

December 2023

Palmer Senior Citizen's Center Inc. dba

Mat-Su Senior Services

1132 S Chugach St. Palmer Alaska 99645

Phone (907) 745-5454 Fax (907) 746-5173

Monday thru Friday, 8:00 am to 5:00 pm

Senior Monthly Chatter



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Core Values

Respect | Trust | Independence
Security | Compassion | Unity

Mission Statement

Mat-Su Senior Services' primary mission is to promote honor, dignity, security, and independence for older Alaskans and to assist them in maintaining meaningful, quality lives.

Our clients include older Alaskans, individuals with Alzheimer's Disease or related disorders, and anyone of any age on the Home and Community Based Medicaid Waiver Program.

UPCOMING EVENTS

December 8th & 9th.. **Colony Christmas**

December 21st... **HOLIDAY CELEBRATION MEAL**

**Check pages 3 & 6 for
more information!**

CLOSED

December 24 - Christmas Eve

December 25 - Christmas Day



Our Services

Home-Delivered Meals.....Call-in by 9:00 a.m., Monday - Friday
Commodities.....Monday, Tuesday, Thursday and Friday, 11:30 a.m. - 12:00 p.m.
Adult Day Services.....Monday thru Friday 7:00 a.m. - 4:30 p.m.
Chore & Respite Services.....Call the center for details
Notary Services.....Traveling Notary available.
Volunteer Opportunities.....Call Cassandra 907-761-5045
55+ Senior Housing.....Chugach and Colony Estates. Call 907-761-5001
Transportation.....Medical Appointments Only

Board of Directors

President.....Russ Ingram
Secretary.....Elda McCraw
Director.....Linda Combs
Director.....Harlan Glen Smith
Director.....Meg Smith

Vice President.....Dora Wheeler
Treasurer.....Ginger Sweeney
Director.....Merle Beeter
Director.....Tom Schulman

Recommended

Donations

Home-Delivered Meals: \$6.50

Transportation:

Palmer, round trip: \$5

Wasilla, one way: \$8

DEPARTMENT MANAGERS

CEO.....Tim Pettit
COO/HR.....Beth Westland
HR CONSULTANT.....Kirk Henke
ACCOUNTING.....Heather Grato
Adult Day Services...Christopher Koops
Chore/Respite Services.....Lisa Mecham
Kitchen/Food Services.....Yossi Assis



United Way of Mat-Su



This institution is an equal opportunity provider.

Mat-Su Senior Services is an equal opportunity employer and provider.



Palmer Senior Citizen's Center, INC. dba
MAT-SU SENIOR
SERVICES

December 21st, 2023

12:00 PM - 1:00 PM

**Palmer Senior Citizen's Center
Dining Room**

**Mat-Su Senior Services and the
Board of Directors in
appreciation for all of your
continued support during the
past year, invite you to a
holiday celebration meal on
Thursday the 21st at 12 PM.**

We hope to see you there,

Palmer Senior Citizen's Center



1132 S Chugach St, Palmer

DECEMBER

Activities

1st Tuesday Book Club

Tuesday, December 5th at 10 AM

Meeting in the Golden Heart Lounge on the 2nd floor.

A New You

Every Wednesday at 10 AM

Located in the Fitness Studio. Instructed by Toni Truesdell.

Bible Study

Every Friday at 12:30 PM

Hosted by the Palmer Church of Christ, in the Activities Room.

Bingo (Blackout Bingo This Month!)

Thursdays, December 7th & 14th at 1 PM

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$50.

Board of Directors Meeting

Monday, December 11th at 10 AM

Monday prior to the monthly membership meeting. Located in the second floor conference room.

Coffee Chit-Chat

Friday, December 8th at 10 AM

Located in the dining room.

Commodities

Monday, Tuesday, Thursday & Friday

11:30 AM - 12:00 PM

Food donations available for pick-up.

Holiday Celebration Meal

Thursday, December 21st at 12 PM

Celebration meal provided by the board of directors and Mat-Su Senior Services. In the dining room.

Knit-Along

Every Thursday at 10 AM

Weekly gathering of knitting and crocheting. Located in the Golden Heart Room.

Living with Vision Loss

Thursday, December 21st at 1PM

Hosted by Jacque Olsen from the Alaska Center of the Blind and Visually Impaired. In the activities room unless noted otherwise.

Membership Meeting

Wednesday, December 13th at 11:30 AM

Every second Wednesday of the month. Located in the dining room. Food will be served for the meeting.

Memoir Writing

Monday, December 4th & 18th

12:30 PM - 1:30 PM

Writing workshop on the 2nd and 4th Monday of the month. Hosted by Marilyn Bennett in the activities room.

Movie Matinee: A Christmas Story

Friday, December 15th at 12:30 PM

Located in the dining room. Film requests can be made to Cassandra 761-5045. Film playing is subject to change.

Pinochle

Every Wednesday at 1 PM

Located in the Golden Heart Lounge. Sign up sheet available to connect with players.

Senior Strength

Every Monday & Friday at 10 AM

Located in the Fitness Studio, using an exercise video by Craig Willis.

Spanish Group

Every Tuesday at 10:30 AM

Conversational Spanish group. Located in the activities room unless noted otherwise.

Strong Women

Every Monday, Wednesday & Friday at 10 AM

Located in the fitness studio on the bottom floor.

Tai Chi

Every Tuesday at 9:30 AM

Located in the fitness studio on the bottom floor. Participants follow videos.

Young at Heart Art

Every Tuesday at 1 PM

Located in the dining room. Instructed by Taylor York

VAC Activity - Holiday Card Making**December 14th at 10 AM**

Located in the activities room. Contact Cassandra
to sign up 907-761-5045 or
cassandrap@matsuseniors.com

VAC Activity - Snow Globe Photo Ornament**December 18th at 10AM**

Located in the activities room. Contact Cassandra
to sign up 907-761-5045 or
cassandrap@matsuseniors.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCCURING WEEKLY				
10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI 10:30AM SPANISH GROUP 11:30AM - 12PM COMMODITIES 1PM YOUNG AT HEART ART	10AM A NEW YOU 11AM - 12PM STRONG WOMEN 1PM PINOCHLE	10AM KNIT ALONG 11:30AM - 12PM COMMODITIES	10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES 12:30 PM BIBLE STUDY
12/4	12/5 10AM BOOK CLUB	12/6	12/7 1PM BINGO	12/8 10AM COFFEE & CHIT CHAT
12/11 10AM BOARD MEETING	12/12	12/13 11:30AM MEMBERSHIP MEETING	12/14 10AM VAC ACTIVITY: HOLIDAY CARD MAKING 1PM BINGO	12/15 12:30PM MOVIE MATINEE: A CHRISTMAS STORY
12/18 10AM VAC ACTIVITY: SNOW GLOBE PHOTO ORNAMENT	12/19	12/20	12/21 11:30-1PM HOLIDAY CELEBRATION MEAL 1PM LIVING WITH VISION LOSS	12/22
 12/25 + 12/26 CLOSED FOR CHRISTMAS		12/27	12/28	12/29

Colony Christmas

SHOPPING!

FREE EVENT!

At Mat-Su Senior Services
Palmer Senior Citizen's Center
1132 S Chugach St

FRIDAY,

DECEMBER 8TH

12 - 6

SATURDAY,

DECEMBER 9TH

10 - 6

COME SEE SANTA ON SATURDAY!

Come stop by! Silent auction, bake sale,
stop for palmer hay ride, over 30 local
vendors, raffle tickets, snacks and more!

A Letter from Board Member Dora Wheeler

Dear members,



Happy Holidays! Goodbye November and take your temperamental weather with you. I am thankful for this summer and fall that my husband and I had of the garden harvest, our fishing season, and our neighbors donation of moose meat.

Our group of Board of Directors has had a busy first 5 months and just like the 1st part of November's weather some of it has been chaotic and trying. In the communications committee we had our first successful meet and greet of the local and state offices , the governance committee still meets once a week in fine tuning the policies and procedures, the finance committee and strategic committee are also busy, and let's not forget the fund raising committee.

December, beautiful December! Let's take the time to enjoy all the bright lights, the music, and all the goodies that this holiday brings, here at our Palmer Senior Citizen's Center where we get together with old and new friends, I hope you each share laughter, and embrace the holiday spirits.

Merry Christmas and Happy Holidays!

Dora Wheeler
Director of the Board

Join us for our next
membership meeting!
Wednesday December 13th

at 11:30 AM

*A meal will be provided
by the Board of Directors*





JOIN US FOR THIS FREE EVENT

Christmas Friendship Dinner

Free
Dinner

A MAT-SU TRADITION SINCE 1991

DECEMBER 25

Find us on 

11am to 3pm

MENARD SPORTS CENTER

For more information about volunteering or receiving a delivered meal for you or a home bound family member, please visit their website.

christmasfriendshipdinner.com

2024

Membership

Enrollment is OPEN!

*Apply before it's too
late to receive your
January chatter!*

Members must be 50 years of age. Annual dues for 2024 are \$24.00. Lifetime dues are available and dependent on age when applying for membership.

Dues are for the calendar year and are not refundable.

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***Thank you 4H Kids!
Your cards and carols
were very appreciated.***

Patricia Atchison

Ken Boze

Belinda Cook

Cheryl Couch

Christine Cox

LaDelle Deckert

Yolinda Delano

Linda Derflinger

Evangeline Dessert

Patricia Dishneau

Sylvia Doherty

Verona Doyal

Kay Hansen

Janine Jensen

Christine Jones

Janet Kincaid

Candace Kopperud

Samual Kropidlowski

Patrick Lewis

Carolyn Livingston

Linda Menard-Post

Stacy Newman

Phyllis Schley

Jeannie Snodgrass

Edward Sojka Jr.

John Switzer

**HAPPY
BIRTHDAY**



A Message from the CEO

December is a good time to reflect and review the year. This past year brought many changes here at the center. Most of them minor and a few major. With those changes we have been able to continue services to you. We all, here at the Palmer Senior Citizen's Center, thank you for your time and contributions for local seniors in need. We are grateful for your ongoing support and hope you will keep supporting us in any way you can, as we turn the page to 2024.



Tim Pettit
CEO

Wrapping Up Christmas, A Letter from the Gift Shop



We are so excited, not just because it's nearly Christmas, but because Alaska Wild Berry Products are available at the giftshop for the first time in nearly four years. This Alaskan chocolate company is one of the oldest in the state. In 1946 Homer mayor Hazel Heath and husband Kenneth started making jams and jellies from local wild berries. These sweet treats made popular gifts for friends and relatives. To make extra special Christmas gifts, Hazel decided to drench both jam and jelly bites in rich decadent dark chocolate. Alaska Wild Berry Products was born! Today most of the berries used by the Anchorage based company are gathered during the summer by Alaskans who pick them for the company. Give the taste of Alaska to all your friends and families. Wild Berry products are priced with senior budgets in mind making Alaska Wild Berry Products extra sweet. Supply is limited, so get yours soon.

Stocking stuffers fill the gift shop with Christmas cheer. From antler necklaces to beautifully rendered Native Northwest pill boxes, coin purses, dainty forget me not earrings, Alaskan themed luggage tags and mini-Christmas tree light necklaces, Christmas stockings will never have been so exciting. We also feature hand-crafted stockings ready to be "hung by the chimney with care."

In addition to Christmas gifts, we also feature many items designed to make your home a Christmas destination. Christmas pillows, holiday banners and table runners, beautiful porcelain angels of many types, all are ready to make yours a Merry Christmas. Add freshness and excitement to your Christmas tree with beautiful and unique Alaskan native dolls, hand crafted wooden ornaments, and unique elves to perch playfully on a tree branch.

Relax with a cup of tea from the Kobuk, one of Alaska's oldest stores.

Kobuk teas are legend in Alaska, and rightly so. This year we are featuring their iconic Samovar tea in both caffeinated and decaf, Winter Berry tea, a chocolatey infusion featuring raspberries and a hint of mint, and Polar Bear Dreams, peppermint with touch of lavender. While relaxing, get this year's Christmas greeting cards prepared for friends and family. The gift shop features uniquely beautiful cards by local Alaskan artists. Send a Palmer treat with Ken Harris' watercolor cards featuring our iconic water tower. Pendleton Fine Arts' Christmas cards are available again this year and feature classic Alaskan scenes blended with the Christmas season.

As always at Christmastime our racks are filled with exciting kuspiks, tees, front zip hoodies, fun nightshirts and boxers, aprons, and beautiful children's handmade holiday dresses. In addition, we have a awe inspiring array of Native Northwest ruanas with and without hoods, capes, scarves and shawls. Many are reversible.

Of course, jewelry abounds at the gift shop, both Christmas themed and traditional. In fact, if you are in need of a last-minute gift, Vicki Randolph of Classy Glass Expressions will be here for a a three-day trunk show featuring a wide array of her classic and trend setting adornments. See you there.

Whatever your holiday needs, we are here to help enhance your celebration.

We wish you all a very meaningful Christmas and a very Happy New Year!



Palmer's Senior Shopping Bus

Every Friday catch **ValleyTransit** fare **FREE** to go grocery shopping.

Weeks will alternate between Carrs and Fred Meyer in Palmer

**Departing - 1pm from
Palmer Senior Citizens Center's main entrance.**

**Departing - 3pm from
store's main entrance, to return to Center**



Sponsored by the City of Palmer



RESOURCES

Questions about resources that may be available to you.



ADRC
(Links Resource Center)
907-376-3632



Connect Mat-Su
Local support for local needs

Connect Mat-Su
907-373-2628

Support for Caregivers and their Loved Ones who experience ADRD



**Alzheimer's
Resource
of Alaska**

Alzheimers Resource of Alaska
(Wasilla Location)
907-746-3413
Support for Alaskans affected by
Alzheimers disease and related dementias.

Durable Medical
Equipment Lending



ACE Lending Closet
907-232-4848



Valley Charities & Turn a Leaf
907-521-1908



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SERVICES

1132 S. Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED



Are you over 50?
If so, YOU can be a member!

Our next Membership Meeting is
Wednesday, May 10th,
at 11:30am.