



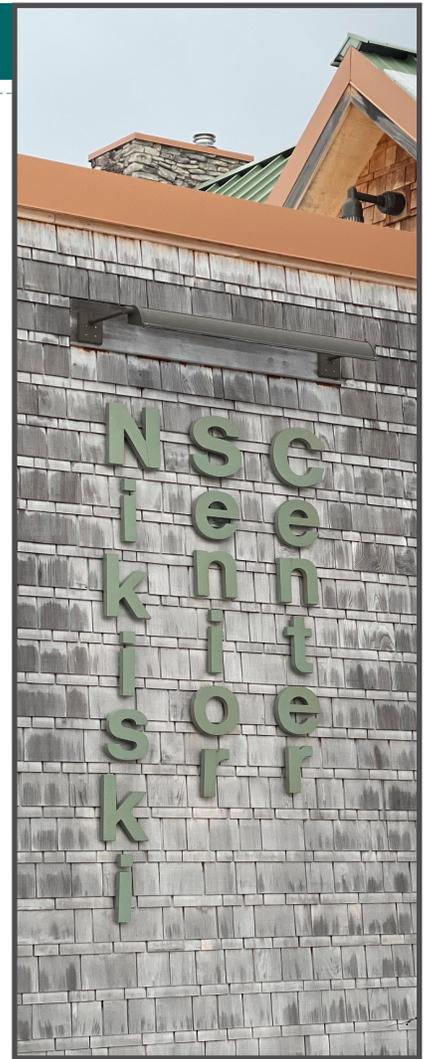
# NIKISKI SENIOR CENTER

## DIRECTOR'S MESSAGE

We are wrapping up the month of February. I am excited to report we have accomplished implementation of “Silver and Fit” with Teri Langston. This class was one of many goals and objectives on our list for 2022. It has been well attended and seniors are raving “The Instructor is great! She is knowledgeable, encouraging, and recognizes individuals limits”. Connie Rhodes. Next will be the launch of our monthly Diabetic Nail Care service. We have been collaborating with two local nurses to make this service possible. I am always impressed when professionals take the time to volunteer, what a blessing.

Have you noticed our new Board of Directors spending more time with us at the center? I encourage seniors and community members to take the time to get to know your new Board, another group of people volunteering their time to make a difference in our senior community. Thank you.

*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.

**WHAT: PAINT & SIP**  
**WHERE: NIKISKI SENIOR CENTER**  
**WHEN: SATURDAY, MARCH 26, 2022 FROM 1-4 PM**  
**PRICE: \$35/PERSON**



**Only 20 seats available!**

*Please call  
(907)776-7654 to reserve your spot.*

**ANYONE CAN PAINT WITH THE HELP OF  
“EASY AS DIY”!**



**LIVE Music on Wednesdays**

Thank you Nikki for continuously blessing us with your talent. We welcome anyone with a musical gift to play.



**YOUR VOICE  
MATTERS**

**visit our  
website!**

[www.NikiskiSeniorCenter.org](http://www.NikiskiSeniorCenter.org)

**Board  
Meeting**

**Senior Center Board**

**Meetings**

@ 1:00pm

March 16

April 20

May 18

June 15

July 20

# WEEKLY ACTIVITIES



## Silver & Fit with Teri

Start your week out with Silver & Fit!  
Chair exercises modified to your level.  
Mondays 10:30-11:30 am

## 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 after lunch we have our Coloring  
Club and Crafting downstairs from 12:30-3pm

## 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 after lunch from 12:30-4 pm pinochle  
players enjoy snacks and cards with great company.

## Cribbage

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

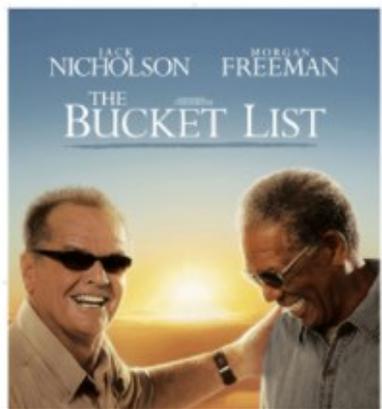


*NOW IS THE TIME TO TRY SOMETHING NEW*

**new TIME** **FRIDAY**

**MOVIE NIGHT**

AT THE NIKISKI SENIOR CENTER  
 MARCH 4, 2022  
 FROM 4-7 PM  
 MEMBERS ARE FREE  
 \$10 FOR EVERYONE ELSE  
 (SODA & POPCORN PROVIDED)



**BINGO**

**Saturday**  
**3/19/22**

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.*



**Sunday Brunch**  
 at the *Join Us!*  
**Nikiski Senior Center**

**March 13, 2022**  
**11 am - 2 pm**

**\$10/person (cash or check)**  
*Kids 10 & under are \$5 ea*  
 Reservations are appreciated

*This is a "brunch",  
 NOT an all you can eat buffet.  
 Thank you for understanding.*

**MENU**

Sausage & Mushroom Quiche, Cinnamon Apple  
 Pancakes, Home Fries, Lemon Pepper Chicken Breast,  
 Bacon, Sausage, Oatmeal, Fruit & Pastry Bar



**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



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! Prices range from \$30-\$60.



## March Crafts

**March 2 & 9**

**March 16 & 23**

**March 30**



**COMING SOON**

## **Nail Care!**

Details will be posted on Facebook when finalized!



**1st day of Spring  
March 20, 2022**



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.



## 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 March 8, 2022 from 4-7 pm**

Join us for our monthly Freezer Meal Workshops. Ingredients and supplies provided. Menu changes monthly. Call 776-7654 to sign up today.

**The cost is \$150**

**Freezer Meal**  
 "Primal Goodness" is the Meal Selection for March.

Includes: Adobo Steak Tips, Mediterranean Roasted Vegetables & Chicken, Opa! Sausage & Peppers, Garlic Grilled Fish, Sautéed Shrimp with Spinach Salad, Hickory Adobo Chicken, Mediterranean Country-Style Ribs, Greek Flank Steak, Latin Lettuce Wraps, Salisbury Steak with Gravy



## TRANSPORTATION

### All Transportation

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

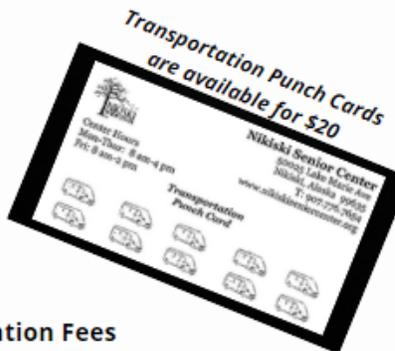
### Free Rides to/from NSC!

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**



**On St. Patrick's Day I pretend to be Irish, just like on Christmas I pretend to be good.**

## 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!

## Kelly's Corner Coconut Macaroons

Mix together:

- 5 3/4 cup coconut
- 1 tsp vanilla extract
- 1 tsp coconut extract
- 1 tsp almond extract
- 1 can Eagle sweet condensed milk

Using ice cream scooper, put scoopfuls of mixture onto parchment paper lined cookie sheet and bake at 350 degrees for 8 minutes or until done.



- 3/2 Dan Gordon
- 3/3 Frankie DeRossitt
- 3/4 Becky Ogren
- 3/5 Ouida Parker
- 3/5 Patty Hert
- 3/6 Maralee Hoover
- 3/7 Tom Trueax
- 3/10 Shelly Niblack
- 3/12 Mim Tauriainen
- 3/13 Leon Marcinkowski

- 3/16 Carol Leeper
- 3/17 Jon Harman
- 3/17 Carol Joy
- 3/18 Lawrence Croft
- 3/18 Donna Ruth Weaver
- 3/19 Alan Bute
- 3/20 Denise Sullins
- 3/20 Nadine Gabbett
- 3/21 Diana White
- 3/23 Suzette Huber

- 3/24 James Decker
- 3/25 Lisa Baird
- 3/26 Katherine Juliussen
- 3/26 Martin Vandenburg
- 3/28 Sam Hodena
- 3/29 Carrie Anderson
- 3/29 Helen Ogle
- 3/30 Bernie Titera
- 3/30 Mickey Bowen



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

DAN	ALAN
GORDON	BUTE
FRANKIE	DENISE
DEROSSITT	SULLINS
BECKY	NADINE
OGREN	GABBETT
OUIDA	DIANA
PARKER	WHITE
PATTY	SUZETTE
HERT	HUBER
MARALEE	JAMES
HOOVER	DECKER
TOM	LISA
TRUEAX	BAIRD
SHELLY	KATHERINE
NIBLACK	JULIUSSEN
MIM	MARTIN
TAURIAINEN	VANDEBURGH
LEON	SAM
MARCINKOWSKI	HODENA
CAROL	CARRIE
LEEPER	ANDERSON
JON	HELEN
HARMAN	OGLE
JOY	BERNIE
LAWRENCE	TITERA
CROFT	MICKEY
DONNA	BOWEN
RUTH	
WEAVER	

# NIKISKI SENIOR CENTER

## Lunch Menu

March 2022



ENTREE \$5

SALAD \$5

ENTRÉE & SALAD \$8

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

Mon	Tue	Wed	Thu	Fri
	1 Jambalaya Red Beans & Rice Dessert 	2 Fried Chicken Mashed Potatoes Veggies & Dessert	3 Chicken Enchiladas Beef Burritos Beans & Spanish Rice	4 Halibut Sandwich Fries Dessert
7 Bacon Wrapped Stuffed Pork Loin Spinach & Mushrooms Au gratin Potatoes Dessert	8 Thai Pork with Peanut Sauce Pepper & Snow Peas Veggies & Dessert	9 Fried Chicken Mashed Potatoes Veggies & Dessert	10 BBQ Pork Ribs Baked Beans Veggies & Dessert	11 Cheeseburgers French Fries Dessert
14 Philly Cheese Steak Onion Rings Veggies & Dessert	15 Beef Pot Roast Veggies & Dessert	16 Fried Chicken Mashed Potatoes Veggies & Dessert	17 Corned Beef & Cabbage Veggies & Dessert 	18 Grilled Turkey Avocado Bacon Melt Tater Tots Dessert
21 Smothered Pork Chops Scallop Potatoes Veggies & Dessert	22 Fish & Chips Veggies & Dessert	23 Fried Chicken Mashed Potatoes Veggies & Dessert	24 Chicken Fettuccini Alfredo Garlic Bread Veggies & Dessert	25 French Dip French Fries Dessert
28 Biscuits & Gravy Eggs Benedict Home Fries Cinnamon Rolls	29 Chicken Fried Steak Roasted Red Potatoes Veggies & Dessert	30 Fried Chicken Mashed Potatoes Veggies & Dessert	31 Teriyaki Chicken on the grill Rice Veggies & Dessert	

### **SUNDAY BRUNCH**

March 13, 2022 11 AM—2 PM  
\$10 pp (Kids 10 & under \$5 ea)

**(DAYLIGHT SAVINGS—  
SET CLOCKS FORWARD!)**

**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 will remain 11:30 am**

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

**My favorite exercise is a cross between a lunge and a crunch...  
I call it lunch**

## **Activity Highlights**

- Lunch drive through 11:30 am (please attempt to order by 10 am)
- **NEW** Silver & Fit: Mondays 10:30-11:30 am
- 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: Friday, 3/4/22 from 4-7 pm
- Freezer Meal Workshop: Tuesday, 3/8/22 from 4-7 pm
- Daylight Savings—Spring Forward 1 hour! 3/13/22
- Sunday Brunch: 3/13/22 from 11am-2 pm
- NSC Board Meeting: Wednesday 3/16/22 @ 1 pm
- BINGO: Saturday, 3/19/22 from 6-9 pm (doors open at 5 pm)
- Paint & Sip: Saturday, 3/26/22 from 1-4 pm (\$35 fee, please reserve spot)

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: