



Ninilchik Senior Center

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

Coming Up

Belly Dancing
Mondays at 10 am

BINGO!
Wednesdays
1 pm

Pearl Harbor Day
Sat 12/7

**Eleven Plus Days
of Christmas
Raffle Begins**
Mon 12/9

Board Meeting
Thu 12/19

Christmas Party
Tue 12/23

**Center Closed for
Winter Shut
Down**
12/24 thru 1/1

Center Opens
Thu 1/2/2020



December



2019



A Note From the President of the Board:

Merry Christmas and a Happy New Year!

Well it looks like winter is finally here. I hope all of you have your snow tires/ studded tires on. Be safe on the winter roads please.

There has been quite a bit happening at the Center lately. There was a very successful bazaar back in mid-November. I heard some wonderful comments about how nice it was and that so many people come to shop. It was so nice to see local folks supporting local folks. We have some talented artists in this community in case you didn't know. I hope to see more later in December at the bazaar at the Fair Grounds.

We had some water issues in early November at the Senior Center. It seems that those problems have been resolved successfully. Unfortunately it resulted in the Center being closed on one Friday in November.

Please keep our members who have had medical issues lately and/or have lost loved ones lately in your thoughts & prayers.

The Senior Center will be having it's annual Christmas dinner and party on Monday, December 23 this year. That is always a fun time. I believe there will be a gift exchange. Check with Julie or Tandy in the office for details. The Center will then be closed from December 24 until January 1. Reopening on January 2. May you all have a blessed Christmas and a safe and happy New Year.

God Bless Us, Everyone!

~ 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 & Winter Aches & Pains - RELIEF

Did you know that lack of UV Rays from sun exposure slows down the brains protection of painkilling endorphins? Try one, two or all of these ideas to help ease or eliminate your aches.

Stiff Joints: Curcumin an active ingredient in Spice Turmeric will....

Cut stiffness by up to 75%; Calm your nerves; And aid joint healing
Add to soup, stew, tacos, etc. (add to taste)

Backache / Soreness: Clary Sage.....

Relaxes tight muscles; Boosts blood flow to damaged tissues; Calms pain nerves that are irritated

Massage the essential oil on an achy back, add oil to bathwater to soothe your back in 2 minutes and it speeds up recover time by up to 33%

Remember to take precautions when getting out of the tub to prevent falls!

Wake up Achy? Take a 10 minute stroll. Helps to flush out fluids that are trapped in muscles which cause inflammation and your brain releases Serotonin that cuts morning stiffness up to 85%

Head Hurting? A 10 minute foot massage helps to cut headache pain in 1/2 within a minute, and can help prevent future flare-ups 80% of the time

Trouble Falling Asleep? A 5 minute scalp massage before bed, manipulate fingertips in a small circular motion across your head to help release pain relieving endorphins

Just for Fun!

Embarrassment - You don't really know the meaning of embarrassment until your hip replacement sets off a metal detector at the airport.

From my DUGOUT to yours, Happy Holidays and Best Wishes for a healthy and happy 2020! (That's my vision for all of us at NSC)



December Trivia



1. Who starred in the movie *Jingle All The Way*?
2. Who was the star of the movie titled *White Christmas*?
3. What is the first name of Scrooge, the principal character of the novel, *A Christmas Carol*?
4. Who was the author of *A Christmas Carol*?
5. How many ghosts are there in *A Christmas Carol*?
6. What was the name of the animated Christmas movie featuring Tom Hanks?
7. Which milk-based beverage is available around the Christmas holidays and comes in both alcoholic and non-alcoholic versions?
8. Stollen is the traditional fruit cake of which country?
9. What is the name of the skin that hangs from a turkey's neck?
10. When was the first Christmas card sent? Who designed it?
11. Canada, The U.K., and most other Commonwealth countries officially celebrate the day after Christmas as what holiday?
12. Similar to tinsel, these long strips of shiny foil are used to decorate a Christmas tree. What are they called?
13. What are two other names for Santa Claus?
14. True or False: The first Christmas tree appeared in the United States
15. How many reindeer drive Santa Claus' sleigh (counting Rudolph)?
16. Which country was the first to use the tradition of Christmas trees?
17. Which company made the concept of Santa Claus popular worldwide?
18. Which of Santa's reindeer is named after another animal?
19. Why are Christmas candy canes red and white in color?
20. How many points does a snowflake traditionally have?

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:

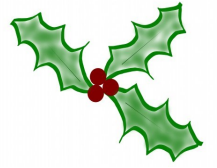
- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.
- Owl: \$10,000. to \$24,999.
- Eagle: \$25,000 +

Now Available!!! “PayPal”

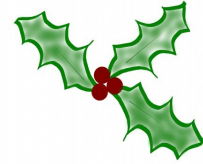
If you would like to donate online, visit our website
NinilchikSeniors.org

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

December Trivia Answers



1. Arnold Schwarzenegger
2. Bing Crosby
3. Ebenezer
4. Charles Dickens
5. Four
6. The Polar Express
7. Eggnog
8. Germany
9. Wattle
10. The first Christmas card was sent in 1843 and was designed by John Horsley.
11. Boxing Day
12. Icicles
13. Saint Nick and Kris Kringle
14. False
15. Nine
16. Germany
17. Coca-Cola
18. Vixen (a fox)
19. The color white symbolizes the purity of Jesus, and the color red symbolizes the blood that Jesus shed for us.
20. Six



Merry
Christmas

The text "Merry Christmas" is written in a red, cursive font. A small holly branch with green leaves and red berries is positioned to the right of the word "Merry".

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

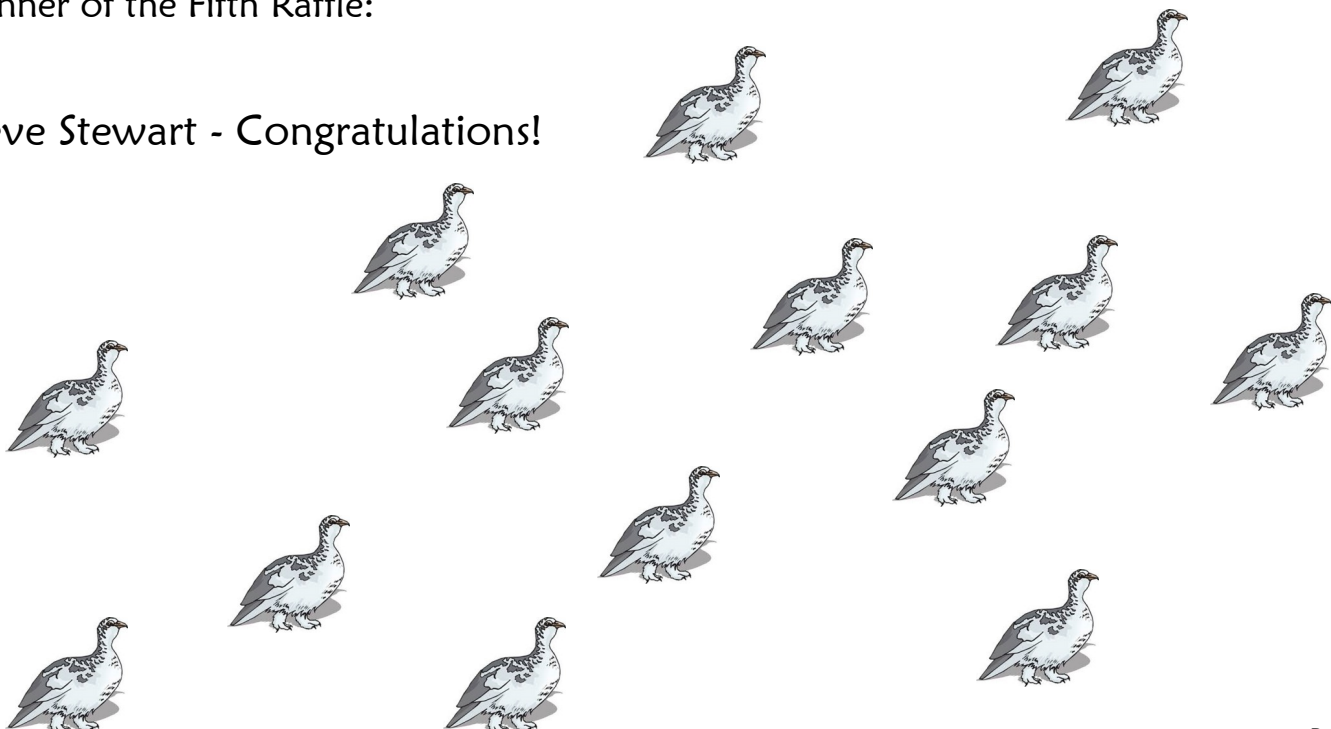


The current raffle is in progress

As of July 1, 2019 your membership must be current to participate in this raffle. Thanks!

Winner of the Fifth Raffle:

Steve Stewart - Congratulations!





Alaskan Trivia

1. In what year was gold discovered near Juneau? (1881, 1898, 1906)
2. Name the official state gem.
3. Which species of salmon is the “money fish”?
4. True / False Southeast Alaska lies along the San Andreas fault line
5. What is a steep foaming wall of water formed by a flood tide surging into a constricted inlet?
6. Cook Inlet is known for high tides. What other bay in the world is known for its extreme tides?
7. What is the smallest of the Pacific Salmon?
8. True / False The Arctic Tern is known to travel as far Antarctica each year
9. What is a large mound raised by frost action above the permafrost?
10. True / False Wolves like to sing in chorus.
11. How long did the gold stampede in the City of Nome last?
12. What month is called “the month of the long shadow”?

[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

December is here! Hard to believe it's coming up on the end of the year already! The Christmas season is one of my favorite times of year. The lights, the decorations, the gathering of families and friends, so many magical things to look forward to and enjoy this time of year. As I think about all the happenings over the last year, I realize how many things we have to be thankful for and how precious each day is. Celebrate the good times and the bad times too! Time doesn't slow down for anyone so just celebrate! Speaking of celebrations - Our Christmas party here at the center will be on December 23rd after a special holiday lunch. There will be a fun gift exchange and lots of smiles and laughter. Hope to see everyone there! No matter where you are or what you're doing for the holidays, I hope that you and yours have a joyous holiday season!

~Julie Otto



Join Us for the NSC Christmas Party
Monday, December 23!

Enjoy a special Holiday Surprise Lunch!
Then we will be having an anonymous gift exchange.
If you bring a gift, you'll get a gift.
Lots of laughter and Christmas fun!



Alaskan Trivia Answers

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

1. 1881
2. Jade
3. Sockeye
4. True
5. A Bore Tide
6. Bay of Funde
7. Pink Salmon
8. True
9. A Pingo
10. True
11. One Summer
12. March





Belly Dancing Exercise

Open to all Ladies of any age

Mondays at 10 am

With

Nelma Treider

At the Ninilchik Senior Center

66265 Aspen Avenue

This is a “Modest” attire class (leggings & full length shirt)

Other dance accessories will be available for use.

Have fun & get some exercise!

For more information call Char at 398-8979

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 - December!

Byron Moore
 Conrad Matsuoka
 Jerry Reinhart
 Allan Yost
 Helena Torretta

Terry Nelson
 May Goins
 Larry Tanner
 Holly Odd
 Ann Woehr

Mary Carr
 Russ Cross
 Dar Van Offeren
 Ruthe Bauman
 Warren Togni

Sharon Dullinger
 Ken Rucker
 Gene Giovanini
 Steve Vanek
 June Josten



Happy Birthday!



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, Jeff Smith and Susan Welsh-Smith 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!!!

\$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
 Liz Spinasanto

Karen Covey
 John & Janice Nofziger
 Terry & Janie Nelson

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 & horseshoes

Wednesdays:
Bingo (after lunch 1 pm)

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

Fridays: Trivia during lunch (summer)
Knitting 1-4 pm
Pool 1-4 pm



Christmas Gift Ideas

Find and circle all of the words that are hidden in the grid.
The remaining 13 letters spell an additional Christmas gift idea.

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



- | | | | |
|--------------|-------------|----------|----------------|
| BAKING | COOKIES | MOVIE | SNEAKERS |
| BELT | DOLL | MUSIC | SOCKS |
| BOOK | EARRINGS | NECKLACE | STUFFED ANIMAL |
| BRACELET | ELECTRONICS | NECKTIE | SWEATER |
| CANDLES | FLOWERS | PANTS | TELEVISION |
| CANDY | GAME | PENDANT | TOOL SET |
| CHOCOLATES | GIFT BASKET | PERFUME | TOY |
| CLOTHES | GIFT CARD | PLANT | TREE ORNAMENT |
| COFFEE MAKER | HERBAL TEAS | SCARF | WATCH |
| COFFEE MUG | JEWELRY | SHIRT | WINE |
| COLOGNE | MONEY | SLIPPERS | |





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)

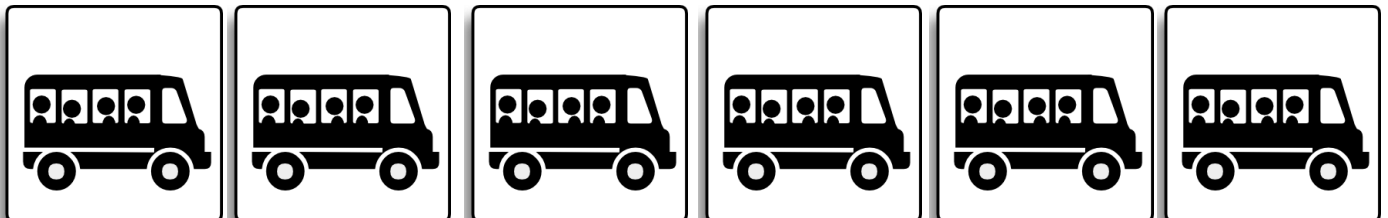
Suggested donation is \$15 per round trip.

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
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