

2025 July

**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 4:00 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.

July 4th is Independence Day!

Mat-Su Senior Services will be closed.

Have a happy 249th 4th of July!
Next year will be 250 years since we the people declared our independence as a nation separate from the British crown.

CLOSED

**7/4/25 -
Independence Day**

OUR SERVICES

Home-Delivered Meals.....Call-in by 9:00 a.m. for changes, Monday - Friday
Adult Day Services.....Monday thru Friday 7:00 a.m. - 4:00 p.m.
Chore & Respite Services.....Call the center for details
Notary Services.....Traveling Notary available.
Volunteer Opportunities.....Call 907-745-5454
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.....Clata Puryear
Director.....Vacant
Director.....Vacant

Vice President.....Dora Wheeler
Treasurer.....Phil Munger
Director.....Vacant
Director.....Vacant

RECOMMENDED DONATIONS

Home-Delivered Meals: \$6.50

Transportation:

Palmer, round trip: \$5

Wasilla, one way: \$8



United Way of Mat-Su



This institution is an equal opportunity provider.

DEPARTMENT MANAGERS

CEO.....Tim Pettit
COO/HR.....Beth Westland
Controller.....Gino Motl
HR CONSULTANT.....Kirk Henke
Chore & Respite Programs.....Lisa Galindo
Kitchen/Food Services.....Yossi Assis

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



**IS IN NEED
OF VOLUNTEERS!**

If you want to learn more
about volunteering for bingo,
give us a call!



**Mat-Su Senior Services will be closed
on Friday, July 4th**

in observance of

**Independence
Day** 

**We will be open again
Monday at 8AM.**

July Activities

1st Tuesday Book Club

Tuesday, July 1st 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.

Bingo (Blackout Bingo This Month!)

Thursdays, July 17th & 24th at 1 PM

Must be 19 years old to play. Located in the dining room. Final game of the day's payout is \$200.

Board of Directors Meeting

Monday, July 7th at 10 AM

Located in the second floor conference room.

Coffee Chit-Chat

Friday, July 25th at 10 AM

Located in the dining room.

Commodities

Monday, Tuesday, Thursday and Friday

11:30 AM - 12:00 PM

Food donations available for pick-up. Located 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, July 17th

Hosted by Jacque Olsen from the Alaska Center of the Blind and Visually Impaired. Meeting in the parking lot for a field trip

Musical Performance

Monday, July 21st at 11:00 AM

Enjoy music and singing by a duo of volunteers

Quilting

Mondays 8AM - 3:30 PM

Located in the activities room.

Unless otherwise noted

Bring your own machine.

Senior Strength

Every Monday & Friday at 10 AM

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

Shufflin' Country Dance Lesson

Announced later at matsuseniors.com/activities

Dance lesson for any level of experience.

Located in the studio on the basement level.

Date is to be determined for July.

Singin' Seniors

Every Friday at 11:45 AM

Karaoke fun all ages welcome!

Sound Meditation

Announced later at matsuseniors.com/activities

Instructed meditation with mats and chairs

Located in the fitness studio on the bottom floor.

Strong Women

Every Monday, Wednesday & Friday

from 11 AM - 12 PM

Located in the fitness studio on the bottom floor.

Tai Chi

Every Tuesday & Thursday at 9:30 AM

Instructed by Loogpla Cowden. Located in the fitness studio on the bottom floor.

Watercolor Art Class

Friday, July 11th from 12 PM - 3 PM

All skill levels welcome. In the activities room.

Young at Heart Art

Tuesdays 10 AM - 1 PM

Located in the Dining Room

Instructed by Taylor York



Our Office Hours Have Changed to
8:00 am to 4:00 pm
Monday - Friday



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCCURRING WEEKLY				
8AM - 3:30 PM QUILTING 10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES	9:30AM TAI-CHI 10AM - 1PM YOUNG AT HEART ART 11:30AM - 12PM COMMODITIES	10AM A NEW YOU 11AM - 12PM STRONG WOMEN	9:30AM TAI-CHI 10AM KNIT ALONG 11:30AM - 12PM COMMODITIES	10AM SENIOR STRENGTH 11AM - 12PM STRONG WOMEN 11:30AM - 12PM COMMODITIES
	7/1 10AM BOOK CLUB	7/2	7/3	7/4 Closed Independence Day
	7/7 10AM BOARD MEETING	7/8 	7/10 	7/11 12PM WATERCOLOR ART 
7/14 	7/15	7/16 	7/17 1PM BINGO 1PM LIVING WITH VISION LOSS	7/18 
7/21 11AM MUSICAL PERFORMANCE	7/22 	7/23 	7/24 NO TAI CHI 1PM BINGO	7/25 10 AM COFFEE & CHIT CHAT 
7/28	7/29	7/30	7/31	



Senior Shopping Bus

Alternating Between Palmer Carrs & Fred Meyer

Stops at the Palmer Senior Citizen's Center

Every Friday at 1pm

Returns to the Senior Center from the Store at 3pm

Provided by Valley Transit and

The City of Palmer

Join us for Fun Fridays!

Follow us on Facebook to see what to wear for a Fun Friday at the Center!



Palmer Senior Citizen's Center, INC. dba

MAT-SU SENIOR
SERVICES

A Letter from Board Member Dora Wheeler



Dear Fellow Members,

June 11, 2025 we had our annual Board of Directors election from 11:30am-1:30pm. Thank you for all that participated in voting or volunteering, the board of director president Russ Ingram for supporting our lunch and Brenda Shelden of Mat-Su Council on Aging for dessert of Root Beer floats.

Please members keep participating in our center with the activities that are offered!

Change of subject. Spring has sprung, summer is on its way, and the first fruit to mature at this time of the year is rhubarb (often thought to be a fruit but actually it's a vegetable). Anyways I already harvested some, made rhubarb muffins, and some sauce..both were YUM.. but another one of our family favorites is rhubarb chutney or also known as Victoria sauce, try it, it's sweet and tart from the brown sugar and vinegar in the ingredients for the sauce, there are so many recipes on the internet.

Enjoy your summer, most of all, HAVE FUN!

Thank you,
Dora Wheeler



Happy Birthday!



Linda B.
Herb B.
Kathleen B.
David B.
William C.
Wenona C.
Judith C.
Alma D.
Edna D.
Robert D.
Barbara E.
Shirley H.

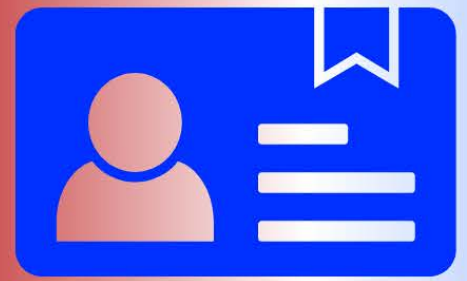
Monty H.
Valerie I.
Sandra I.
Barbara K.
Jeanetta M.
Carol P.
Jerald P.
Elizabeth T.
Anna W.
Carol W.
Gregory W.
Pamela W.

July
Fun Friday
Themes
8

Fri July 11th - Alaska Theme Day
Fri July 18th - Hawaii Day
Fri July 25th - Crazy Hair Day

2025

**Membership
Enrollment is
OPEN!**



Members must be 50 years of age.

Annual dues for 2025 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.

You need not be a member to visit our building. Please come and visit sometime, bring someone who hasn't been by in a while. If you prefer when it is quiet, after 1PM is a great time to stop by after the hustle and bustle. There are monthly activity calendars to take home, and other resources year round. The senior center is open Monday thru Friday, from 8am to 4pm.

Stop on by!

Celebrate the 4th of July in Style!

It's nearly time to celebrate one of the US' most important holidays: the 4th of July. It is the day that the Declaration of Independence was signed in 1776 by the members of the first Continental Congress. Thomas Jefferson wrote most of the document.

With many unusually cool summer days this year, you will appreciate the red, white and blue Independence Day quilts stitched by Bobbi Lewis, master kuspuk designer and quilt wizard, now available at the gift shop. The quilts are done in the tradition of the Wounded Warrior program that was established in 2004. The program was designed to provide recognition and appreciation to our wounded service men and women who served in the Iraq and Afghanistan wars. The quilts were and are designed to give a metaphoric hug and an expression of gratitude for the service and sacrifices of these brave men and women. Now you can have your own unique patriotic quilt and share in that group hug for our troops.



If it's fireworks, it must be the 4th of July and the giftshop wants to be a part of the flash and dazzle, so we are instituting a month-long sizzling sale. Do your shopping and pluck a flag from the fishbowl for super dazzling savings. Each flag will be stamped with a markdown (up to 50%) that can be applied to each retail item* you are purchasing! Come in and participate in some 4th of July fun and stretch your pocketbook.



The gift shop is bursting with many new items this month. From colorful aprons, unique new bracelets from Classy Glass Expressions, to summer scented candles, the selection is always fun and fresh. We currently even boast a collection of silver as well as cord chains to make your own unique necklaces or to display that silver cross your grandmother left you.

Since it's summer, we've replaced our heavier fashion covers with bright floral ruanas in light peek-a-boo fashion fabrics from the LuLaRoe fashion finds. In a variety of colors and prints, these summer bargains won't last long.



Even if you are not enticed by all these unique items, do come in and see us. We are constantly adding new and exciting finds. We look forward to seeing you at the gift shop where there's always something special for you!

*Does not include sale or consignment goods.

Spot the oopsie!



We made an oops and if you find it, you can be entered into a drawing for a small prize! Call in at 907-745-5454 with your findings, with one entry for each validated discovery. Submissions due the day before the second Wednesday of the month. Drawing will be made the second Wednesday of the month.

Congratulations!

to June's Spot the oopsie! Winner

Thank you for being on the lookout!



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

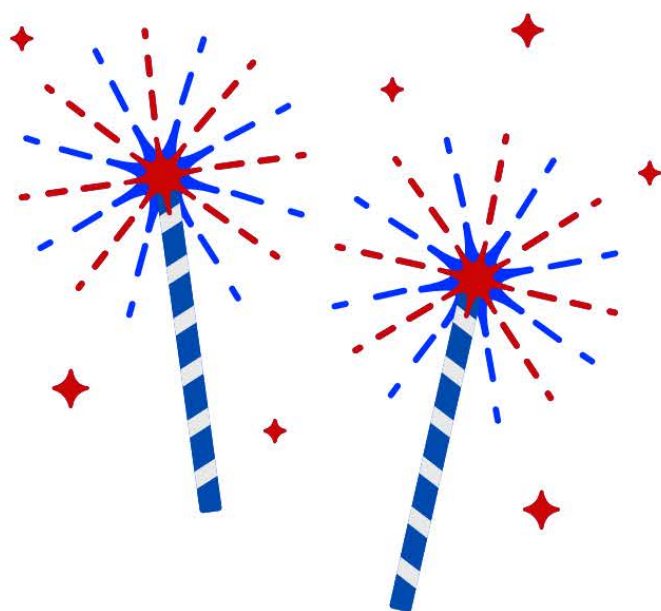


Palmer Senior Citizen's Center, INC. dba

MAT-SU SENIOR
SERVICES

1132 S. Chugach Street
Palmer, AK 99645

RETURN SERVICE REQUESTED



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

Call 907-745-5454 to find out
more about being a member!