



# The Centerline



## Know your Staff: Patty Segura

*By: Mary Ann Lamecker*

This is Patty Segura. Patty Segura (Spanish) one of Kenai's Senior Center van drivers. Patty was born in Walla Walla, Washington but was raised in Idaho. She is one of 7 children. She married Rick Segura in Nikiski, Alaska. Her

mother Alice, God rest her soul, was well known at the center and her father was a craftsman. Patty was close to her parents; although they have now passed away. After summer vacation, before college, she lived with her mom and dad. They lived in Kenai, and then she met her husband. She and her husband enjoy music, listening and singing. Her favorite things to do are spending time with her children, family and friends. They have 4 children, 11 grandchildren and 2 dogs. They can tell some funny stories. She has been at the Kenai Senior Center for 16 years. She worked as an outreach worker, then as a driver for meals on wheels and now as a transportation driver and helping in the kitchen. She has loved every bit of it as it has allowed her to still spend time with her family. Her endeavor is to build a life where she won't need a vacation for life. She is never intimidated nor embarrassed to share her faith. We are blessed to have here to be our driver at the Kenai Senior Center.





# 2024

## Special Points of Interest

- No Host Dinner Sol Agave—August 12
- Indoor Picnic—August 16
- Birthday Lunch—August 21
- Old Timer's Luncheon—August 23
- Homer — August 29

**City of Kenai**  
**Kenai Senior Center**  
361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156  
[senior@kenai.city](mailto:senior@kenai.city)

# AUGUST 2024

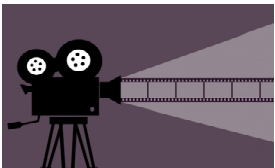
Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1-3p—Hand & Foot 3p—Council on Aging <b>3p—Movie Afternoon:</b> <b>Hidden Figures</b> 5p—Cribbage 6:30p—Bluegrass	<b>2</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>5</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	<b>6</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>7</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p—Mexican Train Dominos 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>8</b> 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>9</b> 9a—Growing Strong 9a—10a Blood Pressure Check 10a— Kenai Peninsula Fair in Ninilchik/Bell Ringers 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge <b>6:00p—AK Button Box Gang Dance</b>
<b>12</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 1p—Grief support Group for Widows/ Widowers <b>5:00p—No Host Dinner/Sol Agave</b>	<b>13</b> 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	<b>14</b> 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	<b>15</b> 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—iPhone Basics w/ Elizabeth Kleweno 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>16</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring <b>11:30a— INDOOR PICNIC</b> 1p—Wii Bowling 1:30p—Afternoon Drive 1-4:30p—Bridge
<b>19</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2:30p—Yappy Hour	<b>20</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11:30a—Independence Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 	<b>21</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass <b>Noon—LUNCH/ Birthday</b> 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>22</b> 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>23</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring <b>11:30a—Old Timers LUNCHEON– RSVP</b> 1p—Wii Bowling 1-4:30p—Bridge
<b>26</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	<b>27</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>28</b> 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>29</b> <b>9:00a—Homer Trip</b> 9a— Chair Yoga 10a—Tai Chi 11:30a—LUNCH/Jim & Elena Entertainment 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	<b>30</b> <b>8-10a WAFFLES</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting <b>10a—Senior Connection</b> 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 1:30p Afternoon Drive



# Happy Birthday!



Day	Name	Day	Name		
1	Janice Thornton	11	Mike Lockwood	22	Janice Wilsack
2	Keith Struempler	12	David Johnsrud	22	Jennifer Reynoldson
3	Karen Fredericks	13	Ken Lancaster	22	Kimberley Webb
4	Linda Wehr	15	Clarence Duncan	23	Colleen Sonnevil
5	Marie Fitts	15	Gerald Sanger	24	Elena Pate
5	Gina Kuntzman	15	Clayton Yoncher	27	Gladys Geertz
6	Frosty Walters	15	Brenda Ratky	27	Jeanne Spinney
6	Clarissa Conn	16	Mary Ann Lamecker	29	Bonnie Kane
6	Trina Doyle	17	Robin Allemann	29	Marti Anderson
7	Michael Christian	19	Darleen Morrison	29	Ronald Dukowitz
8	Margaret Milewski	20	Steve Latz	30	Jim Williams
9	Donald Waldrop	20	Gary Hollier	30	Kathryn Medcoff
9	Arlys Miskinis	21	Carol Prior	30	Tony Gilbert
11	Charlene White	21	Millard Spinney		



**Thursday  
Afternoon Movie  
August 1, 2024 at  
3:00p.m.**

## **Now showing: Hidden Figures**

Three brilliant African-American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

## **NO-HOST DINNER**

**Sol-Agave-Mexico  
Monday, August 12, 2024**

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

Thursday, August 1	Movie Afternoon: Hidden Figures	3:00 pm
Wednesday, August 7	Social Security	9a–Noon
Friday, August 9	Button Box Gang Polka Dance	6:00 pm
Tuesday, August 13	“No Host” Dinner/ Sol Agave	5:00 pm
Wednesday, August 14	Card Making with Kimberly –cancelled this month	
Thursday, August 8	Council on Aging - cancelled this month	
Wednesday, 21	Social Security	9a—Noon
	Birthday Lunch	Noon
Friday, August 23	Old Timer’s Luncheon	11:30 am
Thursday, August 29	Homer Day Trip	9:00 am
Friday, August 30	Waffle Friday	8a-10 am
	Senior Connection 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)



# STATE OF ALASKA ELECTIONS INFORMATION

## AUGUST, 2024

WHEN:	ELECTION:	WHAT:	WHERE AND WHEN?
<b>AUGUST 5 through AUGUST 20, 2024</b>	<b><u>Primary Election</u></b>	Absentee In-Person, Early Voting, Electronic Transmission and Special Needs voting begins.	<b>Region V Elections Office</b> <b>11312 Kenai Spur Rd. Ste. 48</b> <b>(OLD CARR'S MALL)</b>  <b><u>Monday - Friday</u></b> August 5 - 19; 8:00am - 5:00pm  <b><u>Saturday</u></b> August 10 and 17 10:00am - 4:00pm  <b><u>Sunday</u></b> August 11 and 18 12:00pm - 4:00pm
<b>AUGUST 20, 2024</b>	<b><u>Primary Election Day</u></b>		<b>Polls Open 7:00a-8:00p</b>  <u>Kenai Precinct #1</u> /Old Carr's Mall <u>Kenai Precinct #2</u> /Challenger Center <u>Kenai Precinct #3</u> /Old Carr's Mall

**DO YOU WANT TO ARRANGE A RIDE DURING A WEEK DAY TO THE DIVISION OF ELECTIONS OFFICE TO VOTE ABSENTEE-IN-PERSON, EARLY VOTE, OR ARRANGE FOR A SPECIAL NEEDS BALLOT FOR SOMEONE?**

**DO YOU WANT TO ARRANGE A RIDE TO THE KENAI PRECINCT POLLS ON AUGUST 20 (ELECTION DAY)?**



**CALL (907) 283-4156 EARLY TO ARRANGE A RIDE.**

## Card Making with Kim



Is cancelled for the month of August. Kim will resume in September.

## “Grow with Me” with Steve Latz

You are invited to meet with us on Tuesday, August 13 at 11:00 in the card room to continue our conversation about our garden and flower successes. Our round table will focus on sharing your experiences with growing food for the table and flowers for eye candy.

We will discuss your home garden/greenhouse progress and suggest options to maximize your return on investment. We will share our successes and failures learned from experience. I plan to bring produce from my garden for you to taste. I also plan to tour the greenhouse/patio 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.



**Friday,  
August 16  
@ 11:30a**

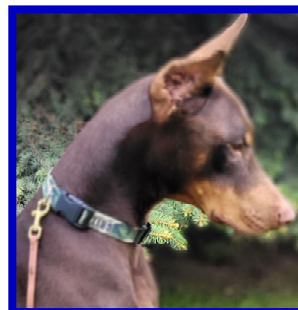


We are quite often rained out for our August Picnic, so this year it's an **Indoor** Picnic ~ Great Food, Exciting Games & Giggles. You won't want to miss this Summer Time FUN!!!

## Yappy Hour!

**Monday, August 19 at 2:30p**

Grit is a two year old doberman pinscher. He has many hobbies for such a young dog! He is a "certified therapy dog" and he enjoys visiting with his friends. He is excited to make new friends at Kenai Senior Center! He knows a few tricks and skills to entertain folks!



## Senior Farmer's Market Nutrition Program



**Will you be 60 years of age or older  
by September 30, 2024?**

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

If you answered yes to both of the questions above you will be happy to hear that the Kenai Senior Center is a distributing agency again for Farmer's Market Coupons! Coupons are available after July 1.

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.



## LIBRARY NEWS by Virginia Walters

I think it was Robert Burns or one of those Scotsmen who said something about "The best laid plans of Mice and Men" often going astray. I'm sure you noticed the planned trimming of the collection has not happened and in the meantime we have collected boxes of donated books to add. Please feel free to look through the boxes and take any books you might want to read. With any luck, we'll get on with the planned culling before September.

August is here.  
So far it's been a fairly nice summer. Let's enjoy what's left.



## Waffle Bar—Last Friday of each month.



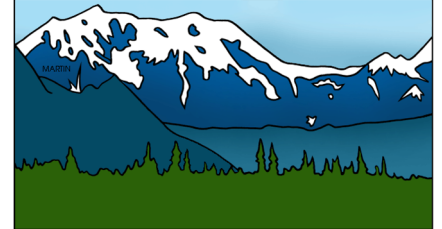
We will be offering waffles on the **last Friday of the month** from 8-10am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up — just show up and enjoy this special treat.

# LASAGNA – BushStyle

By: Yen-ti Verg-in

Making lasagna was inspired by the cartoon cat Garfield. Garfield loved lasagna, and my boys loved Garfield. Being a doting mother, I felt it was my obligation to make a lasagna dish especially for my children.

I grew up in Taiwan, and moved to the Lower Yukon Region with my husband as bush teachers. I got along very well with the “bush living”: living in a log cabin, eating the wild meat my husband caught -- moose, ptarmigan, spruce hen, rabbit-- and I felt very savvy about my ability to create some delicious food utilizing local wild meat. This first attempt of making lasagna was back in 1980, after we had lived in the “bush” for ten years.



So how hard could that be to make lasagna? Regardless, at that time I had never seen a dish of lasagna and never tasted one, didn't know anything about cheese and thought the cheese was differentiated by color: yellow or white.

So this was what I did:

I followed the recipe with some substitutions. I browned the moose meat, flavored it with garlic and onion, and added a can of tomatoes. Since I didn't have any basil, oregano, or fennel, I decided to use the never-failing soy sauce instead. The meat tasted great!

For the filling I got really creative. The recipe said to mix an egg with ricotta or cottage cheese. Since cottage cheese looked like cooked white rice, I used a cup of cooked rice in place of the cottage cheese.

I then layered half of the cooked noodles, spread with half of my concoction. I didn't know what mozzarella cheese was, so I used a can of cream of mushroom soup because it was creamy in color. Then on top of this creation, I put a can of green beans to make it a balanced meal with four food groups: meat -- moose

*(continued on page 17)*

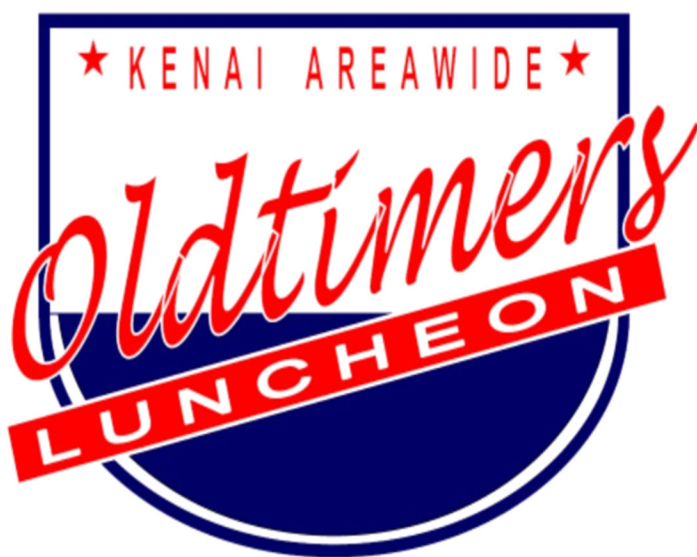




## IT'S FAIR TIME!!!

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 bell 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 9, 2024. 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 and also will need lunch money.



**Friday, August 23**

Doors open at 10:30 a.m.

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

**Be ready to share a "blast from  
the past".**





# **IT'S OK THAT YOU'RE NOT OK**

**Grief support Group for Widows/Widowers**

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**Monday 12<sup>th</sup> of AUGUST**

**At 1PM**

**Sign-up or just come to Kenai Senior Center**

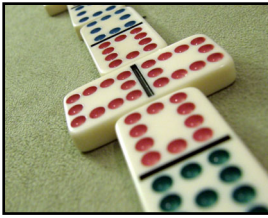
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**Come and Share Your Thoughts and feelings  
with others who know what you are going through.**

**Title taken from book by Megan Devine**







## Calling all Mexican Dominos Players!

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

## 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!



## Day Trip "Drive to Homer"

**Thursday, August 29 at 9:00 am**

We are going to take a scenic drive to Homer. Plan to go to Islands and Oceans, enjoy a No-Host lunch at one of their famous restaurants, attend the Pratt Museum cost will be \$13, tour the Homer Spit, and maybe even visit Bear Creek Winery before going home. Transportation cost is \$15 per person. Please sign up at the receptionist desk.



## 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! Special guest Dani Kebschull

on Wednesday, August 7, 2024.

**Tuesday, August 20**

**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 Senior Connection, Inc. NEWS

by Velda Geller, Board President



Can you believe it? August is already here! Seems July went by very quickly. July began with the Senior Center Choir (led by Senior Director Kathy Romain) providing a concert of patriotic songs. Early on the Fourth of July, the Connection set up at the City's Greenstrip Park pavilion and sold our homemade rhubarb/strawberry and apple pies, as well as biscuits n' gravy. All went quite well until the wind picked up.

Other activities at the Center included a no-host dinner at the Princess Lodge; a long-day's trip to Whittier and the 26-Glacier Cruise; garage sales; and an afternoon drive – ALL were enjoyed!

We dug into storage and took an inventory of the Kenai Senior Center t-shirts and sweatshirts. With all counted, priced, and rearranged, they are ready for selling. We are also working on purchasing additional inventory.

**Reminder of Upcoming Center Activities:** The Button Box Gang will be at the Center at 6:00 p.m. on August 9, and Waffle Friday on August 30.

Everyone have a great August and I hope you catch some fish!

*Velda*

### **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).

You may contact Virginia Walters or any other member of the KSC Writers group. Better yet, come visit us on Wednesdays at 1pm in the Computer Room.



# A Polka Dance



**Friday, August 9th**

**6:00 ~ 9:00 P.M.**

**Kenai Senior Center**

**Admission: \$7**

**Live Music:**

**The Alaska Button Box Gang**

**Come and enjoy the music whether  
or not you like to dance!**

**Howard's Snack Shop**

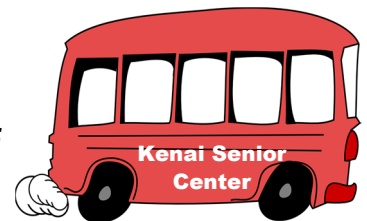
**Featuring Brauts, German Potato Salad, and Sauerkraut for  
purchase. The Snack Shack will be open from 6-8:00 p.m.**

***This is a family friendly event. All generations welcome!***


## **Afternoon Drive**

**Friday, August 30 at 1:30 pm**

Let's take an afternoon drive and see where our driver will take us this month? Plan for an ice cream stop and to have lots of FUN! Minimum of 5 people. The cost is \$5, so please sign up at the front desk if you want to participate.







# THIS IS WHY WE WALK.

At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease. Register today at [alz.org/walk](https://alz.org/walk).

## Walk to End Alzheimer's - Kenai Peninsula

Saturday, September 7th, 2024 at the  
Challengers Learning Center

### WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION

2024 NATIONAL PRESENTING SPONSOR

Edward Jones

2024 NATIONAL DIAMOND TEAMS

BROOKDALE Edward Jones

SIGMA KAPPA

2024 NATIONAL PLATINUM TEAMS

SeniorStar LGS  
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PGHS

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central peninsula hospital



Chances are that everyone who sees this has been effected by Alzheimer's through a family member or a friend. Let's join this walk together! Come be a part of the Kenai Senior Center Team and sign up on the bulletin board. We will contact you with all of the details.



**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 2024 \$5 CLUB**

Kay Aber	Darrell Hagen	Mike Louthan	Marcia Shea
Juanita Aguilar	Lee & Phyllis Hallstead	Paula Maier	Steve & Barbara Smith
Cheryl Arrington	Karolee Hansen	Marge Milewski	Gary & Colleen Sonnevil
Ken Ayers	June Harris	James Miller	Bill Starnes
Kris Ayers	Joel & Laura Henkelsman	Jeanie Miller	Sondra Starnes
Marilyn Bannock	Kathy Heus	Lee Moeglein	Buck Steiner
Carol Barner	Howard Hill	Mary Moeglein	Sheila Steiner
Larry & Tona Bravo	Kit Hill	Kari Mohn	Darlene Tachick
Patricia Bravo	Joe Huard	Jerry Nassen	Rachel Tamagni
Rene Clifford	Susan Hurley	Bill Nelson	Vivian Terry
Jewell Coverstone	Conrad Jackson	Lois Nelson	Charles & Janice Thornton
Rachael Craig	Bobbie Jedlicki	Marian Nickelson	Gerda Trent
Walt Craig	Peggy Jones	Ray Nickelson	John Trent
Terry Cramer	Read Kent	Susan Olson	June Truelove
Elmer Curtis	Fran Kilfoyle	Katie Pault	Terry Turner
Dorothy Diamond	Leanne King	Robert Petersen	Ray Verg-in
Shirie Drath	Henry Knackstedt	Judith Pock	Yen-ti Verg-in
Don Erwin	Anita Kwan	Carol Prior	Beverly & Don Waldrop
Carol Freas	Gaye Larane	Robert Reichert	Frosty Walters
Velda Geller	William LaTocha	Biz Robbins	Virginia Walters
Margaret Goggia	Xiaopei LaTocha	Trish Roderick	Marie Weller
Omer Goodman	Hoa Le	Linda Romero	John White
Bill Graves	Chris Lombard	Gayle Ross	Janice Wilsack
Luna Graves	Jennifer Lombard	Richard Ross	Clayton Yoncher
Jeffrey & Monica Griffin	Carol Louthan	Gladys Routh	

## Fun in the Sun

*By: Biz Robbins*

What is my favorite summertime activity? After thinking long and hard about the options I have in present times—walking, writing, gardening, sitting in the sun, and driving among the summer RVs, trailers, huge pickups, and campers, I have decided that what I enjoyed in the summers most happened many decades ago: marching with the band.

Sixty-some years ago, I played clarinet in the Cloquet High School band. We played concerts for our parents, we played rousing fight songs at football games, and during the summer, we marched. We were a record making, fast stepping, high school band that performed in many Twin Cities parades, but particularly making our parents and community proud on the Fourth of July and Labor Day as we marched in hometown parades.



Preparation came the night before—polishing my white buck shoes and making sure my white gloves (with the fingertips cut out) were spotless, laying out my dark blue wool uniform and making sure the plumes on my hat were falling the right direction, and of course my reeds in good shape—I was ready.

Parade day saw my dad drive me to the high school where I met the other band members, milled around in the band room until the director sent us outside. Then we lined up in our ranks and files. The head majorette blew her whistle and the drumbeat began...not the loud regular one, but the special one that sounds when the drumsticks beat the metal edges of the snares. We peeled out, single file, marching along the street, a long snake of uniformed smart-stepping high school kids, worming our way down several blocks to the parade's start.

We were given a spot, usually somewhere in the middle of the floats and horses and firetrucks, and waited patiently for the lineup to move. Waiting in formation, tapping our feet, chatting to our bandmates, we were ready when again the majorette's whistle called.

Straightening to attention, the entire band began to move forward, matching our footsteps to the beat of the drums. A fast cadence, maybe 120 beats per minute, we moved down main street. People lined the sidewalks, clapping when we marched by, cheering when we lifted our instruments and began to play our tune. They were proud, as were we, of the precision with which we moved. It had been the reason we'd won the band competitions at the Minneapolis Aquatennial parades, the reason we'd been invited to participate in the St. Paul Winter Carnival and the Chicagoland Music Festival. It was just plain fun to be part of a group that valued that their hard work had been recognized and kept trying to improve what was already pretty good.

Continued on page 17



With trumpets sounding (clarinets too) and stepping smartly, we paraded, sweating in our dark wool uniforms under the sweltering sunshine, setting our feet where they belonged, regardless of the number of horses that had left their calling cards on the road, and feeling as an athlete giving his/her best efforts to achieve a win.

The parade ended at City Park, and the band disbanded. A couple of my buddies joined me as we strolled down the midway until we found the Tom Thumb donuts. We bought a bag and shared as we slowly ambled out of the park and back up to the school.

These buddies and I met up at our 50<sup>th</sup> high school reunion. As we caught up with each other's lives, conversation turned to memories..."remember those hot wool suits?... remember Mr. Sampson?...remember the horses?...

As the reunion coincided with the 4<sup>th</sup> of July, many of us gathered to watch the parade. A couple of noticeable changes from the day—the high school no longer marched—sad, as at the end of the parade, before the final police care, there were the horses.

*Lasagna-BushSyle, Continued from page 8*

meat, carbohydrate -- noodles, fruit -- canned tomatoes, and vegetable --green beans. I baked it at 375<sup>0</sup>. Viola! It came out of the oven as a nice looking dish!

I called my kids to come and eat, they dutifully sat down for the dinner, took a couple of bites, and said that they were not hungry. How could they not be hungry, they played outside all afternoon! I sternly scolded them, and they started to cry, "If we eat THIS, can we have our dinner?"

"What do you mean, this is dinner!" I said.

I looked at my husband and asked, "Is this really that bad?"

He said that he didn't think our dogs would eat it. We had eleven dogs for a dog team, and they always wanted to eat! Besides, no canine could refuse a pound of moose meat!

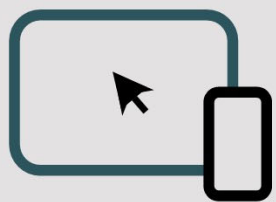
We made a bet, and I lost.

Several years later, I made my second lasagna. By this time, I knew there were tremendous differences between cheese and cream of mushroom soup, cottage cheese and rice. I used all the right ingredients! The lasagna came out of oven looking very delicious, and I was sure that my kids would enjoy it.

When I told them the fabulous-looking dish was the lasagna that I made, they all very politely turned it down.

These were the only lasagnas I made in my life.





# iPhone Basics @ the Senior Center

Thursday  
August 15th  
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.



## Genealogy Workshop

Cheryl Hamann has decided to take a break during the summer and plans to resume the Genealogy workshop in September. If you have questions during the time of the break. She said you are free to call her. Have a Happy Summer!





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.

# AUGUST 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
			1 Baked Ham Scalloped Potatoes Mixed Veggies Soup	2 <i>Porky Pig</i> Pulled Pork BBQ Sandwich French Fries Coleslaw
5 Baked Potato w/ fixings Broccoli Spears Soup	6 <i>Barnyard Dawg</i> Chicken Pasta Primavera Peas & Carrots Garlic Bread Salad	7 Pork Carnitas Corn Salsa Spanish Rice Salad	 8 Baked Salmon Red Pepper Medley Wild Rice Pilaf Soup	9 <i>Smokey Bear</i> Burgers Cucumber Salad French Fries
12 Rueben Sandwiches Tater Tots Fruit Cup Soup	 13 Sweet & Sour Pork Stir-Fry Veggies Rice Egg Roll Salad	14 <i>Roadrunner</i> Fried Chicken Mashed Potatoes Gravy Mixed Veggies Salad	15 Beef Ragu Italian Veggies Garlic Bread Soup	16 <i>Henery Hawk</i> Teriyaki Chicken Hot Dogs Cowboy Beans Pasta Salad
19 Swedish Meatballs Noodles & Gravy Pickled Beets Soup	20 <i>Pepe le Pew</i> Taco Salad Fruit Cup	21 BBQ Ribs Cheesy Potatoes Zucchini Chips Salad <b><u>Birthday Cake</u></b>	 22 Beef Stew Peaches & Cottage Cheese Soup	23 <b>OLD-TIMERS' LUNCHEON</b> Turkey Mashed Potatoes Gravy, Stuffing Green Beans Rhubarb Pie
26 <i>Cecil Turtle</i> Clam Chowder Tuna on a Croissant Fresh Fruit	 27 Thai Chicken Salad w/Peanut Dressing Fruit Cup Muffin	28 <i>Foghorn Leghorn</i> Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad	29 <i>Tasmanian Devil</i> Meatloaf Mashed Potatoes Gravy Cabbage & Carrots Soup	30 Lasagna Roll-Ups Italian Veggies Garlic Bread



## 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](mailto:senior@kenai.city)

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

City of Kenai  
Kenai Senior Center

PLEASE  
PLACE  
STAMP  
HERE