



Ninilchik Senior Center

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

November

Note From the President of the Board:

Well folks, it's officially winter. Anywhere from 6 inches to a foot of snow on the western Kenia Peninsula. Please drive careful and give the road crews plenty of room to do their jobs. Be careful walking around. That ice can sneak up on you before you know it.

Some fun things coming up in November. The Center is hosting its' annual Holiday bizarre November 11-12. There will be lots of goodies, holiday gift ideas etc. Come on out and see what our local entrepreneurs have available.

Thanksgiving is celebrated this month. The Center will be closed on Thursday and Friday. I hope everybody has a wonderful holiday and please be thankful for all you have, especially our wonderful Senior Center.

There is also a rather important date coming up on November 8. That is Election day. Please get out and vote. It is important to maintain our freedom and our Republic.

I would like to end this note with a HUGE thank you to all our staff at the Senior Center. They all are very special and perform a valuable service to our members. When you see them give them a big smile and a bigger thank you.

~ Dick Hawkins, President

Coming Up:

Daylight Savings
Time Ends
Turn Clocks Back
6th

Election Day 8th
Veterans Day 11th
(Closed)
Thanksgiving 24th
(Closed)

Closed Friday 25th



A Note from the Executive Director:

November is here once again! We've had our first "real" snowfall already so we don't have to worry about that anymore! With November comes two holidays – Veteran's Day and Thanksgiving, both of which we get to say thank you! We have so many things to be thankful for each day, it's nice to have holidays to share that feeling. The senior center would like to say a special thank you to our Veteran's 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, but lunch is on us that day! We sincerely appreciate you and the sacrifices you and your families have made.

If you're looking for something to do on Veteran's Day and the day after, the Senior Center will be having our annual Holiday Bazaar from 10 am – 5 pm both days (November 11 and 12). Stop by and support our local talent. There will be crafts, baked goods, food, jewelry and much, much more.

Thanksgiving is on November 24. Although there is a lot going on in our world, state and country, there is so much to be thankful for. I am thankful for my family and friends, my freedom, the great state we live in, and the wonderful people I get to interact with every day. As November comes and goes as every month does, I hope you all are able to take a moment and reflect on things that you are thankful for too. Have a wonderful and happy Thanksgiving! ~Julie Otto

A close-up, slightly angled view of the American flag, showing the blue field with white stars and the red and white stripes. The flag is draped over a white surface, creating soft folds and shadows.

Thank you
VETERANS



Thanksgiving Day, annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another. Thanksgiving Day is celebrated on Thursday, November 24, 2022.

Plymouth's Thanksgiving began with a few colonists going out "fowling," possibly for turkeys but more probably for the easier prey of geese and ducks, since they "in one day killed as much as...served the company almost a week." Next, 90 or so Wampanoag made a surprise appearance at the settlement's gate, doubtlessly unnerving the 50 or so colonists. Nevertheless, over the next few days the two groups socialized without incident. The Wampanoag contributed venison to the feast, which included the fowl and probably fish, eels, shellfish, stews, vegetables, and beer. Since Plymouth had few buildings and manufactured goods, most people ate outside while sitting on the ground or on barrels with plates on their laps. The men fired guns, ran races, and drank liquor, struggling to speak in broken English and Wampanoag. This was a rather disorderly affair, but it sealed a treaty between the two groups that lasted until King Philip's War (1675–76), in which hundreds of colonists and thousands of Native Americans lost their lives.

The New England colonists were accustomed to regularly celebrating "Thanksgivings," days of prayer thanking God for blessings such as military victory or the end of a drought. The U.S. Continental Congress proclaimed a national Thanksgiving upon the enactment of the Constitution, for example. Yet, after 1798, the new U.S. Congress left Thanksgiving declarations to the states; some objected to the national government's involvement in a religious observance, Southerners were slow to adopt a New England custom, and others took offense over the day's being used to hold partisan speeches and parades. A national Thanksgiving Day seemed more like a lightning rod for controversy than a unifying force.



Thanksgiving Day did not become an official holiday until Northerners dominated the federal government. While sectional tensions prevailed in the mid-19th century, the editor of the popular magazine *Godey's Lady's Book*, Sarah Josepha Hale, campaigned for a national Thanksgiving Day to promote unity. She finally won the support of President Abraham Lincoln. On October 3, 1863, during the Civil War, Lincoln proclaimed a national day of thanksgiving to be celebrated on Thursday, November 26.

The holiday was annually proclaimed by every president thereafter, and the date chosen, with few exceptions, was the last Thursday in November. President Franklin D. Roosevelt, however, attempted to extend the Christmas shopping season, which generally begins with the Thanksgiving holiday, and to boost the economy by moving the date back a week, to the third week in November. But not all states complied, and, after a joint resolution of Congress in 1941, Roosevelt issued a proclamation in 1942 designating the fourth Thursday in November (which is not always the last Thursday) as Thanksgiving Day.

As the country became more urban and family members began to live farther apart, Thanksgiving became a time to gather together. The holiday moved away from its religious roots to allow immigrants of every background to participate in a common tradition. Thanksgiving Day football games, beginning with Yale versus Princeton in 1876, enabled fans to add some rowdiness to the holiday. In the late 1800s parades of costumed revelers became common. In 1920 Gimbel's department store in Philadelphia staged a parade of about 50 people with Santa Claus at the rear of the procession. Since 1924 the annual Macy's parade in New York City has continued the tradition, with huge balloons since 1927. The holiday associated with Pilgrims and Native Americans has come to symbolize intercultural peace, America's opportunity for newcomers, and the sanctity of home and family.

Days of thanksgiving in Canada also originated in the colonial period, arising from the same European traditions, in gratitude for safe journeys, peace, and bountiful harvests. The earliest celebration was held in 1578, when an expedition led by Martin Frobisher held a ceremony in present-day Nunavut to give thanks for the safety of its fleet. In 1879 Parliament established a national Thanksgiving Day on November 6; the date has varied over the years. Since 1957 Thanksgiving Day has been celebrated in Canada on the second Monday in October.



When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is **October 15 - December 7**.

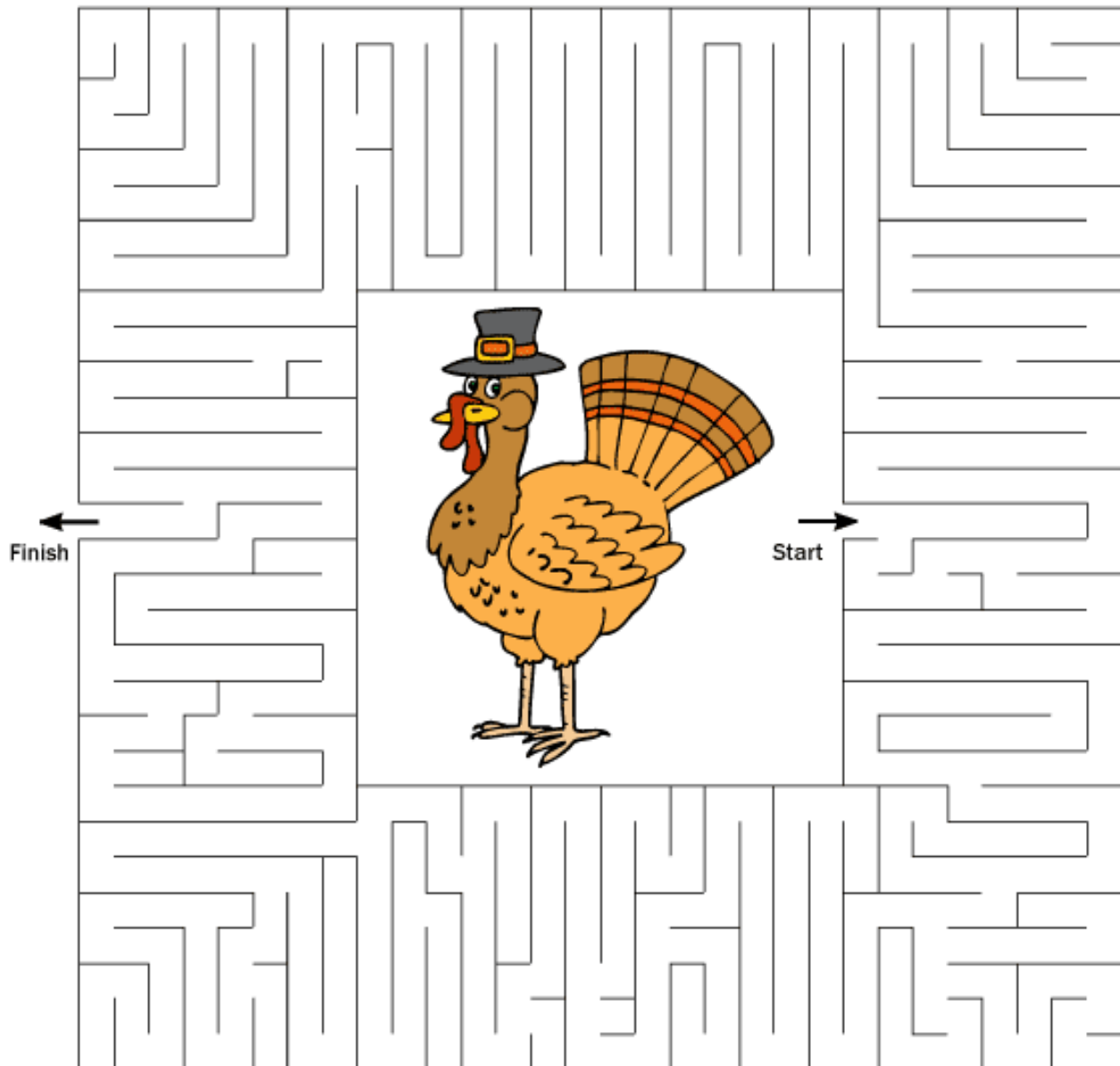
What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or [Medicare.gov](https://www.medicare.gov).

NOVEMBER



November Calendar

November 1 is All Saints' Day.

November 4 is also Will Rogers Day.

November 5 is Sadie Hawkins Day.

November 6 at 2 A.M. is the **end of Daylight Saving Time**. Set your clocks back one hour on Saturday night at bedtime! See more about DST.

November 8 is Election Day (U.S.). Don't forget to vote in state and federal elections! Every vote counts. Make an Election Day Cake to celebrate.

November 11 is Veterans Day (U.S.) and **Remembrance Day** (Canada).

If you're fortunate, you may experience an "**Indian Summer**" in November; but according to the traditional definition, it can only occur between November 11 and 20! What is an Indian Summer?

- **November 19** is **Discovery of Puerto Rico Day**.

November 24 is **Thanksgiving Day** (U.S.). Understand the history and origins of Thanksgiving.

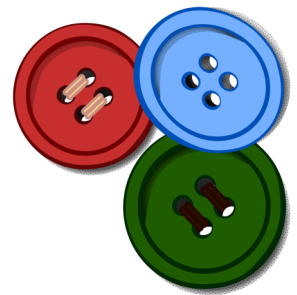
November 28 is also the First Sunday of Advent.

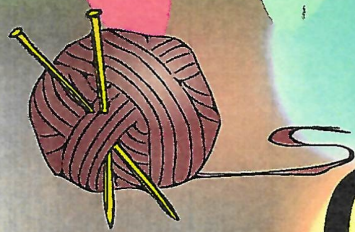


“Just for Fun” Dates in November”

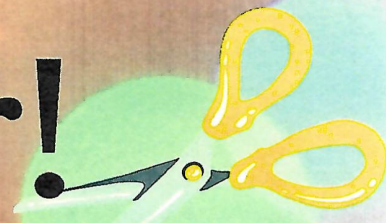
November is Banana Pudding Lovers Month—who knew? Here are some more wacky celebrations to look forward to:

- . **Nov. 1:** National Cook for Your Pets Day
- . **Nov. 6:** Zero-Tasking Day
- . **Nov. 9:** National Scrapple Day
- . **Nov. 16:** National Button Day
- . **Nov. 21:** World Hello Day
- . **Nov. 23:** Fibonacci Day





Craft Fair!



November 11th and 12th
Friday & Saturday

10am to 5pm

Don't Miss Out!

Ninilchik Senior Center

66265 Aspen Ave

(907) 567-3988



TURNING LEAVES

FALL TRIVIA

How much do you know about the Autumn/Fall season? A total of 17 points is available. Loser has to rake leaves from the yard!

Answers on page three.



- 1 What do trees stop producing which causes their leaves to change color?

Chlorophyll II

- 2 What is the full name of Halloween?

All Hallows Eve

- 3 True or False: the world's biggest pumpkin weighed 1,689 pounds, or 0.76 metric tonnes.

True

- 4 What word, now associated with farming, was the Autumn season formerly known as?

Fall

- 5 Name the English worshippers of oak trees, who harvested plants using sickles?

warlocks

witches

priests

druids

- 6 The Simpsons broadcasts a Halloween Special show every season. What does the show's creator, Matt Groening, call himself in the credits?

Cat Groening

Bat Groening

Witch's Hat Groening Brat Groening

- 7 True or False: maple syrup is made during the Fall season.

False: Made in the winter and spring

Mike Chihuly 2

Nancy Jo Pennington 3

Jack Rathert 4

Bob Wainscott 5

Dan Miller 6

Bill Walsh 7

John Bithos 11

Torvald Hansen 11

Harriet Covey 13

Charlene Huhndorf 14

Glen Thomas 14

Judy Johnson 14

Diana Lindholm 19

Molly Powell 19

Keith Hediger 20

Faye Woodhead 20

Russ Overfield 22

Tina Little 22

Dee Lindeman 25

Jody Michaeli 25

Myrtle May Erickson 27

Carol Lane-Johnson 28

Emma Allen 29



Thank You

Sharon Cook and Vi
Nordgren for cleaning out
the garage!

Dave Nordgren for the trash
removal

Steve Vanek for selling the
split the pot raffle tickets

Don't forget to log all of your
time in the volunteer book

Thank you to all of our mem-
bers and volunteers

Thank you to all the donors

\$5 A Month Club

Thank you to the following who contribut-
ed to the club:

David & Judy Clemenson	Bruce Randall
Delmer McCune	Debbie MacLean
Nora & Howard Appel	Cathy Perry
Char & Byron Moore	Jim Beall
John & Janice Nofziger	Les Gott "Moondog"

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!!!

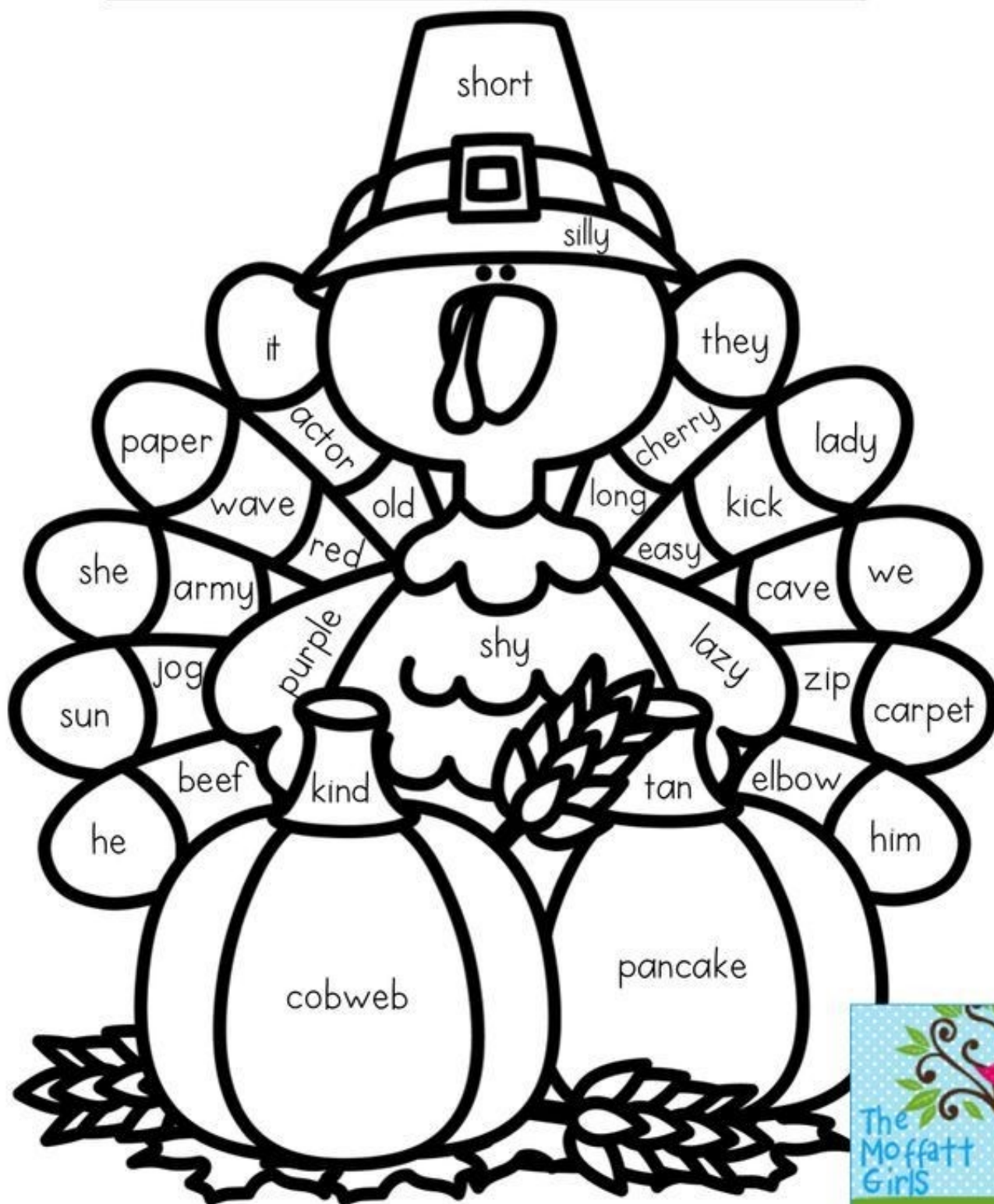
Name: _____

Date: _____

Color by Part of Speech

Directions: Use the color code to color the picture.

nouns = orange	adjectives = brown
verbs = red	pronouns = yellow



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: Michael Wiebelhaus
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:

Quilting/Sewing 1-4 pm

Tuesdays:

Knitting 1:30-4:00

Wednesdays:

Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays: Billiards 1-4 pm





So far this year (Fiscal year 2023), the center received **\$53.03** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

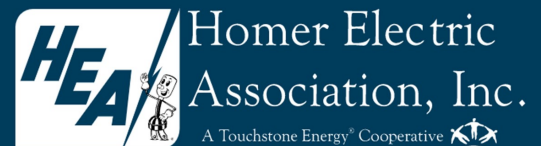
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is **GP013**.

The Senior Center is partially funded by these Corporate Sponsors



So far this fiscal year the center has received **\$179.91** 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
Private Donations
State of Alaska/NTS Grant

November 2022 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays			Bingo @ 1:15 2	3	4	Information 5
Mike Chihuly 11/2 Nancy Jo Pennington 11/3 Jack Rathert 11/4 Bob Wainscott 11/5	Cordon Bleu Pasta Casserole Vegetable Garlic Bread	Sweet & Sour Meatballs Rice Vegetable	Roasted Pork Tenderloin Yam Casserole Vegetables	Beef & Bean Burrito Red Beans & Rice Corn Salad	<i>Soup served daily with pick up meals</i>	
6	7	Election Day 8	Bingo @ 1:15 9	10	11	12
Dan Miller 11/6 Bill Walsh 11/7 John Bithos 11/11 Torvald Hansen 11/11	Lil' Cheddar Meatloaf Mashed Potato Gravy Vegetable	Asian Chicken Thighs Eggroll Rice	Beef Stroganoff Noodles Vegetable	Monterey Chicken Breasts Ancient Grains Vegetable	Closed Veteran's Day	
13	14	15	Bingo @ 1:15 16	Board Meeting 17	18	19
Harriet Covey 11/13 Charlene Huhndorf 11/14 Glen Thomas 11/14 Judy Johnson 11/14 Diana Lindholm 11/19 Molly Powell 11/19	Roast Beef Potatoes Gravy Vegetable	Lasagna Vegetable Garlic Bread	Crispy Pork Cutlets Yam Casserole Vegetable	Liver and Onions Potatoes Vegetable	Croissants Cashew Chicken Salad Texas Caviar Jell-O	
20	21	22	Bingo @ 1:15 23	24	25	26
Keith Hediger 11/20 Faye Woodhead 11/20 Russ Overfield 11/22 Tina Little 11/22 Dee Lindeman 11/25 Jody Michaeli 11/25	Hawaiian Style Chicken Rice Vegetable	Florentine Spaghetti Vegetable Garlic Bread	Turkey Wednesday Gobble till you Wobble ☺	Closed for Thanksgiving	Closed	Salad Bar and Soup Served daily with congregate meals
27	28	29	Bingo @ 1:15 30	Dec 1	Dec 2	
Myrtle May Erickson 11/27 Carol Lane-Johnson 11/28 Emma Allen 11/29	Baked Ham Scalloped Potatoes Vegetable	Beef Fajitas Beans Rice Chips & Salsa	Crispy Chicken Country Gravy Mashed Potatoes Vegetable	Meatballs in BBQ Sauce Bean Bake Corn	Link Sausage Frittata Cubed Potatoes Blueberry Bread Pudding	