

Vol. 10

October 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
Department Information	4
Contact Information	5
Upcoming Events	6
Activity Calendar	7
Resident Stories: Gil Chambers	8
Resident Stories: Gil Chambers	9
The Bill Stoltze Cafe Menu	10
Nurse Denise	11
Meet Our New Hairstylist	12
Amy's Dad Jokes	12
Board of Directors Elections	13
CSCI Board Members Expectations	14
Memory Cafe	15
AC's Comic Corner	15
Elder Endeavors	16
Halloween Extravaganza	16
Holiday Bazaar	16
Combat Veterans Motorcycle Assoc.	16
Chugiak Senior Living Services	17
Chugiak Senior Citizen Foundation	18
October Birthdays	19



Big news! The Chugiak Senior Citizens Foundation has just donated \$30,000 toward the purchase of our second passenger van!

With this incredible gift, their total support this year has reached an amazing \$90,000.

Community Announcement

Hello Friends,

A Night to Remember – Our 50th Anniversary Gala

What a celebration! Our 50th Anniversary Gala last month was a beautiful evening filled with laughter, memories, and community spirit. A heartfelt thank you to everyone who attended and supported this milestone event. We extend special gratitude to the Chugiak Historical Society and the Chugiak Senior Center Foundation for creating the remarkable “Look Back in Time” display that brought our history to life and reminded us just how far we’ve come. Your efforts made the evening unforgettable.

Welcome Nurse Lorna – Farewell Nurse Denise

We are thrilled to welcome Lorna Mills, RN, as our new Outreach Nurse! Lorna brings a treasure trove of experience and a warm, compassionate approach to senior care. We are excited to have her join the team and know she will be a wonderful resource for our members and community.

At the same time, we wish Nurse Denise the very best in her retirement. Denise has been a cornerstone of our center’s health and wellness programs, and she will be greatly missed. Thank you, Denise, for your years of service and care.

Halloween Bizarre – Candy Donations Needed!

Our annual Halloween Bizarre will take place on Friday, October 31st, and we need your help! Please consider donating bags of individually wrapped candy to make this event a sweet success for all the little ghouls and princesses! Candy can be dropped off at the front desk anytime this month.

Winter is Coming – Be Prepared!

As the seasons turn, a few friendly reminders:

- **Get your tires ready!** Studded tires are legal starting September 15, so make your appointment early to avoid the rush.
- **Stay active and connected.** Winter can be isolating, plan for regular socialization, whether that’s joining our daily congregate lunches, attending activities, or just calling a friend.
- **Don’t forget your vitamin D!** Talk to your healthcare provider about supplements to help keep energy and mood strong through the darker months.

Together, we can head into winter safe, healthy, and connected.

Jared Goecker

Public Relations Director

Department Information

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

MANAGEMENT TEAM

Executive Director: Amy Demboski
amy@chugiakseniors.com

Finance Director: Lindsey Causer
lindsey@chugiakseniors.com

Food Service Director: Cat Kenney
cat@chugiakseniors.com

Housing Manager: Laurie Moffitt
laurie@chugiakseniors.com

Outreach Nurse: Lorna Mills, RN
lorna@chugiakseniors.com

Transportation Supervisor: Andy Gray
andy@chugiakseniors.com

PR and HR Director: Jared Goecker
jared.g@chugiakseniors.com

ALP Administrator: Bobbie Lewis
bobbie@chugiakseniors.com

Office Manager: Margaret Asbury
margaret@chugiakseniors.com

CHUGIAK SENIOR CITIZENS, INC.

22424 Birchwood Loop, Chugiak, AK 99567

Phone: (907) 688-2674 Fax: (907) 688-1319

Office Hours: M-F 8:30am to 5:00pm

Website: <http://www.chugiakseniors.com>

Facebook: Chugiak-Eagle River Senior Center

CONTACT INFORMATION

DEPARTMENTS

Activities - 907-688-2683 / jared.g@chugiakseniors.com

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

Assisted Living Program - 907-688-8999 / bobbie@chugiakseniors.com

Donations - 907-688-2685 / seniors@chugiakseniors.com

Finance - 907-688-2678 / lindsey@chugiakseniors.com

Food Service and Catering - 907-688-2652 / cat@chugiakseniors.com

Housing - 907-688-2633 / laurie@chugiakseniors.com

Human Resources - 907-688-2683 / jared.g@chugiakseniors.com

Meals-On-Wheels - 907-688-2652 / andy@chugiakseniors.com

Membership - 907-688-2674 / margaret@chugiakseniors.com

Newsletter - 907-688-2683 / jared.g@chugiakseniors.com

Outreach Nurse - 907-854-7144 / lorna@chugiakseniors.com

Room Rentals - 907-688-2683 / jared.g@chugiakseniors.com

Transportation - 907-688-2626 / ride@chugiakseniors.com

Volunteers - 907-688-2683 / jared.g@chugiakseniors.com

UPCOMING EVENTS

OCTOBER 6TH

Lions Bingo ✱ Meet at Adult Day Services at 1:30 PM

B: BOO I: Intestines N: Night G: Ghoul O: October

OCTOBER 10TH

Recycle Sale ✱ We depart the center at 9:45 AM

Bargain hunting with a side of ghost hunting

OCTOBER 14TH

Valley Thrift Store ✱ We depart the center at 10:30 AM

Haunting the racks for killer knick-knacks

OCTOBER 15TH

Card Making Craft ✱ Meet at the lower resident lounge at 1:00 PM

Handmade cards with a dash of freight and a sprinkle of delight

OCTOBER 21ST

Pumpkin Carving at 2:00 PM

Gourds, guts and goodies. Lets carve some pumpkins and snack on some sweet treats!

OCTOBER 24TH

Movie Night at 5:00 PM

Get ready for a frightfully good movie night! Stay tuned to see what movie is picked!

OCTOBER 31ST

Costume Contest at 2:00 PM

Show off your spooky side! Dress up in your most imaginative costume for a chance to win. Let's see what you've got!

OCTOBER 31ST

Halloween Extravaganza at 5:00 PM - 8:00 PM

Trick or treat, please don't smell my feet! Come and join the Chugiak Senior Center for spooktacular night. Lets be ghouls and celebrate Halloween with treats and fun games!

OCTOBER 2025

ACTIVITIES CALENDAR

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 11:00am Strong Seniors 1:00pm Walmart 4:00pm Line Dancing	2 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 11:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	3 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carra	4 10:00am Chair Yoga Instructor-led
5 3:00pm The Crossing	6 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Bridge 1:30pm Lions Bingo 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	7 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Attorney Services 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	8 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 11:00am Strong Seniors 1:00pm Walmart 4:00pm Line Dancing	9 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	10 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 9:45am Recycle Sale Event 1:00pm Carra	11 10:00am Chair Yoga Instructor-led
12 3:00pm The Crossing	13 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	14 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 10:30am Valley Thrift Store 1:00pm Phase 10 1:00pm Fred Meyer	15 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 11:00am Strong Seniors 1:00pm Card Making 1:00pm Walmart 4:00pm Line Dancing	16 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	17 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carra	18 10:00am Chair Yoga Instructor-led
19 3:00pm The Crossing	20 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	21 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer 2:00pm Pumpkin Carving	22 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 11:00am Strong Seniors 1:00pm Walmart 4:00pm Line Dancing	23 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	24 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carra 5:00pm Movie Night	25 10:00am Chair Yoga Instructor-led
26 3:00pm The Crossing	27 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	28 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	29 9:30am Chair Stretch Self-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 11:00am Strong Seniors 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	30 9:30am Chair Yoga Instructor-led 9:30am Chair Stretch Self-led 10:00am Chair Cardio Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer 2:00pm Knit Witz	31 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carra 2:00pm Costume Contest 5:00pm Halloween Extravaganza	

Resident Stories: Gil Chambers



“When I was sixteen, I came north to visit my dad and ended up joining the state’s first electrical apprenticeship program.”

It’s been about ten years now since I came to the senior center. Hard to believe, but I’m eighty years old, and I’ve lived a full life with stories worth telling. One of them is about the three years I spent living on Maui, before I returned to Alaska. I had a small house, just six blocks from the ocean. Every day I’d put on a T-shirt and shorts, stroll down to the beach, and let the island air soak into me. It really was a dream—sun, sand, and the slow rhythm of island life. But Maui had its dangers.

The abandoned sugarcane fields dried out under the constant heat, and wildfires swept across the island whenever sparks caught. I lived there for three years before I moved back north, and the year after I left, a fire tore through the very neighborhood where I’d been living. Ninety-six people died. My little cabin would have been right in the path of it. I missed it by a year—almost to the day. That close call still gives me chills.

I wasn’t just passing time in Hawaii—I was painting, sketching, and filling notebooks with little scenes of daily life. I’d draw the banyan trees, the colorful birds that reminded me of Alaskan ravens, the lizards darting through the grass, even my neighbor’s cat who hunted them. I loved capturing the small things that made Maui feel alive.

The truth is, I went to Hawaii because my wife had passed away. My children and grandchildren were doing well on their own, and I needed to see what life looked like beyond Alaska. I didn’t make it all the way around the world like I once imagined, but I did discover a lot—whether driving across Canada, crossing the Arctic Circle, or exploring the islands.

Resident Stories: Gil Chambers

Of course, Alaska is where most of my life was spent. When I was sixteen, I came north to visit my dad and ended up joining the state's first electrical apprenticeship program. They wanted to train Alaskans—carpenters, plumbers, electricians—so the money stayed in the state instead of going south. I started out as an apprentice, and before long, the union trusted me to finish a job on my own. They promoted me to journeyman, and from that point on, I built my career as an electrician.

That work took me everywhere—villages, towns, and cities across Alaska. Later, I became an inspector, traveling even more, making sure jobs were done safely and correctly. I can't say I had a favorite place, but I always felt a deep satisfaction when a project passed inspection. That was the joy: knowing a job was finished, and finished well.

Life wasn't just work, of course. I met my wife while we were both working as nurse's aides at the Psychiatric Institute—me with the men's ward, her with the elderly. At first we didn't really like each other at all. But slowly, one year became two, and our friendship grew into something more. She had a little boy, and eventually we built a family together. For forty years we shared a good life before she passed. Losing her was the hardest part of my journey, but those years remain my greatest treasure.

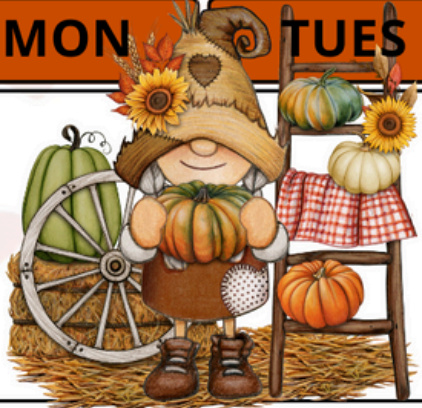
Even before all of that, I was always a builder. As a boy I hammered together treehouses and forts from scrap wood and apple crates. I'll never forget the day a girl named Georgine—she went by George—climbed up one of my trees after hearing my hammering. Together we finished that treehouse and became pals. My grandfather, who ran the port of Olympia, gave me my first taste of adventure. He took me aboard military ships after the war, and even on a tour of a submarine. Imagine being eight years old, climbing down the hatch and walking through the narrow passageways! I never forgot it.

Looking back now, I realize my whole life has been about building things, exploring new places, and telling stories. That's why I write booklets—to pass along the memories, to encourage others to do the same. Every one of us has a story worth telling. Mine is filled with childhood forts, ships and submarines, the joy of family, a career in electrical work, and three unforgettable years in Hawaii.

BILL STOLTZE CAFE

OCTOBER 2025

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

MON	TUES	WED	THUR	FRI
		1 Shepard's Pie w/ peas & carrots & mashed potato's Creamed Spinach Garden Salad	2 Chicken & Dumplings Vegetables Garden Salad	3 Hearty Beef Stew w/ Potatoes & Carrots Biscuit
	6 Breaded Fish Sandwich on WW Bun W/ Cheese & Tarter Sauce French Fries Coleslaw	7 Taco Pie! Crispy tortilla chips ground beef, cheese, lettuce, Fixings Bar	8 Chicken Parmesan w/ Spaghetti noodles Vegetable Garlic Bread	9 Bacon Cheese Burgers Baked Beans Tater Tots
	10 BBQ Pork Sandwich Coleslaw French Fries	13  COLUMBUS DAY Sweet -n-Sour Meatballs Steamed Rice Vegetable	14 Breaded Pork Chop Stuffing & Gravy Vegetable	15 Chicken Marsala w/ Mushroom Sauce Roasted Potatoes Vegetable
	16 Meat Lovers Pizza Day! Chicken Wings Garden Salad	17 Breakfast for Lunch! Corned Beef Hash Scrambled Eggs Fresh Fruit Mini Muffins	20 Game Day Chicken Strip Bowl w/ Mashed Potatoes & Corn Biscuit	21 Savory Pot Roast! W/ Roasted Potatoes & Carrots Green Beans Apple Crisp
	22 Cabbage & Kielbasa Bake Macaroni & Cheese Green Salad	23  ELECTION MEET AND GREET Chicken Fried Steak Mashed Potatoes & Savory Gravy Vegetable	24 Baked Fish w/ Lemon Sauce Rice Pilaf Vegetable & WW Roll	27 Egg Salad Sandwiches Fresh Fruit Soup
28 Monster Meatloaf Mashed Potatoes Green Beans	29 Apricot Chicken Thighs Seasoned Rice Vegetable	30 Corned Beef & Cabbage Roasted Potatoes & Carrots Slice of Rye Bread	31  HALLOW'S EVE! Ghoul-Lassh Peas Green Salad Spooky Dessert	



NURSE

Denise



We recently had a visit from a wonderful nurse, Nurse Heather who is currently completing further nursing studies. She has been an ER nurse for years and has shared some experiences with me regarding falls and its' lingering complications, especially if you don't get seen just after a fall incident. One concerning example are outcomes of those people on blood thinners.

Falls: One bump to the head may seem trivial and you may just get up and find that you're okay, but the real danger is that days later that bump to the head developed a tiny bleed to the brain that will require immediate surgery and hospitalization later. The quicker it is found and repaired the better your chances. Falls, though a simple head bump against the wall as you're getting out of bed can lead to trouble breathing due to a clot released from a hairline fracture. It may not affect you at first but a clot can be released causing havoc to your lungs, heart or brain.

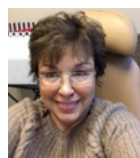
Which blood thinners should be flagged for possible bleed? It is strongly recommended that if you fall and hit your head and are on Warfarin (coumadin) Eliquis (apixaban) Plavix (clopidogrel), Xarelto (rivaroxaban) that you go to the emergency room and get images to rule out a brain bleed asap. Lower extremity hairline fractures can release clots that travel throughout the body

- **What does the EMT and ER doc want to see upon arrival?** An EMT form attached to your door: Filling out the emergency form that includes Hospital is preference, your allergies, and your complete medication list with its doses. Please include all the vitamins and supplements you are taking, ointments/ creams, patches, drops, pain killers, monthly shots. Note whether you are on dialysis, radiation and or chemotherapy.

Several urgent care physicians revealed "how difficult it was to get records and procedure results from the other hospitals". They are left to "figure out" all the treatment regimens you've encountered. Nurse Heather recommends you check out the recent CDC 2025 reference : Older adult fall prevention.

TIPS to Prevent Falls:

- Remove throw rugs or small area rugs
- Keep areas tidy where you walk (corridor)
- Install/ mount grab bars in bathrooms
- Use night lights in bedrooms or flashlight by the bed
- Keep frequently used kitchen items in easy reach



Nurse Denise



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 Wednesdays from 11:00 AM to 4:00PM. Please text or call (907) 529-1273 or use the sign up sheet on the door to make arrangements.



AMY'S DAD JOKES

**What kind of room doesn't have any doors?
A Mushroom**

**Why is dark spelled with a K and not a C?
Because you can't C in the dark!**



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.

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, 2025. 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 that 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, 2025:

CSCI Board of Directors Election Committee

Attn: Rick Oatman

22424 N. Birchwood Loop

Chugiak, AK 99567

Email: CSCIElections@gmail.com

Important dates to remember:

- October 6, 2025: Deadline for submission of applications to the Election Committee
- October 15 or 16, 2025: Ballots will be mailed out.
- October 23, 2025: Meet and greet candidates from 12:30pm - 1:30pm and 6:00pm - 7:00pm in 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

1. Support Chugiak Senior Center's mission, purpose, goals, policies and programs while knowing it's strengths and needs.
2. 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.
3. Serve actively on committees of the Board as requested by the Chair.
4. Attend activities and events sponsored by the Center whenever possible.

Meetings

1. Prepare for and participate in the Center's Board meetings and scheduled committee meetings, including appropriate Center activities.
2. 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.
3. Maintain confidentiality of the board's executive sessions and speak for the Board or the Center only when authorized to do so.
4. Suggest agenda items for Board and committee meeting to ensure that significant policy related matters are addressed.

Avoiding Conflicts

1. Serve the Center as a whole rather than any special interest group or constituency.
2. 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.
3. 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

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

Fundraising

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

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.)

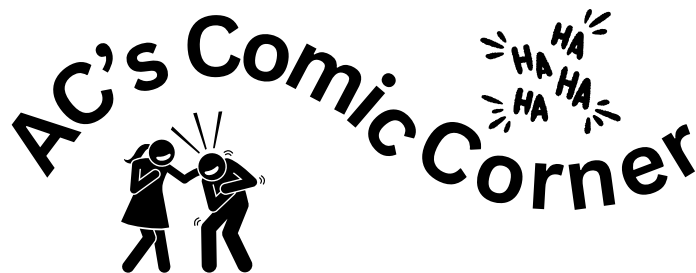
Call: 907-863-0569

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

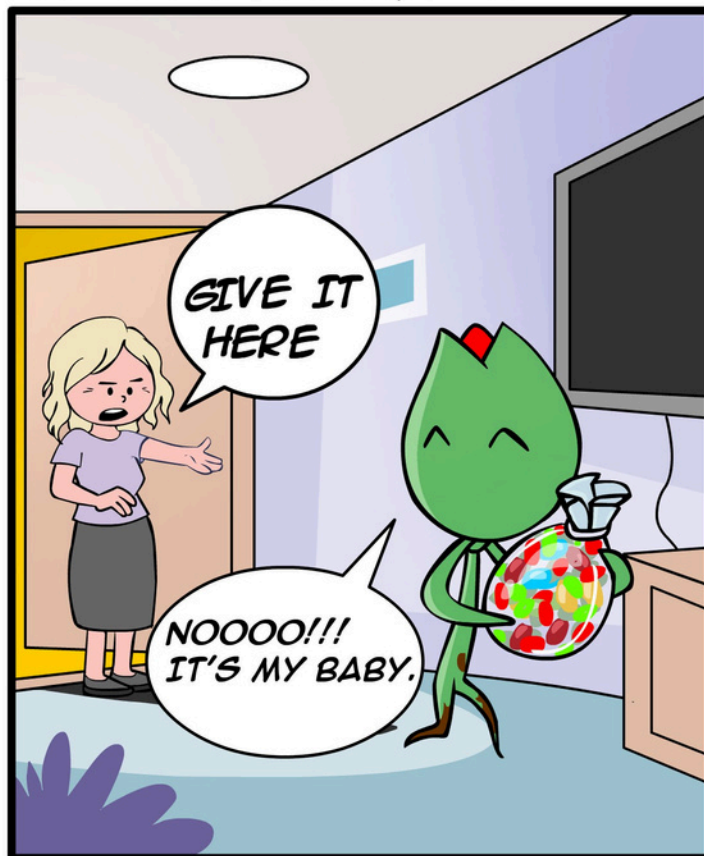
The Crossing will be holding Sunday services at 3:00pm in the Main Dining Room.



Serving Others.



THE NIGHT OF THE JELLYBEAN MONSTER





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

WE ARE ACCEPTING CANDY DONATIONS FOR OUR HALLOWEEN EXTRAVAGANZA

When: Friday, October 31st, 2025
5:00pm - 8:00pm

Where: Chugiak Senior Center
22424 N. Birchwood Lp
Chugiak, AK

Please Call: 907-688-2674
for more information



HOLIDAY BAZAAR

CALLING ALL VENDORS

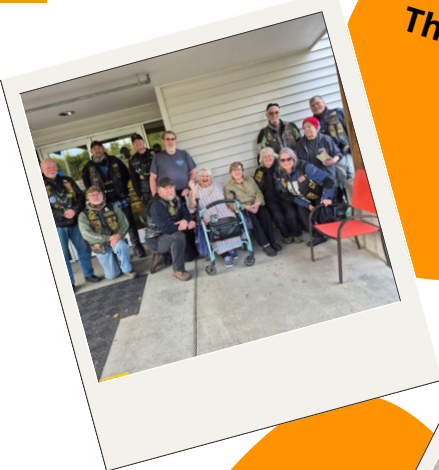
Sign Up TODAY for an opportunity to be a vendor at our
Holiday Bazaar!

When: November 8th, 2025 from 10:00am - 4:00pm

Where: Chugiak Senior Center
22424 N. Birchwood Lp
Chugiak, AK 99577

Please Contact Us:
www.chugiakseniors.com or email:
jared.g@chugiak-seniors.com

Thank You For Visiting Us
Combat Veterans
Motorcycle
Association!

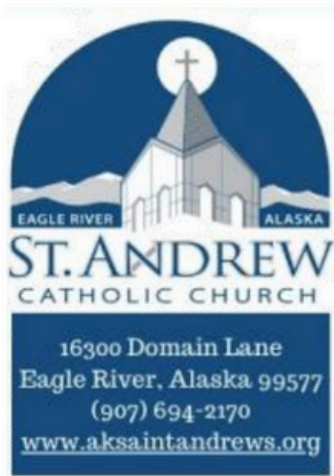


ST. ANDREW CATHOLIC CHURCH

-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.



(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

Hours: Monday - Friday, 8:00am - 4:00pm

Last Pickup: 3:30pm

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



CHUGIAK SENIOR CITIZENS FOUNDATION CONGRATULATIONS CSC!

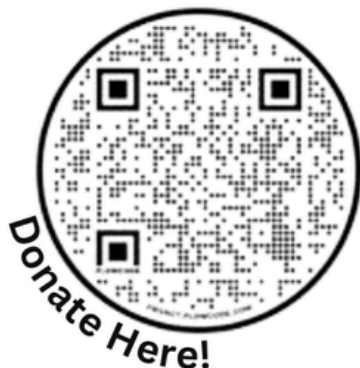
Wow! What a great celebration last month and reason for celebrating. Fifty years serving the community, from its humble beginnings to the terrific center that exists today. Kudos to the individuals who had an idea for a community center and to all the many who have been involved through the years working, encouraging, and helping the Center grow and fulfill its mission.

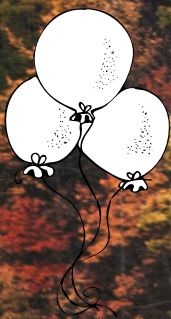
The Foundation is proud to support CSC and looks forward to the next 50+ years. We invite you to join us in our mission of providing financial support by means of a perpetual endowment for the programs and operations of CSC.

For those of you who want your legacy to include the Foundation, through a tax deductible bequest, a memorial gift, in your estate plan, or by other means, please contact one of our board members at foundation@chugiakseniors.com. We would be delighted to meet you in person to discuss your intentions.

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

October 1	Steven Worthington	October 18	Catherine Ward	October 30	Ruth McClain
October 1	Richard Greenfield	October 19	Michael Frazar		
October 1	Hilda Kirk	October 19	David Wachsmuti		
October 2	Trudi Pudimat	October 20	Richard Outwin		
October 3	Anita Wagner	October 20	Linda Flegle		
October 5	Kathy Banfield	October 21	Kent Brooks		
October 7	Steve Frey	October 21	Ken Jones		
October 7	Charles Fisher	October 21	Gail Staudinger		
October 9	Vicki Prunty	October 21	Deborah Barto		
October 9	James Hardy	October 21	Beena Joyner		
October 10	David Fearing	October 22	Diane Houston		
October 10	Carol Swanson	October 22	Ariel Talen-Kelle		
October 10	Bruce Bartlett	October 24	Kimberly Collins		
October 11	Mathea Doyle	October 24	Janice Haskell		
October 12	Leroy (Bud) Schultz	October 24	Harvey Ellis		
October 13	Janet Tones	October 25	Wendy Luft		
October 13	Anisa Davis	October 25	Svaja Worthington		
October 15	Yolanda Coombs	October 26	Lois Heaverly		
October 15	Lori Fuller	October 27	Dawn Madara		
October 15	Carol Stowe	October 27	Claudia Pace		
October 16	Mary Trevino	October 28	Monique M. Garbowic		
October 16	Duane Leong	October 28	Mary Ellen Heater		
October 17	Paulette Anderson	October 29	Ron Fleischac		
October 18	Veda Fay				



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			



Chugiak-Eagle River Senior Center
22424 Birchwood Loop
Chugiak, Alaska 99567

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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.