



KODIAK SENIOR CENTER

NEWSLETTER

JUNE 2026

302 Erskine Ave
Kodiak, Alaska
(907) 486-6181

www.kodiakseniorcenter.org

Director's Door

Greetings! Summer will officially be upon us Sunday, June 21. With summer arriving, I implore you to get outside; go on a walk or hike with a friend, enjoy the beautiful gardens around town, go fishing, or just sit out and soak in the sun; there is no fresher air than Kodiak air!

SCOK's Annual Board meeting will be held on Friday, June 12th this year, during lunch. All members eat for free on this day, so be sure to check in about your 2026 membership dues if you haven't renewed yet. We appreciate all the support to make the senior center the best it can be.

We received our annual surveys, with a total of 125 responses (compared to 75 last year)! Thank you so much for all of your feedback. In this newsletter, you will find highlights of the responses we received. Please know our doors are always open, and we have comment cards to fill out if you ever have suggestions or comments throughout the year. With the responses, we can continue to support our seniors in Kodiak; enhancing lives and making Kodiak a great place to age.

We have some fun activities and get togethers in June, so be sure to check out the calendar. One I would like to specifically highlight is the Estate Planning, Wills, and Trust Workshop we will be hosting on June 2 at 2PM. This workshop will equip you with the knowledge and tools you need to make informed choices.

We are nearing the end of the fiscal year 2026, as fiscal year 2027 starts on July 1, 2026. We will be finalizing our numbers to complete our final reports and close out grants. We appreciate the support from the State of Alaska, local agencies and individuals who continue to support seniors in Kodiak.

Happy Summer! Be sure to swing by and visit us at the senior center; we would love to see you!



News from the Board

Please join us on Friday, June 12th at noon for the Senior Citizens of Kodiak, Inc. Annual Board Meeting. We have a delicious lunch planned with brief reports, and door prizes. Also - Members eat for free!

We appreciate our volunteer Board members. Terms up are Joyce Gregory, Betty Walters & Richard Lantz. All have agreed to serve another term.

Each of SCOK's Board members have been compassionate about the center and the services provided to meet the needs of all Kodiak seniors. We look forward to continuing to serve the community.

Senior Citizens of Kodiak, Inc. **BOARD OF DIRECTORS**

- ALAN SCHMITT, PRESIDENT**
- RALPH 'SKIP' BOLTON, VICE PRESIDENT**
- SUSAN BROCKMAN, SECRETARY/TREASURER**
- JOYCE GREGORY, MEMBER**
- NENITA NICOLAS, MEMBER**
- BETTY WALTERS, MEMBER**
- SANDY PEOTTER, MEMBER**
- PAT SZABO, MEMBER**
- RICHARD LANTZ, MEMBER**





Our mission is to enhance the lives of older adults.

This agency is supported through funding from the Division of Senior and Disabilities Services, Alaska Community Foundation, American Seafoods Company, CHARR, City of Kodiak, Conoco Phillips, Credit Union One, Kodiak Island Borough, Kodiak Community Foundation, Providence Alaska Foundation, & Rasmuson Foundation. We are also appreciative of donations from Kodiak Seiners Associates.

We greatly appreciate the continued support of all our members along with the generous donations recently made by Joseph Bower, Jeff Halcomb, Sue Jeffrey & Dan Ogg, Rebecca & Teresa Mahle, Marty & Marion Owen, Sandy Peotter, Mike Sirofchuck & Stacy Studebaker, Linda Sargent, & The family of Gretchen Saupe.

JUNE 2026

Mon	Tue	Wed	Thu	Fri
1. Chicken Pasta Alfredo Green Beans Dessert Soup & Salad	2. Coconut Shrimp French Fries Coleslaw Dessert Soup & Salad	3. Honey Garlic Glazed Pork Chops Mashed Sweet Potatoes Brussel Sprouts Dessert Soup & Salad	4. Meatloaf Rosemary Garlic Potatoes Sweet Peas Dessert Soup & Salad	5. Ballpark Picnic Hot Dogs w/ Toppings Chips Watermelon Ice Cream Cup No Soup or Salad
8. Fish Tacos Spanish Rice Refried Beans Dessert Soup & Salad	9. Chicken Salad Sandwich w/ Lettuce & Tomato Chips Dessert Soup & Salad	10. Steak Fajitas Sauteed Peppers & Onions Mexican Corn Spanish Rice Dessert Soup & Salad	11. Baked Ham Au Gratin Potatoes Vegetable Medley Dessert Soup & Salad	12. Annual Meeting Pot Roast Mashed Potatoes & Gravy Chef's Choice Veggies Special Dessert / Salad No Soup
15. Eggplant Parmesan with Spaghetti Italian Style Vegetables Garlic Bread Dessert Soup & Salad	16. Oven Fried Chicken Pasta Salad Green Beans Dessert Soup & Salad	17. Roast Pork Scalloped Potatoes Glazed Carrots Dessert Soup & Salad	18. Father's Day Luncheon Smoked Beef Brisket Mashed Potatoes & Gravy Corn Special Dessert / Salad No Soup	19. Senior Center & Island Cove Closed In Recognition Of Juneteenth.
22. Chicken Ala King with Biscuits Green Beans Dessert Soup & Salad	23. Salmon Perok Chef's Choice Veggies Dessert Soup & Salad	24. French Dip Sandwich Tator Tots Broccoli Salad Dessert Soup & Salad	25. Birthday Luncheon BBQ Chicken Pasta Salad California Style Vegetables Dessert  Soup & Salad	26. Country Fried Steak Mashed Potatoes & Gravy Succotash Dessert Soup & Salad
29. Spaghetti & Meatballs Green Beans Garlic Bread Dessert Soup & Salad	30. Sweet and Sour Shrimp Fried Rice Egg Rolls Stir Fry Vegetables Soup & Salad		Juneteenth is the oldest Nationally/ Internationally celebrated commemoration of the ending of slavery in the United States. It originated in Galveston, Texas in 1865 and is celebrated on June 19th.	 <p style="font-size: small;">Making Our Island a Good Place to Age SENIOR CITIZENS of KODIAK, INC.</p>

1% milk, full strength fruit juice, salad and bread served daily. Menu subject to change without notice.

June 2026

Mon	Tue	Wed	Thu	Fri
1	<p>2 Seniors & Youth! SCOK Spring Clean Up 9:00-10:30am</p> <p>Estate Planning Workshop 2 pm</p>	<p>3 Tai Chi 9:30 am</p>	<p>4 SCOK Closing at 3pm—see note on side</p>	<p>5 Ballpark Picnic</p> <p>Whippersnappers 1 pm</p>
8	<p>9 Social Security Tele-conference at Job Service 9 am to 11:45</p> <p>Alaska Legal Services 10am-12:00pm</p>	<p>10 Tai Chi 9:30 am</p>	<p>11</p>	<p>12 SCOK Annual Meeting at 12pm</p> <p>Whippersnappers 1 pm</p>
15	<p>16</p>	<p>17 Tai Chi 9:30 am Trivia 12:30</p> <p>Beaded Craft 1 pm</p>	<p>18 Father's Day Luncheon</p> <p>Food Bank Pick Up 1:30 pm</p>	<p>19 Senior Center & Island Cove Closed</p> 
22	<p>23 Social Security Tele-conference at Job Service 9 am to 11:45</p>	<p>24 Tai Chi 9:30 am</p> <p>Caregiver Support at 1pm</p>	 <p>Birthday Lunch</p> <p>Bingo at 1pm</p>	<p>26</p> <p>Whippersnappers 1 pm</p>
29	<p>30</p>			

Early Closure on June 4

SCOK is closing at 3pm so staff can attend the celebration of life of former co worker, Mark Wardell. For those who wish to attend. Celebration will be held at Tony's from 3-6pm for those who wish to attend.

Foot Clinic

No Foot Clinic scheduled for the month of June 2026.

Alaska Legal Service

First come first serve

Bingo

Hosted by VFW Bingo. FREE to Play, Gift cards for prizes

Exercise Classes

Membership is Required

Kodiak Senior Center

486-6181
info@scoki.org

Activities at the Senior Center



Seniors & Youth SCOK Spring Clean Up

Tuesday, June 2 from 9:00am - 10:30am

Youth from the LDS Church will be at the Senior Center to help get ready for summer! They'll be cleaning up around the Senior Center, and weeding and planting gardens. We invite seniors of all abilities to come and mingle - even if you don't want to get your hands dirty, we can provide seating so you can still enjoy the companionship and outdoors!

Estate Planning, Wills, and Trusts Workshop

Tuesday June 2 at 2:00pm

Protect your legacy and ensure your wishes are honored by planning ahead. Don't wait until it's too late to make important decisions about your estate.

Host: Dedra Cheney, Coalition of Licensed Wills, Trusts, and Estate Planning Educators

For questions and to register your spot, please contact:
+1 (907) 313-0779

Father's Day Luncheon



Thursday, June 18th at 12pm

Join us to celebrate all of the dads out there!

Alaska Legal Services

Alaska Legal Services is offering one-on-one services for seniors at the Senior Center.

June 9 from 10:00AM - 12:00 PM

(first come first serve).

During this time, they can help you start wills, start and execute powers of attorney and advanced healthcare directives; collect info and signed authorizations to appeal delay of public benefits, or answer any questions you may have regarding legal documents.

Please note: If you plan to bring someone that does not speak English, please call Teka at (907) 512-0499 to schedule a separate appointment, or let us know in advance so Teka can arrange for a translator.

Exercise Classes at the Senior Center



We will have Tai Chi every Wednesday at 9:30 am.

You do not need to sign up to attend, but we do encourage those who attend to keep their membership current!

As a reminder, our exercise equipment is available for SCOK Members on a first come first serve basis.

SCOK Annual Meeting

Please join us **Friday June 12** at noon for the Senior Citizen of Kodiak, Inc., Annual Meeting. We will have a delicious lunch, brief reports and door prizes.

Members eat for free, so be sure to renew your membership if you haven't yet this year.



Beaded Craft

Wednesday, June 17th at 1 pm

Join in the fun! We've got a lovely group of seniors who have been practicing their beading skills each month. Thank you to Gail Otto for sharing her craft!



Join us for lunch on Thursday **June 25th** to celebrate those with June birthdays! We'll eat and sing together, and share happy blessings to those with June birthdays!
All those present with a June birthday will be entered to win a free lunch ticket!

BINGO will follow immediately after birthday lunch. Thank you so much to those organizations who make this event possible: Olson's Bookkeeping, VFW Post 7056 Auxiliary, Harborside Coffee, Henry's, Kodiak Island Brewing, Norman's Gifts, and Subway

Announcements & Reminders

Social Security Administration

A representative from the Social Security Administration is available on

June 9th and June 23rd from 9:00-11:45 AM.

Please go to the Job center building (public assistance office) early at 8am and sign in for an appointment.

Food Box Distribution



Food bank distribution this month is scheduled for

June 18th at 1:30 PM.

Applications available at the Senior Center Call 486-6181 for more information

You Asked, We Answered: Membership sign up is now available online!

Although membership applications are still available in paper format and we will accept cash, check or credit card payment at the Senior Center, you now have the option to complete your form and payment online.

<https://kodiakseniorcenter.org/membership/>

There is also a separate online option to make a donation.

www.kodiakseniorcenter.org/SCOK-Donation-Form

Donations to the Senior Citizens of Kodiak, Inc. are accepted any time and in any amount. You can make a donation for assisting with a special event or luncheon, in honor of a person's birthday, anniversary or just for good measure.

A gift to remember a relative or friend, or to commemorate an anniversary or important event, is a most thoughtful and fitting contribution to this organization dedicated to the bettering the lives of senior citizens of Kodiak.

A memorial or commemorative gift to the Senior Citizens Endowment Fund, Inc. may be dedicated to begin a new service, to help with programs already underway, or it may be left undesignated.

Any and all donations are greatly appreciated and support our programs directly.

Thank you



First day of Summer Sunday, June 21st

The summer solstice occurs at the moment the earth's tilt toward the sun is at a maximum. Therefore, on the day of the summer solstice, the sun appears at its highest elevation with a noontime position that changes very little for several days before and after the summer solstice.

Reminder

The Kodiak Senior Center & Island Cove will be closed on Friday, June 19th for Juneteenth.



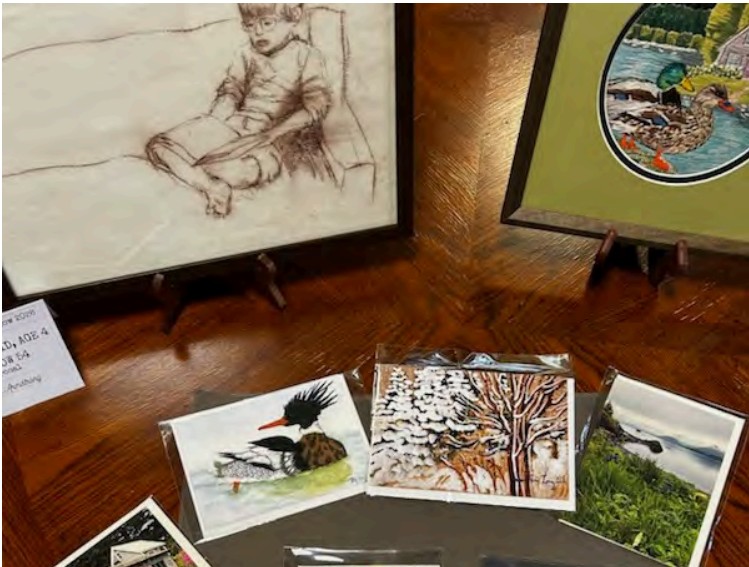
What is Juneteenth?

Juneteenth (short for "June Nineteenth") is a federal holiday in the United States, celebrated annually on June 19, that commemorates the end of slavery. It marks the day in 1865 when federal troops arrived in Galveston, Texas, to ensure all enslaved people were freed, two and a half years after the Emancipation Proclamation.

Kodiak Senior Center May Highlights



We had a busy May with Cinco de Mayo, Mother's Day, our Senior Art Show, and BINGO/Birthday luncheon. Thank you to our contributing artists to this year's art show: Robin Armstrong, Janet Bane, Nancy Bors, Mary Jane Longrich, Laurie Murdock and Island Cove & Kodiak Christian School Collaborative Display



KODIAK SENIOR ART SHOW

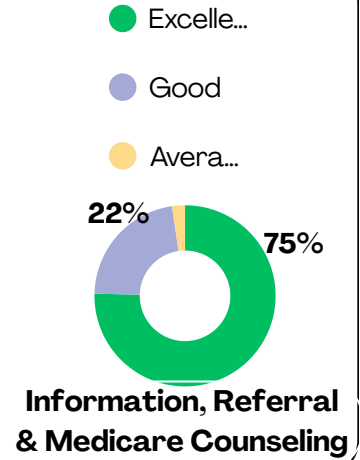
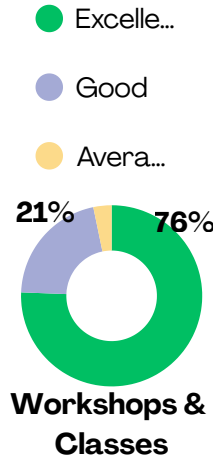
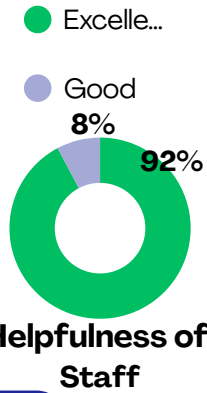
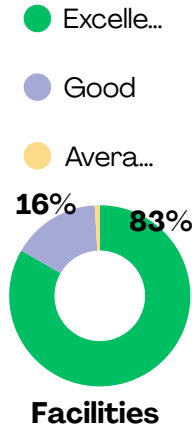


2026 Annual Survey Highlights

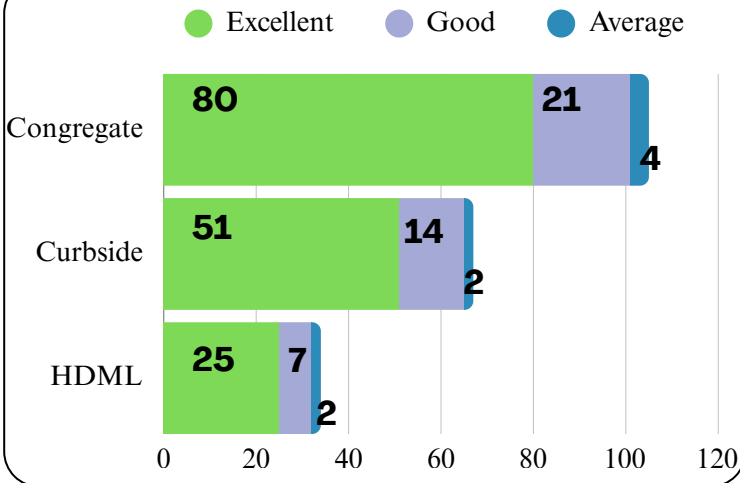
Thank you!

Surveys were distributed online, made available in person, printed in the newsletter for March and April 2026, and mailed to all those who received meals this fiscal year. These results represent 125 responses (almost double last year!!) Thank you to everyone for your input. The Board of Directors recently reviewed the responses and discussed your feedback. Feel free to join us at our Annual Meeting on June 12, 2026 if you wish to provide further insight on your comments.

General Ratings



Meals: Overall Satisfaction

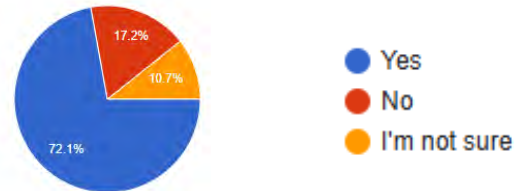


Of those who responded:

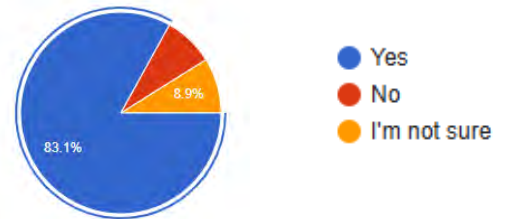
- 95% Reported exercise equipment or exercise classes helped maintain or increase their quality of life.
- 92% Reported KATS helped them maintain or increase their quality of life.
- 96% Reported the opportunity for socialization at SCOK helped maintain or increase their quality of life.
- 100% Would recommend our services to a friend.

Impact

Have our services helped you to remain living in Kodiak?



Have our services helped you stay healthy and safe?



SCOK gives me opportunity to visit/communicate with others my age, my family is very supportive of me but SCOK gives me independence for asking them far too many things.

Staff serving lunch and other activities are like angels helping us-Thank you for helping me to feel valued as a human being.

Medicare Minute: Emergency Care

Emergency and Urgently Needed Care

You never know when an emergency will arise, but you can be prepared



Emergency medical condition: Symptoms severe enough that someone with an average knowledge of health and medicine could reasonably expect your health to be in serious danger if you don't get medical attention right away

Urgently needed care: medically necessary and immediately required as a result of an unforeseen illness, injury, or condition. Not reasonable for you to wait to get needed care.

These definitions are especially important if you have a Medicare Advantage plan! There are certain protections for you if you need emergency or urgent care outside of your plan's network.

Emergency Room Services

Original Medicare covers emergency room services anywhere in the U.S.

Medicare Advantage plans must cover emergency room services anywhere in the country. Your plan cannot make you see an in-network provider or get a referral. It must also cover needed follow-up care related to the medical emergency if delaying it would endanger your health. You have the right to appeal if your plan does not cover your emergency care.

Note: If your condition was not an emergency but appeared to be an emergency, your care must still be covered. For example, let's say you have chest pain and think you could be having a heart attack. If you go to the emergency room and doctors discover that your pain is heartburn, your care should still be covered because the situation appeared to be an emergency.

Emergency care outside of the U.S.

Medicare usually doesn't cover medical care outside the U.S.

However, Original Medicare and Medicare Advantage must cover care in certain circumstances:

- You get emergency care in Canada while traveling a direct route, without unreasonable delay, between Alaska and another state, and the closest hospital that can treat you is in Canada.
- You get emergency care on a cruise ship while the ship is in U.S. territorial waters. This means the ship is in a U.S. port or within six hours of a U.S. port.
- You get emergency care in a foreign hospital that is closer to your residence than the nearest available U.S. hospital. This may happen if you live near the border of Mexico or Canada.

Medicare Minute, Emergency Care Continued

Ambulance coverage

Medicare covers emergency ambulance services. (In limited case it covers non-emergency ambulance services.) Medicare considers an emergency to be any situation when your health is in serious danger and you cannot be transported safely by other means. If your trip is scheduled when your health is not in immediate danger, it is not considered an emergency.

Note that the ambulance is only covered if it takes you to and from certain locations. For example, from any place where need arises to the nearest appropriate hospital.

Look out for ambulance fraud, errors or abuse!

Here are some red flags:

- You were transported in an unapproved ambulance like a taxi, van or rideshare.
- An ambulance company billed for more mileage than the actual distance of your trip.
- An ambulance was arranged for you, even though it was not an emergency or medically necessary.
- You were transported from your house to a non-covered destination, like your doctor’s office or a community health center.

If you believe you have experienced potential Medicare fraud, errors or abuse contact your local Senior Medicare Patrol (SMP). Your local SMP can help you report the situation to the correct authorities. Contact information is below.

Local SHIP contact information	Local SMP contact information
SHIP Kodiak toll-free: 1-800-774-6181	SMP toll-free: 1-800-478-6065
SHIP Kodiak email: clients@scoki.org	SMP email: doh.mio.info@alaska.gov
SHIP Kodiak website: kodiakseniorcenter.org	SMP website: www.medicare.alaska.gov
To find a SHIP in another state: Call 877-839-2675 and say “Medicare” when prompted or visit www.shiphelp.org	To find SMP in another state: Call 877-808-2468 or visit www.smpresource.org

2026 Social Security Schedule

Video Service Delivery (VSD) is available at the Kodiak Job Center on the 2nd and 4th Tuesdays of each month. The dates are:

~~January 13 & 27~~

~~February 10 & 24~~

~~March 10 & 24~~

~~April 14 & 28~~

~~May 12 & 26~~

June 9 & 23

July 14 & 28

August 11 & 25

September 8 & 22

October 13 & 27

November 10 & 24

December 8 & 22

Sign in at 8:00 AM

First come, first serve walk-in meetings are available to those that sign in at 9:00 AM - 11:45 AM

You may call the Social Security Office at 1-866-772-3081 (Anchorage) or 1-800-772-1213 (National Number).

Online services are available at www.socialsecurity.gov to:

- Apply for Social Security benefits or Medicare;
- Get a retirement benefit estimate;
- Use benefit planner to calculate your retirement, disability, and survivors benefits;
- Change your address, telephone number, or direct deposit information;
- Request a replacement Medicare card.
- You may visit the Social Security Office at:

222 W 8th Avenue, Room All
Anchorage, Alaska 99513

Health Wire

What does Summer/ Hot Weather Mean to Elderly

For the elderly, summer represents a mix of joyful opportunities for outdoor activity, gardening, and family gatherings, alongside significant health risks due to heat sensitivity. While longer days bring increased energy and chances for socializing, it demands careful management of hydration, sun exposure, and temperature to avoid dehydration, heat exhaustion, or heat stroke.

Key Aspects of Summer for Seniors:

Active Lifestyle and Socialization: Longer, warmer days encourage outdoor hobbies like gardening, walking, and attending community events.

Health and Safety Risks: The body's ability to regulate temperature declines, and the sense of thirst decreases with age, increasing the risk of heat-related illnesses and dehydration.

Physical Vulnerability: Seniors are more sensitive to temperature extremes even above 80 degrees and have thinner, more fragile skin, increasing the risk of severe sunburn and UV damage.

Need for Preparedness: The season requires proactive planning, including staying in air-conditioned spaces, wearing sun-protective clothing, applying sunscreen, and drinking fluids even without feeling thirsty.

Safety Precautions: Regular medication checks are needed as some drugs increase sensitivity to heat and sun.

Common Summer Activities for Seniors:

Enjoying nature and taking leisurely walks.
Gardening, which offers mental stimulation and light exercise.
Connecting with family and attending social events.

Tips for a Safe Summer:

Stay Hydrated: Drink fluids regularly, even without feeling thirsty.
Avoid Peak Heat: Stay indoors during the hottest parts of the day (usually afternoon).
Use Air Conditioning: Spend time in cool, air-conditioned places.
Protect Skin: Use sunscreen with SPF 15 or higher and wear protective clothing.
Watch for Warning Signs: Look for dizziness, headache, or confusion.

To read more go to [Consumer Reports On Health cr.org/health](https://www.consumerreports.org/health)

The Caring Islander

Excerpt From The Happy, Healthy Caregiver

A manifesto is a published or public declaration of intentions, core beliefs, motives or views.

The Happy Healthy Caregiver was inspired to write the Happy Healthy Caregiver Manifesto after listening to Gretchen Rubin and her sister Elizabeth Craft's podcast Happier. Here it is, we hope if you are a caregiver, you find it to be inspirational.

The Happy Healthy Caregiver Manifesto

I believe every individual's lifestyle choices impact everyone who loves them.

I know I won't find the time for my own self-care. I have to **create** my me time.

I believe we need to build up **energy** reserves so we are better prepared to handle the expected unexpected challenges of caregiving.

I want to spark a worldwide movement for family Caregivers to prioritize their own health & happiness...and feel good about it.

I know when I'm **happy** and feeling healthy, I have more of me to give to others.

I believe small actions every day accumulate into big success.

I want to hang out with **positive**, inspiring people who give me energy and surround myself with uplifting messages.

I have realized saying 'no' or 'not now' is a form of setting a personal **boundary**.

I want to seek out **humor** in each day and make time to laugh and have fun.

I need to share my story and shine the **spotlight** on other Caregivers to help humanize the face of family caregivers to our society.

Every day presents something to learn about ourselves and those around us.

I know for sure that I can't change people. I can only influence them, choose my reactions, and commit to living my best life.

I want to work on 'letting go' and learn to surrender to God so that His will is done.

I will listen to my inner voice, be aware of my limits, and be specific about how those around me can **help** ease my stress & anxiety.

I know that we can all achieve greatness and I choose to live a life with this mindset of **abundance**.

I believe as savvy family caregivers, we can have it all...just not all at once.

I believe I need to unite with other family caregivers and caregiver advocates so that our voices raise loud enough to be heard and we no longer feel isolated.

I want to do everything I can to live my best life independently so that I will not be a burden on those I love.

I wholeheartedly believe that if Caregivers isolate themselves and try to take on every task, caregiver **burnout** is inevitable.

I want to hone in on life's little blessings and possess an attitude of gratitude.

I know that caregiving is part of my life...but is not my entire life.

<https://happyhealthycaregiver.com/caregiver-manifesto/>



Caregiver Support Group - Wednesday, June 24 at 1pm

This month is for caregivers and their loved on. Join other caregivers for snacks and games in the multipurpose room

News from Island Cove

In May, we celebrated Cinco de Mayo, Mother's Day, a couple of birthdays, and had our Spring Picnic. Island Cove staff spent some time cleaning up the patio, so that we're ready to put it to use when the weather warms up!

Our friends from the Kodiak Christian School paid us their last visit before school got out; we are so thankful they were able to join us twice a month this year, we all really enjoy their company.

Finally, pictured on the right are the Island Cove participants working on their art, which was displayed in the Senior Art Show. The final product turned out to be a bright, beautiful work of collective art pieces! Thank you to volunteer Rebecca Ligtenberg for providing the artwork for them to paint.



Daily Schedule

We have a variety of activities that rotate in and out of our daily schedule. We meet with participants regularly to find out what new things they might like to try. We also enjoy special outings and picnics throughout the spring and summer months.

You're Invited! Come and Join the Fun

Island Cove offers adult day care 7 days a week
 Monday – Friday 8:00 to 4:30
 Weekends 9:30 to 3:00

The KATS bus offers pick up and drop off service for Island Cove participants.

Here's a glance at our schedule:

- 8:00 am: Opening Time
- 8:00-10:00am: Breakfast, News, Morning Socialization & Independent Activities
- 10:00-11:00am: Chair Exercise or BINGO
- 11:00-12:00pm: Lunch preparation and Lunch
- 12:00-1:00pm: 1st afternoon activity - rotating
- 1:00-1:30pm: Afternoon Snack
- 1:30-2:30pm: 2nd afternoon activity - rotating
- 2:30-4:30pm: Relax, socialization and unwind

MONTH: JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 WORD GAMES	2 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	3 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	4 8-10 BREAKFAST 10-11 BINGO W/ PRIZES 11-30 LUNCH 12-1 GROUP GAMES	5 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	6 8-10 BREAKFAST 10-11 BINGO 11-30 LUNCH 12-1 SING-A-LONG	7 9-10 BREAKFAST LUNCH MOVIE
8 9-10 BREAKFAST LUNCH MOVIE	9 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 WORD GAMES	10 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	11 8-10 BREAKFAST 10-11 BINGO W/ PRIZES 11-30 LUNCH 12-1 GROUP GAMES	12 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 COLORING/ CARD GAMES	13 8-10 BREAKFAST LUNCH TABLE GAMES	14 9-10 BREAKFAST LUNCH MOVIE
15 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 WORD GAMES	16 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	17 8-10 BREAKFAST 10-11 BINGO W/ PRIZES 11-30 LUNCH 12-1 GROUP GAMES	18 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	19 8-10 BREAKFAST 10-11 BINGO 11-30 LUNCH 12-1 SING-A-LONG	20 CLOSED FOR HOLIDAY	21 9-10 BREAKFAST LUNCH MOVIE
22 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 WORD GAMES	23 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 WORD GAMES	24 8-10 BREAKFAST 10-11 BINGO W/ PRIZES 11-30 LUNCH 12-1 GROUP GAMES	25 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 COLORING/ CARD GAMES	26 8-10 BREAKFAST 10-11 BINGO 11-30 LUNCH 12-1 SING-A-LONG	27 9-10 BREAKFAST LUNCH TABLE GAMES	28 9-10 BREAKFAST LUNCH TABLE GAMES
29 8-10 BREAKFAST 10-11 GROUP EXERCISE 11-30 LUNCH 12-1 WORD GAMES	30 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 DOMINO	31 8-10 BREAKFAST 10-11 EXERCISE 11-30 LUNCH 12-1 DOMINO	NOTES: VITAL SIGN EVERY MONDAY AT 9:00 TO 10:00 SUMMER FIELD TRIPS and FUN GAMES/BALLPARK PICNIC 5th BINGO UPSTAIRS at SENIOR CENTER w/ GIFT CARD PRIZES 25th FIRST HOLIDAY OF THE MONTH - SPECIAL LUNCH JUNE 1ST			

Island Cove offers a safe, caring, and active environment for seniors and adults with special needs. The program supports participants' independence, maintaining and increasing skill levels, while enhancing their quality of life. If you or someone you know may benefit from our program - we'd love to hear from you. We are able to offer a free two-week trial period to determine if it is a good fit. Join our crew - the more the merrier!!

CONTACT US FOR MORE INFORMATION OR TO SET UP A TOUR

For information call: 486-2203 or visit our website at: www.kodiakseniorcenter.org

Fun & Games

June National Holiday Word Search

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

COCONUT DAY (26th)
 JUNETEENTH (19th)
 LGBT PRIDE DAY
 GO FISHING DAY (18th)
 COLOR TV DAY(25th)
 MARTINI DAY (20th)
 SELFIE DAY (21st)
 EYEWEAR DAY (6th)
 REPEAT DAY(3rd)
 UFO DAY(24th)
 BLOOD DONOR
 DAY(14th)
 GIN DAY(13th)
 FOOD TRUCK
 DAY(27th)
 FATHERS DAY(21st)
 WIDOWS DAY(23rd)
 CHEESE DAY (4th)
 OLIVE DAY (1st)

Rebus Picture Puzzle

What common phrase or idiom is represented below?

READING
 READING
 READING

Word Ladder

Change the word COLD to WARM in exactly 4 steps.

Rule: Change only one letter at a time, and every step must be a valid English word.

1. C O L D
2. - - - -
3. - - - -
4. - - - -
5. W A R M

Answers on next page

But Wait...There's more!



Senior Testimonial

"SCOK helps me a lot, I am in a wheelchair and cannot do my chores at all. Having chore service makes me feel safe at home. Thank you for all the help."

"My chore worker gives me a clean place to live and allows me to stay at my house. She is always very helpful."



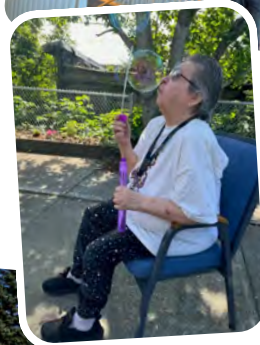
If you would like to be featured in our Senior Testimonial section, fill out a comment card at the Senior Center or stop by and let us know in person! Comments can be anonymous or you can share your name.

"Summer Bucket List" Photo Challenge

This summer, join in on the fun and inspire others to get out and enjoy summer! We're looking for photos of your Kodiak summer shenanigans. It can be photos of your garden, a favorite nature spot, your favorite summer snack, an outdoor activity to enjoy, a fish you caught, your best beach find, a place to visit around the Island...the opportunities are endless!!

Print off your photo and bring it in, or email it to info@scoki.org and we'll print it for you! If you need help, ask one of our lovely staff members and we'll be sure to help you get your photos entered.

Photos entered may be posted on a bulletin board, in a newsletter or online so let us know if you don't want them to be shared!



ON THE MENU

We will have a couple of special lunches this month; we hope you'll come and join us!!

Friday, June 5th: **Ball Park Picnic - wear your favorite jersey!**

Hot Dog w/Toppings, Chips, Watermelon, and an ice cream cup



Friday, June 12th: **Annual Meeting**

Pot Roast, Mashed Potatoes & Gravy, Chef's choice veggies, and a Special Dessert

Thursday, June 18th **Father's Day Luncheon**

Smoked Beef Brisket, Mashed Potatoes and gravy, Special Dessert

Thursday, June 25th **Birthday Luncheon**

BBQ Chicken, Pasta Salad, California style vegetables and a birthday dessert



Compare your word search answers with a friend and if you can't find one - maybe they'll help you out!

Puzzle answers:

"Reading between the lines"
COLD > CORD > CORE > WORE >
WORM > WARM

In Memory



It is with heavy hearts that we share the unexpected passing of Mark Richard Wardell on April 15, 2026.

Mark started working at the Kodiak Senior Center in May of 2013 as a relief cook/delivery driver. He went on to serve in various positions including Kitchen Aide, Assistant Cook, and his most recent position as Kitchen Manager.

In December 2024, Mark was asked during an interview about what he enjoyed most about working at the Senior Center. He immediately began talking about the importance of the seniors and the relationships he had built with them. He stated, *“The friendships and relationships I make with seniors mean the most, especially with my home delivered meal clients and some of those that have been coming to eat here since I started.”*

Mark was a joy to work with and is greatly missed by all.



The Kodiak Senior Center and Island Cove Adult Day will be closing early at 3pm on Thursday, June 4 so that staff can attend Mark’s Celebration of Life.

For those who would like to join, Mark’s Celebration of Life will be held on June 4, 2026 from 3-6pm at Tony’s Bar.

