



DIRECTOR'S MESSAGE

July is winding down, as I reflect on these past summer months, I am thankful for all that WE have been able to accomplish. Along with our amazing Board of Directors, staff, grantees, and membership, we completed eleven out of thirteen goals we set for 2022 services and activities! We have been able to make long needed improvements to the center: housing development plans, new flooring, parking lot and signage repairs and more. Most important, we have been serving an average of over 60 members a day with congregate meals, services and activities. This alone warms my heart. Nikiski Senior Center is here to serve and care for our seniors and community. Let us all keep up the good work and remember, we are changing lives.

Sasha



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



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!



THIS BEAUTIFUL QUILT WILL BE RAFFLED OFF ON AUGUST 6, 2022 DURING OUR BINGO QUILT FUNDRAISER.

Tickets are \$10

Nikiski Senior Center Board 2022

**Board
Meeting**

Senior Center Board

Meetings

@ 12:30 pm

*August 17
September 21
October 19
November 16
December 21*

**YOUR VOICE
MATTERS**



Wayne Ogle
President



Elaine Bakk
Vice President



Jeff Laube
Treasurer



Sue Kanour
Secretary



Mike Newcomb
Board Member



Janet Hudson
Board Member



Myrna Dyer
Board Member



Jean Taylor
Board Member



Joe Ross
Board Member

4TH OF JULY PARADE FLOAT

THANK YOU TO ALL THE
VOLUNTEERS AND PARTICIPANTS!



Our Board of Directors work hard to meet the best interests of our seniors and membership.

Bylaw Revisions were presented and voted upon at the July 20th Board of Directors Meeting. Bylaws, Policies & Procedures are always available upon request.

*Sincere
Condolences*

TO THE FAMILY & FRIENDS OF

BOB HARRISON

And of

MARY OLSON

WEEKLY ACTIVITIES



Silver & Fit with Teri

Chair exercises modified to your level.

Monday 10-11 am

Thursday 1-2 pm

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

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

THIS TRIP IS FULLY BOOKED! **FIELD TRIP**



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

AUGUST WEDNESDAY CRAFTS

- 1) 8/3/22 & 8/10/22 - BEACH THEMED WALL HANGING OR SHELF SETTER
- 2) 8/17/22 - HAWAIIAN INSPIRED WREATH
- 3) 8/24/22 - FALL WELCOME SIGN
- 4) 8/31/22 - CUTTING BOARD ART

CALL 776-7654 TO SIGN UP



**CRAFTING
MAKES
EVERYTHING
BETTER**

ALL ABOARD



KENAI, SOLDOTNA, STERLING, NIKISKI
SENIOR CENTERS

NEXT STOP: ALASKA STATE FAIR

WEDNESDAY AUGUST 24, 2022

BOARDING at SOLDOTNA SENIOR CENTER

At 8 AM SHARP

(must have own transportation to and from Soldotna Senior Center)

Bus Fare Cost: \$70 pp

Fair Admittance: \$7 pp

Must be signed up and paid by August 10, 2022

52 seats available for all senior centers.

Call Cindi for more information 907-262-2322

FRIDAY

MOVIE NIGHT

AT THE NIKISKI SENIOR CENTER
AUGUST 19, 2022 (4-7 PM)

MEMBERS - FREE

NON-MEMBERS - \$10

(SODA & POPCORN PROVIDED)

FOLLOW US ON FACEBOOK FOR
MOVIE SELECTION



SPICE IT UP SEASONING WORKSHOP

WITH LAURAJEAN

THURSDAY, AUGUST 25, 2022

FROM 4-7 PM

AT THE NIKISKI SENIOR CENTER

LIMITED SPACE - CALL 907.776.7654



6 SECRET SPICES FOR \$60:
 RODEO RUB
 RANCHER STEAK RUB
 ADOBO SEASONING BLEND
 GREEK SEASONING BLEND
 ITALIAN SEASONING BLEND
 GARLIC ROASTED GARLIC BLEND



COME CHECK OUT OUR NEW FLOORING!
BIG Thank you to Rasmuson Foundation
for making our new flooring possible



**Our Annual
Fall Fundraiser is
scheduled for
10/1/22—Tickets
will be available
soon!**



**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.

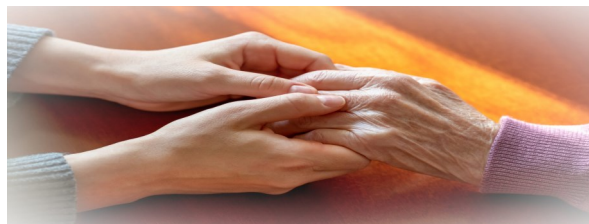
NSC Catering—Book Your Party Today!

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

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

776.7654

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



**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



**GOOD
MORNING**

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

(DONATIONS APPRECIATED)



TRANSPORTATION

All Transportation

- Requires 24 hour notice
- Must be 55+



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

*Transportation Punch Cards
are available for \$50*



Other One-Way Transportation Fees

- Nikiski - Nikiski... 1 punch (\$5)
- Nikiski - Kenai... 2 punches (\$10)
- Nikiski - K-Beach... 3 punches (\$15)
- Nikiski - Soldotna... 4 punches (\$20)
- Extra Stop(s)... 1 punch each (\$5)

RATE INCREASE - *Due to the price of fuel, we unfortunately have no choice but to raise our transportation fees.*

Call 907.776.7654 for more information

WEDNESDAY BREAD DAY

We are looking for volunteers to pick up our bread Wednesday mornings that Kenai Safeway generously donates! Please call 907.776.7654 for details if this is something you could do on a rotating schedule!

**LIMIT OF ONE BREAD
AND ONE SWEET PER HOUSEHOLD**



**SENIOR NAIL CARE
FRIDAY, AUGUST 19, 2022
9 AM—1:30 PM
PLEASE CALL FOR APPOINTMENT
(NO WALK-INS)
907.776.7654**

“AUGUST IS LIKE THE SUNDAY OF SUMMER”

Happy Birthday

8/1	Gerald Browning	8/9	Phyllis Therriault	8/20	Denise Tank
8/1	Peter J. LaBarbera	8/9	Don Waldrop	8/20	Joyce Endsley
8/1	Robert Spillane	8/9	Steve Martin	8/22	Janice Wilsack
8/2	Jim Richardson	8/11	James Hoover	8/23	Kathy Wolf
8/4	Debi Rafferty	8/11	James Trail	8/23	John Davis
8/5	Nikki Turnbull	8/11	Cindy LaChapelle	8/24	Wes Tofte
8/7	Mary Carew	8/12	Ed Prusek	8/25	Patricia Lee
8/7	Roberta Ivanoff	8/17	Alvin Hampson	8/25	Gene Wheeler
8/8	Brian Poziembo	8/17	Hilda Spires	8/26	Forrest Eddy
8/8	Debra Barrows	8/17	Larry Keil	8/26	Margaret Simon
8/8	Joe Thirlwell	8/17	Stephen Bloom	8/26	James Davidson
8/9	Steve Orcutt	8/18	Bonita Miller	8/27	Pauline Montagna
8/9	Patty Herrick	8/19	Cindy Tripp	8/27	Bertha Waskey
				8/27	Gladys Geertz

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

GERALD	MARTIN	TOFTE
BROWNING	JAMES	PATRICIA
PETER	HOOVER	LEE
LABARBERA	TRAIL	GENE
ROBERT	CINDY	WHEELER
SPILLANE	LACHAPELLE	FORREST
JIM	ED	EDDY
RICHARDSON	PRUSEK	MARGARET
DEBI	ALVIN	SIMON
RAFFERTY	HAMPSON	DAVIDSON
NIKKI	HILDA	PAULINE
TURNBULL	SPIRES	MONTAGNA
MARY	LARRY	BERTHA
CAREW	KEIL	WASKEY
ROBERTA	STEPHEN	GLADYS
IVANOFF	BLOOM	GEERTZ
BRIAN	BONITA	
POZIEMBO	MILLER	
DEBRA	TRIPP	
BARROWS	DENISE	
JOE	TANK	
THIRLWELL	JOYCE	
STEVE	ENDSLEY	
ORCUTT	JANICE	
PATTY	WILSACK	
HERRICK	KATHY	
PHYLLIS	WOLF	
TERRIAULT	JOHN	
DON	DAVIS	
WALDROP	WES	

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

Mon	Tue	Wed	Thu	Fri
1 Meatloaf Au gratin Potatoes Veggies & Dessert	2 Orange Glaze Roasted Chicken Oven Baked Red Potatoes Veggies & Dessert	3 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	4 Cheese Tortellini With Meat Sauce Veggies & Dessert	5 Chili Hot Dogs French Fries Milkshake
8 BLT Potato Salad Veggies & Dessert	9 Tacos Refried Beans Rice Dessert	10 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	11 Sweet & Sour Meatballs Rice Pineapple Coleslaw Dessert	12 French Dips Onion Rings Root Beer Float
15 Hot Beef Sandwich Mashed Potatoes & Gravy Veggies & Dessert	16 Ham Steak With Scalloped Potatoes Veggies & Dessert	17 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	18 Meatball Sub Veggies & Dessert	19 Chicken Burger Macaroni Salad Dessert
22 Meat Or Veggie Frittata O'Brien Potatoes Dessert	23 Sanoma Chicken Rice Veggies & Dessert	24 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>	25 Garlic Lemon Shrimp With Orzo Pasta Veggies & Dessert	26 Hot Subs Side Winders Brownie Sundae
29 French Toast Casserole Assorted Breakfast Meats Fruit Salad	30 Herb Crusted Pork Roast Roasted Potatoes Veggies & Dessert	31 Fried Chicken Mashed Potatoes Veggies & Dessert <i>Live Music</i>		

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*****Menu Subject to Change***

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

Activity Highlights

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Walking Club: **Tuesdays** 10-10:30
- Yoga (via zoom): **Wednesdays** 9:30-10:30 am
- 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**
- Spice It Up Seasoning Workshop: **Thursday** 8/25/22 from 4-7 pm (*must prepay—\$60*)
- **QUILT BINGO & DINNER FUNDRAISER : Saturday 8/6/22 from 4-8 pm (\$50pp)**
- Field Trip to Ninilchik Fair: **Friday** 8/12/22 (*must have reserved seat*)
- NSC Board Meeting: **Wednesday** 8/17/22 @ 12:30 pm
- Movie Night: **Friday** 8/19/22 from 4-7 pm (*check Facebook for movie selection*)
- Field Trip to Palmer State Fair: **Wednesday** 8/24/22 (*must have reserved seat*)
- Toe Nail Clinic: **Friday 8/19/22** from 9 am - 1:30 pm (*by appointment only*)



www.NikiskiSeniorCenter.org



All current events are posted on
our Facebook page.

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

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



PLEASE
PLACE
STAMP
HERE

To: