

See our website for the full color version

Nikiski Senior Center Newsletter

“We support people on their aging journey through community connections and accessible services.”



**September 2026
Volume 6 Issue 9**

John Walker

Director's Message:

Ah, the crisp aroma of Fall is starting to make an appearance. Too bad we didn't get much of a summer. But...Halloween is just around the corner!

I hope you have all been enjoying our new website. What a massive undertaking that was! We are still tweaking at it a bit, but it looks great! Also, you may have noticed some routine videos on our Facebook page. Amy Jackman has taken on Outreach for all the Center's programs and events and is working with Toni on the newsletter and Facebook, expanding our reach. This is on top of her Outreach responsibilities with the Caregiver (KPFC) and Senior In-Home (SIH) grant programs. Excellent job!

Speaking of SIH, Teya has been super busy this month getting all of her intakes done for clients transferring over to us. We have hired two full-time chore workers and 3 part-time workers. We will be looking to expand that program in the future, to add private pay chore service and eventually Medicaid chore service. If you or someone you know would be interested in working in this program, please see Libby and Teya.

We are also still looking to expand our volunteer base, especially in the transportation and meals on wheels programs. As with most of our volunteer positions, especially these, a background check is required to meet our regulatory requirements for Medicaid and the State grant programs. If you could help out one day a week for these programs, we would love to have you!

Looking ahead this month, Bingo is starting up again on September 12th. We have raised the minimum prize for each game to \$100 guaranteed. This did require a small increase in the cost of the packets (\$30 now versus \$25). The more players we have, the higher the prizes can rise. Come on out and join us. We will be running games approximately every other Saturday through the winter. We will break stride a bit on September 26th, when we host our 5th annual Quilt Bingo! Reservations are being taken now, only \$75 each, which includes one bingo packet and your dinner...Shrimp Alfredo! Yummmmm!!!



Our NEW Website is LIVE!
Scan the Square w/ Your Phone Camera to Connect to Our Website.



www.NikiskiSeniorCenter.org



Center Hours:

Monday-Thursday
8 am to 4 pm
Friday
8 am to 2 pm
(907) 776-7654

**Stay Connected
Stay Informed**



Board Meetings:
NSC

**Board Meeting
August 26
@ 1 PM**



Are You Willing & Able to DONATE or VOLUNTEER?



NSC Food Pantry



**Qualified Seniors Can Shop from the NSC
Pantry Every 2 Weeks for Supplemental Food
Items Such as but Not Limited to:**

- Hamburger
- Chicken
- Pork
- Canned Vegetables
- Lunch Items
- Breakfast Items
- Boxed Meals
- Hygiene Items

Food Pantry Hours: 9-10 AM or 12:30-1:30 PM

A Positive Pause

• • •

Body check: Unclench your jaw, open your hands, and take one normal breath in and out. Now, take one more.

Heart pause: Soften the space behind your eyes and visualize someone or someplace that brings your heart joy and happiness.
Sit with that feeling for one minute.

“The only way to find the limits of the possible is by going beyond them into the impossible.”

— Arthur C. Clarke

A few simple ways to carry this with you:

- **Reach out:** Call or message someone you have been thinking about.
A few kind words can change the course of someone's day.
- **Try something new:** Do one small thing differently today—a new food, a new route, a new activity, or simply a new way of looking at something familiar.
- **Choose joy:** Notice one thing that makes you smile and give it your full attention for a moment.
- **Give yourself grace:** Rest when you need to, move at your own pace, and remember that taking care of yourself is part of living well.

Take a breath. Notice something good. Carry it with you.



*****Representatives from PCHS will join us for lunch
on Wednesday, September 23rd!**

**Come learn more about the full range of services they
offer, ask questions, and discover resources that may
be helpful to you or someone you care about.*****

EMOTIONAL, PHYSICAL, MENTAL, MONITARY SUPPORT

Kenai Peninsula Family Caregiver Support Program

September

Support Group Meeting

TUESDAY, SEPT. 1st

Kenai Senior Center
Computer Room

1-2pm

Support Group Meeting

MONDAY, SEPT. 14th

Soldotna Library
Conference Room A

1-2PM

Dr. Pamela Hays Gerontologist
& Licensed Psychologist

WEDNESDAY, SEPT. 16TH

Seward Senior Center

1-2PM

Support Group Meeting

THURSDAY, SEPT. 24TH

Sterling Senior Center

1-2pm

Support Group Meeting

TUESDAY, SEPT. 29th

Nikiski Senior Center

1-2pm

Support Group Meeting

Scan & Follow Us



This program focuses on assisting caregivers and seniors aged 60 and above. Its mission is to improve quality of life while empowering, supporting, and advocating for caregivers.

We Help with: Durable Medical Equipment, Respite, Incontinent Supplies, Suport Meetings, Trainings, Mental Health Support, and SO much more.

Monday, Sept 14th Soldotna Library

We are pleased to welcome Dr. Pamela Hays, Gerontologist and Licensed Psychologist, to an upcoming Caregiver Support Group meeting for a special Q&A.

Dr. Hays brings decades of experience in aging, psychology, cultural diversity, and well-being. She is the author of numerous books and articles, and her work has been featured by the American Psychological Association.

She will join us to answer questions, share practical insight, and support those caring for adults age 60 and older.

New Fitness Program Starting September



Discover Tai Chi:
For Beginners

Tuesdays 10:00 - 11:00 am
in the Card Room



Sunday, Sept. 13th



Nikiski Senior Center
Will Be Closed
Monday, September 7 th
for Labor Day.

September Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tia Chai Walking 10:00- 11:00 am Quilt & Sewing 12:30- 3:00 pm	2 Yoga 9:30-10:30 am Art & Craft: Cards With Anita 1:00- 3:00 pm	3 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	4	5
6	7 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	8 Tia Chai Walking 10:00- 11:00 am Quilt & Sewing 12:30- 3:00 pm Log Cabin Quilt 2 PM	9 Yoga 9:30-10:30 am Art & Craft: Diamond Art 1:00- 3:00 pm	10 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	11	12 Regular Bingo 2:00 pm
13 Happy Grandparent's Day!	14 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	15 Tia Chai Walking 10:00- 11:00 am Quilt & Sewing 12:30- 3:00 pm	16 Yoga 9:30-10:30 am Art & Craft: Popcycle Mirror 1:00- 3:00 pm Bubble Activity After Lunch	17 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	18	19
20	21 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	22 Tia Chai Walking 10:00- 11:00 am Quilt & Sewing 12:30- 3:00 pm	23 Yoga 9:30-10:30 am Art & Craft: Beaded Ornaments 1:00- 3:00 pm PCHS During Lunch	24 Silver & Fit 10:00-11:00 am Bible Study 1:00-2:00 pm Pinocle 12:30- 4:00 pm	25	26 Quilt Bingo 1:00 pm
27	28 Silver & Fit 10:00-11:00 am Cricut & Resin 1:00-3:00 pm	29 Tia Chai Walking 10:00-11:00 am Quilt & Sewing 12:30- 3:00 pm Care Giving Support Group 1:00 pm	30 Yoga 9:30-10:30 am Art & Craft: Felt Wreath 1:00- 3:00 pm NSC Board Meeting 1:00 PM			

September Bingo Schedule

Regular Bingo September 12th

Doors Open @ 2 pm

Game Starts @ 3 pm

Cost is \$30 per Bingo Packet
Potluck Style

Quilt Bingo September 26th

Doors Open @ 1 pm

Dinner Starts @ 4 pm

Cost is \$75.

Includes Bingo Packet and Dinner

September 16th is Bubble Day!

Bubble supplies will
be given out at lunch
so you can blow
bubbles outside.

We LOVE Our Community!

Nikiski Senior Center

Quilt Bingo

DATE: Saturday, September 26

TIME: Doors open at 1 pm

Cost: \$75

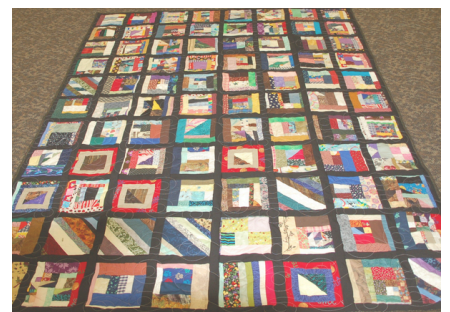
Dinner starts at 4 pm

Includes: Bingo Packet & Dinner

Dinner : Shrimp Alfredo, Fresh Bread Drink & Dessert



Join us for 13 exciting games of Quilt Bingo! Each game features a beautiful, handmade quilt lovingly created by our talented quilters. Every game has a quilt prize, and in the event of a tie, each winner will receive a quilt! Come play, have fun, and maybe take home a one-of-a-kind handmade treasure.



September Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 Spaghetti Meat Sauce Fresh Bread Veggies Dessert	2 Oven Roasted Chicken Baked Potato Veggies Dessert	3 Lasagna Fresh Bread Couscous Dessert	4 BLT Onion Rlngs Dessert
	8 Vegetable Coconut Thai Curry Jasmine Rice	9 Fried Chicken Mashed Potatoes Gravy Veggies Dessert	10 Pizza Bacon Mac N Cheese Dessert	11 Meatball Subs Fries Dessert
	15 Carnitas Rice Beans Dessert	16 BBQ Chicken Baked Potato Veggies Dessert	17 Butter Chicken Handmade Naan Veggies Dessert	18 Smashed Burgers Onion Rings Dessert
	22 Ground Beef Tacos Rice Beans Dessert	23 Fried Chicken Mashed Potatoes Gravy Veggies Dessert	24 Pot Roast Fresh Bread Dessert	25 Hot Pastrami Sandwich Hand-Cut Fries Dessert
	29 Ribs Baked Potato Corn Dessert	30 Orange Chicken Broccoli Jasmine Rice Dessert		
7 CLOSED FOR LABOR DAY!				
14 Biscuits Sausage Gravy Eggs Dessert				
21 Grilled Cheese Sandwich W/ Ham Tomato Soup Dessert				
28 Beef Stroganoff Fresh Bread Veggies Dessert				

Our Community, Our Talent, Our Winners



Cathy Williams 1st Place



Rose pilatti 1st Place



Dorothy Wall Division Champ

Libby Davis
Division &
Department Champ



Cathy Williams
Division &
Department Champ

Margritta Jackos
1st Place



Susan Lynch Division Champ



Tatiana Grace 1st Place



Cathy Williams
2nd Place

Toni Loop
Division Champ



Jenne Long 1st Place



September Birthdays

Peggy Nash	Sep 01	Norman Olson	Sep 10	Dy Waide	Sep 18
Julia Weeks	Sep 01	Gregory Garrison	Sep 10	Pam Dominguez	Sep 19
Sheila Graham	Sep 02	Barbara Anderson	Sep 11	Sharon Burdick	Sep 20
Robert Wolf	Sep 02	Nansen Olson	Sep 11	Becky Hooper	Sep 20
Colleen Puch	Sep 02	Jeannie Smith	Sep 13	Peggy Oldland	Sep 21
Wilma Hampson	Sep 03	Gary Graves	Sep 14	Patrick Acosta	Sep 21
Ted Carlson	Sep 04	Dusty Rhodes	Sep 14	Lorraine Tucker	Sep 21
Paul Huber	Sep 04	Jody Doyle	Sep 14	Sheryl Taggart	Sep 22
Diane Frederic	Sep 04	Jerry Nash	Sep 15	William Starnes	Sep 25
Bill Mooney	Sep 06	Terry Cairns	Sep 16	James Kilburn	Sep 25
Mel Krogseng	Sep 08	David Unruh	Sep 16	Brian Johansen	Sep 26
Steven Carter	Sep 09	Brandie Ware	Sep 16	Rickey Hancock	Sep 29
Denny Doolittle	Sep 09	Bill Edwards	Sep 16	Inara Rudmanis	Sep 29
Jerri Bitzan	Sep 09	Ron Burdick	Sep 17	Patricia Acosta	Sep 29
Tim Lawlor	Sep 09	Stanley Gerhauser	Sep 18	Robin Dunlap	Sep 30
Marilee Johansen	Sep 10	Kelly Newcomb	Sep 18	Gary Peppenger	Sep 30
				Williams, Linda	Sep 30

September

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

PENCILS
 HARVESTING
 HUNTING
 SCHOOL
 BUSES
 LABOR
 PICNIC
 CRISP
 YELLOW
 PATRIOT
 FOOTBALL
 READING
 GLUE
 SCISSORS
 PARADE
 GRANDPARENTS
 JOHNNY
 APPLESEED
 TRAVELING
 CANNING
 CAMPING
 ORANGE
 RED

Nikiski Senior Center

September Arts & Crafts

Nikiski Senior Center September Arts & Crafts



Week 1:
September 2
Cards With
Anita



Week 2:
September 9
Diamond Art
Picture



Week 3:
September 16
Popcicle Stick
Mirror



Week 5:
September
Felt Wreath

Week 4: September
23
Beaded Ornaments



The NSC Sewing Group is raffling this beautiful quilt! Tickets are \$10 at the front desk. Drawing September 26 at Quilt Bingo. Need not be present to win.

All proceeds benefit the new Senior Housing Project.

PERMIT #1489



Nikiski Senior Center
Looking For Vendors
For the

**Holiday Bazaar
November 20 & 21**

Cost is \$35 Per Booth.

**Deadline to Sign Up is
November 13 th.**

Call 907-776-7654
to get a vendor
application today.

Craft

Creative activities like painting, sewing, crafting, and woodworking help keep the brain active by engaging memory, problem-solving, coordination, and imagination. They can also reduce stress and support a sense of purpose and well-being.

More Than a Senior Center: Community, Connection and Care in Nikiski

As I write this article, I am reminded of the thread that connects us all and the importance of community.

At the Nikiski Senior Center, that thread is easy to see.

Around the lunch tables, seniors sit alongside younger adults, children and families. Transportation Coordinator Pam Nelson, for example, receives regular lunchtime visits from her great-grandson and his mother. Pam's own son began his career as a paramedic and firefighter right here in Nikiski and is now a Captain with Central Emergency Services. In a small but meaningful way, those visits reflect generations of a family whose lives and service are woven into this community. The same sense of connection shows up in conversations with members whose talents and life experiences could fill books of their own.

I have had the pleasure of sitting at lunch with men and women who are artists of the highest caliber - musicians, woodcarvers, craftsmen and creators. One of them is Tommy Garber, who hand-carved the whale and fish that now hang from the soaring A-frame ceiling of our main dining room. With exposed timber beams, abundant natural light and sweeping views of Lake Marie, the dining room can accommodate up to 175 guests. One day it may be filled with people sharing lunch; another, transformed for a wedding, fundraiser or community event. Executive Director John Walker describes the Center in a way that captures its spirit perfectly:

“We are an OPEN community center focused on seniors.”

That distinction matters.

The mission of the Nikiski Senior Center is to support people on their aging journey through community connections and accessible services. But this is not a place removed from the larger community. It is woven into it. Today, the Center has more than 500 members, with membership growing significantly over the past two to three years. So far this year, approximately 8,000 lunches have been served in-house and another 1,600 Meals on Wheels deliveries have reached people at home. Transportation staff provide more than 90 rides each month, and the community food pantry has served 37 families this year.

More than 40 core volunteers have already contributed over 2,700 hours this year. Volunteer service has exceeded 4,000 hours in years past, and this year is expected to surpass that.

It gives real meaning to a phrase we use at the Center:

Everything We Do, We Do Together.

Healthy aging, however, is about more than receiving services - and it is certainly about more than simply staying busy. It is about continuing to live a full life.

At the Center, that means opportunities to create, move, learn, socialize, contribute and try something new. Our calendar includes yoga, Silver & Fit, quilting and sewing, art and craft classes, pinochle, workshops, Bible study and community outings. We even have a long-arm quilting machine for serious creative work.

Research on healthy aging supports the value of staying mentally, socially, physically and creatively engaged. Learning new skills, making art, moving the body and maintaining meaningful connections can support cognitive health and overall well-being. These are not simply activities to pass the time. They are opportunities to continue growing.

The Center's reach also extends far beyond Nikiski.

The Kenai Peninsula Family Caregiver Support Program, or KPFCSP, serves the entire Peninsula, supporting approximately 85 to 100 caregivers each year. Dani Kebschull, who has been involved with the program on and off since 2006, says her favorite part is the one-on-one connection with caregivers - listening, offering support and recommending practical ways to help.

Caregiving can be both deeply meaningful and deeply demanding. Many people may not even think of themselves as caregivers; they are simply a husband caring for his wife, a daughter helping her mother, a family member doing what families do, or a neighbor helping a neighbor.

KPFCSP helps lighten that load through respite care, in-home assistance, resources, referrals and connection. A few hours of respite can mean attending your own appointment, shopping without rushing, resting or simply having time to breathe. Those hours matter.

The Nikiski Senior Center has also recently taken on its newest grant-funded program: Senior In-Home Services, or SIH. The Center was awarded a three-year SIH grant to help adults age 60 and older remain safely and independently at home. It came to the Center as an already robust service, with more than 65 individuals receiving assistance, and we intend to strengthen and expand it.

At this time, SIH provides chore assistance, with priority given to low-income seniors who need help remaining safely at home. Participants also receive case management support connecting them with longer-term resources suited to their needs.

Sometimes independence is preserved through very practical things. A household task that was once simple can become exhausting or unsafe. Help with those tasks can support continued life at home with greater safety, dignity and stability.

The Nikiski Senior Center currently employs 18 people. Maintenance Manager Jeff Dirks, who began in 2016, will celebrate 10 years with the Center this September. And then, of course, there is Molly. Molly is our unofficial emotional support dog and has been with John since he began his tenure at the Center in 2023. She is a familiar presence in the administrative office and has a remarkable ability to make people smile.

Perhaps that is what I appreciate most about this place.

Community is not one program, one building or one service. It is the thread running through all of it - meals shared, rides given, homes supported, caregivers encouraged, art created, stories exchanged, volunteers showing up, children visiting, people learning something new and neighbors caring for one another. And here in Nikiski, that thread is very much alive.

The Center is also investing in the future. Senior Shores currently includes eight senior housing units on the Lake Marie campus, with eight more fully accessible units in development. The larger vision includes expanded in-home services, a walking trail and a new community garden - all creating more opportunities for independence and connection.

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Article Written By: Amy Jackman Outreach Specialist:
Nikiski Senior Center/Kenai Peninsula Family Caregiver
Program/Senior In-Home Program outreach@nikiskiseniorcenter.org
907-776-7654



Activity Highlights

- **Silver & Fit: Mondays AND Thursdays @ 10:00-11:00 am**
- **Cricut & Resin: Mondays @ 1:00- 3:00 pm**
- **Tia Chai Walking: Tuesdays 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 & Crafts: Wednesdays @ 1:00-3:00 pm**
- **Pinochle: Thursdays @ 12:30-4:00 pm**
- **Bible Study: Thursdays @ 1:00-2:00 pm**

September

- **7th NSC Closed For Labor Day**
- **12th Regular Bingo 2 PM**
- **16th Bubble Day**
- **23rd PCHS Visiting During Lunch**
- **26th Quilt Bingo 1 PM**
- **29 th Caregiver Support Meeting 1 PM**
- **30th NSC Board Meeting**



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

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



To:

PLEASE
PLACE
STAMP
HERE