2026
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NANIQ NEWS

XYZ Senior Center 104 Division Street, Nome, Alaska 99762 (907) 443-5238

"Alone we can do so little; together we can do so much." – Helen Keller

February

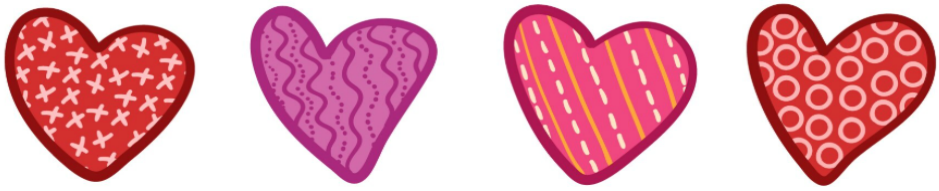
January Recap & News

We want to say a big "Thank You!" to all who donated time, money and supplies to help us serve the elders in our community. You don't know how much it means to us that community members are willing to help out, we are always extremely grateful!

January gave us some pretty cold temperatures and high winds. We also had a "January thaw" with above freezing weather. It will be interesting to see what February brings.

As of now, we do not have any extra plans for this month, but we welcome any and all suggestions. We have a suggestion box on the piano at XYZ and staff can accept notes or spoken suggestions. We did have a suggestion to have more people stay until closing time. Is there anyone that would be interested in doing that? Please let us know.

XYZ Senior Center will be closed on Feb. 17 for Presidents' Day.



February Quote

"In February, nature reminds us that even in the coldest moments, beauty can still flourish."
~Gabriela Aleman

Quyanna!

A special thank you to all of the people and organizations who donate to the XYZ Senior Center.

Happy Birthday

Joseph Kakik 2/5

David Powell 2/5

Emily Penayah 2/9

George Penatac 2/12

Betty Ann Hoogendorn 2/26

Welcome February

"February, the month of love, is a time to cherish the bonds that warm our hearts."
~D.A. Blankinship

Greetings and welcome to National Heart Health month!

February is the month dedicated to heart health and one of the ways to maintain a healthy heart is to exercise. The article this month is about exercise with tips about types of exercise. As always, please consult a medical provider before starting any exercise program to be sure it is right for you and you can do it safely.

We finally have our new bowls for home deliveries on the way. PLEASE, PLEASE, PLEASE, remember to get them back to us, with the lids! This goes for the trays with their lids as well. These items are difficult and expensive to ship to Nome. We appreciate your diligence in helping us stay frugal, so we can use our limited funds for other needed items and services.

We are gaining daylight at a pretty good rate now; it is more noticeable that our daylight hours are lengthening. It will not be much longer until we start planning what we will plant for the various garden plots that we use. We are already saving potatoes to be able to plant in one of our planters. We plant vegetables and herbs to use in the kitchen, as well as flowers, just to enjoy their beauty.

We will be making plans for outings to pick greens or berries at the appropriate time, and we look forward to getting out of town. We will announce when we will be going out and have a sign-up sheet so we know how many would like to go with us.

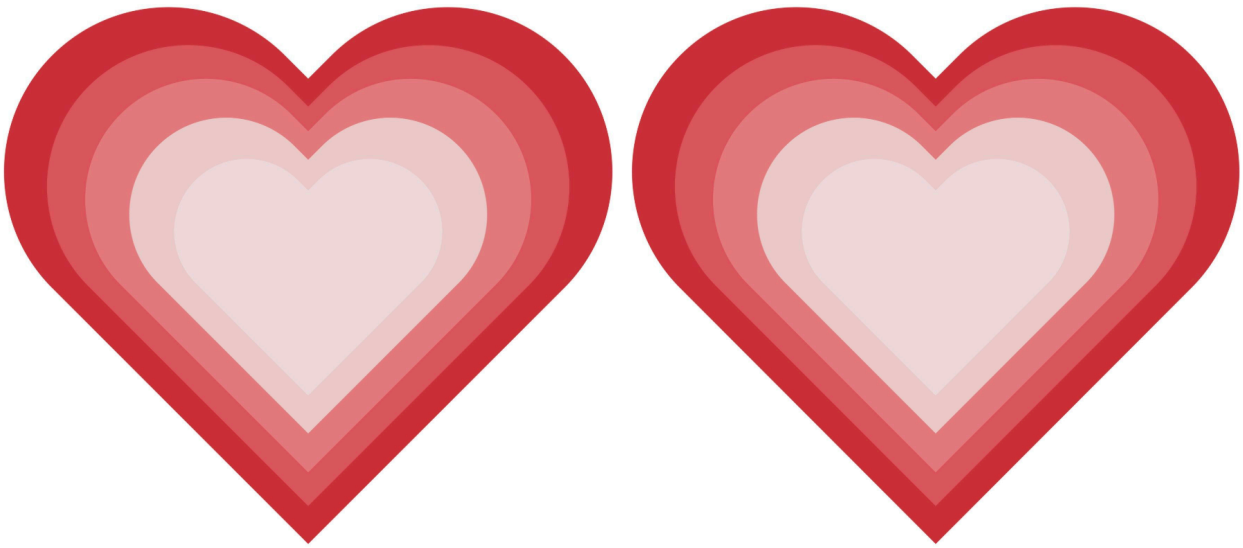
February Blessing to all!

Melanie

ADULT DAY SERVICES CALENDAR

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** Groundhog Day 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	**3** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	**4** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	**5** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	**6**	**7**
8 Super Bowl	**9** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	**10** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	**11** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	**12** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	**13**	**14** Valentine's Day
15	**16** Presidents Day **CLOSED**	**17** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	**18** Ash Wednesday 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	**19** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	**20**	**21**
22 Washington's Birthday	**23** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- STRETCHING 12 NOON- LUNCH	**24** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- LIGHT WEIGHTS 12 NOON- LUNCH 1 PM- POST OFFICE	**25** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- AEROBICS 12 NOON- LUNCH 1 PM- HANSON'S SHOPPING	**26** 9:00 AM- BREAKFAST 10:00 AM DEVOTIONS 10:30 AM- BALANCE 12 NOON- LUNCH 1 PM- AC SHOPPING	**27**	**28**



A 12-minute workout can activate hundreds of heart-healthy molecules

Originally Published December 09, 2020

Scientists know exercise is good for the heart, but a study in *Circulation*(link is external) explains molecular processes that promote metabolic health and reduce the risk for heart disease. Researchers analyzed 588 metabolites, byproducts of metabolism, from 411 adults during a 12-minute cycling session. During peak exercise, 502 metabolites were activated. These compounds overlapped with processes that support metabolic function, insulin sensitivity, a marker of how easily the body breaks down sugar, and cardiovascular health. For example, metabolites associated with diabetes and cardiovascular disease fell 29% during exercise. Metabolites associated with anti-inflammatory processes and a reduced risk for cardiovascular disease increased, strengthening a network for heart and vascular health.

Body weight, biological sex, and exercise duration had varying effects on circulating metabolites. People with a higher body mass index didn't have as strong of a response in pathways associated with insulin function and diabetes. Women had a greater response in metabolites associated with cardiovascular health, while men had a stronger response in cell metabolism (likely due to increased muscle mass). Unsurprisingly, metabolites used during respiration and immediate energy use increased with exercise intensity and duration. Others, including those involved with metabolism and insulin sensitivity, were activated but didn't have dose-specific responses to exercise. The researchers note the study, which is part of the Framingham Heart Study and supported by the National Heart, Lung, and Blood Institute, shows that even short amounts of exercise can activate hundreds of molecules associated with cardiovascular health.

Source: https://www.nhlbi.nih.gov/news/2020/12-minute-workout-can-activate-hundreds-heart-healthy-molecules

What Is Physical Activity?

Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity.

According to the Department of Health and Human Services' 2018 Physical Activity Guidelines for Americans(link is external) physical activity generally refers to movement that enhances health. Physical activity is recommended for everyone from 3 years of age and older.

Types of physical activities include aerobic, muscle-strengthening, bone-strengthening, balance, and flexibility activities. Exercise is physical activity that is planned and structured, such as lifting weights, taking an aerobics class, or playing on a sports team.

Physical activity is good for many parts of your body. This topic focuses on the benefits for your heart and lungs and provides tips for getting started and staying active. Physical activity is one part of a heart-healthy lifestyle. A heart-healthy lifestyle also involves following a heart-healthy eating, aiming for a healthy weight, managing stress, and quitting smoking.

Being physically active is one of the best ways to keep your heart and lungs healthy. Many Americans are not active enough. The good news, though, is that even modest amounts of physical activity are good for your health. The more active you are, the more you will benefit.
Source: https://www.nhlbi.nih.gov/health/heart/physical-activity
Information created and distributed by The National Institutes of Health and use of such does not constitute endorsement of or approval of XYX Senior Center and/or Nome Community Center by NIH or the US government.

Just for Fun

Evening Prayer

Two young brothers were spending the night at their grandparents' home.
When it was time for bed, the two boys knelt down and began to say some prayers.
Suddenly, the younger brother started yelling and the top of his voice, "I PRAY FOR A BICYCLE! I PRAY FOR A NEW COMPUTER! I PRAY FOR A TRIP TO DISNEYLAND! and so on….
His older brother leaned over and whispered, "There is no need to shout. God isn't deaf."
"I know," said the younger brother. "But Grandma sure is!"
Source: weloveourgranny.com

XYZ SENIOR CENTER LUNCH MENU

MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY AND/OR DONATIONS

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Groundhog Day CHEF'S CHOICE	3 PANCAKES SCRAMBLED EGGS BACON FRUIT COCKTAIL	4 CHILI CORNBREAD CAULIFLOWER PEARS	5 CHICKEN NOODLE CASSEROLE BROCCOLI CARROTS	6 TUNA PATTY COLESLAW GREEN BEANS DINNER ROLL	7
8	9 HAM SANDWICH CHICKEN SOUP MIXED FRUIT	10 CHICKEN POTPIE WITH BREAD CRUST MANDARIN ORANGES	11 MEATLOAF MASHED POTATOES CARROTS BROCCOLI DINNER ROLL	12 PORK LOIN NOODLES PEAS APPLESAUCE	13 FISH RICE GREEN BEANS CAULIFLOWER JELLO	14 Valentine's Day
15	16 Presidents Day **CLOSED**	17 SPAGHETTI W/ MEAT SAUCE GREEN SALAD GARLIC BREAD	18 Ash Wednesday BAKED CHICKEN MACARONI DISH BRUSSELS SPROUTS PEAS	19 STEW PINEAPPLE DINNER ROLL	20 SEAFOOD CHOWDER DINNER ROLL BROCCOLI	21
22 Washington's Birthday	23 FRENCH DIP SANDWICH STEAK FRIES 5-WAY BLEND TROPICAL FRUIT	24 BAKED SALMON RICE CARROTS BROCCOLI	25 PORK CHOPS POTATOES & GRAVY VEGGIE BLEND BRUSSELS SPROUTS DINNER ROLLS	26 STIR FRY CHICKEN RICE CAULIFLOWER JELLO	27 TUNA CASSEROLE CARROTS PEARS	28

Please remember to rinse the trays and bowls before returning them to us with <u>all the lids</u>.

Free Printable Word Search Puzzles

Family Ties

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a special occasion for families.

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

ANCESTOR
AUNT
BOND
BROTHERS
CHILDREN
CLAN
COUSINS
DAD
DAUGHTER
DESCENDANTS
FATHER
FOLKS
GENEOLOGY
GRANDPARENT
HALF BROTHER
HALF SISTER
HUSBAND
KIN
MARRIAGE
MOM
MOTHER
NEICE
NEPHEW
NEWLYWED
OFFSPRING
PARENTS
PROGENY
RELATIONS
RELATIVES
SIBLING
SISTERS
SON
SPOUSE
STEPPARENT
TRIPLETS
TWINS
UNCLE
WIFE

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

Cook's Corner

3-Ingredients Oatmeal Cookies

Yield: 14 Cookies

1/2 c. smooth peanut butter
1/2 c. maple syrup
1/2 c. quick cooking oats
Preheat oven to 350. Place peanut butter and maple syrup in a medium size mixing bowl. Mix with a hand mixer or by hand with a spoon or spatula until well combined. Add the oats and any optional mix-ins, if using (see note at end). Mix until combined and no dry spots remain on the oats. Scoop 2 Tbs. of dough per cookie, onto a parchment lined cookie sheet, placing about an inch apart. The cookies will not spread, so flatten slightly to 2-inches wide and about half an inch thick. Bake for 5 minutes and rotate sheets, baking for 5-6 additional minutes until the edges are set and starting to brown. Let cool on cookie sheet for 5 minutes, then transfer to a wire rack to cool completely.
Notes: Other nut butters can be substituted, using equal amounts and honey can be used in place of maple syrup, if desired. Optional add-ins are 1 tsp. ground cinnamon, or 1/4 c. mini or regular chocolate chips, or 1/4 c. raisins, or 1/4 c. walnuts or pecans.

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1. **mail:**
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. **fax:**
   (833) 256-1665 or (202) 690-7442; or
3. **email:**
   Program.Intake@usda.gov

This institution is an equal opportunity provider.

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