



Ninilchik Senior Center

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



2025

Coming Up:

10/13- Center closed for Columbus Day/Indigenous Peoples Day

10/31- Halloween

A Note From the President of the Board:

Well, here it is October already. I think that most of our snowbirds have left and I wish them a wonderful winter.

Speaking of winter, it's right around the corner up here in the north country. The temps are starting to drop down at night and that means some frost in the morning. It is time to get those studded tires put on your car and be prepared for winter. Make sure you have some emergency gear in your vehicle that will help you in an emergency. Flares, a small shovel, a blanket, some boots are just a few of the items you may want to consider having in you car.

October is dividend time. If you are eligible and filed for your dividend then you should be receiving it this month. If the influx of extra cash in your pocket is more than you can handle then please consider a donation to the senior center. Remember your donation is tax deductible.

We are on track to start the kitchen remodel in December. Stay tuned for more details about that project.

October also brings out the ghosts and goblins. On the 31st, which is a Friday this year, come to the senior center in your best costume.

The gazebo is now closed for the season. The Christmas opening was very successful. Thank you to all the volunteers that made this happen. The silent auction table is still happening. There are some great items on that table. If you bid and win make sure you stop by the office and pay for your winnings.

All for this month. Enjoy the next couple of weeks as the leaves fall off the trees.

~ *Dick Hawkins*, President



A note from the Executive Director



October is here! September seemed like we entered the monsoon season! Very few days this past month to enjoy warm weather. Hopefully October will be different, although we all know that gone are the days of warm sunshine, for this year anyway, as we enter the days of dwindling daylight and the winter months. So that means, get out and enjoy any sunshine that comes our way!

October marks the end of many things...gardens, greenhouses, leaves on the trees, as well as the end of the gazebo season. A huge thank you to all of our volunteers and those who donated as you all helped make the gazebo a success again this summer! Thank you also to all of you who donated. Even though the gazebo is closed, please don't stop dropping off donations! We are happy to take your donations all year long. Donations can be dropped off at the center during business hours and please remember, we do not take furniture, appliances, or used computer/printer equipment.

You may have noticed that we have a few more staff around of late. Edward Bledsoe started in September. He will be helping Sharon out with the driving responsibilities. We are helping more and more seniors with their transportation needs and are now consistently going to the Soldotna/Kenai area twice per week (Tuesdays and Thursdays) for medical appointments and shopping, in addition to taking people around town for their local errands. If you're wanting to come to the center for lunch or activities, or needing to get to town for appointments, and don't have transportation, please let the office know (preferably at least a day ahead of time) and we'll try our best to help out and get you here.

In addition to Edward, we are happy to have Tracy Rector working with us in the office. She is here thanks to the MASST program offered through the state. She will be helping in the office for a few hours each day. Soon you will also be seeing yet another new face. Yolanda Ware has been hired to help out with prep work in the kitchen as well as work with our homemaker clients. So happy to have these wonderful folks working with us!

Speaking of the homemaker program, you may be wondering, what is the homemaker program? If you are 60 or older and meet the qualifications for this grant program, you too could get homemaker services. Homemaker grant services are partially funded through the Nutrition, Transportation and Support Services (NTS) grant which is a combination of both state and federal monies. Services offered to those who qualify include light house cleaning (sweeping, mopping, vacuuming, dishes, laundry etc.) as well as helping with short errands as time allows. The overall goal of this grant program is to help seniors stay in their own homes in the community of their choice. If you feel you may need a little extra help in this area, please contact the office.

~ Julie Otto



Wow October is here already and you know what that means!? Baseball playoffs and World Series Time! I'm pumped because my Cubs are in the playoffs! Go Cubs!!

I'm writing a different article this month. I came across a very interesting article regarding

History of Social Security and Medicare. I know we all paid into it and get it but do we really know the background? I didn't so I thought I would enlighten you.

Aug. 14 1935 President Franklin D Roosevelt signs the Social Security Act into law.

Jan. 1937 First Social Security benefits are paid out in the form of one-time lump sum.

Aug 10, 1939 Program broadens to include benefits for worker's dependents and survivors.

Jan. 31, 1940 Ida M. Fuller became the first person to receive a monthly benefit. Her check was for \$22.54, inflation adjustment for today equivalent of \$518.58.

July 1, 1966 Medicare Services actually began for more than 19 million Americans age 65+.

1972 President Nixon extended Medicare eligibility to those under 65 that had long-term disabilities or chronic renal disease.

Oct. 1972 Congress established Supplemental Security Income providing payments to 65+ that may be blind, or have a disability, and have very low incomes.

July 1975 First annual automatic COLA kicked in boosting benefits that year by 8%.

April 20, 1983 President Reagan signed into law major changes to S.S. aimed at shoring up the program's financial footing.

May 17, 1994 SSA official website is launched.

1999 Private insurance plans (now called Medicare Advantage plans) started users HMO options.

Dec 8, 2003 President George W. Bush signed the Medicare Modernization Act, which added a prescription drug benefit.

Jan 1, 2006 Medicare Part D gave beneficiaries prescription drug coverage.

2009 Americans who are of age to receive S.S. retirement benefits are given the option to file for those benefits online.

2010 Affordable Care Act was signed by President Obama. This made some preventive care services free under Medicare.

2018 All enrollees started to receive new Medicare cards with an 11 digit combination of numbers and letters rather than a S.S. number to prevent fraud and ID theft.

2019 Medicare Advantage plans can offer enrollees with chronic conditions additional health-related benefits.

Aug. 16, 2022 President Biden signed the Inflation Reduction Act, which made several enhancements to Medicare prescription drug coverage.

May 6, 2024 S.S. trustees projected that unless changes were made to the program incoming taxes will cover only 83% of scheduled benefits beyond 2035.

2025 The number of people on part D plans including Medicare Advantage plans pay out of pocket for their prescriptions is capped at \$2,000 in 2025.

2026 Medicare drug price negotiation starts to take effect and negotiated prices become available for 10 Part D drugs. This program will expand to Part B drugs in coming years.

Here's to a nice weather October and remember....

Always Swing For The Fence!

Cheryl





BE PREPARED FOR A WINTER STORM



FEMA

FEMA V-1014/June 2018

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.



Stay indoors and dress warmly.



Pay attention to emergency information and alerts.



Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

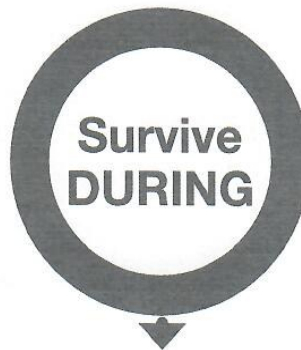
Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn to identify the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.



Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.



Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to Ready.gov/winter-weather. Download the **FEMA app** to get more information about preparing for a **winter storm**.



FEMA
FEMA V-1014



HOLIDAY CRAFT FAIR

LOOKING FOR VENDORS

**FOR THE
NINILCHIK SENIOR CENTER
HOLIDAY CRAFT FAIR**

**NOVEMBER 8 FROM 10AM TO 5 PM
& NOVEMBER 9 FROM 11 AM TO 4 PM**

66265 ASPEN AVE, NINILCHIK

907-567-3988

CALL NOW TO SIGN UP

Coming up soon.....



Follow us via FACEBOOK
@ninilchiksaturdaylunchprogram

DINNER, SILENT & DESSERT AUCTION TO HELP SUPPORT OUR KIDS

**SATURDAY,
OCTOBER 4th
5-7PM
@NINILCHIK
COMMUNITY
CENTER**

KPBSD posts fliers as a community service. Such posting does not constitute an endorsement for or against the materials and viewpoints expressed in them. Please contact the sponsoring organization regarding their COVID mitigation plans.

SUGGESTED DONATION

\$10 PER PLATE

VEGAN & MEAT OPTION AVAILABLE

**SCAN & DONATE
ANYTIME**

**FOR MORE DETAILS VISIT OUR FACEBOOK PAGE or
CALL LINDA HAWKINS (907)240-5212**



2026 Annual Fundraiser Dinner & Auction

Our theme for next year will be:

Happy Birthday America!

America will be 250 years old!

Start thinking about your costume for next year!

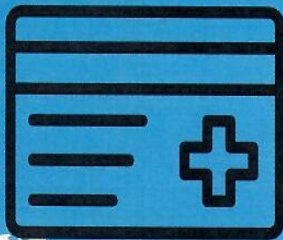
Happy
Birthday
America



Medicare

**OPEN ENROLLMENT
IS OCT 15-DEC 7**

Meet with a certified Medicare
Specialist from ILC



Ninilchik Senior Center

66265 Aspen Ave

Ninilchick

11-14-25 FROM 9:00 TO 4:00

BY APPOINTMENT ONLY

CALL (907)567-3988 TO SCHEDULE



Coping With Grief During The Holidays

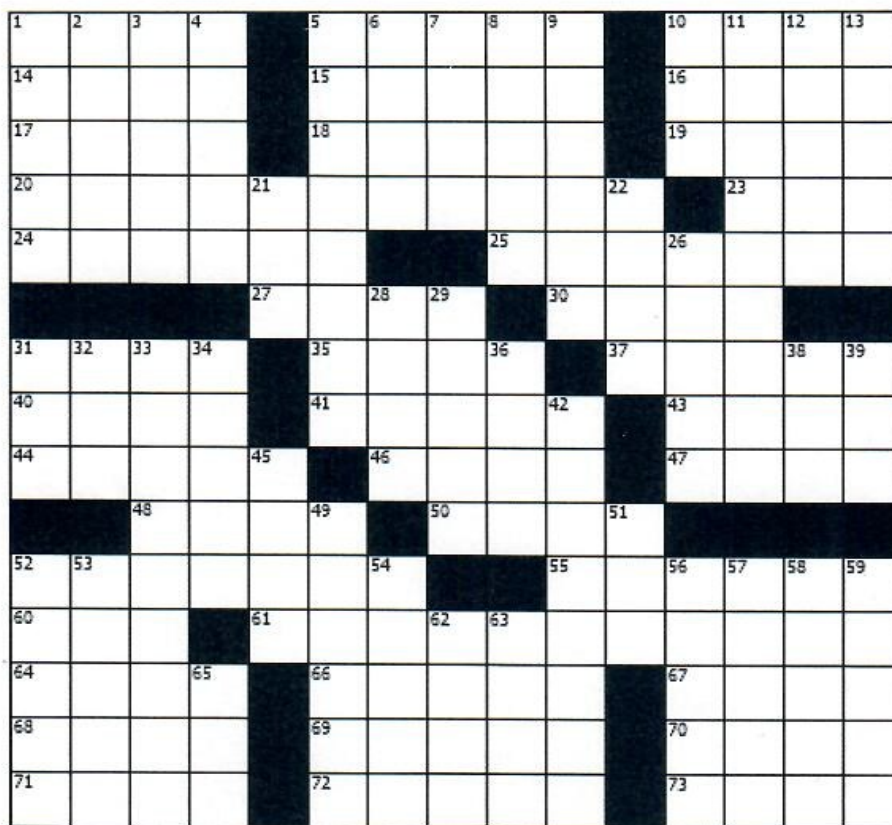
Tuesday December 9, 2025
10:30-11:30
Ninilchik Senior Center



Becca Stimmel
Bereavement
Coordinator
35911 Kenai Spur Hwy
Soldotna, AK 99669
907-262-0453

Across

1. Some telegraphic signals
5. "Village Voice" awards
10. Type of car
14. Brainstorm in Brest
15. TV clip
16. Cabbage kin
17. Math ratio
18. Eroded
19. Quilter's accessory case
20. Fair confection?
23. Air travelers' requirements
24. Kissing booth purchase
25. Friday series
27. Kipling's "Rikki-Tikki-___"
30. At the center of
31. Gumshoes
35. Rorem and Beatty
37. Prove you are asleep
40. "The Night Country" author Stewart
41. Give in to gravity
43. Midwife's action
44. Loggers' contest
46. Spicy stew
47. Forearm bone
48. Fleming and McKellen
50. Tender
52. Scale models
55. "Seward's Folly"
60. Type of maniac
61. Satiny orchids that survive best without water
64. Role for Edward G.
66. "Eating ___" (1982)
67. Per unit
68. Lendl or Rodriguez
69. ___ nous
70. Wife of a rajah
71. Chapeau's perch
72. Bikini in the Central Pacific
73. Robert of the CSA

**Down**

1. Platters
2. Lingo
3. Nearing the hour
4. Deal with
5. Symbol of charity
6. Bric-a-___
7. Tiny bit
8. Edit
9. Actress Locke
10. Inst. for Tiny Tim
11. Ellington classic
12. Give the slip
13. Jefferson, for one
21. Halloween mo.
22. Tasty tubers
26. Big name in knives
28. ___ Beach, Florida
29. Some famous ones are American
31. Craggy height
32. Brian of Roxy Music
33. Duelist with the Gingham Dog
34. Underhanded type
36. Recital offering
38. Threw one's hat in the ring
39. Gov't air checker
42. Kind of parking
45. It's carried on the shoulders
49. Ornamental shrub
51. "Roll Over Beethoven" grp.
52. Be worthy of
53. Architectural arch
54. Italics feature
56. Hardly oblivious
57. Part of a flower's calyx
58. Danish dinero
59. Easy ___ (simple)
62. Japanese stringed instrument
63. Gather and bind, as a sail
65. Loneliest number



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

1sudoku.com

n° 117890 - Level Easy

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

1sudoku.com

n° 14420 - Level Easy

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

1sudoku.com

n° 214590 - Level Medium

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

1sudoku.com

n° 227516 - Level Medium

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

1sudoku.com

n° 37883 - Level Hard

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

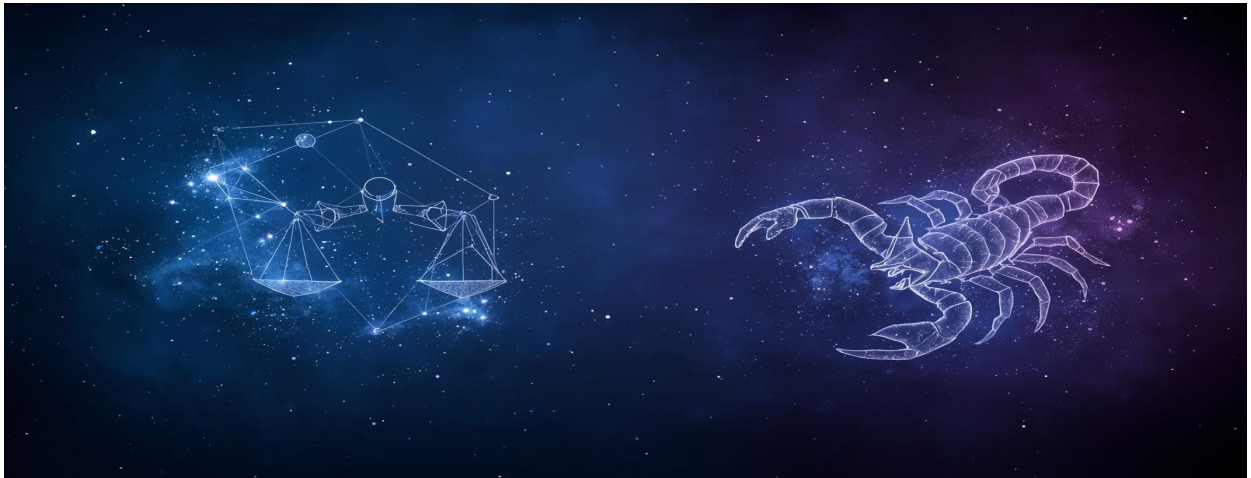
1sudoku.com

n° 314004 - Level Hard

October Birthstones are Opal & Tourmaline

Birth signs are Libra Sept.23–Oct 22 & Scorpio Oct 23–Nov 21

October birth flowers are Marigold & Cosmos



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

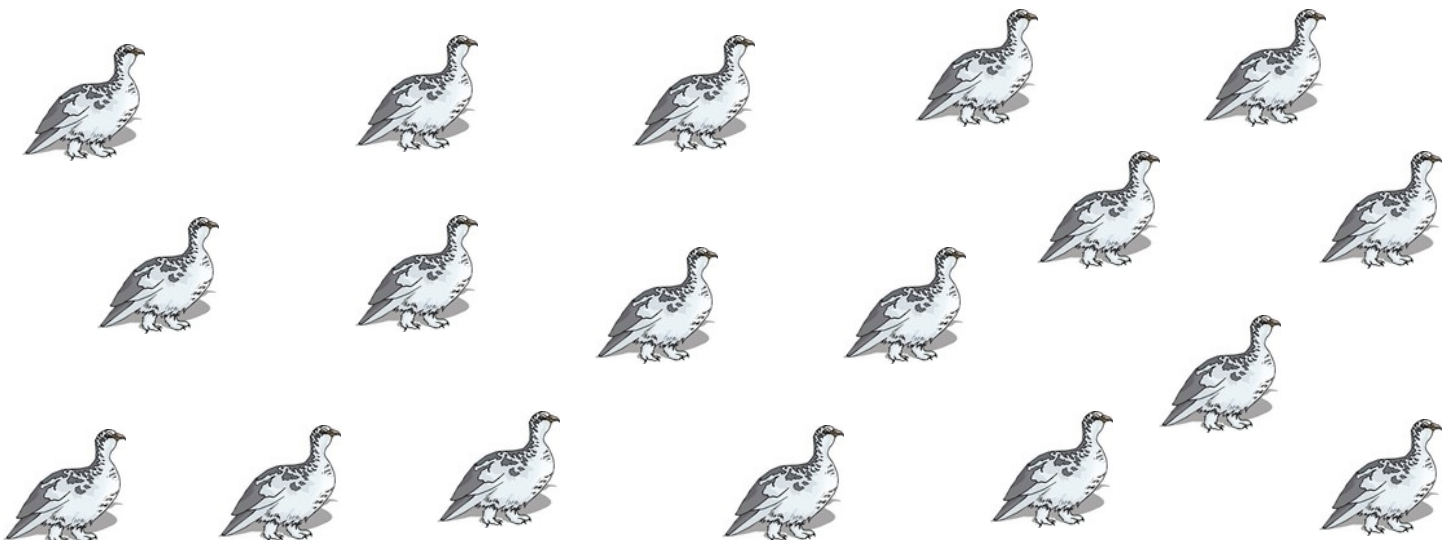
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to all the prior weeks winners





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

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1. In the 1960's what was the Katmai National Monument used for?
2. In the early 1900's, author Rex Beach worked in Kodiak gathering material for his book, "The Silver Horde". What kind of work did he do?
3. Name 4 of Alaska's major industries (6 total).
4. What is an "Orca"?
5. Who operated and what was the "ACS" in territorial days and early statehood?
6. The 1964 earthquake caused a tidal wave to strike what west coast city?
7. Who showed Joe Juneau and Richard Harris their great gold find?
8. True/False Pingos are commonly found in the Interior Region?
9. Where is the most developed ski area in Alaska
10. What are "Monuments in Cedar"?
11. How many permanent jobs were created along the Alaska pipeline?
12. What is the most popular time of year to visit Alaska?

1. NASA used it to train astronauts for moon walks.
2. He worked in one of the 24 fish canneries
3. Tourism, Fishing, Timber, Mining, Hunting, Oil
4. Killer Whale
5. The Alaska Communication System operated by the U.S. Army for long
6. Crescent City, California
7. Kowee, Chief of the Auk
8. True
9. Mt. Alyeska, 40 miles from Anchorage
10. Totem poles
11. 700
12. Summer

Free Printable Word Search Puzzles

Old TV Shows 3

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

ADDAMS FAMILY
AVENGERS
BATMAN
BEWITCHED
BRADY BUNCH
CHARLIE'S ANGELS
COACH
COLUMBO
COSBY SHOW
CYBILL
DRAGNET

FAMILY TIES
GET SMART
GOLDEN GIRLS
GUNSMOKE
HAPPY DAYS
HARRY O
HIGHLANDER
HOGAN'S HEROES
HOTEL
I LOVE LUCY

KNOTS LANDING
KUNG FU
LONE RANGER
MAGNUM P.I.
MANNIX
MASH
MCCLOUD
MONKEES
NIGHT GALLERY
PRETENDER

QUANTUM LEAP
QUINCY
ROCKFORD FILES
ROSEANNE
STAR TREK
THE SAINT
TWIN PEAKS
WINGS
WONDER YEARS
X FILES

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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!

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



This is the solution to the puzzle located [here](#).

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

1sudoku.com n° 117890 - Level Easy

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

1sudoku.com n° 14420 - Level Easy

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

1sudoku.com n° 214590 - Level Medium

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

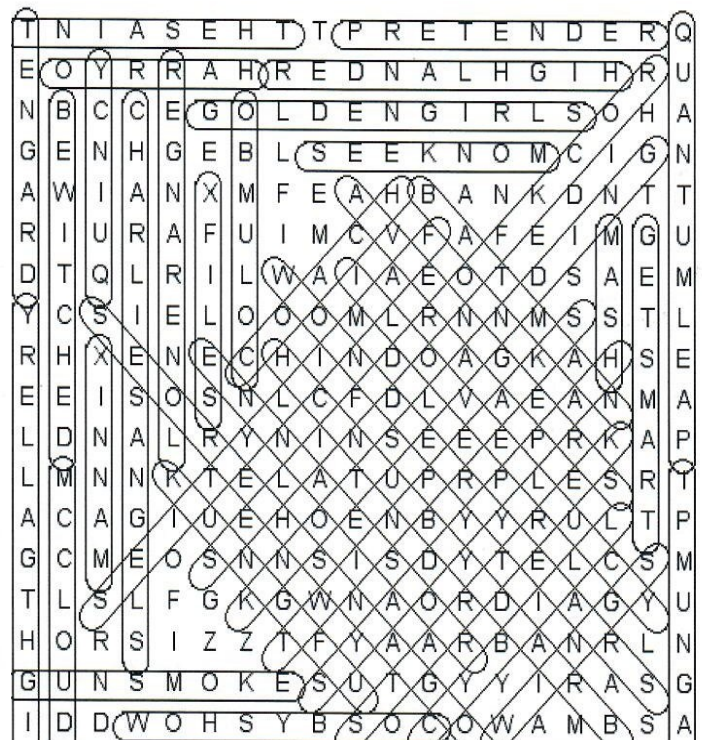
1sudoku.com n° 227516 - Level Medium

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

1sudoku.com n° 37883 - Level Hard

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

1sudoku.com n° 314004 - Level Hard





What Is Dehydration?

Water is the source of life. That may sound like an exaggeration, but it's true. Throughout your life, water is essential for many of your body's functions, including:

- Temperature regulation
- Waste elimination
- Joint lubrication
- Delivery of nutrients to cells
- Blood oxygen circulation
- Skin hydration
- Cognitive function

You become dehydrated when your body doesn't have enough water to sustain these vital processes.

Fortunately, your body is designed to constantly adjust its fluid levels. Thirst is one way this happens. When your body's fluid levels drop, your hypothalamus sends signals that create the sensation of being thirsty. As well, your kidneys preserve water by making your urine more concentrated when you don't have enough fluids in your body.

However, maintaining the right amount of water to avoid the consequences of dehydration can be a little tricky. That's partly because you lose water through sweat and urination, and also through normal bodily functions. For example, you exhale water vapor when you breathe.

And when you lose water, you also lose salt and electrolytes. Electrolytes are electrically charged nutrients that are essential for regular heartbeats, muscle contractions, and more. So losing electrolytes can have serious [health consequences](#).

Happy BIRTHDAY



Susie Chiri 10/2

Julie Boll 10/11

Larry Lachinski 10/29

Daniel Yeckley 10/2

Cathy Perry 10/12

Diane Wilson 10/31

Midge Evans 10/3

Victor Bergeron 10/12

Gretchen Wing 10/5

Marie Penrod 10/17

Jerri Williams 10/7

Vi Nordgren 10/19

Evelyn Smith 10/7

Tom Burgess 10/23

Jackie Fisher 10/7

Dean Egbert 10/25

Luigi Ippolito 10/10

Richard Griggs 10/26

\$5 A Month Club

Thank you to the following who contributed to the club:

David & Judy Clemenson

Delmer McCune

Nora & Howard Appel

Char & Byron Moore

John & Janice Nofziger

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

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
Trans. Driver: Sharon Wheeler
MASST Employee: Tracy Rector
Backup driver: Ed Bledsoe

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



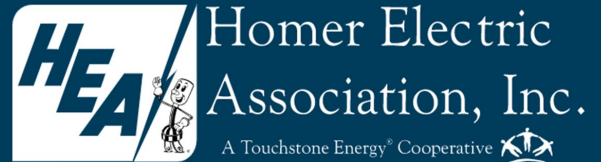
Ninilchik Senior Center receives quarterly donations from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

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



Captain Patties Fishhouse Inc.
Fred Meyer/Kroger
Hilcorp
Kenai Peninsula Borough
Ninilchik Family Dentistry
Private Donations
State of Alaska/NTS Grant

October 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			Bingo @ 1:15			Information
Susie Chiri 10/2 Daniel Yeckley 10/2 Midge Evans 10/3			Crispy Pork Applesauce Cauliflower Sweet Potatoes	Turkey Thursday	White Lasagna w/Chicken Mixed Vegetables Garlic Bread	Soup served daily with pick up meals
5	6	7	Bingo @ 1:15 8	9	10	11
Gretchen Wing 10/5 Jeri Williams 10/7 Evelyn Smith 10/7 Jackie Fisher 10/7 Luigi Ippolito 10/10 Julie Boll 10/11	S&S Meatballs Rice Eggroll	Florentine Spaghetti Carrots Garlic Bread	Crispy Chicken Mashed Potatoes Gravy Broccoli Rolls	Beef Taco Beans Rice	Tuscan Chicken Pasta Cauliflower Bread	Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
12	13	14	Bingo @ 1:15 15	Board Meeting 16	17	18
Cathy Perry 10/12 Victor Bergeron 10/12 Marie Penrod 10/17	Center Closed For Columbus Day	BBQ Chicken Coleslaw Beans Macaroni Salad	Cheesy Hashbrown Casserole Ham Scrambled Eggs Fruit-No Salad Bar	Cashew Chicken Salad Croissant Broccoli Salad Macaroni Salad	Roast Beef Mashed Potatoes Gravy Carrots Rolls	
19	20	21	Bingo @ 1:15 22	23	24	25
Vi Nordgren 10/19 Tom Burgess 10/23 Dean Egbert 10/25	Asian Chicken Stir Fry Veggies Rice	Baked Ziti with Sausage Mixed Vegetables Garlic Bread	Salmon Rice Peas	French Dip Potato Salad Broccoli	Baked Ham Scalloped Potatoes Green Beans Rolls	Lunch starts right at noon
26	27	28	Bingo @ 1:15 29	30	Happy Halloween 31	
Richard Griggs 10/26 Larry Lachinski 10/29 Diane Wilson 10/31	Lil' Cheddar Meatloaf Mashed Potatoes Gravy Carrots & Rolls	Kielbasa & Veggies Rice Jell-O	Chicken Cordon Bleu Pasta Cauliflower Garlic Bread	Frittata Sausage Bread Pudding Fruit No Salad Bar	Cauldron Fried Fowl Monster Mashed Potatoes Ghoulish Gravy Viral Veggies	Happy Halloween!

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