



DIRECTOR'S MESSAGE

Daylight is back and the snow is receding. What a joy to have Spring in the air! It seems like everyone is ready for some fresh air and sunshine.

We have officially been open for one year since our pandemic closure. Our employees continue to serve seniors and community members their drinks, salad bar, and lunch. We do not allow food potluck style during activities. We encourage all persons to use hand sanitizer before going through the food lines. We disinfect after every activity and deep clean every evening. Understand that these precautions are what have made it possible for us to continue to keep the center open. Staff serving also helps us with portion control. As you know, grocery costs continue to rise. The Board of Directors chose to keep our daily congregate meal at \$5 to continue supporting our community and in response to financial burden during the pandemic. Please be kind and patient with our staff as they follow the direction I lead them in.

Exciting news! Nikiski Senior Center will be receiving a facelift in the near future. Look forward to new carpeting and flooring throughout the center.

Sasha



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



All current events are
posted on our Facebook
page.



Board Meeting

Senior Center Board

Meetings

@ 1:00pm

April 20

May 18

June 15

July 20

August 17

September 21

October 19

November 16

December 21

YOUR VOICE
MATTERS

visit our
website!

www.NikiskiSeniorCenter.org

Sincere Condolences

TO THE FAMILY & FRIENDS OF

CAROL LEEPER

&

BETTY ANN KIRSCHNER



Reservations are required for the free Easter Brunch on Sunday, April 10, 2022. We will have two time slots available for arrival—either 11 am or 12:30 pm. Please call (907)776-7654 to reserve your seat!

WEEKLY ACTIVITIES

NOW IS THE TIME TO TRY SOMETHING NEW



Silver & Fit with Teri

Chair exercises modified to your level.

Mondays 10-11 am

Thursday 1-2 pm

Yoga with Katrina at Bella & Beyond

Join us on **Wednesdays at 9:30-10:30 am** for Yoga zoom. This is a free activity for all members.



Coloring & Crafts

Wednesdays 12:30-3 pm

Coloring Club and Crafting downstairs.

Bible Study

Enjoy lunch with friends and then a friendly bible study upstairs from **1-2 pm on Thursdays**. For more information please call John Heft 776-2109.



Pinochle

Thursdays 12:30-4 pm pinochle players enjoy snacks and cards with great company.

Cribbage

Looking for new recruits! **1-5 pm on Saturdays**.





FRIDAY

MOVIE NIGHT

AT THE NIKISKI SENIOR CENTER

4/8/22 & 4/22/22

FROM 4-7 PM

MEMBERS ARE FREE

\$10 FOR EVERYONE ELSE

(SODA & POPCORN PROVIDED)



4/8/22 MOVIE

theultimatgift



4/22/22 MOVIE

NEW RELEASE

**TO BE ANNOUNCED
AT A LATER DATE
ON FACEBOOK**



Saturday

4/2/22 & 4/16/22

at the

Nikiski Senior Center

6-9 PM (doors open 5 pm)



***You do not need to be a NSC member to play.
Please call (907)776-7654 if you have questions.**



**Kenai Peninsula Family
Caregiver Support Program**

@KPFCSPP - Nonprofit organization

*Trivia
and
Prizes!*

**KPFCSPP WILL BE AT THE NSC ON WEDNESDAY, APRIL 27TH:
THERE WILL BE A DOCUMENTARY FILM ABOUT BABY BOOMERS
CARING FOR PARENTS LIVING WITH ALZHEIMER'S FROM 1-2 PM,
FOLLOWED BY A CAREGIVER SUPPORT MEETING FROM 2-3 PM.
THERE WILL BE TRIVIA AND PRIZES!**

Thank you Adult Protective Services for donating
cleaning supplies to NSC members! Please call
(907)776-7654 to receive yours while supplies last!

FREE



**BEAT THE IRS
CASH RAFFLE**



1ST PRIZE - \$500

2ND PRIZE - \$250

3RD PRIZE - \$100

TICKETS ARE \$10

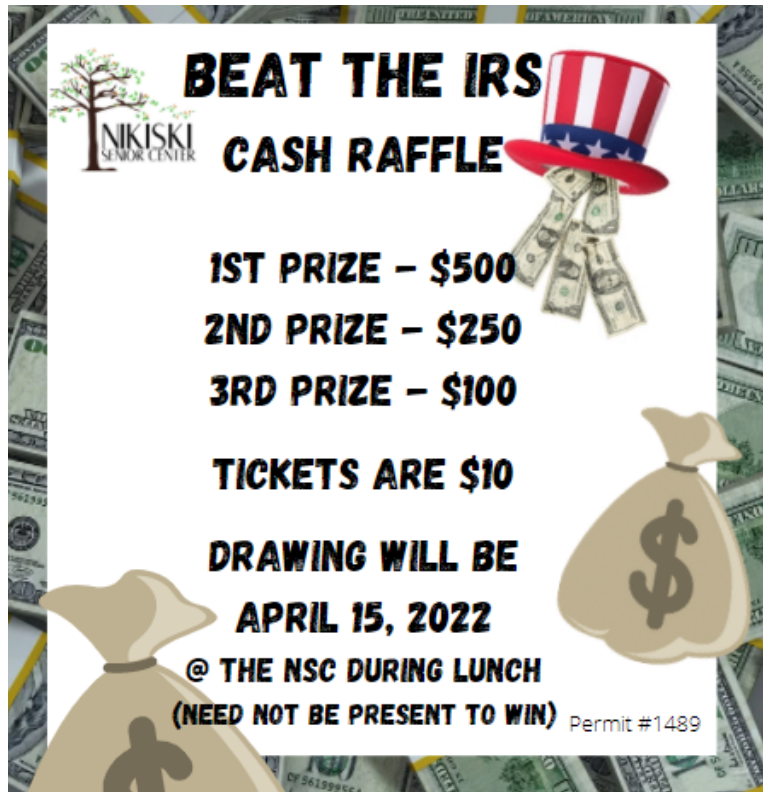
DRAWING WILL BE

APRIL 15, 2022

@ THE NSC DURING LUNCH

(NEED NOT BE PRESENT TO WIN)

Permit #1489





**NSC HAS SOME
TALENTED MEMBERS!**

Call Tina at 907.513.2997 if you'd like to place an order for one of her stylish winter accessories! Great gifts for birthdays, baby showers or any special day!



Ceramic Tiles Needed!

If you have any extra 3x3 up to 12x12 tiles lying around, Laurajean would love to use them in the Craft Room!

APRIL WEDNESDAY CRAFTS

- 1) 4/6/22 - EASTER EGG WREATH**
- 2) 4/13/22 - PICKET FENCE PLACEMAT**
- 3) 4/20/22 - HANGING MINI BIRD HOUSE**
- 4) 4/27/22 - HERB GARDEN**

CALL 776-7654 TO SIGN UP



1



2



3



4



COMING SOON

Nail Care!

Details will be posted on
Facebook
when finalized!



Pantry Hours:
Mon-Fri
9 am to 2 pm



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.

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.

Nikiski Senior Center or Service Area Boards

We are always recruiting for caring individuals that truly want to play a vested roll in their senior community. Once a month or quarterly meetings are required. Join us today and make a difference.

Silver Squad

Provide companionship, a warm heart, and a friendly conversation to help support our seniors as they isolate at home. These calls or visits provide emotional support, safety check-ins, and a connection to our senior community.

Helping Hands

Looking for men and women with basic home repair skills to help seniors and the disabled to live in the comfort and safety of their own home.

**Find out how you can pay it forward and
become a volunteer!**

776.7654

* All volunteers must be able to pass a background check.





Book Your Party Today!
Nikiski Senior Center can help with your catering needs. Call (907)776-7654 for details and pricing.



Freezer Meal

"Primal Goodness" is the Meal Selection for April.

Includes: (1) Adobo Steak Tips (2) Mediterranean Roasted Vegetables & Chicken (3) Opa! Sausage & Peppers (4) Garlic Grilled Fish (5) Sautéed Shrimp with Spinach Salad (6) Hickory Adobo Chicken (7) Mediterranean Country-Style Ribs (8) Greek Flank Steak (9) Latin Lettuce Wraps (10) Salisbury Steak with Gravy

dinner's done FREEZER MEALS WORKSHOP

Imagine:

- No nightly dinner prep/cleanup
- Better grocery budgeting
- Healthier eating habits

+ 2 hours
+ fresh ingredients

10 MEALS FOR A FAMILY OF 5
20 MEALS FOR A FAMILY OF 2



Next Workshop April 12, 2022 from 4-7 pm

Join us for our Freezer Meal Workshop. Ingredients and supplies provided. Call 776-7654 to sign up today. **The cost is \$150**



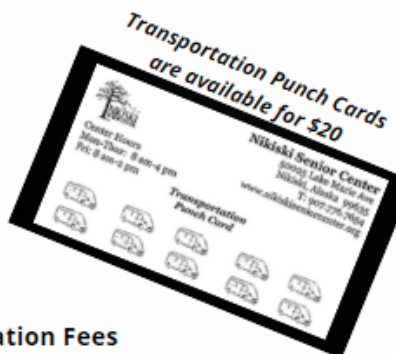
TRANSPORTATION

All Transportation

- Requires 24 hour notice
- Must be 55+
- Masks are required at all times while in vehicle

Free Rides to/from NSC!

We are now offering Free roundtrip transportation to the Nikiski Senior Center for lunch and activities offered M-F during normal business hours!
Boundaries are South Miller to Captain Cook



Other One-Way Transportation Fees

- Nikiski - Nikiski... 1 punch (\$2)
- Nikiski - Kenai... 2 punches (\$4)
- Nikiski - K-Beach... 3 punches (\$6)
- Nikiski - Soldotna... 3 punches (\$6)
- Extra Stop(s)... 1 punch each (\$2)

Call 907.776.7654 for more information



Kelly's Corner

Sour Cream Banana Bread

- 1/2 cup sour cream
- 4 ripe bananas
- 1 cup sugar
- 3/4 cup softened butter
- 1 tsp vanilla extract
- 1 tsp banana extract
- 2 1/4 cup flour
- 2 tsp salt
- 1 tsp baking soda
- 2 tsp cinnamon
- 1/2 cup chopped walnuts (optional)

Mix all ingredients together. Pour into greased loaf pans about 2/3 from top & bake at 325 degrees for about 40 minutes. Test with tooth pick. Let cool 20 minutes and then gently take bread out of loaf pan and let cool on parchment paper.

Happy Birthday

4/1	Peggy Emond	4/8	Glenn Tauriainen	4/15	Bill Kanour
4/1	Debra Brown	4/8	Michael DenBoer	4/16	Don Bakk
4/1	Jackie Rae Porter	4/9	Tina O'Ney	4/16	Vincent Strahmann
4/2	Paula Maier	4/10	Sheran Warren	4/22	Rosi Johnson
4/2	Sue Tauriainen	4/10	Deb Denton	4/23	Mike Taylor
4/5	Annette O'Connell	4/10	Richard Walker	4/24	Richard Johnson
4/5	Deanna Beauchamp	4/12	Kathleen Rogerson	4/24	Jesse Lobdell
4/6	David Sullins	4/13	Alice Uhlin	4/26	Ann Sivetsen
4/7	Betty Ann Kirschner	4/14	Joanne Hardesty	4/28	Claudia Jackman
4/7	Lois Solmonson	4/14	Venetia Nortrup	4/29	Myrna Dyer
4/7	Carol Ernst	4/15	Jim Burris	4/30	Dale Schmoll

F O N A O U R E N H C S R I K N X I N P W J D B A E Q N E B Y S A R B E D R H H
 Z A G B R S R O N D X M E M Y S Q Y W U F C L G D Q M V R S X U L F S M A Q I X
 Z V Q R K S T Z L O K Q S R O Y A W L K W V L B A K K O C P Z W F Y E V A L H D
 Y G L L N N E T U V S S L N U L N E H M N X I V G S W Y Y E K G A B P U Z P G P
 S E H B E J O N Q Q Q R B R P Z J P G M U D B Z C N E Z P E A T C I Y X W E H L
 V C U D N R D M Y T M M E T E K I E T J E U F E K S W A I W L G A E Z O M T P S
 A Y Y X F E B Y N W U O Q G M T S U S N B L Q C E U Y H F Z E N N A O J Y N U J
 E E E O F N Y R H A R O X N O G R M B Q T I Q I I N H K Y V H O D H C U D Y A T
 S I R R U B Z N X G M J A R Z R O O Q K E A C L I Y B L Z C S Q C C I Z S A S I
 X L T W U N W A B R E K H J V C E R P B L J E A O M M F E U O S M N C D N A F A
 H A Z Z F P U Z W G A H C A L R G O V J D D S M A E P U X E A B T H X T O B A X
 N K I E J Q K W C J S X G A B F V H O R M E S E R E R Z O B K T N P J K G V A E
 Q A T D D U D D Y M R V U K J P A A G A J O E O H T Q R H U N W H Y B B F C R Y
 W H R X H E I A O C M D G I B Z D K G T O C J Q K N U N N E X E W T J B A Y Z T
 K K O E Y O Y E R B I U I Y V M S E A C D O C C I O B W C R Y L V O T E G J M T
 K A K Z Y Y G E B A T K W I G I Z I B K X G U A N Y Q N O O Q B P X F A D N Y E
 U H L I N H W A R R E N Z Q Z T M Y H I N I S A L V I O I A Z W S U A U N M I B
 I R N R I M I K E B V E D V X E O W N S T W K I N V G S N N K W Z A N C Y M T U
 W O B V O Z Z R J R M Y I F X M R X I T C V V T N V H N F F K L D U E H N O Z N
 D R A H C I R G S F A H L K X J K Y R E L P A A S Y A H Y C Z T H H S A A L J G
 L T J R X X B M W D I F L B C Q D N Z F U Y W U I E Q O L C O G L J T M B X L D
 E B Q P S D O J Q H E P W H O A X Y V O S P L R D T O J J Q U N V N E P D H M B
 A K H E P U Q D Y E R O B Q C A J U Z O G L P I E E W J H E D R A V L I N X S
 H K H M G Y V T R M Y S A N O D S Z E T I K Q A B D O N R Y Y C R I I J I S C P
 C Q D M A X Y V F O I G P Z N U A A C N B M J I Z X C H E O R I Z C S I M W A K
 I Q D B V U R R U N J B I O N G N P S L V J T N Z N A P Z V B I G R R O U Q P M
 M E A F Y Q K C U D B B M S E M N D L W R J X E W R N N A M H A R T S O R G W U
 V R C T G T G G Z J S E K V L G Z O C F L A G N D O F Q J U B O Y D M N F T Q I
 J A U G G L E H P L Q U Y O L T M Q L T U O P E D L D H J I L U X D L K H X P K
 O P L E E Q K E L T Q Y F P Q H L M E D K X S A A Y B I Z F T A Q R R X Y B C V
 V O T N P O O X O N J D T Z C I P T D J C T K Y N A V H I P K E E X L O D O W Z
 D M N O S N O M L O S L J S O B K E W P Y W R Z F T W G K Y E K D T C A N V Q L
 V B M K R G M V R J O E U D G J L Y X W N T C J F P K A T H L E E N S H W F Q H
 S V M J N H N Y D B T J S G D M C L S K Z A C R F S H E R A N U L J T D E I F Y
 A R O S J O C Q D R I F X D V I G N H V N E G B J A F E W Y E T K C L A E N D A
 M G R P T C G E Z M N Y I J D V P O U N C M P X Q N W G I E L A D E V V H P O Y
 O F S J W F L W K N A E R N S T P I E C A P F K V I B H C L M I V P V I E V D H
 A W Y L B L W G Z Q G K V A X C E T S E R B D X S B V L I Z U C P N Z D X R Z P
 W B E C M V E X L V R J B N O R T R U P O W G Q O R H L Z I Z C G P C I H V L L
 M M H C J B M K K Q Q S I O L E N S Z B L V Z W L N K I F S H Q Q O D D C I J B

PEGGY	HARDESTY
EMOND	VENETIA
DEBRA	NORTRUP
BROWN	JIM
JACKIE	BURRIS
RAE	BILL
PORTER	KANOUR
PAULA	DON
MAIER	BAKK
SUE	VINCENT
TAURIAINEN	STRAHMANN
ANNETTE	ROSI
O'CONNELL	JOHNSON
DEANNA	MIKE
BEAUCHAMP	TAYLOR
DAVID	JESSE
SULLINS	LOBDELL
BETTY	SIVETSEN
ANN	CLAUDIA
KIRSCHNER	JACKMAN
LOIS	MYRNA
SOLMONSON	DYER
CAROL	DALE
ERNST	SCHMOLL
GLENN	
MICHAEL	
DENBOER	
TINA	
ONEY	
SHERAN	
WARREN	
DEB	
DENTON	
RICHARD	
WALKER	
KATHLEEN	
ROGERSON	
ALICE	
UHLIN	
JOANNE	

NIKISKI SENIOR CENTER

Lunch Menu


April 2022



ENTREE \$5

SALAD \$5

ENTRÉE & SALAD \$8

Mon	Tue	Wed	Thu	Fri
EASTER BRUNCH April 10, 2022 11 AM—2 PM (FREE) Please call 907.776.7654 to RSVP *limited seating*				
4 Chicken Florentine with Pasta Garlic Bread Veggies & Dessert	5 Roast Pork With Wild Rice & Mushrooms Veggies & Dessert	6 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	7 Beef Tips over Egg Noodles Rolls Veggies & Dessert	8 Teriyaki Chicken Sandwich French Fries Ice Cream Sundae
11 Roast Chicken Roasted Red Potatoes Veggies & Dessert	12 Shepherds Pie Veggies & Dessert	13 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	14 Sautéed Kielbasa w/ Cheese Tortellini & Béarnaise Sauce Garlic Bread Veggies & Dessert	15 Chili Dogs Onion Rings Root beer Float
18 Stuffed Cornish Game Hens Wild Rice Veggies & Dessert	19 Meat Loaf Au Gratin Potatoes Veggies & Dessert	20 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	21 Chuck Wagon Steak Rice Pilaf, Gravy Veggies & Dessert	22 BBQ Chicken Sandwich Mac & Cheese Shakes
25 Scrambled Eggs Biscuits & Gravy Corn Beef Hash	26 Fish & Chips Veggies & Dessert	27 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	28 Hungarian Goulash Dinner Rolls Green Beans Dessert	29 Jeri's Specialty Home Made Pizza Veggies & Dessert



ALL AGES CAN EAT AT THE NIKISKI SENIOR CENTER!

Please call 776-7654 by 10 am to order a lunch for pick-up

Pick-up time 11:30 am

Salad Bar opens at 11:30 am & Entrée is served at 12 pm

Friday Entrée is served at 11:30 (no salad bar)

Activity Highlights

- Lunch drive through 11:30 am (please order by 10 am)
- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Yoga: **Wednesdays** 9:30-10:30 am, in person or remote delivery
- Crafts & Coloring Club: **Wednesdays** 12:30-3 pm
- Pinochle: **Thursdays** 12:30-4 pm
- Bible Study: **Thursdays** 1-2 pm
- Cribbage: **Saturdays** 1-5 pm
- Movie Night: **Fridays** 4/8/22 & 4/22/22 from 4-7 pm
- Easter Brunch (FREE): **Sunday** 4/10/22 from 11am-2 pm (**call for reservation**)
- Freezer Meal Workshop: **Tuesday** 4/12/22 from 4-7 pm (**call for reservation**)
- NSC Board Meeting: **Wednesday** 4/20/22 @ 1 pm
- NPRCC Board Meeting: **Wednesday** 4/27/22 @ 4 pm
- BINGO: **Saturdays** 4/2/22 & 4/16/22 from 6-9 pm (doors open at 5 pm)
- Kenai Peninsula Family Caregiver Support Program (KPFCSP) will be at NSC Wednesday, 4/27/22 from 1-2 pm ***“Backing Out of Time”*** documentary film & caregiver support meeting to follow from 2-3 pm (there will be trivia & prizes)

Nikiski Senior Center
P.O. Box 6973
Nikiski, AK 99635

Phone: 907-776-7654
Fax: 907-776-7632



PLEASE
PLACE
STAMP
HERE

To: