



**DIRECTOR'S MESSAGE**

We see light at the end of the tunnel! The beginning of the year can be taxing with budget proposals, taxes, end-of-year reconciliation, etc. I want to give our Chief Financial Officer, Sue Tauriainen, and NSC Board Treasurer, Jeff Laube, a special "Thank you, we appreciate you."

Our Valentine's Dinner was a huge success. Some comments we heard were "Best steak ever. Awesome entertainment. What a great price. Dessert was delectable".

We have some great resources at the center for you this month. Tax preparation and submission are happening three times throughout the month. Schedule your appointment if you have questions or want assistance with your preparation and submission. Don't miss out on our "Beat the IRS Cash Raffle"! Tickets are on sale now through April 15th.

Remember to apply for your Alaska Permanent Fund Dividend by March 31st. We have adult and child paper applications available. We can also assist you with applying online. Please keep us in mind for "Pick, Click, Give". We continue our efforts to raise money for our Senior Housing Expansion project.

We look forward to seeing you all at our Free Community Easter Luncheon on March 27th. Come one, come all! The Easter Bunny will be here to greet you. Feel free to bring the kids and grandkids in for pictures and prizes.

*Gasha*



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



[www.NikiskiSeniorCenter.org](http://www.NikiskiSeniorCenter.org)





**NSC Board Meetings**

@ 1:00 pm

March 27th, 2024

April 24th, 2024

May 22nd, 2024

**Service Area Board Meetings**

@4:00PM

April 24th, 2024

July 24th, 2024

October 23rd, 2024

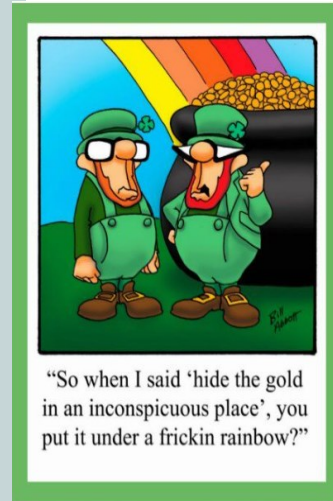
**YOUR VOICE  
MATTERS**



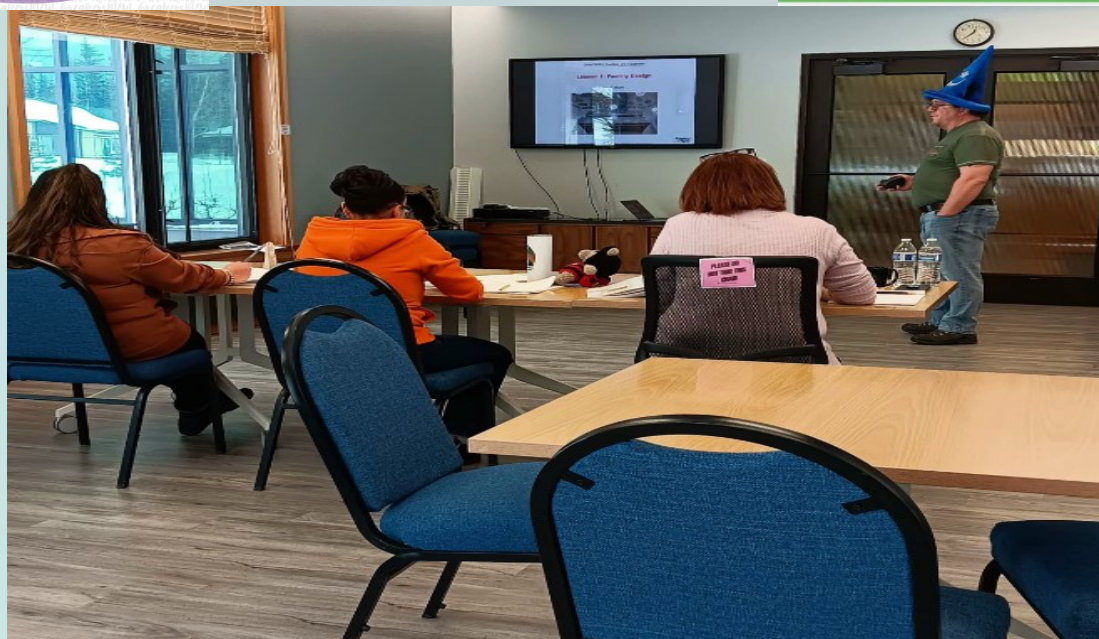
**VOLUNTEER  
OF THE  
MONTH**



**ERIC**



Your time is very important to us. We appreciate our Volunteers!



**The Sorcerer's Apprentice is instructing our staff on the principles of food safety management. Everybody passed!**

## Ingredients:

- 2 (7 ounce) cans chopped mushroom undrained
- 2 cups water
- 2 tablespoons butter
- 1 small onion, chopped
- 1/4 cup all-purpose flour
- 1 teaspoon seasoning salt
- 1 (12 ounce) can evaporated milk

## Directions:

1. Drain mushroom liquid into a measuring cup and add water to make 2 cups.
2. Melt butter in a large saucepan over medium heat, add onion and cook until softened; remove from heat.
3. Stir in flour and seasoning salt.
4. Slowly add the mushroom liquid mixture and milk, stirring to prevent lumps; return to heat.
5. Add mushrooms and cook until mixture comes to a boil. ~ Enjoy

# Cream of Mushroom Soup



**Sewing group getting their  
sew on!**

THURSDAY MARCH 27TH  
11:30AM TO 1:30PM

FREE  
COMMUNITY EASTER  
LUNCHEON

Come one, come all!  
Meet The Easter Bunny

Ham, potatoes, fresh rolls,  
and all the fixings.

50025 Lake Marie Avenue  
Nikiski, AK

## 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



## SIX LITTLE STORIES WITH LOTS OF MEANINGS

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.
2. When you throw babies in the air, they laugh because they know you will catch them. That is trust.
3. Every night we go to bed without any assurance of being alive the next morning, but still we set alarms to wake up. That is hope.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.
5. We see the world suffering, but still, we get married and have children. That is love.
6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience." That is attitude.

Have a happy day and live your life like these six stories. Remember - Good friends are the rare jewels of life, difficult to find and impossible to replace!!

## RAFFLE

TICKET  
\$10

BEAT THE IRS CASH RAFFLE

APRIL, 15 | AT 12:30PM  
Drawing is during the lunch hour  
Need not be present to win

1ST PRIZE - \$500  
2ND PRIZE - \$250  
3RD PRIZE - \$100

NIKISKI SENIOR CENR

# NOTICE

**THE NIKISKI SENIOR CENTER  
BOARD MEETING  
IS ON MARCH 27TH @ 1:00PM**

**AT THE NIKISKI SENIOR CENTER**

# Nail Care Clinic Thursday, March 21st



**Sign up at the front desk or call to make  
an appointment.**

# TAX PREP ASSISTANCE

## Appointments required

Friday 3/1/24 11:30 am - 4:30 pm

Friday 3/15/24 11:30 am - 4:30 Pm

Friday 4/5/24 11:30 am - 4:30 pm

call today

907-776-7654

Provided to Nikiski Senior Members



# GOOD FRIDAY

**The center will be  
closed on Friday,  
March 29th!**





**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 KPFB, individual donors, and state grants.

# Resources from our Kenai Peninsula Family Caregiver Pro-

## Join Our Caregiver Support Groups!

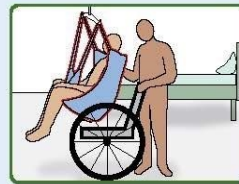
Nikiski Senior Center: KPFCSA holds monthly Caregiver Support Groups each month, at different sites around the Kenai Peninsula.

## 1 Caregiver Safety Tips

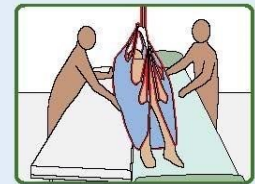
Using lifts for these activities may help caregivers avoid back injury:



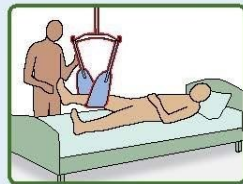
✓ Lifting from floor



✓ Bed-Chair transfer



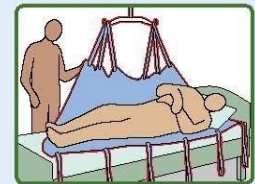
✓ Lateral transfer



✓ Lifting limbs

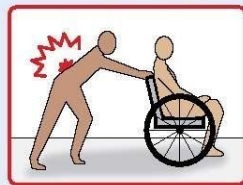


✓ Toileting/Bathing

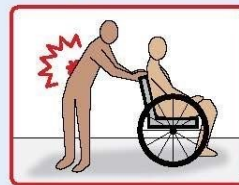


✓ Repositioning

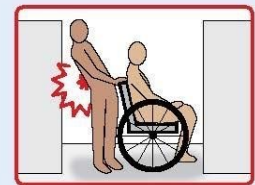
### DO NOT push, pull or lift weight while...



Off-balance or leaning forward



Twisting and/or reaching



Entrapped in a confined space

**! Work as close to patient as possible to avoid stress of leaning.**

## Caregiving? Join Us In March

- |                               |  |                               |  |
|-------------------------------|--|-------------------------------|--|
| <b>Friday 3/1</b><br>1-2 pm   | Soldotna Senior Center<br>Direct Services Models | <b>Tuesday 3/21</b><br>1-2 pm | Sterling Senior Center<br>Open Discussion                |
| <b>Tuesday 3/5</b><br>1-2 pm  | Tyoktas Elder Center<br>Open Discussion          | <b>Friday 3/29</b><br>1-2 pm  | Nikiski Senior Center<br>Home Health Nursing<br>Overview |
| <b>Tuesday 3/19</b><br>1-2 pm | Kenai Senior Center<br>Open Discussion           |                               |  |

**Call 907.776.7654 to learn more.  
KPFCSA wants to hear from you.**



Our Valentine's Dinner was a huge success. NMHS Acapella Group performed and it was a magical evening to remember.



SEPTEMBER 28, 1953 TO  
DECEMBER 19, 2023

IN LOVING

# DARRELL BAIER

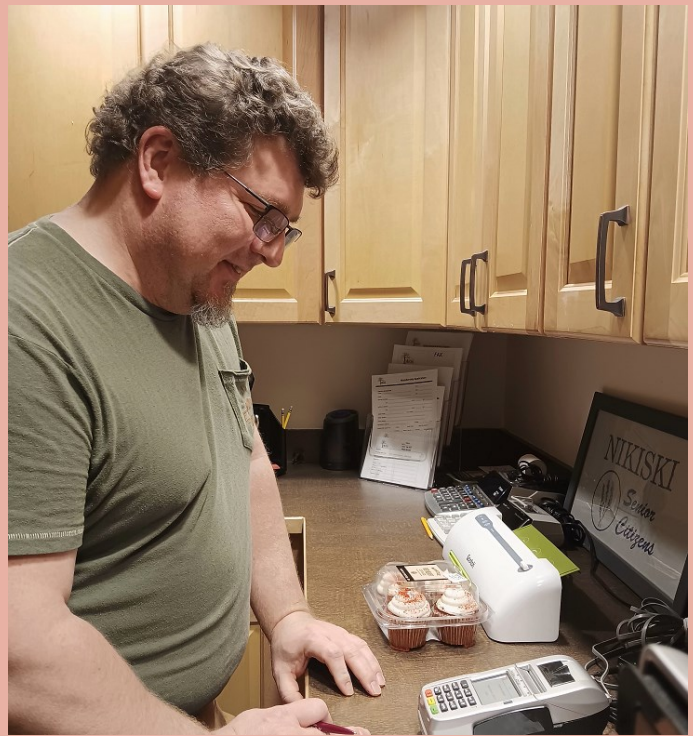
Darrell was an integral part of the Nikiski community. When his mother, Nicki Baier, left for Louisiana, he took over her business called Nicki's Sweet Stuff. He sold his jams, jellies, and peanut brittle at the Soldotna market.

During the Christmas season, Darrell would grow out his beard and transform into Santa Claus. For over 20 years, he spread Christmas magic as Santa Claus on the Kenai Peninsula.



# MEMOIRY





John signing the check for his auction cakes to help raise money for the NNS kids. Thank you for your support John!



NNS'S fundraiser was such a great turn out! Zanetta auctioned off 3 cakes to raise money for the kids to go dog sledding! Thanks Z!



Our split the pot winner!



Our Beautiful Sue! We could go on and on about all the things she does for us but that would take up the whole page. We just want to give a sweet shout out to our Sweet Sue. We appreciate you and all you do! We love you Suzy Q!

# March Birthday's

Scott Larson 3/1  
 Dan Gordon 3/2  
 Franki DeRossitt 3/3  
 Linda Cole 3/4  
 Patty Hert 3/5  
 Ouida Parker 3/5  
 Robin Feltman 3/6  
 Maralee Hoover 3/6  
 Shelly Niblack 3/10  
 Patty Hickman 3/10  
 Leon Marcinkowski 3/13  
 Jon Harman 3/17

Carol Joy 3/17  
 Lawrence Croft 3/18  
 Donna Weaver 3/18  
 Alan Bute 3/19  
 Nadine Gabbett 3/20  
 Denise Sullins 3/20  
 Diana White 3/21  
 Pam Nelson 3/22  
 Suzette Huber 3/23  
 Kenny Puch 3/23  
 James Decker 3/24

Lena Flensburg 3/24  
 Cora Milne 3/25  
 Lisa Baird 3/25  
 Ronald Jordan 3/25  
 Katie Juliussen 3/26  
 Martin Vandenburg 3/26  
 Glenn Chandler 3/27  
 Ellen Krsnak 3/27  
 Sam Hodena 3/28  
 Helen Ogle 3/29  
 Mickey Bowen 3/30  
 Bernie Titera 3/30

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

SAINT  
 PATRICK  
 LEPRECHAUN  
 SHILLELAGH  
 SEVENTEENTH  
 IRELAND  
 ERINGOBAGH  
 RAINBOW  
 POTOFGOLD  
 GOOD  
 LUCK  
 KISS  
 ME  
 HORSESHOE  
 GREEN  
 MARCH  
 SHAMROCK  
 BLARNEY  
 PINCH  
 EMERALD  
 IRISH  
 CORNEDBEEF  
 CABBAGE  
 WISH  
 GAELIC  
 PARADE  
 CELTIC  
 DUBLIN

# NIKISKI SENIOR CENTER

## Lunch Menu

March 2024




**In the Kitchen with  
Zanetta and Nicole**



ENTREE OR SALAD \$7

ENTRÉE & SALAD \$10

Mon	Tue	Wed	Thu	Fri
				<p>1 Pastrami Sandwich Tater Tots Frozen Dessert</p>
<p>4 Beef &amp; Broccoli Steamed Rice Asian Veggies</p>	<p>5 Stuffed Peppers Stuffing</p>	<p>6 Fried Chicken Mashed Potatoes Mixed Veggies</p>	<p>7 Italian Stromboli Baked pasta Mixed Veggies Clam Chowder</p>	<p>8 Chicken Parmesan Sandwich Fries Frozen Dessert</p>
<p>11 Baked Chicken Chimichanga Spanish Rice</p>	<p>12 Cube Steak Mashed Potatoes Green Beans</p>	<p>13 Corned Beef and Cabbage Roasted Red Potatoes Key Lime Cupcakes</p>	<p>14 Chicken &amp; Waffles Fried Potatoes</p>	<p>15 Pulled Pork Sandwich Chips Frozen Dessert</p>
<p>18 Ancient Grains w/Reindeer Sausage</p>	<p>19 Spaghetti w/meat sauce Garlic Bread</p>	<p>20 Fried Chicken Mashed Potatoes Mixed Veggies</p>	<p>21 Parmesan Crusted Pork Tenderloin Rice Pilaf Mixed Veggies Clam Chowder</p>	<p>22 Tuna Melt Onion Rings Frozen Dessert</p>
<p>25 Monte Cristo Sandwich Cauliflower Tots</p>	<p>26 Fried Chicken Cutlets w/gravy Fried Potatoes</p>	<p>27 Easter Meal Pit Ham Scalloped Potatoes Green Bean Casserole</p>	<p>28 Fish &amp; Chips JoJos</p>	<p>29 <del>Italian Beef Sandwich w/ Peppers</del> <b>CLOSED</b></p>

**ALL AGES CAN EAT AT THE NIKISKI SENIOR CENTER!**

**Please bring your own container for leftovers!**

**Salad Bar opens at 11:30 am & Entrée is served at 12 pm**

*No Salad Bar on Friday*

*\*Menu Subject to Change\**

## 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**
- **Blood Pressure checks with Nikiski Fire Department every Wednesday**
- Crafts & Coloring Club: **Wednesdays @ 12:30-3:00 pm**
- Pinochle: **Thursdays @ 12:30-4:00 pm** (Looking for experienced players!)
- Bible Study: **Thursdays @ 1:00-2:00 pm**
- **3/1 Tax Preparation 11:30 am– 5:00 pm**
- **3/9 Bingo**
- **3/15 Tax Preparation 11:30am—5:00 pm**
- **3/16 Republican Convention**
- **3/21 Nail Care**
- **3/23 Bingo**
- **3/27 FREE COMMUNITY EASTER MEAL**
- **3/27 NSC Board Meeting**
- **3/29 GOOD FRIDAY (CLOSED)**

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

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



PLEASE  
PLACE  
STAMP  
HERE

To: