



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

Happy 4th of July! We have volunteers working to decorate our 4th of July float. We are excited to be in the parade after a four year hiatus!

I am happy to announce we will be installing our new flooring starting July 11th. Please be patient as we navigate this process. The center will not be closed but will be under construction for the week.

I hope you all have been enjoying the guest speakers, activities and field trips. You will see more in the month of July. Please know we are always open to recommendations.

Be safe and enjoy the month of July! I anticipate it being a warm month. Come in and join us for lunch in our air conditioned center.

Sasha

We will be closed July 2-4, 2022



HAPPY 4th of JULY



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



www.NikiskiSeniorCenter.org



All current events are posted on our Facebook page.



Senior Center Board Meetings
@ 12:30 pm

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




DOOR PRIZES!

WHAT: FUNDRAISER FOR NSC SENIOR HOUSING
WHERE: NIKISKI SENIOR CENTER
WHEN: SATURDAY, AUGUST 6, 2022 FROM 4-8 PM
PRICE: \$50 - INCLUDES 1 EA BINGO PACKET & DINNER



JOIN US FOR A FUN NIGHT OF QUILT BINGO & DINNER! MENU INCLUDES HAWAIIAN PULLED PORK SLIDERS, COLESLAW, CHOCOLATE CHIP COOKIES & A BEVERAGE. THERE WILL BE DOOR PRIZES!

QUILT DONATIONS NEEDED!

We are still accepting new or gently used quilts & blankets for the Bingo Fundraiser. Thank You!



EFFECTIVE IMMEDIATELY
THERE WILL BE NO CRIBBAGE AT THE NIKISKI SENIOR CENTER UNTIL FURTHER NOTICE




EVENT: KENAI PENINSULA FAIR
WHEN: FRIDAY, AUGUST 12, 2022
WHERE: NINILCHIK FAIR GROUNDS
PRICE: \$5 ADMISSION FEE (GAS DONATIONS APPRECIATED)

LIMITED SEATING
CALL 907.776.7654 FOR DETAILS AND TO RESERVE YOUR SPOT!

WEEKLY ACTIVITIES



Silver & Fit with Teri

Chair exercises modified to your level.

Monday 10-11 am

Thursday 1-2 pm

(no class 7/28/22)

Walk with Teri

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

Tuesday 10-10:30 am



Yoga with Katrina (via zoom)

Wednesday 9:30-10:30 am

Modified for all levels of yoga

(no class 7/6/22)

Coloring & Crafts

Wednesday 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 Thursday**. For more information please call John Heft 776-2109.

Pinochle

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



Cribbage

CANCELLED UNTIL FURTHER NOTICE


dinner's done
FREEZER MEALS WORKSHOP

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

**THURSDAY
 JULY 14, 2022
 4-7 PM**

2 hours
 + fresh ingredients

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



LIMITED SEATING
CALL (907)776-7654 TO RESERVE YOUR SPOT
COST IS \$175

- "BACKYARD BBQ"**
- 1) HAWAIIAN CHICKEN
 - 2) CHIPOTLE CITRUS JUMBO SHRIMP
 - 3) STEAK WITH BLUE CHEESE BUTTER
 - 4) LEMON PEPPER & BALSAMIC CHICKEN THIGHS
 - 5) ZESTY LIME FAJITAS
 - 6) LEMON PEPPER FISH
 - 7) SHRIMP & PINEAPPLE KABOBS
 - 8) CHIPOTLE LIME BURGERS
 - 9) STEAK WITH WINE SAUCE
 - 10) LEMON DIJON CHICKEN

Anyone is welcome to attend workshop!

BINGO

**Saturday
 July 16, 2022**

**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.*

TOUR OF NIKISKI

FRIDAY JULY 15TH
 10AM-NOON

- Bernie and King Titera Greenhouse
- Cook Inlet Gardens
- Northern Blooms Peony Farm
- Cool Cache Farms LLC

*Limited space available! Secure your spot today!!
 907.776.7654*

FRIDAY



MOVIE NIGHT

**AT THE NIKISKI SENIOR CENTER
 JULY 22, 2022 (4-7 PM)**

**MEMBERS - FREE
 NON-MEMBERS - \$10
 (SODA & POPCORN PROVIDED)**

**FOLLOW US ON FACEBOOK FOR
 MOVIE SELECTION**



SENIOR NAIL CARE

**TUESDAY JULY 26, 2022
 10AM-2:30PM**

LIMITED SPACE

**PLEASE CALL FOR APPOINTMENT
 (NO WALK-INS)**

907.776.7654





THANK YOU VOLUNTEERS!



FULL HOUSE FOR FATHER'S DAY LUNCH!



CHALLENGE MARTIAL ARTS PUT ON A GREAT SHOW FOR OUR SENIORS!



**SEWARD-RESURRECTION BAY-
FOX ISLAND TOUR**



**TINA'S PELMINI
COOKING CLASS WAS
SO FUN & DELICIOUS!**

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

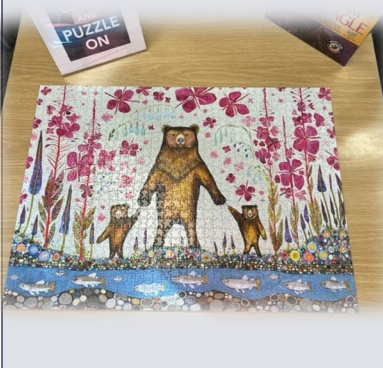
* All volunteers must be able to pass a background check.



Pantry Hours:
Mon-Fri
9 am to 2 pm



The completed puzzle!



Book Your Party Today!

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



JULY WEDNESDAY CRAFTS

- 1) 7/6/22 - MINIATURE TERRA COTTA PONY
- 2) 7/13/22 - WATERMELON WELCOME SIGN
- 3) 7/20/22 - WOOD MASON JAR

CALL 776-7654 TO SIGN UP

1



2



3



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



DRINK STATION

**ENJOY COFFEE/JUICE & A DANISH
BRING A FRIEND!
MONDAY-FRIDAY
DURING REGULAR BUSINESS HOURS**

(DONATIONS APPRECIATED)



PIEROGIES WITH

★ LORETTA ★

**TUESDAY JULY 19TH
1PM-3PM**

SIGN UP TODAY AND ENJOY!!

Happy Birthday

7/2 Joy Wik
 7/4 Linda Piccini
 7/5 Cynthia Slaughter
 7/5 Retha Veal
 7/5 Charles Blair
 7/6 Theresa Carter
 7/7 Debbie Goforth
 7/8 Raymond Choat

7/8 Wayne Ogle
 7/9 Charles Christoffersen
 7/10 Jim Rowe
 7/12 James Reichert
 7/13 Anita Gordon
 7/14 Peggy Arness
 7/15 Leslie Baker
 7/18 David Halverson

7/19 Ed Heim
 7/19 Cathy Williams
 7/22 Ray Tauriainen
 7/24 Linda Swarner
 7/25 Annette Nudson
 7/25 Jackie Rae Arnett
 7/25 Robert Bond
 7/28 Larry Barrows
 7/28 Kathy Lobdell

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

JOY HALVERSON
 WIK ED
 LINDA HEIM
 PICCINI CATHY
 CYNTHIA WILLIAMS
 SLAUGHTER RAY
 RETHA TAURIAINEN
 VEAL SWARNER
 CHARLES ANNETTE
 BLAIR NUDSON
 THERESA JACKIE
 CARTER RAE
 DEBBIE ARNETT
 GOFORTH ROBERT
 RAYMOND BOND
 CHOAT LARRY
 WAYNE BARROWS
 OGLE KATHY
 CHRISTOFFERSEN LOBDELL
 JIM
 ROWE
 JAMES
 REICHERT
 ANITA
 GORDON
 PEGGY
 ARNESS
 LESLIE
 BAKER
 DAVID

NIKISKI SENIOR CENTER

Lunch Menu

July 2022



ENTREE \$5

SALAD \$5

ENTRÉE & SALAD \$8

Mon	Tue	Wed	Thu	Fri
				1 Hot Pastrami on Rye Tater Tots Rootbeer Float
4 CLOSED HAPPY 4TH OF JULY!	5 Meatloaf Red Potatoes Veggies & Dessert	6 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	7 Seasoned Pork Loin with Orange Sauce Wild Rice Veggies & Dessert	8 Philly Steak & Cheese Onion Rings Milkshake
11 Veggie Quiche Meat Lover Quiche Sausage Links Tater Tots Dessert	12 Hawaiian Wraps Side Winders Veggies & Dessert	13 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	14 Shepherds Pie Veggies & Dessert	15 Pizza Rootbeer Float
18 Beef Enchiladas Spanish Rice Mexicali Corn Dessert	19 Cod Fish & Chips Veggies & Dessert	20 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	21 Glazed Pork Chops with Apples & Cranberries Red Garlic Potatoes Veggies & Dessert	22 Italian Sausage Hoagie Onion Rings Milkshake
25 Chicken Artichoke Hearts & Asparagus Parmesan Pasta Veggies & Dessert	26 Baked Salmon Olympia Brown Rice Veggies & Dessert	27 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	28 Curry Pork Loin Fried Rice Veggies & Dessert	29 BBQ Chicken Burgers French Fries Milkshake

***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

No Salad Bar on Friday

Activity Highlights

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm (*no class 7/28/22*)
- Walking Club: **Tuesdays** 10-10:30
- Yoga (via zoom): **Wednesdays** 9:30-10:30 am (*no class 7/6/22*)
- Crafts & Coloring Club: **Wednesdays** 12:30-3 pm
- Pinochle: **Thursdays** 12:30-4 pm
- Bible Study: **Thursdays** 1-2 pm
- Cribbage: **Cancelled until further notice**
- Freezer Meal Workshop: **Thursday** 7/14/22 from 4-7 pm (*must prepay—\$175*)
- Tour of Nikiski—**Friday** 7/15/22 from 10 am—12 pm (*Call to reserve your seat*)
- BINGO: **Saturday** 7/16/22 from 6-9 pm (*doors open at 5 pm*)
- NSC Board Meeting: **Wednesday** 7/20/22 @ 12:30 pm
- Movie Night: **Friday** 7/22/22 from 4-7 pm (*check Facebook for movie selection*)
- Toe Nail Clinic: **Tuesday**, 7/26/22 from 10 am-2:30 pm (*by appointment only*)
- **CLOSED 7/2-4/22 Happy 4th of July**

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

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



PLEASE
PLACE
STAMP
HERE

To: