



◆ Nikiski Senior Center News ◆

Quality Life For Seniors



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



Director's Message

Officially over the halfway point of the year, ugh! June was very exciting though. Our Annual Fundraiser outperformed all our expectations, netting over \$18,000 for the entire event. Big THANKS to all of our supporters here at NSC, and especially thank you to the employees and volunteers who pulled this gala off!

Summer Tuesday Bingo has started, but its been a slow start. I am hoping our next session is better, but it was an experiment to gauge public interest. Tell all your friends who might play Bingo to come on out and join the fun.

We have a couple more exciting field trips coming up this summer, so be sure to touch base with Pam if you are interested.

The community garden project is underway. Land has been cleared and the greenhouse delivered. We are still looking for some volunteers to finish the site preparation and for the big construction day on Saturday, July 25. A team from Home Depot will be here to help erect the fence and build raised beds for the garden. It's so exciting that this project is finally underway!

Keep telling your friends about NSC. Our crowds and participation are growing and we love that!

Jahn

◆
July NSC Board meeting cancelled, next meeting 8/26
Nikiski Service Area Board Meeting July 29th @ 4 pm



KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

JULY SCHEDULE 2026

JULY 1

**KENAI SENIOR CENTER SUPPORT GROUP LED BY RACHAEL CRAIG
2:00-3:30 PM**

JULY 10

**TYOTKAS ELDER CENTER SUPPORT GROUP
10:30-11:30 AM**

JULY 14

**SOLDOTNA PUBLIC LIBRARY
CONFERENCE ROOM A. CAREGIVER
TRAINING LED BY CINDY HARRIS
1:00-2:00 PM**

JULY 22

**NINILCHIK SENIOR CENTER
11:00-12:00 PM**

JULY 22

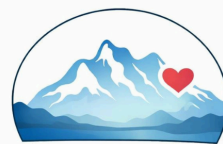
**HOMER SENIOR CENTER
2:00-3:00 PM**

JULY 23

**STERLING SENIOR CENTER
1:00-2:00 PM**

JULY 28

**NIKISKI SENIOR CENTER
1:00--2:00 PM**



KPFCSP

Kenai Peninsula
Family Caregiver Support Program

**Kenai Peninsula Family
Caregiver Support Group
Presents:
Nikiski Support Group**

July 28 @ 1:00 - 2:00 PM @ Nikiski Senior Center

Who is a caregiver?

A caregiver is any family member, friend, concerned neighbor, or community member who checks in on a senior citizen aged 60+ or anyone of any age with dementia or Alzheimer's. If you pick up meds, take the individual shopping, help with bathing, clothing, feeding, or any other daily activity, **YOU are a caregiver!**

Call and ask for Dani Kebschull at 907-776-7654 for more information



For more information about
KPFCSP
Scan QR Code to
follow and like us on
Facebook!

Trust
Alaska Mental Health
Trust Authority

How can you ask others to help?

When people have asked you if they can lend a hand, have you told them, "Thanks, but I'm fine"? Accepting help from others isn't always easy. You may worry about being a burden, or you may feel uncomfortable admitting that you can't do it all yourself. But many caregivers later say they did too much on their own, and they wished they had asked for more support from family and friends.

Understand that many people want to help, and it makes them feel good to contribute. If asking for help is hard for you, here are some tips that may help:

- Ask for small things first, if that makes it easier for you. Many large jobs can be broken down into simpler tasks.
- If you aren't comfortable asking face-to-face, send a text or email with your request.
- Consider a person's skills and interests when thinking about how they could help.
- Be prepared with a list of things that need to be done and let the other person choose what they'd like to do.
- If someone offers to help, practice saying, "Thanks for asking. Here's what you can do."
- Be honest about what you need and what you don't need. Not every offer is going to be helpful.
- Be prepared for some people to say "no," and don't take it personally.



**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

Kenai Peninsula Fair Field Trip

August 14th. \$10 fee to help with fuel. If you have questions or if you are interested in going, please contact Pam, our Transportation Coordinator.



Princess Lodge, Copper Landing Field Trip

This trip is scheduled for August 28th. You will need to bring money to cover the fuel cost of \$10 and lunch money. But please see Pam if you are interested in joining in.



On June 12th, there was a field trip to the Alaska Zoo in Anchorage.



Luau Fundraiser June 6, 2026

"A picture is worth a
thousand words..."



July's Birthdays

Carlene Hockema	Jul 02	Rick Hamborg	Jul 15
Maureen Lawlor	Jul 02	Duke Minium	Jul 15
Penelope Maize	Jul 02	Carole Moreo	Jul 16
Jeffery Burman	Jul 03	David Halverson	Jul 18
Colette Thompson	Jul 03	Ron (RW) Weilbacher	Jul 18
Linda Piccini	Jul 04	Sally Macy - Bowen	Jul 18
Charles Blair	Jul 05	Cathy Williams	Jul 19
Cynthia Slaughter	Jul 05	Susan Baker	Jul 21
Willie Sylvester	Jul 05	David Corbin	Jul 21
Theresa Carter	Jul 06	Linda Swarner	Jul 24
Debbie Goforth	Jul 07	Jackie Rae Arnett	Jul 25
Jeffery Burman	Jul 07	Robert Bond	Jul 25
Raymond Choat	Jul 08	Annette Nudson	Jul 25
Wayne Ogle	Jul 08	Louise Heite	Jul 28
James Reichert	Jul 12	Kathy Lobdell	Jul 28
Anita Gordon	Jul 13	Susan Hawker	Jul 29
Tamara Larson	Jul 13	Vicki Snow	Jul 29
Jan Morrison	Jul 13	Reginald May	Jul 30

July

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

INDEPENDENCE LEMONADE
 FIREWORKS
 BARBEQUES
 PARADES
 FISHING
 RED
 WHITE
 BLUE
 FIREWEED
 FLOWERS
 FLAGS
 CAMPING
 HOT
 AMELIA
 EARHART
 FRIENDSHIP
 DAY
 CITIZENSHIP
 SUMMER
 SUNBURN
 POPSICLE
 BONFIRE

Event Calendar

Event Schedule July, 2026



Event schedules can change, so check back with Facebook, NSC Website or Call the Senior Center 907-776-7654

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga 9:30– 10:30 am Arts & Crafts Strip Cards 1:00-3:00 pm	2 Silver & Fit 10:00– 11:00 am Pinochle 12:30– 4:00 pm Bible Study 1:00 pm	3 Center is Closed	4 Center is Closed Happy Independence Day!
5	6 Silver & Fit 10:00– 11:00 am	7 Sewing Group 12:30–3:00 pm Bingo 2 pm Doors Open 3 pm Game Starts	8 Yoga 9:30– 10:30 am Arts & Crafts Paint Tree 1:00-3:00 pm	9 Silver & Fit 10:00– 11:00 am Pinochle 12:30– 4:00 pm Bible Study 1:00 pm	10	11
12	13 Silver & Fit 10:00– 11:00 am	14 Sewing Group 12:30–3:00 pm Tie Dying Class 10:00 am	15 Yoga 9:30– 10:30 am Arts & Crafts Butterfly Lanterns 1:00-3:00 pm	16 Silver & Fit 10:00– 11:00 am Pinochle 12:30– 4:00 pm Bible Study 1:00 pm	17	18
19	20 Silver & Fit 10:00– 11:00 am All-Day Seldovia Field Trip See Pam	21 Sewing Group 12:30–3:00 pm Bingo 2 pm Doors Open 3 pm Game Starts	22 Yoga 9:30– 10:30 am Arts & Crafts Rock Painting 1:00-3:00 pm	23 Silver & Fit 10:00– 11:00 am Pinochle 12:30– 4:00 pm Bible Study 1:00 pm	24	25
26	27 Silver & Fit 10:00– 11:00 am	28 Sewing Group 12:30–3:00 pm	29 Yoga 9:30– 10:30 am Arts & Crafts Can Chimes 1:00-3:00 pm NSC Board Meeting 1:00 pm Service Area Board Meeting	30 Silver & Fit 10:00– 11:00 am Pinochle 12:30– 4:00 pm Bible Study 1:00 pm	31	

The Nikiski Senior Center is excited to announce a new partnership with a local community nonprofit, Innovate It Forward! Led by two of our very own North Star Elementary teachers, Rachel Gilbert and Mallory Elliott, this organization is dedicated to strengthening our community through education and hands-on initiatives.

Together, we are launching an exciting new project focused on compost creation, with the goal of giving back to community gardens that may have been “forgotten.” As the Center continues to develop our own community garden, this collaboration offers a perfect opportunity to build connections, reduce waste, and further our shared passion for creating a stronger, more sustainable community for all. Our early conversations have focused on simple but impactful steps—reducing waste at the Center by collecting compostable materials such as daily lunch scraps, kitchen cut-offs, and even those ever-growing piles of coffee grounds (because we all know nothing happens before that first cup of coffee!). This initiative will take patience, education, and participation from all of us to ensure we’re contributing in the right way. As the saying goes, it takes a village.

Rachel and Mallory will be offering educational presentations on composting for anyone interested in getting involved. They will also be working closely with our team to develop innovative, sustainable practices that we can carry forward as a community.

We encourage everyone to join us in reducing waste, giving back, and building meaningful partnerships. Stay tuned for more updates as this project grows!

Lunch Menu

NIKISKI SENIOR CENTER
907-776-7654
Lunch Menu
July 2026

Monday -Thursday
Salad Bar opens at 11:30 pm
Entrée opens at 12:00 pm
No Salad Bar on Friday. Entrée is 11:30 am

ALL AGES ARE WELCOME TO EAT.
TO GO lunches need to be called in
by 10 and picked up 12:00 pm
Menu is subject to change.

Non-Member Prices :
Entrée Only \$10 , \$15 Soup And Salad Add
Member Prices:
Entrée Only \$7, \$10 Soup and Salad Added

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Fried Chicken Mashed Potatoes Mixed Veggies Dessert	2 Pizza Bacon Mac N Cheese Veggies Dessert	3 Center is Closed	4
5	6 Spaghetti W/Meat Sauce Fresh Bread Veggies Dessert	7 Carnitas Spanish Rice Beans Dessert	8 BBQ Chicken Cornbread Baked Potato Dessert	9 Pot Roast Roasted Veggies Dessert	10 BLT Sandwich Onion Rings Dessert	11
12	13 Vegetable Coconut Thai Curry Jasmine Rice Dessert	14 Carne Asada Tacos Rice/Beans Dessert	15 Fried Chicken Mashed Potatoes Mixed Veggies Dessert	16 Shrimp Alfredo Fresh Bread Veggies Dessert	17 Meatballs Subs Hand-Cut Fries Dessert	18
19	20 Beef Stroganoff Fresh Bread Veggies Dessert	21 Ribs Baked Potatoes Corn Cornbread Dessert	22 Orange Chicken Broccoli Jasmine Rice Dessert	23 Lasagna Veggies Dessert	24 Gyros Hand-Cut Fries Dessert	25
26	27 Fried Chicken Sandwiches Jo Jos Dessert	28 Korean Beef Rice W/Sesame Seed Cabbage & Carrots Dessert	29 Fried Chicken Mashed Potatoes Mixed Veggies Dessert	30 Meatloaf Mashed Potatoes Peas/Carrots Dessert	31 Smash Burgers Hand-Cut Fries Dessert	

The fire pit area for the senior housing was upgraded. Thank you to all the volunteers and staff who helped make it look amazing.



Summer Quilt Raffle

The Nikiski Senior Center Sewing Group is raffling off this beautiful quilt. Each ticket is \$10.

You can purchase a ticket at the front desk or at the Kenai Peninsula State Fair (August 7-9th). The raffle will be drawn at Quilt Bingo on September 26th. Need not be present to win. All proceeds go to the construction of senior housing.



Permit #1489



**THE NIKISKI
SENIOR CENTER
WILL BE CLOSED
FRIDAY, JULY
3RD, 2026**

4th of July Festivities

The Nikiski Senior Center will be participating in Kenai's 4th of July Parade! We are looking for candy donations to hand out to the kids, as well as volunteers who would like to walk or ride along on the day. Come join in on the fun! Contact Toni for more details



June's Arts & Crafts



July 1st
Strip Cards



July 8th
Paint Trees



July 15th
Butterfly Lantern



July 22nd
Rock Art



July 29th
Can Chime





**NIKISKI SENIOR CENTER
PRESENTS**

SHIRTS & HOODIES TIE DYE ACTIVITY

TUESDAY JULY 14 @ 10 AM
SIGN UP DEADLINE IS JUNE 29 TH

T-Shirt and Dyes are
 provided

Cost is \$25 for Tee-Shirts
 \$30 for Hoodies

Call the Senior Center
 907-776-7654 to reserve a place.



2019 Mitsubishi Sport Outlander
109,884 Miles

New Brakes, Oil Change, New Air & Oil Filters
Comes With a Set of Studded Tires on Rims
Two Sets of Keys

\$11,000
252-8399

Join us as we to build

**NIKISKI SENIOR CENTER
COMMUNITY GARDEN**

Thanks to Home Depot for donating the
 the materials for fencing and raised
 beds, our community garden is moving
 ahead. We hope to get the ground
 levelled and the fence built on
 Saturday, July 25th. If you are willing to
 help out that day, please call the
 center at 907-776-7654 and talk to
 John.



**Cricut and Resin
Class is cancelled
for July.**

**Nikiski Senior Center
Bingo Summer Schedule
Tuesdays Afternoons**

July 7 th & 21 st
August 4 th & 18 th
September 1 st, 15 th & 29 th

**Doors open at 2 pm Games
start at 3 pm**

\$25 per packet
 Potluck style, so bring a dish
 and bring a friend



**Toni will be taking
The Kenai Peninsula Fair
Exhibits to the fair
(August 13th) for the seniors
this year. If you have something
you want to put in an exhibit at
the fair, please let her know.**

Examples of Exhibits:

- Arts or Crafts**
- Vegetables or Flowers**
- Preservatives**

**She has a copy of the Fair's guide,
if you want to see it**

Activity Highlights

- **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 @ 1:00-3:00 pm**
- **Pinochle: Thursdays @ 12:30-4:00 pm**
- **Bible Study: Thursdays @ 1:00-2:00 pm**

July

- **3rd Friday: Center is Closed**
- **7th & 21st TUESDAY: Potluck Bingo Games Start @ 3 pm**
- **14th Tuesday: Tie Dye Class @ 10 am**
- **28th Tuesday Nikiski Caregiver Support Group @ 1 pm**
- **29th Wednesday: Nikiski Senior Center and Service Area Board Meetings**

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



To:

PLEASE
PLACE
STAMP
HERE