

Vol. 09

September 2025

CHUGIAK SENIOR CITIZENS

SENIOR EDITION

50th
ANNIVERSARY

MISSION STATEMENT

The Chugiak-Eagle River 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

Hello Friends & Neighbors,

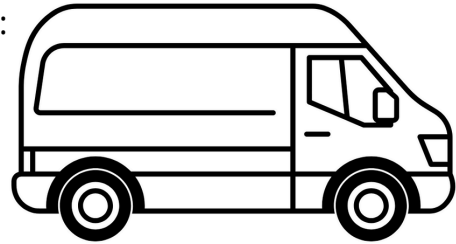
What a wonderful summer we've shared together! From lively events to sunny outings, it's been a season filled with connection, laughter, and memories. As we move into September, we wish everyone a safe and restful Labor Day weekend to close out the season. Looking ahead, here's a few big things to be aware of:

50th Anniversary Gala – Tickets on Sale Now!

We are thrilled to celebrate 50 years of the Chugiak-Eagle River Senior Center on September 20th from 5pm-8pm at our anniversary gala! Tickets are \$30 each and available now. Call the front office to reserve your spot and join us for this special evening of memories, celebration, community, and delicious food.

Big News on Transportation!

Thanks to the generosity of our members, donors, and community partners, we have successfully raised the funds for our first new van! This is a huge step forward in keeping our transportation program strong. However, to stay on schedule with replacing our aging fleet, we are already shifting gears and beginning fundraising for the second van. Every contribution makes a difference, and we thank you for your continued support. Donations can be done through here:



Welcome, Makayla Collins!

We are excited to officially welcome **Makayla Collins** as our new Activities Coordinator! Many of you have already had the pleasure of meeting her at recent events and activities. If you haven't yet, be sure to swing by her office to introduce yourself, she's eager to get to know everyone and bring fresh ideas to our programs.

Goodbye Summer, Hello Fall!

Summer may be winding down, but we are now entering Alaska's brief and breathtaking autumn. To soak in the golden colors of the season, join us for our Fall Foliage Drive on **Monday, September 22nd (weather dependent)**. Seats fill quickly, so sign up early outside Makayla's office and enjoy the beauty of fall with friends.

Help Name Our New Buses!

We're inviting your creative ideas for naming our new buses! Starting in October, we'll launch a naming contest/fundraiser to officially choose a name for the newest vans. In the meantime, we encourage you to submit your suggestions; fun, meaningful, or creative, we want to hear them all! Email jared.g@chugiakseniors.com with your name ideas!

With gratitude,
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

Ruth Doubek

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: Denise Kichura
nursedenise@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

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 5pm

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 / nursedenise@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



SEPTEMBER 8TH

Meet at Adult Day Services at 1:30 PM

Lions Bingo

B: Blackout

I: In-A-Row

N: Number

G: Grand Prize

O: Out-Of-Control

SEPTEMBER 12TH

Recycle Sale | Ultimate Scavengers' Finding Value

We depart the center at 9:45 AM

SEPTEMBER 15TH

Valley Thrift Store

We depart the center at 10:30 AM

SEPTEMBER 18TH

Oopsie Daisy Bouquet Building

All bouquets will be used in the 50th Anniversary Gala as table decor.

SEPTEMBER 20TH

50th Anniversary Gala from 5:00 PM - 8:00PM

A 50th celebration for the Chugiak Senior Center. Come and celebrate the wonderful place you call home. Wear your best get-up!

SEPTEMBER 22ND

Fall Foliage Drive

We will depart the center at 10:30 AM and drive north to Eureka for a fall picnic.

SEPTEMBER 24TH

Bob Ross Paint Night

From 4:00 PM - 6:00 PM come follow along with a Bob Ross tutorial and walk away an artist.

SEPTEMBER 26TH



Movie Night 5:00PM

Mary Poppins



SEPTEMBER 2025

ACTIVITIES CALENDAR

SUN	MON	TUES	WED	THUR	FRI	SAT
		2 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	3 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	4 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	5 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carrs	6 10:00am Yoga
	7 3:00pm The Crossing	8 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 1:00pm Bridge 1:30pm Lions Bingo 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	9 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	10 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	11 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	12 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 9:45am Recycle Sale Event 1:00pm Carrs
	14 3:00pm The Crossing	15 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 10:30am Valley Thrift Store 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	16 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	17 9:30am Circuit Instructor-led 11:00am Strong Seniors-Self-led 1:00pm Walmart 4:00pm Line Dancing	18 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz 2:00pm Oopsie Daisy Bouquet Building	19 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carrs
	21 3:00pm The Crossing	22 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 10:30am Fall Foliage Drive 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	23 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer	24 9:30am Circuit Instructor-led 11:00am Strong Seniors Self-led 1:00pm Walmart 4:00pm Line Dancing 4:00pm Bob Ross Paint Night	25 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Cribbage 1:00pm Fred Meyer 2:00pm Knit Witz	26 9:30am Circuit Instructor-led 9:30am Chair Stretch Self-led 1:00pm Carrs 5:00pm Movie Night
28 3:00pm The Crossing	29 9:30am Chair Stretch Self-led 9:30am Circuit Instructor-led 1:00pm Bridge 1:00pm Walmart 2:00pm Knit Witz 6:00pm-8:00pm Ukulele Jamfest	30 9:30am Chair Stretch Self-led 10:00am Joy of Painting 1:00pm Phase 10 1:00pm Fred Meyer				

Resident Stories: “Tiger” Richard Holeman



“You could hear the roar before the shake”

I grew up on 16th avenue in Anchorage, where my parents built a house in 1956. My dad continued to add more rooms, more space as we grew and needed to expand. This was all during the earlier years of our statehood, when Anchorage was not as populated, and the road to Palmer was a two-way dirt road that took you all day to get to. When Alaska entered the union, I remember the big bonfire that was set ablaze on the Park Strip downtown.

Scraps from all over were added to the roaring fire, people were celebrating as horses ran about. I was only 10 years old, and it was so much fun I thought we would celebrate this every year.

In 1964, my sister Teal and I were playing a game called password while the smell of my mom’s stew wafted though the house. You could hear the roar before the shake. Suddenly, the house on 16th shook violently. My mom, sister and I ran out of the house and onto the yard. We lived in an older area that had a few telephone lines around us. There was one in our yard and one in the next, and you could see the lines jumping in waves like water in an ocean. My sister Teal remembered our parakeet was still in the house. She mustered up the courage and ran back in to rescue it. Teal said she could hear everything coming down in the house as the earth shook. Mom’s pressure cooker exploded and the delicious stew was on the ceiling. It was the Great Alaska Earthquake, 1964. A 9.2, the strongest in North American history at that time. We survived it, all of us. And that house, against all odds, stood for decades more.

That home carried so many stories: my Coast Guard swearing-in, done right there in the living room by my mom’s best friend, a retired captain.

My years of service followed and I kept the promise I made to my father before he passed which was to take care of my mother. I got a job at VFG, a wholesale warehouse, in 1976. It wasn't open to the public, just deliveries and orders, but it was steady work. I kept it while I cared for mom, day in and day out. She passed in 1988, and by then I had been at that warehouse for twelve years.

Life had a way of folding old paths back into view. That's when Barbara Weatherby reentered my life. I'd known her years earlier, but she ended up working at the warehouse, and there we were, reintroduced. We went on a few dates, and before long, she moved in. On the Fourth of July, we married. From then on, it was Richard and Barbara Holeman. Together from 2006 to 2019, through thick and thin. But Barbara's health began to decline. Diabetes, then dementia. It was cruel to watch her fade. My sister Teal came up to help me through Barbara's last years. She was a godsend. She went with me to Alzheimer's meetings, sat through the long nights, helped me shoulder what I couldn't carry alone.

Barbara passed away in June. By December 31st of that year, I had to sell the house, our house on 1016 West 16th Avenue. The place was too much for one man alone, too heavy with memories. That's when Teal told me about a friend of hers who knew the senior center. She said it was a nice place, worth looking at. When I first toured the senior center, Julie walked me through the halls, explaining the rules. "I'm sorry," she said gently, "but you can't go into anyone's room. They're all occupied." So we just wandered, passing closed doors one after another. I wasn't looking for much, just a chance to see what the apartments were like inside. Then, as we walked by one doorway, a woman called out. "You can come in here," she said. Her name was Jean. "Come in, see what it looks like." That was all I needed, just a quick glimpse of the setup. She didn't know me, and I didn't know her, but she was kind, and I never forgot it. By the time I came back months later, she was gone.

Eighteen months passed before my name came up. Julie smiled when she handed me the keys. "Here's your apartment." I stepped inside and froze. It was the same unit Jean had once invited me into. The very same room.

It felt like more than coincidence, like a small gift from a stranger I'd barely met.

And now, it's my home. I love it here. Happy 50th Anniversary Chugiak Senior Center. I love my life!

YOU'RE INVITED TO

50th

Anniversary

CHUGIAK SENIOR CENTER

Saturday, September 20, 2025

5:00 PM - 8:00 PM

Bill Stoltze Cafeteria

Celebrate and honor the legacy of CSC and the movers
and shakers for the last 50 years

Static displays of the Center through the years
Seasoned roast beef or chicken marsala

Tickets \$30 per person

Call 907-688-2674 to RSVP

BILL STOLTZE CAFE

SEPTEMBER 2025

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

MON	TUES	WED	THUR	FRI
1  CLOSED	2 Grilled Ham Steaks Scalloped Potatoes Vegetable	3 Chicken Caesar Salads Bread Stick AC's Famous Soup	4 Goulash w/ Elbow Noodles Vegetable Bread Slice	5 Burger W/ WW Bun Fixings Bar Macaroni & Cheese Baked Beans
8 Swedish Meatballs W/Noodles Vegetable	9 Chicken Stir Fry Yellow Rice Stir Fry Vegetables	10 Marry Me Chicken Vegetable WW Roll	11 Kalua Pork Sticky Rice Cabbage Blend Vegetable	12 Stuffed Green Pepper Casserole, Rice, Ground Beef Tomato Sauce Mashed Potatoes
15 Ham & Cheese Melts Baked Beans Heavenly Hash Brown Bake	16 Taco Tuesday Fixings Bar Spanish Rice Refried Beans 	17 Salisbury Steak Mashed Potatoes & Gravy Vegetable WW Roll	18 Chicken Salad Sandwich or Plate AC Famous Soup	19  Seafood Fettuccini w/ Shellfish Or Grilled Chicken Fettuccini Vegetable & Bread
22 Burgundy Beef Tips w/ Egg Noodles Vegetable WW Roll	23 Chicken Fried Steak Mashed Potatoes & Gravy Vegetable	24 Baked Fish In A Cream Sauce Penne Pasta Vegetable	25 Rosemary Pork Roast Mashed Potatoes & Gravy Stuffing Cabbage & Bread Slice	26 Lasagna Vegetable Garlic Bread
29 Hearty Ham & Bean Spinach Corn Bread	30 Grilled Chicken Sandwich on WW Bun Fixings Bar French Fries			

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 is it called when a chickpea is murdered?
Hummuside

What did the pig say on a hot summer day?
I'm bacon

What kind of magazines do cows read?
Cattlelogs



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:

- August 22, 2025: Nominations open for the Board of Directors
- October 6, 2025: 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

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.

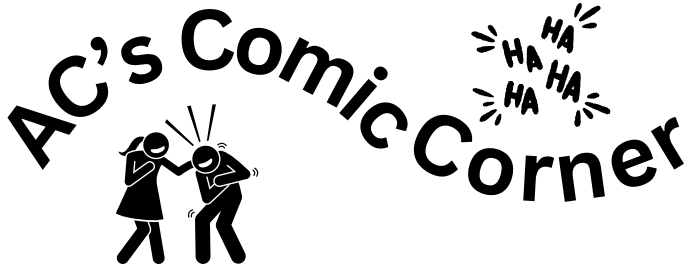
THANK YOU SO MUCH

This is my chance to thank each and every one of you for the wonderful send off I received July 18, my last day of work in the kitchen. I was deeply touched by your kindness and generosity. It's been a great two years and I treasure the friendships that I've made in that time. The hugs, the well wishes and the gifts are something I'll never forget.


I want to recognize and thank Janice, Dale, Diana, the Barbara's, Sharon, Lila, Bob & Shar, Linda and Corky, Linda, Carol, Rosemary, Tiger, Alice and Jeff. If I've overlooked naming anyone, forgive me. Also thank you to all of the Center staff for organizing the shindig and their support over the years. And especially thank you to my buddies and mentors in the kitchen Cat, Dawn, AC and Charvis.

But...I'll be hangin' around as a volunteer a couple of times a week so you'll still see me behind the line from time to time. This community is so blessed to have a place like the Senior Center.

Group hug,
Carol



Through good and through bad,
through thick and through thin.
Where you end up is where you
begin life is short.
..... so have a cookie.

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.



GIFT CARD

FROM: _____

TO: _____

AMOUNT: _____

VALID DATE: _____

CHUGIAK-EAGLE RIVER SENIOR CENTER GIFT SHOP
WWW.CHUGIAK.ORG

Kitchen Crew Corner

🍁 Grateful Hearts & Golden Years 🍁

As the leaves prepare to turn and the crispness of fall begins to whisper through the air, September brings with it a beautiful reminder: the power of gratitude.

Here at our Senior Center, we are surrounded daily by living history—stories of resilience, laughter, love, and lessons that could never be learned from a book. And while the world outside moves fast, there's a gentle magic that lives within these walls: the grace of slowing down and appreciating the little things.

Gratitude isn't just a feeling—it's a way of life. It's found in the shared cup of morning coffee, the wink from a friend across the lunch table, or the familiar hum of a favorite song during Bingo. It's the smile that comes from a memory sparked, or the joy of watching someone try yoga for the first time (even if the dog pose looks more like a nap).

Our seniors show us that every wrinkle has a story, every laugh line is a badge of honor, and every day is a chance to be thankful—for each other, for the caregivers, and for this community we call home.

So this month, let's all take a moment to pause. Breathe. Smile. And say thank you—for the journey, for the moments, and for the beautiful gift of growing older together.

Gratitude grows here. And we are so lucky to be part of it.

What are you grateful for?

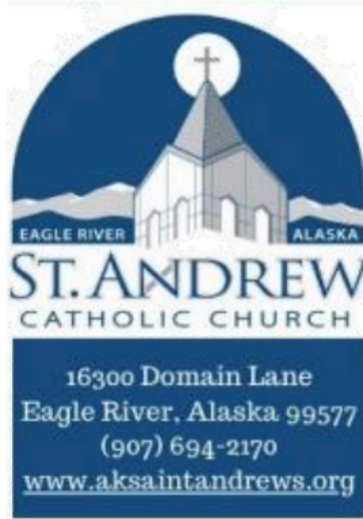
Kitchen Cat

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.

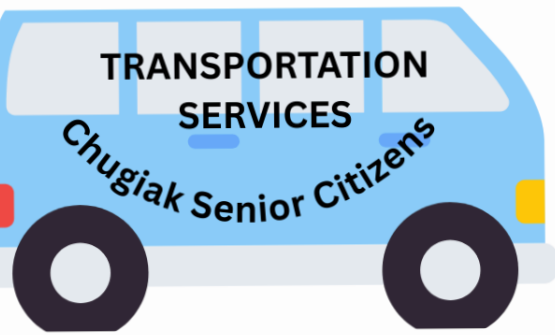
-Homebound Catholics who would like to receive Communion may call 907-694-2170.



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, 7:00AM - 5:00PM
Last Pickup: 4:30 PM

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	Monday: Walmart	1pm - 3pm
Round trip or one way to VA/JBER	Tuesday: Fred Meyers.	1pm - 3pm
Round trip or one way to Anchorage	Wednesday: Walmart	1pm - 3pm
Round trip or one way to Mat Su Valley	Thursday: Fred Meyer	1pm - 3pm
	Friday: Carr's	1pm - 3pm
	(Call for Trips to Three Bears)	



Call for information
on ADA Fare



*Come Purchase Fresh
Vegetables*

9:00am - 11:00am

*Friday, August 22, 2025
Friday, September 5, 2025
Friday, September 19, 2025
Friday, September 29, 2025*

Where: Employee Parking Lot

Chugiak Senior Citizens Foundation

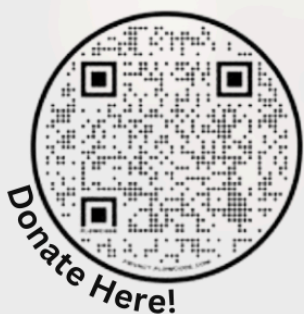
If you enjoy eating, need transportation, want to work out, play cards, paint, bring your kids/grandkids to a safe place for trick-or-treating and fun, take advantage of free tax preparation, volunteer opportunities, etc. You can find all that and more at Chugiak Senior Center.

Hi, I'm Paulette Shannon, president of the Chugiak Senior Citizens Foundation. I'm a long-time Alaskan, 50 years! I've been involved with CERSC since my mother resided at the Center's assisted living program; she loved it. Now I'm an independent living resident at the Center and really appreciate all it has to offer. The Foundation was established in 1986 as a perpetual endowment to support CERSC in its service to the community. I joined the Foundation in 2022 and am proud to help bring the Foundation to the community's notice.

To date, the Foundation has been able to provide financial support for program enhancement and development at CERSC. Our goal is to be able to expand our support to fund operations as well. That's why we regularly ask for your support. We know there are many worthy causes and truly appreciate when you choose to support the Foundation. Of course, that means we want to make it easy to donate.

I invite you to visit us at chugiakseniors.com/foundation to learn more about us and donation options. Or, use the QR code you see here.

Thanks so much!



Happy Birthday!

September 1	Richard Cresap	September 13	Elosie Goodson	September 27	Lynn Leong
September 1	Joe Ann Vanover	September 14	Laurie Childers	September 28	Hannelore Kelliher
September 2	Sondra Markwardt	September 14	Linda Lyon	September 28	Clydene Fitch
September 3	Barbara Koehler	September 15	Loydale McDonald	September 29	Joan Shawback
September 4	Dr. Ronald Kichura	September 15	Stephanie Whaley	September 29	Stan Cass
September 4	Carl Nelson	September 15	Debbie Butts	September 30	Dean Powell
September 4	Larry Kopischke	September 16	Heather Sommerville		
September 4	Ted Carlson	September 16	Sara Mitchell		
September 4	Debbie Bates	September 17	John Steiner		
September 5	Robert Lester	September 18	Vera Joan Bennett		
September 5	Robert Worthington	September 18	Lucy Tetpon		
September 6	Dolores Coates	September 18	Rosemary Vavrin		
September 6	Amy Demboski	September 18	Hilda Kroener		
September 7	Harley Sidebottom	September 18	Jackie DeCou		
September 8	Lilian Gilmore	September 19	Mary Klippel		
September 8	Irene Holthaus-Ramsey	September 19	Rep. Dan Saddler		
September 10	Denise Hembach	September 20	Denise Hardy		
September 10	Marvin Kroener	September 20	Zulene Simmons		
September 11	Jane Jordan	September 22	Myles Kelly		
September 11	Janet Kuykendall	September 22	Robin Hopper		
September 12	Rosemarie Lombardi	September 24	Linda Craig		
September 12	John Homick	September 24	Dolores Patras		
September 12	Kathryn Railing	September 25	Janice Olstad		
September 13	Elaine Nisson	September 25	Beverly Kirk		
September 13	Robert Wilkinson	September 26	Elizabeth Bergh		



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

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

Serving Seniors From Hiland to Eklutna

Chugiak Senior Citizens Center



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.
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