Quality of Life for Seniors.

#### August 2021 Volume 1, Issue 8

## DIRECTOR'S MESSAGE

We have taken this past year and the summer months to prepare for our upcoming Fall Fundraiser. We have some great auction and raffle items from local business. A lot of work has been put in to make this a special and successful event. Money earned from the fundraiser goes toward our scholarship program and numerous activities, improvements, and services for our Center. Help us get the word out and call to get your tickets today!



# NIKISKI SENIOR CENTER FALL FUNDRAISER

50025 Lake Marie Ave 907.776-7654. Saturday, September 18, 2021

- Tickets are \$50/person & include a Prime Rib or Chicken Cordon Bleu Dinner.
- Doors open @ 4 pm
- Wall of Guns @ 5 pm
- Dinner @ 6 pm
- Auctions & Raffles throughout the evening
- Seating is limited (125)
- Call (907)776-7654 to reserve your seat today!





**Center Hours:** Monday through Thursday 8 am to 4 pm Friday 8 am to 2 pm 907.776.7654



#### BOARD, COMMITTEES, AND MEETING SCHEDULE

## Senior Center Board Meetings @ 1:00pm August 18th September 15th October 20th (qtrly mtg) November 17th December 15th

#### **Service Board**

Meetings

@ 4:00pm October 27th





Name, Officer Address

Pam Knudsen – Vice President P O Box 8023 Nikiski, AK 99635

Elaine Bakk P O Box 6884 Nikiski, AK 99635

Mike Newcomb - President 45660A Wallers Street Kenai, AK 99611

Sam Hodena - Treasurer P O Box 7647 Nikiski, AK 99635

Jean Taylor 53645 Timberlane Kenai, AK 99611

Joe Ross P O Box 7586 Nikiski, AK 99635

Tom Johnson P O Box 2003 Kenai, AK 99611

Janet Hudson 48þ89 Autumn Rd Kenai, AK 99611

Wayne Ogle - Secretary P O Box 7084 . Nikiski, AK 99635 NIKISKI SENIOR CITIZENS, INC. Board of Directors January 2021 Seat Number Election Month/Year Phone/Email Address

> Seat A Jan21 – Jan22 (907) 398-3354 <u>peady1547@yahoo.com</u>

Seat B Jan21 – Jan22 (907) 420-7025 <u>debakk@gci.net</u>

Seat C Jan21 – Jan22 (907) 398-8381 <u>indy 92@yahoo.com</u>

Seat D Jan21 – Jan22 (907) 252-8399 <u>hodenasam@gmail.com</u>

Seat E Jan21 – Jan22 (907) 202-1812 grannyjeanak@gmail.com

Seat F Jan20 – Jan21 (907) 252-8342 smokeross@alaska.net

Seat G Jan20 – Jan21 (907) 252-1741 <u>eaglewing86@gci.net</u>

Seat H Jan20 – Jan21 (907) 740-1917 janets6@yahoo.com

Seat I Mar20 – Jan21 (907) 690-1308 wayne.ogle@yahoo.com

#### Now Offering Catering

Nikiski Senior Center is now offering catering for small and large events and meetings. Give us a call for more information.

## Catering Services 907.776.7654

BREAKFAST

Continental | \$10 pp choose a total of 5 items from Patisserie-Farmer-Harvest lists Protein Packed | \$13 pp choose a total of 7 items from the Patisserie-Farmer-Harvest lists Homestyle | \$13 pp choose 1 item from Morning Glory: includes Home Fries-Fresh Fruit-Patisserie Create-Your-Own | \$TBD choose items from the list below

#### Patisserie

IKISKI

Danish Bagels – Cream Cheese | Butter | Jam Muffins Scones – Butter | Jam | Devonshire Cream

#### Farmer

Yogurt | Granola Cottage Cheese Sliced Cheeses Hard Boiled Eggs Deviled Eggs Assorted Roasted Nuts Smoked Salmon Sliced Black Forest Ham Bacon | Sausage

#### Harvest

Fruit Platter Whole Fresh Fruit Sliced Tomatoes Roasted Asparagus Sliced Avocado Home Fries

#### Morning Glory

Oatmeal Bar Scrambled Eggs Croissant Breakfast Sandwich Breakfast Burrito Quiche Frittata – GF French Toast Bake

Minimum Order \ \$200 Service Fee | 15% applied to all food and beverage orders Dining Room Availability | M-F mornings until 11 am, afternoon/evening after 3 pm, weekends all day Mezzanine Availability | Every Day All Day Conference Room | Every Day All Day Multi-Purpose Room | Every Day All Day, except Thursdays





## Catering Services 907.776.7654

#### LUNCH

NY Style Deli Buffet | \$14.50 pp Sliced Deli Meats & Cheeses Relish Platter - Tomatoes | Red Onions | Pickles | Lettuce Assorted Sandwich Breads Assorted Chips Deli Salad - Potato | Tortellini | Roasted Vegetables | Caesar Pasta or Soup Du Jour Soda | Iced Tea | Lemonade | La Croix

Lunch Du Jour | \$10 pp See Menu Calendar | Fresh Baked Cookies | Soda | Iced Tea | Lemonade | La Croix

Soup & Salad | \$12 pp Hearty Soup | Mixed Greens | Assorted Salad Toppings | Bread Boules | Fresh Baked Cookies Soda | Iced Tea | Lemonade | La Croix







BINGO Funds are used to support our scholarship program and general funds for needed equipment at NSC.



## Yoga with Katrina at Bella & Beyond

Join us on Wednesdays at 9:30 am for Yoga zoom. You are welcome to come into the center or join from the comfort of your own home. Weekly zoom links will be posted on our Facebook page or give us a call to have the link emailed to you. This is a free activity for all members.

### **Belly Dancing Performance**

Bella & Beyond belly dancers will be performing at the Nikiski Senior Center tentatively August 30, 2021 during lunch (follow us on Facebook for updates).

### <u>LIVE Music on Wednesdays & Thursdays</u>

We are blessed to have very talented members that graciously share their love of music with us. Thank you Nikki & John!

We welcome anyone with a musical gift to play.

### BINGO Season is extended!

Bingo has been so popular that we will be extending the Bingo Season into summer! Please follow us on Facebook for up to date information. Wednesday bingo is scheduled for August 11 & September 8. Saturday bingos will resume in October.

### Come Watch the Races!

Twin City Raceway has been generous to offer free admittance to races throughout the summer for Nikiski Senior Center members. Must present membership card.



## <u>Mandala Painting Class</u>

Mandala is a hit and we are taking names for the next class (date TBD). This class is a commitment for a 9 week class as it is progressive. It is not recommended to miss any classes.



### <u>Kenai Peninsula Fair Field Trip</u>

Join us August 14th for a field trip to the Kenai Peninsula Fair in 'Ninilchik. We will be taking one of the NSC vans. Please call the center to sign up!





WEHAVELIFET OFF! NEW WEBSITELAUNCH

### New Website Available August 1st!

The time has finally arrived. Our new website will be launching August 1st! We look forward to hearing your thoughts about the new design. Remember, the best place to see current events will still be our Facebook page.





WELCOME Come in! we're open!

Nikiski Senior Center offers a variety of activities that engage adults age 50+ to participate in recreational, social, health, educational, and nutritional services. Our staff, volunteers, instructors, and facilitators strive to foster a fun, relaxed atmosphere where lasting friendships form and memories are created.



Our website

will be up and running soon. Completion will be announced via our Facebook page.



All current events are posted on our Facebook page.

#### <u>Salad Bar is Open!!</u>

Due to popular demand... the salad bar will reopen at the NSC for dine in only, effective Monday, August 2, 2021. We have listened to our members suggestions and will have 3 options available for lunch:

Entrée	\$5
Salad Bar	\$5
Combo (Entrée & Salad Bar)	\$8

Lunch Punch Cards are valued at \$5/punch which means if you choose the combo you will need an additional \$3 at lunch.

#### Senior Benefits Program

Alaska residents age 65 and older may qualify for a monthly payment from the Senior Benefits Program. Monthly payments are \$76, \$175, or \$250 depending on your annual income. Applications are available for mail out or pick up from the center.



Do you know a Senior 55 or older needing transportation assistance? Nikiski Senior Center offers FREE transportation through CARTS for Seniors in Nikiski. Call us for details and to register!





#### "Remembering Everyone Deployed" <u>Fridays: Let's Wear Red America</u>

Wearing a specific colored shirt might seem like a trivial act but the meaning behind it is significant. It translates to mean that you are prepared for your day, you recognize that others are playing an active role to allow you to go to work or class with relative peace of mind that you are safe. This movement is focused on our support of the troops, their families and their sacrifices during deployments. With the wearing of red attire on R.E.D. Friday, it is a common and unified acknowledgement of our service members to let them know that we have not forgotten them and we appreciate their sacrifice to our country.

### Nikiski Senior Center Pantry

The NSC pantry is stocked and available to seniors 50 and older who live in the Nikiski Community. Recipients can come by Monday through Friday from 9 am to 2 pm once every 14 days.

### Meals on Wheels

We are now providing Meals on Wheels to our community in the age range of 18 and older receiving Medicaid Waiver Services. This will allow us to care for our community members in need and seniors.

#### **Computer Lab Is Open**

Our computer lab is up and running. Whether you need to use a computer or learn how to use a computer, NSC Staff is here for you. Call to set up an appointment. Lab is open during regular business hours.

#### Laptop check out available

Do you have internet access but not a device to take care of your business? We have laptops available for check out.



*NEW* Food Pantry Hours: Mon-Fri 9 am to 2 pm

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#### Members, come in during your birthday month for a free lunch!

Peter LaBarbera 1-Aug Gerald Browning 1-Aug Robert Spillane 1-Aug Jim Richardson 2-Aug Nikki Turnbull 5-Aug Mary Carew 7-Aug Roberta Ivanoff 7-Aug Joe Thirlwell 8-Aug Phyllis Therriault 9-Aug Patty Herrick 9-Aug Steve Martin 9-Aug Don Waldrop 9-Aug Elizabeth Allen 11-Aug James Hoover 11-Aug Cindy LaChapelle 11-Aug

James Trail 11-Aug **Diana Summers** 17-Aug Hilda Spires 17-Aug **Bonita Miller** 18-Aug Joyce Endsley 20-Aug Bonnie Porter 22-Aug Janice Wilsack 22-Aug John Davis 23-Aug Kathy Wolf 23-Aug Wes Tofte 24-Aug Patricia Lee 25-Aug Gene Wheeler 25-Aug Margaret Simon 26-Aug Forrest Eddy 26-Aug James Davidson 26-Aug Gladys Geertz 27-Aug



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Fri	<b>6</b> Turkey Ranch Wrap Tater Tots
Thu	5* Grilled Lemon Cod Brown Rice
Wed	4 Fried Chicken Mashed Potatoes
Tue	3 Marinated Flank Steak Fried Rice
Mon	2 Chicken Florentine Egg Noodles
	Tue Wed Thu

CALENDAR					•
Mon	Tue	Wed	Thu	Fri	Sat
2 Chicken Florentine Egg Noodles Homemade Rolls Steamed Broccoli	<b>3</b> Marinated Flank Steak Fried Rice Stir Fried Veggies	4 Fried Chicken Mashed Potatoes Zoom Yoga 9:30 am Crafts 12:30-3 pm Mandala Class 1-2 pm	5* Grilled Lemon Cod Brown Rice Buttered Peas <i>Pinochle 12:30-4 pm</i>	<b>6</b> Turkey Ranch Wrap Tater Tots	7 Cribbage 1-5 pm
<b>9</b> Country Omelet Hashbrowns English Muffins	10 Roast Pork Loin w/Bearnaise Sauce Roasted Red Potatoes Green Beans Rolls	11 Fried Chicken Mashed Potatoes Zoom Yoga 9:30 am Crafts 12:30-3 pm Mandala Closs 1-2 pm Bingo 6-9 pm	12* Smoked Salmon Fettuccini Garlic Bread <i>Pinochle 12:30-4 pm</i>	13 Mushroom Swiss Burgers Onion Rings	14 Cribbage 1-5 pm
<b>16</b> Chicken Fried Steak Scallop Potatoes Wilted Spinach w/Bacon	17 Beef Stew Fresh Dinner Rolls	18 Fried Chicken Mashed Potatoes Broccoli Normandy Zoom Yoga 9:30 am Crafts 12:30-3 pm Mandala Class 1-2 pm	<b>19</b> Stuffed Bell Peppers Red Rice Corn	<b>20*</b> Fish Sandwich Fries Clam Chowder	21 Cribbage 1-5 pm
23 Stuffed French Toast w/Strawberries Bacon/Sausage	<b>24</b> Chicken Enchiladas Spanish Rice Beans	25 Fried Chicken Mashed Potatoes Zoom Yoga 9:30 am Crafts 12:30-3 pm Mandala Class 1-2 pm	26 Mongolian Beef Sticky Rice Egg Rolls Stir Fried Veggies	27 Philly Steak & Cheese Onion Rings	28 Cribbage 1-5 pm
<b>30</b> Eggs Benedict Hashbrowns French Toast Sticks	31* Baked Snapper Wild Rice	* Fish Days subje	ct to change due to	Fish Days subject to change due to availability (8/5, 8/12, 8/20 & 8/31)	12, 8/20 & 8/31)

# <u>Activity Highlights</u>

- Lunch drive through 11:30 am (order by 10 am)
- Yoga: Wednesday 9:30-10:30 am, in person or remote delivery
- Crafts/Coloring: Wednesdays 12:30-3 pm
- Mandala Painting Class: Wednesdays 1-2pm (*must sign up at office*)
- Pinochle: Thursdays 12:30-4 pm
- Cribbage: Saturdays 1-5 pm
- BINGO: Wednesday, 8/11/21 @ 6 pm (doors open at 5 pm)
- NSC Board Meeting: Wednesday 8/18/21 @ 1 pm











PLEASE PLACE STAMP HERE

To: