



**DIRECTOR'S MESSAGE**

We had a fantastic turnout for our 2025 Annual Membership Meeting! NSC Board President Wayne Ogle, Treasurer Jeff Laube, and I gave a presentation that provided valuable insights to everyone who attended, both in person and via Zoom. We shared key statistics and service data from activities held at the center in 2024. The presentation will be available on our website soon.

I'm excited to welcome back NSC Board Member Anita Gordon! Anita previously served on the board, and I'm thrilled to have her return. Her experience will provide valuable historical perspective and help us plan more effectively for the future. Additionally, please join me in welcoming Len Niesen! Len has served on several Nikiski boards and brings a wealth of knowledge that I can't wait to tap into.

During the meeting, we announced the rescheduling of our Annual Fall Fundraiser and introduced our new fundraising platform, **OneCause**, which will help streamline our events and fundraising efforts. The fundraiser will now take place in the spring, and in the meantime, we will host several mini-fundraisers throughout the year.

Our **Valentine's Dinner** is back—bigger and better than ever! Spread the word! This year, attendees will enjoy live music and a five-course meal. Up next, we have **Story Night**! If you have a knack for storytelling, we encourage you to audition—we're looking for individuals to perform throughout the evening. Be sure to check our **Facebook** and **website** regularly for updates on upcoming events and activities.

A big thank you to everyone for using our new **MySeniorCenter** platform to check in for lunch—you're doing a great job! We also want to remind all volunteers to log their hours in **MySeniorCenter** as well. Tracking volunteer hours is crucial for our grant applications, so your participation is greatly appreciated.



Center Hours:  
Monday through  
Thursday  
8 am to 4 pm  
Friday 8 am to 2 pm  
907.776.7654



[www.NikiskiSeniorCenter.org](http://www.NikiskiSeniorCenter.org)



Gasha

HAPPY VALENTINE'S DAY!	This voucher is good for one			♥ ♥ ♥
	DINNER DATE			
	DATE TBD	A RESTAURANT OF YOUR CHOICE	TIME TBD	
Love, Julia				



# Welcome Elected 2025 NSC Board Members!

Nikiski Senior Center held its Annual Membership Meeting on January 22, 2025. The following members were elected: Denise Tank, Susan Kanour, and Myrna Dyer will continue as board members, while we welcome new board members Len Niesen and Anita Gordon.



Anita Gordon



Len Niesen



Myrna Dyer



Denise Tank



## Nikiski Senior Citizens, Inc.

### Board of Directors

Pictured from left to right: Susan Kanour, Anita Gordon, Marie Fitts, Myrna Dyer, Denise Tank, Len Niesen, Joe Ross, Jeff Laube, & Wayne Ogle



Susan Kanour

YOU  
MAKE A  
DIFFERENCE  
*Thank You for  
Your Hard Work  
and Dedication*  
we are lucky  
to have you on our team



# Monthly Newsletter Milestones

## JIM RICHARDSON

Achieved 50 Years in the Labor Union



## PEGGY & PHIL NASH

Recently Celebrated their 63th Wedding Anniversary.



Got a milestone? Let Kelsey or Toni know before the 15th of every month to be included in the next newsletter.



# MEMBER SPOTLIGHT FOR FEBRUARY

## CATHERINE AND JULIET ALUSKA



Catherine was born in Bethel, one of seven children. She has lived her whole life in Alaska. She has one daughter and four grandchildren.



Her closest companion (literally) is her beloved dog Juliet. For the last four years, since Juliet was 8 weeks old, she has been a constant companion, bringing security and comfort to Catherine wherever she is. Prior to Juliet, (you guessed it) it was Romeo!

Catherine's favorite hobby is sewing kuspuks and dog clothes. And her favorite food to cook is Fry Bread. (Don't ask her for the recipe though, it's a secret.)

Catherine's favorite job was Customer Service Manager at a car rental company. She enjoyed meeting new and interesting people from all over the world.



Catherine and Juliet are regular participants in the weekly sewing and craft classes here at NSC.



Jonathan's Beignets



Senior Round Up Line Dancing



Toni's Birthday Celebration





# Grant News



## Board Meeting

### NSC Board Meetings

2/26/2025

@ 1pm

### Service Area Board Meetings

4/23/2025

@ 4pm

### KPB Budget Presentation



*Read 20 minutes a day  
and you'll read  
1,800,000 words  
per year.*

*An average American  
college graduate reads  
only 5 books in his life  
after graduation.*

In the world of grants, John would like to pass on some of our recent awards and plans. As we announced last month, NSC received some funding from the Alaska Division of Agriculture to begin our community garden project. We will be gathering together again very soon to start planning the clearing and fence construction. We would love some volunteers with heavy equipment to help save on the cost of clearing.

Additionally, just before the Christmas break, we submitted an application for funding to develop Emergency plans and procedures. We were awarded these funds last month. The majority of this funding will go towards developing an emergency operations plan, with some funds set aside to replace emergency lighting in the Center, repair our generator and automatic transfer switch, and replace an automatic external defibrillator.

## Proposed Community Garden area





KPFCSP  
*February*

CAREGIVER SUPPORT GROUPS

Wednesday, 2/5/25 Kenai Senior Center 2-3:30 pm

Thursday, 2/6/25 Tyotkas Elder Center 10:30-11:30 am

Friday, 2/7/25 Soldotna Senior Center 1-2 pm

Wednesday, 2/12/25 Seward Senior Center 11:30- 1pm

Thursday, 2/20/25 Sterling Senior Center 1-2pm

Tuesday, 2/25/25 Nikiski Senior Center 1-2 pm



907-776-7654  
KENAI PENINSULA FAMILY  
CAREGIVER SUPPORT PROGRAM



Level of understanding in the traditional reading is 60%, in the rapid reading - 80%.



5% of people read very slowly 180-220 words per minute.

The human's eyes, with average reading skills, make 12-16 stops on the book row, and the one's, who is reading quickly 2-4 stops



FEBRUARY IS



LOVE  
OF  
READING  
MONTH

NNS Elementary does a school wide book reading every February. This year NSC membership will have the opportunity to read along with them! Books will be available in the near future. Weekly questions will be posted on our Facebook page.

# Beat the Winter Blues

Spend time outside each day to get fresh air, even if only for a few minutes.

Open your blinds or window shades to let in more sun.

Plan activities with friends or family to stay socially connected.

Get good sleep at night, but try not to oversleep, which can make symptoms worse.

Eat a healthy diet full of fresh produce, lean protein and complex carbohydrates.

Identify a hobby or activity you enjoy and make time on your calendar each week to do it

Practice mindfulness through meditation, journaling or breathing exercises

Continue or establish an exercise routine.

Try light therapy with a light lamp, which can be purchased online.





# What Is Happening

**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 KPFB, individual donors, and state grants.

## SUPER BOWL LIX PARTY

SUNDAY, FEBRUARY 9TH  
 2:00 PM

**Potluck Style**

PLEASE BRING A DISH TO SHARE.

## ABCD'S OF MEDICARE

Learn from a certified Medicare Counselor from Independent Living Center

- Becoming eligible and have questions?
- How and when to sign up
- What are parts A, B, and D?
- Scam and fraud concerns

**NIKISKI SENIOR CENTER**

**2-10-25**  
**12:30-1:30 pm**

Call ILC for questions  
 907-262-6333

NIKISKI SENIOR CENTER

## VALENTINES DINNER

Fundraiser

FRIDAY  
**14TH**  
 FEB, 2025

Dinner Starts at 6:00 PM

**\$75 Per Person**  
**Prepay Required**

RSVP 907-776-7654

Looking For

# STORY TELLERS

SUBMISSION DEADLINE IS  
 FEBRUARY 14

Nikiski Senior Center is seeking a few storytellers to share engaging stories at the North Road Legends Dinner Fundraiser happening on the evening of March 15th. If you have an engaging story to tell, please submit a video or audio recording of it to: [frontdesk@nikiskiseniorcenter.org](mailto:frontdesk@nikiskiseniorcenter.org)







**BINGO**

**POTLUCK STYLE  
BRING A DISH AND A FRIEND**

**SATURDAY FEBRUARY 15TH  
3:00 PM - 6:00 PM  
(DOORS OPEN AT 2:00)**

**\$ 23.00 PER PACKET**

# Nail Care Clinic February 24th



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



## Nikiski Senior Center Sip And Paint

Taught by  
Silly Goose Creative Co.

**February 22 @ 6:30 Pm**

Come for a evening of fun  
and Non-Alcoholic Drinks.  
BYOD if you want alcohol.

Cost is \$25.

RVSP By February 15



## TAX PREP SERVICES DEBBIE PEREZ AND TEAM

We offer tax preparation  
services for individuals.

Current Locations

Tuesday, February 4th from  
3:15 to 7:00 Soldotna Library  
(this will be every other  
Tuesday)

Thursday's from 3:15 to 7 pm  
Saturday's from 10:15 to 5pm

Every other Tuesday starting  
on February 11th from 3:00 to  
6:30 at the Kenai Library.

And Soon Nikiski Senior  
Center !





# Candy Box Heart

## Paper Piecing Quilt Block

February 11th @ 12:30-3:00 PM

Class is taught By Marie Fitts

You can bring your own material  
or use what is at the center .



"Building Community One Stitch at a Time"

The Sewing Group offers a monthly, free sewing class. The next project is a Paper Pieced Heart Quilt Block for carrying groceries or what-not. Class is Tuesday, Feb 11, 12:30-3:00 pm. Group member Marie Fitts is teaching. Please bring your own fabric and supplies or use ours. All ages are welcome!

The Sewing Group welcomes new members with any level sewing skills. If you like to sew, please come join their group. They meet weekly Tuesday 12:30PM– 3:00 pm.

## Sewing Group Block of Month



Sewing group is starting a block of month program. They are doing a Gemstone Quilt. First block is called Ruby Block. If you want to join in, please let Marie Fitts know or call the Nikiski Senior Center.





Crafts for February

Jewelry Creations

# February Crafts

Week 1 Heart Card



Week 2 Heart Pillow



Week 3 Heart Jar



Week 4 Burlap Hearts



Arts and Craft Class has a spoon-tastic time making snowman spoon magnets.







# February Birthdays



Barb Dudley 2/3  
 Dale Herrick 2/3  
 Sharon Anderson 2/4  
 Leslie Hamman 2/4  
 John Heft 2/4  
 Jeff Scott 2/4  
 John Strother 2/4  
 Juanita Griffith 2/5  
 Ed Homstra 2/5  
 Larry Nudson 2/5  
 Don Waldrop 2/6  
 Joanne Love 2/7

Sue Johnson 2/9  
 Aaron Miller 2/10  
 Milan Galey 2/11  
 Matt Michaels 2/13  
 Sharon Weeks 2/14  
 Sheila Sylvester 2/15  
 Butch Ewing 2/16  
 Fred Miller 2/16  
 Robb Geesen 2/17  
 John Macanas 2/17  
 George Dudley 2/19

Jana Halverson 2/19  
 Patrick O'Ney 2/19  
 Chuck Grimm 2/20  
 Sue Kanour 2/20  
 John Kennedy 2/20  
 Mary Kennedy 2/21  
 Paula Bute 2/22  
 Mike Chenault 2/25  
 Steven Dahl 2/25  
 Bill Hartline 2/25  
 Winona Lee 2/28

## February Word Search

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

CANDY  
 FEBRUARY  
 LINCOLN  
 PINK  
 ROMANCE  
 SUPERBOWL  
 WASHINGTON  
 CHOCOLATE  
 GROUNDHOG  
 LOVE  
 PRESIDENTSDAY  
 ROSES  
 SWEETHEART  
 CUPID  
 HEART  
 MARDISGRAS  
 PUNXSUTAWNEY  
 SHADOW  
 VALENTINE



**NIKISKI SENIOR CENTER**

**Lunch Menu**

**February 2025**

*In the Kitchen  
With Jonathan*

**ENTREE OR SALAD \$7**

**ENTRÉE & SALAD \$10**

3 Korean Beef/Rice Bowl w/Sesame Cabbage/Carrots Dessert	4 Chicken Alfredo Roasted Veggies Whole Wheat Bread Dessert	5 Baked Chicken Sweet Potatoes Cornbread Dessert	6 Pulled Pork Sandwich Cole Slaw Dessert	7 Meatball Subs French Fries Dessert
10 Quiche Baker's Special Dessert	11 Ground Beef Tacos Spanish Rice/Beans Dessert	12 Fried Chicken Mashed Potatoes Roasted veggies Dessert	13 Lasagna Quinoa Dessert	14 Roast Beef Sandwich French Fries Dessert
17 <b>CLOSED</b> <b>President's Day</b>	18 Coconut Thai Vegetable Curry Rice Dessert	19 Orange Chicken w/rice Sesame Broccoli Dessert	20 Beef Fajitas Brown Rice Beans Dessert	21 Cheeseburger Onion Rings Dessert
24 Beef Stroganoff Veggies Fresh Bread Dessert	25 Pork Carnitas Brown Rice Beans Dessert	26 Fried Chicken Mashed Potatoes Broccoli/Cauliflower Dessert	27 Butter Chicken w/rice & naan Veggies Dessert	28 BLT Sandwich Jojos 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 \*Menu Subject to Change\**



## Activity Highlights

- Silver & Fit: **Mondays AND Thursdays @ 10:00-11:00 am**
- Cribbage **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**
- **February 9th Super Bowl Potluck Party**
- **February 14th Valentine Dinner Fundraiser**
- **February 15th Bingo**
- **February 19th Board Member Training**
- **February 22nd Cardinal Sip And Paint**
- **February 26th Board Meeting**

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

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



To:

PLEASE  
PLACE  
STAMP  
HERE