

**City of Kenai**  
**Kenai Senior Center**  
361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156

**JUNE 2021**  
The Kenai Senior Center

# Centerline

## KNOW YOUR STAFF

by Carol Prior



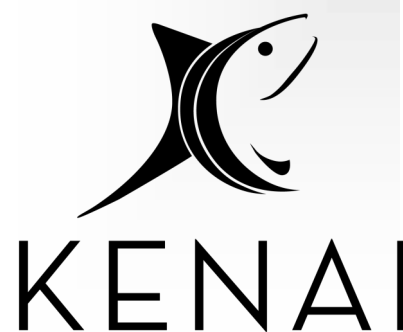
As you all start returning to the Senior Center, you will see a new face on our staff: Kayla Feltman. Kayla was born in South Korea and at the age of five, was adopted by Don and Robin Feltman, and grew up in Nikiski, graduating from Nikiski High School. I won't tell you how old she is, but let's just say she could be our granddaughter.

Kayla was first hired by the City of Kenai in 2009 to work in the Public Works Department and is now our Volunteer and Activities Coordinator.

Kayla is quite a world traveler. She has been to Korea (since her adoption); Israel; on safari in South Africa; Washington D.C.; Wyoming; and South Dakota, visiting Mt. Rushmore and the Black Hills. Kayla says her hobbies are travelling (of course), cooking, shopping (a girl after my own heart), hiking, and camping. She tells me she is going across the Inlet this weekend to camp (we will have to see if she sees any bears). It sounds to me like she is plenty active in her own life. Strap on your running shoes because I feel she is going to be hard to hold down.

Be sure to introduce yourself and ask her what her favorite color is or her favorite place to go?

The Senior Center is now open Monday—Friday from 8 am—5 pm and on Thursdays until 9:30 pm. While we are opening, we still encourage masks when moving about the building and social distancing whenever possible, based on the CDC guidelines.



### Inside this issue

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### Special points of interest

- Kenai Senior Connection News
- Craft Class
- Father's Day Celebration
- Walkabout Wednesdays
- Thursday night Bluegrass

**We are OPEN !**

## KENAI SENIOR CENTER SERVICES

### *PICK UP MEALS:*

Monday through Friday at 11:30 AM.  
Call the front desk by 10:30 am to  
arrange for a pickup meal.

*HOME-DELIVERED MEALS:* Monday  
through Thursday  
Call 283-8212 for more information.

*DINING (CONGREGATE) MEALS*  
Tuesdays and Fridays 12—1 pm  
No RSVP Required

*FACILITY RENTAL:*  
Please contact Angie at  
283-8212

*TRANSPORTATION:* Resumes in July

*SUGGESTED DONATIONS:*  
Pick up Meals - \$7  
60 years and older)  
Home-delivered Meals - \$7  
Transportation - \$3



## JUNE BIRTHDAYS

Day	Name	Day	Name	Day	Name
2	Betty Branson	11	Cliff Heus	24	Joanne Stull
2	Judy Martin	12	Len Malmquist	25	Margaret Mullen
3	Lois Duncan	13	Edith vonWeltin	25	Joe Harrison
3	Katie Pault	14	Marilyn Bannock	25	Sieglinde Moore
5	Connie Rhoads	14	Omer Goodman	26	Linda Barnes
7	Ronald Horvath	15	Pat Robinson	26	Jan Stiers
8	Tom Holland	16	Jake Gibbs	28	Willena Brenden
8	Colleene Rumaner	18	Velda Geller	28	Bill Knackstedt
8	Jeanie Pierce	19	Kathy Heus	30	Jackie Oberg
9	Jerry Crandall	19	Betsy Arbelovsky	30	Preston Williams
11	Barbara Christian	20	Barbara Basas	30	Doug Anderson
11	Ruth English	22	Janice See		

## **What is \$5 Club?**

**Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!**

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis.

**We proudly post our \$5 Club members in the Centerline!**

### **JUNE \$5 CLUB**

Juanita Aguilar	Omer Goodman	Marge Milewski	Steve Smith
Bob Arrington	Phyllis Ann Halstead	Kari Mohn	Randi Smith
Cheryl Arrington	Cliff Heus	Twyla Mundy	Bill Starnes
Steve Best	Kathy Heus	Wayne Mundy	Sondra Starnes
Glenn Clifford	Jan Hollers	Harry Nagasako	Buck Steiner
Patsy Clifford	Donna Hoyt	Bill Nelson	Sheila Steiner
Rachael Craig	Molly Jackson	Lois Nelson	Linda Swarner
Walter Craig	Leanne King	Ray Nickelson	Vivian Terry
Jim & Shirie Drath	Anita Kwan	Marian Nickelson	Charles & Janice Thornton
Carol Freas	Lisa Lambert	Joseph & Janice Nightingale	Terry Turner
Nadine Gabbett	Pearl Larson	Alice Nuxoll	Ray & Yen-ti Verg-In
Velda Geller	Paula Maier	Carol Prior	Beverly & Don Waldrop
Jim Glendenning	Judy Martin	Barbara Schmidt	Roy & Ozella Williams
		Barbara Smith	Janice Wilsack

### **Business Hours**

Mondays 8:00am ~ 5:00pm

Tuesdays 8:00am ~ 5:00pm

Wednesdays 8:00am ~ 5:00pm

Thursdays 8:00am ~ 5:00pm

Fridays 8:00am ~ 5:00pm

**Need to speak with someone in  
administration?**

**Director, Kathy Romain**

283-8213

**Administrative Assistant, Angie Clary**

283-8212

**Activity/Volunteer Coordinator, Kayla Feltman**

283-8214



**STRAWBERRY  
RHUBARB PIE DAY!!!  
June 9, 2021**

**Winnie's Mini Rhubarb &  
Strawberry Pies**

*Taste of Home*



<b>Ingredients:</b>	1 tsp. vanilla extract
3 Tbsp quick-cooking tapioca	1/4 tsp. salt
4 C. sliced fresh strawberries	1/4 tsp. ground cinnamon
2 C. sliced fresh rhubarb	3 drops red food coloring (optional)
3/4 C. sugar	Pastry for double-crust pie
1 tsp. grated orange zest	Sweetened whipped cream, optional

**Preparation:**

1. In a large saucepan, combine strawberries, rhubarb, sugar, orange zest, salt, vanilla, cinnamon, tapioca (finely ground if possible), and, if desired, food coloring. Bring to a boil. Reduce heat. Simmer covered until strawberries are tender, stirring occasionally, 15-20 minutes. Transfer to a large bowl. Cover and refrigerate overnight.

2. Preheat oven to 425°F. On a lightly floured surface, roll half of dough to an 18-inch circle. Cut 12 circles with a 4-inch biscuit cutter, rerolling scraps as necessary.

3. Press crust onto bottom and up sides of ungreased muffin cups. Repeat with remaining dough, cutting six more circles.

4. Spoon strawberry mixture into muffin cups.

5. Bake until filling is bubbly and crust golden brown (approximately 12-15 minutes).

6. Cool in pan five minutes. Remove to wire racks to cool. If desired, serve with whipped cream.



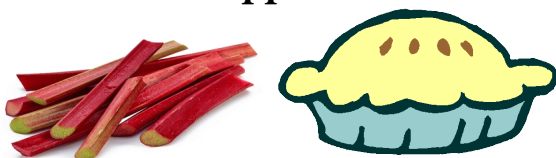
**LET'S TALK  
RHUBARB.....**

It's only a few short weeks before Kenai's July 4 Celebration and the Kenai

Senior Connection, Inc. will be there with its "Biscuits n' Gravy~~Strawberry/Rhubarb Pie Booth!!!

If you have rhubarb and would like to donate it to the strawberry/rhubarb pie effort, please bring it to the Center anytime after June 15.

**Thank you for your generous support!!!**





## THE MAN WHO INSPIRED FATHER'S DAY WAS A SINGLE DAD AND CIVIL WAR VET

*Adapted from 8/13/18 Dave Roos Article*

William Jackson Smart was a twice-married, twice-widowed Civil War veteran and father of 14 children and was the original inspiration for Father's Day.

Smart was born in Arkansas in 1842 and records show that he enlisted as a Union soldier there in 1863. That was odd, because Arkansas was a Confederate state. Spokane resident, Jerry Numbers, who owned what had been Sonora's home, researched the Smart family history for Spokane's Father's Day Centennial Celebration in 2010. Numbers says that William, in fact, fought for both sides in the Civil War.

Driving a supply wagon for Confederate troops, William was captured in the Battle of Pea Ridge, a decisive Union victory in Arkansas in 1862. Rather than languish in a prisoner of war camp, he opted to join the northern cause. As indication that William was a "Reb" before he was a "Yank," Sonora was a member of both the United Daughters of the Confederacy and the Daughters of Union Veterans.

William's daughter, Sonora Smart Dodd, was attending one of the first official Mother's Day services in 1909 at her church in Spokane, Washington, when she had an epiphany—if mothers deserved a day in honor of their loving service, why not fathers? Then, in 1910, Sonora took a petition before the Spokane Ministerial Alliance to recognize the courage and devotion of all fathers like William on June 5, her dad's birthday. The local clergy liked the idea of a special Father's Day service, but couldn't pull something together so quickly, so they settled for June 19, the third Sunday in June.

On that first Father's Day in 1910, church sermons across Spokane were dedicated to dear old dad, red and white roses were passed out in honor of living and deceased fathers, the mayor of Spokane and governor of Washington issued proclamations, and Sonora found her calling. This first celebration might have remained a local tradition if not for the perseverance of Sonora Smart Dodd. Following the 1910 Father's Day observance, William Jennings Bryan, one of the most famous politicians of the time, sent Sonora a congratulatory letter, which sparked a rush of national media attention on Sonora and Spokane and Sonora would spend much of the next 60 years pushing for the official recognition of Father's Day as a national holiday.

Sonora won the support of her congressmen, who began to lobby for the creation of a national holiday. In 1916, President Woodrow Wilson celebrated Father's Day in Spokane during a visit to Washington. It isn't known if Smart was there to shake the president's hand, but it would have been one of his last Father's Days. William died in 1919.

It wasn't until 1972, six years before Sonora's death at the age of 96, that President Richard Nixon finally signed a Congressional resolution declaring the third Sunday in June to be Father's Day. Her dad, no doubt, would have been proud.



## KNOW YOUR SENIOR CENTER STAFF



The Receptionist. The Receptionist is your first contact and can answer most of your questions or help you find the answers you need. The Receptionist can also arrange rides for you, make phone calls, and can request appointments with other staff for you. Carol Prior, Carol Freas, and Vivian Terry are our current receptionists.

Kathy Romain, Senior Center Director. Kathy is the liaison between the Center and City Administration. She has the responsibility for all the Center/Vintage Pointe budgeting, grant writing, and directly supervises the Center and Vintage Pointe staff. January through March is budget and grant writing season and keeps Kathy very busy. If you are needing to speak with Kathy, please schedule an appointment with her. She can be reached at 283-8213.

Angie Clary, Administrative Assistant. Angie (otherwise known as the Center's Air Traffic Controller) handles all the contact between Center rentals, dining room, Vintage Pointe residents, Meals on Wheels clients, drivers, and reception staff. Angie is your first person to contact for Meals on Wheels. She has a lot of information available to help our seniors, and, like Kathy, an appointment is the best way to schedule time with her. She can be reached at 283-8212.

Kayla Feltman, Activities and Volunteer Coordinator. Kayla joined our team on May 11, 2021. Kayla will be scheduling all the events, the special trips, and other activities. She will also be interviewing new volunteers and scheduling them to assist when needed. Kayla will coordinate the Centerline production, prepare and coordinate newspaper ads, and update the decorations around the Center. If you'd like an appointment with Kayla, she can be reached at 283-8214.

### **Summer in Ketchikan (Pre-Covid)**

*By Biz Robbins*

Tourists by the thousands  
clogging up the streets,  
Cruise ships and fishing boats  
crowd the sea in fleets.  
Beavers, Otters, and jet planes  
rival for the sky  
Giving seagulls and eagles  
scarcely room to fly.

Downtown shops are open,  
filled and overflowing  
With people from everywhere  
who don't know where they're going,  
Standing in the streets—"take my picture please,  
Don't mind that cars are stopped;  
they can wait with ease."

Locals wait with patience;  
they know they really should,  
But in their minds they see that jerk  
fly over their hood.

Charter boats, zip lines, crabbing,  
bear watching, and more  
Have tourists lining on the docks  
buying tickets galore.

I find myself happy  
that the Ketchikan shops make money  
But I take myself out to the trails,  
away where it might be sunny.  
I walk along beaches, around lakes,  
climb hills to the top  
And am thankful that I no longer  
sell totem poles in Suzie's shop.

*But the tourists keep the economy going, so...*  
As long as tourists flock  
to see the wonders  
of this place,  
The city will receive them,  
mustering courtesy and  
grace.



## ACTIVITIES ADDED TO DATE:

Stronger Together Support Group	Mondays	2p in the Dining Room
Growing Strong (\$25 one-time fee)	Mon/Wed/Fri	10am in the Dining Room
Tai-Chi	Tues/Thurs	10:30am in the Dining Room
TOPS Weight Loss Group	Tuesdays	10a in the Game Room
Writers' Group	Wednesdays	1p in the Game Room
Bluegrass Music *2nd, 3rd and 4th Thursday nights	Thursdays	6p—9:30 pm in the Dining Room
Adult Coloring	Fridays	11a-12p in the Game Room
Card Making with Kim	??????	????

## GAME SCHEDULE TO DATE:

Monday	12:30p—4:30 pm	Pinochle	Beginning June 7
Tuesday	12:30p-4:30p	Bridge	Beginning June 8
Wednesday	12:30p	Dominoes	Beginning June 2
Thursday	6p—9:30p	Cribbage	Beginning June 3
Friday	12:30p	Pinochle	Beginning June 4

## "Learning to Drive"

*by Annie Lee*

Well, I didn't have a lot of choices to learn to drive as things changed rather quickly when it came to my turn. I had an older brother who made things very difficult for me as he'd crashed two cars before it came to my turn of getting a vehicle and learning to drive. My dad flat out didn't want to teach me to drive much less get me a vehicle. So, in 1971 when I was 17, my graduating year from High School, I had saved up enough money and I chose to buy a 1969 Ford Mustang for \$1200 (what I thought was a lot of money at the time but not so much now). It was baby blue inside and darker blue on the outside. I loved that car so much but as fate would have it,

I too wrecked my vehicle, which wasn't bought by my dad, but for much more different reasons than my brother, who was just being careless. As a distraught teen with a love gone wrong, I drove that vehicle over the side of the road and down that beach, right into a log where I banged my head on the steering wheel as I sat rather low in that bucket seat of that Mustang, and I began to wonder along the beach in a daze. If it wasn't for the person who found me before the tide came in I might not be here telling you this story.

P.S. My friends used to tease me, "Annie, I saw your car go by but I didn't see you in it." Such jokesters about my 5ft 2in shortness.



## What Is Flag Day and Why Do We Celebrate It?

By Emily DiNuzzo

When most people think of summer holidays, they think of the big three: Memorial Day, Fourth of July, and Labor Day. But people often forget another important American observance—Flag Day. Make sure while you're celebrating, you follow these American flag etiquette rules, and if you had any doubts, these American flag photos will get you in the patriotic spirit.

### What is Flag Day?

Flag Day, celebrated on June 14 every year, is the celebration and recognition of the stars and stripes. Although it isn't a federal holiday, it is a state holiday in Pennsylvania and New York.

### How did Flag Day start?

After the flag's creation, several people in the late 19th century had a helping hand in creating the holiday—but it's unclear who officially suggested its' creation first. One key person was B.J. Cigrand, a Wisconsin-born schoolteacher, who continuously proposed an annual observance of the flag in magazine and newspaper articles. He even arranged for his pupils to celebrate a day recognizing what he called the flag's "birthday" on June 14.

Another person involved was George Morris, a Hartford, Connecticut resident who instituted a formal observance of the day in his hometown. There was also George Bolch, a New York kindergarten teacher who planned Flag Day ceremonies for the kids at his school. Meanwhile, Elizabeth Duane Gillespie—a direct descendant of Benjamin Franklin—pushed for a similar observance in Pennsylvania in 1893. But it

wasn't until May 7, 1937, that Pennsylvania became the first state to establish Flag Day on June 14 as a legal holiday, according to the U.S. Department of Veteran Affairs.

It took three presidents to get Flag Day on the government's radar—President Woodrow Wilson issued a formal proclamation for Flag Day in 1916 and President Calvin Coolidge did the same in 1927. But in 1949, Congress finally approved and President Harry Truman signed the national observance of Flag Day on June 14 into law.

"It is our custom to observe June 14 each year with ceremonies designed not only to commemorate the birth of our flag but also to rededicate ourselves to the ideals for which it stands," Truman said in his proclamation. "This beloved emblem, which flies above all our people of whatever creed or race, signifies our respect for human rights and the protection such rights are afforded under our form of government." What is Flag Day to President Truman? It's more than a day to celebrate the physical flag.

### When is Flag Day?

Still, even though we observe Flag Day on June 14, it's not an official federal holiday—it was excluded from the 1968 Uniform Holiday Act, which established the federal holidays celebrated today. Although we might not have June 14 off from work, we celebrate the stars and stripes through songs, parades, and ceremonies on Flag Day and on so many other patriotic holidays.







FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received \_\_\_\_\_ Received by \_\_\_\_\_

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

**Kenai Senior Center, 361 Senior Ct., Kenai, AK 99611**

~Thank you for your help!

Name \_\_\_\_\_  
First Middle Last

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Physical Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Kenai Senior Center Donation Form

### *Helping People Age With Dignity*

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

Please make checks to **Kenai Senior Center**:

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)

Please make checks to **Kenai Senior Connection, Inc.**:

- ☐ \$5 Club
- ☐ monthly - \$5      ☐ yearly - \$60
- ☐ Memorial Donation

Name \_\_\_\_\_ Address \_\_\_\_\_

Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.

Upcoming summer events are:

- Connection). We will be using the right side of the pavilion and will have apple and strawberry/rhubarb pie by the slice or whole pie, biscuits and gravy, bottled water, tea, and coffee. Due to local competition, we will not be selling hot dogs.

*Velda Geller*

President, Kenai Senior Connection, Inc.

We take the star from Heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing liberty. George Washington

## Friday, June 18 at Noon

- Walkabout  
Wednesdays  
at 10:00 am**



Get out those walking shoes - Summer is here!



# Senior Farmer's Market Nutrition Program

Will you be 60 years of age or older by  
September 30, 2021?

Do you like fresh fruits and veggies but purchasing these  
items are a little hard on your pocketbook?

If you answered yes to both of the questions above you will  
be happy to hear that the Kenai Senior Center is a  
distributing agency again for Farmer's Market Coupons!

For more information about the program and to inquire as  
to whether you are eligible, please call the  
Kenai Senior Center at (907) 283-4156.

# **Auto Class 101**

*By Biz Robbins*

My dad loved to drive and he only drove Chevys. The first one I remember is from 1946 and every five or ten years after that, he'd go to the Chevrolet dealership and trade his old model for a brand new one. Those new cars got longer and wider, and according to him, more expensive. My dad didn't let anyone else drive his car.

So, the first time I put my foot on any gas pedal and tried to coordinate the clutch with the brake, I was in high school Drivers' Ed with Mr. Pike and two teenage boys. Driving wasn't new to them—I was the only one with a racing heart and sweaty palms whenever I sat in the driver's seat. Mr. Pike was patient, the boys were kind, and I tried my best to learn at school. When test time came, I flunked parallel parking, but I passed my driver's test with a 73 and a sigh of relief.

On to college which was in a different town. Whenever I came home for holidays, I would ask to use my dad's car. I had to tell my dad when I would be home and promise that I would shut the garage door. These times when I drove my dad's car, I remember two particular problem areas. The first would always happen in Duluth, a city whose streets rose steeply from Lake Superior. Whenever I couldn't avoid it, I'd find myself at a red stop light, heading uphill, again heart racing and palms sweating. I'd have to find the point when the clutch could hold the car and I could take my foot off the brake and put it on the accelerator and move on up the road—praying I wouldn't slip back and hit the car behind me. God heard me, and I always made it up the hill.

The second problem was getting the car into the garage. Our house, built in 1946, had a garage designed for the cars of the day—my dad's car was now very wide. I would pull into the driveway and stop, put the car in neutral and pull out the emergency brake before getting out, going behind the car and eyeballing the front fender. Did I have the two inches needed on either side to clear the door? If so, I'd drive in. If not, I'd back up and try again. I never put a mark on my dad's car, but I was never comfortable driving it.

Comfort happened after I graduated from college and headed across the country from Minnesota to Colorado for my first teaching job. My dad had helped me buy a small Chevy II from the local dealer, and my college roommate and I set off together. We took turns driving, talking, laughing, singing...just being happy as we drove along the highways, and my confidence growing without even thinking about it. When I drove her to the Denver airport to fly back home, I could really drive a car. And pretty well too, I thought. But I still couldn't parallel park.





## MEET ALICE NUXOLL

*By Carol Prior*

Our beloved Alice Nuxoll (who just turned 98 a month ago) was born in Union Town, Washington. She had a twin brother who died as an infant. There were 15 siblings in her family: ten girls and five boys with three sets of twins in that number.

Alice worked as a “Rosie Riveter” for Boeing for three years while living in Seattle. She and husband Fred married in 1943 (Fred had just lost his wife to cancer), however she met Fred’s five children prior to meeting Fred. Alice said she loved his children and that was her attraction to Fred. With two children of her own, they started out with a family of nine.

Fred took a job working for Hall’s Construction and moved to Alaska. He returned to Idaho to move Alice and the children to Seldovia, Alaska. Hall’s was building 17 new homes for the local residents and Alice, Fred and children lived in a trailer. Alice says it was hard seeing others get new homes, especially since she worked so hard to put in yards for the new homes and those receiving the houses didn’t seem to appreciate what they had. Alice finally quit her job and they moved the family to Kenai where she took a job with the telephone company while Fred continued to work for Hall’s Construction.

Alice says she has seven children, 25 grandchildren, and 21 great grandchildren. Her family is scattered all over Idaho, Washington, Oregon, and Alaska. She likes to embroider when she can see to do it, but her favorite hobby is babysitting her great granddaughter Mazy.

You can see Alice at the Senior Center for lunch and she is always glad to smile and talk to you. I am sure she could tell many good stories if you get her talking. I know I love to hear her tell her stories.

It amazes me how much history our seniors hold. Just talk to them and enjoy their company. ~cp



### Chorus

You're a grand old flag,  
You're a high-flying flag,  
And forever in peace may you wave.  
You're the emblem of the land I love,  
The home of the free and the brave.  
Ev'ry heart beats true  
'Neath the Red, White and Blue,  
Where there's never a boast or brag.  
But should auld acquaintance be forgot,  
Keep your eye on the grand old flag.



Promoting choice,  
independence, and  
quality of life

Staff from the  
Independent Living Center  
will be coming to Kenai  
Monday June 21, 2021

**When: June 21st**  
**From 11:30-1:00**  
**What: Round table**  
**discussion on in home**  
**services and supports**  
**Where: Kenai Senior**  
**Center**

- Disability or age related issues?
- Long term care options and resources to live safely in your own home?
- Caring for aging parents or a family member with a disability?
- Home accessibility or safety modifications?
- Assistive technology options for hearing or vision loss?

Please contact Natalie Merrick at  
907-262-6326 if you have any questions





# JUNE 2021 MENU

If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same-day pick up.

*\*Soup and Salad when available\**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED FOR MEMORIAL DAY</b>	1 Spaghetti w/Meat Sauce Italian Veggies Garlic Bread Soup <b>DINING ROOM OPEN</b>	2 Beef Stew Cottage Cheese & Peaches Muffin Salad	3 Chili Dogs w/Fixings Roasted Potatoes Mixed Veggies Soup	4 Cheeseburgers Oven-Baked Fries Cowboy Beans Buttered Corn Salad <b>DINING ROOM OPEN</b>
7 Tomato Soup Turkey Florentine Sandwich Carrots & Pineapple Salad	8 Quiche Roasted Potatoes Sliced Tomatoes Soup <b>DINING ROOM OPEN</b> 	9 Slow Cooker Sweet & Sour Pork Jasmine Rice Zucchini Salad	10 Pizza Strawberry Spinach Salad Fruit Cup Soup	11 Mexican Steak Fajitas Black Beans & Tomatoes Salad  <b>DINING ROOM</b>
14 Brats w/Onions, Peppers & Sauerkraut Mac & Cheese Peas & Carrots Salad	15 Minestrone Soup Italian Tortellini Salad Honey Dew Melon Roll Soup <b>DINING ROOM OPEN</b> 	16 Blueberry Pancakes Sausage Links Scrambled Eggs Roasted Potatoes Salad	17 Pepper Steak Mashed Potatoes w/ Mushroom Gravy Broccoli Florets Soup	18 Liver & Onions Mashed Potatoes Gravy Green Beans Salad <b>DINING ROOM OPEN</b>
21 Baked Ham Scalloped Potatoes Yellow Squash Salad	22 Fried Chicken Mashed Potatoes & Gravy Nantucket Veggies Soup <b>DINING ROOM OPEN</b>	23 Chef Salad Bran Muffin Fruit Cup Salad 	24 BBQ Ribs Cheesy Potatoes Orange Carrots Soup	25 Vietnamese-Style Meat Balls Brown Rice/Egg Roll Honey Carrots Salad <b>DINING ROOM OPEN</b>
28 Sicilian Meatloaf Noodles w/Marinara Sauce Mixed Veggies Garlic Bread Salad	29 Pan-Seared Cod Cranberry Rice Pilaf Broccoli Florets Soup <b>DINING ROOM OPEN</b> 	30 Beef Enchiladas Mexi-Corn Tomatoes & Black Bean Salad	1 Fettuccini Alfredo Chicken Sicilian Veggies Garlic Bread Soup	2 Halibut Burger Coleslaw Pasta Salad & Jello Salad <b>DINING ROOM OPEN</b>

*\*Menu is subject to change\**

City of Kenai  
Kenai Senior Center

**Our Mission Statement**

To serve as a community focal point for senior services where adults 60+ come together for fellowship and program participation, to engage in opportunities for dignity and personal growth, to improve and enrich their quality of life, to support the needs of older individuals, to enhance their independence, and to broaden their involvement within the community.



City of Kenai  
Kenai Senior Center

**Kenai Senior Center**  
**361 Senior Court**  
**Kenai, Alaska 99611**

Phone: 907-283-4156  
Fax: 907-283-3200  
E-mail: [senior@kenai.city](mailto:senior@kenai.city)  
<https://www.facebook.com/kenaisenior/>

PLEASE  
PLACE  
STAMP  
HERE

