



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

Every year, we host a Fall Fundraiser. Funds raised from this event go toward two essential causes: continuing our efforts to raise funds to expand our senior housing by eight units and for Nikiski senior student scholarships. With the increased cost of almost everything, raising funds for our senior housing expansion has been challenging; however, we keep working hard to reach our goal. This year's event is sure to be one of the best! We will be serving prime rib or halibut, Kassik's will be providing drinks, Sportsman's Warehouse will be present to do "Wall of Guns", and our Kenai Peninsula Community has shown us strong support by donating so many exceptional items for our silent and live auctions. Come dressed casually, or take the opportunity to dress up for a fun night.



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



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



BINGO

**Saturday
October 14th, 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.



MEDICARE ENROLLMENT APPOINTMENTS

Kellie from Independent Living Center will be at Nikiski Senior Center for enrollment 10-26-23



Call 907-776-7654

Understanding Alzheimer's & Dementia

An education program presented by the Alzheimer's Association



Learn the basics of Alzheimer's & dementia

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living.

Join us to learn about:

- The relationship between Alzheimer's disease & dementia
- The risk factors for and the stages of the disease
- FDA approved treatments available to treat some symptoms
- Alzheimer's Association resources

Wednesday, October 11

10:30 - 11:30 a.m.

Nikiski Senior Center
Kenai, AK

To register or for more questions call
1.800.272.3900



CALL 776-7654
TO SIGN UP

OCTOBER WEDNESDAY CRAFTS

- 1) 10/4/23 - SUNBURST CARDS
- 2) 10/11/23 - LIT UP JAR RING PUMPKINS
- 3) 10/18/23 - CORN HUSK WREATH
- 4) 10/25/23 - THANKFUL SIGN

1



Card Challenge
Sunburst Cards

2



3



4



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
195 R 70-14 Call Wayne at 360.773.5534



Home Care Items For Sale

Contact Janet @ 907.398.8049

- Scooter \$300
- Electric Chair Lift \$200
- Wheelchair \$50
- Porta Potty Chair \$10
- Basic Walker w/ Chair \$10
- Walker w/ Seat \$20
- Pneumatic Rubber Upright Walker \$50
- Forearm Crutches \$10
- Stand Alone Cane \$5
- Gait Transfer Belt \$10



Senior Center Board Meetings

@ 1:00 pm

October 25th, 2023
November 22nd, 2023
December 27th, 2023
January 24th, 2024

**YOUR VOICE
MATTERS**

MEMBERS

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

NEW ACTIVITY

MONDAYS

1 PM

MEXICAN TRAIN UPSTAIRS

WEEKLY ACTIVITIES

Silver & Fit
Monday 10-11 am
Thursday 10-11

Mexican Train
Monday 1 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

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

NSC/NMHS Snack Shack



In 2022, Nikiski Senior Center partnered with Nikiski Middle High School to run the school Snack Shack for sporting, school, theatre, and other events. For every event, we have one of our senior members, an NMHS student, and a staff member working. Running the Snack Shack has been an excellent opportunity for our seniors to mentor NMHS students, allowing us all to get to know and be more involved in our community. Funds raised at the Snack Shack go toward school activities and NSC as we continue to raise funds for NSC events and activities and our senior housing expansion project.



Join us for Congregate Lunch Monday through Friday from 11:30am to 1:00pm!

Pictured below is Board Member, Denise Tank with her family enjoying a meal at NSC.

Shela, Joyce, and Mickey enjoying one of Head Cook, Zanetta's meals and spending time with friends. Did you know all are welcome for congregare lunch at NSC? Help us spread the word, come one, come all.



Another addition to the NSC Team! Introducing Ms. Molly. She enjoys visits from everyone and a good pet.



NSC Staff took a Fjords Tour to Fox Island. We saw orca whales, sealions, and other sea life animals. We celebrated Zanetta's birthday and enjoyed a meal together at Fox Island.

NSC has amazing staff!

Volunteer of the Month!



Pumpkin Crafts with Toni!

A great big thank you to Toni for the fun activity of creating Fall pumpkins.



Wayne Pattison has lived in Nikiski for over 37 years and been involved with NSC for 30 of those years. He is our biggest fan, always bringing visitors to have lunch and see our beautiful center, volunteering to help with transportation services, assisting at the NSC/ NMHS Snack Shack, attends monthly Board Meetings, and so much more. Thank you Wayne, for being such an amazing volunteer!



There is always something to do at the Nikiski Senior Center! Above, the ladies are enjoying an afternoon of rock painting.



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.



PLEASE UPDATE YOUR RECORDS!

THE NIKISKI SENIOR CENTER HAS A NEW MAILING ADDRESS

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 Chicken and Dumplings

SERVES: PREP TIME: COOK TIME: TOTAL:
6 15 MIN 40 MIN 55 MIN

Ingredients

- 2 tablespoons olive oil
- 2 celery , ribs, diced
- 2 carrots , large, diced
- 1 yellow onion , chopped
- 1 clove garlic , minced
- 5 tablespoons unsalted butter
- 1/3 cup all-purpose flour
- 6 cups low-sodium chicken broth
- 4 teaspoons chicken bouillon paste or base
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried rosemary

- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 pounds boneless skinless chicken thighs , or chicken breasts*
- 12 oz evaporated milk , canned
- 1/2 cup frozen peas
- fresh chopped parsley , for garnish

FOR THE DUMPLINGS:

- 1 2/3 CUPS ALL-PURPOSE FLOUR
- 1 TABLESPOON BAKING POWDER
- 1/2 TEASPOON KOSHER SALT
- 3/4 CUP MILK
- 1/4 CUP SOUR CREAM
- 2 TABLESPOONS BUTTER , MELTED

Directions:

Sauté Veggies: Heat a large pot over medium heat. Add oil. Once hot, add celery, carrots and onion and sauté for 3 minutes. Add garlic and sauté for 30 seconds. Add butter and flour and whisk well for 1 minute.

Add Broth and Seasonings: Gradually stir in the chicken broth and bouillon, scraping up anything stuck to the bottom of the pot. Add thyme, sage, rosemary, salt and pepper. Add chicken and bring mixture to a boil. Cover the pot with a lid, reduce heat and simmer for 10 minutes; or until chicken is cooked through. Remove chicken to a cutting board and rest for 5 minutes before chopping or shredding into small pieces. Return chicken to the pot and add evaporated milk and peas.

Make Dumplings: Combine flour, baking powder, and salt in a bowl. Make a well in the center and add milk, sour cream and melted butter. Stir until combined, but don't over mix.

Add Dumplings: Bring soup to a simmer and then use a small ice cream scoop to drop teaspoon-sized amounts of dough all over the top of the simmering soup (the dumplings will double in size as they cook).

Cover the pot and simmer on low for 12-15 minutes. Remove lid, gently stir to break dumplings apart, and scoop out a dumpling to check for doneness. If still doughy, cover and cook for a few more minutes, until tender. Taste and adjust seasonings if desired. Serve warm, with a sprinkle of fresh chopped parsley on top.

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 \$7 per meal



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

776.7654

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

- Drink Station
- Transportation
- Kitchen Assistant
- Teach a craft
- Teach an exercise class
- BINGO night
- Cleaning
- Snack Shack
- Spend time with a senior
- Senior chore assistance
- Reception Assistance
- Food Pantry
- Event Volunteer
- Wood Assistance Program
- And more



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.

*Sincere
Condolences*

**To the family
and friends of
Jan Stiers and
Jim Rowe**



October Birthdays



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

Laura
 Tammarra
 Sue
 Susan
 Alan
 Daniel
 Denise
 Loretta
 Ronald
 Glynda
 Bob
 Brian
 Hala
 Wayne
 Karen
 Pam
 Rosemary
 Lou
 Cheryl
 Faith
 Patricia
 Pete
 Fred
 George
 Anneli
 Tom
 Geri
 Michael
 Gail
 Edward

Marilyn
 Jean
 Margritta
 Frank
 Deborah
 Rickey
 Janet
 Sheila
 Dawn
 Dolores
 Fleur
 Helen
 Deb
 Jeanne
 Carolyn
 Dale
 Steve

Laura Henkelman—10/1
 Tammarra Holmes—10/1
 Sue Schiestl—10/1
 Susan McLaury—10/3
 Alan Meyer—10/3
 Daniel Orehek—10/3
 Sue Wesley—10/3
 Denise Poziembo—10/3
 Loretta Brown—10/4
 Ronald Lee—10/4
 Glynda Robertson—10/5
 Bob Baker—10/6
 Brian Beckham—10/7
 Hala Allam—10/9
 Wayne Pattison—10/9
 Karen McGahan—10/9
 Pam Knudsen—10/10

Rosemary Pilatti—10/11
 Lou Smith—10/11
 Cheryl Hill—10/12
 Faith Southwell—10/12
 Patricia Derizans—10/14
 Pete Piccini—10/14
 Fred Sanders—10/14
 George Therriault—10/15
 Anneli Bakk—10/16
 Tom Bell—10/16
 Geri Brigham—10/17
 Michael Haley—10/19
 Gail Rotgers—10/19
 Edward Aisenbrey—10/20
 Marilyn Every—10/21
 Pam Lashley—10/21
 Jean Taylor—10/21

Margritta Jakos—10/22
 Frank Jones—10/22
 Deborah Martin—10/22
 Cheryl Marine—10/24
 Rickey Pimentel—10/25
 Janet Cole—10/26
 Sheila Chandler—10/27
 Dawn Nelson—10/27
 Dolores Wik—10/27
 Fleur Boyle—10/27
 Helen Clark—10/28
 Deb Denton—10/28
 Jeanne Doolittle—10/28
 Carolyn Weathers—10/29
 Dale King—10/30
 Steve Kincade—10/31
 Karen Burris—10/31

NIKISKI SENIOR CENTER

ENTREE \$7

Lunch Menu

ENTRÉE & SALAD Bar \$10

October 2023

Both include dessert

In the Kitchen with Zanetta and Nicole

Mon	Tue	Wed	Thu	Fri
2 Pork Stir Fry Lo-Mein Asian Veggies Dessert	3 Whole grain French Toast Scrambled Eggs Sausage & Dessert	4 Fried Chicken Mashed potatoes Vegetable medley Rolls & Dessert	5 Beef Stroganoff w/ Egg noodles Mixed vegetables Dessert	6 Adult Grilled Cheese Tomato Basil Bisque & Dessert
9 Tacos Spanish Rice Refried Beans Dessert	10 Fish & Chips Coleslaw Dessert	11 Lemon Chicken Rice Pilaf Brussel Sprouts Dessert	12 Smothered Pork Chops Mashed Potatoes Green Beans Dessert	13 Fried Chicken Sandwich w/ cheese Frozen Dessert
16 Sweet & Sour Chicken Steamed Rice Veggies & Dessert	17 Pot Roast w/ Roasted Potatoes Carrots Dessert	18 Fried Chicken Mashed Potatoes Vegetable Medley Dessert	19 Pulled Pork Sandwich Baked Beans Coleslaw Dessert	20 Chicken, Bacon, Ranch Wrap Chips Frozen Dessert
23 Biscuits & Gravy Bacon Eggs Dessert	24 Open Face Turkey Sandwich Mashed Potatoes Veggies & Dessert	25 Chicken Marsala Pasta Asparagus Dessert	26 Chile Relleno Casserole Hashbrowns Veggie Dessert	27 Philly Cheese Steak Sandwich Fries Dessert
30 Chicken Alfredo w/ Pasta & Veggies Garlic Bread Dessert	31 Spaghetti & Meatballs Veggies, Garlic Bread & Dessert			



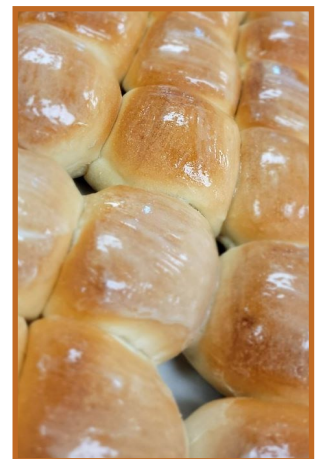
ALL AGES CAN EAT AT THE NIKISKI SENIOR CENTER!

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



Activity Highlights

- Silver & Fit: **Mondays** AND **Thursdays** @ 10:00-11:00 am
- Mexican Train **Mondays** @ 1:00 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

Fall Fundraiser: Saturday 10-7-23

Understanding Alzheimer's: Wednesday 10-11-23

Bingo: Saturday 10-14-23

NSC Board Meeting: Wednesday 10-25-23

SAB Board Meeting: Wednesday 10-25-23

Medicare Enrollment at NSC by ILC: Thursday 10-26-23

Trick or Treat Alley at North Peninsula Recreation Center: Tuesday 10-31-23

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

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



PLEASE
PLACE
STAMP
HERE

To: