

The Centerline

AUGUST 2023

KNOW YOUR NEIGHBOR—DONNA ATKINS

by Yen-ti Verg-in

Have you noticed the lady with purple hair and sparkling shoes in the Senior Center? She leads the bell ringers on Monday; plays guitar prior to the lunch hour on Tuesday and Wednesday with John, Tom and Pierce, solo piano playing during lunch hour on Friday, accompanies SINGSPIRATION on Wednesday and choir in season. Who is this talented lady? DONNA ATKINS is her name.

Donna was born in Evansville, Indiana. Her family moved to Chicago for 12 years. Her dad, Rex Eagle worked for the government at the EARLY Warning System tower as a communication technician at the White Alice Site #17. Her family moved to Alaska and filed for a homestead in 1957, which is on the site #17 Hill, the homestead was located nearby. You still can see the high tower on the Spur Highway, which is used as ACS cell phone and long distance phone calls.

When Donna was four years old, she taught herself to play the piano by ear. She learned to play clarinet in the 4th grade, taught herself to play the French horn and trumpet, continued playing and learning the piano, and added the organ when she was 13.



Donna (seated) with bell ringers Mary Ann Lamecker, Barb Eagle, and Barbara Modigh

Special Points of Interest

- Movie Night— A Man Called Otto
- No Host Dinner— Keen Kow Thai Food Ninilchik
- Waffle Friday— August 25
- Whittier Trip - August 30
- Old Timer's Luncheon— August 31

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

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

Phone: 907-283-4156

Fax: 907-283-3200

E-mail: senior@kenai.city

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



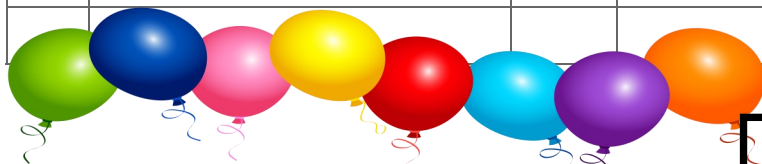
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AUGUST 2023

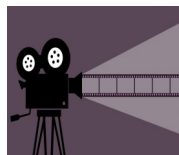
Monday	Tuesday	Wednesday	Thursday	Friday
	1 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	2 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	3 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p— Movie Night: A Man Called Otto	4 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a—Garage Saling 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 1p—Wii Bowling 1-4:30p—Bridge
	7 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Ukelele Group	8 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	9 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	10 10a—Tai Chi Noon—LUNCH/Jim & Elena Entertainment 1p—Wii Bowling 1p—iPhone Basics Class w/ Elizabeth Kleweno 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass
	14 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Ukelele Group	15 10a—Tai Chi 10a—TOPS 11:30a-1p Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	16 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	17 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass
21 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group	22 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 4p—No Host Dinner/ Keen Kow Thai Food	23 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 1-3:30p—Microwave Bowl Cozy 2-3:30p Stronger Together Support Group	24 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	25 8-10a Waffle Day 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting/ 10a—Growing Strong 10a—Senior Conn 11a-12p—Adult Coloring 11:30a Thornton Family Concert Noon—LUNCH 1p—Wii Bowling 1:15—Genealogy Workshop w/ Cheryl Hamann 1-4:30p—Bridge
28 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group	29 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	30 7:30—9:00p Whittier Trip 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	31 10a—Tai Chi CANCELLED 11:30—Old Timers LUNCHEON 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Janice Thornton	9	Donald Waldrop	21	Millard Spinney
1	Laurie Cowgil	11	Larry Driskill	22	Janice Wilsack
3	Karen Fredericks	11	Charlene White	23	Colleen Sonnevill
4	Linda Wehr	11	Mike Lockwood	23	Kathy Wolf
5	Marie Fitts	12	David Johnsrud	24	Elena Pate
5	Gina Kuntzman	15	Clarence Duncan	24	Susan DeRosier
6	Frosty Walters	15	Gerald Sanger	26	Sheryl Terry
6	Trina Doyle	15	Clayton Yoncher	27	Gladys Geertz
6	Jeff Terry	16	Mary Ann Lamecker	27	Ray Carlson
7	Karen Dorcas	19	Darleen Morrison	27	Jeanne Spinney
7	Mike Christian	20	Steve Latz	29	Marti Anderson
7	Gary Spruill	20	Gary Hollier	29	Bonnie Kane
8	Margaret Milewski	21	Carol Prior	29	Ronald Dukowitz
				30	Kathy Medcoff



August Birthday Party—Wednesday, August 16 at Noon. If this is your birthday month, lunch is on us!



Thursday Evening Movie August 3, 2023 6:30 p.m.

Now showing: A Man Called Otto

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down. Starring Tom Hanks!

NO-HOST DINNER **Keen Kow Thai Food** **Tuesday, August 22, 2023**

Those leaving from the Senior Center parking lot will head out at 4:00p. Or, meet your friends at **Keen Kow Thai Food** 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

Wednesday, August 2	Social Security	9a–Noon
Thursday, August 3	Movie Night: A Man Called Otto	6:30 pm
Friday, August 4	Garage Saling with Kayla	9:30am
Wednesday, August 9	Card Making with Kimberly	1:00 pm
Wednesday, August 16	Social Security	9a—Noon
	Birthday Lunch	11:30 am
Tuesday, August 22	“No Host” Dinner /Keen Kow Thai Food	4:00 pm
Friday, August 25	Kenai Senior Connection, Inc. Meeting	10:00am
Friday, August 25	Waffle Friday	8-10 am
Thursday, August 31	Old Timer’s Luncheon	Noon

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 NOT from the kitchen.**

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)

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

Facility Rentals

August Transportation Schedule 2023

MON	TUE	WED	THU	FRI
	1 Regular Transportation	2 Regular Transportation	3 Regular Transportation Nikiski Pool Soldotna Route	4 Regular Transportation
7 Regular Transportation	8 Regular Transportation	9 Regular Transportation	10 Regular Transportation Nikiski Pool Soldotna Route	11 Regular Transportation
14 Regular Transportation	15 Regular Transportation	16 Regular Transportation	17 Regular Transportation	18 Limited Transportation
21 Regular Transportation	22 Regular Transportation	23 Regular Transportation Farm stand Trip	24 Regular Transportation Nikiski Pool Soldotna Route	25 Regular Transportation
28 Regular Transportation	29 Regular Transportation Farm stand Trip	30 No Transportation – Whittier Trip	31 Regular Transportation Nikiski Pool Soldotna Route	Fee's: (all round trip) To KSC: \$6 donation Kenai: \$6 fee K-Beach: \$6 fee Soldotna: \$15 fee Each addtl. Stop: \$3 fee (limit of 2)

- Regular Transportation- available most days from 9:15am-3:30pm. Call (907) 283-4156 to schedule a ride.
- **Nikiski Pool-** available most Thursdays, whether utilizing the pool (\$2 pool fee) or walking the surrounding trails.
- **Soldotna Route:** available most Thursdays, van will make stops at Soldotna area businesses like Fred Meyer, Walgreens, JoAnne's, North Country Fair, Peninsula Center Mall, Blazy Mall, and the Kenai Peninsula Food Bank. Must pre-sign up and there is a \$5 fee.
- **Farm stand Trip - Trip to Grace Acres Farm roadside stand. Purchase fresh produce. Redeem farmers market coupons and snap benefits.**



ATTENTION all wannabe Ukulele Players!

If anyone is interested in playing or learning Ukulele please join us every Monday at 2:00pm in the Computer lab.

Hope to see you there!

Short Story. CLUB

is taking a hiatus for the summer and will resume in the fall.



Remember!

The cash box at the Reception Desk has limited funds. The cash available is for and from transportation, lunch purchases, and making change for those purposes.

Unless purchasing a large amount for transportation or lunch tickets, We cannot break a bill over \$20.

We appreciate your understanding.

Card Making with Kim

Wednesday, August 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!

**Walkabout
Wednesdays
at 10:00 am**



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure. Get out those walking shoes - Summer is here!

Waffle Bar

Waffles will be offered on the last **Friday** of **every 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.



TRIVA QUESTION:

WHERE IS BOOT
HILL??? AND, HOW
MANY OUTLAWS ARE
BURIED
THERE???



See Page 12 for
answers.



Friday, August 4 at 9:30 am **Garage Saling with Kayla**

We will be leaving the center with a van at 9:30am to hit some yard sales, garage sales, and maybe even moving sales. Don't forget to bring cash with you. We will be back before noon so you can have lunch at the center. Please sign up at the receptionist desk. We must have a minimum of four (4) people.



Day Trip to Whittier

Wednesday, August 30, 2023

7:30a-9:00p

Join Red & Kayla for a day trip to Whittier. We will drive to Whittier through the tunnel. The van will leave the Center at 7:30 a.m. The day will include a no-host lunch and on our way back from Whittier. We will stop at the Alaska Wildlife Conservation Center before going home. The Cost for the van ride/Wildlife Conservation is \$40. Please sign up and prepay at the receptionist desk by August 25th. To receive a full refund, cancellations must be made by August 25th.

Exercise classes
are held from
9:00—10:45 am
every weekday
morning. The
Dining Room is
available during
this time for coffee and quiet
conversation. Please be mindful.





Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

Our year 2023 is over half gone. July has gone very fast. Our Independence Day Celebration at the Kenai City Park Pavilion went well. We ran out of Biscuits and Gravy in the early afternoon and the Pies soon after. We took in over \$3,000. The Country Store also did well, taking in about \$600. The Kenai Senior Center Tops float was on a trailer pulled by the Kenai Senior Van. Thanks to everyone who helped.

Some of our staff have been on a much-needed vacation.

We have finally had some nice summer days. Notice how all the flowers are blooming and how extra green the lawns are. Thanks to Steve Latz we have been getting some tomatoes and cucumbers from our greenhouse.

It won't be long now until school starts again.

Enjoy the rest of your summer,
Velda

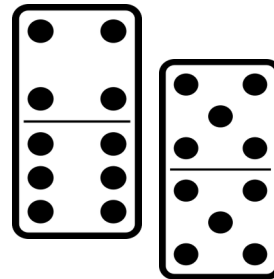


Genealogy Workshop

Friday, August 25

At 1:15pm in the Computer Room

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 1:15pm on Friday, August 25 in the computer room.



Calling all Dominos Players!

Interested in playing dominos?
Please join us every Thursday at 1:00pm in the card room. See you there!



Thursday, August 31

Doors open at 10:30 a.m.

Please RSVP with the reception desk or on the bulletin board.

**Thank you to all the
volunteers who helped out with
4th of July!**

Velda Geller
Scott Romain
Terry Turner
Howard Hill
Rachael Craig
Walt Craig
Paul Lehmann
Rebekah Lehmann
Carol Freas
Bill Nelson
Shirrie Drath
Vivian Terry
Kit Hill
Jan Johnson
Marian Nickelson

Leola Monteiro
Mary Ann Lamecher
Jerry Nassen
Marcia Shea
Robert Romig
Sieglende Moore
Bobbie Jedlicki
Hoa Le
Kris Ayers
Ken Ayers
Ron Fullinck
Carol Prior
Jacob Merritt
Samuel Merritt
Civil Air Patrol Cadets

WE L  VE
OUR VOLUNTEERS

Wednesday, August 23

At 1:00pm-3:30pm

Microwave Bowl Cozy

Join us in making a microwave bowl cozy for heating food in microwave. Keeps you from burning your fingers on a hot bowl. Can also be used on a bowlful of ice cream. Completely reversible and 100% cotton. Please sign up at the front desk. The cost will be \$3.



Senior Farmer's Market

Nutrition Program

Will you be 60 years of age or older by
September 30, 2023?

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 for Farmer's Market Coupons! Coupons are now available. 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.

* On August 23 and 29th the Kenai Senior Center will be providing transportation from the Kenai Senior Center to the Grace Acres Farm roadside stand to purchase produce. Grace Acres Farm redeems not only farmers market coupons but also accepts double-up coupons and snap benefits. Call or see the front desk to reserve a seat.

“Grow with Me” with Steve Latz



How does your garden/greenhouse/earth boxes grow? Please join us **Friday, August 11th at 11:00 am** in the card room to learn more about the progress of growing my/your garden. Plan to tour the greenhouse and deck onsite and check out the plants that we started growing back in early March. We will be sharing recipes of our favorite way to preserve cucumbers, zucchini, onions, tomatoes, kohlrabi, and cabbage. Have you noticed a different taste with the congregate salads lately? I will share the reasons why that is happening and if you want a taste visit us in the card room.



**Tuesday, August 15
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.

2024 Kenai Peninsula Senior Games

Volunteer Board Members Needed

If you want to be part of the planning committee. Please sign up at the bulletin board.
For more information call or text Bonnie Cain
(907) 953-5950



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!**

AUGUST \$5 CLUB

Juanita Aguilar	Luna Graves	Carol & Mike Louthan	Steve Smith
Robert Arrington	Jeffrey & Monica Griffin	Paula R. Maier	Bill Starnes
Cheryl Arrington	Darrell Hagen	Marge Milewski	Sondra Starnes
Ken & Kris Ayers	Karolee Hansen	Lee Moeglein	Deborah Stiers
Marilyn Bannock	Joel & Laura Henkelsman	Mary Moeglein	Linda Swarner
Carol Barner	Kathy Heus	Kari Mohn	Vivian Terry
Steve Best	Howard Hill	Jerry Nassen	Charles & Janice Thornton
Patricia Bravo	Kit Hill	Bill Nelson	June Truelove
Larry Burcham	Donna Hoyt	Lois Nelson	Terry Turner
Glen Clifford	Molly Jackson	Marian Nickelson	Ray Verg-in
Renee Clifford	Bobbi Jedlicki	Ray Nickelson	Yen-ti Verg-in
Jewell Coverstone	Linda Jennings	Susan Olson	Arnold Waggaman
Rachael Craig	Peggy Jones	Katie Pault	Delores Waggaman
Walt Craig	Read Kent	Robert S. Peterson	Beverly & Don Waldrop
Dave & Allison Darsey	Fran Kilfoyle	Judith (Kent-Hunter)Pock	Frosty Walters
Shirie Drath	Leanne King	Carol Prior	Virginia Walters
Barb Dudley	Henry Knackstedt	Biz Robbins	Marie Weller
Robin Feltman	Gina Kuntzman	Trish Roderick	Ozella Williams
Carol Freas	Anita Kwan	Gladys Routh	Roy Williams
Velda Geller	Hoa Le	Marcia Shea	Janice Wilsack
Margaret Goggia	Meldie Lee	Hal Smalley	Clayton Yoncher
Omer Goodman	Chris Lombard	Susie Smalley	Xiapopei LaTocha
Bill Graves	Jennifer Lombard	Barbara Smith	William LaTocha



IT'S FAIR TIME!!!

For over 69 years, the town of Ninilchik, Alaska has played host to the annual Kenai Peninsula Fair, which continues to be one of the biggest celebrations on the Kenai Peninsula. Every August, approximately 7,000 people come from all points of the state for a chance to attend the Fair and take in events to participate in or to watch, including live music (did we mention our bel choir will be playing at 1:00 pm), pig races, western-style rodeo with bull riding, the Backwoods Girl competition, the annual parade and much more.

Lucky for you, the Senior Center plans to take a van(s) of seniors to Ninilchik to enjoy a day at the fair on August 11, 2023. The bus will leave the Center at 10:00am and return around 4:00 p.m. If you want to join the fun, sign up with and pay the transportation cost of \$10 at the receptionist's desk. You will pay for your admission at the gate.



Wikipedia says: **Boothill Graveyard** is a small graveyard of at least 250 interments located in Tombstone, Cochise County, Arizona. Also known as the "Old City Cemetery", the graveyard was used after 1883 only to bury outlaws and a few others. It had a separate Jewish cemetery, which is nearby.

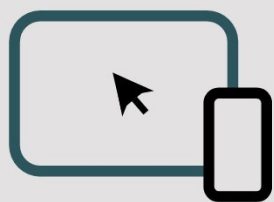
"Boot Hill" refers to the number of men who died with their boots on. Among a number of pioneer Boot Hill cemeteries in the Old West, Tombstone is among the best-known, and it is one of the city's most popular tourist attractions.

LIBRARY NEWS by Virginia Walters

Everyone is cleaning their closets and clearing their bookshelves. We have received big donations of books...lots of new westerns...and puzzles. Thank you to all the donors. We are rehoming 1000 and 750 piece puzzles. If you like the larger puzzles, please feel free to take one or two home with you and pass them to friends.

And finally more than one day at a time of sunshine! August, here we come!





iPhone Basics @ the Senior Center

Thursday
August 10th
1:00pm

This workshop is for those who have a new iOS mobile device, or are considering getting one, and want to learn more about the basic functions. It will support attendees to get connected, identify common apps, and build confidence in using their device safely.



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.

Exercise Class x 2?

The 10:00 am class on M,W, and F is rapidly outgrowing the space, so you now have the option to attend class at 9 and 10 am. Kudos to the early birds!



CHOIR
Rehearsal

**Begins Monday,
August 21 at**

1:00 pm in the dining room. We will be working on Harvest songs for a concert in October.



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

AUGUST 2023 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 Veggie Soup Tuna on Rye Fruit Cup Chips 	1 Liver & Onions Mashed Potatoes Green Beans Salad	2 BBQ Pork Ribs Baked Beans Yellow Squash Salad	3 Chicken Scaloppini w/Mushrooms & Capers Mixed Veggies Garlic Bread Soup	4 Cuban Pork Sandwich Black Bean Pasta Salad Watermelon
7 Baked Potato w/ all the fixings Broccoli Spears Soup	8 Chef Salad Fruit Cup Muffin 	9 Beef Stew Peaches and Cottage Cheese Homemade Rolls	10 Teriyaki Chicken Cowboy Beans Buttered Corn Soup	11 Sloppy Joes Sweet Potato Fries Coleslaw
14 Pan Seared Salmon w/ Tomato Basil Sauce Brown Rice Veggies Soup 	15 Roast Beef Mashed Potatoes Gravy Mixed Veggies Salad	16 Mushroom & Broccoli Chicken Zucchini Medley Garlic Bread Birthday Cake	17 Beef Enchiladas Mexi Corn Spanish Rice Chips & Salsa Soup	18 Monterey Chicken Sandwich Macaroni Salad
21 Greek Chicken Wraps with Tzatziki Home Fries Watermelon Soup	22 Chinese Chicken Salad Fruit Cup Muffin 	23 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes	24 Pepper Steak Mashed Potatoes Gravy Cabbage/Carrots Soup	25 Spaghetti Italian Veggies Garlic Bread Salad
28 Saucy Chicken Tortellini Yellow Squash Garlic Bread Soup	29 Sweet & Sour Pork String Veggies Jasmine Rice Egg Roll Salad	30 Tuna on Rye Veggie Soup Fruit Cup Chips	31 Old Timer's Luncheon Turkey Mashed Potatoes Stuffing Green Beans Rhubarb Pie	(September 1 Roast Beef Sandwich Onion Rings Autumn Salad

(DONNA ATKINS, continued from page 1)

Dick, her late husband, taught her to play Dobro, Hawaiian guitar and bass guitar. Biz and Tom taught her to play the ukulele. Recently, she acquired a Tongue Drum, which is a Chinese instrument that makes a soothing bell-line sound.



Besides being talented in music, she is also a crafter. She knits, sews, tats, and crochets. She sells the items she makes at a craft show that is held in October. She sews kids clothes, aprons, tote bags, cloth books and Christmas ornaments. She knits socks, baby sweaters, booties, and socks, blankets, hats for kids and adults, slippers, gloves and mittens....

After graduation in 1963, Donna enlisted in the Army and was stationed at Ft. McLellan, AL. Donna drove school bus for 5 years, doing routes and then switched to driving for sports events, going to Anchorage and the valley most every weekend for 16 years. She also was a band director for COOK INLET ACADEMY for three years. Donna retired from Carrs/Safeway in Kenai after 16 years in 2006.

Donna was married to Wayne for 43 years, he passed away in 2012, and they had three children. She married Dick Weaver in 2014 briefly for three and half years. She considers that Dick was her soul mate, they shared many interests, and music was on the top of the list. They used to sing in bed, Donna would hold the big book of Reader's Digest Song Book, and they would harmonize. Dick passed away in 2017.

She had a farm, raised goats, rabbits, pigs, geese, ducks, and chickens. Now she is a proud grandparent, having eight grandkids and seven great grandkids.

She doesn't have much idle time. She plays the organ every Sunday at church and sings a special number almost every Sunday, accompanying herself on the bass with someone playing back-up guitar.

We would like to get to know YOU better! If you would be willing to share your story, see Kayla and we will get you lined up with one of our writers.

She gives the following advice for her outlook on life: "It would be to put your faith in God and let Him take control of your life. I owe my musical talent to Him. **You are also never too old to learn something new.**"



Thornton Family **Concert**

Please join Chuck and Janice Thornton and families as they treat us to some family singing.

Friday, August 25

11:30 am—Noon

Kenai Senior Center



MY BUCKET LIST

By: Yen-ti Verg-in

Bucket List: A list of things that a person wants to experience or achieve before they die, or “kick the bucket”. What is the origin of the phrase ‘Bucket list’? For some time after it was first coined, only people who feared their imminent death compiled a bucket list. More recently, since the expression has become more widely used, it just means ‘a list of things that I would like to do someday’.

Ray and I didn’t have a bucket list until Ray retired from teaching. He said that he wanted to visit Africa and make a safari trip, which we did. We eye-witnessed a pride of lions strategized the chase of a herd of wildebeest, captivated by the graceful courting dance of ostriches, and watched numerous parades of elephants.... Once we stepped out of our comfort zone at home, we started traveling and visiting different countries. Over the years, we have...

- ★ Explored the Great Barrier Reef in Australia,
- ★ Danced with hundreds of jelly fish in Palau,
- ★ Crossed Panama Canal,
- ★ Swam with a group of sharks in Galapagos Islands,
- ★ Stood at the one of plateaus of Himalayan Mountain Range,

The list is quite long, but I still want to visit all the national parks in the US. There are 63 national parks in America, and I have only visited ten of them. There are still 53 parks await for me to visit and explore.

I may be able to travel to the park physically, once in the park; I don’t think that I have enough energy to do any camping, hiking, or many other activities associate with visiting national park. I envision it probably goes like; get on the tour bus, nap on the way, stop reroute for bathroom break, and once reach the destination, get off the bus, stand by the national park sign, have a picture taken to prove that “I have been” there.

This is probably the way I would tackle my bucket list.

Let me think; hummm, fifty-three national parks, if I visit five parks a year, it will take at least ten years, I will be close to 90.... won’t it be easier to check-out the documentary national park film from our friendly Kenai Library, watch it in the comfort of the recliner at home, sip on a glass of chilled margarita, nibble my favorite chips..., and rock myself to sleep.... Mission accomplished! This is probably how it will be done to visit the remaining 53 national parks on my list.

