



DIRECTOR'S MESSAGE

Sunshine Makes Me Happy!



Our staff has been busy scheduling fun field trips for the summer. We hope you get involved in the many activities we are planning.

Thank you to those who have taken the time to leave feedback in our Suggestion Box. We appreciate hearing from you. With this month's lineup of activities and menu items, you will see we listen.

Keep the great ideas coming!

We are actively recruiting for a part-time dishwasher for June while Carol Joy takes some time off to spend with family. Please call or see me if you are interested or have questions.

Sasha

Father's Day

June 19, 2022



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

**visit our
website!**

www.NikiskiSeniorCenter.org



All current events are
posted on our Facebook
page.



Senior Center Board Meetings

@ 12:30 pm

June 15
July 20
August 17
September 21
October 19
November 16
December 21

YOUR VOICE MATTERS



GRANTS

Awarded in the Month of May

\$47,948 from State of AK DOT for Transit Van

\$1,260 from Kenai Peninsula Foundation for Health & Wellness Equipment

\$2,634 from AK Community Foundation for Board of Director Training

JUNE WEDNESDAY CRAFTS

1) 6/1/22 – DREAM CATCHER
2) 6/8/22 – TIN CAN – SMASH OR NOT
3-5) 6/15/22, 6/22/22, 6/29/22 (CHOOSE 1 OR 2):
PATRIOTIC WINDSOCK, WREATH OR PLANTER BOX

CALL 776-7654 TO SIGN UP

1

2

3

4

5

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

Walk with Teri

NSC Walking Club meets at NSC lobby
& will walk outside the facility.

Wednesdays 10-10:30 am

Saturdays 1-1:30 pm



Please bring:

- ◆ Good Walking Shoes
- ◆ Water Bottle
- ◆ Walking Stick (if needed)
- ◆ Smiles
- ◆ Well behaved dogs welcomed on leashes



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

JUNE 17, 2022

FROM 4-7 PM

MEMBERS - FREE

NON-MEMBERS - \$10

(SODA & POPCORN PROVIDED)



**Stay
tuned**

**MOVIE CHOICE WILL BE
REVEALED ON FACEBOOK**

BINGO

Saturday

June 11, 2022

at the

Nikiski Senior Center

6-9 PM (doors open 5 pm)



PRIZES



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

***This field trip is fully booked.
Follow us on Facebook for more
upcoming fun summer trips!***

Resurrection Bay Tour

**HAVE YOU ALWAYS WANTED A BOAT TOUR?
ENJOY 100 MILES OF TRUE ALASKAN WILDLIFE
WHILE TRAVELING IN A VESSEL BUILT FOR
COMFORT. INCLUDES A DELICIOUS LUNCH AT THE
FOX ISLAND LODGE.**

RSVP ASAP!!

TRIP INFORMATION:

TUESDAY, JUNE 21, 2022

NOON- 5PM

\$65/PERSON (MUST PREPAY BY JUNE 1ST)

R/T TRANSPORTATION PROVIDED NSC-SEWARD

(MEET @ NSC BY 8AM)

CALL (907)776-7654 FOR DETAILS

**ONLY 15
SEATS
AVAILABLE!**



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**



**THURSDAY
JUNE 9, 2022
4-7 PM**

LIMITED SEATING

CALL (907)776-7654 TO RESERVE YOUR SPOT

COST IS \$175

Anyone is welcome to attend workshop!

"GET YOUR GRILL ON" MENU FOR JUNE WORKSHOP

- (1) ASIAN GINGER BEEF TIPS WITH SPICY SLAW
- (2) HERB GRILLED CHICKEN & FIRE ROASTED VEGETABLES
- (3) AGAVE BBQ COUNTRY RIBS
- (4) CHEDDAR & GARLIC TURKEY SLIDERS
- (5) SAVORY GRILLED FISH
- (6) RODEO BLUE CHEESE BURGERS WITH GRILLED ONION STRINGS
- (7) HERB GRILLED SHRIMP SKEWERS WITH ANGEL HAIR PASTA
- (8) HICKORY GRILLED RODEO CHICKEN
- (9) RANCHER GRILLED STEAKS WITH BLUE CHEESE CROWNS
- (10) GRILLED ASIAN GINGER CHICKEN SKEWERS



NMHS "ALADDIN" PERFORMED DURING LUNCH

**CAROL JOY &
WAYNE P.
ENJOYING
TOE NAIL CLINIC**



WALKING CLUB



4 GENERATIONS AT MOTHER'S DAY LUNCH

BAKLAVA WITH HALA



CINCO DE MAYO PINATA



**Kenai Peninsula Fair
in Ninilchik
is coming soon!
NSC will be providing
transportation on
Friday 8/12/22 . Stay
tuned for details!**



Come and learn how to
make **Russian Pelmeni**
Dumplings with Tina

**June 16th at
1:00pm**

Supplies provided
Free for members

Pantry Hours:



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.



QUILT DONATIONS NEEDED!

We are still accepting new or gently used quilts/blankets for a Bingo Fundraiser yet to be scheduled.
Thank You!

**NIKISKI SENIOR CENTER IS NOW OFFERING ACCOMMODATIONS
FOR ZOOM APPOINTMENTS**

**STATE ASSESSMENTS FOR WAIVER SERVICES
VISIT WITH A FAMILY OR FRIEND
DOCTOR APPOINTMENTS (NOT INCLUDING ILLNESSES WITH
COLD OR COVID SYMPTOMS)**

CALL NSC TO SCHEDULE AT 776.7654



SENIOR NAIL CARE

TUESDAY JUNE 14TH

10AM-2:30PM

LIMITED SPACE

PLEASE CALL FOR APPOINTMENT

(NO WALK-INS)

907.776.7654



DRINK STATION

ENJOY COFFEE/JUICE & A DANISH

BRING A FRIEND!

MONDAY-FRIDAY

DURING REGULAR BUSINESS HOURS

(DONATIONS APPRECIATED)



Happy Birthday

6/1	Rick Roeske	6/12	Betty Lee	6/19	Bob Harrison
6/1	Chuck Swenor	6/12	Marie Heft	6/21	Roger Long
6/2	Nancy Delene	6/12	Len Malmquist	6/23	Al Parker
6/2	Bill Idleman	6/14	Harry Eaton	6/24	Shorty Thornton
6/5	Connie Rhoads	6/14	Robert Summers	6/25	Ken Lee
6/6	Owen Boyle	6/16	Bernie Rowden	6/26	Janet Stiers
6/7	Jim Graige	6/16	Debi Warkentin	6/26	Dale Bakk
6/7	Dorothy Gray	6/18	Loreta Harrison	6/27	Louise Tulin
6/8	Joseph Ross	6/18	Susan Stockdale	6/28	Cindy Felton
6/8	Coleene Rumaner	6/19	Tanna Chenault	6/30	Bessie Tikik
6/9	Brian Cardott			6/30	Joan Allen

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RICK	ROBERT	JOAN
ROESKE	SUMMERS	ALLEN
CHUCK	BERNIE	
SWENOR	ROWDEN	
NANCY	DEBI	
DELENE	WARKENTIN	
BILL	LORETA	
IDLEMAN	HARRISON	
CONNIE	SUSAN	
RHOADS	STOCKDALE	
OWEN	TANNA	
BOYLE	CHENAULT	
JIM	BOB	
GRAIGE	ROGER	
DOROTHY	LONG	
GRAY	AL	
JOSEPH	PARKER	
ROSS	SHORTY	
COLEENE	THORNTON	
RUMANER	KEN	
BRIAN	JANET	
CARDOTT	STIERS	
BETTY	DALE	
LEE	BAKK	
MARIE	LOUISE	
HEFT	TULIN	
LEN	CINDY	
MALMQUIST	FELTON	
HARRY	BESSIE	
EATON	TIKIK	

NIKISKI SENIOR CENTER**Lunch Menu****June 2022****ENTREE \$5****SALAD \$5****ENTRÉE & SALAD \$8**

Mon	Tue	Wed	Thu	Fri
		1 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	2 Roast Duck Breast With Orange Tarragon Sauce Rice Pilaf Veggies & Dessert	3 Bacon Cheeseburger On the grill Tater Tots Ice Cream
6 Stuffed Chicken Breast with Asparagus & Feta Cheese Roasted Red Potatoes Veggies & Dessert	7 Mongolian Beef Stir Fry Egg Rolls Dessert	8 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	9 Fish & Chips Veggies & Dessert	10 Greek Gyros (Beef & Lamb) Fried Zucchini Milk Shakes
13 Liver & Onions OR Dijon Chicken Roasted Potatoes Veggies & Dessert	14 Marinated Salmon On the grill Rice Veggies & Dessert	15 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	16 Spaghetti & Meat Sauce Garlic Bread Veggies & Dessert	17 DAD'S EAT FREE BBQ Ribs Beans Scallop Potatoes
20 Sausage Egg & Cheese Muffin Blueberry Pancakes Hash browns Cinnamon Roll	21 Chicken Fry Steak Baby Baked Potatoes Veggies & Dessert	22 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	23 Reuben's Macaroni Salad Veggies & Dessert	24 Chicken Salad Croissant With Avocado & Swiss Tater Tots
27 Salmon Patties Rice Veggies & Dessert	28 Baked Swiss Steak Red Potatoes Veggies & Dessert	29 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	30 French Dips Onion Rings Veggies & Dessert	

***LUNCH HOUR
IS THE BEST HOUR
OF THE DAY.***

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

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Walking Club: **Wednesdays** 10-10:30 am AND **Saturdays** 1-1:30 pm
- 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
- Challenge Martial Arts Taekwondo Showcase **Wednesday 6/1/22** during lunch
- Freezer Meal Workshop: **Thursday** 6/9/22 from 4-7 pm **\$175pp**
- BINGO: **Saturday** 6/11/22 from 6-9 pm (doors open at 5 pm)
- Toe Nail Clinic: **Tuesday** 6/14/22 from 10 am-2:30 pm (by appointment only)
- NSC Board Meeting: **Wednesday** 6/15/22 @ 12:30 pm
- Father's Day Lunch: **Friday** 6/17/22 from 11:30 am– 12:30 pm (Dad's eat free)
- Movie Night: **Friday** 6/17/22 from 4-7 pm (check Facebook for movie details)
- Fun in the Sun at Nikiski Rec Center: **Saturday** 6/18/22 from 12-4:30 pm
- Resurrection Bay Tour: **Tuesday** 6/21/22 Day Trip— **Fully Booked**

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

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



PLEASE
PLACE
STAMP
HERE

To: