

# The Centerline

**Know your Neighbor: Terry Lea (ne: Francis) Turner**

*By: Jerry Nassen*

April 2025

On September 19, 1949 the sleepy little town of Waynesville (situated between the Great Smokey and Blue Mountains in North Carolina) welcomed Terry Lea Francis into the world. Little did anyone know at that time that seventy-plus years later she would still be living in between mountain ranges, only just a few miles north of NC.

The family lived in NC for another five years before locating 'south' to South Carolina, where she spent the next 65 years of her life before joining us here in the Great State of Alaska. During those years she married Bill and acquired the last name she still carries. They never had children of their own, but Terry did 'inherit' a stepdaughter via her marriage to Bill. Terry and Bill were married for 23 years before his passing in 2005.

Terry obtained her RN degree and worked at the VA hospital as a surgical intensive care nurse for 20+ years, and then as a case manager for another dozen, retiring in December of 2006. Coincidentally, Bill also worked at the same hospital...hmmm...

If you know Terry, you know two things: One, she's not good at 'sitting still and doing nothing', and two, she's constantly accompanied by her DOC (Drink Of Choice, Diet Pepsi). I don't know when/where she acquired the DP habit, but I so know what she did to keep busy after retirement: "I've always loved numbers, so going into tax preparation was a natural," she said during our interview, taking another swig off the ubiquitous Diet Pepsi. She took a tax preparation course through Jackson-Hewett and worked for them for a number of years, becoming an office manager.





## Special Points of Interest

- Movie Afternoon—  
Secondhand Lions—Apr. 3
- Birthday Lunch—Apr. 16
- Easter Luncheon—Apr. 18
- No Host Dinner— China Sea—  
Apr. 22



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

# APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>2</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/ <b>Family Caregiver Support Group</b>	<b>3</b> 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot <b>3p—Movie Afternoon: Secondhand Lions</b>	<b>4</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
	<b>7</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>8</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>9</b> 9a—Growing Strong 10a—Growing Strong <b>11:30 CHOIR CONCERT</b> Noon—LUNCH 1p—Card making with Kimberly 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>10</b> 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam
	<b>14</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>15</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1:30p—Easter Egg Coloring 1p—Wii Bowling	<b>16</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass <b>Noon—LUNCH/ Birthday</b> 1p—Easter Picnic Setting Craft Project 1p—Writers’ Group 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together	<b>17</b> 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p— <b>Cybersecurity w/ Elizabeth Kleweno</b> 1:00p—Alzheimer’s Presentation/Caregiver Series Supporting Independence 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam
<b>21</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>22</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling <b>5:00p—No Host Dinner/ China Sea</b>	<b>23</b> 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together	<b>24</b> 9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH/ Jim & Elena Entertainment 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot	<b>25</b> <b>8-10 WAFFLES</b> 9a—Growing Strong 9:30a-12p—Quilting <b>10a—Senior Connection</b> 10a—Growing Strong Noon—LUNCH  <b>Employee Appreciation Party</b>
<b>28</b> Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>29</b> 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>30</b> 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group		

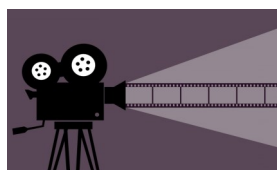
# Happy Birthday!

Day	Name	Day	Name		
1	Ann Stone	9	Chris Lombard	17	Barb Norbeck
2	Bill Nelson	10	Patty Segura	17	Candie Allen
2	Patricia Rhodes	10	Barb Johnson	18	Patricia Reilly
3	Ralph Petterson	10	Jim Miller	21	Ian Jenkins
3	Lavona Smith	11	Kit Hill	22	Mary Moeglein
6	Gary Richards	12	Scott Romain	22	P.J. Coll
6	Richard Travis	13	Gordon Merrill	25	Richard Segura
8	Robert Rollen	14	Tim Sperling	26	Arleene Gibbons
9	Betsy Grant	15	Katrina Winn	28	Thomas Burg
9	Judith Jenkinson	16	Nancy Whiting		



## Thursday Afternoon Movie April 4, 2025 at 3:00p.m.

**Now showing: Secondhand Lions**



A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the

summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

## NO-HOST DINNER

**China Sea Restaurant**

**Tuesday, April 22, 2025**

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at China Sea Restaurant in Soldotna.

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

Wednesday, April 2	Social Security	9a–Noon
Thursday, April 3	Movie Afternoon: Secondhand Lions	3:00 pm
Wednesday, April 9	Kenai Seniors CHOIR CONCERT	11:30 am
	Card Marking with Kimberly	1:00 pm
Thursday, April 10	Council on Aging Meeting	3:00 pm
Wednesday, April 16	Social Security	9a—Noon
	Birthday Lunch	Noon
Monday, April 18	Easter Luncheon Please sign up to reserve your seat	Noon
Tuesday, April 22	“No Host” Dinner/China Sea	5:00 pm
Friday, April 25	Waffle Friday???	8-10 am
	Kenai Senior Connection, Inc. Meeting	10:00 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  
(Except for special events)



## Calling all Mexican Dominoes Players!



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

## AARP Tax Preparation

By Appointment Only

**February 11 & 25**

**March 11 & 25**

**April 8th**

**3:00pm-6:30pm**

**Kenai Community Library**

**Contact Debbie at:  
(828) 803-3599  
for an appointment**

## Card Making with Kim

Wednesday, April 9 at  
1:00pm Senior Center  
Dining Room

Please Sign up on the bulletin board.



## 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!

## Kenai Peninsula

**Wednesday,**

**April 2 from 2:00p-3:30p**



The Kenai Peninsula Family Caregiver Support Program will meet at 2:00 pm on Wednesday, April 2 in the dining room at the Kenai Senior Center w/ the "Stronger Together" Group.

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 Nicole at 907-776-7654.

## Nikiski Pool Transportation:

Starting Thursdays in February there will be transportation available for both AM and PM sessions at the Nikiski pool. The van will leave the center at 9:30am for the morning session and 1pm for the afternoon session. There is no transportation fee for this service but the individual is responsible for the \$2 admission fee to the pool.



## Choir Concert

Wednesday, April 9 at 11:30 am

Join us for a Choir concert on Wednesday, April 9. This concert was rescheduled from March due to illnesses.



## Easter Picnic Setting Craft Project

Wednesday, April 16 at 1:00 p.m.

Who wants to make these super adorable bunny picnic place settings for your Easter holiday? The class limited to 6 people. Please sign up on the bulletin board.



## Prom Breakfast

Sunday, 1:30am, April 13

The Center is again "the place to be" for the Kenai Central High School Prom attendees. Volunteers are needed to help prepare breakfast beginning at Midnight with breakfast being served at 4:00am. Sign up on the bulletin board.



## Easter Egg

### Coloring

Tuesday, April 15

1:30pm

Do you have some free time for some fun? There will be egg decorating taking place in the craft room on April 11th. The eggs will be included in home-delivered meals as a special gift for the season. Please sign up on the bulletin board.



## Easter Celebration

Friday, April 18, 2025

11:30am. Dining Room

Missy will be preparing a Easter luncheon to celebrate the spring season. Join us... you know it will be yummy!!! Wear your best Easter Bonnet or Bow Tie for a chance to win a prize. Sign up on the bulletin board.



*Kenai Historical Society meeting will be  
April 6, 2025, 1:30pm at the Kenai Senior Center.*

*Guest speaker Danielle Lopez Stamm, Cultural Center Coordinator.  
Topic will be "The Berg Brothers and the Cabins They Built."*

*Open to the public, membership encouraged.  
For more information call June at 907-283-1946.*

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

## **"Grow with Me" with Steve Latz**

Interested in learning about all things gardening? Please join us starting Friday, March 21st at 1:00 pm in the dining room to learn more about growing flowers and vegetables from seed. I will introduce you to our grow lights, shelving system, and equipment needed to start plants from seed. I will transition these meetings to the Kenai Library starting April 4<sup>th</sup> through May 16<sup>th</sup>. They will be every Friday at 1:00 pm. Our round table will focus on sharing my experiences with growing food for the table and flowers for eye candy. We will discuss your home garden/greenhouse/high tunnel and suggest options to maximize your return on investment. I will share the successes and failures I have learned from experience. I am not an expert but a lifelong gardener who wants to share my knowledge and encourage you to experiment with your growing operation. Please join me and start growing!





## LIBRARY NEWS

by Kari Mohn

### What Are the Colored Tabs?

Did you notice in our library the green tabs on some of the books and puzzles? These tabs indicate the new items that were added to the collection in March. New items in **April will have pink tabs** so they are easy to spot.

We received a large donation of **Science Fiction** books. There are so many that some have been shelved on the very top shelf. As with all book sections, these books are shelved in alphabetical order by author.

In April, it is our plan to rearrange the library shelving. Some of your favorite sections may be in a different place. One of the goals is to give more height to the puzzle shelves so oversized puzzles can be housed in their appropriate section based on the number of pieces. Another goal is to have a complete shelf of Science Fiction.

(TERRY TURNER, Continued from page 1)

Terry is a devout Baptist and started bringing mission teams from South Carolina to the church in Kenai for Vacation Bible School in 2007. She also volunteers at Lavern Griffin Youth Camp in Wasilla and became camp nurse in 2012 and continues there to this day.

In 2014 she finally bit the bullet and relocated to the Alaska mountains that kept calling her, moving into Vintage Point. Combining her Church and Camp obligations wasn't keeping her busy enough, so she sought employment in her other area of interest, tax preparation. Continuing employment with Jackson-Hewett on the Kenai just didn't work out, so she got a job with Jim at JMJ Tax Relief just north of town. The office has since relocated to over behind Louie's, so Terry now has a grueling 100+ yard 'commute' to work, one she can (usually) make on a single Diet Pepsi!





THE EMPOWERED CAREGIVER SERIES

# SUPPORTING INDEPENDENCE

An education program presented by the Alzheimer's Association



A person living with dementia often wants to stay independent for as long as possible. Caregivers can learn how to balance safety and manage expectations to support independence at every stage of the disease.

## Topics in the program include:

- How dementia affects independence.
- Four steps to help with daily activities.
- Tips to make activities meaningful.
- Providing the right amount of support.

**April 17, 2025**

**1:00 PM - 2:00 PM AKDT**

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

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**Registration Info**  
800.272.3900

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional caregiver education programs in your area.

**ALZHEIMER'S**  **ASSOCIATION®**

Looking for something fun to do?  
Enjoy hanging out with others?  
The Kenai Senior Center is the  
place for you!

- **First Thursday of the Month:** Movie Afternoon  
3 PM to 5PM



- **Thursday Fun Night:** happens every second, third, and fourth Thursday of the Month from **5 PM to 9 PM**. Join us for Bluegrass music, card games, cribbage, and more!

Beat the blues and make your Thursdays something to look forward to. We can't wait to see you there!



## Special Senior Walking Hours at the Kenai Rec Center

Looking for a safe, comfortable place to walk, rain or shine? Starting Tuesday, November 5, from **8-9 am**, the Rec Center is opening its doors on **Tuesdays** and **Thursdays** with dedicated walking hours just for seniors! The cost is \$2.50 per day—includes access to the exercise machines, sauna, and showers after walking time! Enjoy a peaceful, climate-controlled space for walking, then stay to unwind and make the most of their other amenities. It's a great way to stay active, meet friends, and enjoy the whole Rec Center experience during these wintery days. No need to register—just drop in!



## Tell Us Your Story!

In February, legislators returned to Juneau to begin the next session. This was also when providers of senior services traveled to the capital to advocate for the funding that supports the meals, transportation, and activities you enjoy.



We need your help to ensure your voice is heard! Please write a letter or short note about how you've personally benefited from services like home-delivered or congregate meals, transportation, or the activities offered at the center.

Not much of a writer? No problem! Give us a call, and we'll gladly share your story on your behalf.

Your stories make a difference—they show lawmakers the impact of these services and why continued funding is essential. Thank you for sharing and helping us advocate for the programs you value!



## **Correcting the Record About Social Security Direct Deposit and Telephone Services**

Recent reports in the media that Social Security plans to eliminate telephone services are inaccurate. SSA is increasing its protection for America's seniors and other beneficiaries by eliminating the risk of fraud associated with changing bank account information by telephone.

SSA continuously investigates and analyzes potential threats to strengthen and secure our programs and protect people who receive benefits. Approximately 40 percent of Social Security direct deposit fraud is associated with someone calling SSA to change direct deposit bank information. SSA's current protocol of simply asking identifying questions by telephone is no longer enough to prevent fraud.

If someone needs to change their bank account information on SSA's record, they will need to either:

- Use two-factor authentication with SSA's "my Social Security" service; or
  - Visit a local Social Security office to prove their identity.
- These methods align with most major banks.

All other SSA telephone services remain unchanged.

## **Social Security Strengthens Identity Proofing Requirements and Expedites Direct Deposit Changes to One Day**

The Social Security Administration (SSA) is taking proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits against fraudulent activity. Over the next two weeks, SSA will carefully transition to stronger identity proofing procedures for both benefit claims and direct deposit changes. Individuals seeking these services who cannot use their personal my Social Security account, which requires online identity proofing, will then need to visit a local Social Security office to prove their identity in person. At the same time, the agency will expedite processing all direct deposit change requests – both in person and online – to one business day. Prior to this change, online direct deposit changes were held for 30 days.

The agency's two-week transition plan includes training frontline employees and management about the new policy and careful monitoring of policy compliance. At the conclusion of the transition period, on March 31, 2025, SSA will enforce online digital identity proofing and in-person identity proofing. SSA will permit individuals who do not or cannot use the agency's online my Social Security services to start their claim for benefits on the telephone. However, the claim cannot be completed until the individual's identity is verified in person. The agency therefore recommends calling to request an in-person appointment to begin and complete the claim in one interaction. Individuals with and without an appointment will need to prove identity before starting a transaction. Individuals who do not or cannot use the agency's online my Social Security services to change their direct deposit information, can visit a local office to process the change or can call 1-800-772-1213 to schedule an in-person appointment.

SSA recently required nearly all agency employees, including frontline employees in all offices throughout the country, to work in the office five days a week. This change ensures maximum staffing is available to support the stronger in-person identity proofing requirement.

People who do not already have a "my Social Security" account can create one at [www.ssa.gov/myaccount/](https://www.ssa.gov/myaccount/).

**Information taken from [blog.ssa.gov](https://blog.ssa.gov)**



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# Widows/Widowers



Meet Mondays at 2pm

Come share your grief with others

Kenai Senior Center Atrium

Its your story for you to share and we are here  
to support you

## Calling all Ping Pong players!!

We need people who would like to play ping pong. No experience necessary. If you are unable to stand or would rather sit, you can use a chair or wheelchair. Paddles, ping pong balls and net(s) will be available to use.

Please contact Pam at [pdowning@cruzio.com](mailto:pdowning@cruzio.com) and let her know what times and days you would be able to play or contact Kayla with that information. And if there are a few people who want to play, we will let you know and finalize a time and date to play.



May the paddle be with you....

### **What's Your Story?**

Got a story or a poem you want to share? Everyone has a story and some of you are even poets. Well we are looking for you to be bold and share your story. Any contribution to add to our Fundraiser project. We are calling it our "Kaleidoscope Project" Your stories can be as fun to read with a "Kaleidoscope" of topics and as colorful as the toy we used to play with. Please keep them to 1000 words and they can be poems, short stories, or songs. Pictures are also welcome. If you need help writing your story, that can be arranged. You may turn your stories into the front desk at the senior center, or send them by email to [Senior@kenai.city](mailto:Senior@kenai.city).



- 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.**



**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!**

**APRIL 2025 \$5 CLUB**

Juanita Aguilar	Omer Goodman	Mike Louthan	Richard Ross
Ken Ayers	Bill Graves	Paula Maier	Gladys Routh
Kris Ayers	Luna Graves	Marge Milewski	Julia Selanoff
Carol & Duane Bannock	Jeffrey & Monica Griffin	James Miller	Marcia Shea
Carol Barner	Darrell Hagen	Kari Mohn	Lavona Smith
Sandy Bise	Lee & Phyllis Hallstead	Twyla Mundy	Bill Starnes
Nang Blackett	June Harris	Wayne Mundy	Sondra Starnes
Patricia Bravo	Kathy Heus	Jerry Nassen	Darlene Tachick
Larry Burcham	Joe Huard	Bill Nelson	Vivian Terry
Renee Clifford	Bobbie Jedlicki	Lois Nelson	June Truelove
Jewell Coverstone	Ginger Kaona	Marian Nickelson	Terry Turner
Rachael Craig	Fran Kilfoyle	Ray Nickelson	Ray Verg-in
Walt Craig	Henry Knackstedt	Susan Olson	Yen-ti Verg-in
Terri Cramer	Mel Krogseng	Katie Pault	Beverly & Don Waldrop
Elmer Curtis	Anita Kwan	Bob Peters	Frosty Walters
Dorothy Diamond	Gaye Larane	Robert Peterson	Virginia Walters
Pamela Downing	William LaTocha	Judith Pock	Marie Weller
Shirie Drath	Xiaopei LaTocha	Carol Prior	John White
Robin Feltman	Susan Lockwood	Robert Reichert	Janice Wilsack
Carol Freas	Chris Lombard	Biz Robbins	Clayton Yoncher
Velda Geller	Jennifer Lombard	Geraldine Roberson	
Margaret Goggia	Carol Louthan	Gayle Ross	





## **CYBERSECURITY @ KENAI SENIOR CENTER**

Thursday, April 17th at 1:00pm

This workshop is for those who are interested in safety online and want to protect themselves from fraudsters and scams. Build your confidence when visiting websites, creating passwords, and responding to email.



### **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.



### **Waffle Bar Returns!**

We will be offering waffles on **The Last Friday of the month** from 8-10:00 am. 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.



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.)

Email Address: \_\_\_\_\_

**Please make checks to Kenai Senior Connection**

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

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.



Heart Healthy

# APRIL 2025 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
31 Spaghetti & Meatballs Italian Veggies Garlic Bread Spring Salad	1 Liver & Onions Mashed Potatoes Green Beans Salad	2 Baked Potatoes Broccoli Muffin Salad 	3 Pulled Pork Enchiladas Mexi-Corn Spanish Rice Soup	4 Pizza House Salad
7 Mongolian Ground Beef Noodles Baked Cabbage & Carrots Soup	8 Cold-Cut Sandwich Potato Salad Chips Soup	9 Fried Chicken Mashed Potatoes Gravy Mixed Veggies Salad	10 Swedish Meatballs Egg Noodles Pickled Beets Soup	11 Hot Puff-Pastry Turkey Sandwich Onion Rings House Salad
14 Ham & Bean Soup Broccoli Salad Fruit Cup Cornbread Muffin Soup	15 Roasted Red Pepper Chicken Pasta Italian Veggies Garlic Bread Salad	16 Roast Turkey Mashed Potatoes Green Beans Stuffing Salad <b>Birthday Cake</b>	17 BBQ Chicken Chopped Salad Muffin Fruit Cup Soup 	18 Baked Ham Cheesy Potatoes Yams House Salad Strawberry Crepes
21 Stuffed Meatloaf Mashed Potatoes Gravy House Veggies Salad	22 Taco Salad Mexi-Corn Spanish Rice	23 Spaghetti & Meatballs Zucchini Chips Garlic Bread Salad	24 Crispy Chicken Caesar Salad House Rolls Soup 	25 Cheeseburger Steak Fries Baked Beans
28 Veggie Soup Turkey-on-Croissant Pasta Salad Fruit Cup	29 Thai Crunch Chicken Salad w/ Peanut Dressing Fruit Cup Muffin 	30 Biscuits & Gravy Roasted Potatoes Sausage Links Scrambled Eggs	1 Sweet n' Sour Chicken Sir-Fry Veggies Jasmine Rice Egg Roll	2 Orange Salmon Rice Fresh Fruit House Rolls



## Kenai Senior Center 2025 Client Satisfaction Survey

Each year, the Kenai Senior Center (KSC) gathers input to improve services and meet funding requirements. Your responses help shape the Center's future programs. Please answer all questions to ensure accurate analysis. All responses are confidential.

**What is your age or year you were born in:** \_\_\_\_\_

### **Programs & Participation**

**1. Which KSC programs/activities have you participated in this year?**

*(Check all that apply)*

- ☐ Arts & Crafts
- ☐ Classes/Workshops
- ☐ Health & Fitness
- ☐ Congregate Meals
- ☐ Special Events & Entertainment
- ☐ Home-Delivered Meals
- ☐ Trips/Excursions
- ☐ Volunteer Opportunities
- ☐ Transportation Services
- ☐ Medicare Counseling
- ☐ Information & Assistance

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

- ☐ Yes
- ☐ No

**3. Are you aware of all the programs and services KSC offers?**

- ☐ Yes
- ☐ No

**4. Are you interested in volunteering?**

- ☐ Yes
- ☐ No
- ☐ I am already a volunteer

### **Meals & Nutrition Services**

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

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ N/A

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

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ N/A

**7. How would you rate the quality of meals you receive?**

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

**8. What is your favorite meal served at KSC? \_\_\_\_\_**

**Transportation Services**

**9. Do you use KSC Transportation Services? If so, how often?**

- ☐ 4+ times per week
- ☐ 1-3 times per week
- ☐ Occasionally
- ☐ Never

**10. Do you use transportation to access the community?**

- ☐ Yes
- ☐ No

**11. Do you use transportation to access the senior center?**

- ☐ Yes
- ☐ No

**Safety & Overall Experience**

**12. Do you feel KSC staff prioritize your safety?**

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

## Kenai Senior Center 2025 Client Satisfaction Survey

**13. Do KSC services help maintain or improve your quality of life and ability to age in place?**

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

**14. How would you rate your overall experience with KSC services?**

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

### **Suggestions & Feedback**

**14. What activities do you enjoy most at KSC?**

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**15. What new activities or programs would you like to see offered?**

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**16. Do you have any cost-saving ideas for KSC?**

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**17: Comments:**

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**Please return survey to the KSC by May 31, 2025.**



**Center Funders & Supporters**

**City of Kenai**

**Alaska Commission on Aging**

**Kenai Peninsula Borough**

**Center Volunteers**

**Kenai Senior Connection, Inc.**

**Private Donations**



**City of Kenai**  
**Kenai Senior Center**

**Kenai Senior Center**

**361 Senior Court**

**Kenai, Alaska 99611**

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