



Ninilchik Senior Center

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



Coming Up:

Flag Day 14

Fathers Day 20

First Day Of Summer 20

Board Meeting 22

A Note From the President of the Board:

June already!!!! Wow, there are a lot of things happening at the Senior Center. The board and the office are making plans for our annual meeting. If you will remember, we chose to cancel the membership meeting last year because of the covid pandemic. We have decided that we will have a meeting this year. Not sure what it will look like yet but we have scheduled it to be on Thursday, July 22 at 1:00 pm.

At this year's annual meeting, we will be having elections for many of the board seats. The Vice-President, Treasurer, and one Trustee seat will be elected to fill out the remainder of their terms (one year left for the officer positions, two years for the Trustee position) and the President, Secretary, and one trustee will be elected for a full term of office (two years for the officer positions, three years for the Trustee position). If you are interested in being on the board of directors, please see Julie in the office. There is a form to fill out, and this year we are asking all candidates to write a brief about themselves so we can know a little more about you. Don't be afraid to "toot your own horn"; we want to know what you have done that would make you a good fit for the board of directors.

Garden plots are going fast if they are not gone already. Check with the office to see if there are any left. If you have any flowering plants you would like to donate, I'm sure the center would love to have them. The flower just seem to appear this time of year, but I know that somebody works hard to plant/transplant them into our flower and window boxes. They always bring so much color to our building.

The gazebo is up and running. Thank you to all the volunteers that make it happen. We appreciate you greatly. If you have something to donate please bring it to the senior center, do not drop it off at the gazebo. They are not set up to receive donations there.

Finally, Memorial Day is just past us. I hope you had a wonderful weekend and holiday. I sincerely hope you took time to remember those that gave the ultimate sacrifice for the freedoms we have in this country. This past year has shown us that those freedoms can be taken away if we let them and are not mindful of the consequences of losing them.

God Bless you, God Bless our country and God Bless our military.

~Dick Hawkins, President



A Note from the Executive Director

Welcome June!! Summer is now here! There's still time to get your gardens in and your flowers planted. There are just two garden plots left in our community garden. Thank you to Kathy Bundy and Terry Hepner for the great job tilling up the soil and Willard Bauman for staking out all the plots. It's always so nice to see the fresh veggies growing! Our greenhouse is up and growing again too – fresh tomatoes, cucumbers, peppers, radishes, and parsley will be making their way to the salad bar eventually for everyone to enjoy. If anyone has any excess veggies that you would like to donate, we'd be happy to take them.

June also brings with it membership renewal for the next year. The cost of renewal is still just \$25 per person. Our membership dues run along with our fiscal year – from July 1 to June 30. Thank you to all of those who have already paid their dues for this next year. Your membership dollars play a vital role in meeting our financial needs each year. Heating, electricity, and building maintenance and upkeep are just a few of the items your membership dollars support. Help us keep the center growing and thriving and supporting our senior community by paying your membership fees – we appreciate it!

Also – just a quick note: our annual meeting has been scheduled! The date is July 22 and more than likely, it is going to be held outside this year, rain or shine. We are trying to be proactive for either rain or shine and are asking if anyone has a pop up canopy or two they are willing to donate for the day; if so, please let me know. We want everyone to be comfortable in whatever weather Alaska has to offer that day. Hope to see you all there!

~Julie Otto

Happy Father's Day

Today we honor all the fathers in our life...

Random Thoughts n' Lotsa Coffee

Grandfathers

Dads

New Dads

Step-Dads

Godfathers

Adoptive Dads

Dads in Heaven

Dads-In-Law

Expecting Dads

Pet Dads

Honorary Dads

Senior Farmer's Market Nutrition Program



We now have Senior Farmer's Market Nutrition Vouchers available for qualifying seniors!

The Seniors Farmers' Market Nutrition Program (SFMNP) is designed to:

- Provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs.
- Increase the domestic consumption of agricultural commodities through farmers' markets, roadside stands, and community supported agricultural programs.
- Aid in the development of new and additional farmers' markets, roadside stands, and community support agricultural programs
- Contact the senior center office for more information

Cheryl's Dugout Chat



Hey Great news!

Friends, family and neighbors are arriving daily. People are working in their green houses, gardens and flower beds.

I thought this would be a good time to suggest some “tune up for summer tips”. As always check with your doctor before making changes to your health/life styles

*Serotonin: A mood stabilizer

Sunshine, nature walks, and mindfulness

*Oxytocin: love Hormone

Socializing, physical touch, petting animals, and helping others

Dopamine: The reward chemical

Take a bath, getting enough sleep, eating food, achieving a goal

Sunshine break of 15 min. daily helps prevent stomach aches. Research shows the first time you try it, pain flare can be cut by 60%. Your skin is exposed to UV light which produces vitamin D-3. Vitamin D-3 stimulates digestion which brings down intestinal inflammation.

Now that a warmer weather is here you might find yourself more active resulting in joint pain. Here are a few tips to help ease joint pain.

Keep Moving: Regular exercise helps ease joint pain and symptoms of chronic joint conditions.

Go low impact: Go for low impact (no weight) high quality workout. Slow and gradually work up to longer walks ect.

Hydrate: Water reduces joint pain. Hydration promotes the body's elimination of waste and toxins. It can also help keep your joints flexible and lubricated which reduces friction and inflammation to promote and maintain healthy tissue.

Stretch Daily: This increases flexibility, range of motion improves movement, reduces pain, stiffness, and prevention to injury. Move slowly and keep it genial. This is called the tortoise and the hare. Slow like the tortious and you will win in the long run. Jump start – fast break like the hare and you will end up last.

At the very least spend 5-10 min daily in the morning stretching your hamstrings, quadriceps, calf muscles and hip flexors. Your body will thank you in as little as two weeks you will feel the difference in movement.

Quote for June:

Be Yourself: I am not going to stop liking you or not respecting you just because we don't always agree. Author Unknown

Till next month “Swing for the fences” -Cheryl



Ninilchik Senior Center Activities Calendar

MORNING	AFTERNOON
<p>M Beginners Yoga 10:30-11:30</p>	<p>Quilting 10:00-4:00</p>
<p>T</p>	<p>Knitting: Masks Required 1:30-4:00 Billiard: Masks Required 1:00-4:00</p>
<p>W Beginners Yoga 10:30-11:30</p>	<p>Bingo 1:15- 3:30 Billiard 1:00-4:00</p>
<p>T</p>	<p>Game Day 1:00-4:00 Knitting 1:30-4:00</p>
<p>F</p>	<p>Quilting: Masks Required 1:30-4:00 Trivia During lunch</p>
<p>S</p>	
<p>S</p>	

Closed all federal holidays

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 until 11am Friday 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.

Open to NSC members only. Membership must be current.

The Current 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

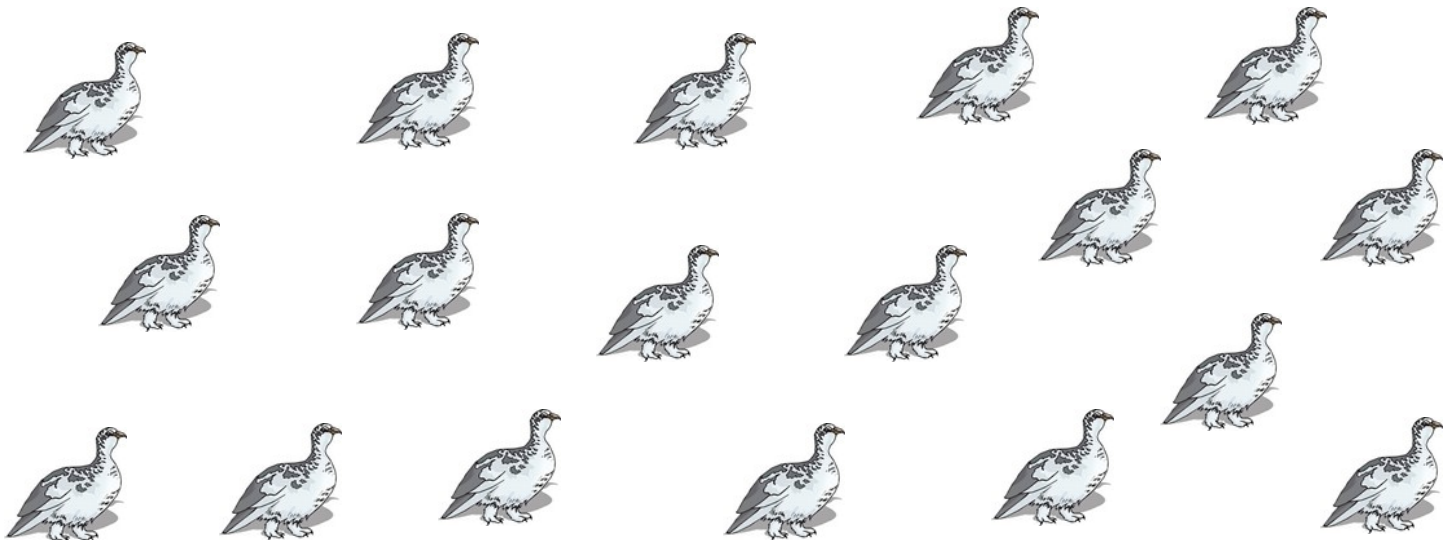
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to last weeks winner: Wes Newcomb ~ Ptarmigan





Are you a Trivia Brainiac??

72. Name one career for each letter of the alphabet.

73. Name the birthstones for each month.

74. Name 20 different modes of transportation.

75. Name 15 breeds of horses.

76. Name 15 breeds of dogs.

77. Name 12 winter or summer Olympic events.

78. Name 10 large U.S. corporations.

79. Name 10 instruments in a marching band.

80. Name 10 instruments in a symphony orchestra.

81. Name 10 football teams and their cities.

82. Name 10 basketball teams and their cities.

83. Name 10 baseball teams and their cities.

84. Name 10 hockey teams and their cities.

85. Name 10 National Parks.

86. Name 10 colleges and their states.

BINGO

Bingo is now back!

Come join us in all the fun Wednesdays
at 1:15.

Thank you everyone for bringing all
the wonderful beautiful Bingo prizes.





SUMMER WORD SCRAMBLE

BECHA

--	--	--	--	--

9

EABABLLS

--	--	--	--	--	--	--	--

14

CIE ECRAM

16 2

NMGISWIM

--	--	--	--	--	--	--	--

8 18

PCIICN

--	--	--	--	--	--

4 13

NVCTIOAA

--	--	--	--	--	--	--	--

11 17

SWURENOLF

--	--	--	--	--	--	--	--	--

6

ROMEWATENL

--	--	--	--	--	--	--	--	--	--

15 10 7

SCESNTDAAL

--	--	--	--	--	--	--	--	--	--

5

HTAE

--	--	--	--

1

BOIGATN

--	--	--	--	--	--	--

12

POLO

--	--	--	--

3

				y
--	--	--	--	---

1 2 3 4

--	--	--	--	--	--	--	--	--	--

5 6 7 8 9 10

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

11 12 13 14 15 16 17 18

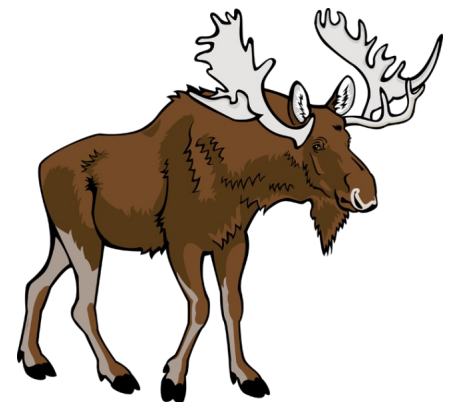




1. Novarupta occurred at Katmai in 1912. What is Novarupta?
2. What was the name of the priest who helped secure Annette Island in southeast Alaska for his native followers?
3. What now fills the crater of Mount Katmai?
4. What industry employs the most people in the state?
5. What is a popular and favorite vacation spot for Alaskans?
6. What bird has a primary role in the ancient mythology of the Tlingit and Haida Indians?
7. How many feet would the oceans rise if all the glaciers in the world melted? 5,25,105
8. In what year was the largest King Salmon caught by sportgear?

1985 Teddy's Toys & Co., All Rights Reserved.

Answers on page 13



Alaskan Trivia



1. *New Volcano, on June 6, 1912 the earth opened up and produced a new volcano*
2. *Father Duncan*
3. *Alake*
4. *Fishing*
5. *Hawaii*
6. *Raven (and Eagle)*
7. *105 feet, all the major cities in the world would be under water*
8. *1985*

1985 Teddy's Toys & Co., All Rights Reserved.



Hink Pinks

A Hink Pink (sometimes called a "rhyming pair") is a pair of rhyming words that matches a silly definition.

example:

a black bird that does not fly fast - *slow crow*

Can you find rhyming pairs for these clues?

- | | |
|--|-----------|
| 1. paperback thief | 1. _____ |
| 2. lengthy tune | 2. _____ |
| 3. closet to keep a sweeping tool | 3. _____ |
| 4. light red beverage | 4. _____ |
| 5. small buzzing insect that is not wet | 5. _____ |
| 6. large group of people that is noisy | 6. _____ |
| 7. stinging insect that doesn't cost money | 7. _____ |
| 8. unhappy father | 8. _____ |
| 9. rabbit that tells jokes | 9. _____ |
| 10. fast elevator | 10. _____ |

Challenge: Can you write your own Hink Pink on the back of this page?

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 +

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.

Happy Birthday

Pauline Hanson 3
 Ila Treat 3
 Betty Banta 6
 Red Carr 7
 John Chiri 12
 Joyce Wainscott 13
 Karen Covey 13

Dan Rador 14
 Carolyn Rathert 18
 Anne Christensen 18
 Richard Person 18
 John Elhers 19
 Pauline Combs 20
 Jim Regeon 20

Kathryn Kennedy 23
 Charles Porter 25
 Rodney Erosky 28
 Terri Eggert 29



\$5 A Month Club

Thank you to the following who contributed to the club:

Jim Taylor
 Bob & Sharon Cook
 Cathy Perry
 Mary Holshouser
 Vi Nordgren

David & Judy Clemenson
 Char & Byron Moore
 Bruce Randall
 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!!!

Thank You

Dave Nordgren 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, Gene Giovannini, Steve Vanek, Willard & Ruthe Bauman, Terry & Janie Nelson, David & Judy Clemenson, Howard & Nora Appel, Jeff Smith and Susan Welsh-Smith, Steve Stewart, Bob & Linda Pearson, Bill & Becky Hamilton, and anyone we may have missed for the donations.

Thank You Steve Vanek for selling The Progressive Split The Pot Raffle Tickets.

Thank you Kathy Bundy and Terry Hepner for your effort in rototilling our garden!

Thank you to all our Members and Volunteers!!!

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:
Vice Chair:
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 Campbell &
Lala Powell

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:
Masked Knitting 1:30-4:30
Masked Pool 1:30-4:30

Wednesdays:
Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays:
Pool 1-4 pm





So far this year (2020), the center received \$231.47 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



PJK LLC



So far this year the center has received \$33.91 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.

- Alaska Food Coalition
- Amazon
- Enstar
- Fred Meyer/Kroger
- HEA
- Kenai Peninsula Borough
- Meals on Wheels America
- Peninsula Bishops Attic
- PJK LLC
- Private Donations
- State of Alaska/NTS Grant

Life Experiences Bingo

Cross out any squares containing life experiences that are true of you.
First one to get five in a row wins. In the event of a tie, prize will go
to the person with the highest total of crossed-out squares.

I know how to play a musical instrument.	I've jumped out of an airplane before.	I've milked a cow with my own two hands.	I can quote five or more consecutive Bible verses.	I can speak a foreign language.
I've visited another continent.	I can name all the books of the Bible in order.	I like to write (or read) poetry.	My picture has been printed in a newspaper.	I've gotten a ticket for speeding or for parking illegally.
I know how to ride a bike.	I've shaken hands with someone famous.	God loves me enough to send his Son to die for me.	I've hit a homerun in baseball before.	I enjoy opera music.
I've introduced somebody by the wrong name before.	I don't like chocolate.	I've owned my own business.	I've taught Sunday School.	I've fainted or thrown up in public.
I can rub my stomach and pat my head at the same time.	I know how to play Bridge or Chess.	I've struck out in baseball before.	I've baked homemade bread before.	I've participated in a mission trip.

June 2021 Menu

Meals will still be available as take-out (\$5 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal. Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Birthdays</i>						
Pauline Hanson 6/3 Ila Treat 6/3	Baked Ham Potato Dish Green Beans	Bingo @ 1:15 2 Chicken Fajita Flour Tortilla Rice Beans	Roast Beef Cubed Potatoes Veggie Gravy	Cheese Spinach Ravioli Vegetable Bread		Soup served daily with pick up meals
Red Carr 6/7 John Chiri 6/12	7 Sweet & Sour Meatballs Rice Vegetables	Bingo @ 1:15 9 Swiss Steak Mashed Potatoes Gravy Vegetable	Croissants w/Chicken Salad Jell-O Pasta Salad	Pier-side Salmon Patties Coleslaw Potatoes Tartar Sauce	11	12
	8 Baked Chicken Dressing Vegetable	15 Glazed Pork Tenderloin Dressing Vegetable Cranberries	16 Lemon Cream Chicken Breasts Rice Pilaf Vegetable		18	19
Joyce Wainscott 6/13 Karen Covey 6/13 Carolyn Rathert 6/18 Anne Christensen 6/18 John Ehlers 6/19	14 Lil' Cheddar Meatloaves Mashed Potatoes Gravy Vegetable	22 <i>Board Meeting</i> Turkey Tuesday	23 Bingo @ 1:15 Lightly Glazed BBQ Pork Ribs Corn Bean Bake	Sloppy Joes & Buns Potato Salad Red Jell-O		Suggested Donation \$7.00 Members \$11.00 Guests To-Go Soup \$1.00 per cup
Pauline Combs 6/20 Mariah Thomas-Wolf 6/20 Kathryn Kennedy 6/23 Charles Porter 6/25	21 Mushroom Penne Bake Vegetable Bread	29 Cashew Curried Beef Strips Rice Pilaf Vegetable	30 Bingo @ 1:15 Baked Ham & Swiss on Bun Jell-O Macaroni Salad	24 Monterey Chicken Breasts Rice Vegetable	25 Beefy Enchiladas Mexi Salad Taqitos	26 The cook reserves the right to change the menu without notice.
Rodney Erosky 6/28 Terri Eggert 6/29	28 Pork Chop Casserole Potatoes Vegetable					Salad Bar and Soup Served Daily with congregate meals **