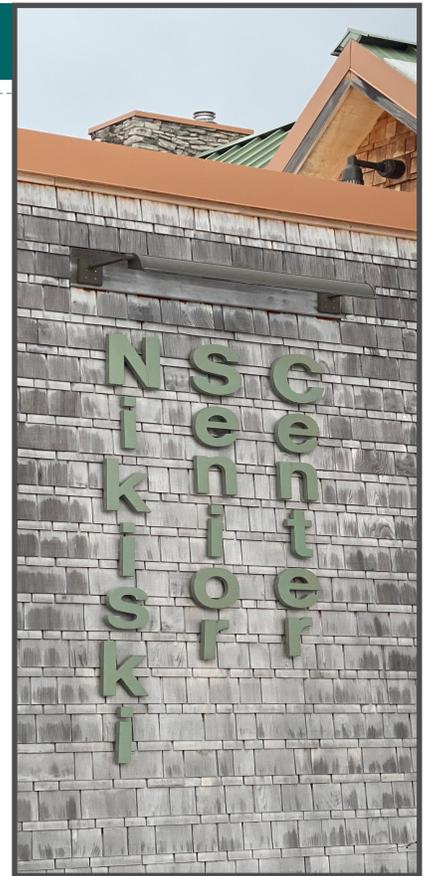




NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE



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

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



www.NikiskiSeniorCenter.org



The menu for this years Annual Fall Fundraiser is prime rib or halibut. We will have live music, Kassik's Brewery, Wall of Guns, and silent and live auctions. Fundraising efforts are for senior housing expansion, Nikiski Senior Student Scholarships, senior activities, and events. Join us for a lovely evening and support your senior community. ❤️



Closed Friday
9-8-23
for administrative
purposes



BINGO

**Saturday
September 30, 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.

alzheimer's association®

**Understanding
Alzheimer's-presentation
by Cindy Harris
10-11-23 at 10:30**

**Coming in
October**

**Medicare enrollment
Appointments from 9-4
with Kellie Bartelmay
10-27-23**



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



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*



Beverly Nierstheimer is on the hunt for a used car.
She also has many items for sale. She would also appreciate a friendly phone call. Call 907-776-3723



Almost new Hancock Studded snow tires \$200

Call Wayne at 360.773.5534



2016 Polaris RZR \$6,500

Get ready for hunting season or just some fall fun!

New mud tires, light bar, lighted whip, and metal doors. Call 907-398-4676

*Sincere
Condolences*

**To the family and
friends of Len
Malmquist**



Senior Center Board

Meetings

@ 1:00 pm

September 27th, 2023

October 25th, 2023

November 22nd, 2023

December 27th, 2023

**YOUR VOICE
MATTERS**

MEMBERS

Advertise items for sale in our
monthly newsletter. Email
pictures and information to
frontdesk@nikiskiseniocenter.org

**WE ARE LOOKING
FOR LOCAL
ARTISTS!**

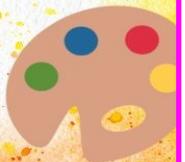


**Would you like to teach
seniors an art class?**

**Wednesday sessions-
lunch included for
volunteers**



CALL 907-776 7654





Nicole Lockner
Assistant Cook

W
E
L
C
O
M
E



John Walker
Administrative Assistant



Marie and Elizabeth at our Kenai Peninsula Fair Booth. Our volunteers did a fantastic job! Raffle Tickets continue to be sold for our wilderness ridge quilt.



Sasha always celebrates us. This time, it was about her! Happy Birthday, Sasha!



Community Educator, Cindy Harris from the Alzheimer's Association provided 10 warning signs of Alzheimer's.



The food at quilt bingo was delicious!



Sterling Senior Center road trip in our new Transit Van!

Thank you
Alaska DOT



Quilt Bingo 2023!!! What a success!



Fun had by all who came out and enjoyed the evening with us!!



86 Attendants!

Winners!!



Nikiski Senior Center Sewing Group Ladies



**G
R
A
T
I
T
U
D
E**





Food
Pantry Hours:
Mon-Thurs
9 am to 2 pm
Fri
10am to 1pm



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.

THE NIKISKI SENIOR CENTER HAS A NEW MAILING ADDRESS

PLEASE UPDATE YOUR RECORDS!

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

NEEDS YOU!!

MUSICIANS NEEDED

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

From the Kitchen of Zanetta Creamy Chicken & Rice soup

SERVES: 4 PREP TIME: 15 MIN COOK TIME: 30 MIN TOTAL: 45 MIN

Ingredients

1 tablespoon olive oil
1 stick celery chopped finely
2 medium carrots peeled and chopped finely
1/2 medium onion chopped
3 cloves garlic minced
3 tablespoons flour
4 cups chicken broth

1/4 teaspoon Italian seasoning
3/4 uncooked white jasmine rice
1 cup heavy/whipping cream
1 pound uncooked chicken breasts cut into small pieces
salt and pepper to taste



Directions:

- Add the olive oil, celery, carrots, and onion to a soup pot over medium-high heat. Sauté for 5-7 minutes, stirring occasionally.
- Stir in the garlic and flour and cook for about a minute.
- Slowly pour in the broth and stir/scrape up the browned bits from the bottom of the pot until the flour has dissolved.
- Stir in the Italian seasoning, rice, and cream. Increase the heat to high, and once the soup comes to a gentle boil, give it a good stir, then reduce the heat so it's simmering and cover the pot with the lid slightly ajar. Simmer the soup for 10 minutes, stirring occasionally.
- Add chicken and cook for another 7-10 minutes or until the chicken and rice are both cooked. Season with salt & pepper).
This soup will soak up the broth FAST. Add broth to thin or when reheating. Cook the rice separately if you don't plan on eating it right away.

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 \$10 per meal



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

Find out how you can pay it forward and become a volunteer!
776.7654

Computer Lab Is Open

Our computer lab is up and running. Whether you need to use a computer or learn how to use a computer, NSC Staff is here for you. Call to set up an appointment. Lab is open during regular business hours.

Laptop check out available

Do you have internet access but not a device to take care of your business? We have laptops available for check out.



Enjoy our wonderful desserts with every meal!



We appreciate pastor Bill for donating his time!



September Birthdays

Julia Weeks 9/1	Jeannie Smith 9/13	Kelly Noble 9/22
Sheila Graham 9/2	Dil Uhlin, Sr 9/13	Sheryl Taggert 9/22
Colleen Pugh 9/2	Dusty Rhodes 9/14	Lorraine Hanson 9/23
Robert Wolf 9/2	Jerry Nash 9/15	William Starnes 9/25
Wilma Hampson 9/3	William Edwards 9/16	Robert Smith 9/26
Ted Carlson 9/4	David Unruh 9/16	Patti Williams 9/27
Paul Huber 9/4	Brandie Ware 9/16	Darrell Baier 9/28
Steven Carter 9/9	Inara Rudmanis 9/16	Judith Moore 9/28
Denny Doolittle 9/9	Ron Burdick 9/17	Rickey Hancock 9/29
Norman Olson 9/10	Stanley Gerhauser 9/18	Terry Rudmanis 9/29
Greg Garrison 9/10	Kelly Newcomb 9/18	Marie billings 9/30
Barbara Anderson 9/11	Pam Dominguez 9/19	Robin Dunlap 9/30
Paul Ottobre 9/11	Sharon Burdick 9/20	Gary Peppenger 9/30
Debi McCluskey 9/13	Peggy Oldland 9/20	Linda Williams 9/30
		Zanetta Massey 9/8

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

JULIA	DARRELL
SHEILA	JUDITH
COLLEEN	RICKEY
ROBERT	TERRY
WILMA	MARIE
TED	ROBIN
PAUL	GARY
STEVEN	LINDA
DENNY	ZANETTA
NORMAN	
GREG	
BARBARA	
DEBI	
JEANNIE	
DIL	
DUSTY	
JERRY	
WILLIAM	
DAVID	
BRANDIE	
INARA	
RON	
STANLEY	
KELLY	
PAM	
SHARON	
PEGGY	
SHERYL	
LORRAINE	
PATTI	

NIKISKI SENIOR CENTER

ENTREE \$7

Lunch Menu

ENTRÉE & SALAD Bar \$10

September
2023

Both include dessert

In the Kitchen with Zanetta and Nicole

Mon	Tue	Wed	Thu	Fri
				1 Chicken Sandwich Waffle Fries Frozen dessert
4 CLOSED Labor Day	5 Roasted Pork Loin Scalloped potatoes Mixed Veggies	6 Fried Chicken Mashed potatoes Veggies	7 Chicken & Dumplings Steamed Veggies Clam Chowder	8 CLOSED For Inservice
11 Chicken Fried Steak w/Gravy Eggs	12 Beef & Broccoli Steamed Rice Cauliflower Southwest egg rolls	13 Fried Chicken Roasted potatoes Veggies Dessert	14 Pork Chops w/gravy Mashed potatoes Mixed Veggies Chef Special Soup	15 Philly Cheesesteak Onion Rings Frozen dessert
18 Sweet/Sour Chicken Steamed Rice Veggie Pot Stickers	19 Honey Sesame Pork Rice Pilaf Mixed Veggies	20 Fried Chicken Mashed potatoes Veggies Dessert	21 Tacos Roasted Corn Refried Beans Clam Chowder	22 Pesto Ranch Chicken Pita Frozen Dessert
25 Hamburger Steaks w/Mushrooms/Onion Mashed potatoes	26 Pastrami Sandwich Tater Tots Creamy Chicken/Rice Soup	27 BBQ Chicken Baked Beans Baked Potatoes	28 Lasagna Garlic Bread Veggies Chef Special soup	29 Fish & Chips Frozen 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

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

Menu Subject to Change

Activity Highlights

- 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

Closed for Labor day 9-4-23

Closed for administrative purposes 9-8-23

Board meeting 9-27-23 1:00 pm

Bingo 9-30-23 doors open at 2:00 pm

Fall Fundraiser 10-7-23 \$75 tickets on sale

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

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



PLEASE
PLACE
STAMP
HERE

To: