



NIKISKI
SENIOR CENTER

(Assistant) DIRECTOR'S MESSAGE

Greetings all and goodbye to Summer! That didn't last nearly long enough, but on to a fun-filled Fall! We had a practice moose hunt for folks here at the Center. Kelsey and I had a blast. Pictures will be coming soon, I promise. You might have seen a new face in the kitchen lately. Kyler has gone back to school and we will miss him so much. But Jonathon is back after his brief time with us at the beginning of the summer. Please give him a warm welcome! Our Annual Fall Fundraiser is coming up very soon! Our staff have been out busily distributing donation request letters to area businesses. If you have an item you think would make a great silent or live auction item, we gratefully accept all donations. Our theme this year is Masquerade! Toni will hold a special crafting activity for people who want to design and make their masks. Masks are not required, nor is there a dress code. Be as dressy as you want. We will have a photo area and photographer set up so you can have a keepsake of the evening. Tickets are on sale now, so get yours today! Lastly, MySeniorCenter is coming soon. The kiosk is already set up at the front desk. Soon, you will be able to electronically check in to all our activities, reducing staff time by eliminating paper sign-in sheets. MySeniorCenter was purchased with generous donations from ConocoPhillips, First National Bank of Alaska, and the Family Caregiver Grant.

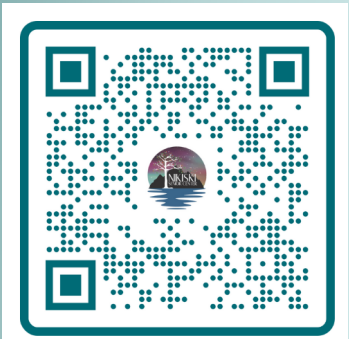
John



Center Hours:
Monday through
Thursday
8 am to 4 pm
Friday 8 am to 2 pm
907-776-7654



www.NikiskiSeniorCenter.org



Board Meeting

NSC Board Meetings 2024
September 25th
October 30th

Service Area Board Meetings
@4:00PM
October 23rd, 2024



YOUR VOICE MATTERS



Come sew with us!
September 10, 12:30 - 3 PM
A project for beginners. Join Eula & Elizabeth to create a custom Pillowcase/ cover to gift or enhance your home decor!
Supply kits available.
*If you bring your own material you will need: 7/8 yard for body, 3/8 yard for cuff, 2 1/2-inch strip for accent the Width of fabric.
WOF is 44" minimum.
(Directional fabric may require more fabric)
Example of set cases



Schedule	Location	Time	Contact Us
Every Second Tuesday of the month starting August 13th	Nikiski Senior Center	12:30 - 3:00	907-776-7654

Pam took a group of our members to the Ninilchik Fair a few weeks ago in our sweet new transit van! Not sure if you have had a chance to ride in the van yet but if you haven't make sure you hop on our next field trip, And any ideas for future field trips are always welcome!



Nikiski Senior Center

Fall Fundraiser

SATURDAY OCTOBER 12, 2024
4 PM - 8 PM

*Combo Dinner Plate & Seasonal
Vegetables
~ \$75pp*

*~ Kassik's Brewery ~ no host
bar*

(1 beverage included with ticket purchase)

- Garden Salad
- Herb Roasted Chicken
- Bacon wrapped beef medallion
- Grilled Garlic & Lemon Shrimp
- Seasonal vegetables
- Rice pilaf

50025 Lake Marie Ave,
Nikiski, AK
Tel: 907-776-7654

Seating is limited
Call (907)776-7654
to purchase your seat
today!



Let's Go Dawgs



“Football season is upon us! The Nikiski Senior Center supports our local high school football team, The Nikiski Bulldogs. We had a great time hosting them for lunch, and we're excited to be running the concession stand this year. We would love for you to come and enjoy a home game with us!” And a Famous Bulldog Burger. The first home game brought in over \$800 in food sales. We are also looking for senior volunteers in the snack shack!



**Happy birthday
Sasha! We are
so happy we got to
celebrate with you.
Here is to many more
years!**



**Kyler gave us a farewell
show before he left. Good
luck this school year!**



VOLUNTEERS NEEDED

**Serve your seniors and community in a new way!
Nikiski Senior Center is looking for kind and caring
volunteers at the drink station during the lunch
hour. Free lunch is included for the volunteer.
Excited for you to join our team!**

*Do you seek
opportunities to
serve your
community?*

*Do you yearn to
venture out and
lend a hand to
those in need?*



**Need to complete
service hours for a
high school class?**



**Don't forget to put in a
lunch request for your
upcoming birthday.
(Excluding Wednesday's)**

coming soon

- FREEZER MEAL WORKSHOP
- LINE DANCING
- SOURDOUGH CLASS

**Stay tuned for
dates and times
for these events.**

The Center does an annual garage sale each year . This event helps others declutter and raises funds for the center. This year Toni ran the show, a few people were able to off load some of the things they didn't need anymore and the Center was graciously donated some nice items to raise money as well.



Amish Beef and Noodles

- 4 Tbsp. vegetable oil, divided
- 2 lb. beef rump roast, cut into 2" cubes
- 2 Tbsp. all-purpose flour
- 4 tsp. kosher salt, divided
- 1/2 tsp. freshly ground black pepper
- 2 large yellow onions, finely chopped
- 8 cups low sodium beef broth, divided
- 12 oz. wide egg noodles

In a large pot over medium - high heat 2 tablespoons oil. Place beef in large bowl and toss with flour, 2 teaspoons salt and 1/2 teaspoon pepper. Add half of beef to pot and cook, turning occasionally, until browned on 2 sides, 4 to 5 minutes. Transfer beef to a plate; repeat with 2 tablespoons oils and beef. Reduce heat to medium. Cook onion and 1/2 teaspoon salt, stirring occasionally, until just tender, 5 to 7 minutes. Return beef to pot and add 6 cups broth. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until beef is tender enough to shred with fork, 2 to 2 1/2 hours. transfer beef to a plate and shred. Pour remaining 2 cups broth into the same pot and bring to a boil, add noodles and cook until tender. Return beef to pot, toss and add remaining salt and serve.



A big change is in store for the center and it will only improve our way of better serving our seniors and the community. We hope to have this up and running by mid-September. Please be patient with us as we are still training on this program.

Quilt Raffle

NIKISKI SENIOR CENTER

DRAWING WILL BE OCTOBER 12, 2024

*SIZE: QUEEN * NAME: LOG CABIN QUILT *

PRICE: \$10 PER TICKET



PERMIT #1489



Grab your ticket today for a chance to win this beautiful quilt.



Potluck Style

At The Nikiski Senior Center

SATURDAY SEPTEMBER
14TH & 28TH

3 PM - 6 PM

\$23.00 PER PACKET

(DOORS OPEN @ 2:00PM)



TRANSPORTATION

All Transportation

- Requires 24 hour notice
- Must be 55+



Free Rides to/from NSC!

We are now offering Free roundtrip transportation to the Nikiski Senior Center for lunch and activities offered M-F during normal business hours!

Boundaries are South Miller to Captain Cook

Transportation Punch Cards are available for \$50



Other One-Way Transportation Fees

- Nikiski - Nikiski... 1 punch (\$5)
- Nikiski - Kenai... 2 punches (\$10)
- Nikiski - K-Beach... 3 punches (\$15)
- Nikiski - Soldotna... 4 punches (\$20)
- Extra Stop(s)... 1 punch each (\$5)

RATE INCREASE - Due to the price of fuel, we unfortunately have no choice but to raise our transportation fees.

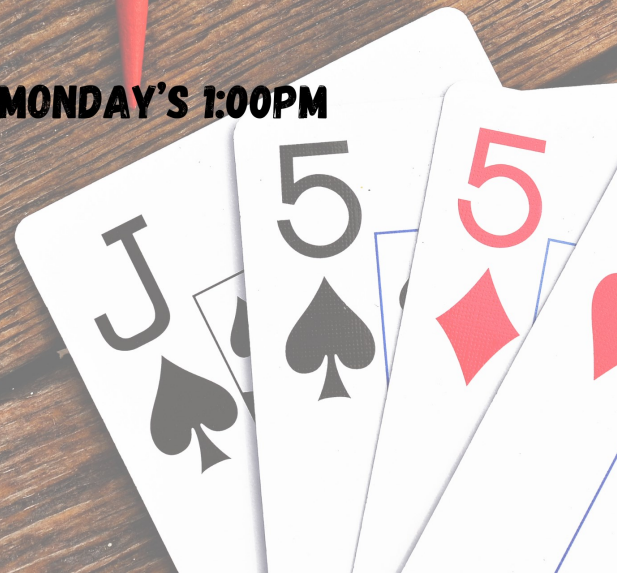
Call 907.776.7654 for more information

WARNING

WHAT: CRIBBAGE

WHERE: NIKISKI SENIOR CENTER

WHEN: MONDAY'S 1:00PM





Nikiski Community Health Fair

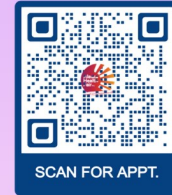
Where Nikiski Community Recreation Center
50097 Kenai Spur Hwy, Nikiski, AK 99611

When 9am-1pm, September 7, 2024

Join us for our Community Health Fair! Learn more about health and wellness, and take advantage of our affordable blood tests. Walk-ins are welcome!

Tests Provided

- **Blood chemistry screen** - (27 panels) - covers infection, anemia, liver disease, clotting ability, kidney and adrenal function, liver function, bone disease, tissue disease and damage, heart function, liver function, muscle function, and lipids (coronary heart disease) (fasting 10 hrs.) - 45
- **Thyroid screen** - 40
- **Prostate disease screen** - 25
- **Vitamin D screen** (D2, D3) - 55
- **A1C diabetes** - 25
- **Blood typing** - 25
- **Vitamin B12** - 40
- **Ferritin** - 40
- **Testosterone** (men) - 55
- New tests: **Uric Acid** - 25 & **Celiac** - 40



Mobile Mammography will be present

Call (907) 212-3151 to schedule an appointment



**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 KPB, individual donors, and state grants.

Ask us about our food pantry!

Qualified seniors are more than welcome to shop our pantry every two weeks and donations are always welcome!





CAREGIVER TIPS: Meeting Transportation Needs

- * Allow extra time for communication / conversations. Being prepared for an appointment with ample time for travel and a little extra time for the unexpected may reduce stress
- * Speak clearly with a normal tone and speed unless requested otherwise. With a person experiencing dementia, you may be asked to re-orient the recipient during travel. Smile, listen, and show respect.
- * Seek out transportation services in your community. Remember if a care recipient needs an escort, caregivers ride free of charge with taxi, bus systems and senior center transportation. Getting a ride may free you up as a caregiver and reduce stress. Local senior centers and Independent Living Centers can connect you with options.
- * Identify the needs of the passenger and ensure ease of access to assistive devices, such as walkers, wheelchairs, door assistance when entering or exiting the vehicle. Most transport services will help you with equipment.
- * Plan ahead. Make a schedule for activities, appointments and outings. Schedule rides in advance, and consider making a transportation plan.



KENAI PENINSULA FAMILY
CAREGIVER SUPPORT PROGRAM

September

Support Group Meetings

9/4/24 Kenai Senior Center 1-2 pm
"Stronger Together" Group

9/6/24 Soldotna Senior Center
w/ Alzheimer's Association 1-2 pm
"Responding to Dementia Related Behaviors"

9/19/24 Sterling Senior Center 1-2 pm

9/24/24 Nikiski Senior Center 1-2 pm

9/26/24 Homer Senior Center 1-3 pm

FOR MORE INFORMATION
DANI / LISA
907-776-7654

SURVIVING & THRIVING THROUGH CANCER SEPTEMBER 28TH, 2024 11 AM - 2 PM CPH RIVER TOWER



Support for patients, families and caregivers at any point in their cancer journey. Those touched by cancer are invited to join Central Peninsula Hospital on Saturday, September 28th, 2024, for an engaging day of inspiration, empowerment, and comradery. Free and open to the public, this event will include an inspirational Keynote Speaker, Survivor Gifts, Live Entertainment, Healthy food and drink, Integrative Therapies, Vendors and Helpful Handouts, "Living Proof" Art Project, and Prize Drawings!

**CENTRAL PENINSULA HOSPITAL RIVER TOWER
250 HOSPITAL PLACE SOLDOTNA, AK 99669
FOR MORE INFORMATION CONTACT
907-714-4665**



September Birthdays



Julia Weeks 9/1

Peggy Nash 9/1

Sheila Graham 9/2

Denny Doolittle 9/9

Marilee Johansen 9/1

Jeannie Smith 9/13

Dusty Rhodes 9/14

Brandie Ware 9/16

Stan Gerhauser 9/18

Pam Dominguez 9/19

Robin Dunlap 9/30

Zanetta Corbin 9/8

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LEAVES
 FOG
 MOOSE
 FOOTBALL
 JAM
 FROST
 SNOWBIRDS
 PUMPKINSPICE
 CIDER
 SEPTEMBER
 LABORDAY
 GRANDPARENTS
 DAY
 PATRIOTDAY
 EMERGENCYPLAN
 TWINTOWERS
 HOBBITDAY
 AUTUMN
 FALL
 SWEATERS
 HOTCHOCOLATE
 EQUINOX
 BACKPACK
 GOURD

NIKISKI SENIOR CENTER**Lunch Menu****September 2024****In the Kitchen
With Zanetta****ENTREE OR SALAD \$7****ENTRÉE & SALAD \$10**

Mon	Tue	Wed	Thu	Fri
CLOSED	3 Sausage Bolognese Corn Bread Veggies	4 Fried Chicken Mashed Potatoes Veggies	5 Tuscan Butter Gnocchi Shrimp Veggies	6 Ruben Sandwich & Fries Frozen Dessert
9 Meatloaf Roasted Potatoes Veggies	10 Tacos Refried Beans Yellow Spanish Rice	11 Creamy Lemon Chicken Rice Pilaf Veggies	12 Beef Stew & Fresh Bread	13 Grilled Turkey W/ Mushroom Sand- wich Chips
16 French Toast Scrambled Eggs Potatoes O'Brien	17 Stuffed Cabbage Rolls Rice Pilaf	18 Fried Chicken Scalloped Potatoes Veggies	19 Lasagna Garlic Bread Veggies Clam Chowder	20 BBQ Pulled Pork Sandwich Potato Wedges Frozen Dessert
23 Chicken Alferdo Fresh Bread Veggies	24 Carnitas Spanish Rice Veggies	25 Fried Chicken Mashed Potatoes Corn Bread	26 Giant Pork Egg Roll White Rice Japanese Veggies	27 Cheese Burgers French Fries Frozen Dessert
30 Ribs Bacon Mac & Cheese Veggies				

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**

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Cribbage (**NEW!!**) Mondays @ 1:00 pm
- 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
- 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**
- **9/2 Closed For Labor Day**
- **9/7 Walk To End Alzheimer's (Challenger Learning Center)**
- **9/14 BINGO 2:00pm**
- **9/24 Caregiver support group meeting 1:00pm**
- **9/25 NSC Board Meeting 1:00pm**
- **9/28 BINGO 2:00pm**

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

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



To:

PLEASE
PLACE
STAMP
HERE