

Vol. 7

July 2026

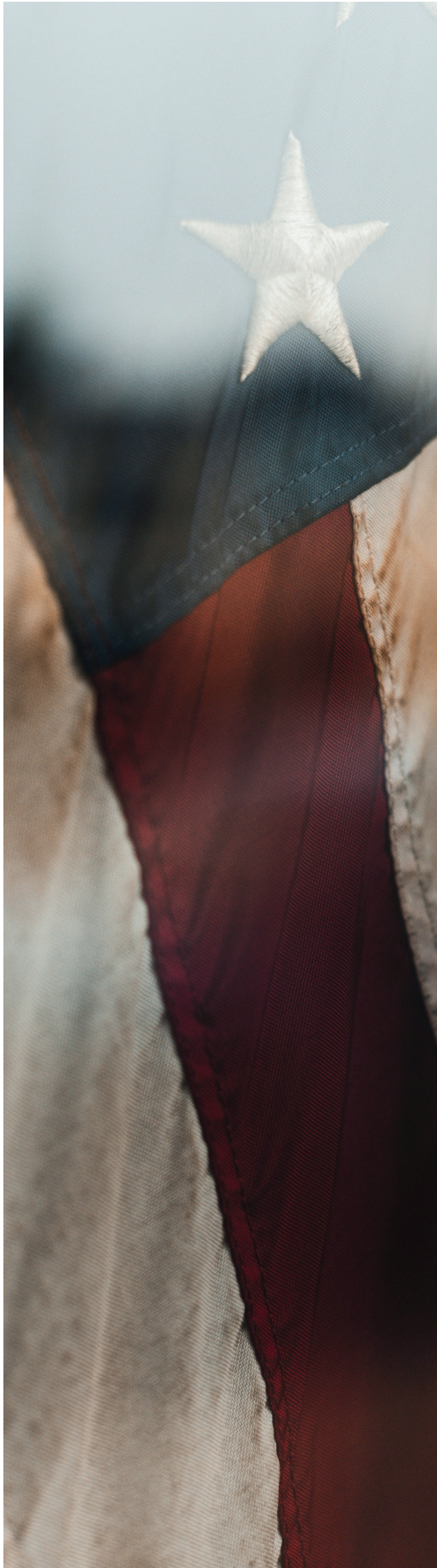
CHUGIAK SENIOR CITIZENS

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.

Table of Contents



Community Announcement	3
Contact Information	4
Amy's Dad Jokes	4
Upcoming Events	5
Upcoming Events	6
Upcoming Events	7
Alaska Commision On Aging Presentation	7
Fourth Of July BBQ	8
Monthly Activities	9
Bill Stoltze Cafe	10
In Remembrance: Dave DeCaprio	11
Nurse Lorna	12
Nurse Lorna	13
AC's Comic Corner	14
Corrie Sullivan: Licensed Optician	14
Bear Paw Parade	15
Chugiak Senior Citizen Foundation	15
Kitchen Corner	16
June Moments	17
Chugiak Senior Living Services	18
Anchorage Public Library Resource Fair	18
July Birthdays	19



Chugiak Senior Center Office Will Closed July 3rd in observance of July 4th

Have a wonderful and safe Independence Day!

Community Announcement

Hello friends,

This past month was full of much-needed sunshine. I don't know about you, but when I sit in the sun, it's like the world stops for a minute. It feels like my brain goes on "do-not-disturb." Not a single thought distracts you as the warmth of the sun lies over you like a blanket.

Our minds race all the time. Have you ever noticed that you spend almost half the day having a conversation with yourself, just inside your head? Thinking about that thing you should have said five years ago, what you are going to do tomorrow, or just overthinking in general. Your mind can easily be taken over by your own voice, and it's easy to forget that you have the power to turn it off. This life wasn't meant to be lived alone—not physically, and definitely not mentally. My goal for you this month is to turn your personal mind radio off and tune into what is going on around you. Connect with a friend or family member. Let them in on what you are feeling or going through.

Live your life like you have a constant beam of sunshine lying on you. Live carefree, live openly, live honestly.

As always, you know where to find me. My door is always open!

**Love,
MaKayla**

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

Activities and Public Relations: Makayla Collins
*Activities - Human Resources - Newsletter - Room Rentals -
Volunteers*
907-688-2683 | makayla@chugiakseniors.com

Donations
907-688-2683 | seniors@chugiakseniors.com

ALP Administrator - Shelia Briggs
907-688-8999 | shelia@chugiakseniors.com

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

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

BOARD OF DIRECTORS

President Bob Wilkinson
Vice President Rick Oatman
Secretary Ruth McClain
Treasurer Ken McCarty

Members-at-Large

Andrew Fierro
Kathryn Railing
Sue Holliday

Contact:
board@chugiakseniors.com

Amy's Dad Jokes

What's the best kind of
tea to drink on the 4th of
July?

Liber-tea!

UPCOMING EVENTS

July 1st , 8th , 15th , 22nd & 29th | Bible Study @ 10:30am

The name has changed for this Bible Study. It is no longer just a women's study, but is now open to men as well. Located in the Upper Resident Lounge, please stop by!

July 1st , 8th , 15th , 22nd , & 29th | Nature Walk Wednesday @ 2:00pm

Join us for a walk right around the Senior Center. We meet in the Main Lobby and take off from there. Wear your walking shoes!

July 1st | Ice Cream Social @ 2:00pm

Do you like ice cream? Silly question, of course you do. Join us in the Bill Stoltze Cafe to enjoy a sweet treat and some trivia right before our Resident Meeting. The cost to attend is \$3, head to the Main Office to purchase your tickets.

July 3rd | Main Office is Closed

Chugiak Senior Center Office is closed in observance of Fourth of July.

July 4th | Fourth of July BBQ @ 12:00pm - 3:00pm

We will be hosting a BBQ on the Senior Center property. This is a wonderful location to watch the parade and enjoy fun games. Bring your family and friends, it's going to be great! More information is provided in the flyer.

July 6th | Water Color Class @ 10:00am

Get excited, they're back! Located in the Painting Room.

UPCOMING EVENTS

July 10th | Bear Paw Festival Outing @ 11:00am

Would you like to walk around the Bear Paw Festival, try some treats, and purchase unique Alaskan treasures? Head to the sign-up sheet in the Main Lobby. We will take a bus and leave the Main Lobby at 11am.

July 13th | Lions Bingo @ 1:30pm

Bingo, bingo, bingo. Located in Adult Day Service!

July 13th & July 27th | Donut Monday @ 9:00am

Every second and last Monday of the month, we serve free donuts at our Latte Fun Coffee Shop! Come and get some while they last.

July 16th | Chinooks Baseball Game @ 5:30m

Join us as we go right down the road to Lorretta French Park to watch the Chinooks play the Miners. We will leave the main Lobby at 5:30pm to catch the game at 6pm. The sign-up sheet is in the Main Lobby.

July 16th | Waffle Thursday @ 9:00am

Located in the Bill Stoltze Cafe. For just \$3, get hot waffles, fresh fruit, many toppings, hot coffee, and juice!

July 17th | Bonfire & BBQ @ 5:00pm

Let's get on the back patio and eat some good food, music, s'mores, and good company! Cost to attend is \$10; please head to the Main Office to purchase your tickets.

UPCOMING EVENTS

July 21st | VFW Bingo @ 1:30pm

Bingo, bingo, bingo. Located in Adult Day Service!

July 23rd | Pickling Party @ 2:00pm

Located in the Bill Stoltze Cafe If you have jars in your cabinets, please bring them! We will provide a jar to those who don't have any.. BYOV: BRING YOUR OWN VEGGIES

July 30th | Senior Iron Man

Think you know the Iron Man? Think again! We're putting a fresh, accessible spin on the classic swim, bike, and run. Our bodies are capable of amazing things, so sign up, join the fun, and show us what you've got! More details on the flyer.

ALASKA COMMISSION ON AGING PRESENTATION

You Are Invited!



Topic: Current Commission Work And 2025 Annual Report

When: Wednesday, July 29th At 2PM

Where: Bill Stoltze Cafe

Cookies Will Be Served!



JULY 4TH | 12:00PM
LOCATION: CHUGIAK-EAGLE RIVER SENIOR CENTER



FOURTH *of* **JULY**



BBQ



**PARADE, BOUNCE HOUSE, SNOW CONES,
FACE PAINTING, BBQ, AND MUCH MORE!**

MONTHLY ACTIVITIES

Monday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

1:00 pm - Bridge & Phase 10 Cards

- Location: HUD Denali View Lounge

1:00 pm - Walmart Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

1:00 pm - Tai Chi

- Location: Gym

2:00 pm - Knit Witz

- Location: Upper Resident Lounge

6:00 pm - Ukulele Jam Fest

- Location: Main Lobbies

Tuesday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

10:00am - Joy of Painting

- Art Room

1:00 pm - Phase 10 Cards

- Location: Outside of Main Office

1:00 pm - Fred-Meyer Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

Wednesday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

11:00 am - Strong Seniors Volunteer Led

- Location: Gym

1:00 pm - Walmart Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

4:00 pm - Line Dancing

- Location: Gym

Thursday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

1:00 pm - Cribbage & Phase 10 Cards

- Location: Outside of Main Office

1:00 pm - Fred-Meyer Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

1:00 pm - Tai Chi

- Location: Gym

2:00 pm - Knit Witz

- Location: Upper Resident Lounge

Friday:

9:30 am - Self-Led Chair Stretch, Yoga, & Pilates

- Location: Gym

1:00 pm - Carr's Shopping Trip

- Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.

Sunday:

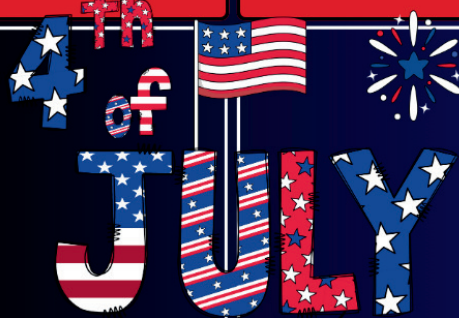


3:00 pm - The Crossing Church Service

- Location: Bill Stoltze Cafe

BILL STOLTZE CAFE

JULY 2026

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

MON	TUES	WED	THUR	FRI
		1 French Dips w/ Mushroom & Peppers French Fries	2 Spaghetti w/ Meat Sauce Steamed Vegetables WW Roll	3  CLOSED FOR THE HOLIDAY
6 BLT Wraps Bacon, Lettuce, Tomato Chips Pickle Spear	7 Chicken & Beef Taco's Refried Beans Churros	8 Breakfast For Lunch! Chef's Choice	9 Meatloaf Mashed Potatoes & Gravy Creamed Peas WW Roll	10 Teriyaki Chicken Thighs Over Steamed Rice Stir Fry Vegetables Pot Stickers
13 Italian Grinders w/ Ham, Salami, Turkey and Cheese Pasta Salad AC Soup	14 Open Faced Hot Roast Beef Sandwich Seasoned Corn Garden Salad	 15 All Beef Hot Dogs Potato or Macaroni Salad Chips & Pickle Fixings Bar Chili Soup National Hot Dog Day	16 Veggie & Sausage Bake Over Seasoned Rice AC Soup	17 Hungarian Goulash w/ Ground Beef Pasta Noodles Green Beans WW Roll
20 Salisbury Steak Mashed Potatoes & Gravy Seasoned Peas Garden Salad	21 Chef Salads Turkey, Ham, Roast Beef Bread Stick AC Soup	22 Pulled Pork Sandwich on WW Bun Sweet Potato Fries	23 Gyro Sandwiches w/ Lettuce and Tomato Cucumber & Onion Salad Fixings Bar	24 Baked Cod Over Tumeric Rice Zest Lemon Asparagus
27 Beef Pot Roast w/ Roasted Potatoes & Carrots Garden Salad	28 Chicken Parmesan Over Pasta Noodles Steamed Vegetables Garden Salad	29 Mongolian Beef Over Rice w/ Bell Peppers & Onions Asian Cucumber Salad	30 Roasted Turkey Slice Mashed Potatoes & Gravy Green Beans & WW Roll Cranberry	31 Chicken Salad Sliders Ranch & Bacon Pasta Salad AC Soup

This Menu Is Subject To Change

DAVE DECAPRIO



It is with heavy hearts that we remember Dave DeCaprio, whose passing has deeply saddened our Senior Center family.

Many of us looked forward to hearing Dave play his guitar during lunch, filling the room with music, warmth, and joy. His talent as a musician was evident, but even more memorable was his kind spirit and friendly presence. Dave had a way of brightening the day simply by being there.

He will be greatly missed by all who had the privilege of knowing him. As we honor his life and the memories he created through his music, we extend our heartfelt condolences and prayers to his family and friends during this difficult time.

May his music and the joy he shared continue to live on in our hearts.



Lorna, Outreach Nurse



Discover how to honor older adults, break aging stereotypes, and build supportive communities

Seasonal eating means enjoying locally-sourced foods that are naturally at their peak ripeness during the current time of year. Produce harvested at peak ripeness often contains more vitamins, minerals, and antioxidants than off-season or long-haul counterparts. Other benefits include: Enhanced flavor and freshness, lower cost, environmental sustainability, greater variety and support local agriculture. So many nutrient rich favorites are finally at peak ripeness, from flavorful berries, peaches, and melons to fresh tomatoes, summer squash and leafy greens.

What's in Season? Essential Vitamins!

Vitamin	Role	Summer Sources
Vitamin C	Supports immune health, skin repair, and antioxidant function	Strawberries, bell peppers, tomatoes, cantaloupe
Vitamin A	Important for vision, immune function, and skin health	Watermelon, mangoes
Vitamin K	Helps with blood clotting and bone health	Green beans, blueberries
Folate (B9)	Vital for cell growth and DNA formation	Corn, beets, cantaloupe
Vitamin E	Antioxidant that protects cells from damage	Bell peppers, mangoes, avocados
Vitamin B6	Supports brain health and metabolism	Watermelon, mangoes, bananas, avocados, papayas
Vitamin D	Supports bone health and immune function	(Safe) Sun exposure!
Potassium	Maintains fluid balance and muscle function	Tomatoes, zucchini, cucumbers, cantaloupe



Lorna, Outreach Nurse



Discover how to honor older adults, break aging stereotypes, and build supportive communities

Quick tips from a registered dietitian:

- Keep berries dry until you're ready to eat them (moisture speeds up spoilage)
- Pair summer fruit with protein or healthy fat (peach slices with cottage cheese or almonds) to support blood sugar stability.
- Use herbs like basil, mint, or cilantro to add flavor without added salt or sugar.
- Freeze summer veggies like corn, zucchini, and green beans to use later. Blanch first to preserve color, texture, and nutrients!
- Freeze berries, peaches, and cherries on baking sheet, then transfer to a container or freezer bag for smoothies or oatmeal.

Frozen Yogurt Berry Bites

Ingredients:

- 1 cup Greek yogurt (plain or vanilla)
- 1 cup mixed fresh berries (blueberries, raspberries, diced strawberries)
- 1-2 tsp honey or maple syrup (optional)
- Silicone mini muffin tray or parchment paper

Instructions:

- Mix Greek yogurt and sweetener (if using) in a small bowl
- Spoon a small amount of yogurt into each compartment of a mini muffin tray
- Top with a few berries and gently press them into the yogurt.
- Freeze for at least 2 hours, then pop out and store in a freezer-safe container.
- Enjoy straight from the freezer for a cool, protein-packed snack.

Corinne Sullivan

AKLDO, ABOC, NCLEC

907-276-1021

Corinne Sullivan is a licensed optician and owner of Cook Inlet Eyewear. She specializes in fitting, adjusting, and dispensing eyeglasses, sunglasses, and contact lenses. In addition to serving patients at her retail location, Corinne provides convenient mobile optical services for seniors and individuals with disabilities who are unable to visit the office.

Cook Inlet Eyewear also partners with senior living communities, care facilities, and organizations interested in providing on-site services to their residents or clients. Facilities interested in scheduling a visit are encouraged to reach out to arrange a convenient time.

Cook Inlet Eyewear is an approved provider for Medicare, Aetna, Premera, and VSP insurance plans. Medicaid is not currently accepted.



AC'S COMIC

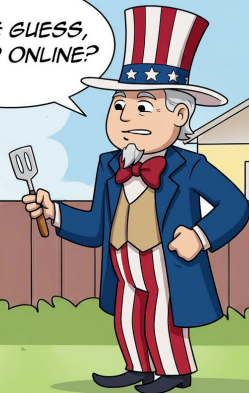
CORNER



Happy 4th Of July

IT LOOKS
NOTHING LIKE ON
THE WEBSITE.

LET ME GUESS,
ORDER ONLINE?



ADRC
Aging & Disability Resource Centers

(907) 343 - 7770

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.

BEAR PAW PARADE

Saturday, July 11th
10:00AM - 2:00PM

Ken McCarty is coordinating the patio at Jalapenio's for seniors to view the parade in the enclosed patio.

Seniors are on their own for food and drinks while they view the 42nd Bear Paw Parade. RSVP your spot by contacting Ken McCarty - (907) 694-5550

Transportation will be coordinated



Learn more about the mission of Chugiak Seniors Citizens Foundation and how to donate!

Scan Here!



Kitchen Corner: Gratitude & Resilience

We are living in a season where everything costs more.

Food costs more.

Gas costs more.

Coffee somehow costs enough to deserve its own payment plan.

Ice cream, which used to be a simple joy, now sits in the freezer aisle like it has a law degree and private parking.

Everybody feels it.

When life gets expensive, people tend to respond in different ways. Some tighten their belts, adjust their habits, get creative, stay grateful, and keep moving forward. Others find themselves frustrated because things are not the way they used to be.

The truth is that many people are working hard to stretch their budgets. They are cooking at home more, driving less, repairing things instead of replacing them, and finding ways to make ends meet.

That is not failure.

That is resilience.

We all have moments when it is easy to focus on what is missing. But sometimes it helps to remember what is still in front of us.

A hot meal.

A helping hand.

A neighbor who cares.

A community that continues to show up.

Gratitude is not pretending that life is perfect. It is recognizing what we have while continuing to work toward what we need. Maybe this is a season to simplify a little.

Waste less. Share more.

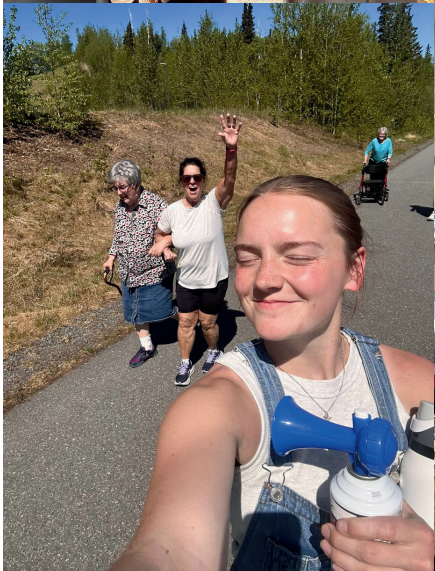
Appreciate the small things that often go unnoticed.

If there is food on your plate today, that is something worth being thankful for. If someone prepared it, served it, donated it, or helped make it possible, that is worth appreciating too. Life is not easy for many people right now. But even in challenging times, gratitude has a way of making what we have feel like enough.

And who knows? If you would like to be part of helping serve those meals, the kitchen is always happy to welcome an extra pair of hands.

I am grateful to have shared two years with all of you.

- Cat



Life Moments



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.

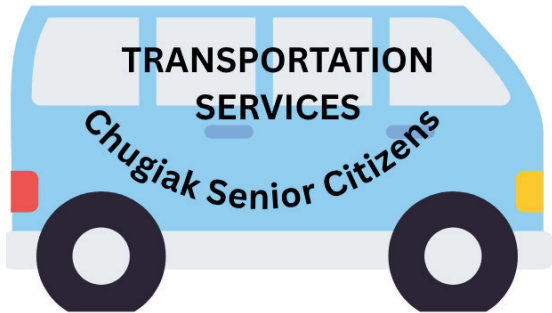
To participate, contact Col Suellyn Wright Novak, USAF (Ret.)
 📞 Call: 907-863-0569

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.



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 48 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	Monday: Walmart	1pm - 3pm
Round trip or one way to VA/JBER	Tuesday: Fred Meyers.	1pm - 3pm
Round trip or one way to Anchorage	Wednesday: Walmart	1pm - 3pm
Round trip or one way to Mat Su Valley	Thursday: Fred Meyer	1pm - 3pm
	Friday: Carr's	1pm - 3pm
	(Call for Trips to Three Bears)	



Call for information on ADA Fare

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

RESOURCE FAIR

Join us for resource fairs at Anchorage Public Library branches!

- Get a benefits interview with Public Assistance employee, including SNAP and Medicaid.
- Complete a coordinated Entry Assessment with the Anchorage Coalition to End Homelessness.
- Talk with a customer care supervisor from Cook Inlet Housing Authority.

Tuesday July 28th, August 25th, September 22nd, October 27th and December 1st from 2:00pm - 4:00pm at the Chugiak-Eagle River Library

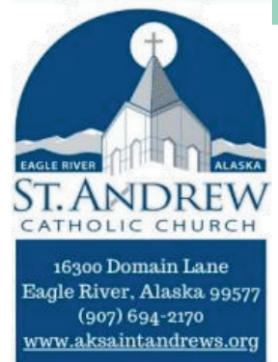


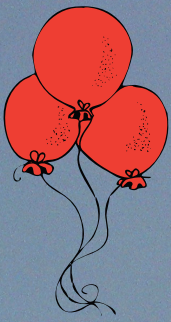
ST. ANDREW CATHOLIC CHURCH

Catholic Mass: Friday May 15, in the Board Room (Second Floor), 3:30pm (confessions at 2:45pm)

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

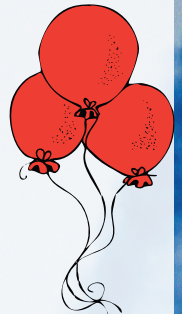
Homebound Catholics who would like to receive Communion may call
 907-694-2170.





Happy Birthday

July 1	Carol Ann Haugstad	July 16	Kirsten Gurley
July 1	Joy Pennington	July 18	Mary Jo Stewart
July 2	Rebecca Anderson	July 18	Elvaree Sumpter
July 2	Rebecca Hyde	July 18	Diane Kelly
July 3	Janice Tingler	July 20	Patricia Oien
July 4	Lynn Miller	July 20	Cynthia Knipfer
July 5	Harold Parker	July 21	Lynn Streff
July 5	Richard Dana	July 22	Paul Tosch
July 8	Gary Hamilton	July 22	Lavonne Rhyneer
July 8	Mary Suter	July 22	Linda Sharp
July 10	Michael Penisten	July 23	Mary Fletes
July 10	Betty Motes	July 23	Daniel Orcutt
July 10	Joy Matlock	July 24	Norma Floyd
July 10	Jim Graves	July 26	Barbara Sanders
July 11	Nance Marshall	July 27	Gayle Gerk
July 12	Judy Moore	July 27	Beverly Oatman
July 13	Eugene Ratliff	July 27	Janine Smith-Marquiss
July 13	Bonnie King	July 28	Mary Pederson
July 14	Carol Withey	July 29	Larry Wood
July 15	Cody Oatman	July 30	Barbara Parker
July 16	Don Kunkel	July 30	Margaret Acree
July 16	Amy Barnes	July 30	Janet Hahn
July 16	Ronald Cain	July 30	Bill Stoltze
July 16	John Wood	July 31	M.Esther Hulse



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 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	
		11am Strong Seniors Self-led			



**Chugiak Senior Citizens
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.

HAPPY

4TH

of JULY

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, Paulette Shannon and Linda Hamilton.