



BRIDGE NEWSLETTER



September 2026



The Bridge will be closed September 7th for Labor Day!



Hey There Bridge Folks!

Wasn't the few sprinkling of days of Sun glorious? And how about that heat? True summer weather didn't last long, but nothing beats the beauty of our sweet Juneau.

We created our own pizza this past month and enjoyed it so much, we are going to do that again. Every person was able to create their own personal pizza to their own taste. It was so much fun! Not one crumb was left after the eating.

Our luscious lettuce finally grew and we had a totally fresh salad from what we had grown with our own hands in our lovely hydroponic garden. We are also growing zucchini! The leaves are so beautiful, and we are waiting with anticipation for this vegetable to grow.

We are incredibly grateful for our wonderful volunteers who give of their time each week. And as always, a huge thank you to Tom and Jacque for their musical talents they share each week. In September, we will also enjoy the Hoola Dancers again. We have missed them so much.



September Birthdays

- Terry- 10th
- Marge- 12th
- Sandra- 15th



What Are Your Loved Ones Up To?



Social	Physical	Cognitive	Memory	Exercise	Special Programs
Chat Pack	Balloon Volley	True or False	Penny Ante	Morning Stretch	Tom Locher: Music on Mondays & Thursdays
Wrong Answer	Golf	Pair-a-Pics	Shake A Memory	Walk Around Garden	
Manicures (once per month)	Bean Bag Toss	Swingwoman	Call Out the Answer	Bubbles	Jacque Farnsworth: Music on Tuesdays
Knock Knock jokes	Horseshoes	Name the States	Animal Match		
Go Fish	Ring Toss	Purple Dice	Game of Things		Juneau Animal Rescue: Brings Pets 1st Wednesday of the Month
	Table Bowling	Trivia	Memory Kit		
Dice Golf	Croquet	Word Scramble	Do You Remember		Dance Group: Every Wednesday from September - May
Diceo Game	Basketball	Alphabet Game	Memory Cards		
Space Force	Cornhole	Farkle	Memory Kit		Washburn: Chair Yogo once in a while
Old Maid	Shuffleboard	Jenga	Mother Goose Merry Go Round		
Cover the Number Dice	Velcro Darts	Rhyme Time	Old Fashioned Sayings		
Pictionary	Splatter Toss	Word within a Word	Name It Game		
Tell All	Cup Stacking	Plush Ball Sort			
Where in Juneau?	Ball Toss	UNO			
Name 3 Beautiful Things	Egg Carton Bounce	BINGO			
Think Quick	Lawn Darts	Shape of the States			
Movie Time	Basketball Pong	Pass the Picture			
Sand Play	Belly Ball	LCR			
Magna Blocks	Hydroponic Gardening	Yes/No Game			
Dice Talk		Roulette			
		Domino Match			
		LiteBrite			
		Arts & Crafts			



August 24th Was Bridge Staff Appreciation Day!



I am so proud
of our staff, and I hope you are too.

Alaska Statewide Summit on Aging

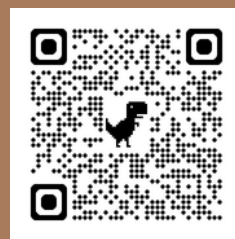
The Alaska Statewide Summit on Aging will address the growing needs of Alaska's senior population focusing on innovation, cultural relevance and transforming the way we think about aging. Sessions will explore how Rural Health Transformation and other statewide reform efforts intersect with aging and disability services, including healthcare access and care coordination, dementia and chronic disease prevention, senior behavioral health, aging with intellectual and developmental disabilities, healthcare workforce capacity and provider sustainability, elder justice and housing and home- and community-based services that support aging in place. Content will be organized into targeted tracks for different audiences while maintaining a shared statewide perspective. Key goals include inspiring policy support for safe and independent aging, fostering cross-sector collaboration, generating actionable outcomes and shared advocacy priorities, and supporting development of Alaska's next State Plan for Senior Services.



October 15th-17th

This summit will take place for three full days in Anchorage at the Turnagain Social Club.

- Early Bird Registration will be \$250 and is available through August 31st
- Alaskans 65+ and individuals with Intellectual and Developmental Disabilities (IDD) have waived registration fees (if attendance is in-person)
- Register online at <https://myalaskatix.com/events/alaska-statewide-summit-on-aging-tickets-10-15-2026>
- You may also register by calling 907-328-9737 or 907-230-0871
- You may attend Virtually. If this is your choice for attending, call to register.
- For more information and schedule of sessions:
<https://myalaskatix.com/events/alaska-statewide-summit-on-aging-tickets-10-15-2026>





September Menu 2026

Juneau Senior Center

Monday	Tuesday	Wednesday	Thursday
	Milk 1 Baked Ham Steam Veggies Black Bean Salad Sliced Fruit	Milk 2 Oven Fried Chicken Sweet Potatoes Black Eyed Peas Cornbread Strawberries w/ cream	Milk 3 Mini Cheesesteaks French Fries Asian Slaw Mandarin oranges
7 	8 Milk Chicken Cesar Wrap Tomato Soup Mandrian Oranges	9 Milk Taco Salad Mexican Corn Tropical Fruit	10 Milk Chunky Sausage Lentil Soup Bacon Green Beans Cornbread Slice Fruit
14 Milk Pulled Pork Fries Three Bean Salad Pears	15 Milk Egg Salad Sandwich Broccoli, cranberry, Bacon Salad Mandarin Oranges	16 Milk Garlic Herb Baked Cod Rice Beets Berry Yougurt Parfait	17 Chicken Spaghetti Caesar salad Pears Garlic Bread
21 Milk Swedish Meatballs Mashed Potatos Strawberry Feta Salad Garlic Bread	22 Milk Ham & Cheese Sliders Baked Beans Salad Berry Yogurt Parfait	23 Milk Chili Rice Corn Bread Fiesta Salad Pears	24 Milk Cheeseburgers Sweet Potato Fries Blueberries and fruit salad
28 Milk Meatloaf Mashed Potatoes Fiesta Corn Fruited Jello-o	29 Milk Half -Chicken Salad Sandwich Potato Soup Frozen Fruit	30 Milk Sweet & Sour Pork Rice Mixed Vegetables Fruit Cocktail	Our menu items might contain any of the following allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame. If you are allergic to any of the above items, please call 907-463-6175 for a copy of our recipes. 



ALZHEIMER'S RESOURCE OF ALASKA



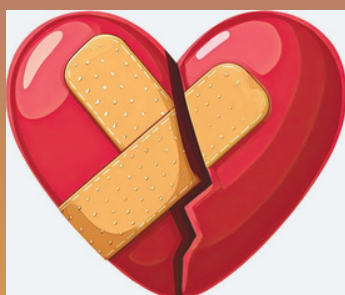
alzalaska.org

Alaska's Premier Web Source
for all things
Alzheimer's & Dementia

Find Solid Information,
Classes,
Timely Resources,
and Support for Caregivers



ELDER ABUSE AWARENESS



If an elder appears exploited by another person or a sign of apparent neglect of essential services by self or others in control of the elder, there may be abuse. You can help!

Call: 800-478-9996 Adult Protective Services



AK AGING & DISABILITY RESOURCE CENTERS



ADRC: Alaska Dept. HSS
Connecting seniors, people with disabilities & caregivers with long-term care services & supports

855-565-2017 Statewide, toll free



Taken from the Alzheimer's Resource Alaska's "For Caregivers" page

alzalaska.org





Resources

JUNEAU'S LENDING LIBRARY
HAS TAI CHI VIDEOS FOR
CHECK-OUT! CALL: 907-463-
6181



THE BRIDGE ADULT DAY PROGRAM

- games puzzles
- arts & crafts
- hydroponic gardening
- exercise
- sensory stimulation
- and more

An amazing **RESPITE** opportunity
Juneau!

All seniors are welcome to enjoy
a comfortable, friendly, and safe
environment focused on
providing cognitive stimulation,
socialization & physical activities!

**Call Today to schedule your 3 FREE
introductory visits: 907-463-6124**



SOUTHEAST SENIOR & CAREGIVER RESOURCE CENTER



**Southeast Senior Services is a
Division of Catholic
Community Service**

**Serving all of Southeast Alaska
1803 Glacier Hwy, Juneau, AK
99801 907-463-6177
www.ccsjuneau.org**



LENDING LIBRARY REMINDER



**If you need information, come
and check out a book!**

**The Senior & Caregiver Resource
Center has a variety of resources
available for loan to caregivers &
elders, especially about education
on caregiving skills & self-care.**

Give us a Call! 907-463-6181



**Family Caregiver Support
Advocate
907-463-6181
Catholic Community
Service
www.ccs.juneau.org**