

Vol. 11

November 2025

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 Program	7
Holiday Bazaar	8
Honoring Our Veterans	9
Honoring Our Veterans	10
Bill Stoltze Cafe Menu	11
Nurse Lorna	12
Meet Our New Hairstylist	13
Amy's Dad Jokes	13
Board of Directors Elections	14
Annual Board Dinner & Dessert Auction	15
Annual HUD Board Meeting	15
Kitchen Corner	16
Memory Cafe	17
AC's Comic Corner	17
Knitwitz	18
Elder Endeavors	19
Amy's Dad Jokes	19
Chugiak Senior Living Services	19
Chugiak Senior Citizen Foundation	20
November Birthdays	21
Classic Apple Crisp Recipe	22
Fruits Of Alaska Word Search	23



Community Announcement

As the days grow shorter and the air turns crisp, we're reminded that November is a time to pause, reflect, and give thanks for the blessings in our lives. Whether it's the comfort of a shared meal, the laughter of family and friends, or the simple joy of being part of a caring community; this season invites us all to celebrate what truly matters.

Here at the Chugiak Senior Center, we're feeling especially thankful for YOU: our members, volunteers, and neighbors who make this place so special year-round. Together, we've created a community that's full of warmth, kindness, and connection and we're ready to carry that spirit into the holidays ahead!

And speaking of holiday spirit...



Holiday Bazaar – Saturday, November 8th | 10:00 AM – 4:00 PM

Get a head start on your holiday shopping (and have a little fun while you're at it)! Our annual Holiday Bazaar returns with many local vendors offering a wide variety of handmade crafts, gifts, art, treats, and more. It's the perfect way to support local artisans and find unique treasures for everyone on your list.

So, mark your calendar and join us for a day of shopping, laughter, and community cheer right here at the Chugiak Senior Center!

From all of us at the Center, we wish you a joyful November filled with gratitude, good company, and plenty of delicious food.

A handwritten signature in black ink that reads "Jared Goecher". The signature is written in a cursive, flowing style.

Public Relations Director

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 and HR Director: Jared Goecker
Activities - Human Resources - Newsletter - Room Rentals - Volunteers
907-688-2683 | jared.g@chugiakseniors.com

ALP Administrator: Bobbie Lewis
907-688-8999 | bobbie@chugiakseniors.com

Office Manager: Margaret Asbury
The Glue That Holds All Of Us Together - Membership
907-688-2674 | margaret@chugiakseniors.com

Adult Day Services
907-688-2691 | sharon@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

Contact:
board@chugiakseniors.com

UPCOMING EVENTS

NOVEMBER 5TH | Resident Meeting @ 3PM

Join us for our upcoming Resident Meeting! We'll give updates, share upcoming plans, and hear your feedback. Your voice matters—come be part of the conversation!

NOVEMBER 5TH | Bob Ross Paint Night @ 4:30PM - 6PM

Forget the fork, grab a brush: feast your eyes on art! Join us for another Bob Ross Paint Night in the Bill Stoltze Cafeteria. Bring your own brushes if you desire, everything else is covered!

NOVEMBER 7TH | Recycle Sale - Leaving @ 9:45AM

Let's gobble up the bargains and find these November thrifting treasures. Don't forget those reusable bags!

NOVEMBER 7TH | Meet & Greet @ 12:30PM - 1:30PM

Come meet the candidates running for the Board! This is a great opportunity to hear their vision, ask questions, and get to know who will be representing our community.

NOVEMBER 8TH | Holiday Bazaar @ 10AM - 4PM

A Claus for celebration! Come shop the jolly local market that's simply FA LA LA-vely

NOVEMBER 10TH | Valley Thrift Trip - Leaving @ 10:30AM

Feast your eyes on vintage finds and bring those cozy vibes!

UPCOMING EVENTS

NOVEMBER 10TH | Lions Bingo - Meet at ADS @ 1:30PM

B: Blessings I: Inspire N: November G: Gobble O: Oh what fun

NOVEMBER 11TH | Happy Veteran's Day! - Office Is Closed

To all our veterans—thank you for your service and sacrifice. We honor you today and every day. Happy Veteran's Day!

NOVEMBER 18TH | VFW Bingo @ 1:30PM

Come enjoy a great time with friends and bingo! What more could you ask for?

NOVEMBER 20TH | Annual Board Dinner & Desert Auction @ 5:00PM

Join us for our Annual Board Dinner and Dessert Auction! Enjoy a great meal, connect with friends, and bid on delicious treats—all in support of our community.

NOVEMBER 21ST | A Charlie Brown Christmas & It's A Wonderful Life

A trip to the Valley Performing Arts Center: A Charlie Brown Christmas and It's A Wonderful Life. There are only seven seats available, first come first serve. Be sure to sign up sooner rather than later.

NOVEMBER 27TH & 28TH | Happy Thanksgiving! - Office Is Closed

Happy Thanksgiving to all our residents, friends, and staff! We're grateful for each of you and the community we share.

CHUGIAK SENIOR CENTER

Give From The Heart

2025 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 1 -
DECEMBER 15**

ITEMS NEEDED

- Large Bath Towels
- Toothbrush and Toothpaste
- Body Wash and Shampoo
- Loofahs
- Chapstick
- Hand Lotion
- Large Print Crossword Books
- Flashlights
- Tea Bags and Hot Chocolate
- Individually Wrapped Snacks

FOR MONETARY DONATIONS PLEASE VISIT OUR WEBSITE :

WWW.CHUGIAKSENIORS.COM

'tis the season
CHUGIAK SENIOR CENTER

Christmas

Holiday Bazaar

November
8th

10am - 4pm

Free
Entry

22424 N. Birchwood Loop
Chugiak, AK

WWW.CHUGIAKAKSENIORS.COM
EMAIL: JARED | JARED.G@CHUGIAKSENIORS.COM



Honoring Veterans Day: Reflecting on Sacrifice, Service, and Freedom

Every year on November 11th, Americans pause to honor the men and women who have served in the United States Armed Forces. Veterans Day is a time to reflect on the courage, commitment, and sacrifices of our nation's veterans, recognizing the significance of their contributions to our freedoms and way of life. Originally established as Armistice Day in 1919 to commemorate the end of World War I, Veterans Day was later broadened to honor all who have served in any branch of the U.S. military, in times of both war and peace. Unlike Memorial Day, which honors those who gave their lives in military service, Veterans Day celebrates the service and dedication of all American veterans, living and deceased.

One of the most powerful aspects of Veterans Day is its ability to bring communities together. Across the country, towns and cities host ceremonies, parades, and gatherings, allowing citizens to express their gratitude and respect for veterans in personal and meaningful ways. Schools often hold assemblies where students hear directly from veterans, and families take time to visit memorials, learning more about the significance of military service and the history it shapes. These traditions not only honor veterans but also serve as a powerful reminder to all generations of the sacrifices made to protect our freedom and safety.

The sacrifices veterans make are significant. Many service members have endured long deployments, extended time away from their families, and challenges that civilian life often does not demand. Some have faced unimaginable dangers, while others have worked tirelessly in support roles that ensure the smooth operation of military efforts. Veterans often carry the physical and emotional scars of their service, yet many continue to serve their communities long after they've left the military, embodying a lifelong commitment to others.



Honoring Veterans Day: Reflecting on Sacrifice, Service, and Freedom

Veterans Day also serves as a call to action, encouraging us to support our veterans and honor their sacrifices. While parades and ceremonies are wonderful, there are other, lasting ways to show gratitude, such as supporting organizations that provide mental health care, job training, and other resources to veterans in need. We can also advocate for policies that protect and empower veterans, ensuring they receive the benefits they have earned

Furthermore, something as simple as listening to a veteran's story, volunteering at a local VA hospital, or supporting a military family can make a world of difference.

As we observe Veterans Day, let us remember that freedom is not free. It has been earned by the bravery of countless men and women willing to serve a cause greater than themselves. This day gives us an opportunity to honor those who have protected our liberties and to remind ourselves of the values they stood to defend. Let us show our gratitude not only on Veterans Day but throughout the year, recognizing that our freedoms are preserved by the steadfast

Thank You Veterans for your service and sacrifice.

In honoring their sacrifices, we remember that we owe them our deepest respect and unending gratitude.



BILL STOLTZE CAFE



NOVEMBER 2025

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

MON	TUES	WED	THUR	FRI
3 Crispy Chicken Sandwich on WW Bun Baked Beans Tater Tots	4 Baked Potato Bar! Taco Meat Broccoli & Cheese Sauce Fixing Bar	5 Beef & Broccoli Stir Fry Steamed Rice Stir Fry Veggies Pot Stickers	6 Open Faced, Hot Roast Beef Sandwich Mashed Potatoes & Gravy Vegetable	7 Cheese Ravoli w/ Meat Sauce Vegetable Garlic Bread
10 A.O.S.!!! <i>If you know you know</i> Ground Beef w/ flavorful Gravy & Toasted Piece of Bread	11  CLOSED FOR THE HOLIDAY A Grateful Nation Thanks YOU!	12 Heart Beef Stew w/ Potatoes & Carrots Biscuit	13 Pasta Primavera w/ Noodles Vegetable Slice of Bread	14 Mild Chili made with Black & Cannell Beans Cornbread Fixing Bar
17 Ham & Swiss Sandwiches on WW Bun Potato Salad Soup	18 Beef Stroganoff w/ Onions & Mushrooms Noodles Peas	19 Chicken Al-King Vegetable Biscuit	20 Liver-n-Onions OR Grilled Chicken & Onions Mashed Potatoes & Gravy Green Beans	21 Sloppy Joes WW Bun Mac & Cheese Corn
24 All Beef Hot Dog Bar! WW Bun Baked Beans Fixing Bar Coleslaw	25 Salmon Steaks w/ Lemon & Capers Rice Pilaf Vegetable	26 Roasted Turkey Mashed Potatoes & Gravy Green Bean Casserole Sweet Potato Souffle	27  HAPPY THANKS GIVING CLOSED FOR THE HOLIDAY	28  HAPPY THANKS GIVING CLOSED FOR THE HOLIDAY
THANKFUL				

This Menu Is Subject To Change

November is Alzheimer's Awareness Month

- Alzheimer's is the most common cause of dementia, a general term for memory loss.
- Alzheimer's is not a normal part of aging. It is a progressive disease where dementia symptoms gradually worsen over years. Thought to be caused by the buildup of a protein between nerve cells that cause brain damage.
- Early-stage memory loss is mild, but late-stage individuals lose the ability to carry on conversation and respond to their environment.
- Increase risk factors: age, family history, downs syndrome, and cardiovascular disease. (smoking, obesity, diabetes, hypertension and high cholesterol)
- Alzheimer's has no cure. There are treatments that have been shown to slow disease progression with early Alzheimer's. There is no evidence this or any treatment can restore or reverse lost memories or cognitive function.
- Mild Cognitive Impairment- MCI- There is a difference between symptoms of dementia and MCI. MCI is a disorder involving problems with memory and other mental functions that are greater than normal age-related changes, but not as significant as the decline seen with Alzheimer's dementia. The main difference is people with MCI are still able to take care of themselves and do their normal daily activities. Some common signs of MCI: forgetting things more often, frequently losing train of thought in conversation, difficulty remembering scheduled appointments or events, challenges navigating familiar locations or environments, and increased difficulty making decisions, planning or following instructions.
- Memory problems are not just caused by dementia. They can be caused by: depression, anxiety, stress, medicines, alcohol, drugs, and other health problems – hormonal disturbances, nutritional deficiency, UTI, sleep apnea, stroke, or fatigue
- If you're worried about yourself or a loved one, please speak with your trusted health professional. Testing can be done, or a referral can be placed to a specialist for a more definitive diagnosis.

Community Resources:

1. Check out the Alzheimer's Resource of Alaska website: www.alzalaska.org, or give them a call at **907-561-3313** or **1-800-478-1080**.
2. The Alaska Dementia Action Collaborative with funding from AARP Alaska and the Alaska Mental Health Trust, have published a Caregiver Resource Guide. You may pick one up at the Anchorage ADRC office or give them a call at 907-343-0700 and they will mail one to you.

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. As 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.



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.

Amy's Dad Jokes

What do you get when you cross a snowman with a vampire?

Frostbite!



BOARD OF DIRECTOR ELECTIONS

What You Need To Know:

Meet and Greet the Candidates

Date: Friday, November 7th,
2025

Time: 12:30pm - 1:30pm

Location:

Chugiak Senior Center
22424 N. Birchwood LP
Chugiak AK, 99567

Annual Membership Meeting & Board Election

Date: Thursday, November 20th, 2025

Time: 5:00pm

Location:

Chugiak Senior Center
22424 N. Birchwood LP
Chugiak AK, 99567

Dinner & Desert Auction

Price: Member: \$30 Non-Member : \$35
RSVP @ 907-688-2674 by November 14th, 2025

What You Need To Know:

Ballots will be mailed out October 15th or
16th, 2025

Last day to vote or get your ballot in will
be **November 20, 2025 at 5:00pm**,
before our Annual Board Dinner and
Desert Auction.



Annual Membership Meeting, Board Election Dinner, & Dessert Auction

Bidding for your Favorite Dessert Begins After Dinner

Thursday **AT**
November **5:00**
20 **PM**

Member \$30 Non Member \$35

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

M E N U

Harvest Greens Salad with Apple, Pecans, Grapes, Blue Cheese

Roasted Rosemary and Citrus Turkey

Classic Green Bean Casserole

Roasted Garlic Mashed Potatoes and Gravy

Cranberry Sauce

Egg Nog Punch, Iced Tea, Hot Tea or Coffee

HUD ANNUAL BOARD MEETING

Date: November 12th at 2:00pm

Location: Board Room at the Center

Purpose: You will be electing Board Members and approving changes to the Bylaws. If you would like to read over the changes, please come at 1:30pm to review.

*You're
invited*

Thinking about running for the HUD Board? Send me an email at chugiakhud@gmail.com, become a member, and submit your name before November 12th. It is that simple! No long resume, just a name.

Kitchen Corner

The First Thanksgiving

When the Pilgrims landed in Plymouth in 1620, they were battered, hungry, and exhausted. The New England winter was unrelenting, and by spring, nearly half had perished. Survival came only because the Wampanoag people stepped in teaching them to plant corn using fish as fertilizer, to fish the rivers, and to hunt and gather from the land. Out of struggle and kindness grew that first harvest feast of 1621, where Pilgrims and Wampanoag gathered in fellowship. It was plucky endurance, softened by the sharing of food. (Imagine your Thanksgiving plate without all that help-ouch!)

Pioneers of the Mat-Su Alaska's own history carries that same grit. In 1935, 203 families from the Midwest were brought to the wild Mat-Su Valley as part of the Matanuska Colony. They came with big hopes, small means, and plenty of hardship. They built barns, coaxed crops from glacier-fed soil, and raised dairy cows that kept the valley in milk and cream. The Havemeister Dairy, born in those tough pioneer days, stood for nearly a century as a symbol of endurance. (Yes, that's right-milk, butter, and pluck in equal measure.) These farmers knew survival meant neighbors helping neighbors-and that gathering around the table was just as important as the work in the fields.

Finding Our Own Light From the Wampanoag to the Mat-Su pioneers, the story is the same: people enduring the cold, the dark, and the unknown by leaning on each other-and always gathering around food. Meals were never just about filling the belly; they were about hope, comfort, and the promise of brighter days ahead. As we approach the Winter Solstice-the longest night of the year-we, too, are reminded to kindle our inner light. Cozy blankets, hearty soups, and steaming mugs of tea become our modern campfires, drawing us together in warmth and fellowship.

This November, may we embrace the courageous spirit of those who came before-plucky, enduring, and grateful-ready to face winter with laughter, light, and the joy of gathering around the table. (Go ahead, sneak an extra cookie-it's survival, after all.) As we honor our veterans and gather for Thanksgiving this year, I invite you to pause and reflect: what are your holiday traditions? What stories do you cherish, and what laughter lingers around your table each season? However you celebrate, may your home be filled with warmth, gratitude, and memories that last a lifetime.

MEMORY CAFE



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

When: Second Friday of each month beginning November 14, 2025

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

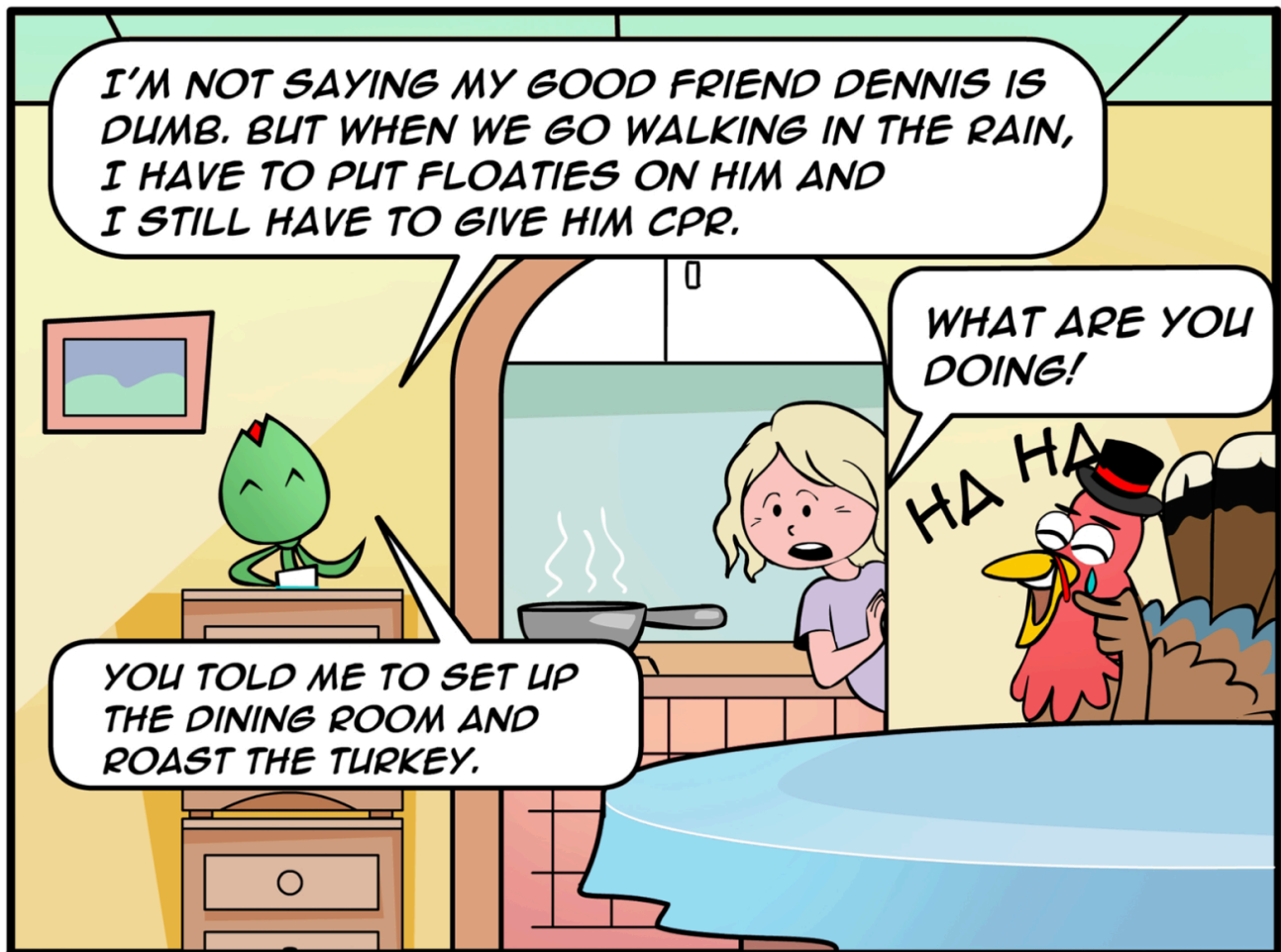
Help us honor your service and ensure your journey is never forgotten.

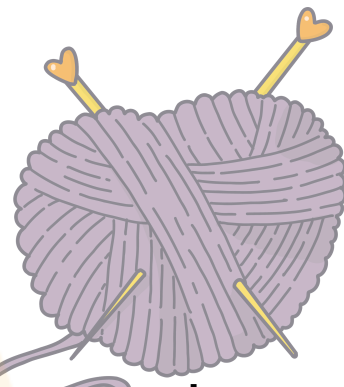
The Crossing will be holding Sunday services at 3:00pm in the Main Dining Room.



Serving Others.

AC's Comic Corner





The Knitwitz - is it a joke, a name, an oxymoron? No one can remember where the name came from but everyone gets a kick out of it! Certain men like to walk by and say *"Hello Knitwitz"* you know the interpretation.

The Knitwitz are no dummies. They even speak and read another language. Whether it be crochet (sc in first sc, dc in next sc, trc in next 2dbc, fp in nex sc) or knit (k 3, sl 1, k 1, pssso, k 3, k 2 tog, repeat) this makes sense to them.

Most of our members came from the community and a few live at the Senior Center apartments. The yarn closet on the 2nd floor "is to die for." They get so excited over new yarn donations.

You may be familiar with their donations of hats, scarves, Afghans, and baby blankets to several local charities. Some items are sold to people before they are even completed. You can ask about anything they are making if you would like to purchase it. You can also request they make you something of your choice. They can also repair treasured handmade items made by "grandma" that are special to you.

They will have two tables of handmade items at our Holiday Bazaar on November 8th, don't miss it! Proceeds will go to buy needed items for the senior center or benefit local charities.

On Monday or Thursday afternoons, you can find us knitting or "spinning" yarns in the Center's upstairs lounge. Follow the laughter! No gossip, politics or course language allowed, just fun, fellowship and yarn (and sometimes cake or cookies and tea!)

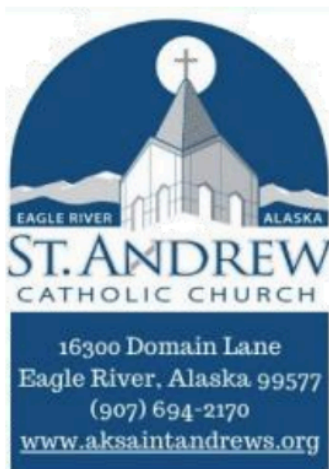
Join us for knitting, crocheting or just companionship and laughter!

ST. ANDREW CATHOLIC CHURCH

-Catholic Mass: Friday November 21, 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.



ELDER ENDEAVORS

**1ST AND 3RD WEDNESDAYS
1:30-3:30 PM
LOUSSAC LIBRARY**

A biweekly event for seniors, this program is an opportunity to enjoy community connection, learn about a new topic, or participate in a fun activity.

AGE GROUP
ADULT

EVENT TYPE
COMMUNITY

This Month:

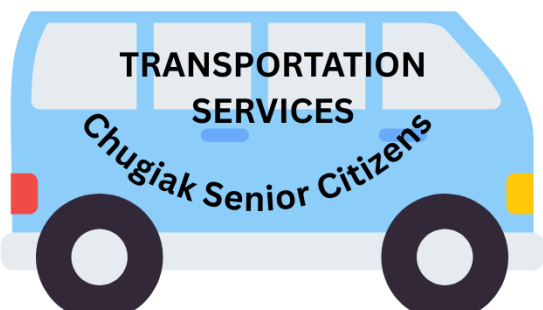
Oct 1 Medicare 101
Raven Room 3rd Floor

Oct 15 Civil Rights History in Anchorage
Wilda Marston Theater 1st Floor

For auxiliary aids, services, or special modifications to participate please contact Adult Services Coordinator to request reasonable accommodations at 343-2856 or sarah.preskitt@anchorageak.gov



WWW.ANCHORAGELIBRARY.ORG



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

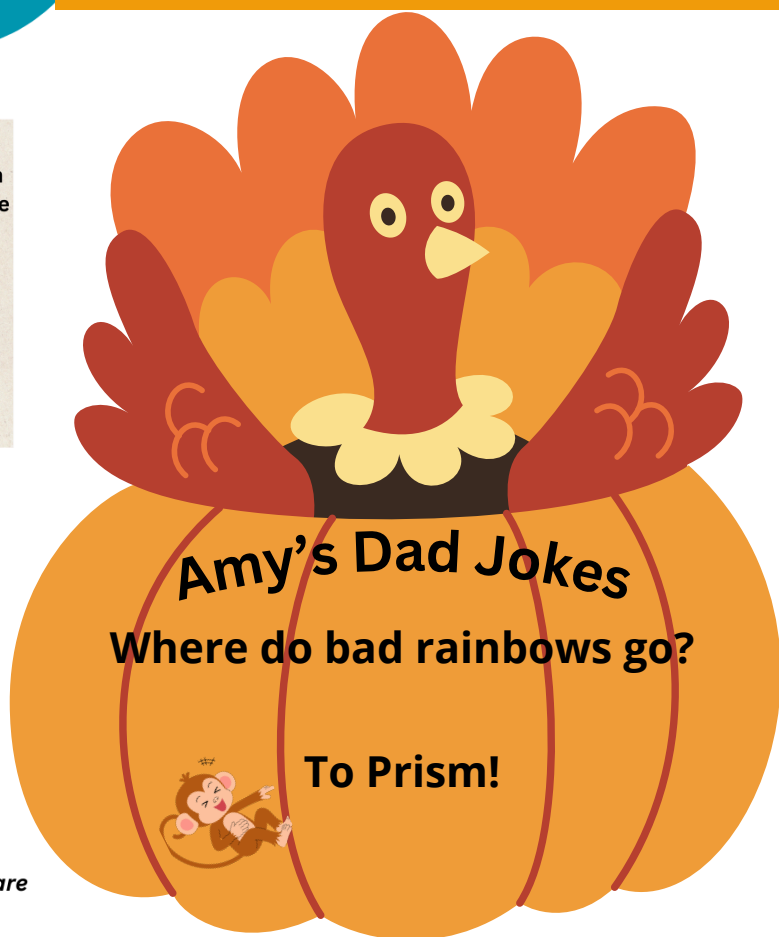
Round Trip or one way to Eagle River
Round trip or one way to VA/JBER
Round trip or one way to Anchorage
Round trip or one way to Mat Su Valley

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**

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



CHUGIAK SENIOR CITIZENS FOUNDATION



My name is Leslie Lance. I've been a volunteer at the Chugiak-Eagle River Senior Center for over two years. I started by filling in at the Latte Fun Coffee Shop when my husband, Craig (the coffee guy) wasn't available. Did you know that you can contribute to the Senior Center by just giving your time? Our Seniors are so much fun to hang out with! They have the best stories and they love to share them! Shortly after starting to volunteer, I was invited to be on the Board of the Chugiak Senior Citizens Foundation. Over the past year, I have grown to love and appreciate every one of the Directors for their passion

and commitment to growing the Foundation, enabling even more support for the Center. They are truly building their legacy!

Our family believes that contributing to the community helps make it a great place to live. I have been a community volunteer since we stepped foot in Chugiak-Eagle River almost 38 years ago. Most recently, I was involved with the Bear Paw Festival and Chamber of Commerce for 26 years. And, you're never too young to start! Our 9 year-old granddaughter, Claire, loves to volunteer and hang out with our Seniors.

As we celebrate the beautiful life of our beloved long-time Board member, Diana Nentwich, I was especially touched by her family's invitation to honor her memory "by sharing your time and talents with the residents of the Chugiak-Eagle River Senior Center—a place that brought her joy and community."

Your donations to the Foundation go directly into the endowment trust with earnings from the funds used to support CSC. The principal is never touched meaning that not just today's seniors, but generations to come will benefit from the gifts made today.

Visit us at www.chugiakseniors.com/foundation





Happy Birthday

November 1	Janet Mitson	November 15	Mary Gamage	November 27	Ben Demboski
November 3	Ardeth Lester	November 15	Mary Johnson	November 27	Richard Holeman
November 3	Jan Marquiss	November 15	Janet Victory	November 27	Ken Takakuwa
November 5	Julie Marcey	November 16	Paulette Shannon	November 28	Tamea Isham
November 5	Larry Ward	November 16	Roberta Vincent	November 29	Kim Walker
November 6	David Baldwin	November 16	Sheila Woods		
November 6	Franklin Byerly	November 18	Russell Luft		
November 6	William Carlton	November 18	Sandara Skaggs		
November 6	Susan Scheunemann	November 20	Robert Thomas		
November 6	Buell Tatum	November 21	Dolores Bowns		
November 7	Dan Hall	November 21	Kathy Steele		
November 8	John Halterman	November 22	Margaret Hintz		
November 9	Keith Fenstermaker	November 22	Luther Steele		
November 9	Dorothy Harris	November 23	Bonnie Blodgett		
November 10	Davin Abalama	November 23	Kathleen Kuersten		
November 10	Roger Gonya	November 23	John Norton		
November 11	Roy Ireland	November 23	Katherine Wallman-Hidek		
November 11	Anna Mackinnon	November 24	Mary Jane Audino		
November 12	Arline Lacoss	November 24	Greg Beck		
November 13	Neil Dewitt	November 24	Elizabeth Burke		
November 13	Dan Kendall	November 25	Faith Hamilton		
November 14	Kurt Mueller	November 26	Barbara Wortman		
November 14	Mary Linda Pryor	November 27	Lorelei Crewdson		
November 15	Barbara Brandon				



CSCI GROUP FITNESS



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



Classic Apple Crisp

PREP TIME: 15 MINUTES

COOK TIME: 45 MINUTES

[HTTPS://SALLYSBAKINGADDICTION.COM/APPLE-CRISP/#TASTY-RECIPES-83519](https://sallysbakingaddiction.com/apple-crisp/#TASTY-RECIPES-83519)

Ingredients

FILLING

- 8 MEDIUM PEELED APPLES, CUT INTO 1-INCH CHUNKS THAT ARE $\frac{1}{4}$ - $\frac{1}{2}$ INCH THICK (ABOUT 10 CUPS, 1200G, CHUNKS)
- $\frac{1}{2}$ CUP PACKED LIGHT OR DARK BROWN SUGAR
- $\frac{1}{4}$ CUP ALL - PURPOSE FLOUR
- 1 TEASPOON PURE VANILLA EXTRACT
- 1 TEASPOON GROUND CINNAMON
- $\frac{1}{2}$ TEASPOON GROUND NUTMEG
- $\frac{1}{4}$ TEASPOON SALT

TOPPING

- $\frac{3}{4}$ CUP ALL - PURPOSE FLOUR
- $\frac{3}{4}$ CUP PACKED LIGHT OR DARK BROWN SUGAR
- 1 TEASPOON GROUND CINNAMON
- $\frac{1}{2}$ CUP UNSALTED BUTTER, COLD AND CUBED
- 1 CUP OLD-FASHIONED WHOLE ROLLED OATS
- OPTIONAL: SALTED CARAMEL AND VANILLA ICE CREAM FOR SERVING

Instructions

1. PREHEAT OVEN TO 350 F. LIGHTLY GREASE A 9 X 13 INCH BAKING PAN.
2. MIX ALL OF THE FILLING INGREDIENTS TOGETHER IN A LARGE BOWL, THEN SPREAD INTO THE BAKING PAN.
3. MAKE THE TOPPING: WHISK THE FLOUR, BROWN SUGAR, AND CINNAMON TOGETHER IN A MEDIUM BOWL. CUT IN THE BUTTER USING A PASTRY CUTTER OR FORK UNTIL THE MIXTURE BECOMES SUPER CRUMBLY. STIR IN THE OATS. SPRINKLE OVER FILLING.
4. BAKE FOR 45 MINUTES OR UNTIL THE TOPPING IS GOLDEN BROWN AND THE FRUIT JUICES ARE BUBBLING AROUND THE EDGES. REMOVE FROM THE OVEN, PLACE ON A WIRE RACK, AND ALLOW TO COOL FOR AT LEAST 5 MINUTES BEFORE SERVING. SERVE WARM AT ROOM TEMPERATURE, OR COLD; PLAIN OR WITH SALTED CARAMEL AND/OR VANILLA ICE CREAM.
5. COVER LEFTOVERS AND STORE IN REFRIGERATOR FOR UP TO 5 DAYS.

Fruits of Alaska



Q Z W Y F Y R R E B N A R C Z X B S W J
M D T W R I F F L U O I P U Z S O O M H
U T R A R A J Y X T A T C L I R G H G W
D J V Z Z L S T Y S T R A W B E R R Y L
O U S F M B N P T Y O T C M L E Z E S W
Q V F O S A L W B W O E O F O C Z S Y C
A Z F W O P O U B E V F Y O O T P K F R
M Y Y K S J J E E V R E V D R E P V L A
C R N H I T R F U B E R L W A B M P P B
Z R X O O R O I J R E I Y R C C W L V A
Y E F B Y N Z C T V N R S Q H R N U D P
W B Y X Y H E N I G D Q R H E B S M K P
E E M A R R O Y O R D S D Y R R E S F L
J S W B W M K N B D P G K R R F L Y G E
X O J C E K B M D E X A K J Y J P G T S
G O W L Y E T K N G R E S R T W P I C E
R G L R R U P F P V B R H T R U A P X M
O E J R L T X W N Z F J Y Q E V V V G B
V Y Y C U R R A N T S Z R K E A I U E R
M Y X U V M T E R H U B A R B P W J B M

APPLES
APRICOTS
BLUEBERRY
CHERRY TREE
CRAB APPLES
CRANBERRY
CROWBERRY
CURRANTS
GOOSEBERRY

HONEYBERRY
LEMON TREE
LINGONBERRY
PEARS
PLUMS
RASPBERRY
RHUBARB
STRAWBERRY
TOMATO



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: Jared Goecker (Editor), Margaret Asbury, Katie Obi Obasi, Linda Hamilton, Char Wilkinson, and Paulette Shannon.