

The Centerline

DECEMBER 2022




*The staff at the
Kenai Senior Center
wishes each of you a very*



Special Points of Interest

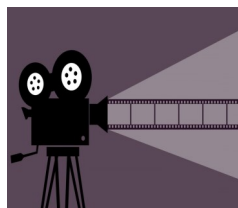
- No Host Dinner—Frosos Restaurant
- Movie Night—ELF
- Christmas Party
- Carols Sing—Fridays
- KPD Fraud Talk
- Hanukkah Celebration
- Breakfast with Santa

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

DECEMBER 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5:00p-Cribbage 6:30p — Movie Night: “Elf”	2 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing 1p—Wii Bowling 1-4:30p—Bridge
5 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1:00p Choir Practice 2-3:30pm Stronger Together Support Group	6 St. Nicholas Day 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3—4p Dance Lessons	7 9a-Noon-Social Security 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—PCHS Presentation Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	8 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 3:00p—Council on Aging Work Session 5:00p-Cribbage 6:30-Bluegrass	9 9:30a-12p—Quilting/ Crafting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing 1p—Wii Bowling 1-4:30p—Bridge
12 10a—Growing Strong 11a—Bells 11a—Spanish Class 11:30a—LUNCH—KPD presentation: Fraud Prevention 12:30p-4:30p—Bridge 1:00p Choir Practice 2-3:30pm Stronger Together Support Group 5p—Short Story Club	13 Happy Hanukkah 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3—4p Dance Lessons 5p—No Host Dinner/ Frosos Restaurant	14 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting	15 9:30—Crafts with Kids 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 1-3p—Computer Basics Class w/ Elizabeth Kleweno 5:00p-Cribbage 6:30-Bluegrass	16 National Ugly Sweater Day! 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing 1p—Wii Bowling 1-4:30p—Bridge
19 8-10a– Breakfast with Santa 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1:00p Choir Practice 2-3:30pm Stronger Together Support Group	20 10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH 12:30-1p— CHRISTMAS BINGO 12:30-4:30p Pinochle 1p—Wii Bowling 1-3p—Family Caregiver Support Group 3—4p Dance Lessons	21 9a-Noon-Social Security 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass 11:45—Christmas Choir Noon—LUNCH—Christmas Party & Gift Exchange/ Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 3p—Sing-Spiration	22 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 1:30p Holiday cookie decoration 5:00p-Cribbage 6:30-Bluegrass	23 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing 1p—Wii Bowling 1-4:30p—Bridge
26  MERRY CHRISTMAS Christmas Potluck Noon	27 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3—4p Dance Lessons	28 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	29 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5:00p-Cribbage 6:30-Bluegrass	30 10—Noon NYEVE Brunch 10:30—Talent Show 12—4:30 Table Games 1p—Wii Bowling 1-4:30p—Bridge

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Trish Roderick	14	Bill Sadler	27	Marjorie Seymour
1	Rosalind Foster	14	Robert Range	27	Steve Best
2	Rhoda Turinsky	14	Cindy Boettcher	27	Wayne Hinze
3	Gregory Fisher	14	Sharon Hanke	28	Jean GoodLife
4	Doug Vance	16	Diana Damitz	28	Denny Thomas
6	Rick Cates	18	Joan Seaman	29	Buck Steiner
7	Luda Kaiberda	16	Jesse Wade, Jr.	30	Gale Rudolph
9	Juanita Aguilar	21	Bobbi Baldwin	31	Janice Broussard
10	Barbara L'Heureux	21	Elmer Parizo	31	Leroy Heinrich
10	Hoa Le	22	Linda Nelson	31	Donna Marie Hutton
11	Rita Lindsey	23	Pat Moye	31	Jeri Kidd
11	Joan Wisel	27	Jimmie English	31	Marcia Shea



Thursday Evening Movie

December 1, 2022
6:30 p.m.

Now showing: Elf

Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, this is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results.



NO-HOST DINNER

Tuesday, December 13, 2022
Froso's (Soldotna)

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

There will be limited transportation available at a charge of **\$5.00**, 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, December 1	Movie Night: ELF	6:30 pm
Tuesday, December 6	St. Nicholas Day	11:45 a
Wednesday, December 7	Social Security	9a–Noon
Thursday, December 8	Council on Aging Work Session	3:00 pm
Friday, December 9	Kenai Senior Connection, Inc. Meeting	10:00 am
Monday, December 12	Kenai Police Department Fraud Talk	11:30 am
Tuesday, December 13	Happy Hanukkah	11:45 am
	Make Your Own Stocking Craft	1:00 pm
	“No Host” Dinner/Frosos	5:00 p.m.
Wednesday, December 14	Card Making with Kimberly	1:00 pm
Thursday, December 15	Crafting with KBeach Elementary Kiddos	9:30 am
Friday, December 16	Ugly Christmas Sweater Contest	Noon
Monday, December 19	Breakfast with Santa	8—10 am
Tuesday, December 20	CHRISTMAS BINGO	12:30 pm
Wednesday, December 21	Social Security	9a—Noon
	CHRISTMAS Luncheon—Party	Noon
Thursday, December 22	Christmas Cookie Decorating	2:00 pm
Sunday, December 25	CHRISTMAS Potluck	Noon
Monday, December 26	CENTER CLOSED	
Friday, December 30	New Year’s Eve Brunch	10—Noon
	Talent Show	10:30 am
Monday, January 2	CENTER CLOSED	



Benefits and Medicare Update

Fall brings upon us its own set of “to do” items. Medicare open enrollment is open from October 15 through December 7. If you need assistance with looking at new plans, please call or come and see us to set up a time to review and look at options. This is also a great time to see if you may be eligible for Medicare extra help. Medicare extra help assists with Medicare part D prescription costs and is available for low-income seniors.

October 1st (until September 30, 2023) also marks the opening of the new season for heating assistance applications. Don't be afraid to reapply now even if you still have a credit balance. The heating assistance program only counts what you are “billed”, not your account balance. Higher income levels (\$2123 for a single individual and \$2168 per couple) will provide many seniors with money to pay for rising heating costs. If you have questions or need assistance with the application process, we are here to help!



Monday, December 19, 2022

“Breakfast with Santa”

8:00 am—10:00 am

Bring the whole family for some pancakes and a quick visit with Santa before he takes off for his trip around the world. This is the first day of Christmas Break for the area schools, so the kids will be coming to see Santa! (Donations are accepted.)

Santa is asking for some help with this event! If you can volunteer your time to help serve breakfast, please sign up on the board.

Do you need a ride or know someone who could use some meals? Maybe you'd like to pickup a meal instead of dining inside. We can help! Use the contacts below for more information.

PICK UP MEALS:

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

HOME-DELIVERED MEALS:

Contact Red at 907-283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Kayla at (907) 283-8214


TRANSPORTATION: Monday—Thursday, call the front desk to schedule a ride.

DONATIONS FOR SERVICES:

Pick up Meals - \$7

60 years and older)


Home-delivered Meals - \$7



Tuesday, December 20th
11:30am—1 pm
Dining Room


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

Kenai Peninsula Family Caregivers
Tuesday,
December 20th
1– 3 pm
Computer Lab
(907) 262-1280



Dani Kebschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in.

Stronger Together Support Group
Mondays 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!

Card Making with Kim



Wednesday, December 14 at
 1:00 pm

Senior Center Dining Room
 Please sign up on the bulletin board

Singspiration!



If you miss singing those old hymns you remember from years gone by, join us on **December 21 3:00 pm** for Sing–Spiration. You can choose the songs we sing!

Short Story.
CLUB

The SHORT STORY CLUB will be meeting Monday, December 12 at 5:00 pm in the Computer Lab.

They will be discussing the classic, *To Build A Fire*, by Jack London. Copies are available in the Computer Lab, please feel free to join us! See Jerry Nassen for more information.

Waffle Bar Update



Our waffle makers are taking a break during the holiday season. Look for them in January when they return from their Christmas journeys! Thank you to Kari Mohn and Barb Christian for their early morning waffle delights!

National Ugly

Holiday Sweater Day

December 16



While we may find there is beauty in everything, one would have to admit sometimes holiday sweaters can be a bit over the top. If you have one of “those”, please share it with us!



Wednesday, December 22—11:30am

It's time for fun, games, carols, and fellowship as we celebrate the season together. Our Christmas Choir will be performing at 11:45. We will have a gift exchange, so bring a gift of \$10 or more if you'd like to participate. Please RSVP on the bulletin board.

Carol Sing

Friday's with Donna at 11:30 am

The building is decorated for this joyous season. Now it's time for us to fill the air with the sounds of the season. Join in with caroling on Fridays in December!

Toys For Kids



Christmas is just next month! We are kicking off our “Toys for Kids” this month! Our goal is to fill a large box with new toys for children in need attending Mountain View Elementary School. The teachers involved in this project tell us there are some children who would not otherwise get anything new for Christmas. The box will be located just inside the library/card room.

Christmas Food Drive

The Senior Center is requesting your assistance in spreading some Holiday Cheer to our friends and neighbors by sponsoring a Christmas Food Drive. Bring non-perishable items (be sure to check the expiration date) to the Kenai Senior Center anytime between now and Monday, December 12. Kenai Senior Connection, Inc., will be donating funds for fresh fruit to add. The food bags will be delivered during the holiday season.

If you would like to donate towards either the toys or the food drive, but would like someone else to do the shopping for you, let us know, we have shoppers available and ready to do just that!

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



This year has already come and is about ready to go! Next month, I think we will reminisce about all we accomplished in 2022, good or bad.

November has been a busy month for Kenai Senior Connection as we participated in the Senior Center's Craft Fair with the Country Store, Howard's Snack Bar, and sold tickets for the Doll Raffle. There was a very good turn out with and we are already looking ahead to the next one.

There is still time to purchase tickets for the Doll Raffle complete with a full line of clothes. The clothes were made and donated by Fran Kilfoyle and the drawing will be held on December 19th.

Two of the Connection's major projects in December is Toys for Kids and the Food Drive. Our goal is to fill a large box with new toys for children in need who attend Mountain View Elementary School.

The Christmas Food Drive is for our senior friends and neighbors in need. We appreciate any non-perishable food items (check the expiration date). Please bring items to the Senior Center before December 12th. The Connection will be purchasing fresh items to add to the bags.

A VERY BIG THANK YOU to Hilcorp, Alaska for the wonderful Thanksgiving Dinner. If you would like to send a thank you note to them, it can be sent to:



Hilcorp Alaska

3800 Centerpoint Dr.,
#1400
Anchorage, AK 99503

Thank you to all of you remember your \$5 Club membership. While it is a voluntary membership, it is greatly appreciated.

Merry Christmas and Happy New Year!





A BIG THANK YOU!

We are overwhelmed by the outpouring of love we received at our 70th Anniversary celebration. Over 100 people came to the grand party here at the Senior Center. We are happy that our daughters and their husbands and so many dear friends could celebrate with us. All of the beautiful flowers, lovely cards, heartfelt phone calls, and countless other expressions of love mean so much. God has blessed us and surrounded us with so many good people. Thank you all of being such a wonderful part of our lives. With much love and appreciation,

- Roy and Ozella Williams

Line Dancing Classes Tuesdays from 3 -4 pm

Line Dancing is great exercise and a wonderful way to learn some great dance moves. Raymond Hansen is a well known area dance instructor and he has volunteered to teach these beginning classes. Some of the steps he will be teaching include:

- ★ Boot Scooting
- ★ Electric Slide
- ★ Tush—Push
- ★ “22” Step
- ★ Swing Dance
- ★ Cha-Cha



Join us in the Dining Room on the dance floor on Tuesdays during the month of December. Please sign up on the board if you plan to attend.



Crafting with Kiddos Thursday, December 15 9:30 - 11 am

Do you remember the great group of kids who helped out for the Veteran’s Day Celebration? These same kids will be coming back to work on a craft project for those in need in our community. They say that “many hands make light work” so if you can help out, let us know by signing up on the bulletin board.

Christmas Choir

Mondays at 1:00 pm during December

It’s not too late to join in for the Christmas Choir. If you enjoy singing, we would love to have you! We will be singing during the Christmas Party on December 21.

Holidays Throughout December

December is full of various holidays and we will learn and celebrate about a few others in addition to those we know so well. Each of these will begin at 11:45 am.

December 6—St. Nicholas Day

Learn the true story behind the fellow we know today as Santa Claus

December 13—Hanukkah Celebration

We will celebrate with a traditional meal of chicken, applesauce, and a crinkle cookie.

December 27—Russian Orthodox

The ceremony called ‘starring’ that takes place in January will be explained and celebrated.



Holiday Cookie Decorating

Thursday, December 22

1:30 pm

Ready for some good old fashioned cookie decorating? We will make the cookies, we need YOU to help decorate! We will have everything you need to take home a dozen Christmas cookies! Please sign up on the board to reserve your spot.



Make Your Own Stocking

Tuesday, December 13

1:00 pm

Get ready for the season and make you or someone you care about a Christmas stocking! Everything will be provided, we just need you! The class is \$2, sign up with the Receptionist.



(Pre) New Year's Eve Talent Show

& Breakfast Buffet

Friday, December 30

10:30am —12:30 pm

Join us in celebrating our last regular day of 2022. Come see the best your Kenai Seniors and our friends have to offer by way of talents and gifts. Sign up on the bulletin board to share your talent. Anyone may participate!! During the show we'll enjoy our annual New Year's Breakfast Buffet. No regular lunch this day, but we will remain open throughout the afternoon and have table games available. Cribbage or dominos anyone?



Writings from our Writers Group in the Pantoum Form

The last month of the year
With short days and long wintry nights
A flurry of decorations, preparations, and snowfall
A month of eager anticipation.

With short days and long wintry nights
The Advent wreath is first to appear
In a month of eager anticipation
Reminding us of hope, peace, joy, and love.

The Advent wreath is the first to appear
On the calendar of events and celebrations
Reminding us of hope, peace, joy and love
Whose time is near and for all people.

On the calendar of events and celebrations
We find bazaars galore and Christmas trees
Whose time is near and for all people
While baking cookies and spreading cheer.

We find bazaars galore and Christmas trees
Santa Claus and ringing bells
While baking cookies and spreading cheer
Planning our gifts with care and love.

Santa Claus and ringing bells
Singing carols and wishing good will
Planning our gifts with care and love
As Christmas time draws near.

Singing carols and wishing good will
We add the White candle to complete the wreath
A Christmas time has come
And With hallelujahs, we greet the Babe.

We add the white candle to complete the wreath
Amid a flurry of decorations, preparations, and snowfall
As Christmas time has come
In the last month of the year.

- Biz Robbins

Tis December
With Christchild
So Magical
It's Christmas

With Christchild
In Manger
It's Christmas
So Holy

In Manger
So Wonderful
So Holy
And Mystical

So Wonderful
So Magical
And Mystical
Tis December

-Jerry Nassen

The 12th Month Of the Year
In the Northern Hemisphere

When cool winds blow
And Christmas Decorations
Reflect the Festive Spirit

Full of Colors
Celebration with Songs
Presents and Decorations
Happiness is simply flying in the air

That brings Christmas home
Getting Families Together
Even is you don't celebrate
No one is immune to the joy

- Ann Lee

For more from the Writer's Group, see their bulletin board in the Center's main hallway.

Welcome to the Kenai Senior Center!

- ★ Ready for lunch?
- ★ Did you sign in?
- ★ Where's my ticket?



Feel familiar? Confused? You're not alone. Let us explain why we do what we do! When a person comes in for lunch or any activity really, there is a two-step process.

Step 1: Sign in at the Kiosk for each activity you plan to attend (including lunch).

Why is this necessary, you might ask? This information is reported to the State of Alaska (SOA) and the Kenai Peninsula Borough (KPB). Both contribute funding to the Kenai Senior Center (KSC) budget. The KSC also receives .70 cents return on every meal provided to seniors. This funding, in addition to donations, is how the program keeps the cost of meals at just \$7.00 each. As food costs continue to rise it will be difficult to keep the cost of lunch down without the funding to support it.

Step 2: Place your meal ticket in the box.

Is this necessary? It doesn't have my name on it. For those of you paying attention yes, we did skip a step. Yes, the next step normally would be that you would purchase your lunch ticket to place in the box however part of our funding requires that we give every individual the opportunity to pay whatever they can afford - anonymously. Some of you use the box to make extra donations, thank you! **Every** donation is helpful.

Now let us put it together. We don't need your name on the ticket when you sign in at the kiosk. We already know you're getting a meal. When we count the number of meal tickets, the number of lunches served, and the number of people signing in to the Kiosk, **we are providing significantly more meals than the number of individuals that have signed in.** This costs the program lost revenue and doesn't show exactly how many people benefit from what we do. You can help us, **just by signing in.**

Continuing in December, twice per week, two individuals will be chosen randomly from those who signed into the kiosk that day. The prize? As a way to say thank you for helping us to keep costs down and meet our reporting requirements here is - a lunch on us!



Don't have a key card for the kiosk? Let us get you one! Just see anyone at the front desk we will get you one. It's free!

What is the \$5 Club?

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

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. **We proudly post our \$5 Club**

NOVEMBER

\$5 CLUB

Juanita Aguilar	Luna Graves	Jennifer Lombard	Gladys Routh
Bob Arrington	Darrell Hagen	Carol & Mike Louthan	Barbara Schmidt
Cheryl Arrington	Karolee Hansen	Paula Maier	Marcia Shea
Ken & Kris Ayers	Cliff Heus	Len Malmquist	Hall Smalley
Marilyn Bannock	Kathy Heus	Marge Milewski	Susie Smalley
Steve Best	Howard Hill	Lee Moeglein	Barbara Smith
Patricia Bravo	Kit Hill	Mary Moeglein	Steve Smith
Larry Burcham	Jan Hollers	Kari Mohn	Bill & Sondra Starnes
Glenn Clifford	Donna Hoyt	Molly Musgrove	Buck Steiner
Patsy Clifford	Molly Jackson	Nelson Nakamura	Sheila Steiner
Renee Clifford	Bobbi Jedlicki	Jerry Nassen	Deborah Marie Stiers
Rachael Craig	Peggy Jones	Bill Nelson	Vivian Terry
Walter Craig	Read Kent	Lois Nelson	Charles & Janice Thornton
Terry Cramer	Leanne King	Janice & Joe Nightingale	June Truelove
Barb Dudley	Fran Kilfoyle	Katie Pault	Beverly & Don Waldrop
Shirie Drath	Henry Knackstedt	Robert Peterson	Gary Walker
Carol Freas	Anita Kwan	Judith (Kent-Hunter)Pock	Marie Weller
Velda Geller	Mary Ann Lamecker	Carol Prior	Roy & Ozella Williams
Margaret Goggia	Hoa Le	Biz Robbins	Janice Wilsack
Omer Goodman	Chris Lombard	Trish Roderick	

Did we miss you?

Please let us know.



LIBRARY NEWS by Virginia Walters

The Library received a donation of many new WESTERNS! They are stacked in front of the old books on the Western Shelf. The Christmas buzzles are on the windowsill. ENJOY! They will be out until after the first of the year. We did not take down the Autumn puzzle because it is nearly finished. Remember donations for the food baskets. The red box in the Game Room is waiting to be filled. Happy Holidays!! Much fun coming up this month!



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

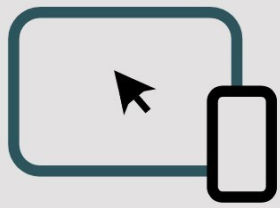
DECEMBER 2022 MENU

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 Spaghetti & Meatballs Italian Veggies Garlic Bread	2 Cheese Burgers Fries Peaches Salad
5 Tomato Soup Grilled Turkey, Tomato & Cheese Sandwich Fruit Cup	6 Swedish Meatballs Egg Noodles Gravy Pickled Beets Salad	7 Sweet & Sour Chicken Stir Fry Veggies Egg Roll Salad	8 Beef Enchiladas Mexi Rice Corn Salsa Soup	9 "McRib" Sandwich French Fries Coleslaw Salad
12 Taco Salad Chips & Salsa Soup	13 Roasted Chicken w/ Tomatoes Potatoes/Gravy Applesauce Crinkle Cookies Hanukkah Lunch	14 Tuna on Rye Chips 3 Bean Salad Salad	15 Brauts w/ Peppers & Onions Mac & Cheese Soup	16 Lasagna Zucchini Medley Garlic Bread Salad
19 Blueberry Pancakes Baked Omelet Roasted Potatoes Soup	 20 Chef Salad Bran Muffin Fruit Cup Soup	21 Baked Ham Buttered Yams Cheesy Potatoes Cheesecake Christmas Party	22 Meatloaf Mashed Potatoes/ Gravy Mixed Veggies Soup	23 Pork Enchilada Bowls Chips & Salsa Salad
26 Closed for Christmas Holiday	27 Clam Chowder Seafood Pasta Fruit Cup Muffin Salad	28 Liver & Onions Mashed Potatoes/ Gravy Green Beans Salad	29 Chicken & Sundried Tomatoes Italian Veggies Garlic Bread Soup	30 Blueberry French Toast Sausage Links Scrambled Eggs Cinnamon Rolls Brunch 10:30 am



Computer Basics @ the Senior Center

Thursday
December 15
1:00pm

This in-person workshop is for those who are new to using a PC or want to build more confidence using the Windows 10 operating system.

Attendees will learn how to navigate the Windows 10 operating system, manage applications using the task manager, find and manage files and folders, save and delete files, and more.



Please sign up on the bulletin board to reserve your spot.



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.

Elders and Fraud

We all need to be aware of these scams and how to protect ourselves from others gaining access to our personal information. The Kenai Police Department will be here to offer some great guidelines on how to manage avoiding fraud.

Monday, December 12

11:30 am

Senior Center Dining Room

Christmas

WORD SEARCH

CAROLING
CHESTNUTS
CHILLY
CHIMNEY
CHRISTMAS
COOKIES
ELVES
FESTIVE
FRUITCAKE
GREEN
JINGLE BELLS
JOLLY
MERRY

MISTLETOE
ORNAMENT
PEPPERMINT
PRESENTS
RED
REINDEER
RUDOLPH
SANTA CLAUSE
SLEIGH
SNOW
STOCKING
TINSEL

Y
V I L
F P T M L
G B U E Y C O
K Y T R I H O R J
J W K R D P L O D N N
W H P Y S L X E K Q F H Y
R O I O R I T
X D E T E X E T N
H U S E S Q L S U I E
G R U L L R E I V P J N M
I K T T E P L R N G E H T S A
E M Y S I S E Q E E T N S W U E N
L Q P I Q K U P M L B I S I X K K L R
S P Z M B W C A P K U G E N S K F O Z L O
G A C L E I S R D L D N C
Y R H S C R I T E Y Z G E O O
E O I J G A M T U E A B K N E W T
Y L M T I H T I C N N T W D M I R J S
E I N W A A P N N S T F K L L R T J T T D
F N E F F G G K A T A S R F E S T I V E Y V E
S G Y L L I H C T S N M E U G V G E R G A T V C R
T H I
S C T
I Y C
R H A
H O K
C R E

Christmas WORD SCRAMBLE

UNSCRAMBLE THE CHRISTMAS WORDS.

1. IEWHT HCSTMSARI _____
2. TVENDA _____
3. ETLZNIB _____
4. ECSTDOARNOI _____
5. KSRI KLIRGEN _____
6. NGOGEG _____
7. SWLRLSMAHMOA _____
8. REHDSA _____
9. ITNSA ALICSHNO _____
10. IYFALM EOUINRN _____
11. SOETTELIM _____
12. AIOITTSNEP _____
13. ILMERCA _____
14. RONTN OLPE _____
15. CLEISCI _____
16. NGSOCTIK FTSUFESR _____
17. ELTDIEYU _____
18. AIITTDNOR _____
19. NWSO SLEKFA _____
20. NEBECTRAILO _____

Total: _____

Kenai Senior Center Hours

Mondays 8:00am ~ 5:00pm

Tuesdays 8:00am ~ 5:00pm

Wednesdays 8:00am ~ 5:00pm

Thursdays 8:00am ~ 9:30pm

Fridays 8:00am ~ 5:00pm

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

Director, Kathy Romain

(907) 283-8213 or kromain@kenai.city

Administrative Assistant, Red Piersee

(907) 283-8212 or apiersee@kenai.city

Activity/Volunteer Coordinator, Kayla Feltman

(907) 283-8214 or kfeltman@kenai.city

Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations

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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

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