



DIRECTOR'S MESSAGE

February was another blessed month at the center. Sweetheart BINGO was a massive success with over 70 participants. Kenai Peninsula, Family Caregivers Group, joined us for lunch with a brief presentation of their services and fantastic door prizes. Our new board members have taken their seats and look forward to their training this month. The Nikiski Middle High School Snack Shack continues to be a great collaboration bringing in funds to support student sports programs and our senior housing expansion. Our sewing group has made tremendous progress on our quilts for our Quilt BINGO Fundraiser coming in August. Many have enjoyed the fun crafts Laurajean teaches on Wednesdays. I could go on and on! Please come to the center and enjoy our great activities and services.

I continue to apply for grant funding to complete our Senior Housing Expansion. Most of our events and fundraisers go toward this project. Nikiski Senior Center received substantial property gifted to us by the Evenson Family. It is our goal to continue preparations for the property and build. To date, we have received over \$190,000 in funding. We used the monies to finalize our housing plans as well as, in the fall of 2022, cleared acreage for construction, overburden removed, 60-10yd loads of gravel delivered, and the septic was purchased. There is still more dirt work, including installing the septic system, drilling the water well, installing the line from the water well, excavating the building area, bringing the lot to grade, and moving the 60 loads of gravel to the construction area. Additional gravel/fill will be needed to get the lot to grade.

It has been two years since the Alaska Commission of Aging visited our center and stated that housing is the top need among the senior population in Alaska. Since 2020 our housing waitlist has grown from 19 to 49. Nikiski's last registered population was 4,579, with over 792 of those aged 65+. We serve adults 55 and older, increasing our responsibility to serve by 512 residents. Our current membership count is 448, and continues to grow.

If you would like to donate to this much-needed cause, please reach out so we can explain the options available. Please help us spread the word!

Sasha



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



All current events are posted on
our Facebook page.



Board Meeting

Senior Center Board

Meetings

@ 1:00 pm

March 15, 2023

April 19, 2023

May 17, 2023

June 21, 2023

July 19, 2023

**YOUR VOICE
MATTERS**

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.

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.



**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



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

776.7654

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

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!



FREEZER MEAL WORKSHOP EVERYDAY MEALS

OPTION 1

\$200- 10 MEALS (SERVES 5), OR 20 MEALS (SERVES 2)

OPTION 2

-\$100- 5 MEALS (SERVES 5), OR 10 MEALS (SERVES 2)-

Nikiski Senior Center

Thu, March 9th 4:00 pm, All are welcome

- Easy skillet jambalaya
- Slow cooker chicken quesadilla
- Perfect roast chicken
- Lemon rosemary pork tenderloin
- Slow cooker shredded beef burritos
- Lemon rosemary chicken and sundried tomato orzo
- Cajun shrimp and red pepper fettuccine
- Hearty Italian meatloaf with marinara sauce
- Oven roasted lemon rosemary salmon
- Southwest turkey burgers

Call 907-776-7654

Limited sign-up, reserve your spot



**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

**Kenai
Peninsula**

family
caregiver
support
program



Tuesday, March 22

11:45 am

Nikiski Senior Center

A presentation by Sheryl Cook

How kpfscsp promotes well-being of
caregivers:

- Information
- Connection to services
- Counseling
- Support groups
- Caregiver education
- Respite Services



Phone: 907-262-1280

kpfscsp@soldotnaseniors.com

**MyAlaska & PFD
Appointments**

March 14th, 2023



Sign up for a 30 minute appointment
to receive assistance with setting up
your MyAlaska account and applying
for your PFD.

Please call or
stop by to sign up
907-776-7654

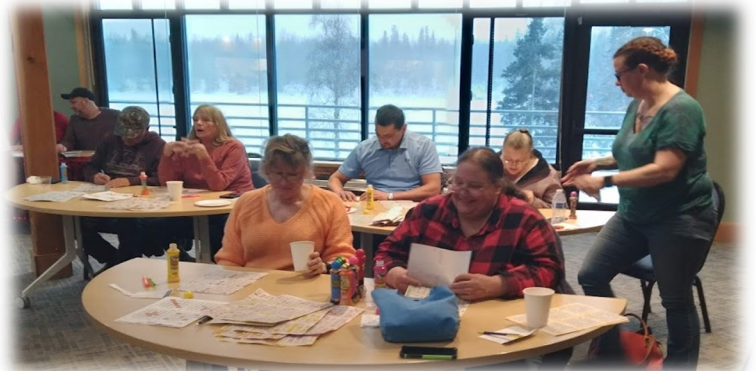




Door prizes included Free meals and valentines chocolates!



Sweetheart bingo was a successful date night for many couples and friends!



Zanetta made an amazing meal before playing! Thank you!





**CRAFTING
MAKES
EVERYTHING
BETTER**

**CALL 776-7654
TO SIGN UP**

MARCH WEDNESDAY CRAFTS

- 1) 3/1/23 - TREE OF LIFE WREATH**
- 2) 3/8/23 - MASON JAR HERB GARDEN**
- 3) 3/15/23 - BUTTERFLY CRAFT**
- 4) 3/22/23 - CORK BOARD**



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!



**NEW
TIME**



Saturday

March 11 & 25, 2023

at the

Nikiski Senior Center

3-6 PM (doors open 2 pm)

Potluck is Back!

Bring your own snacks

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



LIVE Music on Wednesdays

Thank you John for blessing us with your talent. We welcome anyone with a musical gift to play. On Thursday, March 2nd we will have Kevin Barrett

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.



NSC CATERING SERVICES

Nikiski Senior Center can help with your catering needs.

Menus and pricing posted on our website. Go to Info then Wedding & Event Space Rental.

On site & pick-up trays available



907.776.7654



WWW.NikiskiSeniorCenter.org



creamy champagne chicken for 2

Laurajean Recipe

Ingredients:

- 1 tablespoon olive oil
- 2 skinless and boneless chicken breast fillets
- salt, to taste
- 14 ounces sliced mushrooms
- 2 teaspoons butter
- 4 green onions (finely chopped)
- 1/2 cup champagne (or sparkling white wine)
- 2/3 cup heavy cream
- fresh chopped parsley, to garnish

Instructions:

- Heat olive oil in skillet over medium heat. Season each chicken breast with a pinch of salt. Sear on both sides, for about 3 to 5 minutes each (depending on thickness), until golden. Transfer chicken to plate.
- Fry mushrooms in butter until begin to soften. Transfer to plate, topping chicken. Cover and keep warm.
- Add onions to pan and cook for 4 minutes. Pour in the champagne; stir well, while scrapping any food bits from the bottom of the pan for added flavor. Season with salt and pepper, then allow to simmer for about 10 minutes.
- Pour cream into the center of pan and simmer for 2 to 3 minutes. Add chicken and mushrooms to the sauce along with any cooking juices. Coat in the creamy sauce. Sprinkle with parsley and enjoy.

Enjoy!



"SILVER & FIT" WITH JANET

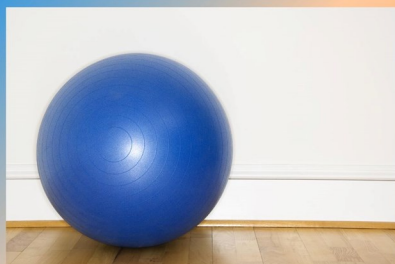


AT THE NIKISKI SENIOR CENTER

MONDAYS
10-11 AM
AND
THURSDAYS
1-2 PM



FREE FOR NSC
MEMBERS
(\$5 FOR NON-
MEMBERS)



MOVES WILL BE MODIFIED TO
ACCOMMODATE ALL LEVELS

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



YOGA

Please join us Wednesdays at 9:30 am for
yoga with Katrina of Bella & Beyond.
You can participate in the comforts of your
own home via zoom or in the
NSC conference room.

This class is free to NSC members.



March Birthdays

3/1	Scott Larson	3/17	Jon Harman	3/26	Martin Vandenburg
3/2	Dan Gordon	3/17	Carol Joy	3/27	Glenn Chandler
3/3	Frankie DeRossitt	3/18	Lawrence Croft	3/28	Sam Hodena
3/4	Becky Ogren	3/18	Donna Ruth Weaver	3/29	Carrie Anderson
3/5	Ouida Parker	3/19	Alan Bute	3/29	Helen Ogle
3/5	Patty Hert	3/20	Denise Sullins	3/30	Bernie Titera
3/6	Maralee Hoover	3/20	Emma Haase	3/30	Mickey Bowen
3/7	Tom Trueax	3/20	Nadine Gabbett	3/31	Roger Aday
3/10	Shelly Niblack	3/21	Diana White		
3/13	Leon Marcinkowski	3/22	Pam Nelson		

March Birthdays

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

SCOTT	BUTE	ANDERSON
LARSON	DENISE	HELEN
DAN	SULLINS	OGLE
GORDON	EMMA	BERNE
FRANKIE	HAASE	TITERA
DEROSSITT	NADINE	MICKEY
BECKY	GABBETT	BOWEN
OGREN	DIANA	ROGER
OUIDA	WHITE	ADAY
PARKER	PAM	
PATTY	NELSON	
HERT	KENNETH	
MARALEE	FUCH	
HOOVER	SUZETTE	
TOM	HUBER	
TRUEAX	LENA	
SHELLY	FLensburg	
NIBLACK	JAMES	
LEON	DECKER	
MARCINKOWSKI	LISA	
JON	BAIRD	
HARMAN	KATHERINE	
CAROL	JULIUSSEN	
JOY	MARTIN	
LAWRENCE	VANDENBURGH	
CROFT	GLENN	
DONNA	CHANDLER	
RUTH	SAM	
WEAVER	HODENA	
ALAN	CARRIE	

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

Mon	Tue	Wed	Thu	Fri
		1 Fried Chicken Mashed Potatoes Veggies	2 Pizza Beef Rotini	3 Pulled Pork Sandwiches Baked Beans
6 French Toast Eggs, Hash Bacon	7 Beef Fajitas Refried Beans	8 Chicken Marsala Butter Noodles Veggies	9 Fish N Chips Coleslaw	10 Chicken Salad Salad Mac Salad
13 Stroganoff with Egg noodles Veggies	14 Chili Relleno Black Beans Tex-Mex Rice	15 Fried Chicken Mashed Potatoes Veggies	16 Beef Roast with Potatoes and Carrots	17 Hawaiian Chicken Sandwich Onion Rings
20 Biscuits & Gravy Eggs & Bacon	21 Pork Ropa Vieja Red Beans Veggies	22 Lemon Chicken Rice Veggies	23 Baked Salmon with Dill Sauce Rice Veggies	24 Chicken Bacon Ranch Wraps French Fries
27 Turkey Tetrazzini Bow Tie Pasta	28 Smothered Burritos Spanish Rice Beans	29 Fried Chicken Mashed Potatoes Veggies	30 Shrimp Pineapple Rice Veggies	31 Patty Melt Tater Tots

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 & **Thursdays** 1-2 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
- Bingo: **Saturday** 3/11/23 & 3/25/23 from 3-6pm
(doors open at 2pm)
- Freezer Meal Workshop: **Thursday** 3/9/23 @4pm
- MyAlaska/PFD Workshop: **Tuesday** 3/14/23
- NSC Board Meeting: **Wednesday** 3/15/23 @1pm
- Kenai Peninsula Family Caregiver Support Group: **Wednesday** 3/22/23 @ 11:45 am



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

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



PLEASE
PLACE
STAMP
HERE

To: