



Quality of Life for Seniors.

October, 2022  
Volume 2, Issue 10

## NIKISKI SENIOR CENTER FALL FUNDRAISER

Saturday, October 1, 2022

4 pm - 8 pm

**Combo Dinner Plate: Steak Oscar & Sonoma Chicken with  
Mashed Potatoes & Seasonal Vegetables ~ \$75pp**

*Kassik's Brewery ~ no host bar  
(1 beverage included with ticket purchase)*

**Doors open @ 4 pm**

**Wall of Guns @ 5 pm**

**Dinner @ 6 pm**

**Auctions & Raffles throughout the evening**

**Seating is limited**

**Call (907)776-7654 to reserve your seat today!**

50025 Lake Marie Ave, Nikiski, AK \* Tel: 907.776-7654



**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.

Why fit in when you were born to

# stand out!

-Dr. Seuss



# Board Meeting

## Senior Center Board Meetings

@ 1:00 pm

October—Canceled  
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

# HAPPY HALLOWEEN

**PRE-WRAPPED CANDY DONATIONS NEEDED!!**

**THANK YOU!**



**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**

**Sewing Class**  
**Tuesday**—time to be determined



**Yoga with Katrina (via zoom)**  
**Wednesday 9:30-10:30 am**  
Modified for all levels of yoga  
**(there will be no yoga 10/1-15/22)**

**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.





**Saturday**  
**October 8 & 29, 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.*

*Bingo 10/29/22—wear your Halloween costume for an extra door prize entry!*

**OCTOBER WEDNESDAY CRAFTS**

CALL 776-7654  
TO SIGN UP

- 1) 10/5/22 – FALL WREATH
- 2) 10/12/22 – PUZZLE ART
- 3) 10/19/22 – SHELF SETTER
- 4) 10/26/22 – WINE BOTTLE SCARECROW

**CRAFTING  
MAKES  
EVERYTHING  
BETTER**

1



2



3



4



**FRIDAY**



**AT THE NIKISKI SENIOR CENTER**

**10/14/22 & 10/28/22**

**FROM 4-7 PM**

**MEMBERS – FREE**

**NON-MEMBERS – \$10**

**(SODA & POPCORN PROVIDED)**



**FRIDAY FIELD TRIP  
TO HOMER!**

**October 14, 2022**

**\$20 pp – includes admission fee to  
Pratt Museum & Lunch at  
Homer Senior Center  
(Gas Donations Appreciated)**

**9:00 am – Meet at NSC**

**11:00 am – Pratt Museum in Homer**

**12:30 pm – Lunch at Homer Senior Center**

**3:00 pm – Return to NSC**

**(TIMES ARE APPROXIMATE)**

**Only 6 seats available – Call (907)776-7654  
to reserve your seat!**

**You are welcome to follow in your own vehicle as well!**



**What do you get when you cross  
a vampire and a snowman?**

Frostbite.







**FINALLY!**  
**Our New Meals On**  
**Wheels Vehicle is here!**

**We are sad to say goodbye to Nikki who has blessed us with her music for many years, but we are happy for her next chapter in life & wish her the best!**



**Housing Construction**  
**Has begun!**



**Wayne Pattison receiving**  
**a Quilt of Valor.**

**Come Craft With Us! Free for Members , \$10 for Non-Members**







### **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.



Pantry Hours:  
Mon-Fri  
9 am to 2 pm



**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**

***The family of  
Bob Harrison will be  
holding a  
Celebration of Life  
for Bob on Saturday,  
October 22, 2022  
From 2-5 pm  
at the  
Nikiski Senior Center.***

**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**



# Happy Birthday

10/1 Laura Henkelman  
 10/1 Sue Schiestl  
 10/2 Lois Garretson-Macy  
 10/3 Denise Poziembo  
 10/3 Daniel Orehek  
 10/3 Alan Meyer  
 10/3 Sue Wesley  
 10/3 Susan McLaury  
 10/4 Loretta Brown  
 10/4 Ronald Lee  
 10/6 Bob Baker  
 10/6 Karen Wilson  
 10/7 Brian Beckham  
 10/7 Sandra Bise  
 10/9 Hala Allam

10/9 Karen McGahan  
 10/9 Wayne Pattison  
 10/10 Pam Knudsen  
 10/11 Lou Smith  
 10/11 Rosemary Pilatti  
 10/12 Cheryl Hill  
 10/14 Patricia Derizans  
 10/14 Pete Piccini  
 10/14 Fred Sanders  
 10/15 George Therriault  
 10/16 Tom Bell  
 10/16 Anneli Bakk  
 10/17 Geri Brigham  
 10/19 LeRoy Rotgers  
 10/19 Michael Haley

10/20 Ed Aisenbrey  
 10/21 Jean Taylor  
 10/21 Pam Lashley  
 10/21 Marilyn Every  
 10/22 Frank Jones  
 10/22 Cork Yeager  
 10/22 Margritta Jakos  
 10/24 Cheryl Marine  
 10/25 Rickey Pimentel  
 10/27 Fleur Boyle  
 10/27 Dolores Wik  
 10/27 Dawn Nelson  
 10/28 Helen Clark  
 10/28 Jeanne Doolittle  
 10/28 Morey Denton  
 10/31 Karen Burris  
 10/31 Steve Kincade

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

|               |            |           |
|---------------|------------|-----------|
| LAURA         | WAYNE      | JEAN      |
| HENKELMAN     | PATTISON   | TAYLOR    |
| SUE           | PAM        | LASHLEY   |
| SCHIESTL      | KNUDSEN    | MARILYN   |
| LOIS          | LOU        | EVERY     |
| GARRETSONMACY | SMITH      | FRANK     |
| DENISE        | ROSEMARY   | JONES     |
| POZIEMBO      | PILATTI    | CORK      |
| DANIEL        | CHERYL     | YEAGER    |
| OREHEK        | HILL       | MARGRITTA |
| ALAN          | PATRICIA   | JAKOS     |
| MEYER         | DERIZANS   | MARINE    |
| WESLEY        | PETE       | RICKEY    |
| SUSAN         | PICCINI    | PIMENTEL  |
| MCLAURY       | FRED       | FLEUR     |
| LORETTA       | SANDERS    | BOYLE     |
| BROWN         | GEORGE     | DOLORES   |
| RONALD        | THERRIAULT | WIK       |
| LEE           | TOM        | DAWN      |
| BOB           | BELL       | NELSON    |
| BAKER         | ANNELI     | HELEN     |
| KAREN         | BAKK       | CLARK     |
| WILSON        | GERI       | JEANNE    |
| BRIAN         | BRIGHAM    | DOOLITTLE |
| BECKHAM       | LEROY      | MOREY     |
| SANDRA        | ROTGERS    | DENTON    |
| BISE          | MICHAEL    | BURRIS    |
| HALA          | HALEY      | STEVE     |
| ALLAM         | ED         | KINCADE   |
| MCGAHAN       | AISENBREY  |           |



**NIKISKI SENIOR  
CENTER**

**Lunch Menu**

**October 2022**

**ENTREE OR SALAD \$6**

***NEW LUNCH PRICES***

**ENTRÉE & SALAD \$9**

| Mon   | Tue                           | Wed   | Thu   | Fri   |
|---|-------------------------------|---|---|---|
| 3<br>Jalapeño Jack Chicken<br>Ranch Potatoes<br>Veggies & Dessert | 4<br>Taco Tuesday             | 5<br>Fried Chicken<br>Mashed Potatoes<br>Veggies & Dessert  | 6<br>Goulash<br>Veggies & Dessert                     | 7<br>Philly Cheese Steak<br>French Fries<br>Dessert |
| 10<br>Meatloaf<br>Mashed Potatoes<br>Veggies & Dessert            | 11<br>Taco Tuesday<br>Fajitas | 12<br>Fried Chicken<br>Mashed Potatoes<br>Veggies & Dessert | 13<br>Chicken Ala King<br>Veggies & Dessert           | 14<br>Deli Sub<br>French Fries<br>Dessert           |
| 17<br>Pork Loin<br>Baby Red Potatoes<br>Dessert                   | 18<br>Taco Tuesday            | 19<br>Fried Chicken<br>Mashed Potatoes<br>Veggies & Dessert | 20<br>Baked Salmon<br>Rice Pilaf<br>Veggies & Dessert | 21<br>BLTs<br>Onion Rings<br>Dessert                |
| 24<br>Chinese Cuisine<br>Egg Rolls<br>Veggies & Dessert           | 25<br>Taco Tuesday            | 26<br>Fried Chicken<br>Mashed Potatoes<br>Veggies & Dessert | 27<br>Lasagna<br>Garlic Bread<br>Veggies & Dessert    | 28<br>Burgers<br>French Fries<br>Dessert            |
| 31<br>Spare Ribs<br>Mac & Cheese<br>Baked Beans<br>Dessert        |                               |   |   |   |

**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\****

***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.***

## **Activity Highlights**

- **Fall Fundraiser: Saturday 10/1/22 from 4-8 pm (\$75pp, limited seating)**
- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Yoga (via zoom): **Wednesdays** 9:30-10:30 am (*no yoga 10/1-15/22*)
- Crafts & Coloring Club: **Wednesdays** 12:30-3 pm
- Pinochle: **Thursdays** 12:30-4 pm
- Bible Study: **Thursdays** 1-2 pm
- Nail Clinic: **Monday** 10/3/22 (limited space—must make appointment)
- Bingo: **Saturday** 10/8/22 & 10/29/22 from 6-9 pm (doors open at 5)
- Homer Field Trip: **Friday** 10/14/22 (limited seats—must sign up)
- Movie Night: **Friday** 10/14/22 & 10/28/22 from 4-7 pm
- NSC Board Meeting: *There will be no October Board Meeting*
- Trick or Treat Alley @ Nikiski Rec Center: **Monday** 10/31/22 from 5:30-7:30 pm

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: