



Quality of Life for Seniors.

November, 2022  
Volume 2, Issue 11

# Happy Thanksgiving

Please join us for a free  
Thanksgiving Dinner at the  
Nikiski Senior Center:  
Wednesday, 11/23/22  
from 11:30 am – 1 pm

***The Nikiski Senior Center will be closed  
Friday, 11/11/22 for Veteran's Day  
and  
Thursday & Friday, 11/24-25/22 for Thanksgiving***



Quilts of Valor  
Ceremony  
Held on 10/19/22  
Thank You Veterans!

★ ★ ★  
11/11  
**VETERANS DAY**  
Honoring All Who Served



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



All current events are posted on  
our Facebook page.



# Board Meeting

## Senior Center Board

### Meetings

@ 1:00 pm

November 16

December 21

**YOUR VOICE  
MATTERS**

## Nikiski Senior Center Board 2022



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

## The Phone Call

A retiree in Florida phones his daughter in New Jersey. "Honey, I have bad news. Your mother and I have decided that 52 years of marriage is enough. We're calling it quits and getting a divorce."

His daughter yells, "Are you crazy? What the heck are you saying?"

The father says, "We've had enough. We're getting tired of the same old routine and looking at each other every day. And I don't want to talk about it, so call your brother in Detroit and let him know." And the line goes dead.

Panicked, the daughter phones her brother and drops the bomb.

"No way, no WAY!" shouts the brother. "This will NOT happen! Stay by the phone, I'll handle this and call you back."

He phones his father and says, "Sis just told me you're getting a divorce. That's CRAZY! No way we're gonna let this happen. We're both flying down there in the morning to sort this out. Don't do anything till we get there, you hear me? Don't do ANYTHING!"

The old man puts the phone back on the cradle and says to his wife, "It's all arranged, Dear. The kids will be here tomorrow for Thanksgiving and they're buying their own tickets."



NEEDS YOU!!

**MUSICIANS  
NEEDED**

- WEDNESDAYS
- 11:00AM- 1PM
- LUNCH INCLUDED



Please call Teri at (907)776-7654  
to be put on the calendar



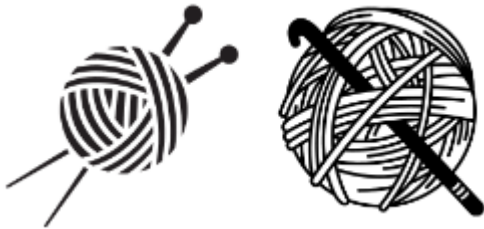
# WEEKLY ACTIVITIES

## Silver & Fit with Teri

Chair exercises modified to your level.

**Monday 10-11 am**

**Thursday 1-2 pm**



## Knitting & Crocheting Class

**Monday 12:30-2:30 pm**

(Please bring your own knitting needles & crochet hooks—we will have some available for beginners who do not own any)



## Sewing Class

**Tuesday 12:30-3 pm**



## 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.



# BINGO

**Saturday  
November 19, 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.*

**FRIDAY**

**MOVIE NIGHT**

AT THE NIKISKI SENIOR CENTER

NOVEMBER 4 & 18, 2022

FROM 4-7 PM

MEMBERS - FREE

NON-MEMBERS - \$10

(SODA & POPCORN PROVIDED)



**SENIOR NAIL CARE**

**TUESDAY, 11/15/22**

**10 AM - 2 PM**

**PLEASE CALL FOR APPOINTMENT**

**(NO WALK-INS)**

**907.776.7654**



## NOVEMBER WEDNESDAY CRAFTS

- 1) 11/2/22 - WINE GLASS CANDLE HOLDER
- 2) 11/9/22 - FALL TABLE DECOR
- 3) 11/16/22 - MINI PUMPKIN CRAFT
- 4) 11/30/22 - PINE CONE CRAFT (CHOOSE 1)

CALL 776-7654  
TO SIGN UP

1



2



**CRAFTING  
MAKES  
EVERYTHING  
BETTER**

3



4



**Join us Wednesdays at  
12:30 for crafting fun!**

**Members—Free**

**Non-Members—\$10**



*Fall Back*

**TURN YOUR CLOCKS BACK**



# NSC FALL FUNDRIASER 2022

Thank you to everyone who donated,  
volunteered, supported and attended our  
fundraiser! All of you helped make it a  
fun & successful event!  
See you at the next one in 2023!



**Congrats to  
Penny—  
Our \$100 Bingo  
Blackout Winner!**



**Homer Field Trip—10/14/22**

**Jim Richardson as “Miss Sweet Thing” at  
movie night 10/14/22**



**First Sewing Class 10/4/22!**





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.

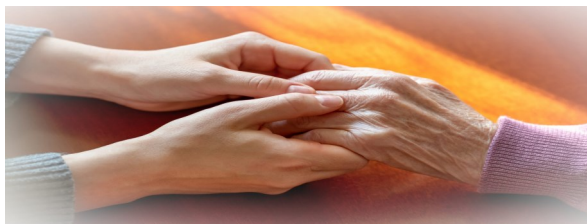
### **NSC Catering—Book Your Party Today!**

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 treat  
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**

**IT'S TIME TO  
RENEW  
ANNUAL  
MEMBERSHIPS!**

## 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**





11/1 Tim Griffith  
11/3 Fred Braun  
11/3 James Roza  
11/4 Elizabeth Robbins  
11/5 Bill Baird  
11/5 Lyle Dahl  
11/5 Andy Schiestl  
11/7 Debra Choat  
11/7 Jeff Laube  
11/7 Joe Lemieux  
11/8 Anita Kwan

11/9 Carol Unruh  
11/9 Linda Hansen  
11/9 Marilyn Shilue  
11/10 BK Kivi  
11/10 Jason Rafferty  
11/11 John Warkentin  
11/12 Ralph Deatherage  
11/12 Barbara Arness  
11/12 D'Ann Waggoner  
11/13 Sheila Holtzen  
11/15 Marilyn Harman

11/15 Richard McGahan  
11/19 Cecilia Deatherage  
11/19 Marilyn Williams  
11/19 Darrell Moore  
11/21 Christina Griffith  
11/21 Marion Nickelson  
11/25 Marie Bradford  
11/26 Laurajean Kear  
11/27 Merle Welch  
11/27 Gary Gabbett  
11/29 Georgina Gipson  
11/29 Phil Smith

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

TIM	JASON	GEORGINA
GRIFFITH	RAFFERTY	GIPSON
FRED	JOHN	PHIL
BRAUN	WARKENTIN	SMITH
JAMES	RALPH	
ROZA	DEATHERAGE	
ELIZABETH	BARBARA	
ROBBINS	ARNESS	
BILL	DANN	
BAIRD	WAGGONER	
LYLE	SHEILA	
DAHL	HOLTZEN	
ANDY	HARMAN	
SCHIESTL	RICHARD	
DEBRA	MCGAHAN	
CHOAT	CECILIA	
JEFF	WILLIAMS	
LAUBE	DARRELL	
JOE	MOORE	
LEMIEUX	CHRISTINA	
ANITA	MARION	
KWAN	NICKELSON	
CAROL	MARIE	
UNRUH	BRADFORD	
LINDA	LAURAJEAN	
HANSEN	KEAR	
MARILYN	MERLE	
SHILUE	WELCH	
BK	GARY	
KIVI	GABBETT	



**NIKISKI SENIOR  
CENTER**

**Lunch Menu**

**November 2022**

**ENTREE OR SALAD \$6**

***NEW LUNCH PRICES***

**ENTRÉE & SALAD \$9**

Mon	Tue	Wed	Thu	Fri
	1 Taco Tuesday	2 Fried Chicken Mashed Potatoes Veggies & Dessert	3 Curry Chicken With Rice Egg Roll Dessert	4 Grilled Ham & Cheese French Fries Dessert
7 Pot Roast Potatoes & Carrots Dessert	8 Taco Tuesday	9 Fried Chicken Mashed Potatoes Veggies & Dessert	10 Chicken Cacciatore Veggies & Dessert <i>(Veteran's Eat Free)</i>	11 <b>CLOSED Veteran's Day</b>
14 Pork & Mushroom Veggies & Dessert	15 Taco Tuesday	16 Fried Chicken Mashed Potatoes Veggies & Dessert	17 Mongolian Beef Rice Egg Roll Dessert	18 Catfish Onion Rings Dessert
21 *Breakfast* Biscuits & Gravy Veggies & Dessert	22 Taco Tuesday	23 Thanksgiving Dinner  FREE	24 <b>CLOSED Thanksgiving</b>	25 <b>CLOSED Thanksgiving</b>
28 BBQ Baby Back Ribs Veggies & Dessert	29 Taco Tuesday	30 Fried Chicken Mashed Potatoes Veggies & Dessert		

***No "to go" containers  
will be provided for  
those dining in—you will  
need to bring your own  
container (BYOC) for  
leftovers on your plate.***

**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\****

## **Activity Highlights**

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Crocheting/Knitting Class: **Mondays** 12:30-2:30 pm
- Sewing Class: **Tuesdays** 12:30-3pm
- 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
- Movie Night: **Friday** 11/4/22 & 11/18/22 from 4-7 pm
- **Fall Back: Sunday 11/6/22 Turn Your Clocks Back 1 Hour**
- Veteran's Eat Free: **Thursday** 11/10/22
- Nail Clinic: **Tuesday** 11/15/22, 10 am– 2 pm (limited space—must make appointment)
- NSC Board Meeting: **Wednesday** 11/16/22 @ 1 pm
- Bingo: **Saturday** 11/19/22, 6-9 pm (doors open at 5)
- **Thanksgiving Community Dinner (FREE): 11/23/22 from 11:30 am-1 pm**
- **CLOSED 11/11/22 FOR VETERAN'S DAY**
- **CLOSED 11/24-27/22 FOR THANKSGIVING**

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: