



Vol. 10

October 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

Happy fall, friends!

The wind is a magnificent force that comes in many different forms. A slight whisper that brings a subtle chill to your skin. A howl that rattles against your window and wakes you up. Sometimes it comes in waves, switching from a quiet breeze to a sudden gust. But no matter what form the wind takes, you sense falls presence. You may not be able to see falls direction or its plan—but you feel falls embrace; you hear its calling.

This time of year, in Alaska, the wind becomes our daily norm. As it whispers and howls, take a minute to just feel. Focus on its sound, let it bring you chills, and as your mind settles into stillness, pause to notice where your feet are grounded.

My encouragement for you, my friend: consider where you are standing right now. Who are you today? Not what you are, but who. Slow down, anchor yourself, and check inward as the seasons of life are ever-changing.

With much gratitude, I wish you a cozy fall.

Love,
MaKayla

AMY'S DAD JOKES

Why do fireflies bum's glow?

Becuae if the other end glowed they would be light-headed!

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: Chris Corona
907-688-2652 | chris@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: Katie Finkler
907-688-8999 | katie@chugiakseniors.com

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

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

October 2nd | 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 October Birthday!

October 5th & 26th | Water Color Class @ 10:00am

Would you like to learn some watercolor basics? Great! Come and join this class; it is laid-back, and there is always room for errors. This class is located in the Painting Room just up the stairs.

October 6th | Valley Thrifting @ 11:30am

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

October 7th | Ice Cream Social @ 2:00pm

Just because the temperature is dropping outside doesn't mean we have to stop enjoying some delicious ice cream. Located in the Bill Stoltze Dining Room, join us for a little treat. There is no cost for this social event.

October 7th, 21st, & 28th | Bible Study @ 10:30am

Located in the Upper Resident Lounge, join us for a time of reading God's word and fellowship. All are welcome; we hope to see you there!

October 12th & 26th | 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

October 12th | Lion's Bingo @ 1:30pm

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

October 19th | Alaska Day

Chugiak Senior Center will be closed in observance of Alaska Day. We hope you have a wonderful and safe holiday! We look forward to seeing you when we reopen.

UPCOMING EVENTS

October 20th | VFW Bingo @ 1:30pm

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

October 21st & 28th | Nature Walk Wednesday @ 3:00pm

Friends! It's starting to get a bit chilly; it isn't going to stop us from taking a stroll outside. We leave from the Main Lobby and either walk around the property or on the sidewalk along the Old Glen. We walk as fast as our slowest person; don't let speed shy you away!

October 22nd | Waffle Thursday @ 9:00am

Due to schedule conflicts, Waffle Thursday will be on the fourth Thursday of this month. For just \$3, come get two hot waffles with various toppings and your choice of hot coffee or juice! It's in the Bill Stoltze Dining Room.

October 23rd | National Pumpkin Day Bake Off @ 3:00pm

Think your pumpkin dessert is unrivaled? Put your recipe to the test and bring your best slice to our upcoming autumn bake-off in the Bill Stoltze Dining Room, may the best baker win!

October 24th | Health Fair from 8:00am - 12:00pm

Join us for our Chugiak Seniors Health Fair! Connect with local health providers, learn about wellness resources, ask questions, and discover ways to support your health and well-being.

October 30th | Costume Contest @ 2:00pm

Happy Halloween! What better way to celebrate than a costume contest? Wear your funniest, scarriest or coolest costume: may the ghoulish one win. This will be held in the Bill Stoltze Dining Room.

October 31st | Halloween Extravaganza @ 5:00pm - 8:00pm

It's that time again! Our annual Halloween Extravaganza is here! So, throw on your best costume and join us for games, plenty of candy, and food!



Statewide

SUMMIT ON AGING

Systems Transformation for a Stronger Future in Aging

October 15-17th, 2026



Providers, Agencies,
Seniors, Advocates,
and Policymakers

Topics will cover issues facing
Alaska's aging population,
including people with physical
disabilities and intellectual and
developmental disabilities (IDD)

Scan QR code for
registration link
with all event
details, including
daily themes and
summaries.



Or go to: <https://direc.to/fXVo>



Free registration for Alaskans ages 65+
and individuals with intellectual and
developmental disabilities (IDD)

*If registering online is not possible please
call for assistance, 907-230-0871*



Contact

yasmin.radbod@alaska.gov for
sponsorship and exhibitor opportunities

Continuing education credits available

Sponsored by:



TURNAGAIN
SOCIAL CLUB



SeniorVoice

Trust
Alaska Mental Health
Trust Authority

AARP
Alaska





HALLOWEEN

EXTRAVAGANZA

WHAT?

**TRICK OR TREATING, INTERACTIVE GAMES,
AND DINNER SERVED FOR \$5**

WHERE?

CHUGIAK-EAGLE RIVER SENIOR CENTER

WHEN?

OCTOBER 31 5PM TO 8PM

A festive Halloween border surrounds the central text. It features orange jack-o'-lanterns with carved faces, white ghost heads with black eyes and mouths, purple and white candy bags, a lit candle, and a large, detailed eyeball with purple veins. The background is a dark, textured black.

CANDY DONATIONS NEEDED!!!

**PLEASE DROP OFF
DONATIONS TO THE
MAIN OFFICE.**

YOU GUYS ROCK!

LORNA, OUTREACH NURSE

How to Help Newcomers Feel Like They Belong

Most everyone's stories are different, but they reveal the same truth. Moving doesn't simply change where we live. It interrupts the invisible web of relationships that makes everyday life feel familiar, that makes us feel like we belong.

Moving ranks among the most stressful life events a person can experience, on par with divorce and job loss. But stress isn't just logistical; it's psychological. Moving severs the informal ties and daily routines that quietly anchor our sense of who we are and where we belong. The result is a predictable but rarely named experience: not just loneliness, but identity dislocation. The question isn't only "who do I know here?" but "who am I here?"

To understand the scale of that loss, consider what a typical adult social network requires to build: roughly 200 hours to develop a close friend, 90 hours for a friend, and five hours of repeated interaction for each of the weak ties (neighbors, familiar faces, community contacts) that make daily life feel anchored. A typical adult carries around 1,300 hours of accumulated relationship time. When you move, you leave all of it behind and start from zero. This is also what makes the first year after a move one of the most powerful windows for connection. Disruption breaks old habits and makes people unusually open to forming new ones. People who have just moved are more likely to join things, try things, and reach out than they were six months earlier at home.

What closes that window is not lack of desire. Research finds that people systematically underestimate how strangers want to connect and overestimate how awkward the attempt will be. Both the newcomer and the potential neighbor hold back; each assuming the other isn't interested. Both tend to be wrong.

LORNA, OUTREACH NURSE

How to Help Newcomers Feel Like They Belong

Four ways to support newcomers

- 1. The first step is the most important. Stop playing “invite chicken”. They assumed that the people they wanted to call were probably busy or uninterested. Those people were likely sitting at home thinking the same thing. Nobody called. Everyone stayed alone. Call it invite chicken: a standoff where everyone loses despite everyone wanting the same thing. The barrier isn’t reality; it’s anticipation. Someone just has to go first.**
- 2. We are more motivated to work together. Partner with someone. People are significantly more likely to initiate and sustain kind and helpful behavior when they’re doing it alongside someone else. A partner doesn’t just make the work easier; they make follow through more likely, because the social cost of backing out now involves someone else.**
- 3. We gain comfort with repeat exposure. Research finds that repeated contact with the same faces makes us like and trust them more, independent of what’s said. Those repeated encounters build weak ties, which are how people find help in a crisis, how trust spreads beyond close friends, and how a community starts to look out for itself. The first gathering gets you in the door. Showing up again is what builds the neighborhood.**
- 4. Spontaneous actions of connection are powerful. Look for opportunities. The best welcoming often isn’t planned. Research finds that unexpected gestures create a positive disruption that formal invitations don’t. Being noticed is the precondition for feeling like you belong.**

Giving to others produces more sustained well-being than spending on yourself. Welcoming a newcomer isn’t just a form of service; it’s one of the highest-return social investments you can make. All friendships begin the same way: by talking to strangers. Someone just has to go first.



NOVEMBER 14TH
10:00 AM TO 4:00 PM

2026
Holiday Bazaar

SCAN THE
QR CODE TO
REGISTER!



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

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

AMY'S DAD JOKES

What's the scariest
kind of plant?

Bam-BOO

BILL STOLTZE CAFE

OCTOBER 2026

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

MON	TUES	WED	THUR	FRI
			1 Meatloaf Mashed Potatoes & Gravy Seasoned Vegetables Bread Slice	2 Gyro Sandwich on Pita Bread Tzatziki Sauce Cucumber & Onion Salad AC Soup
5 Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Biscuit	6 Beef Taco's Refried Beans Churros Fixings Bar	7 Chicken Alfredo over Noodles Vegetable Garlic Bread	8 Chilli Dogs French Fries Macaroni Salad	9 Pork Tenderloin Mashed Potatoes & Gravy Buttered Green Beans Cinnamon Baked Apples
12 Tuna Noodles Casserole w/ Peas & Carrots Steamed Broccoli Applesauce	13 Salisbury Steak Mashed Potatoes & Gravy Seasoned Peas WW Roll	14 Chicken Pot Pie w/ Biscuit Top Glazed Carrots Garden Salad	15 Marry Me Chicken Steamed Rice Mixed Vegetables	16 Ham Slices Scalloped Potatoes Vegetable Medley Garden Salad
19 Chugiak Senior Center Closed for Alaska Day	20 Turkey Slice Sage Stuffing Turkey Gravy Peas & Carrots Cranberry Sauce	21 Spaghetti w/ Meat Sauce Spaghetti Noodles Steamed Cauliflower Garlic Bread Stick	22 Grilled Kielbasa & Cabbage Seasoned Yellow Rice Seasoned Vegetable	23 BBQ Riblet Sandwich Tater Tots Creamy Coleslaw
26 Beefaroni Casserole Seasoned Vegetable Bread Slice	27 Chicken Enchiladas Mexican Rice Street Corn	28 Beef & Broccoli Seasoned Rice Egg Roll	28 Burger Day! On WW Bun Jo-Jo Wedges Baked Beans Fixings Bar	28 Baked Salmon in Lemon & Dill Sauce Roasted Potatoes Buttered Peas WW Roll

This Menu Is Subject To Change



Thank You!

A heartfelt thank you to Congressman Nick Begich and Assemblyman Donald Handeland for taking the time to visit our senior center! We truly appreciate you spending time with our community, listening to our seniors, and connecting with us. Your visit was greatly appreciated!

THANK YOU ALL WHO ORGANIZED AND PARTICPATED IN CELEBRATING MY 90TH BIRTHDAY ON SEPTEMBER 8TH AS WELL AS INVITING FATHER ARTHUR AND THE OTHER PARISHONERS FROM SAINT PATRICK PARRISH. TO COME TO THE SENIOR CENTER AND SEEING THE CAKES, FLOWERS AND BALOONS MADE MY HEART FILLED WITH JOY AND I AM THANKFUL FOR THE GREAT FRIENDSHIPS. THANK YOU AND BLESSINGS TO ALL!

- IRENE



MEMORY CAFE



When: October 9, 2026
Second Friday of each month

Time: 10:00-11:00 am

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

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

CHUGIAK - EAGLE RIVER COMMUNITY HEALTH FAIR

All are Welcome!

WHY ATTEND:

- Learn about your health through affordable blood tests (ranging from \$25-\$75) and free health screenings
- Learn about Health & Wellness resources in your community
- Free PSAs (prostate-specific antigen)
- Mobile Mammography will be present, call (907)212-3151 to schedule an appointment



24, OCT 2026
8AM-12PM

CHUGIAK EAGLE RIVER SENIOR CENTER
22424 BIRCHWOOD LOOP ROAD,
CHUGIAK, AK 99567



SCAN FOR APPT.

WALK-INS ARE WELCOME, OR
SCHEDULE AN APPOINTMENT



alaskahealthfair.org



907-278-0234





MEDICARE 101

SATURDAY, OCTOBER 3

1:00 - 2:00 PM

CHUGIAK-EAGLE RIVER LIBRARY

Presented by Jeanné Larson from the Medicare Information Office, learn the basics of Medicare: eligibility, enrollment, coverage options, and how to set up an appointment if you need extra help.

Whether you're approaching 65, supporting a loved one, or just curious about how Medicare works, this program will give you the tools and confidence you need to make informed decisions.

AGE GROUP

ADULT

EVENT TYPE

COMMUNITY



ANCHORAGE
PUBLIC LIBRARY

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.



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.



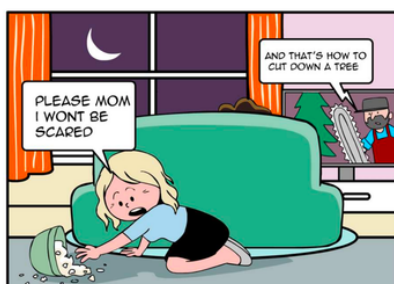
(by appointment only)

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

AC'S

COMIC

CORNER





CHUGIAK SENIOR CITIZENS FOUNDATION

Community Newsletter • Fall 2026

Supporting seniors in Chugiak & Eagle River

2026 FOUNDATION IMPACT

The Chugiak Senior Citizens Foundation has donated \$152,000 to CERSC this year. The proceeds have helped purchase a new Meals-on-Wheels van. Watch for many new improvements to the Center coming soon!

YOUNGEST DONOR



Our youngest donor, Claire, painted faces for tips at the July 4th celebration and donated \$52 to the Foundation!

JOIN OUR BOARD

We are looking for a few talented and energetic community members to join our Board of Directors!

YOU'RE INVITED • NEXT MEETING

Please join us at our next meeting on Monday, October 19 at 4:30 pm in the CERSC Board Room.

FOR MORE INFORMATION & TO MAKE A DONATION

Chugiak Senior Citizens Foundation

www.chugiakseniors.com/foundation

Scan the QR code or visit our website. Thank you for supporting local seniors.



Board of Directors Elections

Fall is in the air and it is that time of the year. Our Annual Membership meeting is scheduled for November 20, 2026. We are looking for individuals who are interested in being on the Chugiak Senior Center Board of Directors. This is a great responsibility but it is worth the time and effort. It is critical to have individuals who are willing to help grow the center in a positive manner. We look forward to working with anyone who is interested in the continued success of our community.

Individuals wishing to run for the Board of Directors must be current members in good standing of Chugiak Senior Citizens Inc. at least sixty (60) days prior (September 22) to the election. For membership information, call (907) 688-2674

Please send letters of interest and a bio by October 6, 2026:

CSCI Board of Directors Election Committee

Attn: Bob Wilkinson

22424 N. Birchwood Loop

Chugiak, AK 99567

Email: CSClelections@gmail.com

Important dates to remember:

- **September 1, 2026: Nominations open for the Board of Directors**
- **October 6, 2026: Deadline for submission of applications to the Election Committee**
- **October 15 or 16 Ballots will be mailed out.**
- **October 21: Meet & Greet the candidates from 12:30pm-1:30pm and from 6:00pm-7:00pm at the Bill Stoltze Cafe**

Individuals submitting a letter of intent will receive an informational packet which will include Board Member Expectations.

CSCI BOARD MEMBERS EXPECTATIONS

General Expectations

- Support Chugiak Senior Center's mission, purpose, goals, policies and programs while knowing it's strengths and needs.
- Suggest possible nominees to the Board who are men and women of achievement and who can make significant contributions to the Board as requested by the Chair.
- Serve actively on committees of the Board as requested by the Chair.
- Attend activities and events sponsored by the Center whenever possible.

Meetings

- Prepare for and participate in the Center's Board meetings and scheduled committee meetings, including appropriate Center activities.
- Ask timely and substantive questions at Board and committee meetings, consistent with personal conscience, convictions and ethics while supporting the majority decision on issues decided by the Board.
- Maintain confidentiality of the board's executive sessions and speak for the Board or the Center only when authorized to do so.
- Suggest agenda items for Board and committee meeting to ensure that significant policy related matters are addressed.

Avoiding Conflicts

- Serve the Center as a whole rather than any special interest group or constituency.
- Avoid even the appearance of a conflict of interest that might compromise the Board or the center and disclose any possible conflicts to the Board in a timely manner.
- Never accept or offer any personal favors or gifts from anyone who does business with the Center or offer such without prior approval from the Board.

Fiduciary Responsibility

- Exercise prudence and sound fiscal practices with the Board in the control transfer of Center funds.
- Faithfully read and understand the Center's financial statements and otherwise help the Board fulfill its fiduciary responsibility.

Fundraising

- Make an annual gift to the Center with the realization of the leadership role the Board plays in fund development.
- Assist the Center with development of and implementation of fund development strategies.
- Make the center one of your giving and serving priorities.



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.)

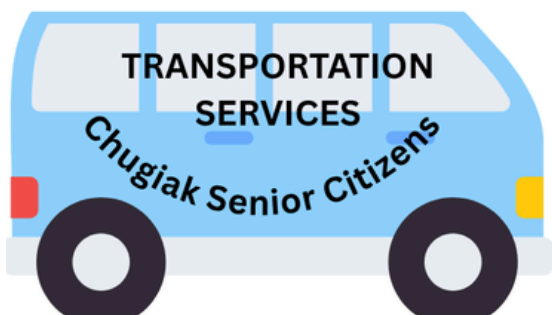
☎ Call: 907-863-0569

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
 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) 688-2626

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 October 27th and
 December 1st
 from 2:00pm - 4:00pm
 at the Chugiak-Eagle River Library***



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.

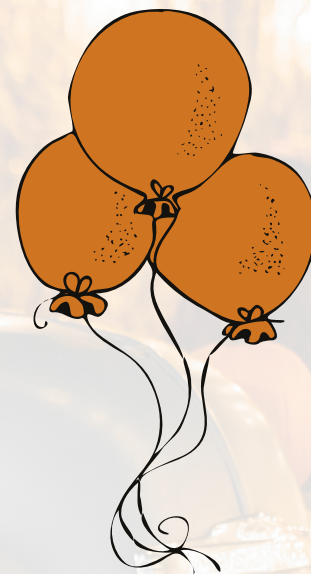
907-694-2170.





Happy Birthday

October 1	Richard Greenfield	October 16	Duane Leong	October 27	Leanne Quirk
October 1	Hilda Kirk	October 16	Mary Trevino	October 28	Mary Ellen Heater
October 1	Steven Worthington	October 17	Debra Grundman	October 28	Monique Garbowicz
October 2	Trudi Pudimat	October 18	Veda Fay	October 29	Ron Fleischhacker
October 3	Roxann Gray	October 18	Catherine Ward	October 30	Ruth McClain
October 3	Karen Hart	October 19	Michael Frazar	October 31	Stavey Dean
October 3	Anita Wagner	October 19	David Wachsmuth	October 31	Geoffery Decter
October 5	Kathy Banfield	October 20	Linda Flegle		
October 6	Kerry Gallatin	October 20	Lara Nichols		
October 7	Charles Fisher	October 20	Richard Outwin		
October 7	Steve Frey	October 21	Deborah Barto		
October 7	Larry Johnson	October 21	Kent Brooks		
October 8	Dale Walker	October 21	Ken Jones		
October 9	James Hardy	October 21	Beena Joyner		
October 9	Vicki Prunty	October 21	Gail Staudinger		
October 10	David Fearing	October 22	Ariel Talen-Keller		
October 10	Carol Swanson	October 24	Kimberly Collins		
October 11	Mathea Doyle	October 24	Harvey Ellis		
October 12	Leroy (Bud) Schultz	October 24	Janice Haskell		
October 13	Anisa Davis	October 25	Wendy Luft		
October 13	Janet Tones	October 25	Svaja Worthington		
October 15	Yolanda Coombs	October 26	Lois Heaverly		
October 15	Lori Fuller	October 27	Dawn Madara		
October 15	Carol Stowe				



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			

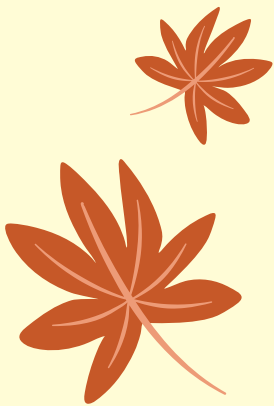


Chugiak Senior Citizens
22424 N. Birchwood Loop
Chugiak, Alaska 99567

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

Serving Seniors from Hiland to Eklutna

Chugiak Senior Citizens, Inc.



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.



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