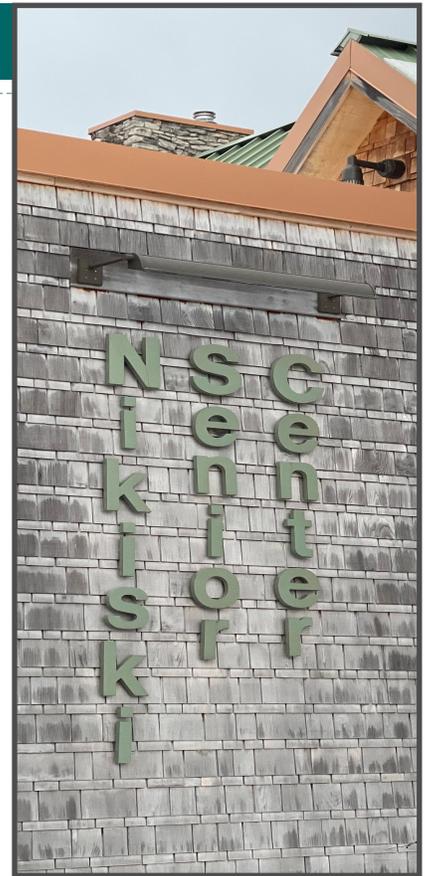




DIRECTOR'S MESSAGE



We are thriving! Our membership has grown to 368 members! The month of May is filled with services and exciting community events! Welcome home to all our snowbirds.

Don't worry; the snow will eventually melt.

We are always looking for fabulous volunteers to join in the many blessings we have to offer. Don't be shy; your help is needed and appreciated.

I want to introduce our new employees to those who have not come to the center lately. Our Assistant Cook, Zanetta, and Senior Representative, Jennifer, joined us in January, and Azure joined us this past month as our Administrative Assistant. They have been happy to join our fantastic team

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.

GARAGE



S



A

At The Nikiski Senior Center

Quality Donations Accepted
Please NO clothes or books

L

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

E

Call 907.776.7654 for more information

May 26-27, 2023

Friday & Saturday 10 am-4 pm

Nikiski Senior Center

50025 Lake Marie Ave



Senior Center Board

Meetings

@ 1:00 pm

May 17, 2023

July 19, 2023

August 16, 2023

**YOUR VOICE
MATTERS**



Above photo of Freezer Meal Work Shop. Participants went home with chest full of deliciously seasoned meals ready to cook or store in the freezer .

LIVE Music on Wednesdays

Thank you John for gifting us with your talent.

**We welcome
anyone with a musical gift to play.**

SENIOR NAIL CARE

WEDNESDAY 5/10/23

9:30 AM - 2 PM

PLEASE CALL FOR APPOINTMENT

(NO WALK-INS)

907.776.7654



FREE FOR NSC MEMBERS

\$10 FOR NON MEMBERS



BINGO

Saturday

May 13th, 2023

at the

Nikiski Senior Center

3-6 PM (doors open 2 pm)

Bring your own snacks

\$23 to Play

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

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)



**CRAFTING
MAKES
EVERYTHING
BETTER**

**CALL 776-7654
TO SIGN UP**

MAY WEDNESDAY CRAFTS

- 1) 5/3/23 - CLAY POT MUSHROOM DECOR
- 2) 5/10/23 - SUCCULENT PLANTER ART
- 3) 5/17/23 - BUTTERFLY GLOBE CRAFT
- 4) 5/24/23 - SPRING GARDEN GNOME
- 5) 5/31/23 - CLAY POT GARDEN FROG



Young At Heart Chorus

**ON HOLD
FOR
RECRUITING**

CALL 907-776-8196

Join us May 25, 2023
9am to 3pm

Check in will be at Nikiski Senior Center
between 9am and 10am.

Garbage bags and gloves provided.
T-shirts and grabbers will be distributed
to the first 150 people.

**Free lunch and door prizes for
registered participants!
Register at NSC May 22nd-24th!**



NIKISKI COMMUNITY CLEAN UP

IN COLLABORATION WITH
NORTH KENAI COMMUNITY CLUB

WEEKLY ACTIVITIES

Silver & Fit

Monday 10-11 am
Thursday 1-2



Knitting & Crocheting Class

Monday 12:30-2:30 pm



Sewing Class

Tuesday 12:30-3 pm



Yoga with Katrina (via zoom)

Wednesday 9:30-10:30 am



Coloring & Crafts

Wednesday 12:30-3 pm



Bible Study

Thursday 1-2 pm



Pinochle

Thursday 12:30-4 pm



Opening Doors to Independence

36275 Kenai Spur Hwy, Suite 5
Soldotna, AK 99669
907-262-4955 direct 907-262-4936 fax

Access Alaska has a new resource!

- Are you a **senior or someone with a disability** who continues to feel socially isolated after the Covid-19 pandemic?
- Do you feel you could benefit from social supportive networks, friendships, or other similar actions?
- Do you need referrals to mental health, housing, food deliveries from food banks, information about local resources, or educational information about public health?
- Do you know a senior or person with a disability who could benefit from peer support, outreach, and/or individual visits to help them prepare or respond to pandemic related or other public health challenges?
- Many other services are available!

Access Alaska now has a Public Health Workforce Support Program Associate who can work with seniors and those experiencing disabilities!

Meet Dani Kobschull and talk to her about what assistance you need and let her help by working one-on-one with you.

Call (907) 262-4955 or (907) 312-8043 and ask to speak to Dani.

We are stronger together!

FREE MOTHER'S DAY
BRUNCH ON FRIDAY,
MAY 12TH

11:30 AM-12:30 PM
COME OUT AND
CELEBRATE MOMS!



April Center Events

Nikiski High School Prom



Left: Jessica
Center: Alek, Kellee and Josh
Right: Holley and Alice

Happy Retirement



So many memories. We love you and you will be missed Enjoy your retirement and don't be a stranger.
Celebration TBA.



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 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.

NIKISKI SENIOR CENTER IN COLLABORATION WITH
NORTH PENINSULA RECREATION



Community HEALTH FAIR

May 20th, 2023

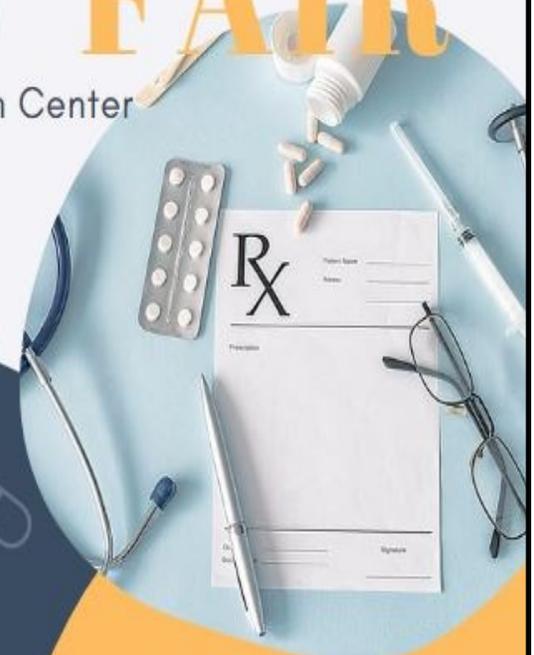
at North Peninsula Recreation Center
9:00am - 1:00pm

Get Free
Transportation

Transportation will be provided to
pre-registered seniors age 55+ by
Nikiski Senior Center

Call to register:
(907) 776-7654

www.nikiskiseniorcenter.org



GOOD MORNING

Enjoy coffee or juice & a treat
Bring a friend!

Monday-Friday
During Regular Business Hours
(Donations Appreciated)



Braided Herb Bread

Especially from
Zanetta

Ingredients:

- 1 tablespoon salt
- 1 tablespoon rosemary leaves
- 2 packages active dry yeast
- about 7 cups of all-purpose flour
- 2 1/2 cups water
- 1 tablespoon butter or margarine, softened
- 1 egg, slightly beaten

Instructions:

- In a large bowl, combine salt, rosemary leaves, yeast and 2 1/2 cups flour. In 2-quart saucepan over low heat, heat water and butter until very warm (120 to 130 degrees) (Butter does not need to melt)
- With mixer at medium speed, gradually beat liquid into dry ingredients. Beat 2 min, scraping bowl occasionally. Add 1 cup flour or enough to make a thick batter; beat 2 min at high speed, scraping bowl occasionally. With a spoon, stir in 3 1/2 cups of flour to make a soft, sticky dough.
- Place in greased bowl; cover with a towel. let the dough rise in a warm place, away from draft, until doubled, about 1 1/2 hours.
- Punch down dough and turn out onto well-floured surface. Knead until smooth and elastic, about 10 minutes. Divide dough into 6 equal pieces; roll each piece into an 18 inch rope. on one side of the cookie sheet braid 3 ropes. Repeat with remaining ropes. Cover with a towel; let rise in warm place until doubled, about 30 minutes.
- Preheat oven to 450 degrees. Brush tops of loaves with egg. Bake 30 minutes or until loaves sound hollow when tapped with fingers. Remove to racks to cool.

Enjoy

NIKISKI SENIOR CENTER

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

NSC Catering

From to-go platters to event catering, Nikiski Senior Center can help with your catering needs. Call (907)776-7654 or visit our website for details and pricing.



May Birthday

- | | | |
|-----------------------|-------------------------|---------------------|
| 5/3 Larry Burcham | 5/19 Sondra Starnes | 5/25 Ray Ogren |
| 5/11 Patrick Clark | 5/20 Patricia Newman | 5/26 Keith Karsten |
| 5/12 Chuck Hanley | 5/20 Kristi Nash | 5/29 Chuck Notmeyer |
| 5/12 Patty Herrick | 5/21 Joe Stanford | 5/29 Sylvia Kincade |
| 5/12 Yenti Vergin | 5/22 Michael Newcomb | 5/29 Jennie Porter |
| 5/14 Dani Kebschull | 5/24 Dan Williams | 5/30 Debra Thomas |
| 5/15 R.F. Stuart | 5/24 Genita Thirlwell | 5/30 Hayward Wik |
| 5/17 Billy Jewell | 5/25 Milton Bristow | 5/30 Rocky Knudsen |
| 5/17 Karie Hamborg | 5/25 Jean Phillips | |
| 5/19 Mary Jean Ivy | 5/25 Jeannette Phillips | |
| 5/19 Beverly Hornstra | 5/25 Elaine Bakk | |

C N B Q D C E W X U J I Z G V K A A G Y K W G P S T D N Y B	MILTON
F J Z D M I Z Y O P N C D O Y Y V U V A M F A Y Y O B T V D	LARRY
U H L Q I V I R K F I H J D H J S L A J L I V W L R X P O N	RONI
N U N V C F U L E A R U W W Y Y E M C D T I S O V N F D O J	PATRICK
C B M B H K B A I T Z C J O W Z N A K M R Q X S I A P T D E	CHUCK
I A G L A U L J T N O K E S P H J R A W O S V Q A K L X L T	PATTY
I K Y W E K Q E H T U D A N G A I Y I J Y V E C B I L L Y E	MARY
X K B R L V L C N J K K N S T L A E N N M E W E M Y S Q L W	JEAN
O U D K C F K P Y G W R U E E R A X F V O D X A A G Q A Z U	BILLY
G J S B T E A X K P D T A C M C M Q O D R R Q K M K M J A G	KEITH
B W D L Y W R T C B D C Q L M Y A M Z W S Z N N A O M O L T	DANI
I A A S W X B Y G S X V A F Q I Z A J D U K Z N E L D E T Y	BOYD
V V D D T Z E S H N I R P F S V B J D P A T V J M K I D K A	MICHAEL
R D I L Y M D M Y G R W Z U K J N E N P Z N G L H R Z O V C	PATRICIA
Z X B Z B E P G E Y J I Q E R J L N V R Q S I R A C K W G G	JEANNETTE
W Y M S E I N N Q L W G J E F O V N S E L I Y K U I J W E C	JOE
N K C H W S I T C X G E O K I H H I Q X R Y H T O K E E N O	RF
M E R T S T L O I W J Y V J A H I E Q F K L K C I R T A P W	DEBRA
C L F I A M R I F S K U H Z S N G C X X Q B Y O J C R F D R	HAYWARD
B A H A S Y L C S W J A E M R L N I I B F V O J V M G S D V	DAN
J I H W H T I U X J I X E U L T U I F B C F T Y K B V V S D	YENTI
W N F G C T I R J J O U G C X G X K F O M H B N D M F F W S	KARIE
P E F R S A M F V V R L H C U N Y C Y F Q C J O X K E P Q S	BEVERLY
M H K C N P Z H H J Q D L F G N K Q I S Q E Y F X G L J U U	SONDRA
R A J O T T N K V S Q Z V H V E L W Y E N F M N N W G G O J	KRISTI
Z Y J E C Q R F O Z C M G O W R J B K Y S P S E E Y G R X P	GENITA
W W I C W H K A W I L O F D Q T L F R A I C I R T A P Z J V	ELAINE
L A M F S G K Z C M I Y E S R Q M S V R O M F F R D O Q I B	RAY
A R D N O S J P R A J E A N N E T T E T T G I L A C W K Y A	SYLVIA
L D I L L F L N O V X L C P O K M G G V T E D P R Y D U Y G	JENNE

NIKISKI SENIOR CENTER

ENTREE OR SALAD \$6

Lunch Menu

In the Kitchen with Laurajean and Zanetta

ENTRÉE & SALAD

May 2023

\$9

Mon	Tue	Wed	Thu	Fri
1 Hamburger Steak Roasted Potatoes Veggies Dessert	2 Stir Fry Rice Eggroll Dessert	3 Fried Chicken Mashed potatoes Veggies Dessert	4 Spaghetti w/ Meat Sauce Garlic Bread Veggies Dessert	5 American Cold Cut & Cheese Subs Chips Root Beer Float
8 Baked Fish Rice Pilaf Veggies Dessert	9 Beef Tacos Refried Beans Spanish Rice Dessert	10 Fried Chicken Mashed potatoes Veggies Dessert	11 Cowboy Beef Casserole Cornbread Dessert	12 FREE Mother's Day Brunch
15 Pork Loin Roasted Potatoes Veggies Dessert	16 Meatloaf Red Potatoes Veggies Dessert	17 Fried Chicken Mashed potatoes Veggies Dessert	18 Roast Beef Casserole Potatoes Veggies Dessert	19 Chicken Bacon Ranch Wraps Potato Salad Root Beer Float
22 Eggs Bacon Hash Browns Biscuits & Gravy Dessert	23 Potato Boat Burrito Beans & Rice Dessert	24 Fried Chicken Mashed potatoes Veggies Dessert	25 Burgers / Hotdogs Baked Beans Veggies Dessert <small>FREE for Community Clean-up Participants</small>	26 Fish & Chips Ice Cream
29 Closed for Memorial Day	30 Chicken Fajitas Black Beans Mexican Corn Dessert	31 Fried Chicken Mashed potatoes 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

Activity Highlights

- Silver & Fit: **Mondays** 10-11 am AND **Thursdays @** 1-2 pm
- Knitting & Crocheting Class: **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
- NMHS Play performance-Spongebob: **Monday 5/3/23 @** 11 am
- Nail Clinic: **Wednesday 5/10/23** (appointments start @ 9am)
- Mother's Day Brunch: **Friday 5/12/23 @** 11:30 am-1 pm
- Bingo: **Saturday 5/13/23** from 3-6pm (doors open @ 2 pm)
- KPB Assembly Budget: **Monday 5/15/23 @** 1:20 pm
- Community Health Fair: **Saturday 5/20/23 @** 9 am-1 pm
- NSC Board Meeting: **Wednesday 5/24/23 @** 1pm
- Community Cleanup: **Thursday 5/25/23** 9 am-3 pm
- NSC Garage Sale: **Friday-Saturday 5/26-5/27**

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

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



PLEASE
PLACE
STAMP
HERE

To: