



Ninilchik Senior Center

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

Coming Up

**Belly
Dancing**
Mondays at
10:30 am

Yoga
Wed & Fri
at 10:30 am

BINGO!
Wednesdays
1:15 pm

**Daylight Savings
Spring Forward**
Sun 3/8

**Board
Meeting**
Thu 3/12

St. Patrick's Day
Tue 3/17

**First Day of
Spring**
Thu 3/19

Sew
Saturday
Sat 3/21

MARCH 2020

A Note From the President of the Board:

Hey folks, it's almost spring. Well somewhere at least. The sun is coming back though. I've seen some of the snow melting along side the road the last couple of days. Kind of nice to see it running across the road as it melts. Oh, the little things that us Alaskans get excited about.

I hope all of you have stayed healthy these past few months. I have had my challenges. A little flu bug got me down the end of Dec. and now whatever is going around is trying to get me but I have been loading up on vitamin C and some other home remedies and I am holding it at bay.

Things have been happening around the Center this winter. Our new venture, Easy Street Pull Tabs, is up and running. We had a wonderful grand opening on Feb. 25th. It was a lot of fun. We have decorated it along the lines of Easy Street in New Orleans (if there is one). There is a really cool mural on one wall with some sidewalk settings in front of it. A coffee bar and water is available, and oh yea, there are some pull tab games you can play. Stop on by and check it out, and support the Ninilchik Senior Center.

We had a great Valentines Party in Feb. Now it is time to get ready for the Iditarod as well as St. Patrick's Day, and then spring will be here. I know the staff at the center have some fun things planned for the Iditarod and St. Patrick's Day. Stop on by and check it out. As usual, check with the office for more information.

Before you know it the snow birds will be starting to make their annual migration north. We pray for their safe travels and that they have stayed healthy this winter.

God Bless you all and I'll see you around the Senior Center.

~ 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

Wow, a cold snowy couple of weeks. Seems like mother nature wants to play jokes. On this thought, I'm thinking we all need some humor about now. So this month I've decided humor is the best medicine!

What do Snowmen eat for breakfast? "Frosted Snowflakes"



Helicopter Ride

Walter took his wife Ethel to the state fair every year, and every time he would say to her, "Ethel, you know that I'd love to go for a ride in that helicopter." But Ethel would always reply, "I know that Walter, but that helicopter ride is 50 dollars and 50 dollars is 50 dollars."

Finally, they went to the fair and Walter said to Ethel, "Ethel, you know I'm 87 years old now. If I don't ride that helicopter this year, I may never get another chance." Once again Ethel replied, "Walter, you know that helicopter ride is 50 dollars and 50 dollars is 50 dollars."

This time the helicopter pilot overhear the couple's conversation and said, "Listen folks, I'll make a deal with you. I'll take both of you for a ride; if you can both stay quiet for the entire ride and not say a word, I won't charge you! But if you say just one word, it's 50 dollars."

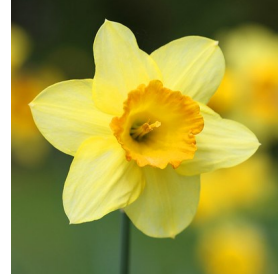
Walter & Ethel agreed and up they went in the helicopter. The pilot performed all kinds of fancy moves and tricks, but not a word was said by either Walter or Ethel. The pilot did his death-defying tricks over and over again, but still there wasn't so much as one word said. When they finally landed, the pilot turned to Walter and said, "Wow! I've got to hand it to you. I did everything I could to get you to scream or shout out, but you didn't. I'm really impressed!"

Walter replied, "Well to be honest I almost said something when Ethel fell out but, you know, 50 dollars is 50 dollars!"



Birthstone: Aquamarine
Flower: Daffodil

Pisces (February 19 - March 20)
Aries (March 21 - April 20)



The March equinox occurs the moment the sun crosses the celestial equator (the imaginary line in the sky above the Earth's equator) from south to north. This happens either on March 19, 20 or 21 every year.

March Quotes

"When March comes in like a lion it goes out like a lamb."

"Daffodils, that come before the swallow dares, and take the winds of March with beauty."
- William Shakespeare

"A dry March and a wet May - fill barns and bays with corn and hay."

"As it rains in March so it rains in June."

"March winds and April showers bring forth May flowers."

March Trivia

- Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."
- It was on 29 March 1886 that Coca-Cola was developed. The original formula included a small amount of cocaine to give the drinker a bit of a buzz.
- Famous people born in the month of March include Albert Einstein, Vincent Van Gogh, Daniel Craig, Justin Bieber and Bruce Willis.

March was originally the first month of the Roman calendar and was named after the Roman god of war, Mars.

- The phrase 'mad as a March hare' comes from the view that a hare will behave oddly during the breeding season, which is in March.

Join NSC's Legacy Club!

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



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.

St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.



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



- | | | | |
|--------------|-----------|--------------|-------------|
| BEER | DANCING | HOLY DAY | POTATOES |
| BELFAST | DUBLIN | IRELAND | SEVENTEENTH |
| BISHOP | EVENTS | IRISH | SHAMROCK |
| CABBAGE | FEAST DAY | LEPRECHAUN | SNAKES |
| CELEBRATION | FESTIVAL | LIMERICK | SODA BREAD |
| CELTIC CROSS | GREEN | MARCH | TRADITION |
| CHRISTIAN | GUINNESS | MISSIONARY | YEARLY |
| CLOVER | HERITAGE | MUSIC | |
| CORK | HISTORY | PARADE | |
| CORNED BEEF | HOLIDAY | PATRON SAINT | |

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

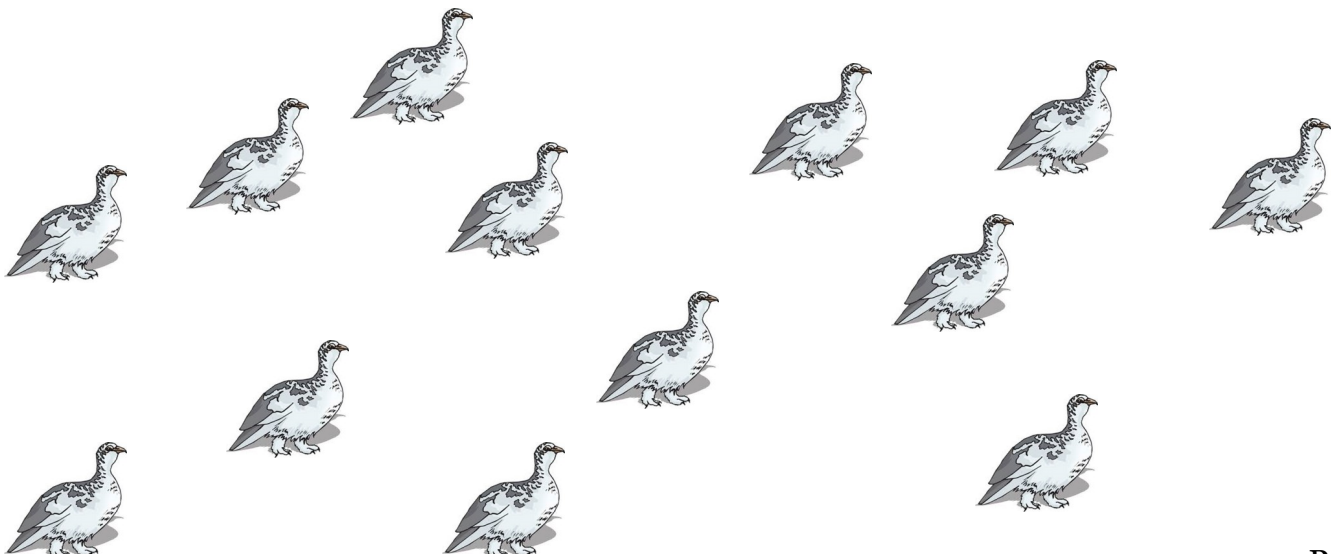
(14) Ptarmigan: \$5



Winner of the last Raffle:

Linda Hawkins - Winner on the 1st Week!

Congratulations!





Alaskan Trivia



1. At what two cities does the Alaska Highway begin and end?
2. How many special animal crossings were built along the Alaska pipeline for migrating caribou and other animals? (134, 250, 550)
3. What is the average annual precipitation in Ketchikan? (75", 110", 150")
4. Where is the greatest concentration of bald eagles in Alaska?
5. In the logging industry, what is a cant?
6. What was the "Wickersham"?
7. What is the story of Icon Bay about in Kodiak?
8. A portion of the Iditarod Dog Sled Races are run over frozen rivers. Name one of the two main rivers.
9. Name the town near Anchorage known for its unique dollhouse cemetery.
10. What animal can be described as a "wanton killer"?
11. What are members of the lowest branch or plant life named?
12. During World War II what island became the site of Alaska's principal naval base?

Answers on Page 9



Daylight Savings Time

Sunday, March 8

Roll your clocks

Forward One Hour

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

Spring is coming, spring is coming! After our long, cold, snowy winter, I feel like I want to shout it from the rooftops that spring is coming! Spring arrives on March 19 this year. Pretty sure we'll still have snow on the ground (lots of it!) here in Alaska but nonetheless, the days are getting longer and the sun is getting stronger. In case you were wondering, we'll gain more than two hours of daylight during the month of March! Of course, this is Alaska, where we don't know if we'll get another foot of snow or a couple of inches of rain in March. Whatever the weather brings, it will still be 70 degrees here inside the center. Hopefully you can join us for lunch and some fun activities this month. We've got some great exercise options on Mondays, Wednesdays, and Fridays. Summer will be here soon – time to get our summer bodies ready!! And of course, don't forget St. Patrick's Day on March 17 – wear green if you choose and stop by for some yummy corned beef and cabbage!

~Julie Otto



Alaskan Trivia Answers



1. Dawson Creek and Fairbanks
2. 550
3. 150"
4. Haines, Alaska
5. A log with one or more squared sides
6. A mainline ferry on the Alaska Marine Highway System
7. A tidal wave (the Russian Orthodox priest in Kodiak warned that the church must not be built close to the sea. He placed an icon on the beach and said the church must be built no closer. In 1964 the tidal wave did not go beyond the icon).
8. Yukon or Kuskokwim Rivers
9. Eklutna
10. Wolf
11. Mosses
12. Kodiak

All Questions & Answers are taken from the 1985 Teddy's Toys & Co.

Trivia Game



Belly Dancing Exercise

Open to all Ladies of any age

Mondays at 10:30 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



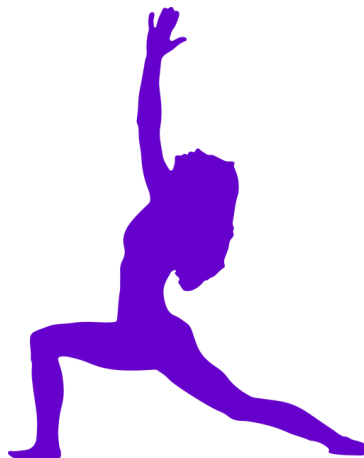
Yoga at the Ninilchik Senior Center!

Now on

Wednesdays & Fridays at 10:30 am

With Karen Greer

YOGA





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

At

The Ninilchik Senior Center!

Wednesdays after lunch at 1:15

\$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		60	75	
13	18	34	52	69	

Win non-monetary prizes!

Have fun with Friends!

Play Bingo!!!



Now 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!



John Lindeman
Kathy Bowen
Beverly Graf
Jack Christensen
Linda Pearson
Dianne Thomas

Bob Dale
Lynn Harding
Sharon Cook
Fred Marshall
Dusty Neilson
Micky Cartwright

Robert Greer
Becky Hamilton
Connie Porter
Judith Barrier
Debra Erosky



\$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor	David & Judy Clemenson
Bob & Sharon Cook	Cathy Perry
Bob Pearson	Steve Stewart
John & Janice Nofziger	Char Moore
Jim & Tina Kenshalo	Liz Spinasant
Terry & Janie Nelson	Terri Eggert

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!!!

Thank You

Dave Nordgren for trash removal and vehicle maintenance 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, Terry & Janie Nelson, David & Judy Clemenson, Howard & Nora Appel 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!!!

**Join us for
St. Patrick's Day Lunch!
Corned Beef & Cabbage
Yumm!!!**



**Coming in March. . .
Ninilchik Senior Center's
Annual Survey**

This is a good chance to make suggestions and let us know your thoughts.



Grand Opening!

Thank you to everyone to
was able to join us for our
Grand Opening!



If you haven't
had the chance
to stop by, please
do!

Remember all
proceeds go to
help the
Ninilchik Senior
Center!



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

Events and Activities

Weekly

Mondays: Belly Dancing 10:30 am
Quilting/Sewing 1-4 pm

Tuesdays: Summer Activities including:
Cornhole & horseshoes

Wednesdays:
Yoga 10:30 am
Bingo (after lunch 1:15 pm)

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

Fridays: Yoga at 10:30 am
Trivia during lunch (summer)
Knitting 1-4 pm
Pool 1-4 pm



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



Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.



Sudoku #601 (Easy)

	9		8	2	7	5		
				3	1	6	4	
3								9
	1	4						
2						3		
5	3		1					
				1			2	
9	8			4				
	2			5				7



Sudoku #602 (Easy)

	3			2			4	
	6					9		
							5	
8	9				3			
1		6		4	8			3
					1	4	8	
3		1			7	6		
		9						
				1		5	2	4



Answers on page 20



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.

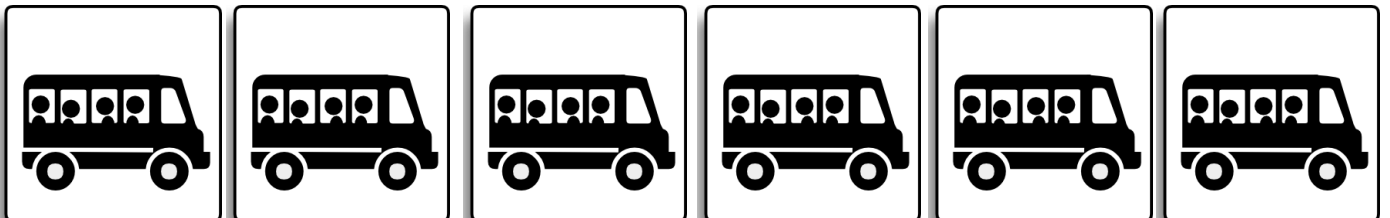
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**The Senior Center can also provide transportation to the center for lunch.**

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

Please call the office to schedule

**(907) 567-3988**





Last year (2019), the center received **\$246.22** from Fred Meyer through their community rewards program. 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 Senior Center is partially funded by these Corporate Sponsors



Peninsula Internal Medicine



## 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 of-***

Alaska Food Coalition  
Alaskare Home Medical Equip.  
Amazon  
Aspen Hotel / Kenai Residence  
Dolifka & Associates, P.C.  
Enstar  
Fred Meyer/Kroger  
HEA  
Kenai Peninsula Borough  
Lambe, Tuter & Wagner  
Meals on Wheels America  
Ninilchik Family Dentistry  
Peninsula Memorial Chapel  
PJK LLC  
Private Donations  
State of Alaska/NTS Grant  
American Legion Post 18

### Sudoku #601 (Easy)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 9 | 1 | 8 | 6 | 2 | 7 | 5 | 3 |
| 8 | 7 | 2 | 5 | 9 | 3 | 1 | 6 | 4 |
| 3 | 5 | 6 | 4 | 7 | 1 | 2 | 8 | 9 |
| 7 | 1 | 4 | 6 | 3 | 5 | 8 | 9 | 2 |
| 2 | 6 | 9 | 7 | 8 | 4 | 3 | 1 | 5 |
| 5 | 3 | 8 | 1 | 2 | 9 | 4 | 7 | 6 |
| 6 | 4 | 5 | 3 | 1 | 7 | 9 | 2 | 8 |
| 9 | 8 | 7 | 2 | 4 | 6 | 5 | 3 | 1 |
| 1 | 2 | 3 | 9 | 5 | 8 | 6 | 4 | 7 |

### Sudoku #602 (Easy)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | 5 | 1 | 2 | 6 | 8 | 4 | 7 |
| 4 | 6 | 8 | 7 | 3 | 5 | 9 | 1 | 2 |
| 7 | 1 | 2 | 8 | 9 | 4 | 3 | 5 | 6 |
| 8 | 9 | 4 | 2 | 7 | 3 | 1 | 6 | 5 |
| 1 | 5 | 6 | 9 | 4 | 8 | 2 | 7 | 3 |
| 2 | 7 | 3 | 5 | 6 | 1 | 4 | 8 | 9 |
| 3 | 2 | 1 | 4 | 5 | 7 | 6 | 9 | 8 |
| 5 | 4 | 9 | 6 | 8 | 2 | 7 | 3 | 1 |
| 6 | 8 | 7 | 3 | 1 | 9 | 5 | 2 | 4 |

# Answers to the puzzles on page 17

