



DIRECTOR'S MESSAGE

In March, our Board of Directors and some staff received "Board Training," made possible by a mini-grant from Alaska Community Foundation. It was a day filled with a review of our bylaws, policy & procedures, best practices of a non-profit, and guidance on Roberts Rules. We all greatly benefitted from this training, and we look forward to the trainer returning next year to help us with our Long Range Plan. I am sharing this with you because it is so important to recognize how much we have grown and the steps we are taking to be knowledgeable of the practices and decisions we make for our center and membership.

As the months get warmer, we are looking forward to the return of our snowbird membership and planning some fun activities and services! Come the month of May, you can all look forward to our community garage sale, a visit from Nikiski Middle High School play group who will be giving us a sneak peek of their new upcoming play, "Sponge Bob," Nikiski Community Clean Up in collaboration with Nikiski Community Club, and the Health Fair in partnership with Nikiski Recreational Center. Remember to keep an eye out on our Facebook page for current events.

Sasha

**The center will be CLOSED Friday, April 7th
for Good Friday**



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



www.NikiskiSeniorCenter.org

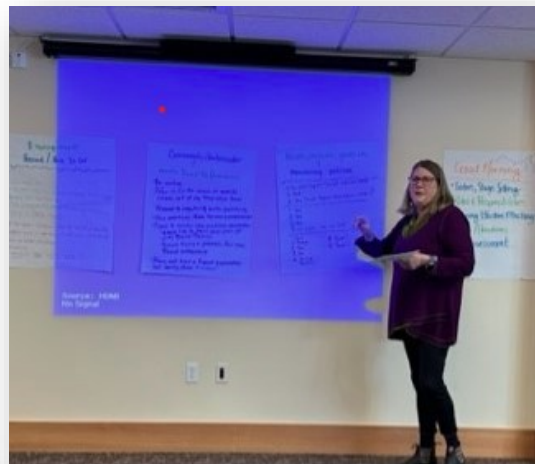


All current events are posted on
our Facebook page.



Board of Director Training 2023

- Bylaws
- Policies & Procedures
- Best Practices of A non-profit
- “Roberts Rules”
- Responsibilities of Board of Directors



Above, Trainer, Timi Tullis does an exercise on categorizing what is a Boards responsibility and what is the responsibility of the Executive Director.

To the left, Sue shares about herself with fellow trainees. It was great to get to know each other better!



Senior Center Board

Meetings

@ 1:00 pm

April 26, 2023

May 24, 2023

June 28, 2023

July 26, 2023

August 23, 2023

NOTICE: Board Meetings have been changed to the 4th Wednesday of every month.

YOUR VOICE MATTERS

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

GOOD MORNING

Enjoy coffee or juice & a treat
Bring a friend!

Monday-Friday

During Regular Business Hours

(Donations Appreciated)





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

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




2012 Sierra Denali AWD
\$24,000 OBO

Has all the bells and whistles. Heated and cooled leather seats, heated steering wheel, cell phone and GPS connection to sound system, bed liner with tonto cover, and much more. Call Joe Thirlwell at 907.513.2384

Members get FREE advertisements in the newsletter!

Email your pictures and description to Frontdesk@nikiskiseniorcenter.org

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, April 13th 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



Happy Birthday to Carol and Jeff!



Martin, Peggy, and Mary Jean enjoy a good game of Pinochle.



**CRAFTING
MAKES
EVERYTHING
BETTER**

**CALL 776-7654
TO SIGN UP**

APRIL WEDNESDAY CRAFTS

- 1) 4/5/23 - TREE OF LIFE WREATH
- 2) 4/12/23 - MASON JAR HERB GARDEN
- 3) 4/19/23 - MAKE A SPRING WREATH
- 4) 4/26/23 - DECORATE YOUR WREATH

1



2



3



4





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)

Call 907.776.7654 for more information

Quilting Sponsors Needed!

The ladies have made 14 quilts and their goal is 21. We are in need of sponsors to have some of the quilts taken to a quilter to be finalized. Typically the cost is around \$250. If you are able to donate toward this cause, please contact Administration to donate. All quilts are for our "Quilt BINGO Fundraiser" to help with housing expansion and general operations of the Nikiski Senior Center. Thank you for your support!



Our Sewing Group has been working together inspiringly to create many beautiful quilts for this years "Quilt BINGO" event happening in August.



French Grated Carrot Salad with Lemon Dijon Vinaigrette

*From the NSC Kitchen
with love*

Ingredients:

- 1 pound carrots, peeled
- 2 teaspoons Dijon mustard
- 1 tablespoon freshly squeezed lemon juice, from one lemon
- 1 1/2 tablespoons vegetable oil
- 1 1/2 tablespoons extra virgin olive oil
- 1-2 teaspoons honey (to taste)
- Heaping 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper (to taste)
- 2 tablespoons chopped fresh parsley
- 2 finely sliced scallions (or 1 tablespoon finely chopped shallots)
- 1 cup raisins

Instructions:

- Shred the carrots in a food processor. Set aside.
- In a salad bowl, combine the dijon mustard, lemon juice, honey, vegetable oil, olive oil, salt and pepper. Add the carrots, fresh parsley and scallions (or shallots) and toss well. Taste and adjust seasoning if needed. Cover and refrigerate until ready to serve.

Notes: depending on the sweetness of the carrots, you may want to add more or less honey. Also if you make this salad ahead of time, be sure to check the seasoning again before serving as the flavors tend to mellow.

Enjoy!



Laurajeane remembers Bob on St. Patrick's Day



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

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.

WEEKLY ACTIVITIES

Silver & Fit

Chair exercises modified to your level

Monday 10-11 am

Thursday 1-2



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



**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



**Volunteers
Needed**

**We would love your help
serving drinks at lunch**

Lunch provided

signup available:
March and April dates, Mon-Fri
From 11:15am to 12:45 pm

More information: ☎ 907-776-7654 or at the center



Remember to view our Facebook page for current events!

NIKISKI SENIOR CENTER

Spring Fling

BINGO

Saturday
April 29th, 2023
at the
Nikiski Senior Center
3-6 PM (doors open 2 pm)

\$35pp includes Bingo Packet & Buffet

You do not need to be a NSC member to play.
RSVP Much Appreciated - 907.776.7654

Young At Heart Chorus

Practice times

Nikiski Senior Center
Wednesday 4/5 10:45-11:30
Nikiski Firestation 2
Thursday 4/6 7:00-8:15 pm

New singing, rapping, and chanting group

Rock & Roll will never die

Goal is to perform at Fall Fundraiser!

More Information :
776-8916

Rose Pilatti, Director

April Birthday

4/1 Peggy Emond	4/9 Tina O'Ney	4/17 Robert Ricks
4/1 Debra Brown	4/10 Sheran Warren	4/22 Rosi Johnson
4/1 Mike McBride	4/10 Deb Denton	4/23 Mike Taylor
4/1 Jack Porter	4/10 Richard Walker	4/23 Steve Brigham
4/2 Paula Maier	4/11 Irene Roberts	4/24 Gail Rotgers
4/2 Sue Tauriainen	4/12 Kathleen Rogerson	4/24 Richard Johnson
4/4 Michael Mulchaey	4/13 Victoria Pate	4/24 Jesse Lobdell
4/5 Annette O'Connell	4/13 Alice Uhlin	4/26 Ann Sivetsen
4/5 Deanna Beauchamp	4/14 Joanne Hardesty	4/28 Ray Southwell
4/6 Jeff Poffenbargar	4/14 Venetia Nortrup	4/28 Claudia Jackman
4/6 David Sullins	4/15 Jim Burris	4/29 Ann Berg
4/7 Lois Solmonson	4/15 Bill Kanour	4/29 Myrna Dyer
4/7 Carol Ernst	4/16 Don Bakk	4/30 Dale Schmoll

April Birthdays

M C N Y R O B E R T P K Z E Q E V O Z Q N R N O D Z B L P N	PEGGY	SHERAN	ROSI
P M Y Y I P V R M A M A H G I R B M M C H W A R R E N U R G	EMOND	WARREN	JOHNSON
C H M T C J L L M F N G O A E O M N B A K K A B W C R B C J	DEBRA	DEB	TAYLOR
E P L S K B V O Q G E R A T H J T E J E R O B E R T S Q E C	BROWN	DENTON	STEVE
O C D E S E M O O R Z D Y I Z N S V N D V S N A R E H S M G	MIKE	RICHARD	BRIGHAM
D K K D Y E R G Y O O V I M L B N E C E A Q E O P W T U O H	MCBRIDE	WALKER	GAIL
D E B R A R D D E C J S E R S L R A N S G N N O L M R L N H	JACK	IRENE	ROTGERS
J U P A N I L H U H L H I A B I E E O J S Y F L G A Q M D E	PORTER	ROBERTS	JESSE
L P S H D C S C V B L H I Z C C T L O M O F I S Y L U J Q S	PAULA	KATHLEEN	LOBDELL
L E A K E H I A V K L R D R N I M T T T E B R O C J P E U S	MAIER	ROGERSON	ANN
V G L P N A R Y S F O A A T A O J M M N A Q I L X K R K P E	SUE	VICTORIA	SIVETSEN
O G I W B R R O A T L G A N N O S K B M W J O A N N E D A J	TAURIANEN	PATE	RAY
N Y C W O D U T C E G W S S S P E A M U L C H A E Y T C U H	MICHAEL	ALICE	SOUTHWELL
E M E U E M B I T N B K O V T E R K E H P C A B E A R J L M	MULCHAEY	UHLIN	CLAUDIA
Y E I E R P V R J W G N U D R G W M Z S F A E Q U V O Q A L	ANNETTE	JOANNE	JACKMAN
H M O V M X L H S I O L D E A N N A E O Y R B N M O P M P Q	OCONNELL	HARDESTY	BERG
N D Z E S J S J H P A C S R H C B I K U G O T N E C N I V X	DEANNA	VENETIA	MYRNA
J X H T N T K K M T E D T C M A E E I T W L L E N N O C O V	BEAUCHAMP	NORTRUP	DYER
O R H S I L A A F D O E V U B A L P R I H L N O T N E D J X Y	JEFF	JIM	DALE
H L J T L H H U K D E K Z B N A P A P W N L Z N G K P D V S	POFFENBARGAR	BURRIS	SCHMOLL
N N A T L C Q C U H Z D A U N N A G U E R E E C Y I C L K R	DAVID	BILL	
S U Y A U E D A J I B J S N A L Y E N L M K S D T M M L U E	SULLINS	KANOUR	
O A N A S N I D J O S Q Z M O K A T H L E E N T B I C O P G	LOIS	DON	
N G E I N D L E N V I H K D A U H F W R I P R W E O S M H T	SOLMONSON	BAKK	
R B D E U E F V B R B C S D J A R X Q G D O K I W V L H F O	CAROL	PAUL	
K B L A A F L K Z J A E T T E N N A F A L A C H A B I C P R	ERNST	CORBETT	
C G L H S A C P N J I I M V X T P H V Y Q V J S P E G S Y Z	GLENN	VINCENT	
A C C Q N D C F A H S O K K N E N I A I R U A T A D I J I M	DENBOER	STRAHMANN	
J I T I R O G E R S O N G X U D D T Y O F X G L T N W O R B	TINA	ROBERT	
M P T V W R S S R V F J O B T X F W A L K E R L E E X L Q P	ONEY	RICKS	

NIKISKI SENIOR CENTER

**Lunch Menu
April 2023**

*In the kitchen with
Laura Jean & Zanetta*

ENTREE OR SALAD \$6

ENTRÉE & SALAD \$9

Mon	Tue	Wed	Thu	Fri
3 Chili Relleno Dessert	4 Lasagna Veggies Garlic Bread Dessert	5 Fried Chicken Mashed potatoes Veggies Dessert	6 Pork Chops With Stuffing Veggies Dessert	7 CLOSED FOR GOOD FRIDAY!
10 Swedish Meatballs Pasta Veggies Dessert	11 Meat Loaf Mashed Potatoes Veggies Dessert	12 Fried Chicken Mashed potatoes Veggies Dessert	13 Stir Fry Fried Rice Egg Rolls Dessert	14 Fish and Chips Ice Cream
17 Beef and Broccoli White Rice Dessert	18 BBQ Short Ribs Baked Beans Dessert	19 Fried Chicken Mashed potatoes Veggies Dessert	20 Ham Scalloped Potatoes Veggies Dessert	21 Mushroom Swiss Burger w/fries Ice Cream Sundae
24 Champagne Chicken Veggies Dessert	25 Tacos Refried Beans Dessert	26 Fried Chicken Mashed potatoes Veggies Dessert	27 BLT Classic Potato Salad Dessert	28 Chili Corn Bread Ice cream



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

Activity Highlights

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays** 1-2 pm
- Crochet & Knit: **Mondays** 12:30-2:30
- 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
- CLOSED: Good Friday **4/07/23**
- NSC Board Meeting: 4th **Wednesday 4/26/23 @ 1pm**
- NSSAB Board Meeting: **Wednesday 4/26/23 @ 4pm**
- Freezer Meal Workshop: **Thursday 4/13/23 @ 4pm**
- Spring Fling BINGO: **Saturday 4/29/23 @ 3 to 6pm** 3-6pm (doors open @ 2pm)

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

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



PLEASE
PLACE
STAMP
HERE

To: