



KODIAK SENIOR CENTER

NEWSLETTER

October 2026

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

www.kodiakseniorcenter.org

Director's Door



Happy October! It is hard to believe that I have now had the honor of serving as CEO of Senior Citizens of Kodiak (SCOK) for three years, and that I have been part of this amazing organization for five and a half years. I am truly grateful for our dedicated staff and board of directors for the care, kindness, and commitment they bring to SCOK each day. Together, we are proud to continue our mission of enhancing the lives of older adults through exceptional services and meaningful connection.

As fall settles in, we have many enjoyable activities, special events, and delicious lunches planned at the center. We invite you to join us for Birthday Lunch, stay afterward for bingo, and celebrate the season by wearing your Halloween costume to our Halloween lunch party. Please be sure to review the lunch menu and event calendar so you do not miss any of the opportunities to gather, participate, and enjoy time with friends.

We also encourage everyone to vote in the local elections on Tuesday, October 6. If you need assistance with voting, please let us know and we can help direct you to the clerk's office. Flu shots and other vaccines are now available at local pharmacies, so we encourage you to contact your pharmacy for current availability and guidance.

Autumn is such a beautiful time to get outside, take a walk, and enjoy the fresh, crisp air. We hope you will stop by the senior center soon, take part in an activity, share a meal, or simply say hello.

As always, our doors are open. We welcome your feedback, ideas, and suggestions, and we look forward to seeing you at SCOK.

Amy



News from the Board

SCOK is preparing for our annual independent audit, during which our programs, budgets, and policies will be reviewed to ensure we are aligned with standard audit practices and meeting all requirements.

This annual independent audit is also required for national accreditation. SCOK has been nationally accredited five times, in 2003, 2008, 2013, 2018, and 2023. SCOK is one of only four senior centers in the nation to achieve this distinction. We will complete the process again for accreditation in 2028.

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 made by Judith Acarregui, Ronald Acarregui, Gerald & Deb Christiansen, Jennifer Graham, Carol Juergens, Bob Lochman and Scott Smiley.

We would also like to recognize the donation made *In Memory of Midge Dillon* by Jill & Alan Skaw.

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatloaf Mashed Potatoes & Gravy Peas & Carrots Dessert Soup & Salad	2 Coconut Prawns Sweet Potato Fries Pineapple & Carrot Salad Dessert Soup & Salad
5 Swedish Meatballs Buttered Noodles Green Bean Medley Dessert Soup & Salad	6 Teriyaki Chicken Fried Rice Asian Vegetables Dessert Soup & Salad	7 Manicotti Mixed Vegetables Garlic Toast Dessert Soup & Salad	8 Fish & Chips Cole Slaw Dessert Soup & Salad	9 Salisbury Steaks Mashed Potatoes & Gravy Sweet Peas Dessert Soup & Salad
12 Indigenous Peoples' Day Salmon Filet with a Blueberry Glaze Rice Pilaf Grilled Zucchini Dessert/Salad. No Soup Today	13 Beef Stew Crusty Bread Dessert Salad	14 Pulled Pork Sandwich Baked Beans Coleslaw Dessert Soup & Salad	15 Chicken Cacciatore w/ Spaghetti Zucchini Garlic Bread Dessert Soup & Salad	16 Baked White Fish Wild Rice California Style Vegetables Dessert Soup & Salad
19 Senior Center & Island Cove Closed to Celebrate Alaska Day	20 Sweet & Sour Chicken Fried Rice Stir fry Vegetables Dessert Soup & Salad	21 Baked Ziti Italian Style Vegetables Garlic Bread Dessert Soup & Salad	22 Birthday Luncheon French Dip Sandwich French Fries Broccoli Salad Dessert Soup & Salad	23 Filipino Heritage Month Chicken Pancit Egg Rolls Stir Fry Vegetables White Rice Dessert Soup & Salad
26 Baked Herbed Chicken Fettuccine Brussel Sprouts Dessert Soup & Salad	27 Center Cut Pork Chops Scalloped Potatoes Chef's Choice Vegetables Dessert Soup & Salad	28 Oktoberfest Bratwursts & Sauerkraut German Potato Salad Soft Pretzel Black Forrest Cake Soup & Salad	29 Baked Ham Mashed Sweet Potatoes Cauliflower Dessert Soup & Salad	30 Halloween Party Rockfish Tacos Mexican Rice Refried Beans Dessert Soup & Salad

1% milk, full strength juice, salad and bread are served daily. Menu is subject to change without notice. Meals served 12:00 - 1:00pm Monday-Friday at 302 Erskine Ave.

OCTOBER 2026 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 National Event Series: National Homemade Cookie Day!	2 Whippersnappers 1 pm
5 Yoga 9:30 am Flu & Covid Vaccines available 12:30 pm - 1:30 pm	6 Balance & Mobility 9:30 am Election Day	7 Tai chi 9:30 am	8 Community Partners in Reading Lunch and Learn 12:30 pm	9 Foot Clinic 9-12pm Whippersnappers 1 pm
12 Yoga 9:30 am Indigenous Peoples Day Luncheon Fall Cookie Decorating Class 1 pm	13 Balance & Mobility 9:30 am Alaska Legal Service 10 am to 12 pm Social Security VSD 9 -11:45am (Job center)	14 Tai chi 9:30 am Trivia at 12:30 pm Elder Coffee Hour & Craft 12:30pm-2:30pm	15 Food Bank 1:30 pm Medicare Open Enrollment Starts Today, through December 7	16 Whippersnappers 1 pm
19 Senior Center & Island Cove Closed for Alaska Day	20 Balance & Mobility 9:30 am Brain Health Forum 1:30 pm	21 Tai chi 9:30 am Caregiver Support Group 1 pm BOD Meeting 1 pm	22 Birthday lunch BINGO at 1pm 	23 Foot Clinic 9-12pm Filipino Heritage Month Luncheon Whippersnappers 1 pm
26 Yoga 9:30 am	27 Balance & Mobility 9:30 am Social Security VSD 9-11:45am(Job center)	28 Tai chi 9:30 am Oktoberfest Lunch Elder Coffee Hour & Craft 12:30pm-2:30pm	29	30 HALLOWEEN PARTY 12 pm 

Reminders:

Foot Clinic

Please call for appointment.

BINGO

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

Exercise Classes

Membership required!

National Event Series:

This month we're celebrating National Homemade Cookie Day but don't worry - you don't have to do the baking! Come in for lunch on October 1 and we'll treat you to freshly baked homemade cookies.

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,
October 19 for Alaska Day**

Attention Home Owners!

Real and personal property taxes over \$50 may be paid in halves. The first half is due by August 15th and the second half is due by November 15th. **Taxes not paid by August 15th must be paid in full on or before October 15th.** If your tax statement is \$50 or less, it must be paid in full on or before October 15th.

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.

This Month's Schedule of Classes:

All classes begin at 9:30am

- **Chair Yoga, Monday Oct. 5, 12 and 26 with Veronica**
- **Balance and Mobility, Every Tuesday with Michelle**
- **Tai Chi, Every Wednesday with Deb**

Foot Clinic

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

Friday, October 9th and 23rd

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

October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

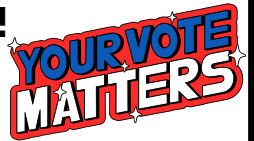
**Medicare
Open Enrollment**



See pages 7 and 8 for more information

Don't Forget to Vote!

City of Kodiak and Kodiak Island Borough Municipal Elections will be held on Tuesday October 6, 2026. Polls are open 7 am to 8 pm.



Vaccine Clinic

Monday, October 5, 12:30 - 1:30 pm

Joe at Safeway will be at the Kodiak Senior Center between 12:30 and 1:30 pm, offering Flu and COVID vaccines. If you are new to Medicare, bring your Medicare ID.

Alaska Legal Services

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

Tuesday, October 13, 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

Community Partners in Reading Lunch & Learn

Thursday, October 8 at 12:30 pm

Crystal Wheeler will be speaking about Community Partners in Reading, a program that supports students' reading while creating meaningful connections between students and members of our community. Through the simple act of listening to a child read, community members can encourage confidence, strengthen literacy skills, and build relationships that make a lasting difference. Come learn more about this wonderful opportunity to connect with local students and discover how something as simple as sharing time and a good book can have a powerful impact!



Fall Themed Cookie Decorating



Monday, October 12 at 1 pm

Join Melanie with Melanie's Cakes to learn some wonderful cookie decorating skills and walk away with some delicious cookies that might be too beautiful to eat! Sign up required, spots limited.

Elder Coffee Hour and Craft

October 14 and 28, 12:30 pm - 2:30 pm

We are continuing to host KANA's Elder Coffee Hour at the Kodiak Senior Center. This will continue every month, two times a month.

All times will be 12:30-2:30 with a craft led by Marti Murray. No sign up required.



Friday, October 30

Come dressed up in costume or as yourself, either way we'd love to have you join us for lunch!



Brain Health Community Forum

Tuesday, October 20 at 1:30 pm

The Independent Living Center is hosting a Community Forum with Dr. Adam Grove, who you may remember with the Brain Bus. Join the discussion about what Kodiak needs in regards to support related to Traumatic Brain Injury (TBI). Share your ideas, concerns, and suggestions about services, resources and training related to TBI.

Filipino American History Month

Special Luncheon on Friday October 23 - 12 pm

Filipino American History Month (FAHM) recognizes the history, culture, and contributions of Filipino Americans to the United States. We have a large community of Filipinos in Kodiak who migrated from the Philippines. We also have an Organization called Fil-am (Filipino American Association), who we have invited to perform at the Senior Center. When we have details, we will share via email. For now, save the date for a delicious lunch on Friday, October 23.



to everyone with October birthdays!

Join us for lunch on Thursday **October 22** to celebrate those with October birthdays! We'll eat and sing together, and share happy blessings to those with October birthdays!

All those present with an October 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

September Highlights



We want to extend our thanks to those who come to the Senior Center throughout the year to help connect seniors with valuable resources, information and fun! We greatly appreciate you sharing your time, knowledge and resources. In September, we were thankful to have volunteers and partnering organizations help us celebrate National Senior Center Month, and wanted to recognize them here.



Tracy Chandler

Beverly Cole

Veronica Costa-Bolton

Shelly Lawson

Deb McCusker

Gail Otto

Michelle Powell

Alaska Legal Services

Kodiak Area Native Association

Kodiak College Adult Education

Kodiak Discovery Tours



Medicare Minute

Your Yearly Medicare Review Medicare Open Enrollment October 15 – December 7

Open Enrollment is the time to review your Medicare health or drug coverage and decide if you want to make changes. Your Medicare costs, benefits, and providers can change each year. Comparing your options could help you find better coverage or save money. There are 2 main ways to get your Medicare:

- *Original Medicare*: Part A (Hospital Insurance) and Part B (Medical Insurance). You also have the option to join a separate Medicare drug plan to get drug coverage (Part D).
- *Medicare Advantage (Part C)*: Medicare approved plans from private companies that bundle together your Part A, Part B, and usually Part D.

During Open Enrollment, you can join, switch, or drop a Medicare Advantage Plan or Medicare drug plan, switch to Original Medicare, or keep your current coverage. **If you've reviewed your options and you're happy with your current coverage, you don't need to do anything (your coverage will continue automatically).**

Have Medicare Supplement Insurance (Medigap)?

If you already have Medigap and join a Medicare Advantage Plan, you might decide to drop Medigap. You may not be able to get the same Medigap policy back later depending on your state's Medigap enrollment rules and your situation.



How do you get started?

Review any information you get from your current plan, including the "Annual Notice of Change" letter, to learn how costs and benefits may change in 2027. Visit [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) or check the most recent version of your "Medicare & You" handbook for a list of plans in your area. You may be able to find plans that:

- Cost less
- Cover your prescription drugs
- Include the providers you want in their networks, like your doctor or pharmacy
- Offer extra benefits that matter to you

How do I join or switch plans?

- Select "Enroll" for the plan you want to join on [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare).
- Visit the plan's website or call them directly. You can also ask for a paper form to fill out and mail back. The plan must get your enrollment form by December 7.

Use [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) to:

- Compare Medicare plans side by side
- Get estimates of your total out-of-pocket costs
- Find quality and customer service ratings from current plan members
- Get customized coverage and cost information for your preferred pharmacies and any prescription drugs you take
- Search for your doctors and other providers to find out if they're in the network of the plans you're considering



Around Open Enrollment, you might get a lot of mail from companies offering Medicare products.

Remember, Medicare will never call, email, text, or visit you unexpectedly to ask for your personal or financial information. You can protect yourself by staying vigilant, verifying all communications, and never sharing sensitive information with unsolicited contacts.

Medicare Minute, continued

Where can I get help comparing plans?

1. Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048. If you need help in a language other than English or Spanish, let the customer service representative know.
2. Call your State Health Insurance Assistance Program (SHIP)(1800-478-6065) for health insurance counseling.
3. In Kodiak your certified SHIP counselor is Laurie Murdock, please call her to schedule your appointment (907) 486-6181.

How can I get help paying my Medicare costs?

Visit [Medicare.gov/basics/costs/help](https://www.medicare.gov/basics/costs/help) to find out about programs that can help pay your Medicare premiums and other costs. Some of these programs include:

- **Extra Help:** Helps people with limited income and resources pay for Medicare drug coverage (Part D). Visit [SSA.gov/extrahelp](https://www.ssa.gov/extrahelp) to apply.
- **Medicare Savings Programs:** Covers Part A and/or Part B premiums and other costs for people with limited income and resources.

Important Medicare Dates

- **October 1—Get ready for Open Enrollment** Review any notices from your current plan about changes to costs and benefits for the next year. Then, you can find and compare plans that meet your needs at [Medicare.gov/ plan-compare](https://www.medicare.gov/plan-compare). You may be able to save money or get extra benefits.
- **October 15—Open Enrollment begins** You can make changes to your health and drug coverage for the next year. You can join, switch or drop a Medicare Advantage Plan or Medicare drug plan, or switch to Original Medicare.
- **December 7—Open Enrollment ends** In most cases, this is the last day you can change your Medicare coverage for next year. A health or drug plan must get your enrollment form by December 7.
- **January 1—New coverage begins** If you switch to a new health or drug plan, your *new* coverage starts January 1. If you keep your current coverage, any changes to benefits or costs for the new year also start on January 1.

Can I make coverage changes after January 1? If you're in a Medicare Advantage Plan, you'll have from January 1 to March 31 to change to a different Medicare Advantage Plan with or without drug coverage, or switch to Original Medicare with the option to join a separate Medicare drug plan. Any changes you make will be effective the first day of the month after the plan gets your enrollment form.

Go digital now! Log into (or create) your Medicare account at [medicare.gov](https://www.medicare.gov) to access your Medicare Summary Notices, "Medicare & You" handbook, and more, all in one secure place instead of waiting for paper copies in the mail.



For more Medicare.gov publications, visit <https://www.medicare.gov/publications>
Questions? Call Laurie Murdock at (907) 486-6181

Health Wire

October is recognized as Healthy Aging Month and Health Literacy Month, making it an ideal time to focus on wellness, preventive care, and informed decision-making for older adults.

Core Focus Areas for Healthy Aging include physical health, mental and emotional well-being, preventative care and health literacy

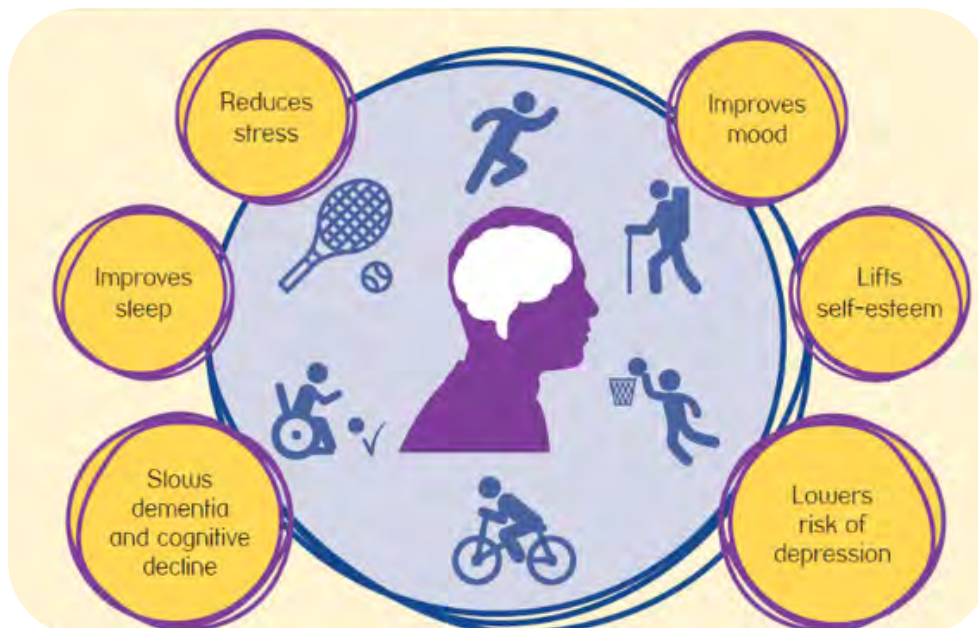


- **Physical Health:** Maintain mobility, strength, and fall prevention through regular physical activity like walking or gentle stretching, paired with a balanced, whole-food diet
- **Mental and Emotional Well-being:** Support cognitive health and reduce stress via mindfulness, social engagement, and lifelong learning activities.
- **Preventive Care:** Schedule routine check-ups, stay up to date on recommended health screenings, and review all medications and supplements with a primary care provider.
- **Health Literacy:** Empower older adults to better understand medical instructions, manage prescriptions safely, and actively communicate with healthcare professionals.

Actionable Steps for October

1. Schedule Check-ups: Book any overdue medical, dental, or vision appointments.
2. Stay Connected: Reach out to family, friends, or local community groups to foster meaningful social bonds.
3. Explore Local Resources: Connect with regional aging services or community programs for guidance, wellness workshops, and support.
4. Optimize Nutrition: Prioritize nutrient-dense foods rich in protein, calcium, and vitamins A, C, D, and E
5. Consider incorporating exercise into your daily schedule - we offer several opportunities here at the Senior Center - we'd love to have you join us.

Mental Health Benefits of Exercise for Older Adults



For more information, check out [healthwire](#)

The Caring Islander

Take Care of Yourself as a Caregiver



How do you know if you need help?

Caregivers do a lot for others. Because there is so much on their plate, many caregivers don't spend time taking care of themselves. It's not always obvious when a person needs help. Watch out for these signs of caregiver stress:

- Feeling exhausted, overwhelmed, or anxious
- Becoming easily angered or impatient
- Feeling lonely or disconnected from others
- Having trouble sleeping or not getting enough sleep
- Feeling sad or hopeless, or losing interest in activities you used to enjoy
- Having frequent headaches, pain, or other physical problems
- Not having enough time to exercise or prepare healthy food for yourself

If these signs look familiar, don't wait until you are completely overwhelmed. Learn what your own warning signs are and take steps to minimize sources of stress where possible. Remember that you are doing the best you can and that you are not alone. Understand that many people want to help, and it makes them feel good to contribute. If asking for help is hard for you, try asking for small things at first, if that makes it easier for you. Many large jobs can be broken down into simpler tasks.

Do you provide care for an older adult? Join us on Wednesday, October 21st at 1 pm for our monthly Caregiver Support Group



News from Island Cove



In September, participants celebrated National Senior Center month AND National Adult Day Services week. We asked participants and staff what they like best about Island Cove and some of their answers included:



“Exercises!”

“Singalong and coloring”

“Enjoying each other’s company”

“The food and coffee is good”

“Island Cove is like a second family”

We welcomed a new member to our Island Cove family, and hope to welcome more through the fall and winter months. Please give us a call if you’d like to learn more. Or....you can visit us on the web!

Island Cove Got an Updated Webpage!

Visit us at kodiakseniorcenter.org/island-cove-adult-day-program for more information about our program. You can now download an updated brochure and schedule a tour from the website.

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

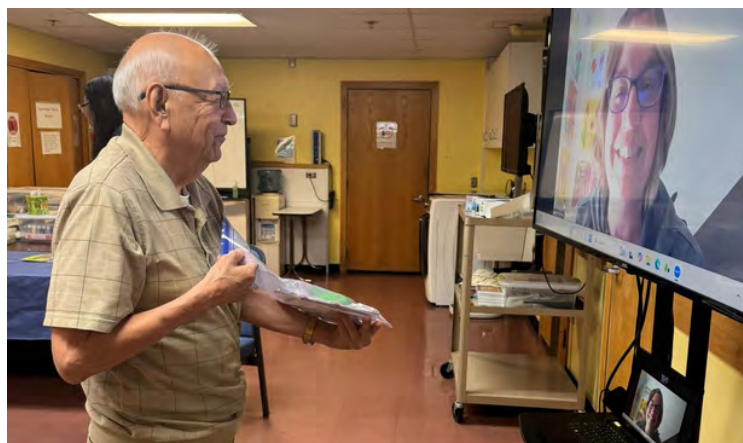
1:00-1:30pm: Afternoon Snack

1:30-2:30pm: 2nd afternoon activity - rotating

2:30-4:30pm: Relax, socialization and unwind

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

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

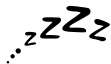


Fun & Games

THIS **OR** THAT

Circle your preferences.

Check a friend's responses next to you to see similar interests! Or make it more exciting and see if you can guess their answers!

	MORNING	OR	NIGHT	
	COFFEE		TEA	
	MOUNTAINS		BEACH	
	GOING OUT		SLEEPING IN	
	BOOKS		MOVIES	
	NOTEBOOKS		LAPTOP	
	SINGING		DANCING	
	CUPCAKE		COOKIE	
	ONE PILLOW		TWO PILLOWS	
	PASTA		PIZZA	

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**

But Wait...There's more!



Senior Testimonials



"I really appreciate all the help and information on such topics as social security and Medicare."

"Kodiak Senior Center Employees show extreme care to the people who use this facility and the meal services. Very helpful and friendly."



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.



What's cookin'?

We have several special luncheons coming up in October. You're invited!

- **October 12:** Indigenous Peoples' Day: Salmon Filet with Blueberry Glaze, Rice Pilaf & Grilled Zucchini
- **October 22:** Birthday Luncheon: French Dip Sandwich with French Fries & Broccoli Salad
- **October 23:** Filipino Heritage Month: Chicken Pancit, Egg Rolls, Stir fry Veggies with White Rice
- **October 28:** Oktoberfest: Bratwurst w/ Sauerkraut, German Potato Salad & a Soft Pretzel (not to mention Black Forest Cake)
- **October 30:** Halloween Party! Rockfish Tacos, Mexican rice and Refried beans

All meals served with soup, salad, bread and dessert.

Lunch is served daily from 12 - 1:00 pm. A \$10 donation is requested to keep our program sustainable.



Senior Volunteer Opportunity

We are preparing for our fall outreach, where we set up a table in the community and tell everyone about our fabulous Kodiak Senior Center and the many resources we have available to those over the age of 60 and those caring for someone over the age of 60.

It's always nice to have a senior or two at the table who currently use one or more of our services and can answer questions and share information.

The time commitment would only be an hour or two, depending on how many volunteers we get! If you are interested, please let us know by October 30.

Info@scoki.org
(907) 486-6181

Laughter is the Best Medicine



AUTUMN
is calling