



KODIAK SENIOR CENTER

NEWSLETTER

September 2026

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

www.kodiakseniorcenter.org

Director's Door

Fall is here, and the start of a new school year is a meaningful reminder of how quickly time moves. It is hard to believe I now have a freshman at Boise State University and a junior at Kodiak High School. This season reminds me to slow down, be present, and appreciate each day for what it brings.

In the spirit of appreciating each day, September is National Senior Center Month and this year's theme is "Happier Birthdays Happen Here." We are excited to celebrate by partnering with local organizations and community members to bring opportunities revolving around four main themes: Health & Wellness, Lifelong Learning, Community Support & Social Connections. Please take a moment to review our events calendar as we would love for you to join us for lunch, an activity, an event, or a presentation.

As we move into fiscal year 2027, which runs from July 1, 2026, through June 30, 2027, we remain grateful for our dedicated staff. Their hard work and commitment allow us to continue advancing our mission, delivering quality services, and responding to the growing demand for those services.

Once again, I encourage you to review our events calendar and stop by to visit us and enjoy our beautiful facility. Thank you for your continued support, we truly appreciate each of you.

Amy



News from the Board

The Board of Directors would like to thank each of you for your membership this year. Memberships are used as a match for our state grants. Your donations have assisted us in being able to continue much needed home and community-based services such as Lifeline, chore, respite, adult day, and home delivered meals – all of which keep seniors living independently for as long as possible.

You can contact Judith to see if your membership is current. Call the center at 486-6181 if you have any questions.

Senior Citizens of Kodiak, Inc.

BOARD OF DIRECTORS

ALAN SCHMITT, PRESIDENT

RALPH 'SKIP' BOLTON, VICE PRESIDENT

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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 donation made by Laurie Murdock.

We would also like to recognize the donations made *In Memory of Elinor Ramos* by Michael and Jackie Herter, Christy Kinter, & Thomas & Linda Lance as well as those made *In Memory of Midge Dillon* by Lynn & Jeannine Moeller & Christy Kinter.

September 2026

Mon	Tue	Wed	Thu	Fri
	1. Eggplant Parmesan w/ Spaghetti Mixed Vegetables Garlic Toast Dessert Soup & Salad	2. Roast Turkey Stuffing & Gravy Cranberry Sauce Yellow Squash Dessert Soup & Salad	3. Pork Loin Chops Potato Wedges California Style Vegetables Dessert Soup & Salad	4. Teriyaki Chicken Fried Rice Asian Style Vegetables Dessert Soup & Salad
7. Senior Citizen Center & Island Cove closed in honor of Labor Day	8. Spaghetti w/ Meatballs Italian Style Vegetables Garlic Bread Dessert Soup & Salad	9. Older Alaskans Day Chicken Cordon Bleu Buttered Noodles Asparagus w/ Hollandaise Special Dessert/Salad No Soup Today	10. Beef Stroganoff Mashed Potatoes Sweet Peas Dessert Soup & Salad	11. Baked Salmon Rice Pilof Chef's Choice Vegetables Dessert Soup & Salad
14. BBQ Chicken Macaroni Salad Corn on the Cob Dessert Soup & Salad	15. Cajun Crusted Cod Spanish Rice Fried Okra Dessert Soup & Salad	16. Meatball Sub Chips Pineapple & Carrot Slaw Dessert Soup & Salad	17. Roast Pork Loin Mashed Potatoes & Gravy Green Beans Dessert Soup & Salad	18. Fish & Chips Broccoli Salad Dessert Soup & Salad
21. Stuffed Cabbage Rolls Egg Noodles Chefs Choice Vegetables Dessert Soup & Salad	22. Sweet & Sour Shrimp Steamed Rice Stir Fry Vegetables Dessert Soup & Salad	23. Chicken Salad Sandwich French Fries Carrots & Celery Dessert Soup & Salad	24. Pot Roast Roasted Red Potatoes Glazed Baby Carrots Dessert Soup & Salad	25. Fall Picnic Hamburger or Hotdog Chips Baked Beans Fruit Cocktail No Soup or Salad
28. Baked Ham Scalloped Potatoes Broccoli & Cauliflower Dessert Soup & Salad	29. Pesto Chicken with Pasta Green Beans Garlic Bread Dessert Soup & Salad	30. Baked Lasagna Italian Style Zucchini Garlic Bread Dessert Soup & Salad		

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

SEPTEMBER 2026 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Balance & Mobility 9:30am	2 Tai chi 9:30am	3	4 Whippersnappers 1pm
7 Senior Center and Island Cove Closed Labor Day	8 Balance & Mobility 9:30am Social Security VSD at Job Center 9am to 11:45am	9 Tai chi 9:30am Older Alaskans Day Luncheon Trivia at 12:30pm	10 Pop Up Class! Silver Sneakers with Tracy at 9:30am	11 Foot Clinic 10-12pm Whippersnappers 1pm
14 Fish Prints on Tea Towels 1pm	15 Balance & Mobility 9:30am Legal Service 10am to 12pm	16 Tai chi 9:30am Beaded craft 1pm	17 Food Bank 1:30pm Learning Computer Device/Digital Literacy Meetup at 10:30am	18 Whippersnappers 1pm Caregiver Meet Up & Island Cove Open House 1pm
21 Yoga 9:30 am Healthy Aging & Nutrition Lunch & Learn 12:30pm	22 Balance & Mobility 9:30am Social Security VSD at Job Center 9am to 11:45am	23 Tai chi 9:30 am Medicare Open Enrollment Discussion 12:30pm	24 Birthday lunch BINGO at 1pm 	25 Whippersnappers 1pm Bird Drawing/Gouache Painting Class 2pm
28 Yoga 9:30 am Benefits CheckUps 10am-12pm	29 Balance & Mobility 9:30am	30 Tai chi 9:30 am Elder Coffee Hour & Craft 12:30pm-2:30pm		

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH.

*In order to celebrate,
we have some special
events, found in blue
on the event calendar.
Help us celebrate by
bringing a friend to
one of these activities!*

Reminders:

Foot Clinic

Please call for
appointment.

BINGO

Free to play, hosted
by VFW. Gift cards
for prizes!

Exercise Classes

Membership
required!

For details on all
other events, see
page 4-5 of the
newsletter

Questions about Events?

Call (907) 486-6181
Email info@scoki.org

Announcements & Reminders



The Kodiak Senior Center & Island Cove will be closed on Monday, September 7 for Labor Day

Elder Coffee Hour and Craft

September 30, 12:30-2:30

We are thrilled to announce that we will be hosting KANA's Elder Coffee Hour at the Kodiak Senior Center, starting September 30.

This will continue every month, two times a month on the following dates:

October 14

October 28

November 4

November 25

All times will be 12:30-2:30 with a craft led by Marti Murray

Foot Clinic

Katrina, with Alaska Body and Soul continues to offer foot clinic at the Kodiak Senior Center. This month, she will be offering appointments on:

Friday September 11 and again on the 18th only if all other spots are full!

Please call 907-486-6181 for appointments.

Beginning in September, we will have new start times for appointments.

The appointment start times will be:

9:00AM

9:45AM

10:30AM

11:15AM

12:00PM

Please note, appointments are still planned as 30 minutes but this gives us some wiggle room if things run behind. Thank you for your patience!

Medicare Open Enrollment and Benefits Check Up

September 23 at 12:30 and

September 28th from 10am - 12:pm

Want to learn more about Medicare Open Enrollment? Laurie will lead a discussion about these topics on the 23rd at 12:30 followed by a Q&A session.

What is Benefits CheckUp?

BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help them afford nutritious food, health care, and more. You can explore benefits online at www.benefitscheckup.org OR you can meet with Laurie Murdock, who can connect you to resources in person. On the 28th, feel free to stop in between 10 and 12 and start the process! If that time doesn't work, call for an appointment.

Social Security Administration

A representative from the Social Security Administration is available on

September 8th and September 22nd 9:00-11:45 AM.

Video Service Delivery (VSD) available at the Kodiak Job Center (Sign in at 8 am)

Alaska Legal Services

Alaska Legal Services is continuing to offer one-on-one services for seniors at the Senior Center.

Tuesday, September 15, 2026

10 am - 12 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.

Activities at the Senior Center

Exercise Classes

As a reminder, you do not need to sign up ahead of time, but we do encourage those who attend to keep their membership current- please check in with us for renewal if needed.

September's Schedule of Classes:

All classes begin at 9:30am

- **Chair Yoga, Monday, September 21& 28 with Veronica**
- **Balance and Mobility, Every Tuesday with Michelle**
- **Tai Chi, Every Wednesday with Deb**
- **Thursday, September 10 - Pop Up! Silver Sneakers Class with Tracy**



TRIVIA

Wednesday, September 9th at 12:30

Come have lunch and test your knowledge, and maybe win a free lunch ticket!

Hand Print Fish Tea Towels

**Monday, September 14th, Sessions at 1:00 and 1:30pm,
Limited to 4 seniors per session**

Hand Print your own fish tea towels with Bev of Heart Rock Club.

This free opportunity is made possible by a grant from the Ursa Major Fund, a regional regrantee Program from the Andy Warhol Foundation administered by Bunnell Arts in Homer, AK.

Sign up required - spots limited! Call or stop by to add your name to the list.



Beaded Craft

Wednesday, September 16th



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. No sign up required, just bring a friendly attitude!

Learning Computer Device/Digital Literacy Meetup

Thursday September 17 at 10:30am

Bring your device if you have specific questions! We will discuss and address general applications and technology questions.

Limited spots available, please sign up ahead of time.

Healthy Aging Lunch & Learn

Monday, September 21 at 12:30

Join Stephanie Shyrook from KANA for a discussion on healthy aging and nutrition.

Bird Drawing & Gouache Painting

Friday, September 25 at 2 pm

Join Shelly Lawson for a tutorial and leave with your very own bird painting. No experience necessary, but we will be capping this to 15 people so sign up ahead of time!



to everyone with September birthday!

Join us for lunch on Thursday *September 24th* to celebrate those with September birthdays! We'll eat and sing together, and share happy blessings to those with September birthdays!

All those present with a September 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

August Highlights



In August we held a Luau and enjoyed seeing everyone in their brightly colored outfits! Thank you for all of the fun and smiles.

We also welcomed several guest speakers, including Borough Mayor, Jared Griffin. We look forward to a busy September, full of events and activities - be sure to join us!



Medicare Minute

When can I make changes to my Medicare coverage?

You can join, switch, drop or make changes to your Medicare health or drug coverage during Medicare Open Enrollment, each year from October 15-December 7. Your new coverage will start on January 1 (as long as the plan gets your enrollment request by December 7). If you decide to keep your existing coverage and your plan’s costs or benefits changed, those changes also start on January 1. Generally, you must stay in your plan for the entire year. But when certain life events happen, like if you move or lose other health insurance you may be able to join, switch or drop, or make changes to your Medicare health or drug plan during a Special Enrollment Period.

Joining a plan

To join a Medicare health plan or drug plan, you generally must:

- Have Medicare Part A (hospital insurance) and/or Part B (Medical Insurance)
- Live in the service area of the plan you want to join
- Be a U.S. citizen, or U.S. national, a lawful permanent resident (green card holder), a Cuban-Haitian entrant, or lawfully living in the U.S. as a Compact Free Association (COFA) migrant.
- Have a Medicare Number and your Part A and/or Part B coverage start dates. You can find this information on your Medicare card

When to join a Medicare health or drug plan

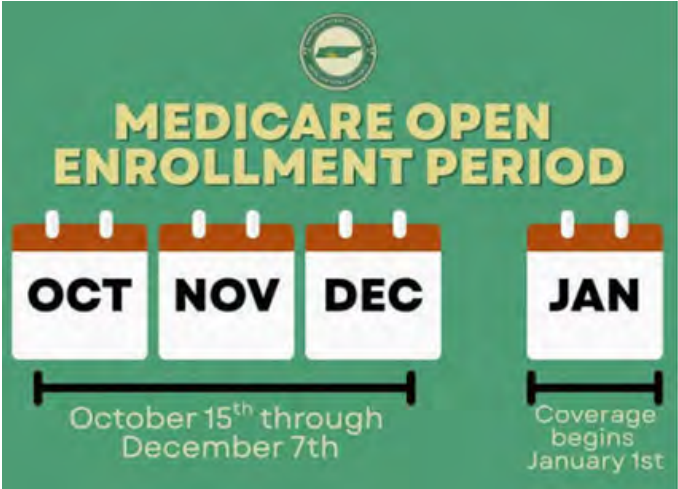
- You can only join, switch or drop a Medicare Advantage plan (Part C) other Medicare health plan or Medicare drug plan (Part D) at certain times called enrollment period

Enrollment Period	You Can	Coverage Starts
Open Enrollment October 15-December 7	Join, drop or switch to another Medicare Advantage Plan with or without drug coverage (or add or drop drug coverage Switch from: Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage plan or Original Medicare Join, drop, or switch to another Medicare drug plan if you’re in Original Medicare	January 1 of the next year (the plan must get your enrollment request by December 7.

Medicare Minute, continued

There are other enrollment periods where changes can be made:

Enrollment Period	You Can	Coverage Starts
Initial Enrollment Period (New to Medicare) Starts 3 months before your 65 birthday and ends 3 months after your 65 birthday	Join a plan: You need both Part A and Part B to join a Medicare Advantage plan with or without drug coverage. You need either Part A or Part B to join a Medicare drug plan	Varies, depending on when the plan gets your request. If you request to join a plan before your Medicare Part A and/or Part B starts: Your plan coverage starts the same day as when your Medicare Part A and/or Part B starts If you request to join a plan after your Medicare Part A and/or Part B starts: Your plan coverage starts the first month after the plan gets your request.
Special Enrollment Period Varies: Only for certain situations that happen in your life, like moving to a new address, losing or changing your current coverage, getting Medicaid or getting Extra Help to pay drug costs.	If you sign up for part A and/or Part B during a Special Enrollment Period because of an exceptional situation, you'll have 2 months to join a plan or switch to another plan	Varies: Generally, the first month after the plan gets your request.



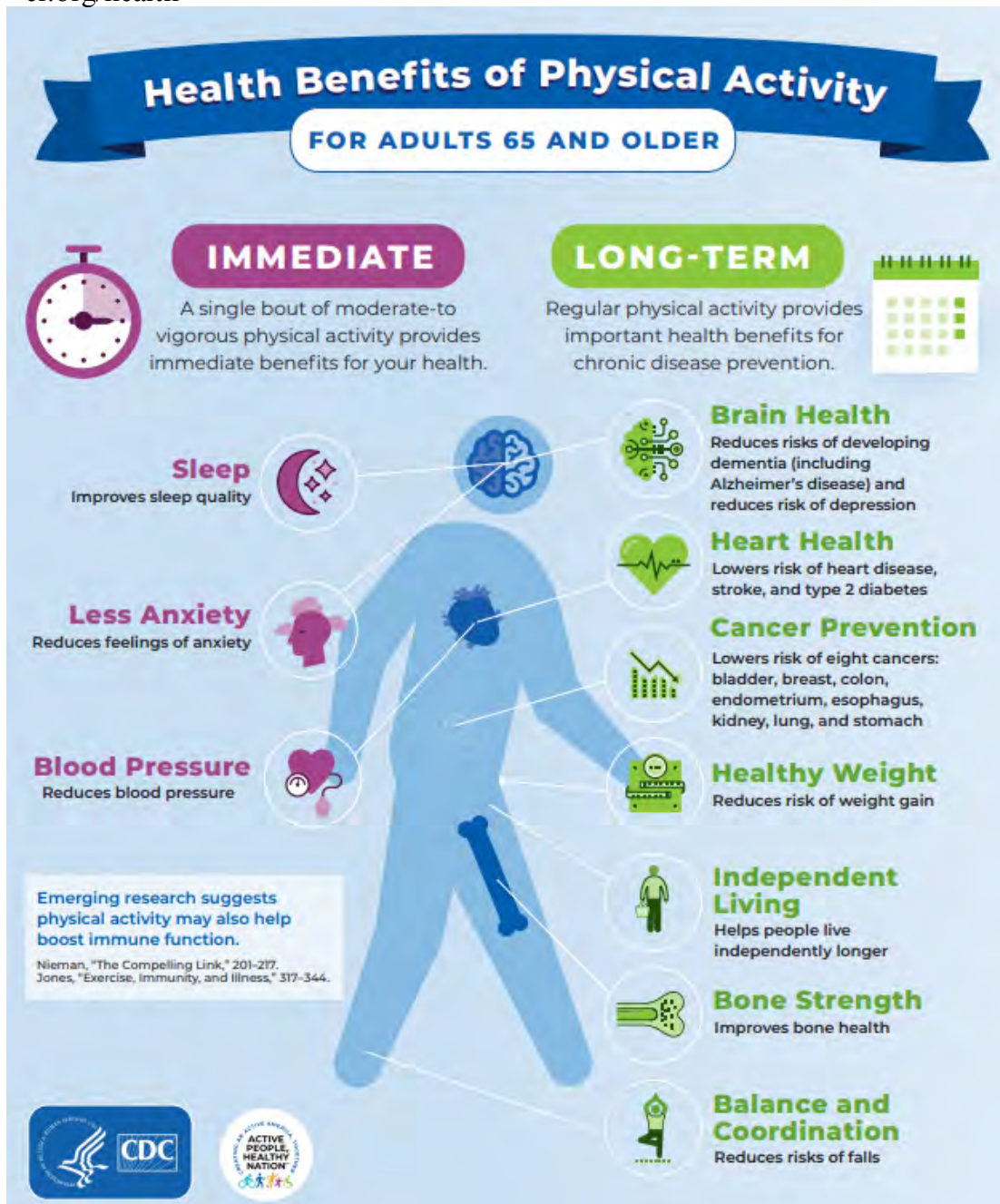
If you have questions or would like to meet with someone regarding Medicare, please remember that we have a Certified Medicare Counselor, Laurie Murdock, on staff and available to meet with you. Laurie is available by appointment, please call (907) 486-6181 to schedule a time to meet to discuss your Medicare questions.

Health Wire

Exercise is important for everyone, not just younger people or those who are able-bodied. For seniors and older adults, exercise can play a major role in maintaining mobility and optimal physical health.

Why Exercise Matters for Seniors

- Numerous studies have found that regular physical activity is a key factor in preventing many diseases, including diabetes and heart disease.
- Exercise helps produce endorphins. Endorphins help you feel happier and less stressed, which is great for your mental health.
- Seniors are at an elevated risk of falls, and a single fall can lead to permanent injury or even death. By exercising, you will improve your strength and flexibility. This decreases the odds of falling and helps you stay in better shape in the event that you do fall. To read more go to [Consumer Reports On Health cr.org/health](https://www.consumerreports.org/health)



Opportunities for Physical Activity at the Kodiak Senior Center:

Chair Yoga is returning in September! Veronica will offer Chair Yoga on Monday mornings at 9:30am. Be sure to check the Event Calendar, as this does not always happen every Monday.

A New Class, Balance & Mobility, with Michelle is offered Tuesday mornings at 9:30am.

Deb continues to offer Tai Chi on Wednesdays at 9:30am.

We also have several pieces of workout equipment available for member use. Be sure to fill out a waiver and sign in when you use the equipment!

The Caring Islander

Navigating Legal Options for Seniors and their Family Members Later in Life

As parents, grandparents, and other relatives grow older, they often need more care and assistance. Elder members of our families can come to need help with their physical needs, medical care, and financial affairs. There are a number of options to help caregivers provide the necessary level of assistance, depending on the mental capacity and needs of the person for whom they are providing care.

Resource: www.alaskalawhelp.org/resource/guarding-our-elders

Power of Attorney

In cases where the family member is competent and still able to make all his decisions, he can provide a power of attorney to the caregiver, authorizing the caregiver to act as his agent, or “attorney-in- fact.” Powers of attorney can be as broad or narrow as the grantor wishes. They can be general, allowing for decision-making on a wide range of issues, or can be limited to only financial decisions, or other specific areas. A power of attorney is created by the family member himself and can be revoked at any time. The grantor can choose whether or not he wants the power of attorney to be “durable.” A durable power of attorney remains in effect if the grantor becomes incompetent. A power of attorney does not require court action and does not remove any rights from the grantor. Those acting under a power of attorney must always act with the highest standard of care, and never in a way contrary to the interests of the grantor. An Advance Health Care Directive allows a competent adult to give instructions about his health care, and/or to name someone else to make health care decisions for him, to the extent allowed by law.

Conservatorship

Many elders or disabled adults remain able to make decisions about day-to-day issues involving their physical and medical needs, but for a variety of reasons may need for a caregiver to have authority over finances. A conservatorship is an option in these situations. The caregiver can petition the court for appointment of a conservator. A conservator does not have the authority to make decisions about physical needs or medical care, but is appointed to manage the property and finances of the “protected person.” Conservators must always act in the interest of the protected person, and not in his or her own interests. Conservators are required to file a report with the court each year regarding the protected person’s finances.

Guardianship

When an elder or disabled adult is no longer competent to make decisions for himself, a caregiver can apply for a guardianship through the local Court. Upon application to the Court, a hearing is set to determine whether the elder is “incapacitated,” and unable to provide or arrange for the essential requirements for his physical health or safety without court-ordered assistance. If the Court finds that a guardianship is appropriate, a “guardian” is appointed and given authority and responsibility to protect the rights and manage the affairs the “ward.” This position carries the highest duty of care, with the guardian responsible for making decisions involving medical care, legal issues, housing, finances and many other issues. The guardian must always act in the interest of the ward, and not in his or her own interests, guided by the standard of “substituted judgement.” The guardian must report each year to the court about the actions taken on behalf of the ward. [The Alaska State Court System offers an excellent online guide to conservatorship and guardianship.](#)

On Friday, September 18, we will have a meet up for caregivers to learn about resources available to them through the Kodiak Senior Center services. We'll meet upstairs at 1pm and offer a tour of Island Cove as part of this gathering.



September is Senior Center Month

**Celebrate National Senior Center Month
at the Kodiak Senior Center!**



*All Activities will be held at the Kodiak Senior Center
Questions? Call 907-486-6181 or email info@scoki.org*

Schedule of Events:

Health & Wellness - Put your health & wellness first

- Mondays September 21 & 28 at 9:30am: Chair Yoga with Veronica Costa-Bolton
- Every Tuesday at 9:30am: Balance & Mobility with Michelle Powell
- Every Wednesday at 9:30am: Tai chi with Deb McCusker
- Thursday, 9/10 at 9:30am: Silver Sneakers Pop-Up Class with Tracy Chandler
- Monday, 9/21 at 12:30pm: Healthy Aging & Nutrition Lunch & Learn with KANA

Lifelong Learning - It's never too late to learn something new

- 9/14 at 1:00pm and 1:30pm: Fish prints with Beverly Cole- *signup required*
- 9/16 at 1:00pm: Beading with Gail Otto
- 9/17 at 10:30am: KCC Learning Computer Device/Digital Literacy Meetup - *signup required*
- 9/25 at 2:00pm: Bird Drawing & Gouache Painting Class with Shelly Lawson

Community Support - Help us help you - all you have to do is show up

- 9/15 from 10:00am-12:00pm: Alaska Legal Services - First Come first Serve
- 9/18 at 1:00pm: Navigating Caregiver Resources & Island Cove Adult Day Center Open House/Tour - Come Learn about Lifeline, Respite, Caregiver Support and More!
- 9/23 at 12:30pm: Medicare Open Enrollment Discussion with Laurie Murdock
- 9/28 from 10:00am-12:00pm: Medicare Benefits Checkups - First come first serve

Social Connection-Stop by any day for lunch served 12-1, \$10 donation requested

- 9/9, Celebrate Older Alaskans Day with a special lunch and dessert
- 9/24 at 12:00pm: BIRTHDAY LUNCH! followed by BINGO at 1:00pm, hosted by VFW
- Join us on Fridays for lunch followed by live music while "The Whippersnappers" practice
- Starting on 9/30, will be hosting KANA Elder Coffee Hours from 10:30am-12:30pm; this will continue two Wednesdays per month. Enjoy social connection and crafts!

News from Island Cove



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.

This summer has been full of fun activities, old and new! Participants and staff enjoyed Aloha Friday! with our very own Luau; they have been getting their hands dirty in the kitchen, making their own snacks and lately, some new participants have been teaching others new card games. The pot holder loom has come back out, and participants even had their own bowling tournament. We look forward to new activities continuing this fall.

If you are wondering what Island Cove is all about, we invite you to our Caregiver Meet Up & Island Cove open house on Friday, September 18, starting at 1pm. If you can't make it at 1, feel free to call for your own tour!

Daily Schedule

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

For those interested in joining us, we are able to offer a free two-week trial period to determine if it is a good fit.

If you decide to continue in the program, we offer a sliding fee scale based on income to make the service affordable and accessible for all. In addition, we can work with Care Coordinators to add Adult Day Services to the plan of care of those on Medicaid Waiver.



**CONTACT US FOR MORE INFORMATION
OR TO SET UP A TOUR**

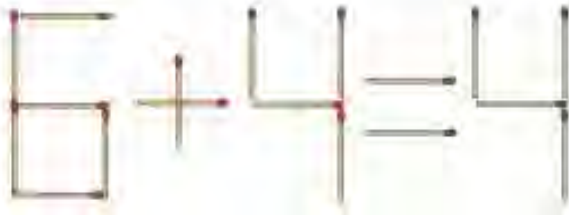
For information call: 486-2203 or visit our website at:
www.kodiakseniorcenter.org

Fun & Games



Brain Teasers 1

①



Move 1 match to make this sum correct

②

Snug
Dam
Pans
Keep

Live
Grid
Trap
Rats

Which word is the odd one out?

③



What is the missing number?

④



How many holes does this t-shirt have?

⑤

If John's son
is my son's father,
who am I?

Who am I?

⑥



What is wrong with this room?

Fun & Games

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

Your Membership Helps Sustain Our Organization



SENIORS CITIZENS OF KODIAK, INC. (SCOK) MEMBERSHIP APPLICATION

Yes, I want to support SCOK in their commitment to provide services to people 60 and older and to make our island a good place to age.

NAME: _____ DATE: _____

MAILING ADDRESS: _____

HOME PHONE: _____ EMAIL: _____

How would you like to receive your newsletter? (Circle one): USPS OR EMAIL

DATE OF BIRTH: _____ AGE 60 OR OVER: YES OR NO

Please indicate if we may use your photo for publications: YES OR NO

ANNUAL MEMBERSHIP OPTIONS

Individual \$25 _____ Family \$35 _____ Contributing \$100 _____ Sponsor \$250 _____
Benefactor \$500 _____

If Family, Please List Names & DOB Here: _____

Memberships are valid through the end of the calendar year. Annual membership gives you access to our exercise equipment and classes, and a 10% discount on special items with the SCOK logo. It also gives you the knowledge that you are helping to support our worthy programs. Only members 60 and older are entitled to vote at the annual membership meeting and serve as Board members.

SERVICES PROVIDED BY SCOK

Congregate Meals
Exercise Classes
Special Events
Monthly Newsletter
Exercise Equipment
Activities

Home Delivered Meals
Respite
Life Line
Island Cove Adult Day Program
Equipment to Loan

Curbside Meals
Chore Services
Outreach/Information
Support Groups
Lending Library
Assistance with Forms

VOLUNTEERING AT SCOK

We have a variety of volunteer opportunities, some of which require a background check. Please check off how you may be interested in helping, and we will contact you with more information:

_____ Answer phones _____ Help at Island Cove _____ Newsletter _____ Help with special events
_____ Hosting a class or workshop (_____)

Please return with membership to: Senior Citizens of Kodiak, Inc. 302 Erskine Ave, Kodiak, AK 99615
info@scoki.org or visit us on the web at kodiakseniorcenter.org

But Wait...There's more!



Senior Testimonials



"On behalf of my fellow seniors, I commend each member of your team for your outstanding dedication and service. Your exemplary leadership sets an inspiring standard for others to emulate. We truly appreciate your unwavering commitment to our wellbeing."



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.

Older Alaskans' Day

Older Alaskans' Day is a designated day of honor in Alaska, celebrated on the second Wednesday of September each year. It's dedicated to recognizing residents of the state who are 60 years of age or older and the valuable contributions they have made to Alaska.



Answer Key brain teaser

1—There are 2 solutions to this puzzle. Firstly, you can move the middle horizontal matchstick in the 6 to make it a zero ($0+4=4$).

The second answer is to take the horizontal match off the addition sign and use it to make the 6 into an 8 ($8-4=4$). It should be mentioned, however, that technically, this is not a sum.

2- The odd word is Grid. All the other words make legitimate words when spelled backwards. Dirg is not a word.

3 – The missing number is 5. Each number is the number of pieces the number before it has. The digital 8 has 7 pieces, the 7 has 3 pieces, and so on.

4 – The shirt has 10 holes. There are the 6 bullet holes, the 2 sleeve holes, and the neck and waist holes.

5 – I am John's son.

6 – The door has no knob or handle to open it.