



Ninilchik Senior Center

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



Coming Up:

~Annual Membership Meeting 8/12

12:45 pm

~Sew Saturday 8/16 9-4

~Board Meeting 8/21

A Note From the President of the Board:

Well, here it is August already. Where has the summer gone? We have had a pretty nice summer in my opinion, and August is shaping up to be a continuation.

What is happening at the center in August? First of all there is the Annual Membership Meeting coming up on Tuesday, August 12 at 12:45. There will be elections of board members. If you are interested in being on the board of directors then please contact the office and fill out the form declaring your intent to run. We have a very active board. They are very involved in all that goes on at the Senior Center. Again, if you are interested please contact the office.

August is when we start to say goodbye to our snowbirds. If you are heading south in August I pray you have safe travels and a nice warm winter. Keep in touch and let us know how you are doing. Keep your eye on the newsletter for the latest happenings at the center.

We have an anonymous donor at the center who has pledged to match \$10,000 for the kitchen remodel. This matching ends on August 15th. As of today we have had \$ 4,623. donated. If you can, please donate so we can see our kitchen remodel be successful.

We said goodbye to Casey Campbell, our cook for the last couple of years and have welcomed Niki Keenan as our new cook. She has been working in the kitchen part time for the last year and has taken on the job of cook with gusto. Please welcome her when you get a chance.

We had a very successful Fundraiser on July 25th. All the pirates that attended helped raise somewhere around \$14,000. Thank you all for your participation. It was a fun evening.

God Bless you all.



A Note from the Executive Director:

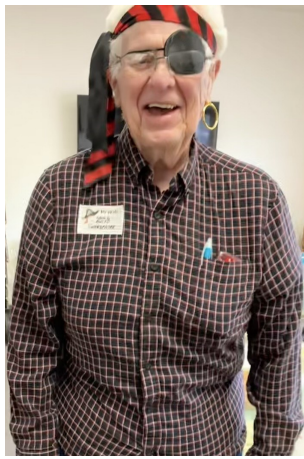
August already? Summer goes so fast here in Alaska. Already the fireweed is blooming and on it's way to the top. They say that once the fireweed blooms all the way to the top it's only six weeks until the snow flies! Some years that seems to be true, but hopefully not this year!! However, summer is starting to wind down, get out and enjoy it when you can!

This year, August brings with it our annual meeting. The date of the annual meeting is August 12th. Three board seats will be on the ballot this year. If you are interested in running for one of them, there is still time! Please see the office if you're interested. Please try and join us for the meeting if you are able. Find out about what's happened over the past year here at the center and enjoy a great lunch while you're here!

There are a lot of events taking place in August here in Ninilchik; concerts, Kenai Peninsula Fair, and school starting to name a few. Time to be cautious and alert when out driving around.

Huge thank you to everyone who joined us for our annual fundraiser this year. It was a huge success thanks to all of you! It was so much fun seeing everyone dressed up like pirates! Plans are already underway for next year's fundraiser. Stay tuned for information on what next year's theme will be.....then start planning for your costume! Enjoy the rest of your summer everyone!

~ Julie Otto



A Swashbuckling time was had at the Annual Fundraiser Dinner & Auction!



So many pirates showed up!

Thank you to all who helped, donated and participated in this year's fundraiser!





Exercise and the Aging Person

Overview

There are many benefits of following a regular exercise program. This is true even for people who have joint pain, back pain, [arthritis](#), or [osteoporosis](#). And it is also true for people who are recovering from an injury. Or people who are recovering from surgery such as [joint replacement](#) or [arthroscopy](#). Exercise has also been shown to help people of all ages. That's because it helps to lower blood pressure, lower the risks of falls and serious injuries (such as hip or wrist fractures), and slow the body's loss of muscle and bone mass. Exercise also helps to do the following:

- Increase flexibility
- Tone muscles
- Build stronger bones
- Improve mobility and balance
- Boost self-image
- Relieve insomnia
- Relieve tension and stress
- Offset feelings of anxiety and depression
- Stay at a healthy weight
- Enhance cardiovascular fitness
- Increase HDL ("good") cholesterol levels
- Reduce the risk of chronic diseases (such as type 2 diabetes or certain types of cancer, such as breast cancer or colon cancer)
- Provide fun and enjoyment
- Live a longer, healthier life
- Reduce joint and muscle pain

Exercise and the older adult

It's never too late to start an exercise program. With today's medical technology and scientific advances, more men and women are living longer. And with longer lives, people are looking for a higher quality of life. Greater importance is placed on independent, healthy living. Exercise is a great way to keep older people active.

But exercise should be approached carefully. Exercise doesn't have to be vigorous to be helpful. Even a walk around the park can be positive for any age body and mind. And so can 30 minutes of working in the garden. Also, you don't have to do 30 minutes of exercise all at one time. Research now suggests it's just as effective to do 3, 10-minute periods of exercise spread out over the day.

Talk with your healthcare provider if you have an existing health condition or you are just starting an exercise program. Your provider can help make sure the exercise program that you choose is designed with your health and wellness in mind.

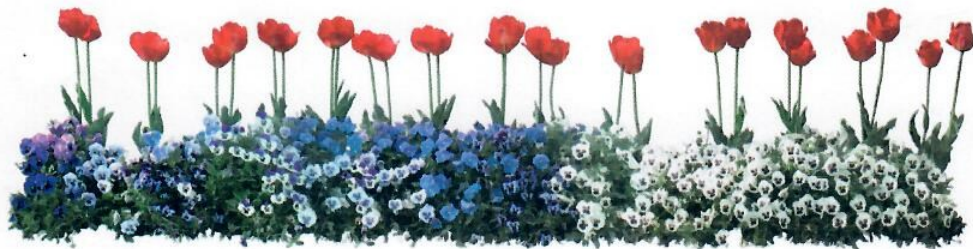
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Ninilchik Senior Citizens, Inc

Presents Our

Annual Membership Meeting

**Tuesday, August 12, 2025
at 12:45 pm**



Reminder:

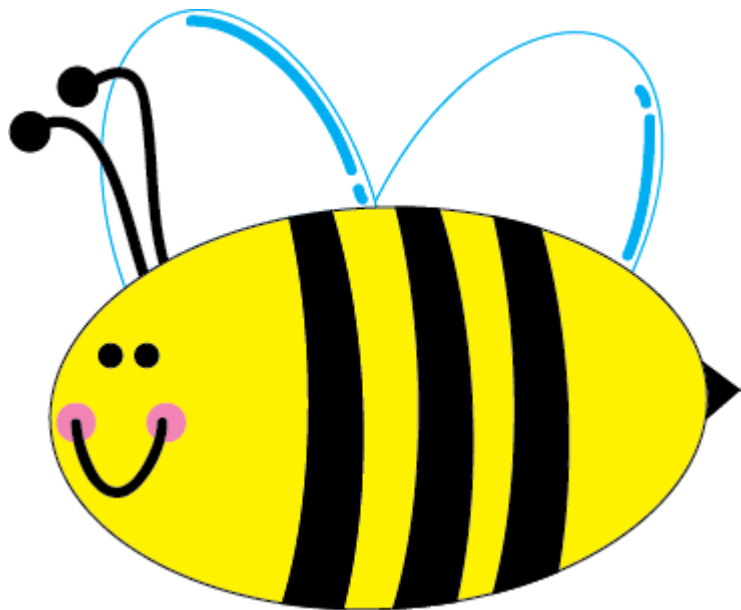
**To vote at this meeting, your
Membership Dues must be current**

Save the date

September 4, 2025

11:30am

**Family Caregiver Program
Informational meeting**





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

1sudoku.com

n° 120137 - Level Easy

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

1sudoku.com

n° 115104 - Level Easy

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

1sudoku.com

n° 218948 - Level Medium

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

1sudoku.com

n° 224782 - Level Medium

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

1sudoku.com

n° 321902 - Level Hard

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

1sudoku.com

n° 320735 - Level Hard

August

August has three birthstones: peridot, spinel, and sardonyx. Peridot is a vibrant green gemstone. Spinel comes in a variety of colors, including pink, red, and purple. Sardonyx is a reddish-brown gemstone with white bands



The August birth flowers, Gladiolus & Poppy



The August birth signs are Leo and Virgo. Leos are those born between July 23 and August 22, while Virgos are born between August 23 and September 22



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 or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

16 cards

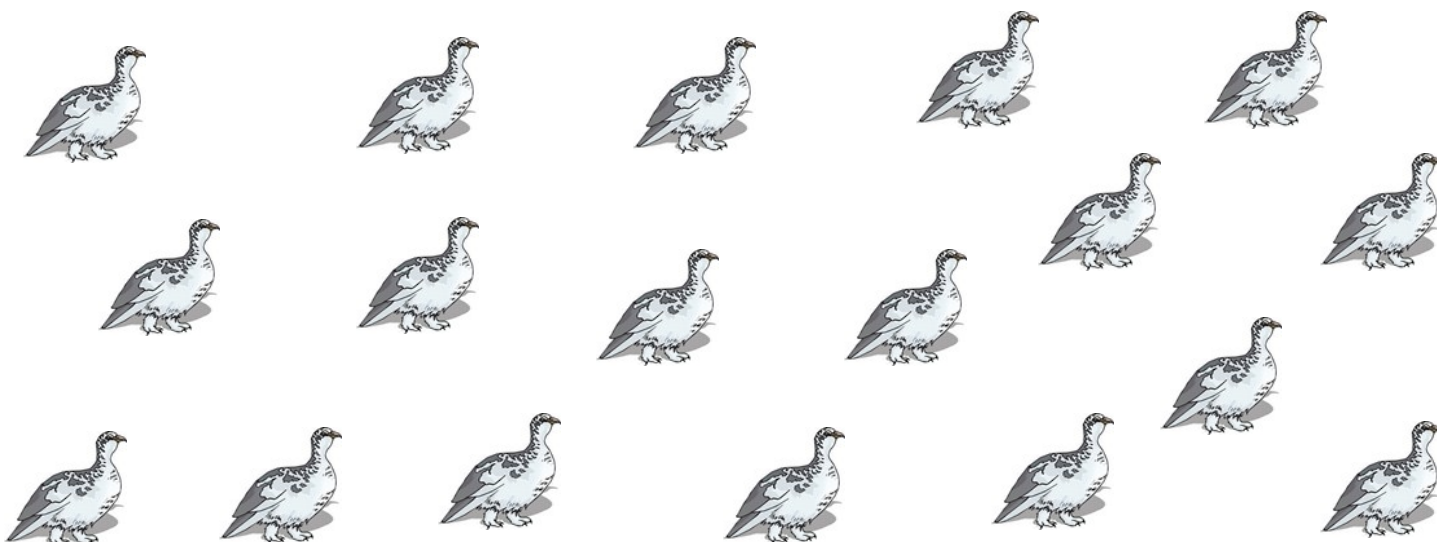
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to all the prior weeks winners





Birds

Find and circle all of the birds that are hidden in the grid.
The remaining letters spell an additional bird.

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

BLACKBIRD
BUDGIE
CANARY
CARDINAL
CHICKEN
CRANE
CROW
DODO
DOVE
DUCK

MARTIN
MOCKING-
BIRD
MYNA
OSTRICH
OWL
PARAKEET
PARROT
PELICAN
PIGEON
RAVEN

EAGLE
EMU
FALCON
FINCH
FLAMINGO
GOOSE
HAWK
HERON
JAY
MAGPIE

ROBIN
SEAGULL
SPARROW
SWAN
TURKEY
VULTURE
WOODPECKER
WREN



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1. What valley in Alaska is known for its fertile farming ground?
2. Who was President of the United States when Nome was in it's heyday?
3. What is the third largest industry in southeast Alaska?
4. What is the Caribou's favorite food which can be seen in abundance in Alaska?
5. What is the highest mountain on the North American Continent?
6. Name the oldest first class city in Alaska, established in 1901.
7. What is a "purse seiner"?
8. How many miles long is the White Pass and Yukon railroad? (110, 160, 175)
9. Why was the Alaska highway built?
10. To what political party are the majority of Alaskans registered?
11. Name the Native Corporation which was established for the Arctic Region?
12. What famous airliner in Alaska started as Star Airways in Nome?

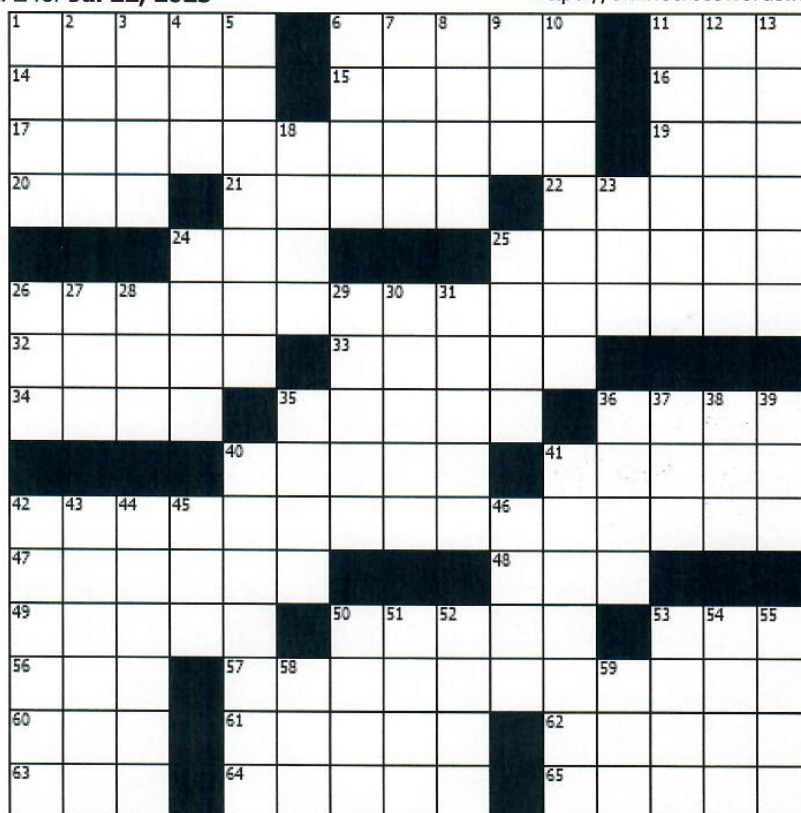
1. Matanuska
2. President McKinley
3. Tourism is third largest behind the fishing and timber industries.
4. Lichen
5. Mount McKinley
6. Nome
7. A commercial fishing boat up to 65 feet in length with independent
8. 110 miles
9. Formilitary defense support and access to the continental United States
10. None, they are registered
11. Arctic Slope Regional Corporation
12. Alaska Airlines

Free Printable Crossword Puzzle #2

This is the Daily Crossword Puzzle #2 for Jul 22, 2025

Find the solution at<https://onlinecrosswords.net/2576>**Across**

1. Commit a coup d'etat
6. Preamble
11. Court bisector
14. Come to a point
15. Five of a kind
16. Words with pickle or jam
17. Start of a quip
19. Avenue of exposure for many artists
20. Mother ptarmigan, e.g.
21. Chihuahua cash
22. Church pinnacle
24. First name in life vests
25. Rock on the edge
26. More of the quip
32. Colorful chalcedony
33. Some fallout
34. Global extreme
35. Where jewelry is often exchanged
36. It may have fallen on a foot
40. Much-impersonated star
41. Configuration
42. More of the quip
47. Cheep substitutes?
48. "I object!"
49. Calgary Stampede, for one
50. Ship of the desert
53. ____-mo replay
56. Have title to
57. End of the quip
60. Seek redress
61. They're in the banks along the Seine
62. Letter on a screen
63. Engage in espionage
64. Some paper quantities
65. Dustin's role in "Midnight Cowboy"

**Down**

1. Where many Mormons live
2. Wise person
3. Abreast of
4. M.L.K. title
5. Get ready
6. Fleming and Paisley
7. Captain of the Nautilus
8. Family follower
9. Howard of "American Graffiti"
10. Kickoffs
11. Aircraft fleet named after an admiral
12. Dining selection
13. Cheers, notably
18. Swamp thing
23. Architect of the Rock and Roll Hall of Fame
24. Adam, to Eve
25. Hippodrome section
26. Emulate Nelly
27. It may be inflated with hot air
28. Guy's companion
29. Round of applause, e.g.
30. Sean of "The Lord of the Rings"
31. Many a climactic movie scene
35. Some microbrewery offerings
36. Bounty bellow
37. Cheerleader's cry
38. Big Four firm employee (Abbr.)
39. "For ____ a jolly good fellow"
40. Endue
41. Storm protection
42. Not like this clue
43. Outperform
44. Poitier of film
45. Bauxite or galena
46. Stimulate
50. "Fame" singer Irene
51. Elemental building block
52. Feel the lack of
53. Type of card game
54. Maui necklaces
55. Capital on a fjord
58. Chromaticity
59. Doctors' org.



Join NSC's Legacy Club!

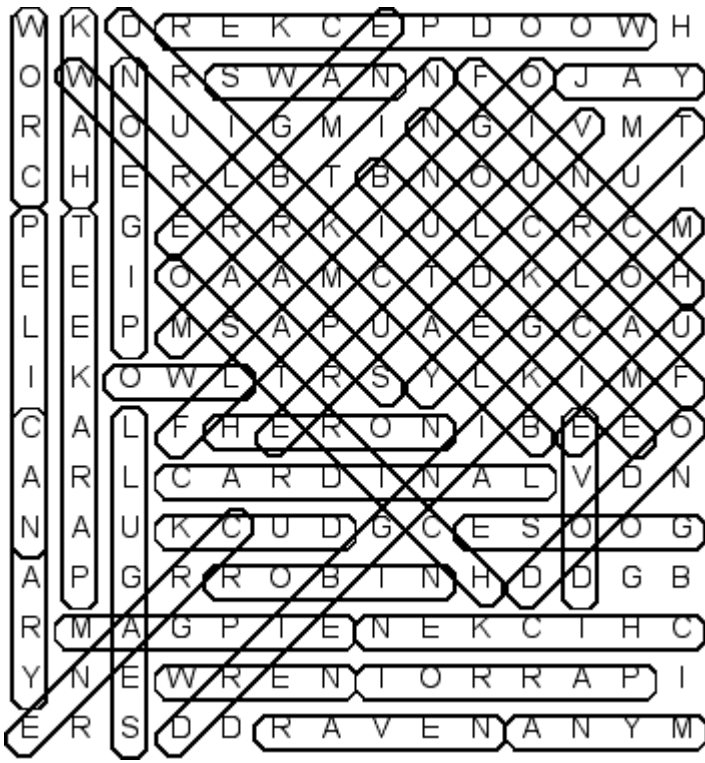
Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund or NSC Operations and once your donations reach \$500, your name will be added to our donor tree. Endowment Fund Donations provide long-term investment income for the Senior Center.



Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.

Thank you to all who donate to the Ninilchik Senior Center!



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

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

1sudoku.com n° 120137 - Level Easy

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

1sudoku.com n° 115104 - Level Easy

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

1sudoku.com n° 218948 - Level Medium

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

1sudoku.com n° 224782 - Level Medium

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

1sudoku.com n° 321902 - Level Hard

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

1sudoku.com n° 320735 - Level Hard

Puzzle Answers





Jeanine Shea 8/1
 Rebecca Fender 8/1
 Amy Garrouette 8/5
 Joe Zimmer 8/8
 Rose Stafford 8/8
 Terry Wilkes 8/10
 Lenora Regeon 8/11

Julie Otto 8/13
 Donna Schaetzle 8/14
 Bob Cook 8/15
 Justin Boyd 8/15
 Gerald Ettinger 8/15
 Jim Beall 8/16
 Howard Appel 8/16

Julie Matsuoka 8/17
 Shirley Chihuly 8/20
 Lydia Lohse 8/26
 Joan Mason 8/27
 Ron Jorgensen 8/29
 Tony Calabrese 8/31
 Diane Taylor 8/31

\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson
 Delmer McCune
 Debbie MacLean
 Nora & Howard Appel
 Cathy Perry
 Char & Byron Moore
 John & Janice Nofziger
 Ron Jorgensen
 Jim Beall
 Russ Cross & Bev Graf-Cross
 Bob Pearson

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

All the people and companies who donated to our Annual Fundraiser!

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 members and volunteers

Thank you to all the donors

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: Steve Vanek
Secretary: Kaye Waldsmith
Treasurer: Vi Nordgren
Trustee: Cheryl Doyle
Trustee: John McCombs
Trustee: Dan Miller

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
Cook: Niki Keenan
Cook/Maintenance: Rick Ferguson
Kitchen Assist./Homemaker:

Trans. Driver: Sharon Wheeler
MASST : Tracy Rector

Events and Activities

Weekly

Mondays:

Quilting/Sewing 1-4 pm

Tuesdays:

Wednesdays:

Bingo (after lunch 1:15 pm)

Thursdays: Game Day 1-4 pm

Fridays:

Knitting 1:30 -4:00
Billiards 1-4 pm

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



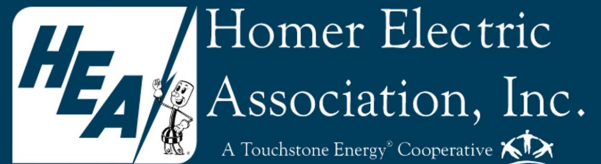
Ninilchik Senior Center receives quarterly donations from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

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







Alaska Food Coalition
 American Legion Auxiliary #18
 Dolifka & Associates, PC
 Enstar
 Fred Meyer/Kroger
 HEA
 Hilcorp
 Kenai Peninsula Borough
 Kenai Peninsula Family Caregivers
 Support Program
 Meals on Wheels America
 Ninilchik Family Dentistry
 Ninilchik Native Association, Inc.
 Private Donations
 Sons of the American Legion 18
 South Peninsula Hospital
 State of Alaska/NTS Grant
 The Alaska Community Foundation

August 2025 Menu



Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad). Lunch Starts at Noon.
Please note: menu is subject to change based on product availability. 907-567-3988. Please call in advance for take-out meals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays					1	Information 2
Jeanine Shea 8/1 Rebecca Fender 8/1					Cheeseburger Fries Macaroni Salad Jell-O	Soup served daily with pick up meals
3	4	5	<i>Bingo @ 1:15</i> 6	7	8	9
Amy Garrouette 8/5 Joe Zimmer 8/8 Rose Stafford 8/8 Terry Wilkes 8/10	Chicken Enchilada Refried Beans Stir-fry Veggies Rice	Ham & Cheese Sandwich Fries Cantaloupe Macaroni Salad	Swiss Mushroom Bacon Meatloaf Mashed Potatoes Gravy Cabbage Rolls	Hawaiian Chicken Corn Rice	Biscuits & Gravy Sausage Hashbrowns Fruit No Salad Bar	Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
10	11	<i>Annual Meeting 12</i>	<i>Bingo @ 1:15</i> 13	14	15	16
Lenora Regeon 8/11 Julie Otto 8/13 Donna Schaezle 8/14 Bob Cook 8/15 Justin Boyd 8/15 Gerald Ettinger 8/15 Jim Beall 8/16	Sloppy Joes Potatoes Broccoli	Turkey Tuesday	Crispy Pork Applesauce Cauliflower Sweet Potatoes	Monterey Chicken Rice Carrots	White Lasagna Mixed Vegetable Garlic Bread	
17	18	19	<i>Bingo @ 1:15</i> 20	<i>Board Meeting 21</i>	22	23
Howard Appel 8/16 Julie Matsuoka 8/17 Shirley Chihuly 8/20	S&S Meatballs Rice Eggroll	Florentine Spaghetti Carrots Garlic Bread	Crispy Chicken Mashed Potatoes Gravy Broccoli Rolls	Beef Taco Beans Rice	Tuscan Chicken Cauliflower Bread	Lunch starts right at noon
24 / 31	25	26	<i>Bingo @ 1:15</i> 27	28	29	30
Lydia Lohse 8/26 Joan Mason 8/27 Ron Jorgensen 8/29 Tony Calabrese 8/31 Diane Taylor 8/31	BBQ Chicken Coleslaw Beans Macaroni Salad	Pork Medallions Yams Green Beans Stuffing	French Toast Bake Sausage Potato Fruit No Salad Bar	Cashew Chicken Salad Croissant Broccoli Salad Macaroni Salad	Roast Beef Mashed Potatoes Gravy Carrots Rolls	

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."