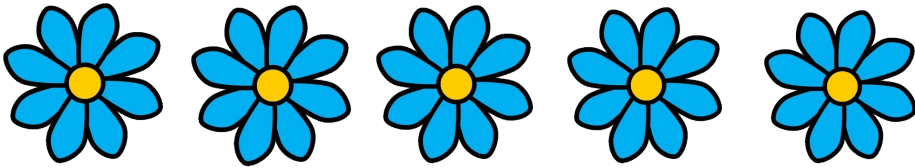
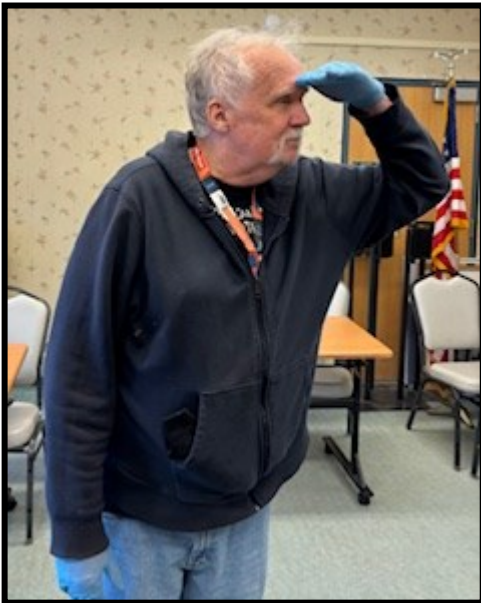


The Centerline



APRIL 2024



Know your neighbor: THE KEN

By: *Jerry Nassen*

As we settled down to an afternoon interview (disguised as a chat), I started by asking his full name. “My name is Inigo Montoya,” he said, to which I replied, “You killed my father, prepare to die!” To those that don’t recognize the reference, it’s a line from *The Princess Bride*, a movie that both he and I love. He also often refers to himself in the third person: “They call him The Ken.” We know him as Ken, or Photographer Ken, or even Janitor Ken. He’s a very outgoing, friendly and well-read man, always with a hearty “I know you!” and a clever retort. That, and his collection of...different...tee-shirts set him apart from the crowd.


Ken was born in 1957 in Lawton, OK, but, being a “military brat”, wasn’t stateside long. He actually spent nine years of his early life in Germany. Wanting to see the world, he spent ten years in the military, first three years in the Army, then another seven years in the Navy. When asked where all he toured, he rattled off a number of countries: Germany, Kenya, the Philippines, Hong Kong, Singapore, Japan and Australia. *Cont. on Page 6*

Special Points of Interest

- March for Meals Fundraiser—
Apr. 5
- No Host Dinner
Rosco’s Cafe—Apr. 16
- Birthday Lunch—Apr. 17
- Book Presentation and
Signing—Apr. 19
- Afternoon Drive—Apr. 25

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156
senior@kenai.city

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Mexican Train Dominos 2:30p—3:30p Understanding Your Grief Support Group	2 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	3 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	4 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH <p style="text-align: center;">All Afternoon Activities Cancelled to set up for fundraiser on Friday</p>	5  <p style="text-align: center;">MARCH FOR MEALS EVENT</p> <p style="text-align: center;">Center Closed for Lunch and Regular Activities</p>
8 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2:30p—3:30p Understanding Your Grief Support Group	9 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	10 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	11 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 3pm—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam	12 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-4:30p—Bridge
15 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2:30p—3:30p Understanding Your Grief Support Group	16 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz 11:30p—1p Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p-2p—Family Caregiver Support Group 5:00p—No Host Dinner/Rosco’s Cafe	17 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/ Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	18 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Libby @ Kenai Senior Center w/ Elizabeth Kleweno 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	19 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p— Genealogy Class 1p—Wii Bowling 1p—Dominos 1-4:30p—Bridge 3-5p—Book Reading “The Fishing Hole, An Alaskan Bear Tale”
22 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge	23 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	24 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/ 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	25 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1:30p—Afternoon Drive 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	26 8-10a WAFFLES 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH <p style="text-align: center;">The Center closes at 1 pm for a private rental</p>
29 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge	30 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling			

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Francis Stone	6	Travis Richard	19	Patricia Reilly
2	Bill Nelson	8	Robert Rollen	10	Stan Wells
2	Patricia Rodes	8	Geraldine Roberson	20	Don Eide
3	Julie Trudell	9	Chris Lombard	21	Ian Jenkins
3	Lavona Smith	10	Patricia Segura	22	Mary Moeglein
4	David Heatherly	10	Barb Johnson	22	P.J. Coll
5	Deanna Beauchamp	11	Kit Hill	24	Kerry Wells
6	Theresa Lusby	12	Scott Romain	25	Richard Segura
6	Gary Richards	14	Tim Sperling	28	Thomas Burg
6	Leola Monteiro	17	Barb Norbeck	29	Marie Kehl



LIBRARY NEWS by Virginia Walters

A friend has donated 30+ volumes of "for Better or Worse" comic strip. If you enjoyed it in the Sunday comics, you will love these books. They are on the top shelf, second section of books. We have received several new Alaska-themed books, both fiction and non-fiction. They are in the third section, just above the puzzles.

It is April! Spring is here!

Enjoy!



NO-HOST DINNER

Rosco's Cafe

Tuesday, April 16, 2024

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Rosco's** in Ninilchik.

There will be limited transportation available at a charge of **\$7.00**, so RSVP early. Sign up at the Reception Desk.

It is important to let us know if you will be attending the No-Host Dinner but driving separately. We let the restaurant know ahead of time for seating capability and if there is a change or cancellation, we can notify you. Remember to let the receptionist know if you plan to attend, whether you ride the Senior Center van or have your own ride.

dates to remember

Monday, April 1	April Fool's Day	
Wednesday, April 3	Social Security	9a–Noon
Friday, April 5	March for Meals Fundraiser	6:00 pm
Thursday, April 11	Council on Aging Meeting	3:00 pm
Monday, April 16	“No Host” Dinner/Rosco’s Cafe	5:00 pm
Wednesday, April 17	Social Security	9a—Noon
	Birthday Lunch	Noon
Friday, April 19	Kenai Senior Connection, Inc. Meeting	<u>10:00 am</u>
	Book Presentation “ <i>The Fishing Hole, An Alaskan Bear Tale</i> ” Author <u>Ron Walden</u>	<u>3-5:00 pm</u>
Thursday, April 25	Afternoon Drive	1:30 pm
Friday, April 26	Waffle Friday	8a-10 am

Kenai Senior Center Info

Monday—Friday, 8:00 am—5:00 pm
Need to speak with someone in administration?

Director
Kathy Romain
 (907) 283-8213 or kromain@kenai.city
VP Housing, Council on Aging
Kenai Senior Connection, Inc.

Administrative Assistant
Red Piersee
 (907) 283-8212 or apiersee@kenai.city
Home Delivered Meals
Benefits Counseling
Vintage Pointe Housing Rental

Activity/Volunteer Coordinator,
Kayla Feltman
 (907) 283-8214 or kfeltman@kenai.city
Activities
Volunteer Opportunities
Senior Center Facility Rentals

Do you need a ride or know someone who could use some meals? Maybe you'd like to pick up a meal instead of dining inside?

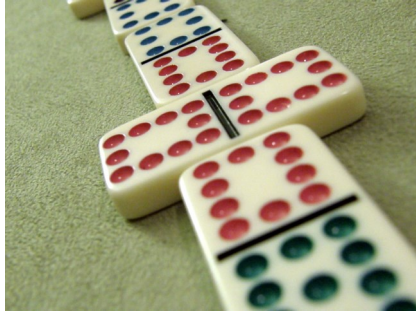
We can help!



For Pick up Meals:
Call the front desk
by 10:30AM* (M-F) For pick-up at **11:30 AM**. **Meals must be picked up from the front desk.**

For Transportation:
 Call the front desk at least **24 hours** in advance to schedule a ride. We will do our best, but same day transportation is not guaranteed.

Dining Room Meals (Congregate)
 Monday-Friday 12pm-1pm
 No reservations required



Calling all Mexican Dominos Players!

Interested in playing or learning about Mexican dominos? Please join us once a month on the first Monday of the month at 1:00pm in the dining room. It's so much fun and see you there!

Last month's Word
Scramble answers.



St. Patrick's Day Word Scramble

1. LFOREUFA	FOUR LEAF
2. OLCRVE	CLOVER
3. ENEGR	GREEN
4. NOICS	COINS
5. RLEMAED	EMERALD
6. BAONIWR	RAINBOW
7. OTP	POT
8. NETVHESETE	SEVENTEENTH
9. SMCRHKAO	SHAMROCK
10. GCMILA	MAGICAL
11. RHCAM	MARCH
12. RACPTKI	PATRICK
13. PLCAEUHAEN	LEPRECHAUN
14. TNRFUOE	FORTUNE
15. OGLD	GOLD
16. ISRIH	IRISH
17. KLCUY	LUCKY

“Grow with Me” with Steve Latz

You are invited to meet with us every Tuesday at 11:00 in the card room to learn more about growing flowers and vegetables from seed. We will be utilizing these plants in the KSC greenhouse and around the Center. Our round table will focus on sharing our experiences with growing food for the table and flowers for eye candy. We will discuss your home garden/greenhouse and suggest options to maximize your return on investment. We will share our successes and failures learned from experience. We are not experts nor master gardeners but “wanna bees” that encourage you to experiment with your grow operation. Join us and start growing!



The Kenai Historical Society will meet April 7, 2024 at 1:30 at the Kenai Senior Center with guest speaker, Shana Loshbaugh, with her presentation, "The Brief, Awkward History of Fort Kenay"

Join us at 1:30pm

Open to the public, membership encouraged.

For more information call June at 907-283-1946.

*Location: Kenai Senior Center
361 Senior Ct, Kenai*

(The Ken, continued from page 1)

After the military Ken went to college at the University of New Mexico, earning a bachelor's degree in history with a minor in English. These skills served him well in his occupation, which was the sale of used books on the internet. He worked for Alibus (a pioneer in the field) for 26 years, and later for Thriftbooks, another internet used book seller. As a side note: I just received my latest order from Thriftbooks the day before this interview, so they're still going strong.

Ken retired from book sales four years ago and moved to Alaska a year later. His reason for moving to Alaska: "My sister lived here, so I moved to be near her. Six months later she moved Outside, I didn't."

Asked if he was planning on staying in Alaska, he replied, "I'm not going anywhere, I love it here!" It looks like The Ken is here to stay.

Is Medicare Sending Out New Cards?



NO.
Medicare is **NOT** issuing new plastic cards!

If you get a call saying you qualify for a new card - **HANG UP!** This is a scammer calling. Do not verify your Medicare number or other personal information.

Have you given out or confirmed your Medicare number over the phone? The Alaska Senior Medicare Patrol can help you protect yourself. Call us for help.

Call 907-269-3680 or 1-800-478-6065

AARP TAX PREPARATION

BY APPOINTMENT ONLY

February 13 & 27

March 12 & 26

April 9

3 pm—6:30 pm

Kenai Community Library

CONTACT DEBBIE AT:

(828) 803-3599

FOR AN APPOINTMENT

Waffle Bar—Last Friday of each month.



We will be offering waffles on the **last Friday of the month** from 8-10am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up — just show up and enjoy this special treat.

KENAI SENIOR CONNECTION, INC.

PROUDLY PRESENTS

MARCH FOR MEALS 2024

LICENSE TO GIVE: A JAMES BOND FUNDRAISER

Your presence is requested for an evening of elegance, excitement, and philanthropy. Together, let's make a difference!

- ♣ **Shaken, Not Stirred:** Enjoy signature Bond themed cocktails
- ♣ **Casino Royale:** Try your luck at outbidding your competitors
- ♣ **Silent Auction:** Bid on exclusive items and live experiences
- ♣ **Fine Dining:** Elegant Prime Rib Dinner
- ♣ **Black Tie Optional:** Embrace your inner secret agent or femme fatale!
- ♣ **Mission Control:** Kenai Senior Center, 361 Senior Center, 361 Senior Court, Kenai, AK 99611
- ♣ **Mission Briefing:** For more information, please call 907-283-4156.

Date: Friday, April 5, 2024

Time: 6:00 pm

Where: Kenai Senior Center

Ticket: \$50 per person (limited to 125)





2024 Donation Form

Yes, I want to support meals for seniors in my community!

Name _____
 Billing/Mailing address _____
 City | State | Zip Code _____
 Phone | Fax | Email _____

Please consider one of the following:

Home-Delivered and/or Congregate Scholarship Meal Programs
 The following options sponsor individuals who cannot afford to contribute toward their meals (the current suggested donation of \$8 for a meal DOES NOT cover the full cost of a meal):

- \$56/Sponsor one Senior for one week (7 meals)
- \$112/Sponsor two Seniors for one week (14 meals)
- \$240/Sponsor one Senior for one month (30 meals)
- \$480/Sponsor two Seniors for one month (60 meals)
- _____ (Other Amount)

We accept **Checks, Cash, MasterCard, Visa, and Discover**. Donations can be processed over the phone anytime by calling the Kenai Senior Center at 283-4156. Donations can also be contributed directly to the Kenai Senior Connection, Inc. through the State of Alaska **Pick.Click.Give.** program (when filing for your Permanent Fund Dividend or amending the application to provide the donation after filing), or by mailing your donation directly to Kenai Senior Connection, Inc. at P.O. Box 806, Kenai, AK 99611.

Acknowledgment Information

Please use the following name(s) in all acknowledgments:

I (we) wish to have our gift remain anonymous.

*We thank you for your generosity! Every **little** bit can make a **BIG** difference.*

Mail to: Kenai Senior Connection, Inc. P. O. Box 806, Kenai, AK 99611.
 KenaiConnection@gmail.com Phone: 283-4156 Fax: 283-3200

The Kenai Senior Connection, Inc., is a 501(c)3 nonprofit organization. Your gift is tax-deductible to the full extent allowed by law.

What Are the Odds?

By: Jerry Nassen



Alice with Carol Barner

Donate Life America (DLA) heads National Donate Life Month (NDLM) celebrated throughout the month of April. They lead the fight to match donors of organs, eyes and tissues to recipients in the US by organizing hundreds of organizations with 100,000 patients in waiting with 170 million registered donors. With 100,000 patients in waiting and 170 million registered donors in the US, you'd think the odds of finding a perfect match would be pretty good, easy in fact. Oh, if it were only that simple. Sometimes it comes down to a random, casual meeting at a little country store in a tiny burg (less than 400 residents)

150 miles from the nearest city large enough to actually have an airport. Thus begins the story of Carol and Alice.

Carol fell in love with the little town of Riggins in the Hell's Canyon area of Idaho, located about halfway between Lewiston and Boise. She was visiting relatives in the area and loved it so much that she bought a house there and relocated from Alaska in 1999. Skip forward a couple of years to Alice (from California) doing the same thing...visiting relatives in the area, falling in love and buying a home there. In 2001 Alice was diagnosed with kidney failure and had to start dialysis, which put a damper on her visits to Riggins, but with her mother also relocating there, the two of them eventually bought and opened Salmon River Treasures, a variety and gift store. Her mother ran the store and Alice visited from California as her health allowed,

Fast forward to the late summer of 2004, during a 'soft opening' of the store. Alice and her mom were discussing Alice's dialysis routine and need for a kidney transplant, and were overheard by a customer (Carol) who had stopped in. Carol expressed interest in the procedure, and a conversation ensued.

Several days later, after returning to California, Alice's mother called her from Riggins and told her that Carol had returned and offered to donate a kidney. I won't bore you with the details of the procedures to determine if Carol and Alice were 'a match', but after several months of testing, the surgery was successfully performed March 16, 2005.

(Continued on page 10)

(What are the odds?, continued from page 10)

Over the years until her passing (2021), Alice and Carol remained close, Sister Angels from afar. To quote Carol, "In life, we're occasionally blessed with Angels. I was hers, and now she is mine."

Although Alice is no longer with us, Carol Barner is...in fact, she lives in a ground floor apartment at Vintage Point and is active at our Senior Center. Angels truly live among us...what are the odds?

Want to become a registered donor? Registration can be done at the DMV, at RegisterMe.org or on your iPhone health app. More information can be found at DonateLife.net

CALLING ALL WRITERS AND STORY TELLERS

The Senior Center Writers Group have presented the idea of putting together a book of short stories submitted by people in the area to the Senior Connections board. It would be a fund raising project for the Center.

We are interested in taking this on as a long term project if the following can be established:

- 1) Stories are to be submitted from anyone who wishes to write one
- 2) This will not be a recipe book
- 3) Senior Connections would be willing to fund the project and oversee the progress and
- 4) Senior Connections board sets some parameters of what they want or expect.

WE think this is a good fundraising project and would like to suggest that anyone submitting a story be given a free lunch ticket and possibly a free copy of the finished project.

The board agreed to sponsor the project.

WHAT IS YOUR STORY?

Everyone has a story, what is yours? We are asking anyone who wants to submit a story to be shared to turn it in to anyone at the Senior Center, our writers group, or contact Kayla for information.

If you need help writing your story, that can be arranged. We would like pictures also to go with your stories.

Senior Center Writers Group

Healthy Living for your Brain & Body

An education program presented by the Alzheimer's Association



At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

Join us to learn more about:

- Tips from the Latest research program
- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

Tuesday, April 16, 2024

1:00 - 2:00pm

Kenai Senior Center

361 Senior Ct.

Kenai, AK

.....

In partnership with

The Kenai Peninsula Family Caregiver Support Program



**Presented by Cindy Harris, Alzheimer's Association Board Member & Volunteer.
For more information call 208.666.2996**

April Birthday Party —
Wednesday, April 17 at
Noon. If this is your birthday
month, lunch is on us! Come
celebrate with us!!!



- Unless purchasing a large amount for transportation or lunch tickets, we cannot break a bill over \$20.
- You are welcome to take home leftovers from your meal, but please bring your own container.
- Coffee bar and bakery dollar donations are much appreciated. Thank you for your generosity. Items from the bread table are limited to just one per person daily.

We appreciate your understanding.

Stronger Together Support Group



Wednesdays 2 –3:30 pm

Are you a caregiver who could use the support of others on a more regular basis? This may be for you!



Tuesday, April 16, 2024

11:30am—1 pm

A Representative from the Independent Living Center will be on hand to answer questions and discuss what they can do for you to help maintain living an independent senior lifestyle.

Kenai Peninsula

Tuesday,

April 16, 2024

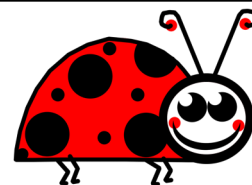
1– 2 pm

Computer Lab

The Kenai Peninsula Family Caregiver Support Program will meet from 1 pm – 2 pm on Tuesday, April 16 in the computer room at the Kenai Senior Center.



Anyone interested in learning more about the services we have to offer are more than welcome to attend. For more information, please contact Dani or Lisa at 907-776-7654.



Kenai Senior Connection, Inc. NEWS



by Velda Geller, Board President

Happy Spring and Good Bye to Winter! I went outside without my jacket the other day and it felt really good. I have been seeing Steve Latz, our Garden Teacher at the Senior Center, who has some plants already growing and that sure should make everyone feel Happy!

Two of our Kenai local families are returning from their winter in Arizona. My son Greg Geller and his friend Alex Douthit brought the kitchen a large bag of freshly hand-picked lemons from Arizona. Thank you for remembering the Kenai Senior Center. That is a sign that our summer is coming because our snow birds are coming back home.

Our March-For-Meals committee is working fast and hard getting our plans for the April 5th event all put together, so get your tickets and we will see you there!

Happy Spring!

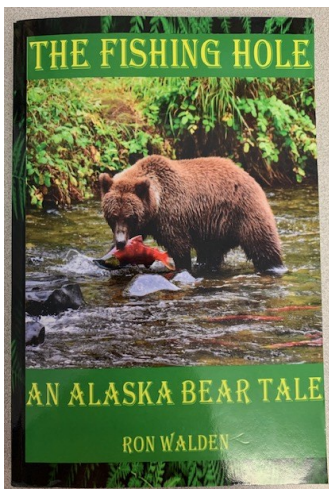
Velda

Book Reading Presentation

**"The Fishing Hole,
An Alaskan Bear Tale"**

Author Ron Walden

Wednesday, April 19, 2024



3:00-5:00pm

Kenai Senior
Center,

Books will be
available for
purchase.

May Fashion Show



Calling all Fashion Divas! We will be showing off fashionable attire from our own local thrift stores (Salvation Army, Ye Olde Curiosity Shop, and, Curtain Call) here in Kenai. If you are interested, please let Kayla know.

Kenai Senior Center 2024 Client Satisfaction Survey

Each year the Kenai Senior Center (KSC) seeks client input to help shape the services provided by the Center. The State of Alaska and other entities require the KSC to provide these findings when applying for program funding. **Please do not leave any questions blank** or the survey results will not be able to be accurately analyzed. All information gathered is kept confidential.

Please check all programs/activities that you have participated in this year:

<input type="checkbox"/>	Arts/Crafts	<input type="checkbox"/>	Classes/Workshops	<input type="checkbox"/>	Health/Fitness
<input type="checkbox"/>	Congregate Meals	<input type="checkbox"/>	Events	<input type="checkbox"/>	Entertainment
<input type="checkbox"/>	Home-Delivered Meals	<input type="checkbox"/>	Trips	<input type="checkbox"/>	Volunteer Opportunities
<input type="checkbox"/>	Transportation	<input type="checkbox"/>	Medicare Counseling	<input type="checkbox"/>	Information and Assistance

What year were you born? _____

1. Are you a registered member of the Kenai Senior Center?

Yes

No*

*If no, have you been provided information on how to become a member?

Yes

No

2. Upon arrival at the Kenai Senior Center have you been assisted by the front desk receptionist?

Yes*

No

*If yes, were all of your questions answered?

Yes

No

3. Are you aware of all of the program opportunities held at the Kenai Senior Center?

Yes

No

4. Are you interested in volunteering opportunities?

Yes

No

Already a center volunteer

5. How often do you eat lunch at the KSC?

4+ times per week

1-3 times per week

Occasionally

Never

No Answer

Kenai Senior Center 2024 Client Satisfaction Survey

6. How often do you receive Home-Delivered Meals?

- 4+ times per week
- 1-3 times per week
- Occasionally
- Never
- No Answer

7. Please rate the quality of meals you received:

- Excellent
- Good
- Fair
- Poor

8. What is your favorite meal served? _____

9. Do you use KSC Transportation services and if so, how often?

- 4+ times per week
- 1-3 times per week
- Occasionally
- Never
- No Answer

10. Do you feel that all KSC staff have your safety as their main priority?

- All of the time
- Some of the time
- Most of the time
- None of the time

11. Are the KSC vehicles and facility always clean?

- All of the time
- Some of the time
- Most of the time
- None of the time

12. Do you feel that services provided by the KSC help maintain or increase quality of life and the ability to age in place?

- All of the time
- Some of the time
- Most of the time
- None of the time

13. How would you rate your overall quality of services received from the KSC?

- Excellent
- Good
- Fair
- Poor

Kenai Senior Center 2024 Client Satisfaction Survey

14. What activities do you enjoy participating in at the KSC?

15. What activities would you like to see provided at the KSC?

16. Do you have any cost saving ideas for the Center?

17. Comments:

**Please return your survey to the front desk.
Thank you – We value your input!**

<https://www.surveymonkey.com/r/8T8NVCD>



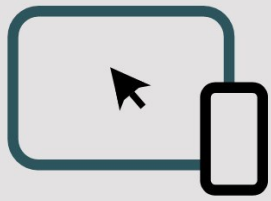


Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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-

APRIL 2024 \$5 CLUB

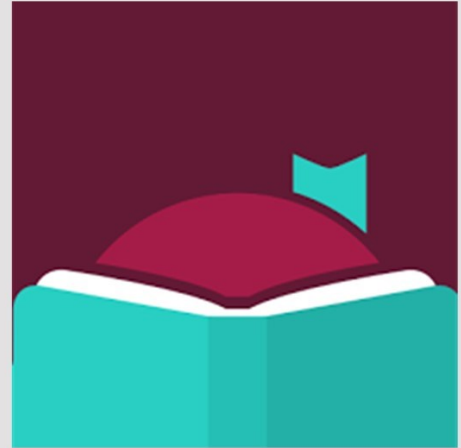
Kay Aber	Jeffrey & Monica Griffin	Richard Ross
Juanita Aguilar	Darrell Hagen	Meldie Lee
Cheryl Arrington	Lee & Phyllis Hallstead	Chris Lombard
Ken Ayers	Karolee Hansen	Jennifer Lombard
Kris Ayers	June Harris	Carol Louthan
Marilyn Bannock	Joel & Laura Henkelsman	Mike Louthan
Carol Barner	Howard Hill	Paula Maier
Roscoe Barrett	Kit Hill	Marge Milewski
Vera Barrett	Joseph Howard	James Miller
Larry & Tona Bravo	Donna Hoyt	Jeanie Miller
Patricia Bravo	Susan Hurley	Kari Mohn
Rene Clifford	Conrad Jackson	Jerry Nassen
Jewell Coverstone	Bobbie Jedlicki	Bill Nelson
Rachael Craig	Linda Jennings	Lois Nelson
Walt Craig	Peggy Jones	Marian Nickelson
Terry Cramer	Read Kent	Ray Nickelson
Elmer Curtis	Fran Kilfoyle	Susan Olson
Don Erwin	Leanne King	Katie Pault
Robin Feltman	Henry Knackstedt	Robert Petersen
Carol Freas	Gina Kuntzman	Judith Pock
Velda Geller	Anita Kwan	Carol Prior
Omer Goodman	Gaye Larane	Biz Robbins
Bill Graves	William LaTocha	Trish Roderick
Luna Graves	Xiaopei LaTocha	Linda Romero
	Hoa Le	Gayle Ross
		Clayton Yoncher



Libby @Kenai Senior Center

Thursday
April 18th
1:00pm

Did you know that you can get eBooks, audiobooks and magazines on any mobile device for free with the Libby App? Join Elizabeth from the Kenai Community Library and learn how to download, link your account and start using the Libby App all from the comfort of home.



Computer Lab Open Times

The Senior Center computer lab is open for your use on the following days/times:

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

*There will be an occasional meeting in the Computer Lab where it will not be available to the general public.



Genealogy Workshop

Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl Hamann can help! Please join her at 1:00p on Friday, April 19 in the computer room.



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)
- Senior Activities (line dancing, exercise, road trips, etc.)

Please make checks to Kenai Senior Connection

- \$5 Club
 - monthly - \$5
 - yearly - \$60
- Memorial Donation
- Kenai Senior Endowment Fund

Email Address: _____

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.

APRIL 2024 MENU

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

Menu is subject to change

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Toasted Cheese Sandwich Tomato Soup</p> 	<p>2 Beef Stew Peaches & Cottage Cheese Hearty Wheat Rolls Salad</p>	<p>3 Chili Dogs w/ Fixings Tater Puffs Salad</p>	<p>4 Baked Ham Scalloped Potatoes Ranch Carrots Soup</p>	<p>5 DINING ROOM CLOSED NO ACTIVITIES</p>
<p>8 Patty Melt French Fries Penne w/ Spring Veggies Soup</p>	<p>9 Greek Lemon Oven-Roasted Chicken Thighs Roasted Potatoes Yellow Squash Salad</p>	<p>10 Mongolian Beef Brown Rice Broccoli Salad</p> 	<p>11 Salisbury Steak Mashed Potatoes Mushroom Gravy Baked Cabbage Soup</p>	<p>12 Lasagna Roll-Ups Roasted Parmesan Green Beans Salad</p>
<p>15 Turkey w/ Cranberry Cream Cheese on Croissant Fruit Cup Soup</p>	<p>16 Thai Chicken Salad w/ Peanut Dressing Teriyaki Noodles Muffin Salad</p> 	<p>17 Fried Chicken Mashed Potatoes Gravy Acorn Squash Salad <u>Birthday Cake</u></p>	<p>18 Pork in Apple Cider Sauce Rice Peas & Carrots Soup</p>	<p>19 Cheeseburger w/ Fry Sauce Onion Rings Potato Salad</p>
<p>22 Veggie Soup Ham Sandwich w/ Spicy Apricot Aioli Cucumber Salad Fruit Cup</p> 	<p>23 Swedish Meatballs Noodles & Gravy Pickled Beets Salad</p>	<p>24 Cream Lemon Chicken Linguini Spring Veggies Garlic Bread Salad</p>	<p>25 Sweet & Sour Chicken Stir Fry Veggies Rice & Egg Roll Soup</p>	<p>26 Philly Cheese Steak Sloppy Joes Parmesan Fries Cole Slaw</p>
<p>29 Baked Potato w/ fixings Broccoli Spears Muffin Soup</p> 	<p>30 Liver & Onions Mashed Potatoes Gravy Green Beans Soup</p>	<p>1 Beef Stroganoff Butter Roasted Yams Salad</p>	<p>2 Jumbo Cheese Ravioli w/ Italian Sausage, Mushrooms & Spinach Italian Veggies Garlic Bread Soup</p>	<p>3 Chicken Cannelloni Roasted Sweet Potato & Black Bean Salad Whole Wheat Rolls</p>

Center Funders & Supporters

City of Kenai

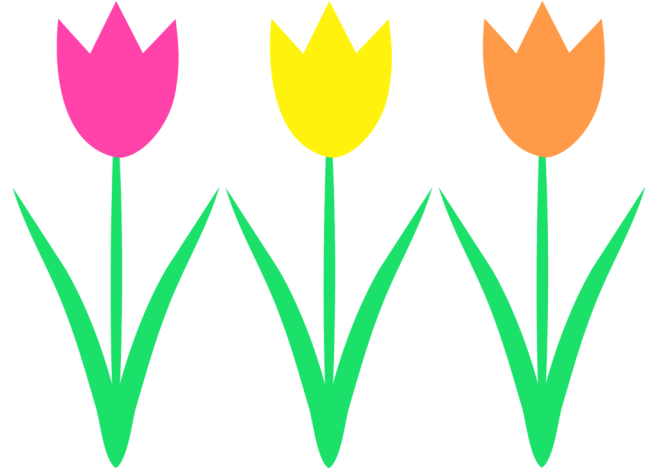
Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations



**Find us on
Facebook**



<https://www.facebook.com/kenaisenior/>

E-mail: senior@kenai.city

Phone: 907-283-4156

Fax: 907-283-3200

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

**City of Kenai
Kenai Senior Center**

PLEASE
PLACE
STAMP
HERE