



## Quality of Life for Seniors

### Director's Message

As the days grow longer and the sun peeks through more often, my hope is that it will start to warm up just a bit faster! The grounds are turning greener by the day, and thanks to board member Anita Gordon, beautiful flower pots bursting with color now brighten our entrance. My fingers are crossed they withstand the still-chilly night temperatures. We'll be hanging our flower baskets this week and tidying up the inside of the center in preparation for a busy season of summer wedding rentals from June through August. We're booked every weekend, so please be patient if things seem a little out of place here and there.

If you haven't noticed, we've been doing quite a bit of spring cleaning around the center. Mary Lee and Toni have organized the Arts & Crafts room, while Pam has spent hours archiving files in what we lovingly call "the dungeon," making room for our Family Caregiver Program supplies. I tackled the storage room, Jonathan and the kitchen staff have tidied up their space, and next on the list is remodeling the Food Pantry and organizing the garage. It's all so refreshing, and I feel we've had quite the productive start to summer.

You'll read more about these projects a couple of pages in, and I encourage you to check them out. We've also hired a new Financial Officer, Andrea Burman, who starts on June 5th. Feel free to stop in and say a quick hello, though know she will be quite busy as she learns the ropes and gets us caught up. Andrea joins us from Nikiski North Star Elementary, where she has been Head Secretary for several years, and we're thrilled to welcome her skills and knowledge.

Meanwhile, interviews for the Front Desk Receptionist position are wrapping up, and we hope to have someone permanent in place soon. As you know, the front desk requires a special individual to represent the center's heart. We have been truly blessed to have Kelsey greeting everyone so cheerfully these past few years. Please join me in thanking Barb and Toni for filling in as needed—they, like so many of our team members, step up without complaint and always with a smile. We have an amazing team here at NSC, and on that note, I ask that you take good care of them in my absence. Treat them with the same care and compassion they show you every day.

With that, it is with mixed emotions that I share June will be my final month as your Executive Director. These past five years have been a rollercoaster ride—one filled with challenges, growth, and accomplishments that I'm incredibly proud of. I know the center will continue to flourish under the care of this wonderful team and dedicated board.

I will forever cherish the memories and friendships formed during my time here. There have truly been some unforgettable moments. Roxie and I will be hitting the road come September, but I promise to leave my forwarding address once I've found my new home sweet home. As I step away, know that I carry your memories close to my heart.

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



# June's Birthdays



## Board Meeting

NSC Board Meeting

6/25/2025

@ 1pm

Service Area Board Meetings

7/23/2025

@ 4pm



*Read 20 minutes a day and you'll read 1,800,000 words per year.*

An average American college graduate reads only five books in their lifetime after graduation.

Bill, Idleman  
Connie, Rhoads  
Erich, Deland  
Dorothy Gray  
Julie, Stephens  
Heather, Engle  
Elizabeth, Garrett  
James, Alleman  
Betty, Lee  
Harry, Eaton  
Edward. F Hunt  
Alice, Anderson  
Debi, Warkentin  
Shannon, Lowry  
Carol, Brock  
Kay Brown  
Gus, Flensburg  
Roger Long  
Shorty, Thornton  
Terry, Aisenbrey  
Fay, Brazington  
Cindy Felton

Robyn, Hamilton  
Phil, Nash  
Jim Graige  
Pauline, Penland  
Joseph, Ross  
Brian Cardott  
Zanyce, Morgan  
Marie, Heft  
Ellen, Hudson  
Robert, Summers  
Julie, Ware  
Bernie, Rowden  
Clifford, Yokota  
Loreta, Harrison  
Debra, Brown  
Tanna, Chenault  
Cindy, DeHart  
Konrad, Jackson  
Ken, Lee  
Dale, Bakk  
Louise, Tulin  
Joan, Allen

NIKISKI SENIOR CENTER

MEMBERSHIP COUNT



June 1<sup>st</sup>, 2025

438

Looking for picnic table and bench donations for our new trails



Can You find me?



Hidden in this newsletter is Alfred the tree. If you find him (not this one here), let front desk know, where you saw him, and be put in a free lunch drawing.



# FAMILY CAREGIVER SUPPORT PROGRAM

## Caregiver Support Groups & Trainings

# JUNE SCHEDULE

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

2	3	4 <b>Kenai Senior Center</b> 2pm-3:30pm	5 <b>Soldotna Senior Center</b> 1pm-2pm	6 <b>Tyotkas Elder Center</b> 10:30am-11:30am
	10	11 <b>Soldotna Library</b> 2pm-3pm	12 <b>Seward Senior Center</b> 12pm-1pm	13
	17	18	19 <b>Sterling Senior Center</b> 1pm-2pm	20
23	24 <b>Nikiski Senior Center Alzheimer's Association</b> W/Cindy Harris 1pm-2pm	25	26 <b>Ninilchik Senior Center</b> 12pm-1pm	27



June is National Alzheimer's & Brain Awareness Month!

Scan our QR Code to follow us on Facebook & stay updated on what's happening!



— WORLD —  
**Elder Abuse**  
AWARENESS DAY  
— JUNE 15 —



We had a full house for our end-of-season BINGO! Games will resume in the fall. Have an amazing summer!





### Food Pantry Hours

Monday - Friday  
9 am - 12 pm  
1 pm - 2 pm  
(Closed For Lunch)



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.



Our main-level bathrooms are now handicap accessible and equipped with automatic doors.



A huge **thank you** to Jason and Greg Koontz, owners of AK Eco Forestry LLC, for their excellent work—

hardworking, professional, and attentive to detail. Dead trees have been removed from the campus to alleviate fire hazards, and the trail has been cleared and cut along with other areas around the property.

We hope to continue preparing the trail so that it can accommodate wheelchairs and walkers, with a solid surface to ensure safety and comfort for all users. Feel free to walk the path, but **please** be very careful as it is still in the early stages.

We are currently seeking donations of picnic tables and benches to place along the path. If you would like to contribute directly to the walking trail project, please let Administration know. It's truly a dream come true!



Bird House Painting Class with  
Marilee



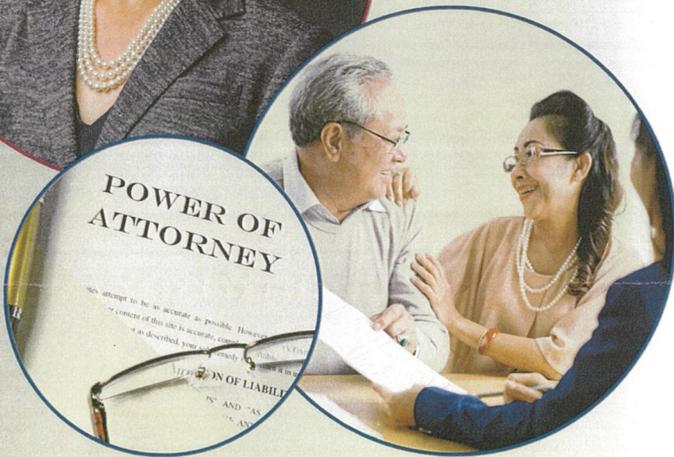
Thank you for teaching  
this fun class, Marilee.

# What's Happening



## Estate Planning with Alaskan Attorney Chelsea Riekkola

On Zoom  
June 12th  
12pm - 1:30pm



<https://us02web.zoom.us/j/85495123702>

Questions? Contact ACoA Staff Yasmin Radbod at 907-230-0871.

## Summer Quilt Raffle

The Nikiski Senior Center Sewing Group is raffling off this beautiful quilt. Each single ticket is \$5 or 5 tickets for \$20.

You can purchase a ticket at the front desk, during Nikiski Days Celebration (June 7<sup>th</sup>), Family Fun Under the Midnight Sun (June 21<sup>st</sup>), 4<sup>th</sup> Of July Celebration in Kenai and Kenai Peninsula State Fair (August 8-10<sup>th</sup>). Raffle will be drawn at Quilt Bingo on October 4<sup>th</sup>. All proceeds go to the construction of senior housing.



## Large load washer

**FOR SALE**

**\$50**

Pick up in Nikiski.

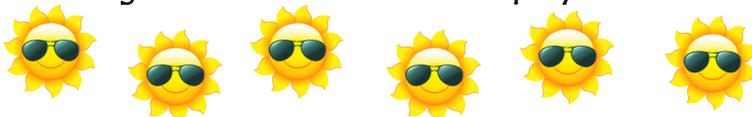
Talk to Sasha if interested.



## Cricut or Resin Practice Sessions Every Monday in June 12:30- 3 pm



You'll find our Board of Directors at Nikiski Days on June 7<sup>th</sup> & Family Fun In The Midnight Sun on June 21<sup>st</sup>. Stop by our booth and say Hello!





# June's Arts & Crafts



June 4th  
Father's Day Cards



June 11th  
Egg Carton  
Mushrooms



June 18  
Hot Glue Painting



June 25th  
Decoupage Fun

# Nail Care Clinic

June 26 th



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



## Congradultations

**Mel Krogseng!**

She found Alfred the Tree in May's Newsletter. She won a free lunch.

## Nikiski Senior Center Community Garden Meeting

June 4th, 1:30 pm.



# Sip & Paint

June 25<sup>th</sup> @ 6 pm

Deadline to sign up is June 11<sup>th</sup>. Cost is \$25

We are doing a

watercoloring technique

There will be non-alcoholic refreshments and snacks provided.

BYO Alcoholic beverages

**Theme is Gnomes, Mushrooms or Whales**



# June's Word Search

## Happy Fathers Day.

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

CAMPING  
BOATING  
DADDY  
HIKING  
MUSICCONCERT  
GARDENING  
FISHING  
BBQ  
HUNTING  
EATING  
OUT  
CAR  
SHOWS  
DRIVING  
TARGETPRACTICE  
FATHER  
LOVE



# Strawberry-Rhubarb Cobbler

## Strawberry-Rhubarb Cobbler



### Filling:

- 1 ¼ Cups Granulated Sugar
- 3 TBS All-Purpose Flour
- 1 ¼ TSP Ground Cinnamon
- 2 TSP Finely Shredded Lemon Rind
- 6 Cups Fresh Diced Rhubarb
- 3 Cups Fresh Sliced Strawberries
- 1 TSP Pure Vanilla Extract

### Topping:

- 1 ½ Cups All-Purpose Flour
- 3 TBS Granulated Sugar
- 1 ½ TSP Baking Powder
- ½ TSP Baking Soda
- ¼ TSP Salt
- 3 TBS Cold Butter or Margarine
- 1 Cup Buttermilk

Preheat oven to 400 Degrees

For Filling: Mix sugar, flour and cinnamon in a large bowl. Add lemon rind, rhubarb and strawberries; gently toss until coated. Drizzle top with vanilla extract. Pour mixture into greased 13X9- inch baking dish. Bake 10 minutes.

For Topping: Mix the first five topping ingredients in a large bowl. Cut in butter until mixture resembles pea size. Stir in buttermilk with a fork just until soft dough is formed. Drop dough by the tablespoonfuls on top of hot mixture, creating 12 portions. Continue baking at 400

# Event Calendar

## NIKISKI SENIOR CENTER

### Event Calendar

June 2025



*Event schedules can change so check back with Facebook , NSC Website or Call the Center at 907-776-7654 to stay up to date or sign up for an event.*

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Silver &amp; Fit 10– 11 am Resin &amp; Cricut Class TBA Cribbage 1 pm</p>	<p>3</p> <p>Sewing Group 12:30– 3:00 pm</p>	<p>4</p> <p>Yoga 9:30– 10:30 am Arts &amp; Crafts Class Father’s Day Cards: 1-3 pm</p>	<p>5</p> <p>Silver &amp; Fit 10-11 am Pinoche 12:30– 4:00 pm Bible Study 1 pm</p>	<p>6</p>
<p>9</p> <p>Silver &amp; Fit 10– 11 am Resin &amp; Cricut Class TBA Cribbage 1 pm</p>	<p>10</p> <p>Sewing Group 12:30– 3:00 pm</p>	<p>11</p> <p>Yoga 9:30– 10:30 am Arts &amp; Crafts Class Egg Carton Mush- room 1-3 pm</p>	<p>12</p> <p>Silver &amp; Fit 10-11 am Pinoche 12:30– 4:00 pm Bible Study 1 pm <i>Estate Planning Zoom 12--:30 PM</i></p>	<p>13</p> <p>Happy Father’s Day!</p>
<p>16</p> <p>Silver &amp; Fit 10– 11 am Resin &amp; Cricut Class TBA Cribbage 1 pm</p>	<p>17</p> <p>Sewing Group 12:30– 3:00 pm</p>	<p>18</p> <p>Yoga 9:30– 10:30 am Arts &amp; Crafts Class Hot Glue Painting 1-3 pm</p>	<p>19</p> <p>Silver &amp; Fit 10-11 am Pinoche 12:30– 4:00 pm Bible Study 1 pm</p>	<p>20</p>
<p>23</p> <p>Silver &amp; Fit 10– 11 am Resin &amp; Cricut Class TBA Cribbage 1 pm</p>	<p>24</p> <p>Sewing Group 12:30– 3:00 pm</p>	<p>25</p> <p>Yoga 9:30– 10:30 am Arts &amp; Crafts Class Decoupage Fun 1-3 pm <i>NSC Board Meeting 1 pm Sip &amp; Paint 6 PM</i></p>	<p>26</p> <p><i>Nail Clinic 9 am– 2 pm</i> Silver &amp; Fit 10-11 am Pinoche 12:30– 4:00 pm Bible Study 1 pm</p>	<p>27</p>
<p>30</p> <p>Silver &amp; Fit 10– 11 am Resin &amp; Cricut Class TBA Cribbage 1 pm</p>				

# Lunch Menu

**NIKISKI SENIOR CENTER**

**Lunch Menu**

**June 2025**

**Cooking With  
Jonathan & Jason**

**ENTREE OR SALAD \$7**

**ENTRÉE & SALAD \$10**

Mon	Tue	Wed	Thu	Fri
2 Sausage Gravy Biscuit Eggs	3 Pork Carnitas Brown Rice Beans	4 Orange Chicken Rice Sesame Seed Broccoli	5 Ribs Mac N Cheese Beans	6 BLT Onion Rings
9 Sausage Butternut Casserole Rice	10 Shrimp Alfredo Fresh Bread Veggies	11 Fried Chicken Mash Potatoes Mixed Veggies	12 Pot Roast Fresh Bread Veggies	13 Hand Made Cheeseburgers Fries
16 Quiche Bakers Special Veggies	17 Pizza Bacon Mac N Cheese	18 BBQ Chicken Sweet Potatoes Corn Bread Veggies	19 Spaghetti Meat Sauce Whole Wheat Buns	20 Beef Quesadilla Onion Rings
23 Veggie Coconut Thia Curry Rice	24 Pulled Pork Hoagie Bun Cole Slaw	25 Fried Chicken Mash Potatoes Mixed Veggies	26 Korean Beef Rice Bowl Seasame Cabbage Carrots	27 Patty Melt Fries
30 Butter Chicken Jasmine Rice Handmade Naan				

**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**

**\*Menu Subject to Change\***

## **Activity Highlights**

- Cribbage: **Mondays @ 12:30 pm**
- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Sewing Class: **Tuesdays @ 12:30-3:00 pm**
- Yoga (via zoom): **Wednesdays @ 9:30-10:30 am**
- Blood Pressure checks: **Wednesdays** by Nikiski Fire Dept., when available
- Arts & Craft: **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**

### **June**

- **12th Estate Planning Zoom**
- **25th Board Meeting**
- **25th Sip & Paint @ 6 pm**
- **26th Nail Clinic**

PLEASE  
PLACE  
STAMP  
HERE

