



President's Corner & Director's Message

Well, the Fireweed going to seed has definitely reminded us that summer is over. Not to mention the persistent overcast and rainy weather. However, isn't it great to be living in one of the best places on earth, Nikiski?

October opens with the Quilt Bingo fundraising event on Saturday, October 4th. It's a great opportunity to spend time with members of our community, eat great food for dinner all the while raising funds for the building fund for new senior housing. And best of all, it gives everyone the opportunity to win a big gorgeous quilt. I have my quilt hanging in my bedroom. They are beautiful.

A couple of personnel changes: Barb Dudley has resigned her position at the Center. Bridget Lander has moved to the kitchen and is helping Jonathan make good things to eat.

One of our Board of Directors, Lenora (Len) Niesen is running for the Assembly. She is running unopposed and will be representing Nikiski for the next three years. If you haven't had a chance to meet Len, please say hello to her. She is a very capable business woman with an abundance of common sense which is greatly needed these days. While Len is incoming to the Assembly, Peter Ribbens is leaving the Assembly after representing Nikiski the past three years. Peter attended all the monthly "Inc." Board meeting as well as the Nikiski Senior Service Area Board meetings. He has been a very solid supporter of the Center's mission and interests as well as that of Nikiski's while on the Assembly. Peter was elected to be Assembly president his last year which is testament of his Assembly colleague's respect for him. Thank you, Peter!

I hope to see you often at the Nikiski Senior Center. Please bring your friends and enjoy the community spirit which is what the Center is all about.

Wayne Ogle

DIRECTOR'S MESSAGE

Greetings all and welcome to the most wonderful time of the year! Some people might not know this, but I LOVE Halloween and the fall season. Sadly, I will be out of state for Halloween this year, but it will be for a much-needed birthday vacation for me. So, I guess you will just have to see all my costumes the week before! Before any of that, though, our annual Quilt Bingo event is taking place on October 4th! As in years past, the winner of each bingo game will win their choice of a handmade quilt, created by our very own Quilting & Sewing group.

There will be 14 games called that night, so at least 14 beautiful quilts will find new homes. We have extra quilts and other items in case of multiple winners in a game. There will also be special raffles held, including a Split the Pot drawing that has historically had a prize between \$200-300 during this event.

Some other things to look forward to in the last few months of this year include our holiday community meals, a Christmas bazaar, and a raffle for half a beef at Christmas time. Also, if you had fun at last year's Moose Hunt, we are planning a Reindeer Hunt this year, with an extra special guest!

~ John Walker



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





Board Meeting

NSC Board Meeting

10/22/2025

@ 1:00 pm

If you are interested in what the Center is doing, please join us at the monthly Board of Directors meeting.

Nikiski Senior Service Area Board

10/22/2025

4:00PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

OCTOBER SCHEDULE

SUPPORT GROUPS & TRAININGS

WEDNESDAY, OCT. 1

Kenai Senior Center
2-3:30pm
"Stronger Together"
Rachael Craig
Support Group

FRIDAY, OCT. 3

Tyotkas Elder Center
10-11:30am
Support Group

MONDAY, OCT. 13

Soldotna Library
1-2pm
Conference Room A
Support Group

THURSDAY, OCT. 16

Sterling Senior Center
1-2pm
Support Group

THURSDAY, OCT. 23

Seward Senior Center
11am-12pm
Support Group

TUESDAY, OCT. 28

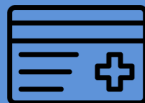
Nikiski Senior Center
1-2pm
Training led by Genacta In Home Care

SCAN QR CODE TO LIKE & FOLLOW US ON FACEBOOK!



OPEN ENROLLMENT IS OCT 15-DEC 7

Meet with a certified Medicare Specialist from ILC



Nikiski Senior Center

50025 Lake Marie Dr.

Nikiski

10-16-25 FROM 9:00 TO 3:00

BY APPOINTMENT ONLY

CALL (907)776-7654 TO SCHEDULE



SHIP
State Health Insurance
Assistance Program

Ask ILC about volunteering
in Medicare counseling

dementia-friendly FINGER FOODS



What are Finger Foods?

Finger foods are handheld foods that can easily be eaten without utensils.

benefits of finger foods:

- Eating more food overall
- Better acceptance of foods
- Independence in eating
- Portable for those on the go

clues it's time for finger foods:

- Poor coordination with fork/spoon
- Unsure what to do with utensils
- Preference for handheld foods
- Frequent attempts to use fingers

finger food tips



Offer variety & honor likes & dislikes



Serve food cool, warm or room temp



Choose foods easy to pick up with ONE hand



Opt for mini versions vs. only full-size cut up



Make it colorful & appetizing



Avoid crumbly, slippery & messy foods



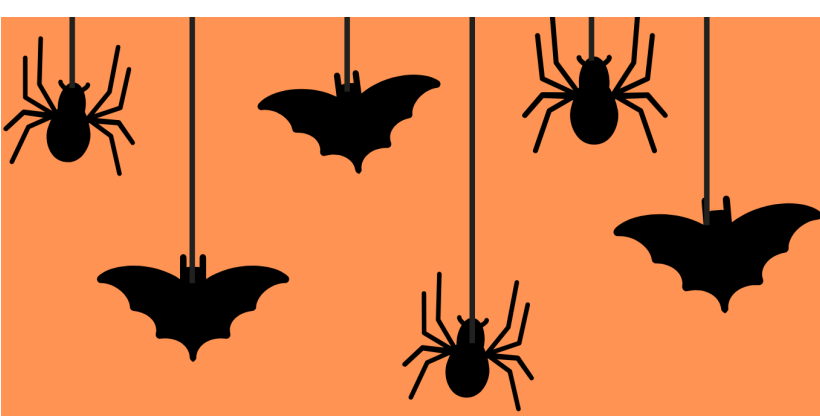
Keep in mind texture prefs & chewing trouble



Pre-load food with dips or sauces



Keep wipes/washcloths handy for dignity



CANDY

DONATIONS NEEDED!
FOR
TRICK OR TREAT ALLEY
THANK YOU!!
(PLEASE DROP OFF AT THE NIKISKI SENIOR CENTER)

SEWARD FIELD TRIP.

October 10 the NSC van will be leaving at 10 am. Cost is \$10 to help with fuel. Sign-up at the front desk if you want to go.



Lunch, Shopping, Adventure

Homer Field Trip



Evenson Heritage Memorial Trail, Chapter 2

The main trail excavation and gravel work is finished for this year. Over the winter, the soil and gravel will settle and pack in so that we can do final dressing around the trail edges in the spring. We received additional support this past month from the Evenson Heritage Lodge crew (Jerry, Paul, and Taylor), Foster Construction (Steve Foster) and KPB Mayor Peter Micciche. Also, our daily construction crew of Mike Newcomb, Jack Kyle, and Andrew Cables stayed very busy throughout this entire effort. We would still love to receive any donation of benches and picnic tables to put at strategic locations along the trail. Greatly appreciated in advance!



Can You find me?



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



FOOD PANTRY HOURS

9:00 am to
10:30 am
or
12:30 pm to
1:30 pm



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



October Birthdays

Full Name	Birthday	
Laura, Henkelman	Oct 01	Fred, Sanders Oct 14
Tammarra, Holmes	Oct 01	George, Therriault Oct 15
Sue, Schiestl	Oct 01	Anneli, Bakk Oct 16
Lois, Garretson-Macy	Oct 02	Tom, Bell Oct 16
Alan, Meyer	Oct 03	Geri, Brigham Oct 17
Daniel, Orehek	Oct 03	Hala, Allam Oct 19
Denise, Poziembo	Oct 03	Leroy, Rotgers Oct 19
Sue, Wesley	Oct 03	Edward, Aisenbrey Oct 20
Loretta, Brown	Oct 04	Marilyn, Every Oct 21
Ronald, Lee	Oct 04	Pam, Lashley Oct 21
Kathy, Gillmoreth	Oct 05	Jean, Taylor Oct 21
Glynda, Robertson	Oct 05	Margritta, Jakos Oct 22
Bob, Baker	Oct 06	Deborah, Martin Oct 22
Brian, Beckham	Oct 07	Tom, Carew Oct 23
Sandra, Bise	Oct 07	Cheryl, Marine Oct 24
Betty, Cloud	Oct 07	Rickey, Pimentel Oct 25
Karen, McGahan	Oct 09	Sheila, Chandler Oct 27
Wayne, Pattison	Oct 09	Dawn, Nelson Oct 27
Connie, Avram	Oct 10	Dolores, Wik Oct 27
Pam, Knudsen	Oct 10	Helen, Clark Oct 28
Rosemary, Pilatti	Oct 11	Deb, Denton Oct 28
Lou, Smith	Oct 11	Jeanne, Doolittle Oct 28
Janice, Tapp	Oct 11	Lisa, Greenleaf Oct 28
Cheryl, Hill	Oct 12	
Pete, Piccini	Oct 14	

Fall

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

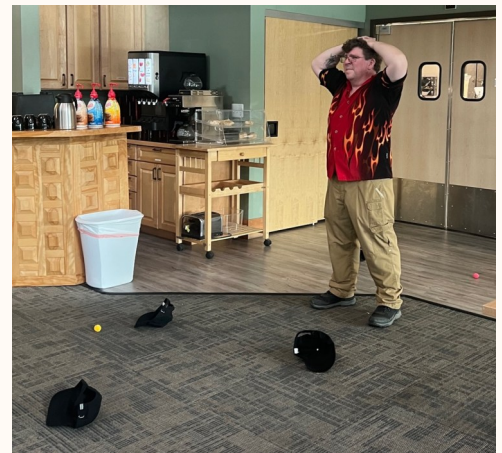
SCARECROW
LEAVES
PUMPKIN
FROST
RED
ORANGE
YELLOW
HARVEST
HALLOWEEN
COSTUMES
APPLES
CIDER
TRICK
TREAT
CANDY
CORN
HUNTING
FLASHLIGHTS

Activity Pictures

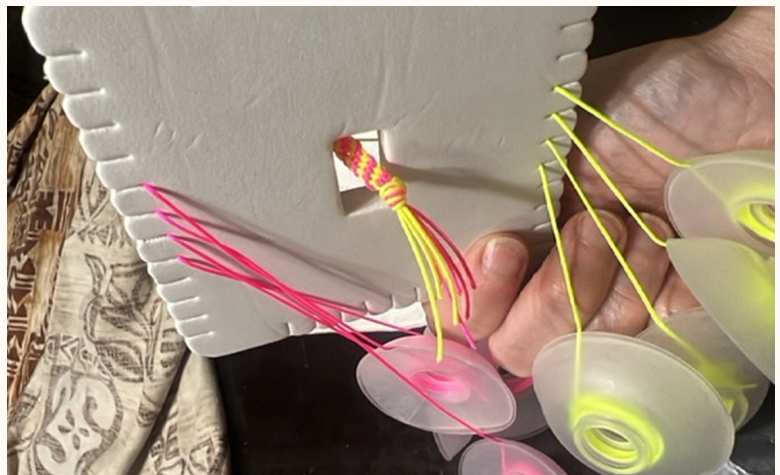
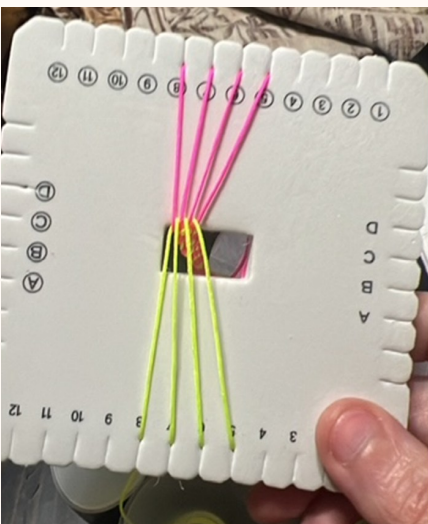
No bones about it, these crafters know their stuff



Senior Housing BBQ



Kumihimo Class



What's Happening

NIKISKI CHRISTMAS CRAFT SHOW DECEMBER 6&7 10 AM - 5 PM

Is Looking For Vendors

Cost: \$30 Includes Table

Set Up: Friday, December 5th 3-6 pm

Deadline to Apply: November 21, 2025

Drop off payment and application at
Nikiski Senior Center

Call 907-776-7654 if you have questions

Applications can be found on the Nikiski Senior
Center Website, Facebook Page
or at the Senior Center

Nail Care Clinic October 14 th



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

Volunteers needed

- Drink Station
- Transportation

If you can help with any of
these areas, please let
John Walker know.

CHRISTMAS Raffle

1st Prize is ½ a Cow
processed from 4T% Ranch.
2nd Prize is a Christmas Quilt
made by Myrna Dyer.

Drawing is December 17th, 2025
\$20 per ticket. Only 500 tickets printed

Call the center 907-776-7654 or visit the
Nikiski Senior Center to get your ticket!



What's Happening

3 Holiday Cards Workshop

Taught By Anita Gordon

Wednesday, October 8th @ 1-3 pm



"A handwritten note is a hug you get to keep."

Mike McBride Items For Sale

Call 907-776-5444

- Portable Wicker Bar With 3 Stools \$450
- 9 FT Picnic Table Umbrella \$40



October Arts & Crafts

NIKISKI SENIOR CENTER



October 1st
Alcohol Ink Jar

October 15th
Melted Crayon Pumpkins



October 8th
Holiday Card Workshop
October 22
Decoupage Pumpkin

October 29th
Mummy Twinkies



Cricut or Resin Practice Sessions

Every Monday from 1:00 pm to 3:00 pm



NIKISKI SENIOR CENTER QUILT BINGO OCTOBER 4TH!



Raffle Quilt

Prize Winner Will Be Drawn
on October 4th!

FUNDRAISER

Housing Expansion Project

Your Ticket includes

Dinner Menu

- Garlic and herb roasted bone-in pork loin with a spiced apple chutney.
- Yukon gold mashed potatoes and an herb-roasted vegetable (in season).
- Your choice of strawberry cheesecake or red velvet cake.

COST: \$75. Includes Bingo Packet & Dinner

WHEN: Saturday, October 4, 2025

MEAL: From 2:00 PM - 3:00 PM

BINGO: Game Starts 3:00 PM



Door Prize

If you purchase your
tickets before
October 3!



Call 907-776-7654 for tickets

*Join us for a fun night of Quilt Bingo with
an amazing Dinner, by Chef Jonathan.*

Event Calendar

NIKISKI SENIOR CENTER
Event Calendar
October 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Yoga 9:30– 10:30 am Arts & Crafts Class Alcohol Ink Jar 1-3 pm	2 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30 -3 pm	3	4
5	6 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm	7 Sewing Group 12:30– 3:00 pm	8 Yoga 9:30– 10:30 am Arts & Crafts Class Card Workshop 1-3 pm	9 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30 -3 pm	10 Seward Field Trip 10am-5pm	11
12	13 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm	14 Sewing Group 12:30– 3:00 pm Nail Care Clinic 9 am—2 pm	15 Yoga 9:30– 10:30 am Arts & Crafts Melted Crayon Pumpkin 1-3 pm Medicare Open Enrollment 9 am—3 pm	16 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30 -3 pm	17	18
19	20 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm	21 Sewing Group 12:30– 3:00 pm	22 Yoga 9:30– 10:30 am Arts & Crafts Class Decoupage Pumpkin 1-3 pm Board Meeting 1 pm	23 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30 -3 pm	24	25
26	27 Silver & Fit 10– 11 am Resin & Cricut Class 12:30– 3 pm	28 Sewing Group 12:30– 3:00 pm KPCGSP Caregiver Support Group 1-3 pm	29 Yoga 9:30– 10:30 am Arts & Crafts Class Mummy Twinkie 1-3 pm	30 Silver & Fit 10-11 am Pinochle 12:30– 4:00 pm Bible Study 1 pm Quilting 12:30 -3 pm	31	

Lunch Menu

NIKISKI SENIOR CENTER

Lunch Menu

October 2025



Entrée or Just Salad only is \$7 .

Entrees, Salad Bar and Soup is \$10.

ALL AGES are welcome to eat.

Menu is subject to change .

AMon	Tue	Wed	Thu	Fri
		1 BBQ Chicken Corn Bread Sweet Potato Corn On Cob Dessert	2 Shrimp Alfredo Fresh Garlic Bread Veggies Dessert	3 Hand Made Smash Burger French Fries Dessert
6 Baked Cod Quinoa Veggies Dessert	7 Carne Asada Cilantro / Lime Rice Beans Dessert	8 Fried Chicken Mash Potatoes w/Gravy Couscous Dessert	9 Korean Beef Rice Bowl Cabbage/ Carrots Dessert	10 Meatball Subs Jo Jos Dessert
13 Beef Stroganoff Fresh Bread Veggies Dessert	14 Shrimp Tacos Wild Rice Veggies Dessert	15 Teriyaki Chicken Broccoli Rice Dessert	16 Meatloaf Mashed Potato Gravy Quinoa Veggies	17 Whole Wheat Beef Quesadillas Waffle Fries Dessert
20 Italian Sausage Stuffed Peppers Brown Rice Dessert	21 Ground Beef Tacos Chips Salsa Beans	22 Fried Chicken Mashed Potatoes Gravy Mixed Vegies Dessert	23 Pizza Bacon Mac N Cheese Dessert	24 Handmade Smashed Burger Onion Rings Dessert
27 Spaghetti w/meat sauce Garlic Roll Veggies Dessert	28 Fish Tacos Cole Slaw Dessert	29 Orange Chicken Rice Sesame Seed Broccoli Dessert	30 Pot Roast Veggies Whole Wheat Bread Dessert	31 BLT French Fries Dessert

ALL AGES ARE WELCOME TO EAT. Lunches to go needs to be called in by 10 and picked up 12:00 pm

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

Activity Highlights

- Cricut and Resin Class: **Mondays @ 1:00-3:00 pm**
- Silver & Fit: **Mondays AND Thursdays @ 10:00-1:00 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 (Looking for experienced players!)**
- Bible Study: **Thursdays @ 1:00-2:00 pm**
- Quilting : **Thursdays @ 12:30- 3:00 pm**

October

- **4th Quilt Bingo**
- **14th Nair Care**
- **15th Medicare Open Enrollment**
- **22nd Board Meeting**
- **28th Kenai Caregiver Support Group at NSC**

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

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



To:

PLEASE
PLACE
STAMP
HERE