carolyn Hageland	January 21	Kerry Jones		
January 11	David McLane	January 22	Rebecca Efrid		
January 13	Bobby Henson	January 22	George Kale		
January 13	Dianne Hollis	January 23	Marsha Romaine		
January 13	Julie Lugdon	January 24	Ann Aiken		
January 13	Virginia Marquez	January 24	Mary Cunanan		
January 13	Anita Sidebottom	January 25	Jerry Huffaker		
January 15	Cheryl Clark	January 25	Freida Roberts		
January 15	Lundell Daniel	January 26	Sally Powell		
January 15	Raymond Holmsen	January 27	Richard Green		
January 15	Jeri Steiner	January 27	Charlie Huggins		
January 16	Fred Dyson	January 27	Sharon Lattery		



CSCI GROUP FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Circuit Instructor-led	9:30am - 10:30am Yoga	9:30am Circuit Instructor-led	9:30am - 10:30am Yoga	9:30am Circuit Instructor-led	
9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	9:30am Chair Stretch Self-led	
	9:30am - 10:30am Yoga	11am Strong Seniors Self-Led	9:30am - 10:30am Yoga		10:00am Yoga Instructor-led



Chugiak Senior Center
22424 N. Birchwood Loop
Chugiak, Alaska 99567

Nonprofit Org.
U.S. Postage
PAID
Chugiak, AK
99567
Permit No. 9

Serving Seniors from Hiland to Eklutna

Chugiak Senior Citizens, Inc.



Chugiak Senior Citizens, Inc. has been serving seniors residing from Hiland to Eklutna for 50 years, expanding the facility, programs and services along the way.

The operation of CSCI and its programs & services are partially funded with grants, provided by the Alaska Division of Senior & Disabilities Services (DSDS), SOA Department of Transportation, and the Municipality of Anchorage. Other funding sources include corporate and individual donations.

The Senior Edition is a monthly publication, produced in part with funds from membership dues & donations. Newsletter Team: Makayla Collins (Editor), Margaret Asbury, Katie Obi Obasi, Char Wilkinson, and Paulette Shannon.