Vol. 11

November 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
Upcoming Events	5
Upcoming Events	6
Meals on Wheels Christmas Present Program	7
Resident Story: Janice Haskell	8
Holiday Bazaar	9
Nurse Lorna: Blue Zones	10
Nurse Lorna: Blue Zones	11
Weekly Activities	12
Bill Stoltze Dining Menu	13
Knitwitz	14
Amy's Dad Jokes	14
HUD Annual Board Meeting	14
CSCI Annual Board Meeting & Dessert Auction	15
Corrie Sullivan: Licensed Optician	16
Amy's Dad Jokes	16
Chugiak Senior Citizens Foundation	17
Chugiak Senior Living Services	18
Anchorage Public Library Resource Fair	18
November Birthdays	19



We want to thank all of our veterans who have served our country. Your dedication, sacrifice, and unwavering commitment to protecting our freedoms will never be forgotten. We are deeply grateful for your service and the sacrifices you and your families have made for our nation. Happy Veteran's Day to YOU!

Community Announcement

Happy November, friends!

Have you ever wanted something so desperately that the anxiousness is palpable? A feeling so overwhelming that the atmosphere you live in has floating particles of anxiety or frustration that almost feel touchable. Those moments are humbling. It's in these moments you realize just how weak you are. How a single object or comparison can send you into a frenzy, where all control is lost. How humbling it feels to realize that you are worked up about something so minute that it is put on a pedestal higher than the very breath in your lungs. You realize that for a moment the clean water, the fresh food in the fridge, the fresh air, and the warm home have become a distant memory.

Is not life more than food, and the body more than clothing? Look at the birds of the air and the flowers of the field. Have you noticed how the animals of the earth have food, air, and water, yet you do not see them panicking? Have you noticed the flowers of the earth, that each spring they are coated in such beauty, yet they cannot physically dress themselves?

My friends, this life is more than just staying alive. This life is about more than the tangible things. When you begin to feel anxiety or a sense of frustration for the things that you do not have, take a breath, and look at what is right in front of you. As you look around, notice how blessed you truly are, that in the basics of this life you are more than provided for.

This life is beautiful, and there is more than what meets the eye.

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
907-688-2652

Housing Manager: Laurie Moffitt
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Outreach Nurse: Lorna Mills, RN
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Activities - Human Resources - Newsletter - Room Rentals - Volunteers
907-688-2683 | makayla@chugiakseniors.com

Donations
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ALP Administrator: Katie Finkler
907-688-8999 | katie@chugiakseniors.com

Office Manager: Margaret Asbury
Membership
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Adult Day Services: Lacheria White
907-688-2691 | adscoordinator@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

UPCOMING EVENTS

November 2nd & 16th | Water Color Class @ 10:00am
Would you like to learn some watercolor basics? Great! Join this class located in the Painting Room just up the stairs.

November 4th, 11th, 18th, & 25th | Bible Study @ 10:30am
Located in the Upper Reisdent Lounge, join us for a time of reading God's word and fellowship. All are welcome, we hope to see you there!

November 6th | Birthday Cake Friday @ 11:30am
Join us at our regular lunch hour, where birthday cake will be served with your meal. This is to celebrate our residents who have a November birthday!

November 9th & 30th | Donut Monday @ 9:00am
Located at the Latte Fun Coffee Shop, free donuts will be provided until supplies run out. Please be sure to only snag one donut. I guess sharing is caring... that's just what people are saying these days.

November 9th | Lions Bingo @ 1:30pm
Located in the Adult Day Center, please join us for bingo hosted by the local Lions Club!

November 10th | Valley Thrifting @ 11:30am
If you like to shop for knick-knacks at a great price, this is the trip for you. We stop at multiple thrift stores ranging from Wasilla to Palmer. Be sure to bring some reusable shoping bags! We will be leaving the Main Lobby at 11:30am.

November 11th | Center Closed for Veterans Day

November 13th | Affogato Social @ 10:00am
This will take place at the Latte Fun Coffee Shop. This event will be first-come, first-served since there is no cost!



UPCOMING EVENTS

November 14th | Holiday Bazaar @ 10:00am to 4:00pm

It's timeeee! Join us for our annual Bazaar, where vendors will be selling all sorts knick-knacks. What a perfect time to find a little treat for yourself or a gift for a loved one. The Latte Fun Coffee Shop will be open and there will be lunch available for purchase.

November 17th | VFW Bingo @ 1:30pm

Located in the Adult Day Center, please join us for bingo hosted by the local VFW!

November 19th | Waffle Thursday @ 9:00am

For just $3, come get two hot waffles with various topings and your choice of hot coffee or juice! It's in the Bill Stoltze Dining Room.

November 20th | Karaoke and Pizza @ 4:00pm

All are welcome, do not be afraid of your voice; we might be, but you shouldn't be... come and sing your heart out and snack on some delicious pizza!

November 24th | Thanksgiving Trivia & pie @ 12:00pm

Let's celebrate the upcoming holiday with some trivia and yummy pie! This activity will take place during the lunch hour, come ready to eat and think!

November 25th | Thanksgiving Potluck @ 4:00pm

Before the Center close for the holiday weekend, let's all get together to share a warm family dinner. The kitchen will be providing the main protein, ham and turkey, you guys are tasked with bringing your favorite side dish or dessert!

November 26th & 27th | Center Closed for Thanksgiving





Give From The Heart

2026 MEALS ON WHEELS CHRISTMAS PRESENT PROGRAM

'Tis the Season to Brighten The Lives!

DROP OFF NEW AND INDIVIDUALLY PACKAGED, UNWRAPPED GIFTS AT THE CENTER NOVEMBER 2 - DECEMBER 15

- LargeBath Towels
- Toothbrush and Toothpaste
- Body Wash and Shampoo
- Loofahs
- Chapstick
- Hand Lotion
- Large Print Crossword Books
- Socks
- Throw Blankets
- Tea Bags and Hot Chocolate
- Individually Wrapped Snacks

FOR MONETARY DONATIONS PLEASE VISIT OUR WEBSITE : WWW.CHUGIAKSENIORS.COM

RESIDENT STORY :

Janice Haskell



Hi, my name is Janice (2), also known as the 'Chicken Lady'. I am a Washington -Oregon transplant. My husband and I , Robert, who since then has passed away, moved into an apartment at Chugiak Senior Center in 2025. This is such a good place for me.

There are so many people to know and things to do here in this community. I am always as busy as I want to be. I love to study the Bible, (Bible class), knitting, (Knitwitz), painting, (Art class), music, (Ukulele jam fest), and puzzles (downstairs lounge).

My husband and I were in Christian ministry for over 50 years. That took us to 5 different states and 10 years in Argentina. Si, hablo Espanol. We have 3 children and two grandchildren. Our youngest, Kristina, lives in Chugiak with her husband, Joshua Maus, son of CERSC resident , Lily Maus. They are the main reason we moved to Alaska.

Lest you think a life of Christian ministry sounds boring - it was not! Some of my best memories are of seeing lives changed, cruising the Rio Parana, walking on the catwalk over the Iguazu Falls on the Argentine-Brazilian border, visiting a 500 year old primitive monastery in Portugal, and walking the cobblestone streets of old Stockholm where my great grandparents trowed for trade.

Now, I am slowly discovering sites in Alaska with the help of CERSC, who has taken me to Talkeetna and Hope. I have also visited Hatcher's Pass and Seward.

I don't have enough years left to see it all, but in the meantime I am blessed to be a part of the good family here at Chugiak Senior Center.

'tis the season

CHUGIAK SENIOR CENTER

Christmas

Holiday Bazaar

November 14th



10am - 4pm

22424 N. Birchwood Loop

Chugiak, AK

Food Available To Purchase For Lunch

LORNA, OUTREACH NURSE

Blue Zones: Secrets of a Long Life

Life expectancy of an American born today averages 78.2 years. There were also 70,000 Americans to reach 100 years old. What are these centurions doing that the average American isn't? Most of the answers lied within their lifestyle and environment. (The Danish Twin Study established that only about 20% of how long the average person lives is determined by genes). Dan Buettner (explorer, writer and longevity researcher) teamed up with National Geographic to find the world's longest-lived people and study them. He discovered the five places in the world- dubbed blue zones- where people live the longest, healthiest lives. Dan and his team have made it their mission to teach people how to embrace the blue zone way of life and live to a healthy 100.

There is a documentary on Netflix called Live to 100: Secrets of the Blue Zones, where these key locations are explored. They are:

- **Okinawa, Japan**
- **Sardinia, Italy**
- **Ikaria, Greece**
- **Nicoya Peninsula, Costa Rica**
- **Loma Linda, California**

Blue Zones Power 9: Lifestyle Habits of the World's Healthiest, Longest-Lived People- After identifying the blue zone hotspots where people reach age 100 at rates 10 times greater than in the United States, research found evidence-based common denominators among all of these regions.

9 lifestyle habits of the world's healthiest, longest-lived people.

1. **Move Naturally – The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work.**
2. **Purpose - The Okinawans call it "ikigai" and the Nicoyans call it "plan de vida;" for both it translates to "why I wake up in the morning" Knowing your sense of purpose is worth up to seven years of extra life expectancy.**
3. **Downshift - Even people in the blue zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.**

LORNA, OUTREACH NURSE

Blue Zones: Secrets of a Long Life

4. **80% Rule - "Hara Hachi bu" – the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the blue zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.**
5. **Plant Slant - Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat- mostly pork- is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards.**
6. **Wine @ 5- People in all blue zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day (preferably Sardinian Cannonau wine), with friends and /or with food. And no, you can't save up all week and have 14 drinks on Saturday.**
7. **Right Tribe- The world's longest lived people chose-or were born into-social circles that supported healthy behaviors. Okinawans created "morals"- groups of five friends that are committed to each other for life. Research has shown that smoking, obesity, happiness, and even loneliness are contagious. So the social networks of long-lived people have favorably shaped their health behaviors.**
8. **Loved Ones First - Successful centenarians in the blue zones put their families first. This means keeping aging parents and grandparents nearby or in the home (it lowers disease and mortality rates of children in the home too.) They commit to a life partner (which can add up to 3 years of life expectancy) and invest in their children with time and love. (They'll be more likely to care for you when the time comes).**
9. **Belong - All but five of the 263 centenarians interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.**



Blue Zones Principles

Backed by research of the original blue zones—rare longevity hotspots where people thrive into their 100s—these core concepts are the blueprint we lay over entire communities to help make living better, longer accessible to everyone.

WEEKLY 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 - Lounge outside of main office.**

1:00 pm - Walmart Shopping Trip
- **Location: Leave from Main Lobbies and return at 3:30pm. Call transportation to arrange a ride.**

2:00 pm - Knit Witz
- **Location: Upper Resident Lounge**

6:00 pm - Ukulele Jam Fest
- **Location: Main Lobby**

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 - Tai Chi
- **Location: Gym**

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
NOVEMBER 2026

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

MON	TUES	WED	THUR	FRI
2 Beef & Spinach Stuffed Shells w/ Cream Sauce Vegetable WW Roll Salad	3 Chicken Cordon Blue Steamed Rice Vegetables	4 Baked Cod w/ Tarter Sauce Lemon Rice Vegetables Hush Puppies	5 Savory Pot Roast Mashed Potatoes & Gravy Vegetable WW Roll	6 Fish Sandwich WW Bun Cheese Slice French Fries Homemade Tarter Sauce
9 White Chicken Chili Rice & Veggies Cornbread Chili Fixen's	10 Taco Tuesday! Soft or Crunchy Refried Beans Fixings Bar	11 Closed For Veteran's Day 	12 Club Sandwich w/ Turkey, Bacon & Cheese Soup	13 Hot Ham & Cheese Sliders Steak Fries Carrot & Raisin Salad
16 Corned Beef & Cabbage w/ carrots and potatoes Seasoned Squash Rye Bread Chicken Salad	17 Steak-n-Cheese Philly w/ Onions & Peppers Tater Tots	18 Sweedish Meatballs Butter Noodles Garlic Broccoli	19 Parm Crusted Tilapia Scalloped Potato Vegetable Salad	20 Rosemary Garlic Pork Loin Mashed Potatoes & Gravy Green Bean Casserole Bread Slice
23 Beef Stew w/ Potatoes & Carrots Biscuit	24 Grilled Chicken Breast Broccoli & Cheese Roasted sweet potatoes	25 All Beef Hot Dog Bar Baked Beans Mac & Cheese Fixings Bar	26 Closed For Thanksgiving Day! 	27 Closed For Thanksgiving Holiday
30 Beef Quesadillas Rice & Beans Salsa, Sour Cream, Jalapeno Churros				



This Menu Is Subject To Change



Knitwitz Big Winners

We went to the Alaska State Fair,
The knits and the glitz were there

Our Knitwitz went to the Fair and came home with 22 ribbons; 5 white - 3rd place; 4 red - 2nd place; 11 blue - 1st place; and two division champion ribbons!

So we are not such "knit wits" after all. We not only love to knit and crochet but we are also good at it. Be sure to come by our tables at the November Holiday Bazaar. We will have handmade items both large and small at a price you can afford, made with love in every stitch.

If you are a knitter or crocheter or want to learn join us Monday and Thursday afternoons in the upper stairs lounge. Drop in any time between 2:00 and 5:00 pm. You'll turn out to be a winner, too. Or just stop by for some visiting and laughter and a cup of tea. Knit one, purl two.



Amy's Dad Jokes

Why did the turkey join the band?

Because it had the drumsticks!

HUD ANNUAL BOARD MEETING

Date: Tuesday, November 10th at 2:00pm

Location: 2nd Floor Meeting Room in HUD Building

You're invited

Purpose: You will be electing Board Members and Bylaw changes.

We need all HUD members to attend. There will be snacks!



Annual Membership Meeting
Board Election

DINNER & DESSERT AUCTION

BIDDING FOR YOUR FAVORITE DESSERTS BEGINS AFTER DINNER

WHEN	TIME	WHERE
Wednesday, November 18th	5:30PM	Bill Stoltze Cafe

Member Ticket: $30
Non-Member Ticket: $35

Visit www.chugiakseniors.com to secure your tickets before the November 14th deadline!

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 approvied provider for Medicare, Aetna, Premera, and VSP insurance plans. Medicaid is not currently accepted.

Amy's Dad Jokes

What sound does a turkey's phone make?

Wing, Wing

ADRC
Aging & Disability Resource Centers

(907) 343 - 7770

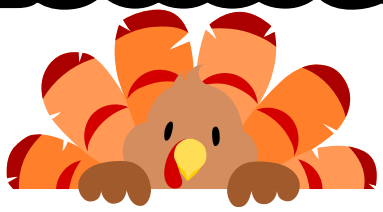
Attorney Eva Knadjinova is a civil attorney with Alaska Legal Services Corporation, and specializes in seniors over the age of 60.

Alaska Legal Services Corporation

(by appointment only)

For more information or to schedule an appointment, please call 907-272-9431

Chugiak Senior Citizens Foundation



Did you know that you can impact our wonderful Senior Center and its outreach to our community with a donation to Chugiak Senior Citizens Foundation? Every contribution to the Foundation is kept in trust and never spent. Meanwhile, a portion of earnings from the trust are distributed annually to Chugiak Senior Citizens Inc, for programs at the Center benefiting the larger community.

This month we are grateful for a gift in memory of a beloved resident, Beverly Oatman. What a wonderful way to remember and honor someone you love! Bev's family is humbled by this gift.

Whether you are making a memorial donation, showing your appreciation for the programs you enjoy, or want to ensure the future health of CERSC, your financial gift to the Foundation may be tax advantaged. Ask your financial advisor to explain what is possible in your situation.

Thank you for being a part of our growing family of donors. Together we are continuing a 40-year tradition of support for the mission of CSCI to serve families from Hiland to Eklutna with programs, facilities and housing.

Scan Here!

CHUGIAK SENIOR CITIZENS FOUNDATION

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 December 1st
from 2:00pm - 4:00pm
at the Chugiak-Eagle River Library

ANCHORAGE PUBLIC LIBRARY

Alaska Veterans Museum

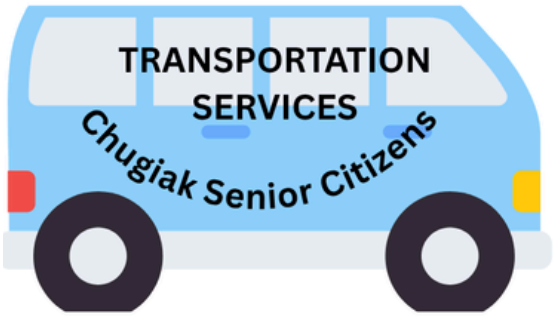
The Alaska Veterans Museum Oral Histories Project is inviting veterans to share their experiences on video to be preserved as part of Alaska's living history. These recorded oral histories will be cherished by your family and made available for future generations at the museum.
Your story. Your legacy.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

theCrossing

Serving Others.



Contact Us
(907) 688 - 2625
ride@chugiakseniors.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

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

Weekly Shopping Schedule

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)

CHUGIAK-EAGLE RIVER SENIOR CENTER

Call for information on ADA Fare

Connecting seniors, people with disabilities, and caregivers with long-term care services and support
Anchorage: (907) 688-2626

ST. ANDREW CATHOLIC CHURCH

Catholic Mass: Friday Nov. 13, in the Board Room (Second Floor), 3:30pm (confessions at 2:45pm)

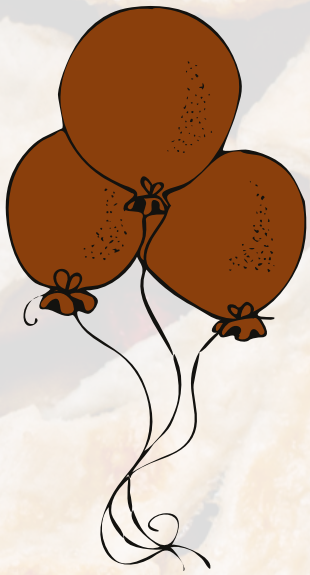
Catholics, former Catholics, and non-Catholics are all warmly welcomed to attend.

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

EAGLE RIVER ALASKA
ST. ANDREW CATHOLIC CHURCH
16300 Domain Lane
Eagle River, Alaska 99577
(907) 694-2170
www.aksaintandrews.org

Happy Birthday

November 1	Janet Mitson
November 3	Ardeth Lester
November 3	Jan Marquiss
November 5	Julie Marcey
November 5	Larry Ward
November 6	David Baldwin
November 6	Franklin Byerly
November 6	William Carlton
November 6	Susan Scheunemann
November 6	Buell Tatum
November 7	Dan Hall
November 8	John Halterman
November 9	Keith Fenstermaker
November 9	Dorothy Harris
November 10	Davin Abalama
November 10	Roger Gonya
November 11	Roy Ireland
November 11	Anna Mackinnon
November 12	Arline Lacoss
November 13	Neil Dewitt
November 13	Mary Ellen Grohol
November 13	Dan Kendall
November 14	Kurt Mueller
November 14	Mary Linda Pryor
November 15	Barbara Brandon
November 15	Mary Gamage
November 15	Mary Johnson
November 15	Janet Victory
November 16	Paulette Shannon
November 16	Roberta Vincent
November 16	Sheila Woods
November 18	Russell Luft
November 18	Sandra Skaggs
November 20	Robert Thomason
November 21	Dolores Bowns
November 21	Kathy Steele
November 22	Margaret Hintz
November 22	Bonnie Blodgett
November 23	Kathleen Kuersten
November 23	John Norton
November 24	Mary Jane Audino
November 24	Greg Beck
November 24	Elizabeth Burke
November 24	Deborah Hanson
November 25	Faith Hamilton
November 27	Ben Demboski
November 27	Richard Holeman
November 27	Ken Takauwa
November 28	Tamea Isham
November 30	Chris Kobelnyk



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 November

Chugiak Senior Citizens, Inc. has been serving seniors residing from Hiland to Eklutna for 51 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, Linda Hamilton and Susan Day.