



Ninilchik Senior Center

PO Box 39422. 66265 Aspen

Coming Up

Belly Dancing
Mondays at 10 am

Yoga
Wednesdays at 10
am

BINGO!
Wednesdays
1:15 pm

New Year's Day
Wed 1/1/2020

**Welcome Back
Center Opens**
Thu 1/2

**Budget
Conversations
with Sarah Vance**
Thu 1/9 after lunch

Board Meeting
Thu 1/16

Sew Saturday
Sat 1/18

**Center Closed for
Martin Luther
King, Jr. Day**
Mon 1/20

January 2020

A Note From the President of the Board:

Out with the old and in with the new. Happy New Year to all of you. I hope you had a safe and "restful" celebration. At this point in my life, if I make it to midnight, I find it takes me a couple of days to "rest up". Last year was a successful year for the NSC. We finished the year on firm financial footing and had some great fundraisers and get-togethers. This coming year promises even better things.

Before I go any further though I want to take this opportunity to give a big shout-out to the Senior Center staff. We have (in my opinion) the best executive director in the state. The best office assistant anyone could want. Two of the best cooks there are anywhere. The best driver and housekeeper in the country. I truly believe that we couldn't get along without you. All of you bring such special and unique talents. Thank you for what you do.

The biggest news this new year: we will be increasing our staff by three. You most likely will not be seeing them around the center though. These three people will be staffing our new business adventure, the "Easy Street Pull Tabs" store located in Kenai. The official opening will be some time in the first part of January and will be open seven days a week generally from 11:00 until 9:00 pm. It will be a work in progress for a while, but we are all excited about what this will do for us financially. If you like playing pull tabs then check it out, and while you are there say hi to our new employees. The supervisor is Sara Cribbs and then we have two part-time employees, they are Mark McCoy and Marion Austin.

What else is new? Well the days are getting longer and we seem to be having winter finally. The weather sure has been hit and miss. We had such a warm Oct, Nov, and Dec. I hope it doesn't carry over into April and May to make up for such a late winter. Oh well. Time will tell, and there is nothing we can do about it anyway. I just pray for everyone's safety this winter and that all of our snowbirds return home in the spring and that we all have a good winter.

~ 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

Bakery goodies exposed!

It's no secret that I love doughnuts, cinnamon rolls, cookies and brownies made by some of our own members. Since it's a new year 2020, my vision is to clean up my bakery habit. I knew they weren't that good for you but not to this extent.

Doughnuts/Scones:

Basically white flour and sugar

300-400 calories each

1/4 to 1/2 your daily requirement of saturated fat in just one

Muffins/Cinnamon Rolls:

400-600 calories each

Usually oversized

10 teaspoons of sugar added

Croissants/Danish

300-500 calories

3/4 of your daily requirement of saturated fat in just one

Whole Grain Bagels

300 calories without cream cheese

Use nut butter, hummus or mashed avocado instead of cream cheese

So just what will you give up or cut back on this year? I'm willing to give up doughnuts (ouch) and cut back on cookies, brownies and cinnamon rolls. Hey, it's a start!

Just for Fun!

"Cash, check or charge?" I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for a television set in her purse. "So, do you always carry your TV remote?" I asked.

"No," she replied, "but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally."

January Trivia

1. Who is the month of January named after?
2. What is the birthstone?
3. What are the Zodiac signs for January?
4. When is Elvis Presley's Birthday?
5. When did Wheel of Fortune begin its long-running spin on TV, with host Chuck Woolery at the helm?
6. What are the flower symbols for January?
7. Which 2 states became states in January?

Answers on page 5



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 +

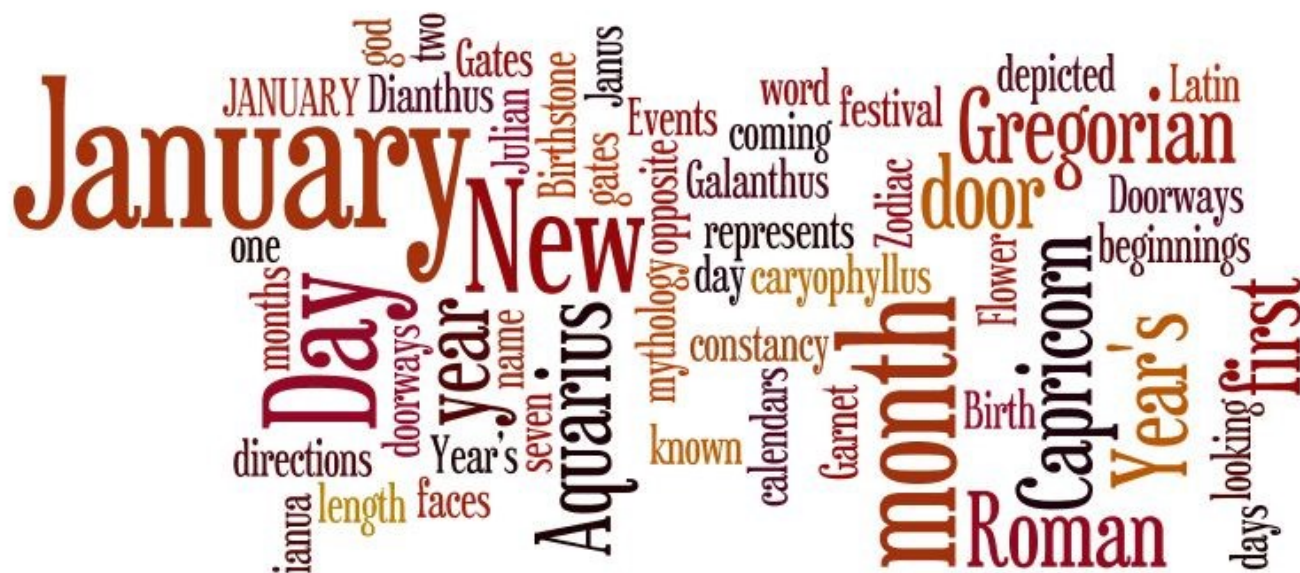
Now Available!!! “PayPal”

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.

January Trivia Answers

1. The month of January is named after the Roman God Janus, who is the God of beginning and transitions or often called the God of doorways. Having 2 faces, he watches over the past as well as the future.
2. Red Garnet is the birthstone of January. The garnet represents balance in life, something that we always are in dire need of, after the hectic month of December!
3. Capricorn (December 22nd – January 19th)
Aquarius (January 20th – February 18th)
4. January 8, 1935
5. January 1975
6. The Snowdrop & Carnation
7. On January 4, 1896, Utah became the 45th state. And, On January 6, 1912. New Mexico became the 47th state.



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

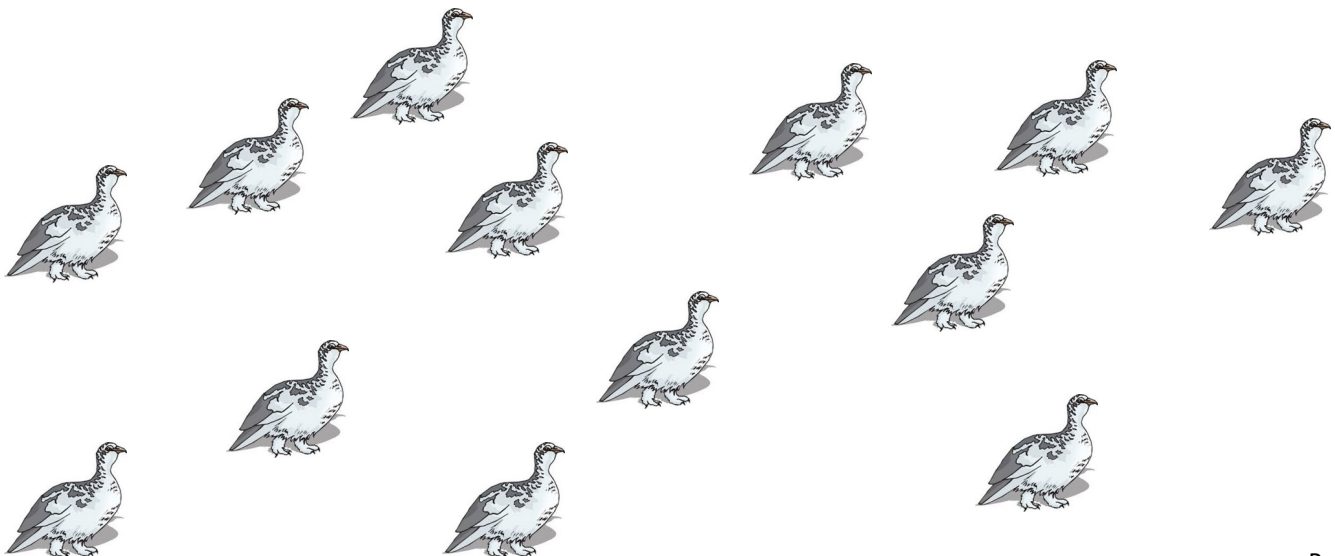
(14) Ptarmigan: \$5



The next raffle will start in January 2020 with the first drawing on 1/10/2020.

Winner of the last Raffle:

Kaye & Darwin Waldsmith - Congratulations!





Alaskan Trivia

1. Name the two major mountain ranges that separate the state into geographic areas.
2. What is the swiftest of whales?
3. What Alaskan native group was also known as the linguistic cousin of the Apaches and Navajos of the American southwest?
4. What was the “Nome Wonder”?
5. What well-known lawman was in Nome in 1899, twenty years after he shot it out with the Clantons at the OK Corral?
6. Name one of the world’s earliest land plants.
7. The marble in southeast Alaska comes from what island?
8. Name the member of the weasel family known for a ferocious and violent disposition.
9. During what year did oil reach the end of the pipeline?
10. In 1882, what two species of fish were commercialized?
11. Name the active volcano that erupted in 1976.
12. Who was the movie “Spirit of the Wind” about?

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

Happy New Year!! As I reflect back on the year we've just left behind I am overwhelmed with gratitude. I am so thankful for the wonderful staff and Board Members I get to work with. There is never a dull moment so the saying goes and I'm so blessed to be able to share these moments with such great people. We are so blessed at the center to have so many people willing to lend a hand when needed. No matter the size of the job, someone is always willing to tackle it and get the job done – and always with a smile! I cannot express my thanks enough to all of you and your willingness to give of your time and talents.

2020 is going to be an exciting year, I just know it! Stay tuned to the newsletters for the latest happenings and events. We've had some great opportunities for activities come our way including belly dancing, yoga, and Will bowling. We will also continue to have bingo, sewing, knitting, game day, and pool playing. If anyone has any ideas for additional activities, please let the office staff know – we'll try to make it happen!

~Julie Otto

January



Alaskan Trivia Answers

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

1. Brooks Range and Alaska Range
2. Killer Whale or Orca
3. Athabascan Indian
4. A seven inch gold nugget discovered in 1901
5. Wyatt Earp
6. Horsetails (Equisetum)
7. Marble Island
8. Wolverine
9. 1977
10. Salmon and herring
11. Augustine Volcano
12. George Attla, a dog team musher





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

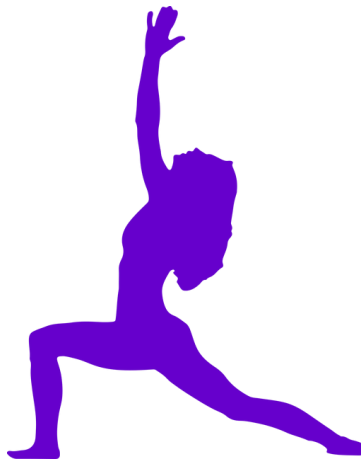


Yoga at the Ninilchik Senior Center!

Starts Wednesday, January 8 at 10 am

Start the New Year off working towards a
healthier you!

YOGA



BINGO

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

At

The Ninilchik Senior Center!

Wednesdays after lunch

\$5 for 6 games!

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

Win non-monetary prizes!

Have fun with Friends!



Play Bingo!!!



Coming in January - More chances to Win!

The first packet is \$5, if you would like to play another it will be \$4 more. Play as many packets as you want as long as you can keep up!



Open to the Public.
You must be at least 19 to play.
See Bingo House Rules.

Happy Birthday - January!

Kathryn Hale
Warren Hageman
Lorraine Reinhart
Ran Murphy
Linda Hawkins
Bruce Randall

Johnny Hysten
Elizabeth Spinasant
Doug MacLean
Mary Holshouser
Janice Nofziger

Rick Ferguson
Mark Franks
Char Moore
Tina Kenshalo
Ronn Lund

Birch Ann Allen
Daniel Hamilton
Steve Russell
Richard Behnken
Barbara Franks

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
Terri Eggert

David & Judy Clemenson
Bob Pearson
Jim & Tina Kenshalo

Bob & Sharon Cook
Steve Stewart
Liz Spinasant

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
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Trustee: Cheryl Doyle
Trustee: Lynn Harding

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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: Belly Dancing 10 am
Quilting/Sewing 1-4 pm

Tuesdays: Summer Activities including:
Cornhole & horseshoes

Wednesdays:
Yoga at 10 am
Bingo (after lunch 1 pm)

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

Fridays: Trivia during lunch (summer)



Happy New Year

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.

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



APPETIZERS

BABIES

BALLOONS

BANNERS

BUFFET

CELEBRATE

CHAMPAGNE

CONFETTI

DANCE

DAY ONE

DECORATIONS

END OF DECEMBER

EVENTS

FAMILY

FATHER TIME

FEAST

FESTIVITIES

FIREWORKS

FIRST OF JANUARY

FRIENDS

HATS

HOLIDAY

HORNS

KISS

MIDNIGHT

MUSIC

NEW YEARS DAY

NEW YEARS EVE

NOISEMAKERS

OCCASION

PARADES

PARTY

PUNCH

RESOLUTIONS

SINGING

STREAMERS

THIRTY FIRST

TIARAS

WINE

YEAR IN REVIEW





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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