



January 2026

APSCI BOARD MEMBERS
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VICE PRESIDENT JOLYANE SOPLANDA
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DIRECTOR MAUREEN TRACY
DIRECTOR BOBBY NESS
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ALTERNATE JOHN HARRIS
ALTERNATE SUE LOVELAND



ANCHOR POINT SENIOR CITIZENS, INC
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PO BOX 438
ANCHOR POINT, AK 99556
907-235-7786
APSCI@ACSALASKA.NET
ANCHORPOINTSENIORCENTER.COM



BIRTHDAYS

BISCHOFF	LINDA	1/01
WHITE	DONNA E.	1/02
BRANTLEY	MICHAEL JOHN	1/04
CHMIELOWIEC	STEVE	1/04
ROBERTS	ANNITTA	1/04
HICKMAN	CHARLES	1/05
COLE	RICHARD	1/06
MYHILL	SUSIE	1/06
SPRINGER	AMY	1/06
MATTHEWS	DAVE	1/10
CARPENTER	DEBBIE	1/11
LEMM	SHIRLEY A.	1/11
GREGOIRE	THOMAS	1/14
TRACHTENBERG	STEPHEN	1/15
BERNEY	FRED	1/16
INMAN	CAROL	1/16
KIRCHNER	HAROLD	1/19
WARD	JEREMY	1/22
EGBERY	VINCE	1/23
DAYS	CASSANDRA	1/25
BRODOWSKI	BARBARA	1/28
FRYER	ROBERT B.	1/28
ZAK	JUDY	1/28
SCHMIDT	LYNN	1/31

JANUARY LUNCH MENU

JANUARY 8TH

CHICKEN SANDWICH

BEAN SOUP

SUGAR COOKIES

JANUARY 15TH

SLOPPY JOES

FRENCH FRIES

BROWNIES

JANUARY 22

CHEESE AND BEEF

RAVIOLI

GARLIC BREAD

CHOCOLATE CHIP

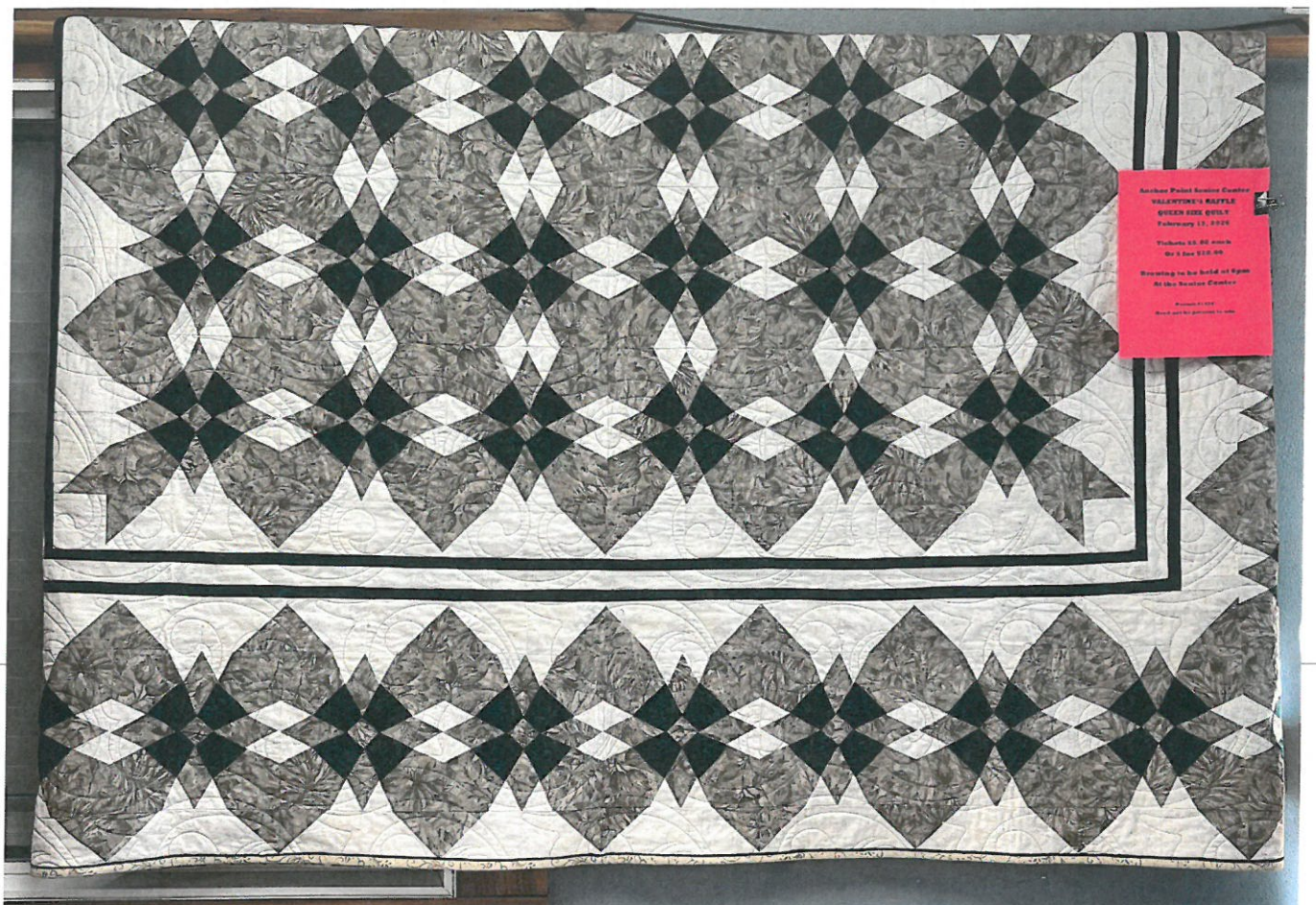
COOKIE

JANUARY 29

HAM SANDWICH

VEGGIE SOUP

WHITE CAKE



ANCHOR POINT SENIOR CENTER
VALENTINES QUILT RAFFLE.
TICKETS \$5.00 EACH OR 5 FOR \$20
DRAWING WILL BE HELD
FEBRUARY 12, 2026
STOP BY THE OFFICE TO PURCHASE
YOURS TODAY

STAY ACTIVE DURING COLD WINTER
MONTHS

STAYING ACTIVE HELPS WITH PHYSICAL
AND MENTAL HEALTH, PREVENTING
STIFFNESS, BOOSTS MOOD AND IMMUNITY.
HERE ARE SOME IDEAS TO STAY ACTIVE

TRY THESE INDOOR ACTIVITIES:

DANCING

HOME WORKOUTS - DVD'S OR OTHER VIDEOS

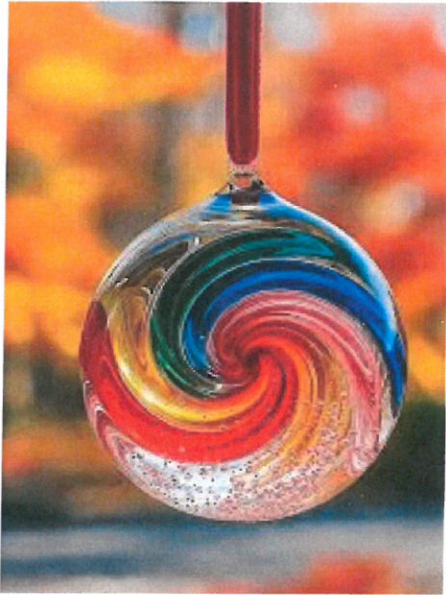
ACTIVE HOUSEWORK SUCH AS
VACUUMING AND SWEEPING

YOGA OR OTHER GROUP CLASSES AT YOUR LOCAL
COMMUNITY CENTER

STAIR CLIMBING

JOIN US FOR CHAIR YOGA AT THE
ANCHOR POINT SENIOR CENTER
MONDAY-WEDNESDAY-FRIDAY
FROM 10:30-11:30

ART CLASS
MONDAY JANUARY 12TH AND
WEDNESDAY JANUARY 14TH
STARTING AT 12 PM

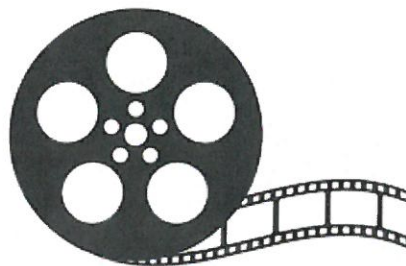


GLUE SUNCATCHERS
\$5.00 PER PERSON
CALL TO RESERVE
YOUR SPOT



MOVIE AFTERNOON
WEDNESDAY JANUARY 21 AT 12PM
CONCESSIONS WILL BE SERVED

*** MOVIE TO BE DETERMINED ***



January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Office Closed	2 Chair Yoga 10:30-11:30 HH Work Day 10-1 BINGO 5:30 pm	3 Helping Hands Open 11-3
4	5 Chair Yoga 10:30-11:30 Walkers 10 am Game Day 12-5	6 HH Work Day 10-1 Mah Jongg 12-4	7 Chair Yoga 10:30-11:30 Helping Hands open 11-3	8 Lunch 12-2 pm Chicken Sandwich Bean Soup Sugar Cookies	9 Chair Yoga 10:30-11:30 HH Work Day 10-1 BINGO 5:30 pm	10 Helping Hands Open 11-3
11	12 Chair Yoga 10:30-11:30 Walkers 10 am Game Day 12-5 Arts and Crafts @ 12	13 HH Work Day 10-1 Mah Jongg 12-4	14 Chair Yoga 10:30-11:30 Helping Hands open 11-3 Arts & Crafts 12-3	15 Lunch 12-2 pm Sloppy Joes French Fries Brownies	16 Chair Yoga 10:30-11:30 HH Work Day 10-1 BINGO 5:30 pm	17 Helping Hands Open 11-3
18	19 Chair Yoga 10:30-11:30 Walkers 10 am Game Day 12-5	20 HH Work Day 10-1 Mah Jongg 12-4 BOD 10 am	21 Chair Yoga 10:30-11:30 Helping Hands open 11-3 Movie Afternoon @ 12 pm	22 Lunch 12-2 pm Cheese & Beef Ravioli Garlic Bread Chocolate Chip Cookie	23 Chair Yoga 10:30-11:30 HH Work Day 10-1 BINGO 5:30 pm	24 Helping Hands Open 11-3
25	26 Chair Yoga 10:30-11:30 Walkers 10 am Game Day 12-5 Receipe Share Potluck at 12pm	27 HH Work Day 10-1 Mah Jongg 12-4	28 Chair Yoga 10:30-11:30 Helping Hands open 11-3	29 Lunch 12-2 pm Ham Sandwich Veggie Soup White Cake	30 Chair Yoga 10:30-11:30 HH Work Day 10-1 BINGO 5:30 pm	31 Helping Hands Open 11-3