



## DIRECTOR'S MESSAGE

January Board Meetings are so important for the center. It is a time we reflect on the accomplishments and obstacles of the past year; it is a time we say goodbye to the previous dedicated Board Members and welcome the new; it is a time to learn from our mistakes and persevere with good intent for the well-being of our members.

Elaine Bakk has served on our Board of Directors for the past five years. She has been instrumental in the growth and success of the Nikiski Senior Center. Serving with grace, wanting nothing in return. I am sad to see her go but know that she will continue to be a part of the center always. You will be missed Elaine.

Janet Hudson also served on our Board of Directors. In a time of need, she transitioned from the Board to the "Heart of our Senior Center" the kitchen. Her labors are recognized, and we are thankful. We have hired a full-time Assistant Cook and Janet will be staying on to help with our exercise classes and transportation.

Bill Heartline and Ray Tauriainen served six years on our Service Area Board. Assisting with our budgetary needs and valued relations with the Kenai Peninsula Borough. Their service also, much appreciated.

I want to congratulate and welcome Genita Thirlwell and Denice Tank to the Board of Directors, as well as Halla Allam, Mike Love, and Joe Thirlwell to our Service Area Board.

Volunteers sometimes get little recognition but really are what keep organizations going. Words cannot express the gratitude an Executive Director feels for the commitment of individuals that serve alongside them, and support their vision and mission.

Lastly, we have a growing new team, that will bring a new set of eyes and a fresh start. Please come to the center and help me welcome our new Assistant Cook, Zanetta Massey and Senior Representative, Jennifer Randleas.

We have a wonderful new year filled with new beginnings, growth, and progress ahead of us! Thank you for being a part of it.

*Sasha*

**The NSC will  
be closed  
★ HAPPY ★  
PRESIDENTS' DAY**



**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

*February 15, 2023*

*March 15, 2023*

*April 19, 2023*

*May 17, 2023*

*June 21, 2023*

**YOUR VOICE  
MATTERS**

## Nikiski Senior Center Board 2023



Wayne Ogle  
President



Myrna Dyer  
Vice President



Jeff Laube  
Treasurer



Sue Kanour  
Secretary



Mike Newcomb  
Board Member



Genita Thirlwell  
Board Member



Denise Tank  
Board Member



Jean Taylor  
Board Member



Joe Ross  
Board Member

## -ANNUAL MEMBERS-

It's time to renew your  
membership for 2023!

*Annual Membership - \$15*

*Lifetime Membership - \$100*

*Lifetime Couple Membership - \$175*

### Membership Benefits Include:

- Voting Rights at NSC meetings
- Entitles to run for office on the NSC Board of Directors
- FREE - faxing, copies, wifi use, notary services, monthly newsletter, birthday lunch, advertising in newsletter for personal items, small room rental (1 rental/year/member)
- Discounts @ participating local businesses

*Call 907.776.7654 for more details or stop by for a  
membership application*

## Welcome Denise Tank!

**Our Newest Board Member**

What kind of flowers  
should you not give  
on Valentine's Day?



**Cauliflowers!**





**Saturday**

**February 11, 2023**

*at the*

**Nikiski Senior Center**

**3-6 PM (doors open 2 pm)**

**\$35pp includes Bingo Packet & Buffet**

*(Buffet Includes: Pasta Dinner, French Bread, Salad & Dessert)*

**You do not need to be a NSC member to play.**

**RSVP Much Appreciated - 907.776.7654**

**FRIDAY**



**AT THE NIKISKI SENIOR CENTER**

**FEBRUARY 24, 2023**

**FROM 4-7 PM**

**MEMBERS - FREE**

**NON-MEMBERS - \$10**

**(SODA & POPCORN PROVIDED)**



## **WEEKLY ACTIVITIES**

### Silver & Fit

*Chair exercises modified to your level*

**Monday 10-11 am**

**Thursday 1-2 pm**



### Knitting & Crocheting Class

*Please bring your own knitting needles & crochet hooks if possible)*

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



### Sewing Class

**Tuesday 12:30-3 pm**



### Yoga with Katrina (via zoom)

*Modified for all levels of yoga*

**Wednesday 9:30-10:30 am**



### Coloring & Crafts

*Coloring Club & Crafting*

**Wednesday 12:30-3 pm**



### Bible Study

**Thursday 1-2 pm**



### Pinochle

**Thursday 12:30-4 pm**



## **SENIOR NAIL CARE**

**WEDNESDAY 2/15/23**

**9 AM - 2 PM**

**PLEASE CALL FOR APPOINTMENT**

**(NO WALK-INS)**

**907.776.7654**



**FREE FOR NSC MEMBERS**

**\$10 FOR NON MEMBERS**





**New Years Bingo was a blast!  
Joe was our blackout winner!**



**Catherine with her  
snowman craft**



**Left: Happy Birthday Tom!  
Above: Thanks Jack for shar-  
ing your musical talent!  
Right: Our New MOW cook,  
Zanetta**



**Thank you Jim for filling in  
for Carol!**







**CRAFTING  
MAKES  
EVERYTHING  
BETTER**

**CALL 776-7654  
TO SIGN UP**

### **FEBRUARY WEDNESDAY CRAFTS**

- 1) 2/1/23 – GROUNDHOG PAINTING (TRACABLE)**
- 2) 2/8/23 – CANDY FLOWERS**
- 3) 2/15/23 – MAKE A WREATH (W/GLUE & TWINE)**
- 4) 2/22/23 – DECORATE YOUR SPRING WREATH**

**1**



**2**



**3/4**



**Nikiski Middle & High School**

The NSC has teamed up with The NMHS and is recruiting volunteers to work the concession stand at the NMHS during sporting events! This is an opportunity for us to contribute to our community and have a little fun while we are at it! Please call 907.776.7654 if you are interested in volunteering. We are currently recruiting for the basketball home games.

**CONCESSIONS**



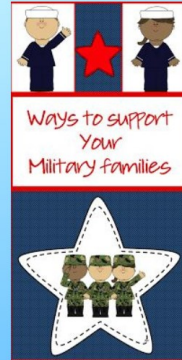
**GO TEAM!**



**NEEDS YOU!!**

**MUSICIANS  
NEEDED**

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



### **MILITARY CARD MAKING WORKSHOP**

**Tuesday, February 7th  
1pm to 3pm**

Special guest, Toni Loop will be holding a card making workshop to support Operation Gratitude. Cards will be made to send to military Troops. You can bring your own paper, calenders, magazines, and supplies OR there will be some provided.



**NSC has Alaska PFD  
forms available**

**GARAGE**

**S  
A  
L  
E**



**At The  
Nikiski Senior Center**

**Quality Donations Accepted  
Please NO clothes or books**

**Outdoor Space is available for rent  
(\$15/parking space - no tables provided)**

**Call 907.776.7654 for more information**

**May 19-20, 2023  
Friday & Saturday 10 am-4 pm**

**Nikiski Senior Center  
50025 Lake Marie Ave**



Food  
Pantry Hours:  
Mon-Fri  
9 am to 2 pm



Qualified seniors can shop from the NSC Pantry every two weeks for supplemental food items such as but not limited to:

- Hamburger
- Chicken
- Pork
- Canned vegetables
- Canned fruit
- Lunch items
- Breakfast items
- Boxed meals
- Hygiene items
- & more

The NSC Food Pantry is graciously funded by Conoco Phillips, KPB, individual donors, and state grants.

## **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 Nikiski 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. Private pay Meals on Wheels services also available. Please call the center for more information.



## **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

## **Are you ready for a Mexican Getaway?**

Anita Gordon is selling her one (1) week condo in Zihuantanejo/ Ixtapa for \$2,000. (She purchased at NSC Fall Fundraiser for \$2,400). Please call (907)776-7654 for more details on this amazing deal!



**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**



**THE NIKISKI SENIOR CENTER  
IS OFFERING TRANSPORTATION  
FROM NIKISKI TO WALMART  
ON TUESDAYS OR THURSDAYS.**

**\$10 PP**

**MUST CALL 24 HOURS IN ADVANCE  
LIMITED SEATING AVAILABLE**

**PLEASE CALL 907.776.7654 TO RESERVE A SEAT**

**GOOD  
MORNING**

**Enjoy coffee or juice & a treat  
Bring a friend!**

**Monday-Friday  
During Regular Business Hours**

**(Donations Appreciated)**



## **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**



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

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





# February

## BIRTHDAYS

2/3 Barb Dudley  
2/4 Sharon Anderson  
2/4 Leslie Hamman  
2/4 John Heft  
2/4 John Strother  
2/5 Lawrence Nudson  
2/5 Ed Hornstra  
2/6 Beverly Waldrop  
2/7 Joanne Love

2/11 Milan Galey  
2/13 Matt Michaels  
2/14 Sharon Bystedt  
2/14 Sharon Weeks  
2/16 Butch Ewing  
2/16 Fred Miller  
2/17 John Macanas  
2/19 Jana Halverson  
2/19 Patrick O'Ney  
2/19 George Dudley

2/20 John Kennedy  
2/20 Chuck Grimm  
2/20 Sue Kanour  
2/21 Nicki Baier  
2/21 Mary Kennedy  
2/22 Paula Bute  
2/24 Barbara Kaufman  
2/25 Mike Chenault  
2/25 William Hartline  
2/27 Peg Paulson  
2/28 Winona Lee  
2/28 Diane Appel



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BARB DUDLEY  
SHARON ANDERSON  
LESLIE HAMMAN  
JOHN HEFT  
STROTHER  
LAWRENCE NUDSON  
ED HORNSTRA  
BEVERLY WALDROP  
JOANNE LOVE  
MILAN GALEY  
MATT MICHAELS  
BYSTEDT  
WEEKS  
BUTCH EWING  
FRED MILLER  
MACANAS  
JANA HALVERSON  
PATRICK ONEY  
GEORGE KENNEDY  
CHUCK GRIMM  
SUE KANOUR  
NICKI BAIER  
MARY PAULA  
BUTE BARBARA KAUFMAN  
MIKE CHENAULT  
WILLIAM HARTLINE  
PEG PAULSON  
WINONA LEE  
DIANE APPEL



**NIKISKI SENIOR CENTER****Lunch Menu****February 2023****ENTREE OR SALAD \$6****ENTRÉE & SALAD \$9**

Mon	Tue	Wed	Thu	Fri
		1 Fried Chicken Mashed Potatoes Veggies & Dessert	2 Pot Roast w/ Potatoes Veggies & Dessert	3 Breaded Chicken Burgers Slaw French Fries Rootbeer Float
6 Breakfast Skillet Potatoes Sausage Cinnamon Rolls	7 Hamburger Steak w/Onion Gravy Roasted Potatoes Veggies & Dessert	8 BBQ Chicken Mashed Potatoes Baked Beans Veggies & Dessert	9 Pork Roast Rice Pilaf Veggies & Dessert	10 Bacon Burger Sidewinder Fries Ice Cream
13 Turkey Pot Pie w/Biscuit Topping Dessert	14 Beef Tacos Beans & Rice Dessert	15 Fried Chicken Mashed Potatoes Veggies & Dessert	16 Ham Scallop Potatoes Veggies & Dessert	17 Cold Cut Sub Sandwiches Chips Milk Shake
20 <b>CLOSED PRESIDENT'S DAY</b>	21 Spaghetti w/ Meatballs Garlic Bread Veggies & Dessert	22 Hawaiian Chicken Bell Pepper Couscous Veggies & Dessert	23 Stirfry Pork Rice Lo Mein Noodles Dessert	24 Reuben Tater Tots Rootbeer Float
27 Biscuits & Gravy Eggs & Bacon Dessert	28 Stuffed Pepper Rice Veggies & 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\***

What did the chef  
give to his wife on  
Valentine's Day?



A hug and a quiche.

## **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 (*no yoga 2/8 & 2/15*)
- Crafts & Coloring Club: **Wednesdays** 12:30-3 pm
- Pinochle: **Thursdays** 12:30-4 pm
- Bible Study: **Thursdays** 1-2 pm
- Movie Night: **Friday** 2/24/23 from 4-7 pm “*Three Thousand Years of Longing*”
- Nail Clinic: **Wednesday** 2/15/23 from 9am-2pm by appt only
- NSC Board Meeting: **Wednesday** 2/15/23 @ 1 pm
- Bingo: **Saturday** 2/11/23 from 3-6 pm (doors open at 2 pm)
- Cards for Military Troops Workshop **Tuesday** 2/07/23 from 1 - 3pm
- **The NSC will be closed on Monday, 2/20/23 in observance of President’s Day**

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: