



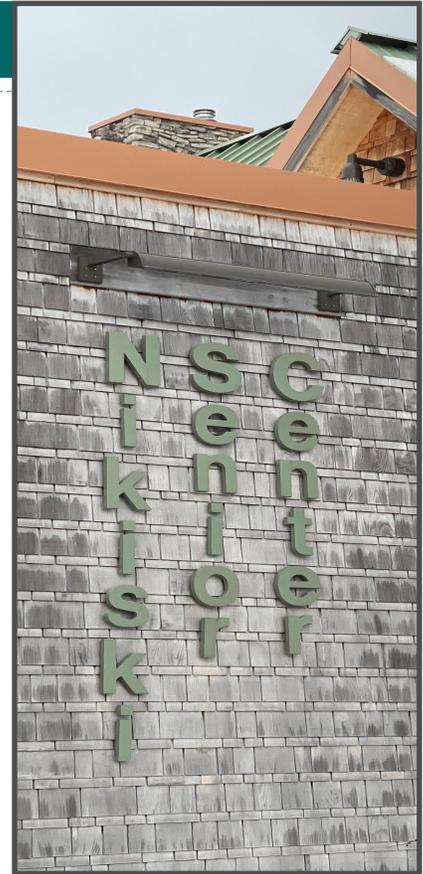
NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

The Nikiski Senior Center campus is in bloom, and Jeff has been working hard to maintain the grounds. Volunteer Wayne Pattison organized the center siding to be pressure washed and cleaned up after years of aging. The center was closed for a day of deep cleaning. We designated space for our quilting machine and Nail Care Clinic.

Administration revised the "Housing Wait List Application," and mailed over 56 notices to senior applicants. Zanetta became our Head Cook, and Assistant Cook, Nicole Lockner, joined us.

Exciting news, our filmed commercials have launched! They are currently streaming on our website, and have been submitted with two grant applications. Take a picture of the above Nikiski Senior Center QR Code to view the commercial on our website.



Thank you Alaska Community Transit!

The wait is over! In 2021, NSC received a DOT reimbursable grant to purchase a Transit Van. The current vehicle economy proved the task difficult. After finding a transit van locally, a request for an extension on the grant was submitted and approved. I am happy to introduce our new ten-passenger Transit Van that will be used for our transportation program and senior field trips.

Sasha

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.



NIKISKI SENIOR CENTER

QUILT BINGO FUNDRAISER

For Senior Housing Expansion

WHAT: FUNDRAISER-A CHANCE TO WIN QUILTS
WHERE: NIKISKI SENIOR CENTER
WHEN: SATURDAY, AUGUST 26, 2023 FROM 4-8 PM
PRICE: \$50 - INCLUDES 1 BINGO PACKET & DINNER



JOIN US FOR A FUN NIGHT OF QUILT BINGO & DINNER! MENU INCLUDES MEXICAN FOOD, DESSERT, & BEVERAGES. DOOR PRIZES & FUN GUARANTEED!

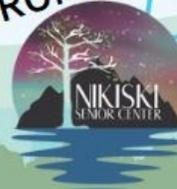
T: 907.776.7654 for details. Tickets can be purchased in advance.

ROAD Trip

FRIDAY

August 18 2023
Leave Nikiski at 10 am

FROM



NIKISKI SENIOR CENTER
TO STERLING SENIOR
CENTER

TO



Sterling Area Senior Citizens Inc.

- SIGN-UP! WE NEED A HEAD COUNT. CALL NSC AT 907-776-7654
- LIMITED SEATING AVAILABLE
- BUFFET LUNCH PRICE FOR NSC GROUP IS \$10/PP



WEEKLY ACTIVITIES

Silver & Fit

Monday 10-11 am

Thursday 10-11



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



REGISTER TODAY

Ten Warning Signs of Alzheimer's Presentation

Presented by the Alzheimer's Association®



Seward Senior Center
July 20 - 1:00pm | [REGISTER](https://bit.ly/TWSeward)
<https://bit.ly/TWSeward>

Soldotna Senior Center
August 29 - 10:00am | [REGISTER](https://bit.ly/TWSSoldotna)
<https://bit.ly/TWSSoldotna>

Nikiski Senior Center
August 9 - 10:30am | [REGISTER](https://bit.ly/TWSNikiski)
<https://bit.ly/TWSNikiski>

Kenai Senior Center
September 28 - 1:00pm | [REGISTER](https://bit.ly/TWSKenai)
<https://bit.ly/TWSKenai>

All sessions here are listed in Alaska Time, online listings may be different; please note time zone.



TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900

ALZHEIMER'S ASSOCIATION

For course descriptions and a full list of available webinars and Association events, please visit us online at: alzwa.org/education.



BOYS & GIRLS CLUB

Our local Boys & Girls Club Students have visited the



center to enjoy lunch, crafts , and card games with our seniors. In the above picture, a young cadette shares his Grandfather’s war medals with some of our veterans. They shared interesting facts about each of their military branches, and answered his questions.

“Closely listening to others’ stories creates a shared moment of compassion”.

By Robyn Flvush



Senior Center Board Meetings
 @ 1:00 pm
 September 27th, 2023
 October 25th, 2023
 November 22nd, 2023

Service Area Board Meetings
 @ 4:00pm
 October 25th, 2023

YOUR VOICE MATTERS

WE ARE LOOKING FOR LOCAL ARTISTS!



Would you like to teach seniors an art class?
 Wednesday sessions- lunch included for volunteers




CALL 907-776 7654

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- Shipping Available

Frank Jones
 (907) 741-0047
 frankp.or.jones@gmail.com



PLEASE UPDATE YOUR RECORDS!

THE NIKISKI SENIOR CENTER HAS A NEW MAILING ADDRESS



Nikiski Senior Center
 50025 Lake Marie Ave.
 Kenai, AK 99611

**NEED A TUTOR?
 CALL AMY!
 907-529-2779**

Math including standardized testing prep.
 Also- left handed knitting, crocheting
 & beginning Hebrew



FALL

FUNDRAISER

SATURDAY OCTOBER 7 FROM 4-8 PM

4 PM - DOORS OPEN 5 PM -
WALL OF GUNS BEGINS 6 PM -
DINNER AUCTIONS
THROUGHOUT EVENING

ADVANCE TICKETS \$75



50025 LAKE MARIE AVE, NIKISKI
907-776-7654

Every year, the Nikiski and surrounding community members gather for an exceptional meal, live auction, silent auction, Wall of Guns, local brews, and a memorable evening. Our Annual Fall Fundraiser is the most important event of the year at Nikiski Senior Center. It is a time our amazing community shines as they help “give back for good.” Money raised from the fundraiser goes toward Nikiski High School and Homeschool Senior Student scholarships for college or trade school. Proceeds are also used to subsidize the needed services and activities we provide for our senior membership and community. This past year our fundraising focus has been for our Senior Housing Expansion. Please support our cause. Help us change lives.

Donations are accepted throughout the year for many causes: Meals on Wheels, Feed a Senior, Membership Sponsorship, Transportation Sponsorship, and more. If you wish to donate, come in and visit us, call the center to process a credit card payment by phone, go to the donation page of our website or send via snail mail.

NSC Catering

From to-go platters to in house events, Nikiski Senior Center can help with your catering needs.

Call (907)776-7654 or visit our website nikiskiseniorcenter.org for details and pricing.



From the Kitchen of Zanetta Blueberry Crumb Bars

SERVES: PREP TIME: COOK TIME: COOL TIME:

15

30 MIN

35-40 MIN

20-30 MIN

Ingredients

3 Cups All purpose flour
1/2 Cup granulated sugar
1/2 Cup packed brown sugar
1 teaspoon baking powder
1/4 teaspoon salt
1 1/2 teaspoons vanilla extract
1 cup chilled butter cut into cubes

Filling:

1 Tablespoon cornstarch
1/2 cup granulated sugar
1 1/2 Tablespoon lemon Juice
4 cups fresh blueberries, at room temperature



Directions:

1. Preheat the oven to 375 degrees F. Butter a 9x13 inch baking dish (or line with a parchment paper instead to remove)
 2. In a large mixing bowl whisk together flour, 1/2 cup granulated sugar, brown sugar, baking powder & salt
 3. In a small bowl, whisk together the egg and the vanilla until combined
 4. Add the egg mixture and the cold butter cubes to the flour mixture and using a fork or pastry cutter, cut together until it resembles coarse crumbs.
 5. Press 1/2 of the mixture into the bottom and up the sides of prepared baking dish.
 6. In a separate mixing bowl, whisk together remaining 1/2 sugar and the corn starch, stir in lemon juice.
 7. Add the blueberries then toss mixture to evenly coat, pour and spread the coated blueberries evenly over the crust.
 8. Sprinkle the remaining crumb mixture evenly over the blueberries
 9. Bake in your preheated oven about 35-40 mins, or until the top is golden brown
- Allow to cool for about 20-30 mins before cutting into squares.

Tip: You can use any kind of fruit or pie filling with this recipe.

RETIREMENT
only means...
...it is time for a new
ADVENTURE

We are wishing Laurajean Kear a Happy Retirement, and prayers for good health. She has served NSC for eighteen years and blessed so many seniors in our community with her amazing heart.



Never underestimate the difference you made, and the lives you touched. Enjoy your next chapter.



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,



NSC celebrated the July 4th festivities in the Kenai Parade and on the park strip. Volunteer, Rose Pilatti and Laurajeau put together a great float with the Spirit of '76 in mind. Sewing Group members Marie and Elizabeth promoted the Quilt Raffle. Zanetta and Sasha were busy on the park strip selling soup bread bowls with our famous seafood chowder, and yummy homemade pies.



Firewood program at Nikiski Senior Center

The program is for senior members that are residents of Nikiski and meet low to moderate income guidelines.

- Mandatory Application available at NSC Front Desk
- One truck load upon approval
- Buddy system required



Stay
warm



NIKISKI SENIOR CENTER
PARTNERS WITH
ALASKA LEGAL SERVICES

Back by popular demand-Date to follow

WILL PREP WORKSHOP

Workshop will take
place at NSC

HELP WITH
Simple will
and Questions

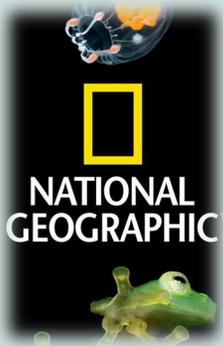
50025 Lake Marie Ave.
For More Information:
call 907-776-7654



by Beverly

Call 907.776.3723

- Chest Freezer
- Dining Room Tables
- Aquarium
- Jewelry Making Supplies



Mary Kennedy at 907.252.4942

has a collection of National Geographics for
FREE.



Hoover Rewind
Vacuum Cleaner
For Sale

Includes full complement of
specialty cleaning tools.
Call Wayne
907.398.4182

Are you a Nikiski Senior Center
Member? Do you have items you
would like to sell? Don't forget,
membership receives FREE
advertising in the monthly
newsletter.

Meals on Wheels

We provide Meals on Wheels to Nikiski
community residents, ages 18 and older
receiving Medicaid Waiver Services & private
pay. This is one of the ways we care for our
community!

Private Pay pricing is \$9 per meal





August Birthdays

- | | | |
|-------------------------|-----------------------|------------------------|
| 8/1 Bonita Miller | 8/11 Cindy Tripp | 8/24 Kathy Wolf |
| 8/1 Jason Rafferty | 8/11 James Trail | 8/24 Cindy LaChappelle |
| 8/1 Phyllis Theriault | 8/11 Wes Tofte | 8/25 Peter LaBarbera |
| 8/2 Patty Herrick | 8/12 Joe Thirlwell | 8/25 Larry Keil |
| 8/4 Alvin Hampson | 8/12 Dick Smith | 8/26 Roberta Ivanoff |
| 8/7 Gladys Geertz | 8/17 Margaret Simon | 8/26 William How, Jr. |
| 8/7 Ray Wilson | 8/17 Jim Richardson | 8/26 James Hoover |
| 8/8 Mary Carew | 8/17 John Ragan | 8/26 Joyce Endsley |
| 8/8 Debra Barrows | 8/18 Ed Prusek | 8/27 Forrest Eddy |
| 8/8 Eleonore Witterland | 8/19 Brian Poziembo | 8/27 John Davis |
| 8/9 Janice Wilsak | 8/19 Steve Orcutt | 8/27 John Davis |
| 8/9 Gene Wheeler | 8/20 Pauline Montagna | 8/27 James Davidson |
| 8/9 Bertha Waskey | 8/20 Steve Martin | 8/30 Gerald Browning |
| 8/9 Don Waldrop | 8/23 Mike Love | 8/30 Stephen Bloom |
| 8/10 Ed Tursek | 8/23 Patricia Lee | |

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BONITA	ROBERTA
JASON	WILLIAM
PHYLLIS	JOYCE
PATTY	FORREST
ALVIN	GERALD
GLADYS	STEPHEN
RAY	KATHY
MARY	
DEBRA	
ELEONORE	
JANICE	
JEAN	
BERTHA	
DON	
ED	
CINDY	
JAMES	
WES	
JOE	
DICK	
MARGARET	
JIM	
JOHN	
BRIAN	
STEVE	
PAULINE	
MICHAEL	
PATRICIA	
PETER	
LARRY	

NIKISKI SENIOR CENTER

Lunch Menu

August 2023

In the Kitchen with Zanetta

ENTREE \$7

ENTRÉE & SALAD Bar

\$10

Both include dessert

Mon	Tue	Wed	Thu	Fri
	1 Spiral Ham Baked Mac & Cheese Sweet Potatoes	2 Fried Chicken Mashed Potatoes w/ gravy Mixed Vegetables	3 Broccoli Cheese Tortellini w/ Alfredo Garlic Bread	4 Hawaiian Cheeseburgers Onion Rings Ice Cream
7 Pot Roast Roasted Potatoes Mixed Vegetables	8 Ham & Potato Hash Scrambled Eggs Pancakes	9 Fried Chicken Mashed Potatoes w/ gravy Mixed Vegetables	10 Chicken & Dumplings Mixed Vegetables	11 BLT's Waffle Fries Ice Cream
14 Beef Stroganoff Mixed Vegetables	15 Chicken Fiorentina Roasted Root Vegetables	16 Fried Chicken Mashed Potatoes w/ gravy Mixed Vegetables	17 Pork Medallions w/ Cream Sauce Fried Potatoes	18 Adult Grilled Cheese Sandwich w/ Tomato Basil Bisque
21 Turkey Tetrazzini Roasted Vegetables	22 Taco's Spanish Rice Refried Beans	23 Fried Chicken Mashed Potatoes w/ gravy Mixed Vegetables	24 Fish & Chips Coleslaw	25 Pulled Pork Sandwiches Baked Beans Ice Cream
28 Spaghetti Mixed Vegetables Garlic Bread	29 Pork Enchiladas Baked Beans Roasted Corn	30 Fried Chicken Mashed Potatoes w/ gravy Mixed Vegetables	31 Chicken & Vegetable Pot Pie	

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

Lunch served at 11:30 on Fridays | No Salad Bar on Friday

Menu Subject to Change



Activity Highlights

- Alzheimer's Awareness Presentation: **Monday, 8/9/23 @ 10:30am**
- Sterling Senior Center Field Trip: **Friday, 8/18/23 @ 10am**
- Quilt BINGO Fundraiser: **Friday, 8/26/23 @ 4:00pm**
- Nail Clinic: **Wednesday, 8/30/23**
- Freezer Meal Workshop: **Thursday, 8/31/23**
- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Knitting & Crocheting Class: **Mondays @ 12:30-2:30 pm**
- Sewing Class: **Tuesdays @ 12:30-3:00 pm**
- Yoga (via zoom): **Wednesdays @ 9:30-10:30 am**
- Crafts & Coloring Club: **Wednesdays @ 12:30-3:00 pm**
- Pinochle: **Thursdays @ 12:30-4:00 pm**
- Bible Study: **Thursdays @ 1:00-2:00 pm**

Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



PLEASE
PLACE
STAMP
HERE

To: