



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

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Monday through
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8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

visit our
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NOVEMBER HIGHLIGHT

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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
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Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

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December 6,7 & 13,14 & 20,21

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Old CARRS Mall- Kenai

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December 14, 10am-5 pm

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NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared. Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



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 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
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 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Cribbage (**NEW!!**) Mondays @ 1:00 pm
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- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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Thursday
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Friday 8 am to 2 pm
907.776.7654

**visit our
website!**

www.NikiskiSeniorCenter.org



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
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December 14th, 10 am-5 pm Kenai Pottery Guild

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December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

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Season
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mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

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ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

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- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT



Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season of Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
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Marilee Johansen



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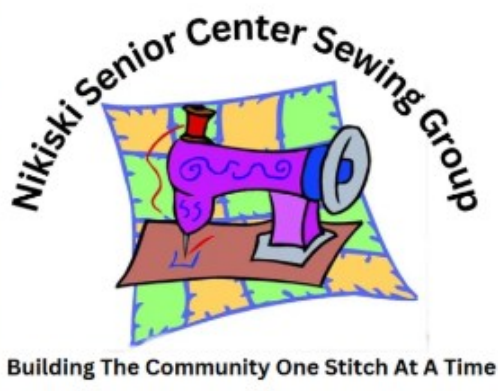


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9 am to 2 pm
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To celebrate Christmas

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SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
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2 Granny Smith apples
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2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



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 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
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K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 L H P L O D U R C X I T J X T N D K S X V J Q T B
 Y P N E M E S I W H N S H H R C V D S E V L E C Z

CHRISTMAS
 JESUS
 WISEMEN
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 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

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- Yoga (via zoom): **Wednesdays @ 9:30-10:30 am**
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
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STAMP
HERE



DIRECTOR'S MESSAGE

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

visit our
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www.NikiskiSeniorCenter.org



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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NIKISKI
SENIOR CENTER

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Giving

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mittens, hats & other winter
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to give to children in the community.
Donations can be dropped off until
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

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Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
Board Member
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Joe Ross
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SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



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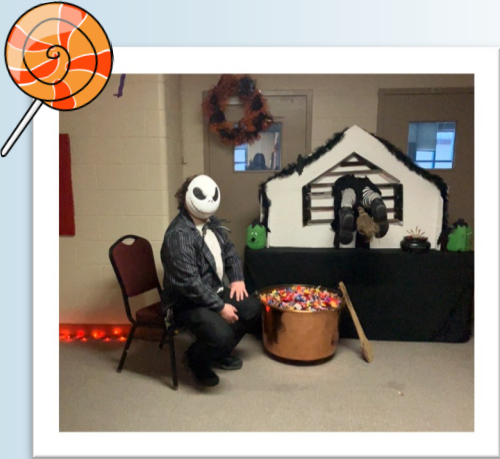


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 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
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 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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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

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
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STAMP
HERE



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Gasha



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Friday 8 am to 2 pm
907.776.7654

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website!

www.NikiskiSeniorCenter.org



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We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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Kenai Peninsula Fairgrounds

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SENIOR CENTER

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Giving

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mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread, left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
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 SNOWMEN
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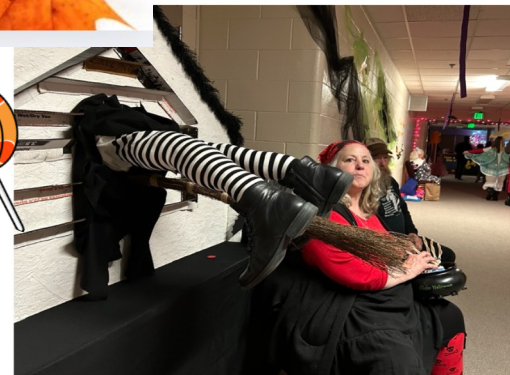
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Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
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- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

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Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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NIKISKI
SENIOR CENTER

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mittens, hats & other winter
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to give to children in the community.
Donations can be dropped off until
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
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them! Items such as: chapstick, lotion,
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GINGER BREAD HOUSE WORKSHOP



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DECEMBER

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Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
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Stay HYDRATED

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Be sure to drink water throughout the day, even if you don't feel thirsty

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Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

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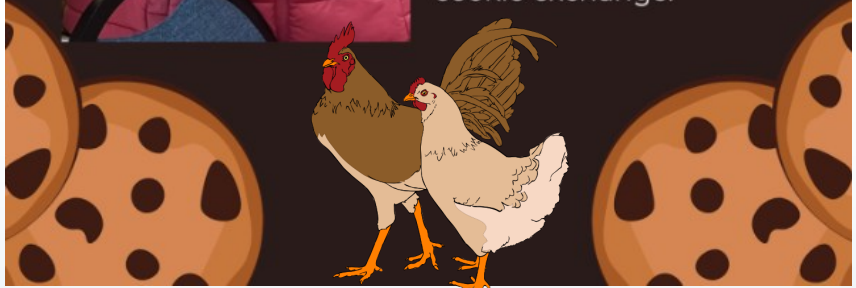
MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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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:

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- Chicken
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- Hygiene items
- & more

The NSC Food Pantry is graciously funded by KPB, individual donors, and state grants.

**Santa Claus
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Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

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"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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**
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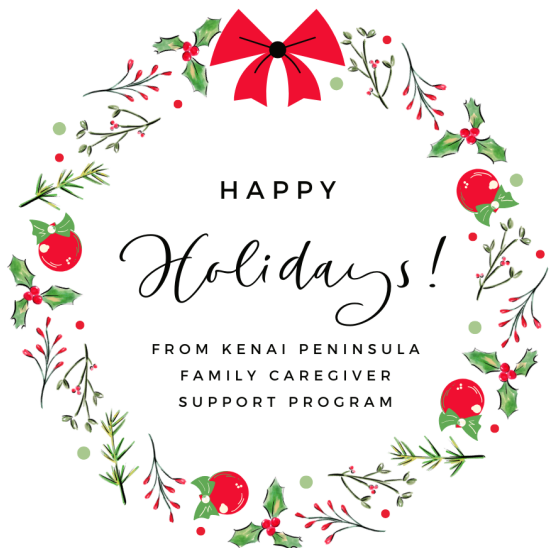
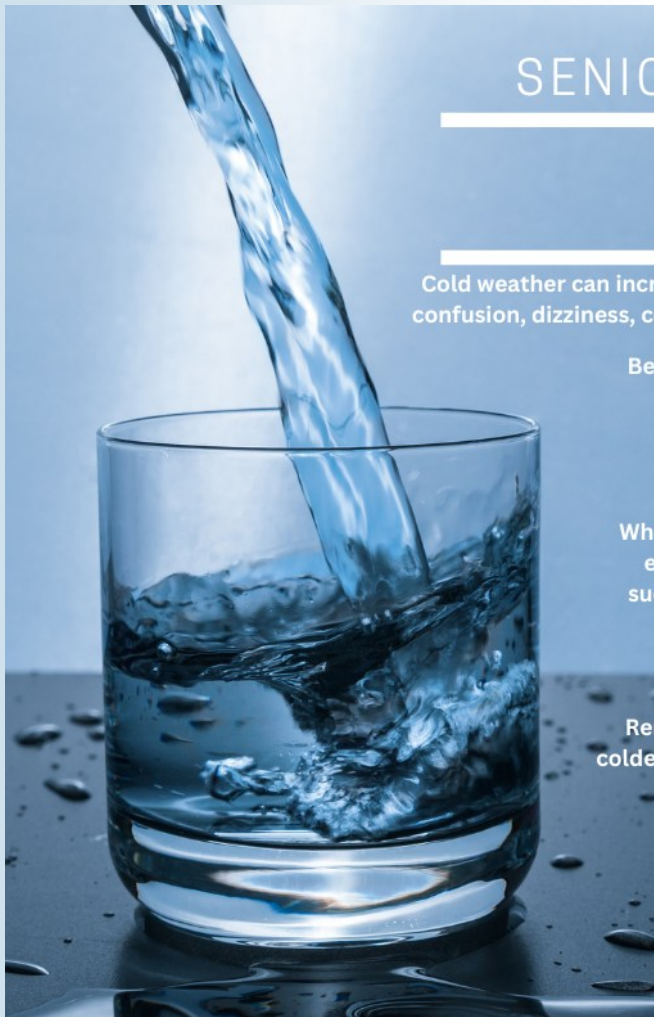
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- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared. Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
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 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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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

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

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PLACE
STAMP
HERE



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Gasha



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8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

visit our
website!

www.NikiskiSeniorCenter.org



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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Recreational Center

Happy Holly Jolly Bazaar

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December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

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The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

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 H K Q W N R B Y F F T K R I S K R I N G L E S W A
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NIKISKI SENIOR CENTER**In the Kitchen
With Jonathan****ENTREE OR SALAD \$7****Lunch Menu****ENTRÉE & SALAD \$10****December 2024**

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Fax: 907-776-7632



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GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
Board Member
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Joe Ross
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SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

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KPB Budget Presentation



MEMBER SPOTLIGHT



Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

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 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

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23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
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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***

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50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

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STAMP
HERE



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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SENIOR CENTER

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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
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GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

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Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
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Joe Ross
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Stay HYDRATED

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Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
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- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared. Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

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Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
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 H K Q W N R B Y F F T K R I S K R I N G L E S W A
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 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
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50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

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STAMP
HERE



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Gasha



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907.776.7654

visit our
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SENIOR CENTER

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to give to children in the community.
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
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shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"

12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM

12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM

12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

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 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
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 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
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CHRISTMAS
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 HOLY NIGHT
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 PRESENTS
 CANDY CANE
 SNOWMEN
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 SLEIGH
 KRIS KRINGLE
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INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
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Mike Newcomb
Board Member
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Marie Fitts
Board Member



Denise Tank
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Jean Taylor
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Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

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Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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:

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- Chicken
- Pork
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- Breakfast items
- Boxed meals
- Hygiene items
- & more

The NSC Food Pantry is graciously funded by KPB, individual donors, and state grants.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



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"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
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Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

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Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds




'TIS THE Season Giving


The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers!
The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24.



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

CHRISTMAS
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With Jonathan****ENTREE OR SALAD \$7****Lunch Menu****ENTRÉE & SALAD \$10****December 2024**

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30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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

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



To:

PLEASE
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STAMP
HERE



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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NIKISKI
SENIOR CENTER

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mittens, hats & other winter
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Donations can be dropped off until
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
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Thank You!



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INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

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Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
Board Member
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Joe Ross
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Stay HYDRATED

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Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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1/8/2025

@ 1pm

Make-up meeting for December

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Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
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NIKISKI
SENIOR CENTER

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- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
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 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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

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



To:

PLEASE
PLACE
STAMP
HERE



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We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

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Gasha



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8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

visit our
website!

www.NikiskiSeniorCenter.org



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NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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Recreational Center

Happy Holly Jolly Bazaar

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Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



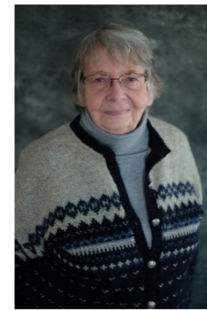
Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
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- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

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

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Fax: 907-776-7632



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We have the stockings, but need the stuffers!

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INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

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Outgoing Board Members,

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Nikiski Senior Center Board of Directors



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President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
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Board Member



Denise Tank
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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

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1/22/2025

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KPB Budget Presentation



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Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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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:

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- Canned fruit
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- Boxed meals
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- & more

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**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

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For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared. Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

NIKISKI SENIOR CENTER

**In the Kitchen
With Jonathan**

ENTREE OR SALAD \$7

Lunch Menu

ENTRÉE & SALAD \$10

December 2024

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
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NIKISKI SENIOR CENTER**In the Kitchen
With Jonathan****ENTREE OR SALAD \$7****Lunch Menu****ENTRÉE & SALAD \$10****December 2024**

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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
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- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

visit our
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www.NikiskiSeniorCenter.org



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NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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December 7th, 10 am-5 pm, December 8 12-5 pm
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December 7, 3-6:30 pm ish Soldotna Creek Park
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NIKISKI
SENIOR CENTER

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Season
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mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

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Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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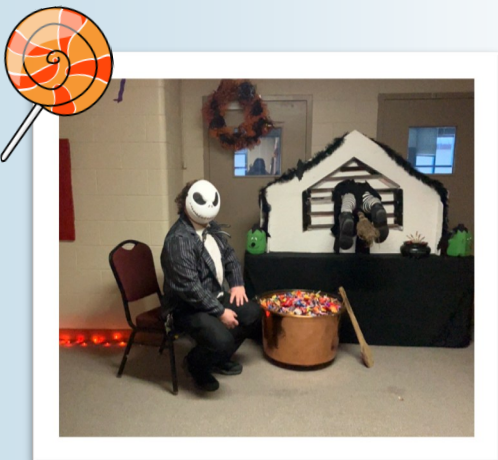
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- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
PLACE
STAMP
HERE



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I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

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We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



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NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

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2 Tsp dried sage (optional)
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- Preheat oven to 350 degrees
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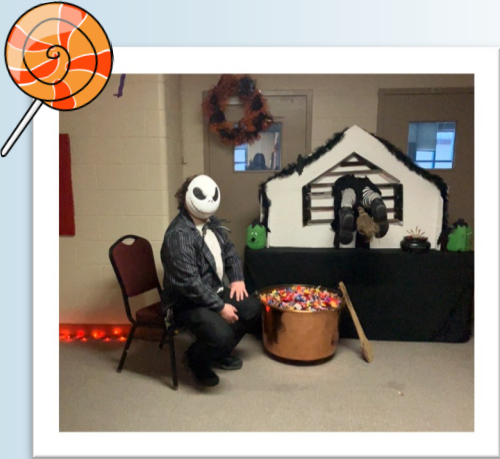


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December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

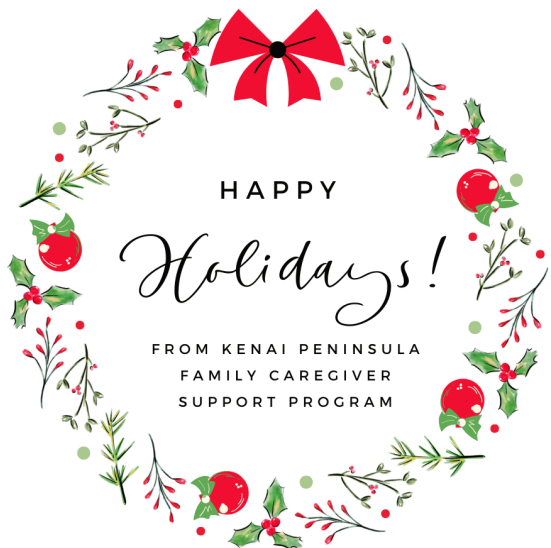
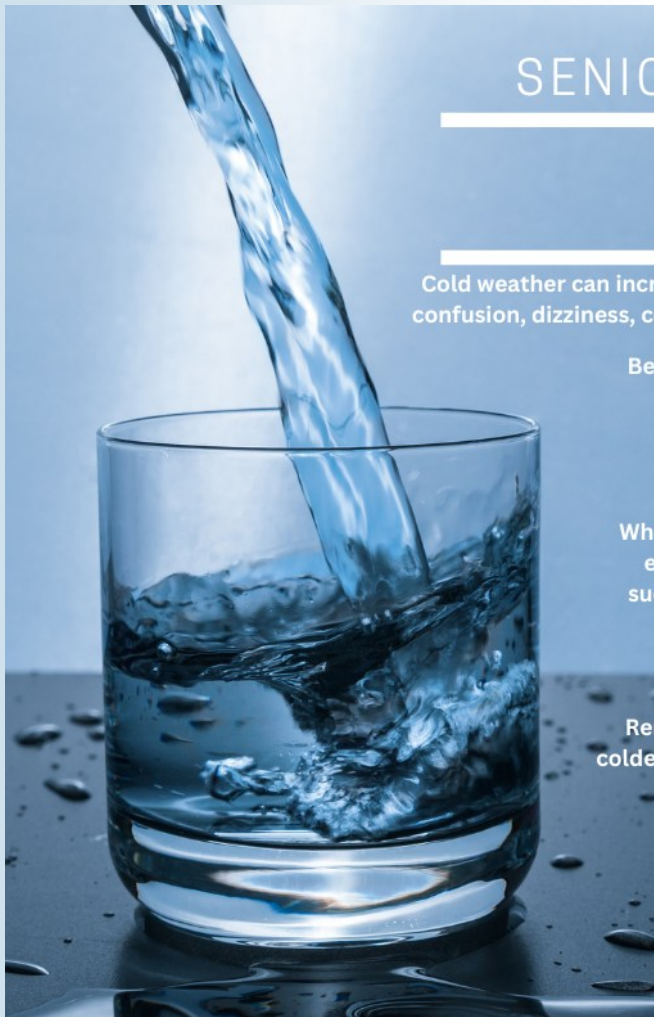
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Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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DECEMBER SCHEDULE

12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"

12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM

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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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**

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

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"STRONGER TOGETHER"
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 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

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HERE



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I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

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Gasha



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visit our
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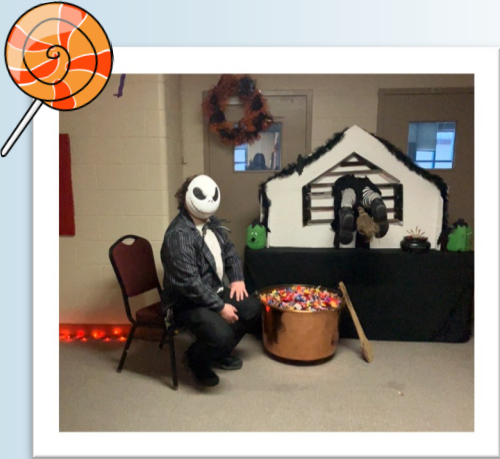


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We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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December 7th, 10 am-5 pm, December 8 12-5 pm
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December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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SENIOR CENTER

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The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

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@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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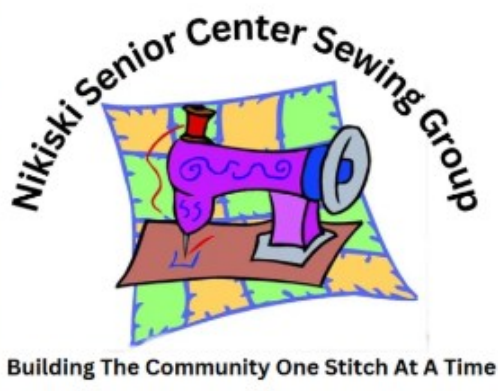


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We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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**

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
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- **Nail Care December 13th**
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- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
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- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."

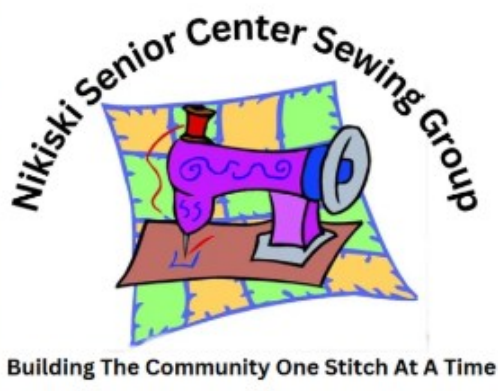


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CHRISTMAS
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Fax: 907-776-7632



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SENIOR CENTER

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Gasha



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mittens, hats & other winter
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Donations can be dropped off until
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
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Thank You!



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INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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@ 1pm

Make-up meeting for December

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KPB Budget Presentation



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Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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:

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- Chicken
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- Breakfast items
- Boxed meals
- Hygiene items
- & more

The NSC Food Pantry is graciously funded by KPB, individual donors, and state grants.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



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To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

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NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

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Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

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 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
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 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
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 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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- **January 1st Closed for New Year's Day**

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50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
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STAMP
HERE



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www.NikiskiSeniorCenter.org



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We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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SENIOR CENTER

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mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
 P L I J G O U P P P G T R I F W A H S T J H J J S
 B T S T O C K I N G S I J G L N V H E J D I E E C
 H T B P F C L V M J S D R U D I S P Z L S W N N H
 E E D F H B F I Y T C X C Y R E A V I E H U A K S
 R K G P D V S Y M G R F C Z M D I O E G R T S N Q
 Z D Y L V T P A S T F A B S Z N N M G L N O E S W
 C I U S L J S U H I N O P S A N T A C L A U S B U
 H H Y E H Z Q G I E U P Z S C S N Z Q A T M A S P
 M I T K R D I L I G W R Z V H N I B E P O M U Q Q
 G O V J Z N I P N X C E O C G G C C W I C B P A C
 E C C O Y X P G Z Y W S Y V S S K R I M C F S W F
 O I Q L W O W D F V T E H Z F W E X E Z Q D N J P
 D B O Q W X V H K M E N J T T A W Y Z E I R M Y I
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"STRONGER TOGETHER"
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- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06
DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
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 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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CHRISTMAS
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NIKISKI SENIOR CENTER**In the Kitchen
With Jonathan****ENTREE OR SALAD \$7****Lunch Menu****ENTRÉE & SALAD \$10****December 2024**

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



To:

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NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

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We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

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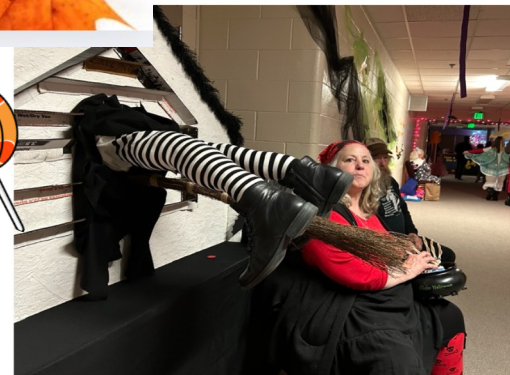
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NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.

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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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SENIOR CENTER

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mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
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shampoo/conditioner, wrapped candy, comb/hairbrush,
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NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
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Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
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Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
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Joe Ross
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SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

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MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."

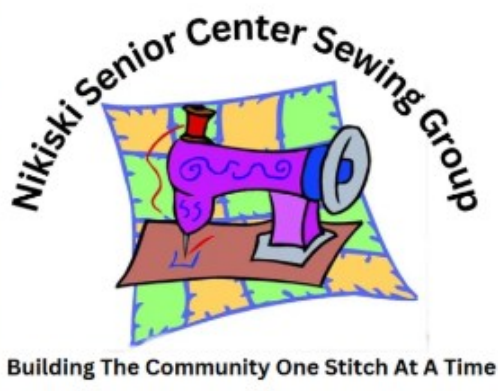


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**Food
Pantry Hours:**
Mon-Thurs
9 am to 2 pm
Fri
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Qualified seniors can shop from the NSC Pantry every two weeks for supplemental food items such as but not limited to:

- Hamburger
- Chicken
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- Canned vegetables
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- Lunch items
- Breakfast items
- Boxed meals
- Hygiene items
- & more

The NSC Food Pantry is graciously funded by KPB, individual donors, and state grants.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



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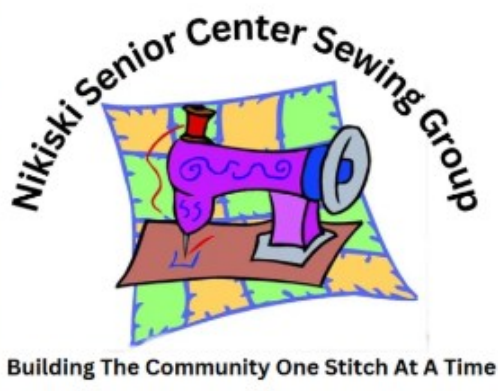


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 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
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 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
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 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
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16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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50025 Lake Marie Ave.
Kenai, AK 99611

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



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Old CARRS Mall- Kenai

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December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers!
The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER
INVITES YOU TO OUR



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
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 Hoa Le 12/10

Steve Geertz 12/11
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 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
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 C I U S L J S U H I N O P S A N T A C L A U S B U
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Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

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"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

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Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

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Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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
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- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds




'TIS THE Season Giving


The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers!
The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24.



Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER
INVITES YOU TO OUR



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
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- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

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NOVEMBER HIGHLIGHT

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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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NIKISKI
SENIOR CENTER

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The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
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NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
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Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
Board Member
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Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."

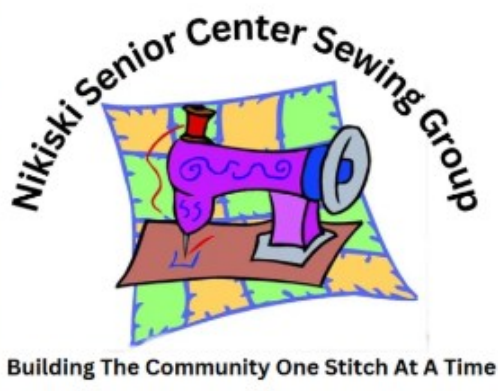


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We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



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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
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- 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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

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NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 M P V D O G O O K S L O G S L E I G H J B A R U K
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
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- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
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- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
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STAMP
HERE



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As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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Friday 8 am to 2 pm
907.776.7654

visit our
website!

www.NikiskiSeniorCenter.org



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
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December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season of Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER
INVITES YOU TO OUR



06
DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."

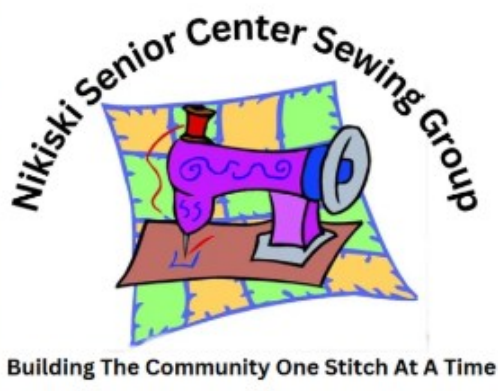


Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
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 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
 P L I J G O U P P P G T R I F W A H S T J H J J S
 B T S T O C K I N G S I J G L N V H E J D I E E C
 H T B P F C L V M J S D R U D I S P Z L S W N N H
 E E D F H B F I Y T C X C Y R E A V I E H U A K S
 R K G P D V S Y M G R F C Z M D I O E G R T S N Q
 Z D Y L V T P A S T F A B S Z N N M G L N O E S W
 C I U S L J S U H I N O P S A N T A C L A U S B U
 H H Y E H Z Q G I E U P Z S C S N Z Q A T M A S P
 M I T K R D I L I G W R Z V H N I B E P O M U Q Q
 G O V J Z N I P N X C E O C G G C C W I C B P A C
 E C C O Y X P G Z Y W S Y V S S K R I M C F S W F
 O I Q L W O W D F V T E H Z F W E X E Z Q D N J P
 D B O Q W X V H K M E N J T T A W Y Z E I R M Y I
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SENIOR CENTER

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GINGER BREAD HOUSE WORKSHOP



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OPEN SEAT



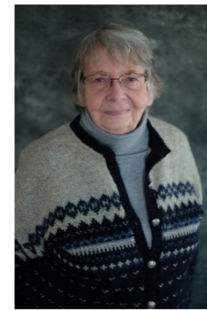
Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay **HYDRATED**

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
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- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."

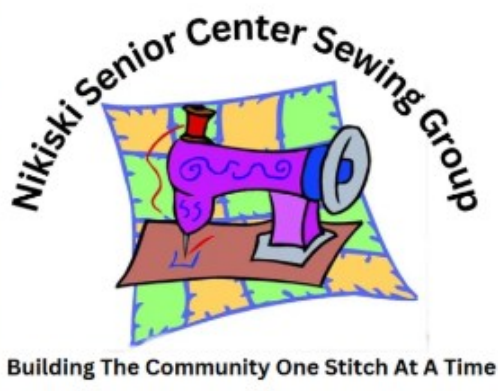


Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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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:

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- 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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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**

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
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 SANTACLAUS
 LIGHTS
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 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

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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***

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Cribbage (**NEW!!**) Mondays @ 1:00 pm
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

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Gasha



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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SENIOR CENTER

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mittens, hats & other winter
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Donations can be dropped off until
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



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December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

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Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Stay HYDRATED

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Be sure to drink water throughout the day, even if you don't feel thirsty

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When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

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@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
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23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
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Kenai, AK 99611

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



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SENIOR CENTER

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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
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items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread, left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

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\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."

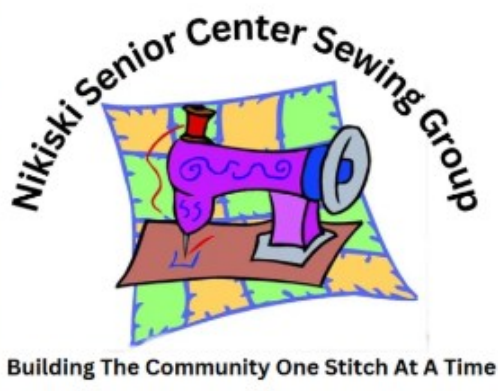


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**Food
Pantry Hours:**
Mon-Thurs
9 am to 2 pm
Fri
10am to 1pm



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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
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SUPPLIES



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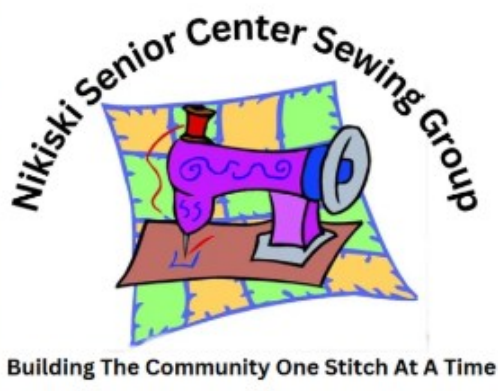


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 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
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CHRISTMAS
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With Jonathan****ENTREE OR SALAD \$7****Lunch Menu****ENTRÉE & SALAD \$10****December 2024**

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16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
PLACE
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NIKISKI
SENIOR CENTER

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'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers!
The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
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Joe Ross
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Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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DECEMBER SCHEDULE

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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
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4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

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Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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



To:

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PLACE
STAMP
HERE



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Gasha



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8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

visit our
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www.NikiskiSeniorCenter.org



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Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
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 I F P N W W W O K Q E Z J L P J G K T V C B G X R
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We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
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items you think would make good stocking stuffers!
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Thank You!



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INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
Board Member

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When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

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"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

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KPB Budget Presentation



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Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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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:

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- Breakfast items
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- & more

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**Santa Claus
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Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



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"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
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- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



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Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



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December 13th

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

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16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
PLACE
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NIKISKI
SENIOR CENTER

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Gasha



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**visit our
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December 7th, 10 am-5 pm, December 8 12-5 pm
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Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

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'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
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Jean Taylor
Board Member
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Joe Ross
Board Member

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Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
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4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

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Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
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 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
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Nikiski Senior Center
50025 Lake Marie Ave.
Kenai, AK 99611

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

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Gasha



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Friday 8 am to 2 pm
907.776.7654

**visit our
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www.NikiskiSeniorCenter.org



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Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

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December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread, left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
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CHRISTMAS
 JESUS
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 LIGHTS
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NIKISKI
SENIOR CENTER

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seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
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items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread, left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.

Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



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"STRONGER TOGETHER"

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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With Jonathan****ENTREE OR SALAD \$7****Lunch Menu****ENTRÉE & SALAD \$10****December 2024**

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

Activity Highlights

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

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



To:

PLEASE
PLACE
STAMP
HERE



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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December 7th, 10 am-5 pm, December 8 12-5 pm
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December 6,7 & 13,14 & 20,21

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NIKISKI
SENIOR CENTER

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mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
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GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
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Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

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Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
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SENIOR HEALTH TIPS

Stay HYDRATED

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Be sure to drink water throughout the day, even if you don't feel thirsty

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When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



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"STRONGER TOGETHER"
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FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread, left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

NIKISKI SENIOR CENTER**In the Kitchen
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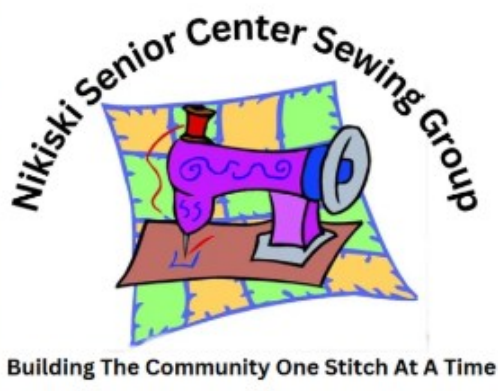


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For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Cribbage (**NEW!!**) Mondays @ 1:00 pm
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- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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Monday through
Thursday
8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

**visit our
website!**

www.NikiskiSeniorCenter.org



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NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



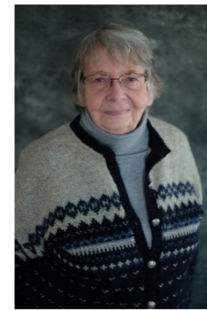
Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

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



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December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

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December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
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Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



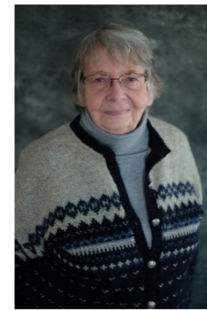
Jeff Laube
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Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
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Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
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Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay **HYDRATED**

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



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NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

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Holiday Cheer Christmas Bazaar

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Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
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Secretary
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Mike Newcomb
Board Member
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"STRONGER TOGETHER"
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 Aurora Graves 12/8
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 Art Jackman 12/12
 Judy Johnson 12/12
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 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
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16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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

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



To:

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December 7th, 10 am-5 pm, December 8 12-5 pm
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Fri 11 am-6 pm, Sat 10am-6 pm


Old CARRS Mall- Kenai

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December 14, 10am-5 pm


December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds





'TIS THE Season Giving

The Nikiski Senior Center is collecting mittens, hats & other winter accessories for the "Nikiski Neighbors" to give to children in the community. Donations can be dropped off until 12/16/24. Thank You!



We have the stockings, but need the stuffers! The Nikiski Senior Center will be handing out stockings to seniors in our community and need your help filling them! Items such as: chapstick, lotion, shampoo/conditioner, wrapped candy, comb/hairbrush, toothbrush/toothpaste, pens/notepad, and any other items you think would make good stocking stuffers! Donations can be dropped off until 12/16/24. Thank You!



GINGER BREAD HOUSE WORKSHOP

NIKISKI SENIOR CENTER INVITES YOU TO OUR



06 DECEMBER

RSVP LIMITED SEATING \$25.00 FEE TO COVER SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

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Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
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Joe Ross
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Stay HYDRATED

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Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

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"STRONGER TOGETHER"
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1/8/2025

@ 1pm

Make-up meeting for December

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
 Y E L C O W S J L I Z I G H I E E C Z S J J M L Q
 P L I J G O U P P P G T R I F W A H S T J H J J S
 B T S T O C K I N G S I J G L N V H E J D I E E C
 H T B P F C L V M J S D R U D I S P Z L S W N N H
 E E D F H B F I Y T C X C Y R E A V I E H U A K S
 R K G P D V S Y M G R F C Z M D I O E G R T S N Q
 Z D Y L V T P A S T F A B S Z N N M G L N O E S W
 C I U S L J S U H I N O P S A N T A C L A U S B U
 H H Y E H Z Q G I E U P Z S C S N Z Q A T M A S P
 M I T K R D I L I G W R Z V H N I B E P O M U Q Q
 G O V J Z N I P N X C E O C G G C C W I C B P A C
 E C C O Y X P G Z Y W S Y V S S K R I M C F S W F
 O I Q L W O W D F V T E H Z F W E X E Z Q D N J P
 D B O Q W X V H K M E N J T T A W Y Z E I R M Y I
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**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
 B X I N E M B Z N V R T N G L B J O L L Y I F F U
 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
 S L W U W H G K W R B H Y H E D B I N Q S J S T S
 M P V D O G O O K S L O G S L E I G H J B A R U K
 H K Q W N R B Y F F T K R I S K R I N G L E S W A
 M T F U S D I E K D I H R R C M P O X K E E L Y H
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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
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- Bible Study: **Thursdays @ 1:00-2:00 pm**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



NIKISKI
SENIOR CENTER

DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

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Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



Center Hours:
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Thursday
8 am to 4 pm
Friday 8 am to 2 pm
907.776.7654

**visit our
website!**

www.NikiskiSeniorCenter.org



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

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Kenai, AK 99611

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



To:

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NIKISKI
SENIOR CENTER

'TIS THE
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mittens, hats & other winter
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to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
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GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
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Nail Care

December 13th

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Call or stop by the front desk to schedule

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Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



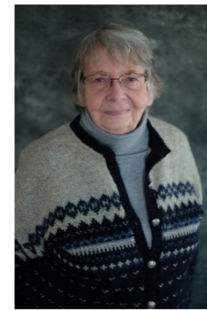
Jeff Laube
Treasurer



Sue Kanour
Secretary
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Mike Newcomb
Board Member
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Marie Fitts
Board Member



Denise Tank
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Jean Taylor
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Joe Ross
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KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
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NSC Board Meetings

1/8/2025

@ 1pm

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1/22/2025

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KPB Budget Presentation



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Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

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Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





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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:

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- Pork
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- Breakfast items
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- Hygiene items
- & more

The NSC Food Pantry is graciously funded by KPB, individual donors, and state grants.

**Santa Claus
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Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

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"We can make a difference together"
Join our Board of Directors

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Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

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Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!



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 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDY CANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRIS KRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINT NICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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***

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**
- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

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Recreational Center

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

CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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**

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

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



To:

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STAMP
HERE



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John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

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Fri 11 am-6 pm, Sat 10am-6 pm

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NIKISKI
SENIOR CENTER

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The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
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Thank You!



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INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



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DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

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Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
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Joe Ross
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Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

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"STRONGER TOGETHER"
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1/8/2025

@ 1pm

Make-up meeting for December

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KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

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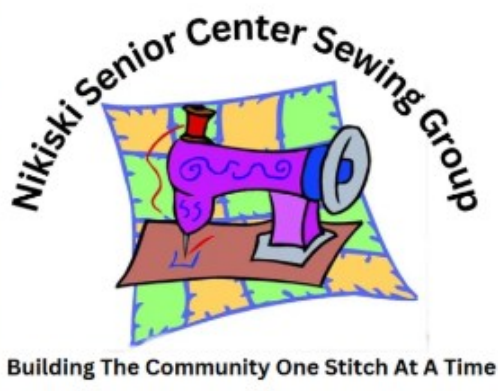


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10am to 1pm



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.

**Santa Claus
will be here!
Bring the kids
to enjoy lunch!**



Free Community Meal

To celebrate Christmas

December 18th

11:30am-1:00pm

Limited Seating Please RSVP!

We will be closed December 23rd, 24th & 25th in observance of the Christmas Holiday



NSC Inc. Board is Recruiting

"We can make a difference together"
 Join our Board of Directors

Requirements:

- Previous experience in leadership or community service a plus.
- A commitment to attend meetings and participate actively.
- A genuine interest in improving the lives of our senior community members.

For questions or more information, speak with Wayne Ogle or any NSC Inc. Board Member.

Annual Membership Meeting: Wednesday, January 22, 2025

SAUSAGE STUFFING

6 cups cubed French bread,
left out 2 days to dry
1.5lb italian sausage
1 yellow onion
1 cup chopped celery
4 Tbsp garlic
2 Granny Smith apples
chopped
2 Tsp dried sage (optional)
1 Tsp dried thyme
1/4 cup minced parsley
2 eggs
2-3 cups chicken stock



- Preheat oven to 350 degrees
- If you haven't dried the bread, cook bread cubes on cookie sheets for 10-12 minutes
- In a stock pot cook the onion, celery and herbs until transparent, salt & pepper to taste.
- Add sausage, once cooked halfway, add apples. Cook until sausage is fully cooked.
- In a large bowl, add all the bread and toss with everything in stock pot.
- In a large measuring cup, add the broth and eggs and whisk together before adding to bowl
- Add enough liquid to soak all bread.
- Place mixture in 9 X 13 pan, press down slightly and bake for 40-45 minutes or until crispy on top.

We still have plenty of winter months ahead of us. Please wear your cleats on icy days, or every day, for safety. We don't want anyone else getting hurt in the parking lot. We do our best to keep the premises safe for you, but we do live in Alaska. Please be prepared.

Also, be sure to check our Facebook page for late opening announcements. We will be taking extra precautions. Thank you for your understanding and cooperation.



Another Sourdough Success Story



Angela had another full Sourdough Bread making class. She is an amazing and knowledgeable teacher, mastering all things sourdough through her own trial and error. Call the center to get on the list for her next class.

You won't be disappointed!

December Birthdays

Trish Roderick 12/1
 Tommey Garber 12/2
 Greg Fisher 12/3
 Bruce Aitken 12/3
 Barbara Dahl 12/3
 Paul Felton 12/5
 Sharon Fisher 12/5
 Rozanne Timbes 12/5
 Becky Baker 12/6
 Amy Whinston 12/7
 Roxana Martinez 12/7
 Aurora Graves 12/8
 Hoa Le 12/10

Steve Geertz 12/11
 Daneen Zimmer 12/11
 Eula Miller 12/11
 Art Jackman 12/12
 Judy Johnson 12/12
 Peter Ribbens 12/12
 King Titera 12/13
 LaDonna Ross 12/14
 Jeff Jones 12/16
 Diana Damitz 12/16
 Mary Jackson 12/17
 Barbara Druesedow 12/17
 Ria Fandel 12/18
 Norma Thornton 12/18

Richard Heath 12/18
 Diana Wray 12/19
 Dorey Harman 12/19
 Janice Jones 12/20
 Jim Hudson 12/20
 Lora Stuart 12/21
 Paul Tippets 12/24
 Jim Arness 12/25
 Rob Carew 12/25
 Rebecca Bakk 12/26
 Mike Nappier 12/27
 Randy Stiedl 12/29
 Debbie Boyle 12/29
 Marie McCarthy 12/31

K U L Z W E C W U R S S Q R Q W T H W L A R L Z W
 I F P N W W W O K Q E Z J L P J G K T V C B G X R
 R L K T N S G H E V A I Z S L O R A C D Q C E P J
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 Z F E K M O G Q Y O X S S D V I T N R X Z G B T O
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLYNIGHT
 SANTACLAUS
 LIGHTS
 TREE
 ELVES
 PRESENTS
 CANDYCANE
 SNOWMEN
 RUDOLPH
 REINDEER
 SLEIGH
 KRISKRINGLE
 STOCKINGS
 CAROLS
 MISTLETOE
 BELLS
 JOLLY
 SAINTNICK
 WREATH

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

2 Eggs, Sausage Waffles/Pancakes (TBD) Hash browns	3 Ground Beef Tacos Spanish Rice Beans Dessert	4 Fried Chicken Mashed Potatoes w/gravy, Veggies Dessert	5 Spaghetti Garlic Bread Veggies Dessert	6 BLT Sandwich Fries Dessert
9 Stuffed Peppers w/rice Dessert	10 Fish Tacos Cole Slaw Rice Dessert	11 BBQ Chicken Cornbread Potatoes & Veggies Dessert	12 Pizza Garlic Bread Veggies Dessert	13 Roast Beef Sandwich Fries Dessert
16 Pasta Puttanesca Garlic Bread Veggies Dessert	17 Pork Carnitas Rice Beans Dessert	18 Christmas Meal Turkey and Fixings Dessert	19 Butternut Squash Casserole Rice Dessert	20 Chicken Bacon Ranch Quesadilla Fries Dessert
23 Closed for Christmas	24 Closed for Christmas	25 Closed for Christmas	26 Biscuits w/sausage Gravy Eggs, hash browns Dessert	27 Cheeseburger Onion Rings Dessert
30 Butter Chicken Jasmine Rice Naan bread Dessert	31 Came Asada Tacos Rice Beans Dessert			

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**

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**
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- **Gingerbread Workshop December 6th**
- **Nail Care December 13th**
- **December 18th Free community Christmas meal with Santa**
- **Dec 23rd, 24th, 25th CLOSED for the Christmas Holiday**
- **Dec 28th New Year Celebration Bingo!**
- **January 1st Closed for New Year's Day**

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

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



To:

PLEASE
PLACE
STAMP
HERE



DIRECTOR'S MESSAGE

As we approach the end of November, it's hard to believe the holiday season is already upon us and another year is coming to a close. Time truly flies when we're busy, busy, busy!

I was incredibly grateful for the success of our Annual FREE Thanksgiving Community Meal. Attendance was up 21% this year, and it was heartwarming to see so many familiar and new faces filling the tables. A special thank you to the NMHS Girls Volleyball team for joining us to celebrate their state win—it made the day even more memorable. A big shout-out to Jonathan! Boy, oh boy, does he know how to cook a juicy, delicious turkey!

It's truly rewarding to see how our efforts to bring the community together have such positive outcomes. There's no greater joy than witnessing the impact of these shared moments of connection and gratitude.

Now, as we transition into December, I encourage all of you to participate in acts of generosity, whether through donations, volunteering, or simply spreading kindness. National Giving Tuesday is December 3rd, and I'm excited for my staff and I to launch our new and exciting giving platform. We've been brainstorming and we have some exciting changes on the horizon.

We're also looking forward to the fun activities planned for this month, many of which were inspired by requests from our senior members. It's amazing to see so many of you volunteering and regularly attending events at the center. If you haven't yet joined an activity, December is the perfect time to get involved. The Sewing Group will be making stockings to fill for seniors in need or those spending the holidays alone, and we'll need donations and volunteers to help fill them with goodies and essential items.

Finally, the NSC Inc. Board is preparing for the 2025 elections. We are seeking dedicated and dynamic individuals who can bring valuable skills and experience to our senior board of directors. As our membership and financial resources have grown significantly, it's more important than ever to have active board members who are passionate about making a positive impact and contributing to our community.

Gasha



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



Our new head cook, Jonathan, got his first team birthday treatment. Jonathan, we are super happy to have you and glad to have been able to celebrate you!



NOVEMBER HIGHLIGHT

Yesterday, John and I had the pleasure of welcoming Senator Lisa Murkowski to the Center! We had a productive discussion about our efforts to secure funding and expand Senior Housing. It was a fantastic opportunity to share the impactful work we're doing at NSC, including our various services and activities.



We're especially grateful to Senator Murkowski for approving our senior housing capital improvements request this past year, which is now listed on her Appropriations. We're hopeful that the designated bill will pass, securing \$1M for our expansion. Thank you, Senator! ❤️



John, Lisa and her husband handed out candy at the annual Trick or Treat Alley at the Nikiski Rec Center. These two especially love Halloween and really enjoyed themselves. Thanks guys for helping give kids a warm and safe Halloween.

HOLIDAY EVENTS

Christmas Comes To Nikiski

December 7, 10am -4 pm North Peninsula
Recreational Center

Happy Holly Jolly Bazaar

December 7th, 10 am-5 pm, December 8 12-5 pm
Kenai Visitor Center

Christmas in the Park

December 7, 3-6:30 pm ish Soldotna Creek Park
Christmas Sale

December 14th, 10 am-5 pm Kenai Pottery Guild

Holiday Cheer Christmas Bazaar

December 6,7 & 13,14 & 20,21

Fri 11 am-6 pm, Sat 10am-6 pm

Old CARRS Mall- Kenai

2024 Ninilchik Holiday Bazaar

December 14, 10am-5 pm

December 15, 11 am- 4 pm

Kenai Peninsula Fairgrounds

NIKISKI
SENIOR CENTER

'TIS THE
Season
Giving

The Nikiski Senior Center is collecting
mittens, hats & other winter
accessories for the "Nikiski Neighbors"
to give to children in the community.
Donations can be dropped off until
12/16/24. Thank You!



We have the stockings, but need the stuffers!

The Nikiski Senior Center will be handing out stockings to
seniors in our community and need your help filling
them! Items such as: chapstick, lotion,
shampoo/conditioner, wrapped candy, comb/hairbrush,
toothbrush/toothpaste, pens/notepad, and any other
items you think would make good stocking stuffers!
Donations can be dropped off until 12/16/24.

Thank You!



NIKISKI SENIOR CENTER
INVITES YOU TO OUR

GINGER BREAD HOUSE WORKSHOP



06

DECEMBER

RSVP LIMITED SEATING
\$25.00 FEE TO COVER
SUPPLIES



Nail Care

December 13th

Upstairs

Call or stop by the front desk to schedule

8:00am-2:00pm

Outgoing Board Members,

On behalf of the entire senior center community, I want to extend our deepest gratitude for your dedicated service and invaluable contributions to our board of directors. Your commitment and hard work have been instrumental in our growth, both in membership and financial stability.

Your leadership and vision have helped shape our center into a vibrant and welcoming place for all. We are incredibly grateful for the time, energy, and passion you have invested in making our community stronger and more connected.

Your contributions have been invaluable and deeply appreciated.

Nikiski Senior Center Board of Directors



Wayne Ogle
President



Myrna Dyer
Vice President
OPEN SEAT



Jeff Laube
Treasurer



Sue Kanour
Secretary
OPEN SEAT



Mike Newcomb
Board Member
OPEN SEAT



Marie Fitts
Board Member



Denise Tank
Board Member
OPEN SEAT



Jean Taylor
Board Member
OPEN SEAT



Joe Ross
Board Member

SENIOR HEALTH TIPS

Stay HYDRATED

Cold weather can increase fluid loss, affecting medications, creating confusion, dizziness, constipation, UTI's, fatigue, and loss of appetite.

Be sure to drink water throughout the day, even if you don't feel thirsty

Include warm liquids, broths, soups, and unsweetened juices in your fluid intake

When caregiving, ensure your loved one is getting enough fluids. Watch for signs of dehydration, such as dry mouth, fatigue, dizziness, headaches, decreased urination and dizziness

Remember to dress in layers, be prepared for the colder weather outdoors, and be aware warmer indoor temperatures can dry you out as well.



CAREGIVER SUPPORT GROUPS

DECEMBER SCHEDULE

- 12/4/24 KENAI SENIOR CENTER 2-3:30 PM
"STRONGER TOGETHER"
- 12/5/24 TYOTKAS ELDER CENTER 10:30 - 11:30 AM
- 12/6/24 SOLDOTNA SENIOR CENTER 1 - 2 PM
- 12/19/24 STERLING SENIOR CENTER 1 - 2 PM

KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

FOR MORE INFORMATION CALL
DANI OR LISA
907-776-7654



Board Meeting

NSC Board Meetings

1/8/2025

@ 1pm

Make-up meeting for December

1/22/2025

Annual membership meeting

Service Area Board Meetings

1/22/2025

@ 1pm

KPB Budget Presentation



MEMBER SPOTLIGHT

Marilee Johansen



Marilee Johansen and her husband, Mark, have lived in Alaska since 1966. They raise chickens, apple trees, and maintain an incredible garden. Marilee volunteers at the Nikiski Community Garden and helps with the decorations and drink station at the Nikiski Senior Center. She also attends the weekly craft class.

I asked Marilee if her family had a holiday tradition. She said, "We used to bake sugar cookies and give them out to the neighbors. Soon, the neighbors started to do a cookie exchange."



Welcome Emilia and Tayalur to the team! Emilia will be alongside Pam for transportation, and Tayalur is our new assistant cook. We are excited to have you both here.

We are thrilled to celebrate our Nikiski Bulldog girls' volleyball team as state champions! Their hard work and dedication inspire us all and we are committed to supporting our local school. By providing delicious food and drinks during sporting events, we foster a sense of community. The team often enjoys lunch with the seniors, creating lasting connections. Let's continue to rally behind our incredible students and show them our unwavering support! And a big thank you to our beloved Sue for keeping score for the past 30 years!



Sewing Class is Tues Dec 10, 12:30-3 pm. December's project will be fleece hats led by the Center's own Toni Loop. She'll teach sewists how to assemble a few pieces of fleece into an attractive and warm hat. Bring your own fleece, supplies and machine or use ours. We have everything you'll need.

Nikiski Senior Center Sewing Group



Building The Community One Stitch At A Time





**Food
Pantry Hours:**
Mon-Thurs
9 am to 2 pm
Fri
10am to 1pm



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 I F P N W W W O K Q E Z J L P J G K T V C B G X R
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CHRISTMAS
 JESUS
 WISEMEN
 BETHLEHEM
 HOLY NIGHT
 SANTA CLAUS
 LIGHTS
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 SNOWMEN
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Kenai, AK 99611

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Fax: 907-776-7632



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