

APRIL 2026

SENIOR FLYER



"Enabling seniors to live as independently as possible for as long as possible"

From The Desk Of Marlene Munsell



WASI

WASILLA AREA SENIORS INC.

BOARD OF DIRECTORS

- Elsie O'Bryan, President**
- Cathy Cottle, Vice President**
- Donna Young, Secretary**
- Adrienne Blanchard, Treasurer**
- Charlotte Olito, Director**
- Diana Ring, Director**
- Donna Cote, Director**
- Kristie Poppell, Director**
- John Weaver, Director**

Regular Board Meeting

April 16, 2026, 9:30am

Membership Meeting

Tuesday, April 14, 2026, 12:45pm

Membership Dues

- **Annual Membership: \$30**
- **Free Membership: 90+**
- **Lifetime Membership:**
 - \$240 for age 50-64**
 - \$180 for age 65-74**
 - \$120 for age 75+**

Celebrating Our Volunteers at WASI

April is Volunteer Appreciation Month, and at Wasilla Area Seniors, Inc. (WASI) we are proud to recognize the incredible individuals who give their time, energy, and compassion to support the seniors of our community.

Volunteers are truly the backbone of our organization. From January through December of 2025, our volunteers generously contributed 6,492 hours of service. Those hours represent much more than time they represent kindness, dedication, and a deep commitment to helping seniors live with dignity and independence.

In every one of our programs, you will find faithful volunteers who believe in the mission of WASI. Whether they are delivering meals, assisting in the kitchen, helping with activities, supporting events, or lending a hand wherever needed, their efforts make a meaningful difference in the lives of the seniors we serve.

Our volunteers' dedication begins with our nine Board of Directors, who generously give their time, leadership, and expertise to guide the organization and ensure we remain focused on our mission. Their commitment sets the tone for the many volunteers who step forward to support our work throughout the year.

For many seniors, a volunteer may be the highlight of their day, a friendly face delivering a meal, a warm conversation, or simply the reassurance that someone cares. These moments of connection are powerful and remind us that community is built through compassion and service.

During this Volunteer Appreciation Month, we want to extend our deepest gratitude to each and every volunteer who supports WASI. Your generosity strengthens our programs and enriches the lives of the seniors we proudly serve.

Thank you for being the heart of WASI.

A handwritten signature in blue ink that reads "Marlene Munsell".

www.wasillaseniors.com
Wasilla Area Seniors, Inc.

WASI Main Office
Call: (907) 206-8800
Fax: (907) 802-4788

Marlene Munsell, CEO
(907) 206-8800
marlenem@alaskaseniors.com

Accounts Payable
(907) 206-8800

Accounts Receivable
(907) 206-8800

Adult Day Services
(907) 921-1463

Chaplain
(907) 206-8810

Chore Services / Outreach
(907) 206-8808

Club50 / Healthy Aging
(907) 206-8807

Fund Development
(907) 206-8800

Housing
(907) 206-8803

Home Delivered Meals
(907) 206-8802

Mid-Valley Senior Center
(907) 206-8811

Senior Services
(907) 206-8800

Transportation
(907) 206-8802

Committee Meetings

Governance: First Tuesday of even months at 9:30am

Finance: Second Tuesday of even months at 9:30am

Property: Second Thursday of every month at 9:30am

Fund Development: Second Thursday of every month at 10:30am

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Thank You to Scott and Debbie Janssen of Janssen's Funeral Homes for sponsoring the Senior Birthday Celebration.
Join WASI at 12:00pm on Friday, April 10th, for this month's Birthday Celebration.

Thank You!



WASI is pleased to announce that it has been awarded a grant totaling \$8,750 through the Federal Home Loan Bank of Des Moines Member Impact Fund, in partnership with Northrim Bank. Through this program, Northrim Bank contributed \$2,500, which was matched by \$6,250 from the Federal Home Loan Bank of Des Moines, bringing the total award to \$8,750. We are grateful for this amazing gift!

A decorative border featuring various tropical plants and flowers. At the top left is a large green monstera leaf. To its right is a cluster of orange hibiscus, white plumeria, and small blue flowers. On the left side, there are several green palm fronds. At the bottom left, there are more colorful hibiscus flowers in shades of orange, red, and blue, along with small red berries and green leaves.

**WASI MEALS ON WHEELS
INVITES YOU TO:**

Off and Running Island Style

FUNDRAISING BRUNCH

SATURDAY, MAY | 9 | 10 AM

**TICKETS \$50
SPONSORSHIPS AVAILABLE**

Sponsorships

\$250 – Friend Level

Reserved seating for 2
Company name featured in event materials and on social media

\$500 – Advocate Level

Reserved seating for 4 guests
Company name/logo featured in event materials and on social media

\$1,000 – Promoter Level

Reserved seating for 6 guests
Opportunity to decorate your table with your business's branding
Recognition throughout the event and in promotional materials

\$2,500 – Hero Level

Reserved seating for 8 guests
Opportunity to decorate your table with your business's branding
3'x5' company banner displayed at the event (you provide the banner)
Recognition during the event and across all promotional channels (website, newsletter, and social media)

wasillaseniors.com
907-206-8800

The logo for WASI (Wasilla Area Seniors, Inc.) features the word "WASI" in a large, stylized, serif font. To the right of the letters is a simple line drawing of a tree with green foliage.

WASI

EIN#92-0082770

Off & Running for Meals on Wheels!

Save the dates and be part of these amazing events. Together, we can turn miles into meals.

We're excited to announce this year's Miles for Meals on Wheels Fun Run happening on Saturday, June 20th!

This year's theme, "Off and Running," celebrates the momentum behind our mission to support the Meals on Wheels program and the many seniors we proudly serve. Every step taken and every dollar raised helps ensure nutritious meals and friendly visits continue reaching those who depend on us.

We'll kick off this campaign with a delicious brunch on May 9th, featuring an online auction, dessert auction, and much more! It's the perfect way to launch this exciting season of giving while enjoying great food and fellowship.



Saturday, May 9th, Brunch & Auctions
Saturday, June 20th, Fun Run & Barbecue

Miles for Meals FUN RUN, WALK OR ROLL Support a GREAT cause and SPONSOR this event.

We can't do it without you. Your sponsorship makes a direct impact on the lives of seniors, giving them not just nourishment but the reassurance that their community cares. We've created sponsorship levels that allow you to be a champion for Mat-Su seniors, but please know that a donation of any amount helps:

HERO - \$5,000
CHAMPION - \$2,500
PROMOTER - \$1,000
ADVOCATE - \$500
FRIEND - \$250

As a valued sponsor, your generosity will be recognized across social media, our Senior Flyer Newsletter, and at the Miles for Meals Fun Run. Your support will showcase your business as a leader in caring for the people who built this community.

Call 907-206-8800 for more information, or to sponsor this event.

WASI accepts all major credit cards, checks, or cash.

Off & Running for Meals on Wheels!



VOLUNTEER APPRECIATION!

Thank You

ADRIENNE BLANCHARD
ALLIE GLADDEN
ANN COVALSKY
BEE FUGERE
CAROLYN JERAULD
CAROLYN L COMPTON
CATHY COTTLE
CELIA TERHAAR
CHARLES RUSSELL
CHARLOTTE OLITO
COLLEEN RUSSELL
CONNY VANDERGRIF
DAN KENNEDY
DARLENE E HOGAN
DARLENE K MCCREDIE
DENISE OSBORNE
DIANA RING
DOLLY PETERSON
DONNA COTE

DONNA YOUNG
DOUGLAS G GLADDEN
ELSBETH P WOODIN
ELSIE O'BRYAN
GEORGIA G KNAZOVICH
GEORGIE A HOLLANDER
GLENNA WOOD
JANESE CHRYSTAL
JAQUELINE OLSEN
JERRY SCHOONER
JODIE HETTRICK
JOHN D WEAVER
JOHN WARNER
JOSEPHINE BIDWELL-BLACK
KAREN J HARVEY
KATHY STEARNS
KENNETH HUDSON
KENNETH PYSZ

KIMBERLEE WOLF
KRISTIE POPPELL
LANE RICE
LAURI J KUEHLER
LINDA JO KLAPPERICH
LINDA L VOLKMAN
LYNN MOORE
CINDI L THOMAS
MANDY COLEMAN
MARGUERITE A GUEST
MARY SEARS
MIKE HETTRICK
NANCY JO BIDWELL
NANCY LORD
OMAIRA M GOULD
PAMELA PETERSON
PATRICIA J SCHRANZ
PEGGY KUSHE

RAEANN SCHIERHOLT
RANDI PERLMAN
RAY A HOLLENBECK
ROBERT "TACO" SANDOVAL
ROBERT SIX
BOBBIE ACKLEY
ROSE LECUCHE
ROSEMARIE CHAMBERLAIN
SAMANTHA JERAULD
SHERRY RUSHER
SUE HECKS
SUE MARIE BENZ
TERI BAKER
TOM STEARNS
TRISH KEOWN
VICKI L GONSETH
VICKI MALONE
WALT WOOD
WILLIAM KENDALL

2025 VOLUNTEERS
HOURS CONTRIBUTED: 6,491.75



APRIL

2026

ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WASI Shopping Bus 12:30pm Every Tuesday (Fred Meyers) Thursday (Walmart)</p> <p>Valley Transit Bus Every Wednesday 1:30pm</p>			<p>1 10am Bible Study 1pm BYO Arts & Crafts 1pm Writing Your Story Class</p>	<p>2 12:30pm Shopping Bus</p>	<p>3 10am Bingocize</p>	<p>4</p>
<p>5 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>6 10am LDS Gospel Study</p>	<p>7 10am Bingocize 12:30pm Shopping Bus</p>	<p>8 10am Bible Study 1pm BYO Arts & Crafts 1pm Writing Your Story Class</p>	<p>9 12:30pm Shopping Bus 2pm Ham Radio Meeting</p>	<p>10 10am Bingocize 11:15am Birthday Celebration 1pm Senior Food Boxes</p>	<p>11</p>
<p>12 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>13 10am LDS Gospel Study</p>	<p>14 10am Bingocize 12:30pm Shopping Bus 1pm Wayne Huston's Art Class</p>	<p>15 10am Bible Study 1pm BYO Arts & Crafts 1pm Writing Your Story Class</p>	<p>16 12:30pm Shopping Bus 9:30am Board Meeting</p>	<p>17 10am Bingocize 1pm Senior Food Boxes</p>	<p>18 8am Mid Valley Health Fair</p>
<p>19 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>20 10am LDS Gospel Study</p>	<p>21 10am Bingocize 12:30pm Shopping Bus 12:30pm Living with Vision Loss</p>	<p>22 10am Bible Study 1pm BYO Arts & Crafts 1pm Writing Your Story Class 12:30 Fraud BINGO with AARP</p>	<p>23 9am Quilts of Valor 12:30pm Shopping Bus</p>	<p>24 10am Bingocize</p>	<p>25 6pm Ham Radio License Testing</p>
<p>26 11:30am Christian Church Services 2pm Walk by Faith Ministry</p>	<p>27 10am LDS Gospel Study 9:30am Estate Planning</p>	<p>28 10am Bingocize 12:30pm Shopping Bus 1pm Wayne Huston's Art Class</p>	<p>29 10am Bible Study 1pm BYO Arts & Crafts</p>	<p>30 12:30pm Shopping Bus</p>		



Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">Thank you Connie Aschenbrenner for sponsoring the monthly desserts!</p>		<p>1 Teriyaki Chicken Skewers White Rice Oranges</p> <p style="text-align: center;">(POULTRY)</p>	<p>2 Sheppard's Pie Vegetable</p> <p style="text-align: center;">(BEEF)</p>	<p>3 Marry Me Chicken w/Noodles Vegetable Roll</p> <p>★ Sponsored Lunch: Nancy Bidwell & Son</p> <p style="text-align: center;">(POULTRY)</p>
<p>6 Sloppy Joes Sweet Potato Fries Fruit</p> <p style="text-align: center;">(BEEF)</p>	<p>7 BBQ Chicken Thighs Baked Beans Vegetable</p> <p style="text-align: center;">(POULTRY)</p>	<p>8 Cheese Burger w/Lettuce/Tomato/ Onion & Cheese Tator Tots</p> <p style="text-align: center;">(BEEF)</p>	<p>9 Crustless Quiche Onions/Spinach/ Cheese Hash Brown Sausage Link</p> <p style="text-align: center;">(PORK)</p>	<p>10 Egg Salad Sandwich w/Cucumber Salad Chips</p> <p style="text-align: center;">(EGG)</p>
<p>13 Bolognesi Sauce w/Ziti Noodles Vegetable</p> <p style="text-align: center;">(BEEF)</p>	<p>14 Beef Soft Tacos w/Lettuce/Tomato/ Sour Cream/Cheese Spanish Rice</p> <p style="text-align: center;">(BEEF)</p>	<p>15 Chicken Caesar Salad Wrap w/Slice Tomato Cottage Cheese</p> <p style="text-align: center;">(POULTRY)</p>	<p>16 Swedish Meatballs Over Egg Noodles Vegetable Roll</p> <p style="text-align: center;">(BEEF)</p>	<p>17 Bratwurst w/Sauerkraut & Mustard Macaroni Salad</p> <p style="text-align: center;">(PORK)</p>
<p>20 Beef Chili Vegetable Cornbread</p> <p style="text-align: center;">(BEEF)</p>	<p>21 Kielbasa Sausage w/Peppers/ Onions/Cabbage Yellow Rice</p> <p style="text-align: center;">(PORK)</p>	<p>22 Roast Beef Mashed Potato Gravy Vegetable</p> <p>★ Sponsored Lunch: AARP</p> <p style="text-align: center;">(BEEF)</p>	<p>23 Sweet & Sour Chicken Lo Mien Noodles Vegetable</p> <p style="text-align: center;">(CHICKEN)</p>	<p>24 Lemon Garlic Butter Baked Cod w/Riced Cauliflower Vegetable</p> <p style="text-align: center;">(FISH)</p>
<p>27 Baked Chicken Legs Potatoes Gravy Vegetable</p> <p>Sponsored Desserts: Connie Aschenbrenner POULTRY</p>	<p>28 Ham Steaks Stuffing Gravy Vegetable</p> <p style="text-align: center;">(PORK)</p>	<p>29 BBQ Meatballs Rice Vegetable</p> <p style="text-align: center;">(BEEF)</p>	<p>30 Chicken Parmigiana w/Marinara Noodles Vegetable</p> <p style="text-align: center;">(POULTRY)</p>	

Community HEALTH FAIR

Saturday, April 18th

Mid-Valley Senior Center
11975 W Mid Valley Way,
Houston, AK, 99623
8:00am-12:00pm

Saturday, May 2nd

Wasilla Area Seniors, Inc
1301 S Century Cir,
Wasilla, AK, 99654
8:00am-12:00pm

**Free Vision,
Hearing, Blood
Pressure, & PSA
Screenings**

**Free Health Education and
many local exhibitors**



Blood Tests Offered

- Comprehensive Chemistry/Hematology Profile - \$45
- Thyroid Screen - \$40
- Prostate Disease Screen (PSA) - FREE
- Vitamin D Screen - \$55
- A1C Screen - \$25
- ABO/RH (Blood Typing) - \$25
- B 12 Assay (Vitamin B12) - \$40
- Ferritin - \$40
- Testosterone - \$55
- New tests: Uric Acid - \$25
- Celiac - \$40, Magnesium - \$25,
- Lead - \$40, Mercury - \$75

Make an appointment or just walk in! 907-278-0234 or alaskahealthfair.org



Byline: Diana Ring (WASI Board of Directors)

"The Lathrop High School Ballroom Dance Team visited Mid-Valley Senior Center and Adult Day Services on March 6th. Their dance routines brought so many smiles to seniors faces. One gentleman sang along and was moved by the music and dance. He so wanted to get up and dance with them. Though that was not possible during their routines, one of the beautiful young ladies danced with him afterwards. This really made his day. Jerry Rusher asked me to relay to the dance team and the instructors just how inspirational they were to us and are for the whole world. He stated that your communities and parents should be very proud of each and every one of these young dancers. An out of state visitor to our Senior Center said that to see the beautiful smiles on the seniors faces was amazing. Pure joy was displayed throughout the building. The costumes and the dance routines were so reminiscent of days long gone. They brought back so many memories. All in attendance were thrilled with their talent and willingness to share their ability with us. Many of us used to be able to move like that. Now we would definitely break something if we tried. Everyone would love for them to visit us again whenever the opportunity comes. Thank you all so much."

April Birthday Babies

Jack Zerbel	2
John Moore	3
Charles Staley	3
Fred Coyle	6
Montie Nail	9
Shirley Rider-Davis	9
Theodore Leonard	15
Lillian Georg	15
Jerry Pattison	16
Donna Branham	19
Gregory Hanson	25
Doris Bruns	27
Victoria Bott	28
Bonna Downs	28
Leah Jenkin	30

*Happy
Birthday*



CLUB50

Additional Strong Senior Locations:

Good Shephard Lutheran Church
Monday's, Wednesday's, Friday's,
9:30am in Meadow Lakes

Mid-Valley Senior Center
Tuesday's & Thursday's
10:00am

Willow Community Center
10am - 11am



TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	In Person & Virtual Strong Seniors		In Person & Virtual Strong Seniors		In Person & Virtual Strong Seniors
10:00 am	In Person Strong Seniors	Bingocize	In Person Strong Seniors	Dance with Georgie Start date to be announced.	Bingocize In Person Strong Seniors
11:05 am	Workout Yoga	Workout Yoga			Workout Yoga
12:30 pm					Laughing Yoga Every Friday
1:00 pm	Yoga Therapy Club50 Closed 1pm- 2pm	Tai Chi Cancelled Until April 1	Tai Chi Cancelled Until April 1	NIA Start date to be announced.	

📞 907-206-8807

🌐 club50@alaskaseniors.com

📍 1301 S Century Circle
Wasilla, AK 99654

**Monday through Friday,
8am to 4pm**

Join us, a fun and supportive community for healthy aging!

We are currently seeking donations for our annual Miles for Meals Online Auction

- Gift cards to local restaurants or businesses
- Gift baskets or specialty items
- Artwork, crafts, or handmade goods Tickets to events or local attractions Professional services
- Outdoor adventures or unique experiences
- Hotel stays or travel packages

Drop items at WASI or give us a call at 907-206-8800 for pick-up. Items needed by April 24th.

*Thanks For
Your Support*

THE JOYS OF BEING A GRANDPARENT

Join us in celebrating the birth of two new grandbabies, Aaron King and Amber Sherwood became grandparents two days apart in February.

There is something truly special about becoming a grandparent. For many, it is one of life's greatest blessings a time filled with laughter, love, and the opportunity to watch the next generation grow and thrive. While raising children can be busy and demanding, being a grandparent offers a chance to enjoy family in a new and meaningful way.

One of the greatest joys of being a grandparent is the special bond that forms between grandparents and grandchildren. Grandparents often become trusted storytellers, cheerleaders, and sources of comfort. Whether it's reading a bedtime story, sharing family traditions, or simply spending time together, these moments create memories that last a lifetime.

Grandparents also have a unique opportunity to pass down wisdom and life experiences. Through stories, guidance, and gentle encouragement, they help shape the values and traditions that define a family. These shared experiences help grandchildren feel connected to their family history and heritage.



AARON KING - ASSISTANT CEO
BORN: 2/22/26 - MYLA SMYTH



AMBER SHERWOOD - KITCHEN MANAGER
BORN: 2/24/26 - WESLIE PAVITT



**CONGRATULATIONS TO WASI STAFF ON THE
BIRTH OF THEIR NEW GRANDBABIES!**



From The Desk Of Julie Lugdon

It is with a full and grateful heart that I share some personal news with you. After much thought and reflection, I will be stepping away from my role at WASI as I begin an exciting new chapter in my life, getting married and relocating to Arizona.

While I am looking forward to what lies ahead, it is not easy to say goodbye to a community that has meant so much to me. Serving you over the years has truly been one of the greatest honors of my life. Each conversation, shared laugh, and meaningful moment has left a lasting impact on me.

17 years in senior services has been an incredible blessing. I have learned so much from each of you, your resilience, your wisdom, your kindness, and your stories. You have not only shaped my career but also touched my heart in ways I will carry with me forever.

Thank you for allowing me to be a part of your lives. Thank you for your trust, your warmth, and your friendship. I am deeply grateful for every moment we have shared.

Although I may be moving away, the memories and connections we've built will always remain close to my heart. I will be cheering you on from afar and wishing each of you continued happiness, health, and joy.

With sincere appreciation and warmest regards,
Julie Lugdon



AK WILLS AND TRUSTS

**FREE ESTATE
PLANNING
WORKSHOPS
WITH ATTORNEY
CONSTANCE A.
ASCHENBRENNER**

It's all about family. Have you protected them?

Proper Planning Ensures You:

Maintain control of assets, Give control to those you trust, Remain home with less stress, Keep family business private.

If Crisis Strikes, You Risk:

Losing control, Additional stress on family, Loss of your assets

If something happens to you, do you want to:

Protect your family? Be clear so loved ones know what to do? Ensure your hard earned money doesn't go to the government?

YES?



THEN YOUR FIRST STEP IN CREATING YOUR ASSET PROTECTION PLAN IS ATTENDING THIS WORKSHOP.

**TO RESERVE YOUR SPOT
CALL OR TEXT
(907) 334-9200 OR GO TO
WWW.AKWILLSTRUSTS.COM**

**IN-PERSON WORKSHOP:
WASILLA SENIOR CENTER
1301 SOUTH CENTURY
CIRCLE, WASILLA
APR 27 | 9:30-11:30 A.M.**



Unable to attend in person? Call to request the link to a recorded webinar.

LIVING WELL WITH VISION LOSS



Alaska Center
FOR THE BLIND AND
VISUALLY IMPAIRED

Contact **Jacque Olsen**
907-354-8568 for
information.

Melissa San Roman

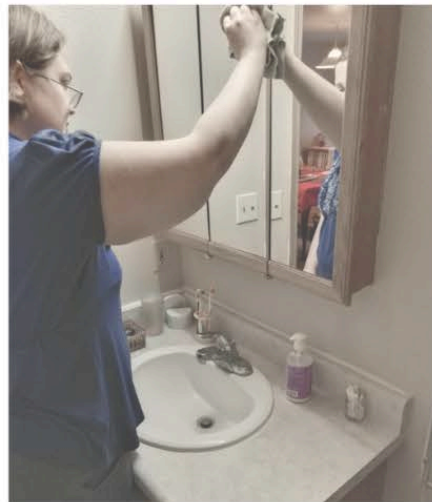
Hearing Care Specialist



Tel: 907-373-7700
3600 E Wickersham Way
Wasilla, AK 99654

WASI - In-Home Chore Services

Occasionally,
Weekly,
or Monthly



*Dusting,
vacuuming,
scrubbing floors,
dishes, laundry,
errands,
and more.*

**All staff are extensively screened.
Sliding scale fee for seniors living alone.
Serving all of the Mat-Su Valley.**

**Tri-West for Veterans
Medicaid Choice Waiver
or Private Pay**

(907) 206-8808