



Ninilchik Senior Center

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

NOVEMBER



Coming Up:

Election Day 2nd
Daylight Savings 7th
(Fall Back)
Veterans Day 11th
(Center Closed)
Installation of stoves 12th
(Center Closed)
Thanksgiving Day 25th
(Center Closed 25th –
26th)

Note From the President of the Board:

As I'm writing this I'm looking out my window enjoying the first measurable snowfall of the season, at least at my house. I always am excited about the first snowfall of the season for several reasons. It starts to cover up everything that didn't get done. It's little enough that I can still clear off the deck and think that "I can keep it clear all winter". I really am a dreamer aren't I?

November brings several wonderful events for us Seniors and the rest of Ninilchik to enjoy.

We will have a holiday bazaar coming up the weekend of November 13-14. This should be a really fun event. There are going to be at least 16 vendors with lots of goodies for the holidays. I hope you can come and mingle with the vendors and others that are looking for a special something!

I don't know if you have heard but our kitchen is getting a new stove/oven as well as a new convection oven. It will be installed on November 12. This will mean the center will be closed that day. The day before is Veterans Day and the center will also be closed that day for the holiday. With the installation of these new ovens...imagine the possibilities! We look forward to the wonderful meals that MartiSue, Rick, and Casey always seem to generate.

Our water issues seem to be solved for the time being. We've implemented a plan to help keep sand out of the system. It seems to be working. A new well is probably in our future in the next couple of years, but time will tell. Whenever we do have to have a new well drilled, it will be a major expense that we'll need to plan for.

Thanksgiving is this month as well. I hope all of you can celebrate the holiday with loved ones and count all your blessings.

~Dick Hawkins, President

A Note from the Executive Director:

Welcome November! November is here and so is the snow. Although it is cold, it's so beautiful to see the trees and grasses covered with a frosty coating of fresh, sticky, sparkling snow – our winter wonderland is back but it's chilly - if you're planning on going out sledding or skiing, be sure to dress warm! Just a reminder... Sunday, November 7 Daylight Savings Time ends so be sure to set your clocks back before you go to bed Saturday night!

November brings with it several special days. November 11, we celebrate our Veterans. To all Veterans far and near, those here with us and those here with us in spirit – we thank you for your service! The senior center would like to say a special thank you to our Veterans by offering them a free lunch on November 10. Stop in and have lunch with us or pick up your lunch drive thru style whichever is your preference. We sincerely appreciate you and the sacrifices you and your families have made. November also brings with it Thanksgiving and the first day of Hanukkah. We will be having turkey dinner with all the trimmings on Wednesday, November 24 – please join us if you can!

~Julie Otto





How Veterans Day Began:

Veterans Day is always observed on November 11th with speeches, parades, and church services across the United States and in many places the American flag is hung at half mast. A period of silence lasting two minutes may be held at 11am.

When the holiday first began, it had a different name, which was Armistice Day. Here is how the day has progressed over time:

- It was first celebrated on November 11, 1919, which was the first anniversary of the end of World War I.
- In 1926, Congress passed a resolution for an annual observance.
- In 1938, November 11th became a national holiday.
- In 1954, President Dwight D. Eisenhower signed legislation changing the name to Veterans Day in order to honor veterans of all American wars. The day is to honor those who have died fighting as well as those who survived.
- In 1968, the Uniform Holidays Bill was passed by Congress, which moved Veterans Day to the fourth Monday in October. The law went into effect in 1971 but reverted back to November 11th in 1975 by President Ford because of the important historical significance the date held.

November: Fun Facts, Holidays,

Historical Events, and More

November was the ninth month of the ancient Roman calendar and has retained its name from the Latin *novem*, meaning "nine." In Finland, they call November *marraskuu*, which translates as "the month of the dead." It is one of four months with a length of 30 days on the Gregorian, or modern, calendar. In the United States and Canada, November is also known as National Beard Month or No Shave Month (also known as "No-Shave November") as a way to raise cancer awareness. Australians have a similar month where they grow a mustache instead of a full beard.



The flower for the month of November is the chrysanthemum. The word chrysanthemum comes from the Greek words *chrys* and *anthemum*, meaning golden flower. In the language of flowers, chrysanthemum is considered to symbolize honesty, joy, and optimism.

- National Men Make Dinner Day: the first Thursday in November (some of us think this should be every Thursday, year-round, but what do we know)
- National Sandwich Day: November 3, which is also National Housewife Day (we're detecting a theme here . . .)
- World Diabetes Day: November 14
- International Tolerance Day: November 16
- The first mechanically ventilated underwater tunnel in the world, the Holland Tunnel, opened to traffic on November 13, 1927.

Holiday Bazaar

Saturday, November 13 @

Sunday, November 14

From 10 am to 5 pm

At the

Ninilchik Senior Center

Tables are available:

\$25 for both days

\$15 for one day

\$10 extra if electricity is needed

Please come by the Senior Center
to register and reserve your tables

66265 Aspen Ave

(907) 567-3988





Ninilchik Senior Center Activities Calendar

MORNING	AFTERNOON
M Beginners Yoga 10:30-11:30	Quilting 10:00-4:00
T	Knitting: Masks Required 1:30-4:00 Billiard: Masks Required 1:00-4:00
W Beginners Yoga 10:30-11:30	Bingo 1:15- 3:30 Billiards 1:00-4:00
T	Game Day 1:00-4:00 Knitting 1:30-4:00
F	Quilting: Masks Required 1:30-4:00
S	
S	

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

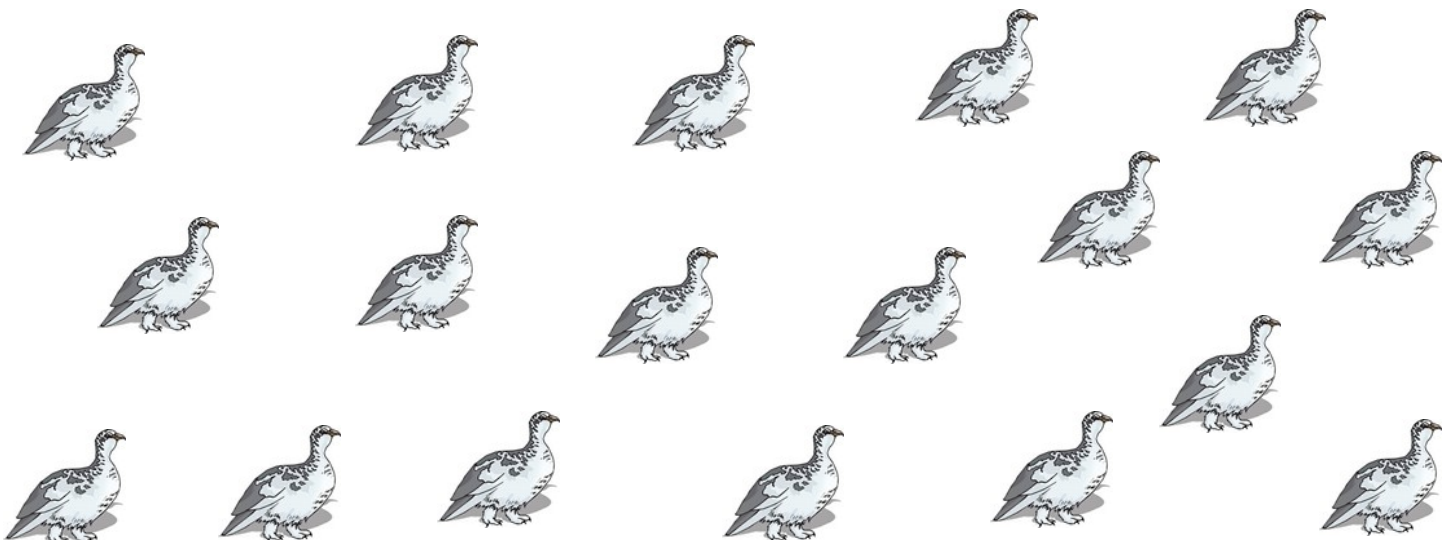
(1) Eagle: grand prize winner: 50% of the pot

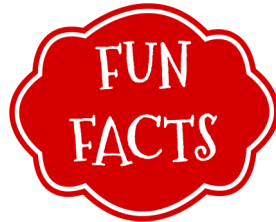
(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to the prior weeks winners: Sharon Cook, Jim Beall, Ron Jorgenson , Nora Appel, Jim Beall





Believe or not, there's more to life for those 65 and older other than game night and golf courses. You feel wiser. You know yourself better. And you also become a part of a powerful demographic. To celebrate this special time in your life, we've shared some interesting facts for seniors that may surprise you.

1. Age doesn't determine success.

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

2. We lose a few bones along the way.

We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.

3. Seniors hold the most voting power.

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

4. Creativity doesn't diminish with age.

Laura Ingalls Wilder didn't publish Little House in the Big Woods until 65. Millard Kaufman didn't publish his first novel until 90!

5. Seniors are living longer.

Due to advancements in healthcare and technology, people are living longer. By the year 2040 the population of seniors over 85 is expected to triple from 5.7 million to 14.1 million.

6. ...and growing faster.

According to the US Census Bureau, older adults make up the fastest growing age group within the United States.

7. You (mostly) have control over aging.

[Studies](#) argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.

8. There's less stress after 65.

Despite citing other health and money concerns, those 65 and older experience less stress.

9. Learning can save your brain.

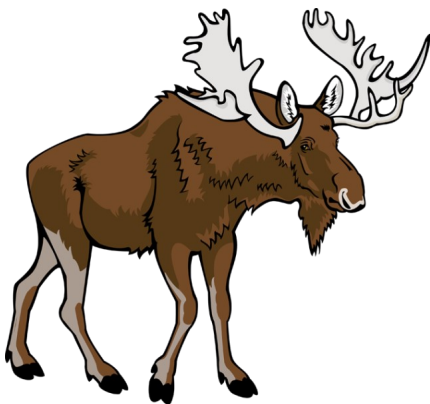
In response to learning, senior citizens can grow new neurons over time which can help fight off dementia.

10. Sleeping habits alter over time.

Our sleeping patterns change as we age: we get tired earlier and wake up earlier.



1. Who operated and what was the “ACS” in territorial days and early statehood?
2. The 1964 earthquake caused a tidal wave to strike what west coast city?
3. Who showed Joe Juneau and Richard Harris their great gold find?
4. True / False Pingos are commonly found in Interior Region?
5. Petersburg is known for what foreign ancestry?
6. Name the United States Representative for Alaska in 1985.
7. Approximately three fourths of all the fresh water in Alaska is stored in what way?
8. The Bald Eagle has a wing span of how many feet?



1. The Alaska Communi- cation System operated by the U.S. Army for long distance tele- phone and telegraph service
2. Crescent City, Califor- nia
3. Kowee, Chief of the Auk Tlingits
4. True (pingos: dome shaped mound)
5. Norwegian
6. Don Young
7. Glacial Ice
8. 6.5 to 8 feet

Riddles



1. Which is faster, hot or cold? **Hot, you can easily catch cold.**
2. Forwards I am heavy .Backwards I am not. What am I? **ton**
3. What question can you never answer 'yes" to" **Are you asleep/ dead?**
4. What has teeth but cannot eat? **A comb**
5. What kind of dog never bites? **A hot dog**
6. What wears a cap but has no head? **A bottle**
7. Why is six afraid of seven? **Because seven eight (ate) nine.**
8. What country is popular on Thanksgiving Day? **Turkey**
9. It is black, but you say it is clean. It is white, but you say it is dirty. What is it? **Blackboard**
10. Which table doesn't have legs? **Vegetable**
11. What's never used until it's broken? **Egg**
12. What is the smallest room in the word? **Mushroom,**
13. Why did I throw the butter out of the window? **Because I wanted to see the butterfly.**
14. What starts with E, ends with E and only has one letter? **An envelope**
15. What is the largest ant in the world? **Elephant**
16. What start with a "t" ,end with a "t" and is full of "t"? **teapot**
18. From what number can one take half and leave nothing? **8**
19. What has hands but no feet, a face but no eyes, tells but does not talk? **Clock**
20. How many months have 28 days? **All**
21. What do you drop when you need it and take back when you don't? **An anchor**
22. What 5-letter word has six left when you take 2 letters away?
23. What do tigers have that no other animals have? **Baby tigers**
24. What can you swallow than can also swallow you? **Water**
25. Which three letters can frighten a thief away? **I C U**
26. What appears once in every minute, twice in every moment, but not once in thousand years? **M.**
27. What belongs only to you and yet is used more by others than by yourself? **My name**
28. Why is a river rich? **It has two banks**
29. I have cities but no houses, forests but no trees; rivers but without water; what am I? **Map**
30. A man jumped from a plane, but there was nothing wrong with him. Do you know why? **It's on the ground**
31. What man cannot live inside a house? **Snowman**
32. What match can't be put in a match box? **Football match, basketball match**
33. The more you take away, the bigger I become. What am I? **Hole**
34. What part of London is in Brazil? **L**
35. What is that you ought to keep after you give it to somebody else? **A promise**
36. When is your uncle's sister not your aunt? **When she's your mother**
37. Mrs. Smith has nine children, half of them are girls. How can this be true? **All them are girls**
38. How many cheese sandwiches can you eat on an empty stomach? **Only one**
39. When will a net hold water? **When the water is frozen**
40. A hungry donkey was tied to a rope eight feet long. About thirty feet away there was a basket of fresh carrots. The donkey wanted to eat those carrots. How did he reach them? **It's not tied to anything else!**
41. What can you hold in your left hand, but not in your right hand? **Your right hand**

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.

Mike Chihuly 2

Nancy Jo Pennington 3 Harriet Covey 13

Jack Rathert 4 Charlene Huhndorf 14

Robert Wainscott 5 Glen Thomas 14

Jane Smith 6 Judy Johnson 14

Lenore Jones 7 Deborah Bandelow 19

Bill Walsh 7 Faye Woodhead 20

Torvald Hansen 11 Russell Overfield 22

Tina Little 22

Delores Lindeman 25

Jody Michaeli 25

Michael Bostwick 27

Willie Dixson 28



\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson

Bob & Sharon Cook

Char & Byron Moore

Cathy Perry

Bruce Randall

Mary Holshouser

John & Janice Nofziger

Vi Nordgren

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!!!

HAPPY BIRTHDAY

Thank You

Dave Nordgren for trash removal.
To all of those who helped out or donated but didn't sign the volunteer book.

Thank you to Jojo Seitz, Vi Nordgren, Steve Vanek, Sharon Cook, Dick Hawkins, Cheryl Doyle, Larry Wallace and anyone we may have missed for their Volunteer efforts.

Thank You Steve Vanek for selling The Progressive Split The Pot Raffle Tickets. Thank you to all our Members and Volunteers!!!

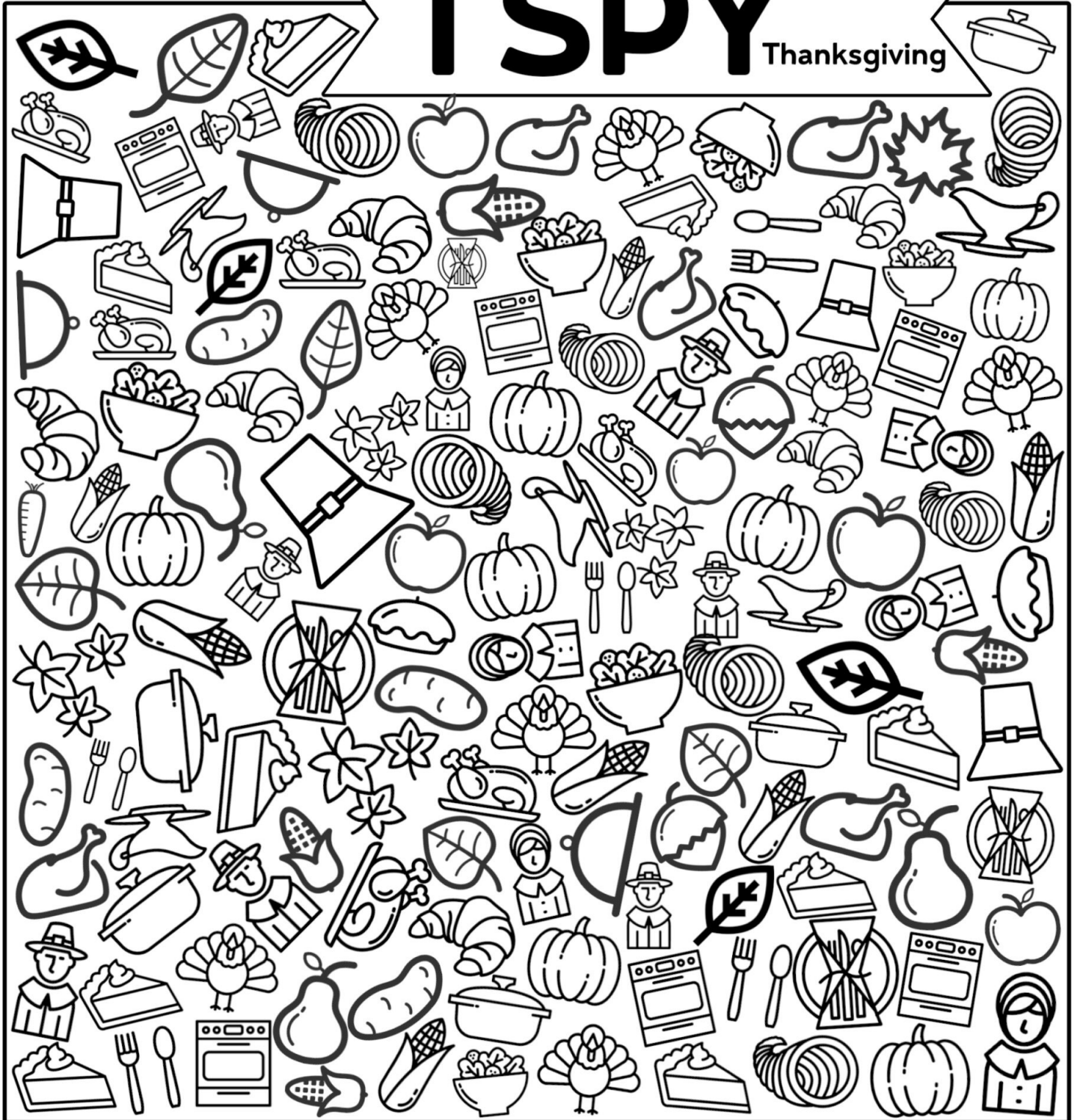
Thank you to all our Volunteers!!!

Thank you to all our Donors!!!

Thank you to our Cooks!!!

I SPY

Thanksgiving



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

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: Kaye Waldsmith
Vice Chair: Steve Vanek
Treasurer: John Nofziger
Trustee: David Clemenson
Secretary: Vi Nordgren

Staff

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

Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.

Suggested donation:

\$8 or members, \$12 for non-members

Lunch includes: soup,
salad, entrée and dessert

Events and Activities

Weekly

Mondays:

Beginner's Yoga 10:30-11:30
Quilting/Sewing 1-4 pm

Tuesdays:

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

Wednesdays:

Beginner's Yoga 10:30-11:30
Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays:

Pool 1-4 pm





5 Good book to read for seniors.

- 1. THE NIGHTINGALE BY KRISTIN HANNAH-** Hannah's novel is a World War II page-turner featuring two sisters living in France when the Nazi's invade. The sisters respond in very different ways to the occupation with one ultimately joining the Resistance and putting her life on the line for freedom. A popular book for all generations, *The Nightingale* is a must-read for anyone who loves historical fiction and cheers for the underdog.
- 2. A MAN CALLED OVE BY FREDRIK BACKMAN-** In this novel, a lonely and sad old man hides behind a grumpy exterior, leading his neighbors to call him the bitter neighbor from hell, but it all changes when chatty young neighbors with young children move next door to him. At times funny and at other times breathtakingly heartbreaking, *A Man Called Ove* explores the power of intergenerational friendship and makes us want to love our neighbors a little bit better.
- 3. THE BOYS IN THE BOAT: NINE AMERICANS AND THEIR EPIC QUEST FOR GOLD AT THE 1936 BERLIN OLYMPICS BY DANIEL JAMES BROWN—**This non-fiction read will appeal to those who enjoyed *Unbroken* and *Seabiscuit* by Laura Hilenbrand. The dramatic story of the American rowing team that stunned the world at Hitler's 1936 Berlin Olympics, the author draws from the boys' own diaries and journals to share their remarkable story about beating the odds and finding hope in desperate times.
- 4. THE IMMORTAL LIFE OF HENRIETTA LACKS BY REBECCA SKLOOT-** Henrietta Lacks, known by scientists as HeLa, was a poor Southern tobacco farmer whose cells were taken without her knowledge and ultimately became one of the most important tools in modern medicine. The first "immortal" human cells grown in culture are still alive today, even though Henrietta Lacks passed away more than 60 years ago. Skloot takes the reader on an extraordinary journey, breaking down hard to understand scientific principles, and leading the reader to question the origins and ethics of modern medicine.
- 5. THE SWEETNESS AT THE BOTTOM OF THE PIE BY ALAN BRADLEY-** Set in the English countryside in 1950, this book is an old-fashioned mystery novel and is the first book in a 10-book series. The main character is an 11-year-old amateur sleuth and chemist who uses her skills to clear her father of a murder charge. Although the main character is a child, the style and tone of writing and the powerful character development makes this a great read for anyone who loves vintage traditional crime novels.



So far this year (2020), the center received **\$196.22** 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



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

November 2021 Menu

Meals will still be available as take-out (\$7 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
Birthdays			Bingo @ 1:15 3			Information 6
Mike Chihuly 11/2 Nancy Jo Pennington 11/3 Jack Rathert 11/4 Robert Wainwright 11/5 Jane Smith 11/6	Glazed Ham Potato Dish Vegetable	Salisbury Steaks Noodles Gravy Vegetable	Monterey Chicken Breasts Rice Vegetable	Mushroom Pasta Casserole Broccoli/Cauliflower Salad Garlic Bread	Sockeye Fillets Potatoes Vegetable	Soup served daily with pick up meals
7	8	9	Bingo @ 1:15 10	11	12	13
Lenore Jones 11/7 Bill Walsh 11/7 Don Giovannini 11/8 Torvald Hansen 11/11 Harriet Covey 11/13	Baked Chicken Potatoes Country Gravy Vegetable	Shredded Mexi- Beef Spanish Rice Refried Beans Tortillas	Spinach Cheese Ravioli Broccoli/Cauliflower Salad Garlic Bread	Closed for Veteran's Day	Lil' Cheddar Meatloaf Mashed Potatoes Gravy Vegetable	Holiday Bazaar 11/13 & 11/14
14	15	16	Bingo @ 1:15 17	Board Meeting 18	19	20
Charlene Huhndorf 11/14 Glen Thomas 11/14 Judy Johnson 11/14 Deborah Bandelow 11/19 Diana Lindholm 11/19 Molly Powell 11/19 Faye Woodhead 11/20	Kielbasa Sausages Buttered Cabbage Creamy Corn	Lemon Chicken Breasts Rice Pilaf Vegetable	Roast Beef Potatoes Gravy Vegetable	Toasted Ham & Swiss Sandwich Jell-O Macaroni Salad Potato Chips	Halibut Rice Casserole Vegetable	Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
21	22	23	Bingo @ 1:15 24	25	26	27
Russ Overfield 11/22 Tina Little 11/22 Delores Lindeman 11/25 Jody Michaeli 11/25 Michael Bostwick 11/27	Glazed Pork Tenderloin Yams Green Beans	Swiss Steak Noodles Vegetable	Gobble Till You Wobble Turkey Day	Closed for Thanksgiving	Closed	The cook reserves the right to change the menu without notice.
28	29	30	Dec 1	Dec 2	Dec 3	
Willie Dixon 11/28	Beef Stroganoff Vegetable Parsley Noodles	BBQ Glazed Chicken Bean Bake Potato Salad	Sweet & Sour Meatballs Rice Vegetable	Croissants Cashew Chicken Salad Jell-O Pea Salad	Crispy Pork Cutlets Pasta w/red Sauce Vegetable	Salad Bar and Soup Served Daily with congregate meals **