



Vol. 9

September 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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**Center Closed on
Labord Day,
September 7**

Community Announcement

Hello friends,

Have you ever played a game of Jenga? Placing the pieces in a particular fashion, ensuring none are out of place, so that the stack looks perfect. Preparing your hands for a setup that cannot fail, because of how particular you were about the way you pieced it together. But then you go for that one middle block, and the pieces come tumbling down. You ask yourself,

"How did that happen? I thought I placed everything just right."

Life is like a game of Jenga. We try to piece our life together seamlessly, preparing for a perfect execution. Leaving no mental room for failure, because surely our seamless preparation cannot fail. We are human. We are bound to trip, to fall, and to watch things collapse despite our best efforts. That's not a flaw—that's just how we were designed. You can prepare for the next step, you can choose to be strong, but you cannot simply know exactly what will happen.

Find beauty in the reality that you cannot know what lies past that next step or that big decision. You simply can't prepare for everything—all you can do is accept it with an open mind and keep moving forward. I encourage you all to live this life with a head held high, despite what is thrown your way. You are not behind, you are not unlucky, you are not alone, you are not broken. Each step is a part of your story; it is a part of you. Embrace the unknown and endure until the end.

You are all loved, seen, and chosen.

Love,
MaKayla

CONTACT INFORMATION

MANAGEMENT TEAM & DEPARTMENTS

Executive Director: Amy Demboski
amy@chugiakseniors.com

Finance Director: Lindsey Causer
907-688-2678 | lindsey@chugiakseniors.com

Food Service Director: Cat Kenney
907-688-2652 | cat@chugiakseniors.com

Housing Manager: Laurie Moffitt
907-688-2633 | laurie@chugiakseniors.com

Outreach Nurse: Lorna Mills, RN
907-854-7144 | lorna@chugiakseniors.com

Transportation Supervisor: Andy Gray
Transportation - Meals On Wheels
907-688-2652 | andy@chugiakseniors.com,
ride@chugiakseniors.com

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

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

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

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

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

BOARD OF DIRECTORS

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

Members-at-Large
Andrew Fierro
Kathryn Railing
Sue Holliday

Contact:
board@chugiakseniors.com

Amy's Dad Jokes

Which is faster, hot or cold?

Hot, because you can catch a cold.

UPCOMING EVENTS

September 2nd, 9th, 16th, 23rd, and 30th | Bible Study @ 10:30am

A study open to all! Located in the Upper Resident Lounge. Please stop by!

September 2nd, 9th, 16th, 23rd, and 30th | Nature Walk @ 2:00pm

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

September 4th | Affogato Social @ 10:00am

In honor of National Coffee Ice Cream Day, we will be celebrating with Affogatos! This will take place at the Latte Fun Coffee Shop. This event will be on a first come first serve basis, since there is no cost! Come and get a sweet treat and participate in some ice cream trivia.

September 4th | 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 and members who have a September birthday!

September 8th | Valley Thrifting @ 10:30am

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 shopping bags! We will be leaving the Main lobby at 10:30am

September 10th | National School Picture Day @ 11:30am

Do you have a school photo from High School that you want to show off? Awesome! In order to celebrate this holiday, we need you guys to turn those photos in. When turning photos in, please be sure to put them in an envelope with your name on it, or email them to makayla@chugiakseniors.com with your name attached as well. What is next will be a surprise!

UPCOMING EVENTS

September 10th | National School Picture Day @ 11:30am

Do you have a school photo from High School that you want to show off? Awesome, in order to celebrate this holiday, we need you guys to turn those photos in. When turning photos in, please be sure to put them in an envelope with your name on it, or email them to makayla@chugiakseniors.com with your name attached as well. What is next will be a surprise!

September 14th | Lions Bingo @ 1:30pm

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

September 15th | VFW Bingo @ 1:30pm

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

September 14th & 28th | 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 the people are saying these days.

September 16th | Mayflower Trivia & Pumpkin Pie @ 12:00pm

Let's celebrate the departure date of the historical Mayflower with some good ole trivia and delicious pumpkin pie. This activity will take place during lunch hour, so come ready to eat and think!



Gift Shoppe
First Friday of
each month they
are doing a
promotion (50%
off one item)

UPCOMING EVENTS

September 21st | 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.

September 22nd | The Municipality of Anchorage Equal Rights @ 11:30am-1:00pm

They will be available outside the dining room area. Their representatives will be on site to introduce themselves and share information about the Equal Rights Commission's work.

September 24th | Waffle Thursday @ 9:00am

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

September 25th | Karaoke & Pizza @ 4:00pm

In honor of National One Hit Wonder Day, we will be kicking it off with some old tunes and maybe some great voices. 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!

September 29th | Zero-Proof Coffee Themed Happy Hour @ 10:00am - 11:00am

In honor of National Coffee Day, the Latte Fun Coffee Shop will be hosting a zero-proof coffee-themed happy hour. Unfortunately, we will not be supplying those kinds of drinks. I know, super lame. But we will be serving free drinks and treats from 10:00am to 11:00am! Be sure to stop by!



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

2026
Holiday Bazaar

SCAN THE
QR CODE TO
REGISTER!



AUGUST MOMENTS



Chugiak Senior Citizens Foundation

"We at Chugiak Senior Citizens Foundation recognize with gratitude the visionary gift of the Michael and Merlene Conner Family Foundation. Their thoughtful donation is made to honor all Disabled Veterans for their service to our country.

A strong tradition of philanthropy in this community has helped our Foundation grow for 40 years. Today we are able to make significant grants to further the mission of Chugiak Senior Center. "



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



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.

Amy's Dad Jokes

Did you hear about the guy
who drank invisible ink?

He's at the hospital waiting
to be seen.

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

SEPTEMBER 2026

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

MON	TUES	WED	THUR	FRI
	1 Grilled Pork Chops Roasted Potatoes & Carrots Garden Salad	2 Open Faced Hot Roast Beef Sandwich Mashed Potatoes & Gravy Peas <i>Residents Meeting</i>	3 Grilled Chicken Breast Steamed Cheesy Broccoli WW Roll	4 Baked Spaghetti w/ Ricotta & Mozzarella Spinach Garden Salad
7* HAPPY LABOR DAY <i>Center is Closed</i>	8 Steak & Cheese Fajita w/ Bell Peppers & Onions Flour Tortillas Seasoned Rice Fixing s Bar	9 Pulled Pork Sandwich on WW Bun French Fries Coleslaw	10 Veggie & Sausage Bake Mashed Potatoes WW Roll Garden Salad	11 Beef Stew w/ Potatoes & Carrots Biscuit Garden Salad  <i>Patriots Day We Will Never Forget</i>
14 Shepherds Pie w/ Peas & Carrots & Mashed Potatoes	15 Chicken Fried Steak Mashed Potatoes & Gravy Peas Garden Salad	16 Chicken Cordon Bleu Seasoned Vegetables Pumpkin Pie  <i>National Pumpkin Pie Day</i>	17 Breakfast for Lunch! Chefs Suprise	18 Seasoned Fish Over Turmeric Rice Seasoned Vegetables WW Roll
21 Egg Salad or Beef Bologna Sandwiches Chis Pickle Spear	22 Mongolian Beef Fried Rice Slaw w/ Seasme-Ginger Dressing Egg Roll  <i>Autumn Equinox</i>	23 Marry Me Chicken Over Pasta Seasoned Vegetables WW Roll Garden Salad	24 Mushroom Swiss Burgers French Fries Macaroni Salad	25 Tuna Noodle Casserole WW Roll Garden Salad
28 Fish Sandwich on WW Bun Coleslaw Hush Puppies	29 Turkey BLT Wrap Pasta Salad or Potato Salad Chips	30 Sweet & Sour Chicken Seasoned Rice Pot Sticker		

This Menu Is Subject To Change

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



WALK-INS ARE WELCOME,
OR SCHEDULE AN
APPOINTMENT



alaskahealthfair.org



907-278-0234



MEDICARE ASSISTANCE

Alaska's Medicare Information Office is available to assist and answer questions about Medicare enrollment, benefits, Medigap plans and eligibility for assistance to pay Part B & D premiums. **For assistance, call the helpline at 1-800-478-6065 or 907-269-3680.** There is information available on line at www.medicare.gov on enrollment, benefits and assistance.

Diane Erickson, a volunteer with the Alaska Medicare Information Office will be at the Chugiak-Eagle River Senior Center to answer questions and provide assistance on an individual basis.

When: September 15th, and September 22nd
From: 10AM - 12PM

To schedule an individual appointment at the Senior Center, call Diane at 907-782-6234.

All other calls for assistance should be directed to the helpline at 1-800-478-6065 or 907-269-3680.



Corinne Sullivan

AKLDO, ABOC, NCLEC

907-276-1021

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

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

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

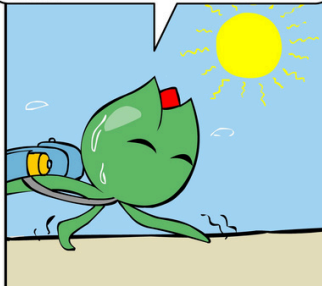


AC'S COMIC

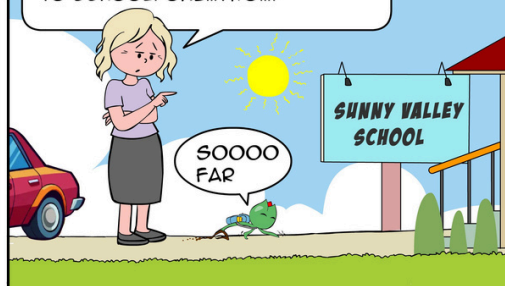
CORNER



I HAVE BEEN CRAWLING FOR HOURS, MUST TURN BACK. I'M SO TIRED AND IT'S SO HOT. I HAVE TO PUSH THROUGH THIS HARSH BARBARIC PLACE.



BUDDY TIMOTHY ROSE, GET UP NOW YOUNG MAN. YOU'RE GOING TO BE LATE ON YOUR FIRST DAY BACK TO SCHOOL. ONE...TWO....



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)

Kitchen Korner: The Season For Change

There is something about living in Alaska that makes change impossible to ignore. The long summer evenings begin to shorten, the fireweed reaches the top of its stalk, the air cools, and quietly, another season begins.

Life has seasons, too. Friendships change. Families change. Our work changes. Our homes change. And, perhaps most importantly, we change.

Sometimes change arrives all at once. More often, it begins with a quiet realization that something no longer fits the way it once did. A place, a friendship, or even a career may have given us exactly what we needed for one chapter, and then one day we realize it may be time for something new.

Change doesn't always mean something went wrong. Sometimes it simply means something has run its course. Nature understands this beautifully. Trees let go of their leaves. Rivers change course. Summer doesn't apologize for becoming autumn.

As Alaska begins its slow turn toward fall, perhaps we can borrow a little courage from the seasons. We don't always have to know exactly where the next road leads before we're allowed to take the first step.

So here's to the seasons behind us, the ones still ahead, and the courage to recognize when it is time to turn the page.

After all, none of us is finished changing yet.

Cat~

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.**

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.)

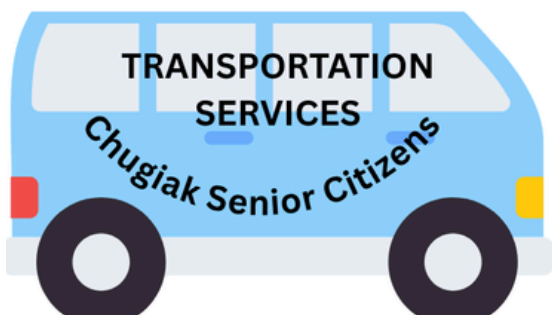
☎ Call: 907-863-0569

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



ST. ANDREW CATHOLIC CHURCH

Catholic Mass: Friday Nov. 7, in the Board Room (Second Floor), 3:30pm (confessions at 2:45pm)

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

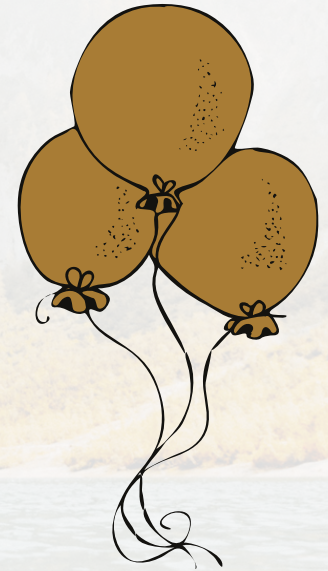
Homebound Catholics who would like to receive Communion may call
907-694-2170.





Happy Birthday

September 1	Richard Cresap	September 14	Linda Lyon	September 26	Elizabeth Bergh
September 1	Sondra Markwardt	September 15	Debbie Butts	September 27	Lynn Leong
September 1	Joe Ann Vanover	September 15	Madeline Decter	September 28	Kira Bradford
September 2	Barbara Koehler	September 15	Loydale McDonald	September 28	Clydene Fitch
September 4	Debbie Bates	September 15	Stephanie Whaley	September 28	Hannelore
September 4	Ted Carlson	September 16	Sara Mitchell		Kelliher
September 4	Larry Kopischke	September 16	Heather Sommerville	September 29	Stan Cass
September 4	Carl Nelson	September 17	John Steiner	September 29	Joan Shawback
September 5	Robert Lester	September 18	Vera Joan Bennett		
September 5	Robert Worthington	September 18	Jackie DeCou		
September 6	Dolores Coates	September 18	Hilda Kroener		
September 6	Amy Demboski	September 18	Lucy Tetpon		
September 7	Harley Sidebottom	September 18	Rosemary Vavrin		
September 8	Irene Holthaus-Ramsey	September 19	Mary Klippel		
September 10	Denise Hembach	September 19	Rep. Dan Saddler		
September 10	Marvin Kroener	September 20	Denise Hardy		
September 11	Jane Jordan	September 20	Zulene Simmons		
September 11	Janet Kuykendall	September 22	Robin Hopper		
September 12	John Hornick	September 22	Myles Kelly		
September 12	Rosemarie Lombardi	September 24	Linda Craig		
September 12	Kathryn Railing	September 24	Doug Kugler		
September 13	Elaine Nisson	September 24	Dolores Patras		
September 13	Robert Wilkinson	September 24	Beverly Kirk		
September 14	Laurie Childers	September 25	Janice Oistad		



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.

The Senior Edition is a monthly publication, produced in part with funds from membership dues & donations. Newsletter Team: Makayla Collins (Editor), Margaret Asbury, Katie Obi Obasi, Char Wilkinson, Paulette Shannon and Linda Hamilton.