



Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988 Fax: 567-3988 www.NinilchikSeniors.org

Coming Up

BINGO!

Wednesdays
1 pm

Time Change
Set your Clocks
Back

Sun 11/3

Holiday Bazaar

Sat 11/9 from
10 - 5

**Veteran's Day
Center Closed**

Mon 11/11

Board Meeting

Thu 11/14

Sew Saturday
11/16

**Thanksgiving
Center closed**

11/28 & 11/29



A Note From the President of the Board:

Happy Fall, y'all. Are we enjoying the rain yet? It's pretty typical of us humans, isn't it? We sure wanted some rain this past summer and now we have it, and oh boy, do we have it. I personally am ready for some snow, but that will come when it is ready.

Many of our snowbirds have left for the winter already and those that are still around will be leaving us in Nov. Safe travels to all of you. I hope you have a great winter and we are looking forward to seeing you back next spring.

What is coming up in Nov.? I usually feel like the holiday season starts with Halloween, maybe that is because of commercialization but that's the way it is. I hope you survived all the ghosts and goblins on the 31st. Thanksgiving will be upon us before we know it. I hope you will join the Senior Center for our Turkey dinner. Marti Sue and Rick never fail to provide wonderful meals for us this time of year. Please keep Casey in your thoughts and prayers. She hurt her back a couple of weeks ago. She tells me she is getting better which is great. I thank God for our staff members that I think can do anything.

Julie and Tandy continue to go above and beyond when it comes to helping those of us at the Center that ask for help. Mark seems to always be there lending a hand as well. Thank you to all the staff.

~ Dick Hawkins





Hello,

For those who don't know me, I'm Cheryl Doyle. In 2013 after 28 1/2 years of teaching, coaching and being an activities director throughout rural Alaska, I retired and joined Ninilchik Senior Center.

I was born and raised in Iowa and as many of you know I'm a TRUE BLUE CUBS FAN! Hence my article heading "Welcome to the Dugout".

My newest adventure is writing informative and enjoyable articles for the newsletters. So Welcome to the Dugout and feel free to send ideas my way about topics you would like to read. As a team we will be the "Best Little Senior Center on the Peninsula"!

Cheryl



Cheryl's Dugout Chat

Fall Vaccines Update: Older Americans are among the most responsible when it comes to public health protection. Are you up to date with your vaccines and do you know why we need them? If you are over 50 the following vaccines are what you need to protect your own health and those around you.

Pneumonia: PPSV23 is recommended for 65 or older, PCV13 is for those that have chronic medical issues involving kidney, liver or heart.

Flu: Yearly, new vaccines each year because strains change, If you have a fever, soreness in muscles, headaches after your shot, congratulations that means your immune system is working!

Shingles: 50 or older and not vaccinated in the last 5 years-get the shot. Shingrix is recommended since it's more effective, 2 shots over 2-6 months with at least 8 weeks between them. Possible side effects are fever, muscle pain and chills.

Tetanus: Everyone needs the booster shot every 10 years. For international travel it is recommended you get 2 doses to protect against whooping cough and diphtheria.

MMR: If born after 1957, get 1-2 doses to protect against rubella, mumps, measles. If traveling internationally it is recommended you get 2 doses. If you're not sure if you have had the shot then get a blood test.

If there is a topic or something you are interested in, let me know and I'll check it out for a future article. Have a great Thanksgiving and just so you know, I'm grateful to all of you for your friendship.

Cheryl's Dugout Chat

Just For Fun!

Top 10 Senior Texting Codes

ATD - At the Doctor's

BFF - Best Friend Fell

BTW - Bring the Wheelchair

BYOT - Bring Your Own Teeth

DWI - Driving While Incontinent

FWIW - Forgot Where I Was

FYI - Found Your Insulin

LOL - Living on Lipitor

ROFL...CGU - Rolling on the Floor Laughing...Can't Get Up!

TOT - Texting on Toilet

WWNO - Walker Wheels Need Oil

HaHaHa

HaHaHa

Join NSC's Legacy Club!

Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund and once your donations reach \$500, your name will be added our donor tree. Donations go to the Endowment Fund which provides long-term investment income.



Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.
- Owl: \$10,000. to \$24,999.
- Eagle: \$25,000 +

Now Available!!! “PayPal”

If you would like to donate online, visit our website
NinilchikSeniors.org

At the bottom of the Donations page there is a button to click.



Ninilchik Senior Center's

HOLIDAY BAZAAR

Space is available - call 907-567-3988

NOV 9, 2019 • 10 AM- 5 PM

66265 Aspen Avenue, Ninilchik

TABLES ARE \$25 EACH

Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

Cost: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week if the member wishes to participate in that week's drawing.

Drawing Time: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK



Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win, however, if the person is not present, only 50% of the prize won will be awarded

Open to NSC members only. Membership must be current.

The Third Raffle will last up to 16 weeks. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

16 cards

(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5

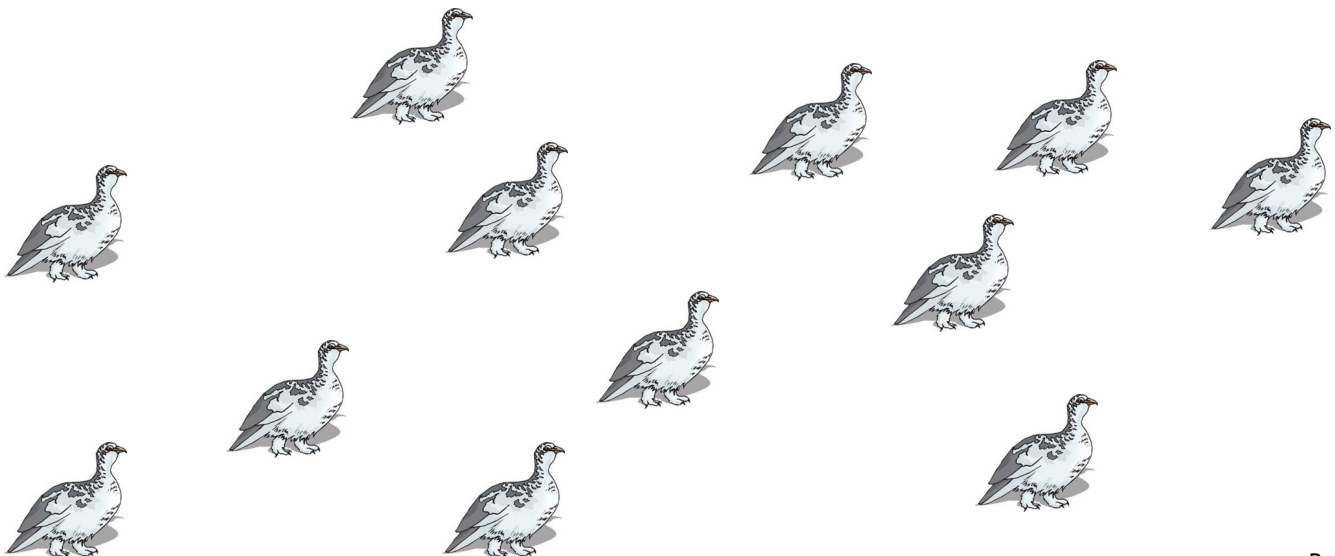


The current raffle is in progress and the Pot is up to \$343.69

[As of July 1, 2019 your membership must be current to participate in this raffle. Thanks!](#)

Winner of the Forth Raffle:

Linda Yost - Congratulations!





Alaskan Trivia

1. "Kwikpak" an native word is used for what river?

1. What Indian cultures are native to the Interior Region?

2. In what year did commercial fishing begin in Alaska?

(1878, 1901, 1912)

4. Name the small, black worms seen in glacial ice where they live.

5. Name the three coastal cities on the mainland of Alaska that boarder the northern, western and southern coasts of the state.

6. What was the "soft gold" that first attracted white men to Alaska?

7. How much of the forest in southeast Alaska is classified as national forest? (25%, 50%, 70%)

8. Name the plant that is a villain to hikers in the woods.

9. What two cities are connected by the White Pass and Yukon Railroad?

10. What is the Eskimo sport of "nalukatag", similar to a trampoline called?

11. At capacity, how many barrels of oil does the Alaska pipeline hold?

(3million, 6 million, 9 million)

Answers on Page 9





amazonsmile

You shop. Amazon gives.

So far the center has received \$94.27 from Amazon Smile. Consider signing up to support the Ninilchik Senior Center through Amazon Smile. Simply connect your account via this link: <https://smile.amazon.com/ch/52-1323828>, and Amazon will automatically make a donation to the center every time you make a purchase, at no cost to you. Thank you to those who are already participating.

A Note from the Executive Director

November is here! With the way our weather has been this year it may not seem like it but nonetheless November is here - and with it once again comes, the time change! Don't forget – Sunday, November 3, remember to set your clocks back an hour!

November for me means the start of the holiday season. The holidays are different for everyone. For some it means lots of cooking, baking, and cleaning, while for others it means getting together with family and friends or maybe traveling to a far off sunny place for a getaway vacation. For others the holidays may be a difficult time. Memories of past holidays and good times with loved ones that have now passed on can often bring feelings of sadness and loneliness. This holiday season, I hope we all can keep a smile in our hearts and on our faces. A smile can bring joy to those feeling down and lift the spirits even higher for those smiling back at you. From what I've heard, smiling is more contagious than the flu! So when in doubt, just smile!

~Julie Otto



We support our Veterans!



Thank you veterans for your service and your sacrifice!

Veteran's Day (originally known as Armistice Day) is a federal holiday in the United States observed annually on November 11, for honoring military veterans, that is, persons who have served in the United States Armed Forces (and were discharged under conditions other than dishonorable)^[1].^[2] It coincides with other holidays including Armistice Day and Remembrance Day which are celebrated in other countries that mark the anniversary of the end of World War I. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veteran's Day in 1954.

Veteran's Day is distinct from Memorial Day, a U.S. public holiday in May. Veteran's Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who have *died* while in military service.^[3] There is another military holiday, Armed Forces Day, a minor U.S. remembrance that also occurs in May, which honors those *currently serving* in the U.S. military.

https://en.wikipedia.org/wiki/Veterans_Day

Alaskan Trivia Answers

Questions & Answers are from "The Alaska Game of Trivia" by Teddy's Toys 1985

1. Yukon
2. Athabascan
3. 1878
4. Ice Worms
5. Barrow, Nome and Anchorage
6. Sea otter pelt
7. 70%
8. Devil's Club
9. Skagway and White Horse
10. Blanket toss
11. 9million



BINGO

Now with Monetary prizes! Don't miss out on the fun!

At

The Ninilchik Senior Center!

Wednesdays after lunch

B	I	N	G	O
4	26	43	59	70
9	30	41	55	68
7	23	FREE 32 SPACE	50	63
8	20	31	60	75
13	18	34	52	69

\$5 for 6 games!

Win non-monetary prizes!

Have fun with Friends!

Play Bingo!!!



Open to the Public.

You must be at least 19 to play.

See Bingo House Rules.

Happy Birthday - November

Mike Chihuly
Sue Douglass
Bill Walsh
Pat Palmer
Pam Noratuk
Judy Johnson
Martha McQuiston
Michael Bostwick

Nancy Jo Pennington
Bob Wainscott
Lenore Jones
Sterling Eide
Charlene Huhndorf
Deborah Bandelow
Delores Lindeman
Paul Nelson

Jack Rathert
Jane Smith
Torvald Hanson
Harriet Covey
Glen Thomas
Faye Woodhead
Jody Michaeli



Thank You

Dave Nordgren for trash removal and vehicle maintenance & Gene Giovanini for trash removal, and to all of those who helped out or donated but didn't sign the volunteer book.

Thank you to Jim Beall, Steve Vanek, Willard & Ruthe Bauman, Fred Marshall, Cathy Perry, Terry & Janie Nelson, Bev Hysten, Char & Byron Moore, David & Judy Clemenson, Steve Russell and anyone we may have missed for the donations.

Thank you to all our Members!!!
Thank you to all our Volunteers!!!
Thank you to all our Donors!!!
Thank you to our Cooks!!!

Thank you Byron Moore for removing the old TV!

\$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor
Cathy Perry
Char Moore

David & Judy Clemenson
Bob Pearson
Jim & Tina Kenshalo

Bob & Sharon Cook
Steve Stewart

Karen Covey
John & Janice Nofziger

We have a fund to provide items that are not in the budget.

If you would like to join the club, just bring or send a donation of \$5 any time you can.

THANK YOU!!!

About The Ninilchik Senior Center

Our Mission

We are dedicated to making life easier, more interesting, and providing assistance to others in need among our members, as well as the surrounding community, in ways which lift the spirit and give a feeling of love to each other. We are dedicated to assisting one another through cooperation, respect, and strength of spirit, so that everyone feels welcome and their contributions valued.

Board of Directors

President: Dick Hawkins
V. President: Viola Nordgren
Secretary: Kaye Waldsmith
Treasurer: Sharon Cook
Trustee: Steve Vanek
Trustee: Cheryl Doyle
Trustee: Lynn Harding

Endowment Trustees

Chair: Kathryn Kennedy
Vice Chair: Ronn Lund
Treasurer: John Nofziger
Trustee: Lenore Jones
Trustee: David Clemenson

Staff

Executive Director: Julie Otto
Adm. Assist/Bookkeeper:
Tandy Wallace
Cook: Marti Sue Chapman
Cook/Maintenance: Rick Ferguson
Trans. Driver: Mark Brees
NSC Homemaker: Casey Mae

Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.
Suggested donation:
\$7 for members, \$11 for non-members
Lunch includes: soup,
salad, entrée and dessert



Events and Activities

Weekly

Mondays: Quilting/Sewing 1-4 pm

Tuesdays: Summer Activities including:
Cornhole, trivia & horseshoes

Wednesdays:
Bingo (after lunch 1 pm)

Thursdays: Game Day 1-4 pm
Quilting/Crafts 10am-4pm

Fridays: Trivia during lunch
Knitting 1-4 pm
Pool 1-4 pm





Thanksgiving Word Search

T	H	A	N	K	F	U	L	A
U	L	O	V	E	F	T	D	G
R	U	R	K	E	R	Y	R	O
K	F	A	L	L	I	H	E	B
E	O	O	L	F	E	F	S	B
Y	O	P	I	E	N	A	S	L
D	T	I	I	A	D	M	I	E
N	B	L	E	S	S	I	N	G
Y	A	G	G	T	I	L	G	O
A	L	R	T	S	B	Y	R	B
M	L	I	N	D	I	A	N	B
S	E	M	H	O	P	E	A	L
T	H	☺	P	A	R	A	D	E
C	R	A	N	B	E	R	R	Y

THANKFUL
BLESSING
FAMILY
FRIENDS
LOVE
HOPE

GOBBLE-GOBBLE
TURKEY
DRESSING
CRANBERRY
YAMS
PIE

FALL
PILGRIM
INDIAN
FEAST
FOOTBALL
PARADE

MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE ANSWER.

WHAT'S BLUE AND COVERED WITH FEATHERS?

_____!
_____☺

November Trivia



1. Which famous British children's author was born in November?
2. What is the birthstone for November?
3. What is the flower for November?
4. On which day in November is Veteran's Day celebrated?
5. What holiday do Americans celebrate in the month of November?
6. Which disease is recognized in November?
7. What are the November zodiac signs?
8. T/F: More domestic burglaries take place in November than any other month.
9. What two presidents were born on November 2?
10. T/F: November is Peanut Butter Lovers Month.



Answers: 1. C.S. Lewis. 2. Topaz. 3. Chrysanthemum. 4. The 11th. 5. Thanksgiving. 6. Alzheimers. 7. Scorpio & Sagittarius. 8. True. 9. Warren Harding & James Polk. 10. True.



The Senior Center provides transportation for those needing to go to Kenai/Soldotna. We offer one trip to town a week, usually on Tuesday.

The van departs Ninilchik around 9:30 am and would return from town around 2:30 pm.

Soldotna

(with stops at Fred Meyer, Safeway and your medical appointments)

Or Kenai

(with stops at Walmart, Three Bears, Safeway & your medical appointments)

Suggested donation is \$15 per round trip.

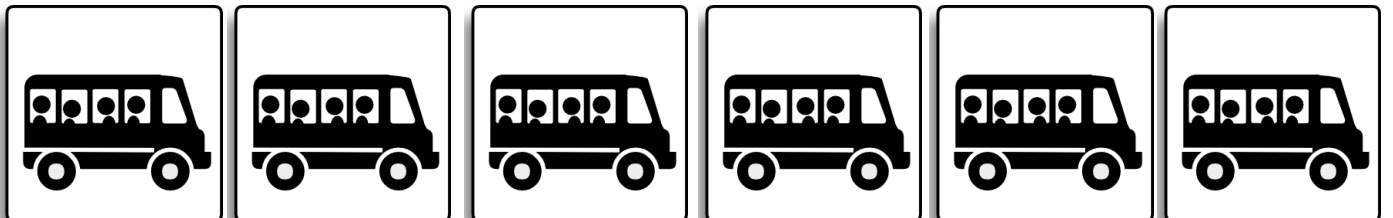
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**The Senior Center can also provide transportation to the center for lunch.**

If you would like to take advantage of any of these services:

Please call the office to schedule

**(907) 567-3988**





Last year (2018), the center received \$236.67 from Fred Meyer through their community rewards program. In 2019, so far we have received \$199.63. Thank you to those who participate and make this possible.

If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is GP013 .

**Thank you!!!**

## The Homemaker Assistance Program

Is for eligible individuals 60 years and older who really need a little help around the house.

The program includes taking out the trash, sweeping & mopping the floors, vacuuming, cleaning the bathroom, making the bed, laundry, cleaning the kitchen, putting away dishes or groceries, etc.

***Please call or visit the office to see if you qualify for this program.***

***YOUR NTS HOMEMAKER IS HERE TO ASSIST YOU IN YOUR EVERYDAY NEEDS. If you have any questions, please call the office at (907) 567-3988.***

The Senior Center is partially funded by these Corporate Sponsors



Peninsula Internal Medicine



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 Amazon  
 Aspen Hotel / Kenai Residence  
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