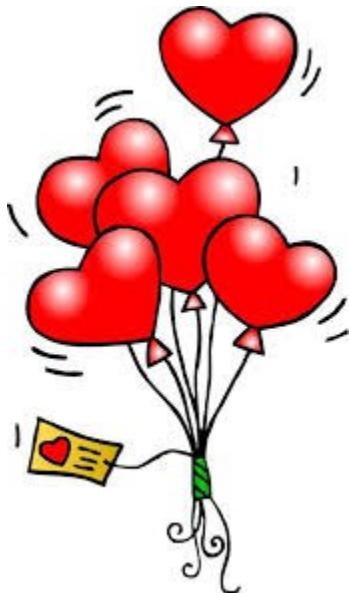




Ninilchik Senior Center

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



Coming Up:

February 16, 2026 President's Day -
Center closed

Here it is February already. It's the month for Valentines. Get your sweetie some flowers and/or some candies. Chocolate covered cherries are always a winner.

February is when I start getting excited for spring. The sun is starting to make a comeback with a vengeance. The days are getting noticeably longer every day. This is also the month that we celebrate President's Day. This year it falls on the 16th. That is a holiday and the center will be closed that day. Make sure you plan accordingly for your lunch on the 16th.

The last two weeks of February is the start of Fur Rondy in Anchorage. I know it's not Ninilchik but the Rondy is a pretty big deal. If you have never experienced it you should give it a try some time. The snow carvings and the sled dog races are always a big draw. As long as we are planning a head don't forget to put the Ninilchik Senior Center Gun show on your calendar. There are a few changes this year. Our gun show will be on May 16, which is a Saturday. The gun show will be a one day only event this year, with the hours being 9 am – 6 pm. If you are interested in being a vendor and reserving a table please call the office. We will also be having a raffle, with the drawing being held at the gun show. We will be raffling 3 guns and a \$300 cash prize as well. Stay tuned for more information on the type of guns that will be raffled.

Another event to put on your calendar is Mario Carboni, "The Honky Tonk Rebel"! He will be performing at the center two times in July. He will be there on July 13 and July 28. Both times he will start at 6:00 pm and end sometime around 9ish. On the 28th Norm Hamlet will be performing with him. What a wonderful opportunity! Norm was Merle Haggard's pedal steel player for 49 years! You won't want to miss seeing two legends, Mario and Norm, together!! The cover charge this year for the concerts will be \$15. There will be a table for pot luck finger food and sodas. I hope you can be there to show Mario some

Dick Hawkins, President

February is here - finally! Yay! I heard a poll recently that asked people what their least favorite month is....yup, you guessed it, most people in the poll said their least favorite month is January! At the beginning of January, it seems as though winter is going to last forever, but when February gets here, it seems as if spring is right around the corner! And indeed it is. We can surely notice the extra daylight we're being given and the sun's strength is getting stronger every day.

Spring? Did someone say spring? When I hear the word spring – gardening thoughts start to consume a lot of my brain brainpower! Time to start thinking of gardening and dreaming of the weather where we can be outside without 5 layers of clothes on! If you're looking for a place to garden this year, keep in mind that right off the corner of our parking lot we have a community garden! Last year's gardeners did an amazing job and the garden was beautiful. If you want to see how much of a green thumb you have and put your name in for a garden plot, please contact the office. These plots go fast so get your name in soon!

With spring coming fast, it's also time to start getting things ready for gazebo season! Teri Evans-Schwab has been working away since the gazebo closed last year organizing things for the gazebo opening this year. Her efforts and organizational skills are nothing short of amazing and setting up the gazebo this year will go much faster as a result! Thank you, Teri, for your time and talent in keeping things organized. If you're getting bored with winter and looking for something to do; go through your closets and storage and get rid of the clutter by bringing it here to the center. We collect items all year long for the gazebo and are always in need to more stuff!! Thanks to all who have donated items and volunteered during past gazebo seasons! We're looking forward to opening up in May just as soon as the snow levels and weather will let us!!



Julie Otto, Executive Director



What an exciting month we have in February. Valentine's Day, Spring Training Baseball begins and the end of the month and of course the Winter Olympics are happening so I thought I'd drop some facts and trivia your way regarding the Winter Olympics.

2026 [Winter](#) Olympics in Italy.

The torch relay is already underway and some of the top athletes are already making headlines. There are 16 sports in all, including some never seen before, and 116 gold medals are waiting to be awarded.

This will be the most spread-out Winter Games in history: The two primary competition sites are the city of Milan and Cortina d'Ampezzo, the upscale winter resort in the Dolomites that is more than 400 kilometers (250 miles) away by road. Athletes also will compete in three other mountain clusters besides Cortina, while the closing ceremony will be in Verona, 160 km (100 miles) east of Milan.

Get ready for all of the events with this guide of things to know!

Key dates to know

Competition runs Feb. 4-22. Here are some of the big days to mark on your calendar:

Feb. 4: Competition begins (curling).

Feb. 6: Opening ceremony.

Feb. 7: First gold medal events.

Feb. 8: Gold medal, women's Alpine skiing downhill.

Feb. 13: Gold medal, men's figure skating.

Feb. 18: Gold medal, women's Alpine skiing slalom.

Feb. 19: Gold medal, women's figure skating. Gold medal game, women's ice hockey. First gold medals Feb. 22: Gold medal game, men's ice hockey. Closing ceremony.

How to watch

Dozens of countries will stream or air each day's events, with some delaying broadcasts until primetime depending on the time zone.

That will be the case in the U.S., where Eastern time is six hours behind Milan and Cortina. NBC will carry showcase events at night while streaming sports on Peacock.

Top storylines

Athletes to watch: Two of the most decorated Alpine skiers in history, 41-year-old Lindsey Vonn and Mikaela Shiffrin, opened the World Cup season in dominant form, raising American hopes of a golden run in Cortina. Eileen Gu is back in freestyle skiing, as is Chloe Kim in snowboarding. NHL players are back on Olympic ice for the first time since 2014 so watch for the likes of Sidney Crosby and Connor McDavid.

Venues: All eyes are on the hockey arenas in Milan, which were still under construction in December; the main rink will be about 3 feet shorter than NHL and PWHL players are used to. And the athletes' village in Cortina is a set of more than 350 mobile homes.

Russian athletes: Some sports federations are deciding whether to let Russians compete as neutral athletes but only after they are cleared by an independent review process to ensure that they have not publicly supported the war in Ukraine and are not affiliated with Russia's military or other forces.

What's new:

Ski mountaineering will make its Olympic debut while skeleton has added a mixed team event, luge has added women's doubles and large hill ski jumping added women's and men's super-team events.

Winter Olympics Trivia

1: In ski mountaineering, a new Oly1: Where were the first-ever Winter Olympic Games held?

2: Which city was originally awarded the 1976 Winter Olympics but later withdrew?

3: Which two Italian cities will co-host the 2026 Winter Olympics?

Athletes & Medals

4: Which country has won the most Winter Olympic medals overall?

5: Which country is the only one to have won medals at the Winter Games but never the Summer Games?

6: Who is the only athlete to win gold medals at both the Summer and Winter Olympics?

7: Which female Olympian is the most decorated in U.S. history (Summer & Winter)?

Sports & Terms

8: What winter sport combines cross-country skiing with rifle shooting?

9: What figure skating term describes a move where a skater holds their partner's hand while circling the ice?

10: Which sport involves using a broom to sweep ice in front of a sliding stone?

11: What does the Olympic motto "Citius, Altius, Fortius" mean in English?

Fun Facts

12: True or False: No two snowflakes have ever been found to be exactly the same.

13: Which country has participated in every Winter Olympics since 1924?

Answers:

1. Chamonix, France, 1924

2. Denver, Colorado

3. Milan and Cortina d'Ampezzo

Winter Olympic sport

11: What does the Olympic motto "Citius, Altius, Fortius-Communiter" mean in English?

Fun Facts

12: True or False: No two snowflakes have ever been found to be exactly the same.

13: Which country has participated in every Winter Olympics since 1924?

Answers:

1. Chamonix, France, 1924

2. Denver, Colorado

3. Milan and Cortina d'Ampezzo

4. Norway

5. Liechtenstein

6. Eddie Eagan, Boxing 1920 Summer and Bobsled 1932 Winter

7. Clara Hughes Canada

8. Biathlon

9. Death Spiral in Pair Skating

10. Curling

11. Faster, Higher, Stronger-Together

12. True

13. (12) countries Austria, Canada, Finland, France, Great Britain,

Hungary, Italy, Norway, Poland, Sweden, Switzerland, U.S.A.

As always SWING FOR THE FENCE!

Cheryl



FREE MEDICAL RIDES FOR VETERANS

PROVIDED BY ALASKA CAB & VA GRANT PROGRAM



- **Up to 5 FREE round-trip medical rides per month**
- Covered 100% through our VA Transportation Grant

* Need more rides?

No problem—just ask! Additional trips may be approved.

* ELIGIBILITY:

- *Must be a veteran
- *Must have your VA Health Care card or provide the last 4 digits of your Social Security Number (and fill out paperwork to get you VA Health Care card)

Example
card



New VA Healthcare Card

To schedule your ride, call Alaska Cab

907-262-1555

We're open 24 hours a day, 7 days a week!

Proudly serving our veterans with care, respect, and reliability.



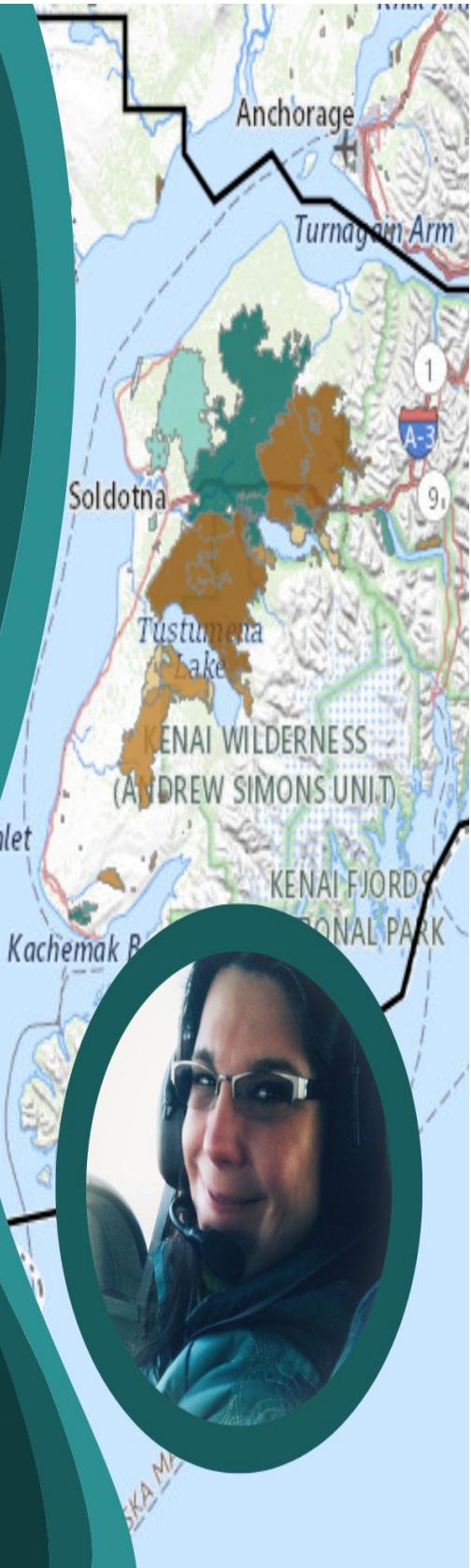
PREPAREDNESS & AWARENESS RESOURCES

March 17, 2026 * 1PM * Ninilchik Senior Center

Brenda Ahlberg
Emergency Manager

(907) 262-4910
bahlberg@kpb.us
info.kpb.us

Kenai Peninsula Borough
Office of Emergency Management



How to Stay Hydrated for Better Health

Mar 18, 2024 5 min read

KEY TAKEAWAYS

Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart.

Older adults are more prone to becoming dehydrated for a number of reasons, including a diminished sense of thirst.

Finding simple ways to increase your water intake can help you avoid the complications of dehydration and stay healthy.



Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily

If you would like to read the rest of the article, visit the website at:

<https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health/>

2026 Annual Fundraiser Dinner & Auction

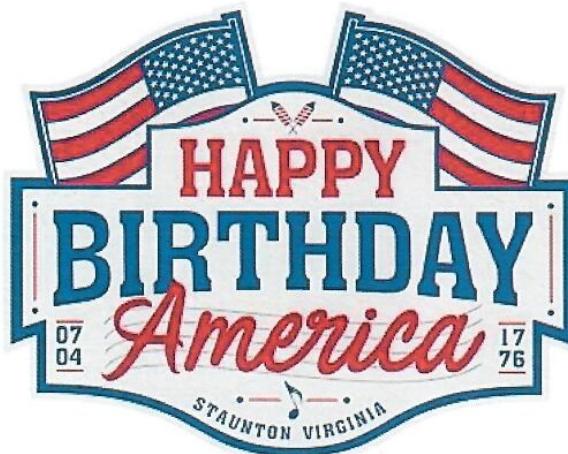
Our theme for next year will be:

Happy Birthday America!

America will be 250 years old!

Start thinking about your costume for next year!

Happy Birthday America



Amethyst

February Birthstone

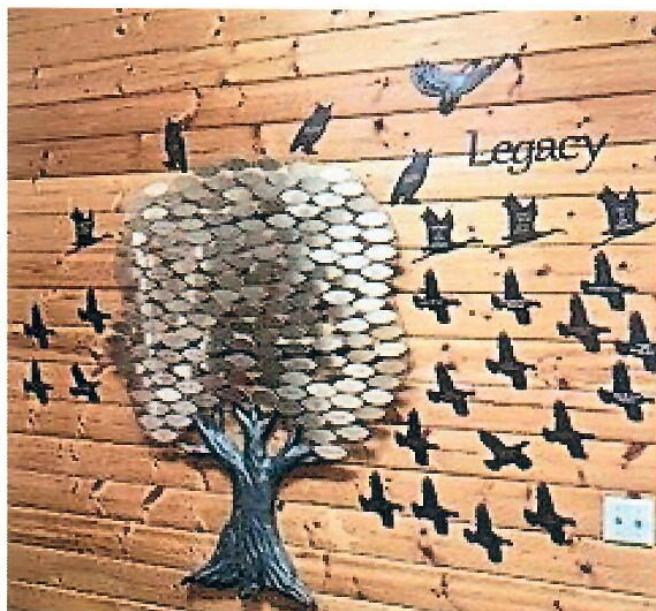


Violet
&
Primrose



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!

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

1sudoku.com

n° 126194 - Level Easy

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

1sudoku.com

n° 26874 - Level Medium

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

1sudoku.com

n° 16883 - Level Easy

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

1sudoku.com

n° 221261 - Level Medium

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

1sudoku.com

n° 128954 - Level Easy

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

1sudoku.com

n° 212636 - Level Medium

Play these sudoku puzzles on your mobile and find their solutions by flashing the codes below:



UNDER THE SEA



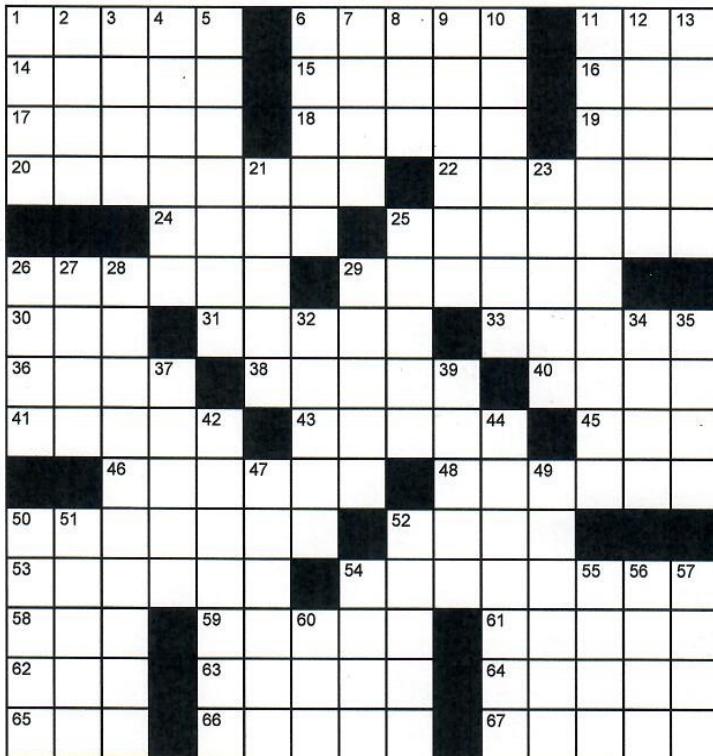
ALGAE
CONCH
MANATEE
OCTOPUS
OYSTER
SAND DOLLAR
SEA LION
SHIP
SNAIL
TREASURE

CLAM
EEL
MERMAID
OTTER
REEF
SCUBA DIVER
SEAWEED
SHRIMP
STINGRAY
WAVES

Crossword #4

Across

- Chocolate alternative
- Venomous snake
- "Goodfellas" fellas
- Cocktail garnish
- Hot spot
- Indignation
- Prince hit, "I Wanna Be Your ____"
- Pick up the tab
- Conk out
- Kind of leather
- More miffed
- Pet name
- In all respects
- Take in
- Dress down
- Scribble (down)
- Aussie "bear"
- Choppers, so to speak
- Region
- Kind of wine
- Take a chance
- Drive away
- Miser's problem
- Sargasso, for one
- Modular home
- Passel of pups
- Workplace newbie
- Belinda Carlisle, once
- Legalese word
- Motorcycle escort
- Poetic palindrome
- Fluid build-up



- Skip a syllable
- Vintner's vessel
- Word repeated twice in a 1983 Bond film
- Twill fabric
- Picnic pest
- What's hot
- Pittsburgh product
- Down
- Hard-hearted
- Succulent plant
- Tear apart
- Cook too long
- Bad way to go
- In motion
- Mend socks
- Word on an invoice
- Beguile
- Machine gun sound
- Bahrain's region
- Bay window
- Drunken
- Shish ____
- Old-fashioned
- Coquettish woman
- Open, a little
- Drag
- Mike Brady was one
- Book jacket ad
- Pool problem
- Elder or alder
- Preside over
- Lofty nest
- Feudal slave
- Far from strict
- Go off-topic
- Ding site, maybe
- Bathroom furnishing
- Sorority letter
- Air again
- Prison profession
- Black cat, to some
- Nearly hopeless
- Drop-off point
- Rod's companion
- Cain raiser

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.

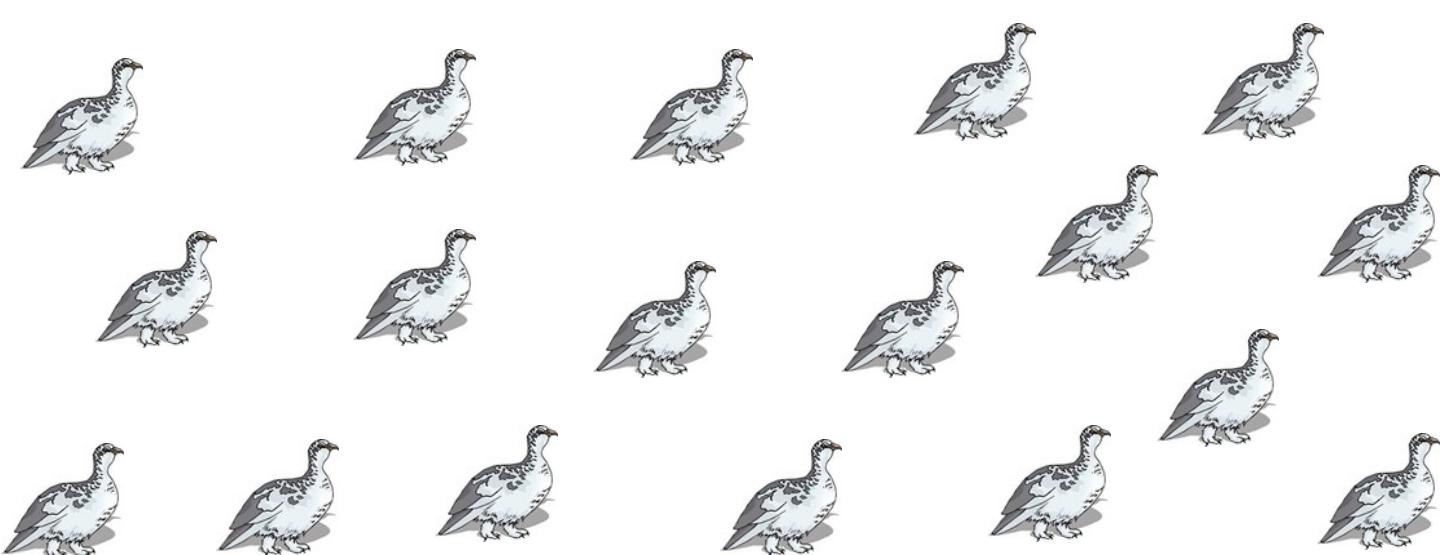
The Current Raffle will last up to 16 weeks or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

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.

All Questions and answers are from 1985 *Teddy's Toys & Co.*, All Rights Reserved.

1. Half of the population of Alaska lives in what city?
2. The “Promyshleniki” from Russia in 1742 came after the discovery of Alaskan riches. For what reason did the Promyshleniki rush to Alaska?
3. How many river and stream crossings are along the pipeline? (15, 34, or 45)
4. When a wolverine makes a kill, how does he protect it from other animals?
5. What was the only form of travel into southeast Alaska until the early 1920's?
6. What is the story of Icon Bay about in Kodiak?
7. How many miles long is the Alaska Railroad from Seward to Fairbanks?
8. A portion of the Iditarod Dog Sled Races are run over frozen rivers. Name one of the two main rivers.
9. What is the unusual main highway in southeast Alaska?
10. What was the “Klondike” area?
11. Name the town near Anchorage known for its unique dollhouse cemetery.

1. Anchorage
2. Fur (the Promyshleniki were fur hunters from Siberia who sailed into the Bering Sea)
3. 34
4. By urinating on it
5. Boat
6. A tidal wave (the Russian Orthodox wave did not go beyond the icon).
7. 470 miles
8. Yukon or Kuskokwim River

Orthodox priest in Kodiak

Alutiiq (Aleutians)

Church must be built no closer. In 1964 the tidal wave did not go beyond the icon).

Church and said the beach

Canada's gold fields in the Yukon Territory

Marine Highway ers

warmed the church must not be built close to the sea. He placed an icon on the beach and said the church must be built no closer. In 1964 the tidal wave did not go beyond the icon).

34

4. By urinating on it

5. Boat

6. A tidal wave (the Russian Orthodox wave did not go beyond the icon).

7. 470 miles

8. Yukon or Kuskokwim River

Solutions :

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

1sudoku.com n° 126194 - Level Easy

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

isudoku.com n° 26874 - Level Medium



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

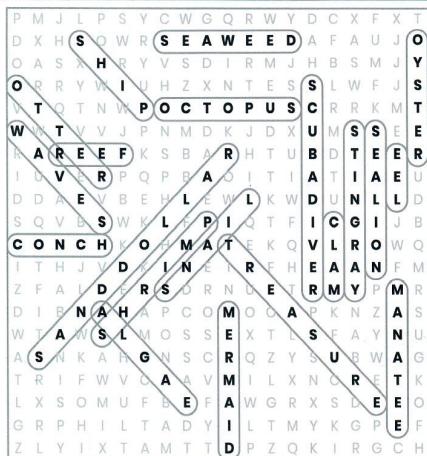
sudoku.com puzzle #16883 - Level Easy

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

4 8 5 3 9 2 7 6 1
1sudoku.com n° 223261 - Level: Medium

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

4 9 2 7 1 8 0 5 3
1sudoku.com n° 128954 - Level Expert





Carolyn Edwards 2/2

Sherry Pinckley 2/4

Sherry Dean 2/4

Robert Hamilton 2/5

Dave Smith 2/5

Bob Wasser 2/8

Sharon Griggs 2/9

Willard Bauman 2/12

Joe Gardner 2/13

Jonelle Erichsen 2/13

Debbie MacLean 2/14

Kim Kuklis 2/15

Ann Hill 2/17

Brent Johnson 2/18

Debbie Christopher
2/21

Ellen Smith 2/23

Mark Brees 2/23

Barbara Sibley 2/24

Paul Peragine 2/25

Jim Leslie 2/26

Darwin Waldsmith
2/27

Walter Welz 2/29

\$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

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 Committee

Chair: Kaye Waldsmith
Vice Chair: Steve Vanek
Treasurer: John Nofziger
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
Back up Driver: Chuck O'Neal

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.

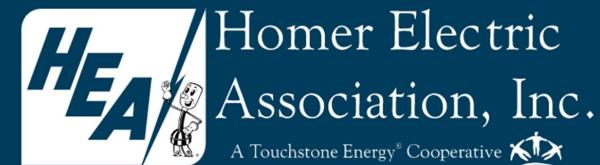
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

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

<https://clipart-library.com/clipart/120937.htm>

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

February 2026 Menu



Meals will still be available for 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	Groundhog Day 2	3	Bingo @ 1:15 4	5	Information 7
Carolyn Edwards 2/2 Sherry Princkley 2/4 Sherry Dean 2/4 Robert Hamilton 2/5 Dave Smith 2/5	Salisbury Steak Mashed Potatoes Gravy Vegetable	Asian Chicken Rice Stir Fry Veggies	Country Pork Ribs Baked Beans Coleslaw Cornbread	Mushroom Pasta Bake Vegetable Garlic Bread	Liver & Onions Scalloped Potatoes Vegetable Rolls	Soup served daily with pick up meals
Bob Wasser 2/8 Sharon Griggs 2/9 Willard Bauman 2/12 Joe Gardner 2/13 Jonelle Erichsen 2/13 Debbie MacLean 2/14	Cheesy Hashbrown Casserole w/Ham Scrambled Eggs Fruit – no salad bar	BBQ Glazed Meatballs Tater Tots Vegetable Jell-O	Oven Fried Chicken Mashed Potatoes Gravy Vegetable	Bacon Broccoli Tortellini Bake Vegetable Garlic Bread	Chicken Taco Casserole Zucchini w/Corn Spanish Rice	13 Valentine's Day 14
Kim Kuklis 2/15 Ann Hill 2/17 Brent Johnson 2/18 Debbie Christopher 2/21	Center Closed for Presidents' Day	Crispy Pork Applesauce Cauliflower Sweet Potatoes	Vegetarian Lasagna Garlic Bread Vegetable	Garlic Tomato Chicken Bake Stuffing Vegetable	Beef Stroganoff Noodles Vegetable	20
Ellen Smith 2/23 Mark Brees 2/23 Barbara Sibley 2/24 Paul Peragine 2/25 Jim Leslie 2/26 Darwin Waldsmith 2/27 Walter Weiz 2/29	Chicken Mushroom Pasta Vegetable Garlic Bread	Roast Beef Mashed Potatoes Gravy Vegetable	Chicken Enchilada Refried Beans Mexi-Corn	Baked Ziti w/sausage Vegetable Garlic Bread	Beef, Wild Rice & Mushroom Bake Roasted Butternut Squash	27
						28

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