



Ninilchik Senior Center

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



Coming Up:

Daylight Savings– March 8

Preparedness & Awareness Resources-March 17 at 1pm

St. Patrick's Day-March 17

Board Meeting-March 19, 9:30AM

1st Day of Spring - March 20

Caregiver Support Group Program-
March 24, 10:30-11:30

Happy March everyone. St. Patrick's Day comes along this month, on the 17th. Wear green or you might get pinched. Corned beef and cabbage is the traditional meal. The kitchen always does a wonderful job with that meal.

March is also when we go on Daylight Savings Time. I believe that will happen at 02:00 am on the 8th. Set your clocks ahead one hour. Easy way to remember it, spring forward and fall back.

The tickets are available for the gun raffle. The drawing will be at 4:00 pm on May 16 at the gun show. Tickets are \$20 dollars each and there are 3 guns you will have a chance to win as well as a \$300 cash prize. So that's 4 chances to win by purchasing one ticket. If you want to buy a ticket see a board member or stop by the office.

The days are getting longer fast this time of year. The sun is a welcome sight but remember it is still winter and please dress for the cold weather.

Looking ahead to this summer, I will remind you to mark July 13 and July 28 on your calendar. Those are the two days that Mario Carboni, The Honky Tonk Rebel will be performing at the Center. On the 28th, he will be joined by Norm Hamlet, a country music legend who played with Merle Haggard and Buck Owens and others who made up the Bakersfield Sound. Come and enjoy a very special evening and do some dancing as well. There will be a \$15 cover charge and a pot luck table for finger food. Be safe, stay warm and God Bless you.

Dick Hawkins, President

A note from the Executive Director

Spring is coming, spring is coming! After our long, cold, snowy winter, I feel like I want to shout it from the rooftops that spring is coming! Spring arrives on March 20 this year. Pretty sure we'll still have snow on the ground (lots of it!) here in Alaska but nonetheless, the days are getting longer and the sun is getting stronger. In case you were wondering, we'll gain more than two hours of daylight during the month of March! Of course, this is Alaska, where we don't know if we'll get another foot of snow or a couple of inches of rain in March. Whatever the weather brings, it will still be 70 degrees here inside the center. Hopefully you can join us for lunch and attend one or more of the informational seminars we've got coming up.

There's lots going on at the center this month. Of course, we have St. Patrick's Day on March 17 – wear green if you choose and stop by for some yummy corned beef and cabbage! March 24, the Kenai Peninsula Family Caregiver Program will be here from 10:30-11:30. If you are a caregiver, know a caregiver, someone getting care, you're the person this time is geared towards. Get your questions answered and make some connections with other caregivers! And finally, on March 25, AARP will be here at the center to help with filing taxes. If you still need to file taxes, AARP is here to help – for free! There are still a few spots available so please call the office and get your time reserved! Here's to a great spring and an even better summer!

Julie Otto, Executive Director





March Dugout News

Seems like February just slid right on by us. Winter Olympics are over and what a grand showing Team USA did! This month the Para Olympics will be held. Spring Training is in full swing, and let's just say my Cubs are withholding the homeruns for October!

This month I thought I'd share an interesting medical fact I learned at my annual checkup. So those of us taking Tylenol PM or Ibuprofen PM, or Benadryl and are over the age of 60, should not be using it. There is an active ingredient from the benzene family that interferes with the endorphins in our brains. This leads to increased Dementia. Children who had parents giving them Benadryl to make them sleep early, on planes etc. it also caused cognitive damage in their brains. This study was done at North Carolina State University. So naturally I asked what about from ages 10-60 what happens and the Dr. told me there was no increase in cognitive damage. The damage is done when the brain is forming and when the brain is fighting old age. So, I'm not taking any chances and yes, I tossed out all things that said PM on them. WHEW dodged one there!!

Ok on to much happier news!



1762: New York City had the first St Patrick's Day parade. Today nearly 2 million spectators are drawn to the parade.

1957: Rodgers and Hammerstein's Cinderella, starring Julie Andrews aired on TV with more than 107 million viewers.

1962: The Chicago River was dyed green for the first time in honor of St. Patrick's Day. It takes about 40 pounds of dye to color the water.

1964: Jeopardy debuted and won more awards, including 39 Emmys, than any other U.S. game show.

1970: McDonald's Shamrock Shake was introduced. Before mint flavor it was plain vanilla and lemon-lime.

What Am I?

Female favorite color is green I'm a real trooper

Believe in follow the leader Friends are 7-17 years old

Got my start in Savannah, Georgia I like Summer Camp

Sometimes I sell cookies Traveled to over 50 countries

Been around for over 70 years I try to be prepared

People recognize me when I'm in uniform

As always keep swinging for the fence! (maybe I better make a visit to the Cubs Dugout!) Till next month be safe and watch out for the little green mischief critters!

Cheryl



Answer: A Girl Scout

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

On the peninsula

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

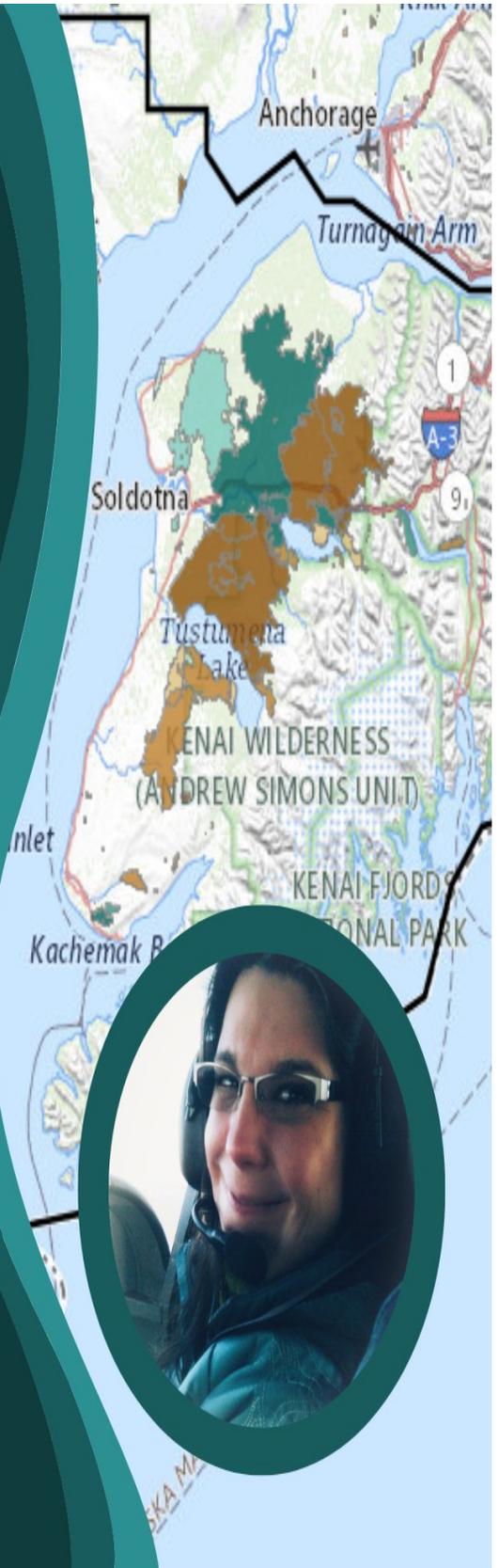
(907) 262-4910

bahlberg@kpb.us

info.kpb.us

Kenai Peninsula Borough

Office of Emergency Management



KENAI PENINSULA FAMILY CAREGIVER SUPPORT PROGRAM

March Schedule



Caregiver Support Groups

4

MARCH

KENAI SENIOR CENTER

"STRONGER TOGETHER" BY RACHAEL CRAIG
SUPPORT GROUP 2-3:30PM

6

MARCH

TYOTKAS ELDER CENTER

SUPPORT GROUP 10:30-11:30AM

9

MARCH

SOLDOTNA LIBRARY

SUPPORT GROUP 1-2PM

19

MARCH

STERLING SENIOR CENTER

SUPPORT GROUP 1-2PM

24

MARCH

NINILCHIK SENIOR CENTER

SUPPORT GROUP 10:30-11:30AM



Scan QR Code
to follow & like
us on
Facebook!

Trust

Alaska Mental Health
Trust Authority

4 Chances to Win

Ninilchik Senior Center

4 Chances to Win

Gun Raffle

\$20 per ticket, only 500 tickets to be sold

Smith & Wesson Model 1854 20" 45-70 6rd, Stainless Steel/Synthetic

1st Place



Color may vary

Ruger 10/22 .22lr Take Down Black with Flash Hider

2nd Place



Rifle

PSA Dagger Full Size - S 9mm Pistol with SW1 RMR with Threaded Barrel & 10 17rd Mag & Bag, Flat Dark Earth color (rear sight)

3rd Place



Great for Conceal Carry

4th Place

\$300 Cash

4 Chances to Win!

**Drawing to be held May 16 at 4 pm at the Ninilchik Senior Center,
during the Gun Show
(May 16, 2026)**

State of Alaska Gaming Permit #874

Ninilchik Senior Citizens, Inc.
3rd Annual
Gun Show Fundraiser

Saturday - May 16, 2026: 9am to 6pm

Looking for Vendors!

**Table space is \$25. If you are interested, please call
the Senior Center office at (907) 567-3988**

Admission:

Will be by donation

Attractions:

**Vendors Selling Guns, Ammo,
Magazines & Knives**

Raffle

**1st Place S&W rifle, 2nd Place Ruger
Rifle, 3rd Place PSA Dagger Pistol,
4th Place \$300 Cash**

**Food available
for sale**

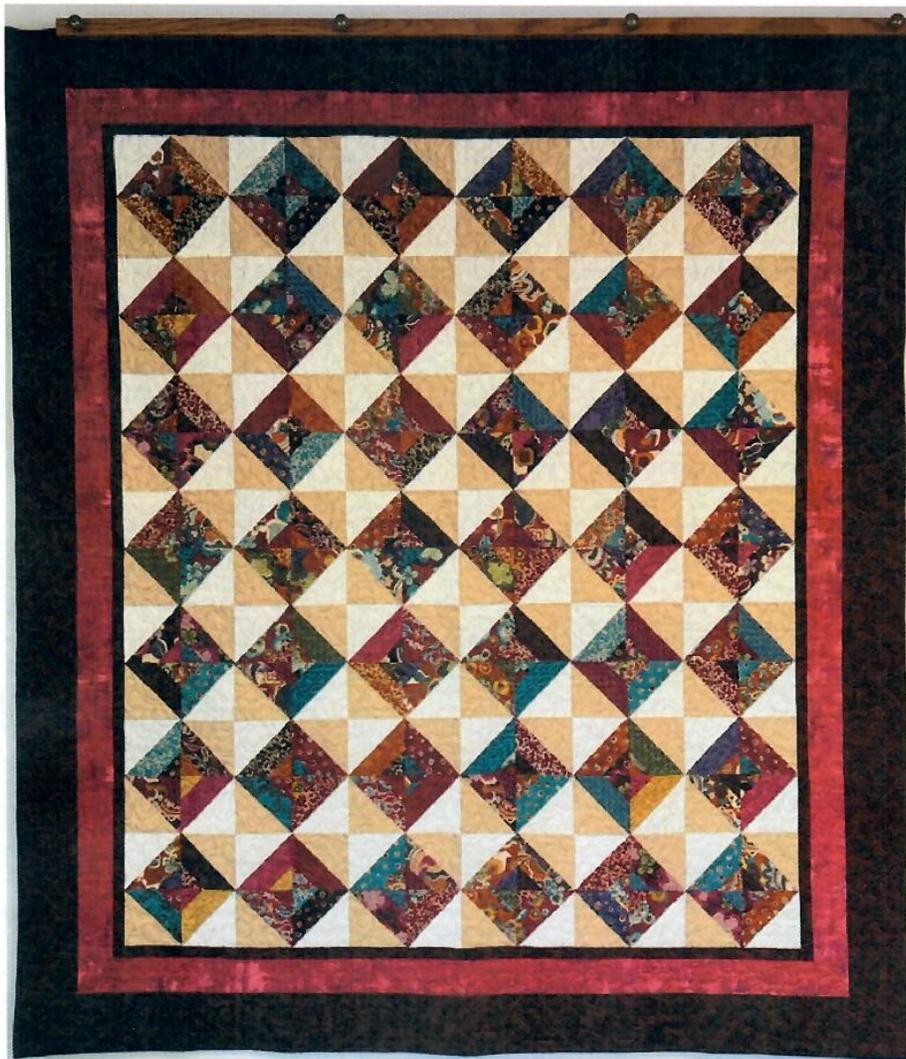
By Under the Midnight Sun BBQ

**At the Ninilchik Senior Center, 66265 Aspen Avenue,
Ninilchik. Questions? Call 907-567-3988**

Ninilchik Senior Citizens, Inc.

Quilt Raffle

This quilt was started by Margy Teed. Donna Schaeztle finished the blocks and the borders. The Quilting was done by Kathy Bundy. Thank you ladies! Quilt Size: 86" x 75"



Tickets are \$5 each and only 300 tickets will be sold

The Drawing to be held at the Ninilchik Senior Center on
Wednesday, June 3, 2026 at Noon.

State of Alaska Gaming Permit #874

2026 Annual Fundraiser Dinner & Auction

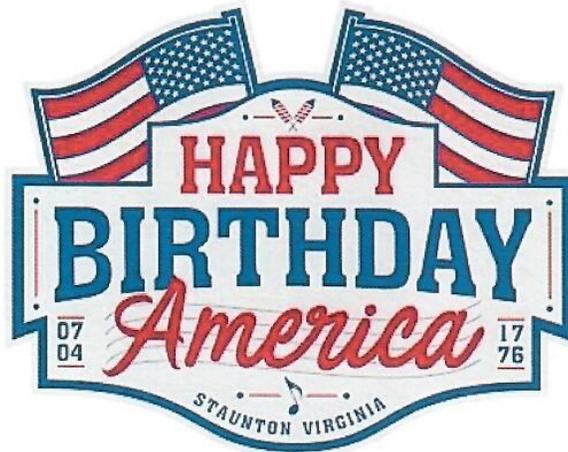
Our theme for next year will be:

Happy Birthday America!

America will be 250 years old!

Start thinking about your costume for next year!

Happy
Birthday
America





Daffodil & Jonquil



Aquamarine & Bloodstone

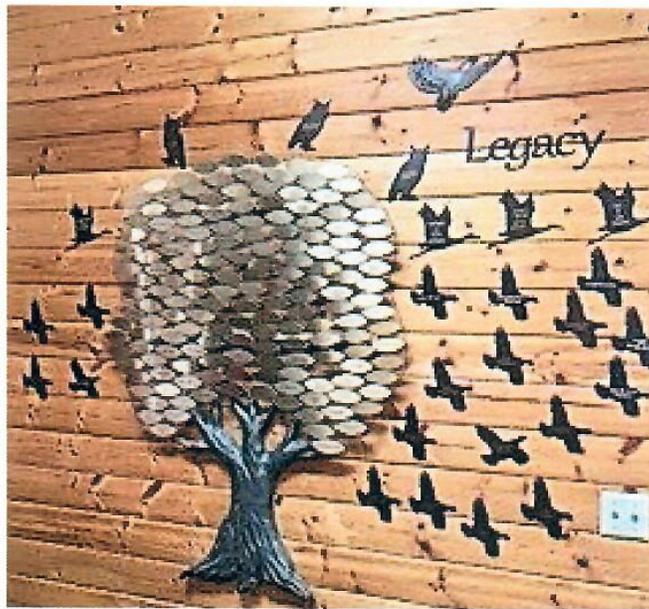


February 19—March 20

March 21—April 20

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!

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

1sudoku.com n° 117398 - Level Easy

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

1sudoku.com n° 214978 - Level Medium

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

1sudoku.com n° 114665 - Level Easy

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

1sudoku.com n° 224466 - Level Medium

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

1sudoku.com n° 121143 - Level Easy

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

1sudoku.com n° 223449 - Level Medium

Crossword #3

Across

1. Snide remark
5. Waikiki wiggle
9. Small sample
14. Burn soother
15. Part of CPU
16. Rack up, as debt
17. Fireplace fodder
18. Unwritten reminder
20. Vile smile
22. NAREB member
23. See eye to eye
24. Staircase part
25. School session
28. Disparage
30. Chocolate source
31. Dog-scolding word
34. Pickup shtick
35. Eye site

36. Putting up with
38. Abandons
39. Cease and _____
40. Cheesy sandwich
41. Turn red, maybe
42. Full range
43. Phony sort
45. Mideast bigwig
46. Tropical tuber
47. In the ___ of (amongst)
51. More than a few
53. Geologic period
54. Haitian, for one
57. Folklore fiend
58. "Not ___!"
59. Knowing about

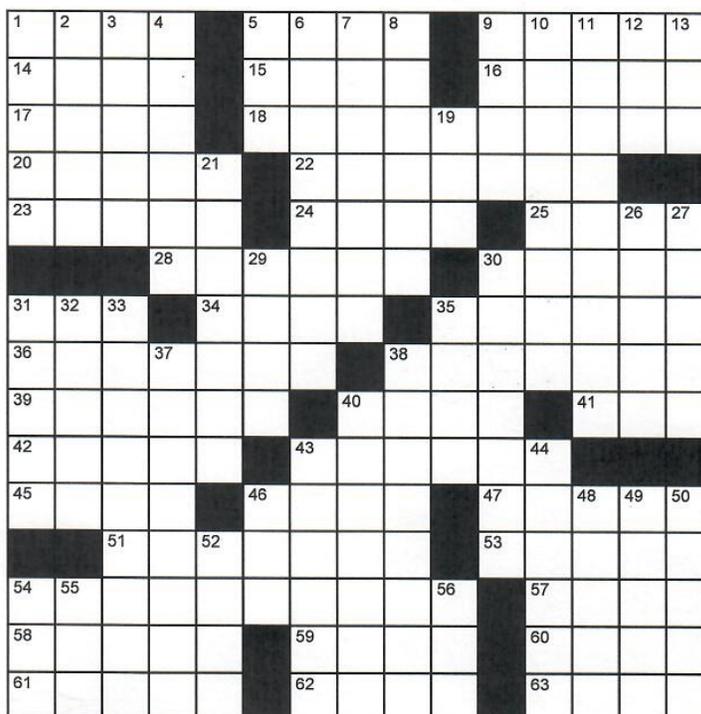
60. Feudal estate
61. Gabbana's partner
62. Must-have
63. Pedal pushers

Down

1. Modeler's wood
2. Word with tag or string
3. Daltrey of The Who
4. Be suitable for, old-style
5. Droning sound
6. Precise
7. Family history
8. Reach, as a goal
9. Pinball error

10. Mark up
11. Golfer's tally
12. Egyptian boy king
13. Before, to a sonneteer
19. "Is that ___?"
21. Pragmatic one
26. Threadbare
27. Bullwinkle, e.g.
29. Fabric fuzz
30. Halloween wear
31. Policeman's shield
32. At right angles to ship's keel
33. Ouster
35. Brazilian soccer legend

37. Water pill
38. Barren
40. Glacial deposit
43. Presidential grant
44. Sucker deal
46. Gymnast's goal
48. Stray calf
49. Rock fragments
50. Shrinkage, to a retailer
52. Wall climber
54. Bunch of bills
55. It may be inflated
56. Sign of approval



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

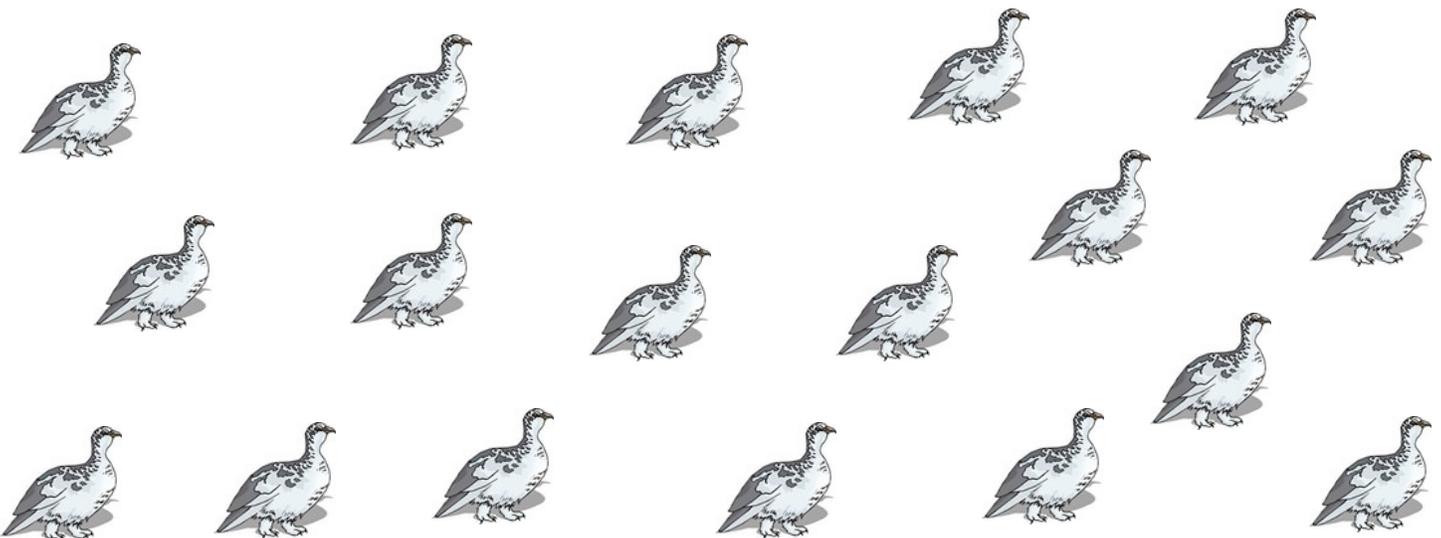
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



Congratulations to all the prior weeks winners



Famous World Explorers

Word Search

DIRECTIONS: Find and circle the names in the grid. Look for them in all directions including backwards and diagonally.



AMUNDSEN
ARMSTRONG
BOONE
CABOT
CARTIER
COLUMBUS
COOK
CORTES
COUSTEAU

DA GAMA
DE CHAMPLAIN
DE SOTO
DRAKE
ERICSON
GAGARIN
HILLARY
HUDSON
LEWIS AND CLARK

MAGELLAN
PIZARRO
POLO
PONCE DE LEON
SACAGAWEA
SMITH
VESPUCCI
ZHENG HE



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1. Name the historical landmark in the middle of the main street in Sitka.
2. Name the native group of Alaskans who were persecuted under Russian rule.
3. True/False Prudhoe Bay is frozen over 9 out of 12 months.
4. What are members of the lowest branch or plant life named?
5. What city in Alaska was known for it's "Golden Beaches"?
6. What significant event regarding the Alaska railroad took place in 1985?
7. What is a valuable by-product of copper mining?
8. During World War II what island became the site of Alaska's principal naval base?
9. Petersburg is known for what foreign ancestry?
10. Name the United States Representative for Alaska in 1985.
11. Approximately three fourths of all the fresh water in Alaska is stored in what way?
12. The Bald Eagle has a wing span of how many feet?

1. St. Michael's Russian Orthodox Church
2. Aleuts in the Aleutian and Pribilof Islands
3. True
4. Mosses
5. Nome
6. The state purchased the railroad from the federal government.
7. Silver
8. Kodiak Island
9. Norwegian
10. Don Young
11. Glacial Ice
12. 6 1/2 to 8 feet

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

1sudoku.com n° 117398 - Level Easy

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

1sudoku.com n° 214978 - Level Medium

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

1sudoku.com n° 114665 - Level Easy

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

1sudoku.com n° 224466 - Level Medium

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

1sudoku.com n° 121143 - Level Easy

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

1sudoku.com n° 223449 - Level Medium

Famous World Explorers

Word Search

SOLUTION

Solution for Crossword #3

1	B	A	R	B		5	H	U	L	A		9	T	A	S	T	E	13						
14	A	L	O	E		15	U	N	I	T		16	I	N	C	U	R							
17	L	O	G	S		18	M	E	N	T	A	L	N	O	T	E								
20	S	N	E	E	R		21		22	R	E	A	L	T	O	R								
23	A	G	R	E	E		24	R	A	I	L		25	T	E	R	27	M						
						28	M	A		29	L	I	G	N		30	C	A	C	A	O			
31	B	A	D			32		33		34	L	I	N	E		35	P	O	T	A	T	O		
36	A	B	I	D	I	N	G			37					38	D	E	S	E	R	T	S		
39	D	E	S	I	S	T				40	M	E	L	T					41	D	Y	E		
42	G	A	M	U	T					43	P	O	S	E	U	R			44					
45	E	M	I	R						46	T	A	R	O					47	M	I	D	S	T
						51	S	E	V	E	R	A	L						53	E	P	O	C	H
54	W	E	S	T	I	N	D	I	A	N					56				57	O	G	R	E	
58	A	G	A	I	N					59	O	N	T	O					60	F	I	E	F	
61	D	O	L	C	E					62	N	E	E	D					63	F	E	E	T	

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

Find more [world history word search puzzles](#) on [Puzzles to Print](#).



John Lindeman 3/3

Bob Greer 3/7

Kathy Bowen 3/9

Lynn Harding 3/9

Becky Hamilton 3/10

Leon Marcinkowski
3/13

Beverly Graf-Cross
3/14

Sharon Cook 3/15

Dayton Sibley 3/15

Connie Porter 3/15

George Davis 3/19

Fred Marshall 3/21

Ron Petty 3/22

Linda Pearson 3/23

Ed Swegel 3/24

Dianne Thomas 3/26

\$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

Linda Hawkins

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

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
Homemaker: Tonya Sugak

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 **GPO13**. <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



March 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.

Birthdays	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
John Lindeman 3/3 Bob Greer 3/7	1	2	3	4	5	6	7
	Lil' Cheddar Meatloaf Mashed Potatoes Gravy Vegetable	Kielbasa & Veggies Sweet Potato Fries Jell-O	Cheseburger French Fries Macaroni Salad	Chicken Cordon Bleu Pasta Vegetable Bread	S&S Meatballs Fried Rice Eggroll		Soup served daily with pick up meals
Kathy Bowen 3/9 Lynn Harding 3/9 Becky Hamilton 3/10 Leon Marcinkowski 3/13 Beverly Graf-Cross 3/14	8	9	10	11	12	13	14
	Salisbury Steak Mashed Potatoes Gravy Vegetable	Country Pork Ribs Baked Beans Coleslaw Cornbread	Bingo @ 1:15 Chicken Alfredo Noodles Vegetable Garlic Bread Knots	Cranberry Pork Loin Yams Stuffing Gravy	Mongolian Beef Rice Broccoli		Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$2.00 per cup
Sharon Cook 3/15 Dayton Sibley 3/15 Connie Porter 3/15 George Davis 3/19 Fred Marshall 3/21	15	16	17	18	19	20	21
	Chicken Enchilada Refried Beans Mexi-corn Southwest Eggrolls	St. Patrick's Day 17 Corned Beef & Cabbage Potatoes Carrots	Bingo @ 1:15 Ham & Swiss Sandwich Macaroni Salad Vegetable	Board Meeting Hawaiian Chicken Rice Stir Fry Vegetables	Swiss Mushroom Bacon Meatloaf Scalloped Potatoes Vegetable Roll		Lunch starts right at noon
Ron Petty 3/22 Linda Pearson 3/23 Ed Swegel 3/24 Dianne Thomas 3/26	22	23	24	25	26	27	28
	Beef Stroganoff Noodles Vegetable	Monterey Chicken Breast Rice Vegetable	Bingo @ 1:15 Crispy Pork Applesauce Stuffing Gravy Vegetable	Turkey Stuffing Mashed Potatoes Gravy & Vegetable Cranberry Sauce	Lasagna w/Sausage Vegetable Garlic Bread		
	29	30	31				
	Frittata Sausage Texas Toast Fruit-no salad bar	Mushroom Pasta Bake Vegetable Garlic Bread Sticks					



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