

The Centerline



**DECEMBER
2023**

The Kenai
Senior Center
wishing you a


**A VERY MERRY
CHRISTMAS**
and Happy New Year!

Special Points of Interest

- Movie Night— Christmas with the Kranks— Dec. 7
- No Host Dinner—Paradisos Restaurant and Christmas Gift Exchange—Dec. 12
- Holiday Fondue Party—Dec. 14
- Breakfast with Santa—Dec. 18
- Christmas Party— Dec. 20
- Carols Sing—Fridays

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

DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Conn. 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</p>
<p>4 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice</p>	<p>5 St. Nicholas Day 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</p>	<p>6 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group</p>	<p>7 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p— Movie Night: Christmas with the Kranks</p>	<p>8 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 1:30p—Holiday Cookie decoration</p>
<p>11 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice</p>	<p>12 Judah Maccabees 9a— Chair Yoga 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 5:00p—No Host Dinner Paradisos Restaurant/ Christmas Gift Exchange</p>	<p>13 9a—Growing Strong 9:30a—Crafting w/ K-Beach Elementary Kiddos 10a—Growing Strong 11a—Noon/Bluegrass 11a—”Grow w/ Me” w/ Steve Latz Noon—LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p—Make your Own Stocking 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group</p>	<p>14 9a— Chair Yoga 10a—Tai Chi 11a—Cook Inlet Academy Children’s Christmas Choir Noon—LUNCH 1p—Cyber Security Class w/ Elizabeth Kleweno 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3p—Holiday Fondue Party 5p—Cribbage 6:30p—Bluegrass</p>	<p>15 National Ugly Sweater Day! 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Wii Bowling/ Awards 1-4:30p—Bridge</p>
<p>18 8-10a—Breakfast with Santa 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 4:30p— Bethlehem Tour and Christmas Light Tour</p>	<p>19 St. Lucia 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</p>	<p>20 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass 11:30a—LUNCH—Christmas Party & Gift Exchange/ Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group</p>	<p>21 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass</p>	<p>22 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Conn. 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</p>
<p>25</p>  <p>MERRY CHRISTMAS Christmas Potluck Noon</p>	<p>26 Kwanzaa Celebration 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</p>	<p>27 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group</p>	<p>28 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass</p>	<p>29 10—Noon—New Years Eve Brunch 10:30—Talent Show 12-4:30 Table Games 1p—Wii Bowling 1-4:30p—Bridge</p>

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Tricia Roderick	10	Hoa Le	19	Robert Reichert
1	Rosalind Foster	10	Benito Caballero	21	Claudia Meyer
2	Rhoda Turinsky	11	Rita Lindsey	26	Marti Slater
2	Ken Reichert	11	Joan Wisel	27	Jimmie English
3	Gregory Fisher	14	David Newton	27	Marjorie Seymour
3	Diane Hooper	14	William Sadler	27	Steven Best
4	Doug Vance	14	Cindy Boettcher	28	Jean Goodlife
5	Rebecca Lunsford	14	Robert Range	28	Denny Thomas
5	Kelly Dent	14	Sharon Hanke	29	Buck Steiner
6	Rick Cates	15	Martha Jacobson	31	Leroy Heinrich
7	Lyudmyla Kaiberda	16	Diana Damitz	31	Donna Marie Hutton
9	Juanita Aguilar	16	Shirley Farris	31	Marcia Shea
9	Marcia Whitworth	16	Roy Chase	31	Janice Broussard
10	Barbara L'Heureux	18	Joan Seaman		



Thursday Evening Movie December 7, 2023 6:30 p.m.

Now showing: Christmas with the Kranks

Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

NO-HOST DINNER/GIFT EXCHANGE

Paradisos Restaurant Tuesday, December 12, 2023

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

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.

If you wish to participate in the gift exchange, cost of the gift should be no more than \$10 and for either male or female.

dates to remember



Friday, December 1	Kenai Senior Connection, Inc. Meeting	10:00 am
Tuesday, December 5	St. Nicholas Day	11:45 am
Wednesday, December 6	Social Security	9a–Noon
	Card Making with Kimberly	1:00 pm
Thursday, December 7	Movie Night: Christmas with the Kranks	6:30 pm
Friday, December 8	Christmas Cookie Decorating	1:30 pm
Tuesday, December 12	Judah Maccabees	11:45 am
	“No Host” Dinner/Paradisos Restaurant/ Christmas Gift Exchange	5:00 pm
Wednesday, December 13	Crafting with K-Beach Elementary Kiddos	9:30 am
	Make Your Own Stocking Craft	1:00 pm
Thursday, December 14	Special Lunchtime entertainment Cook Inlet Academy, Children’s Christmas Choir	11:00 am
Thursday, December 14	Council on Aging Work Session/Meeting	3:00 pm
Friday, December 15	Ugly Christmas Sweater Contest	Noon
Monday, December 18	Breakfast with Santa	8—10 am
Tuesday, December 19	St. Lucia	11:45 am
Wednesday, December 20	Social Security	9a—Noon
	CHRISTMAS Kenai Center Choir Concert	11:30 am
	CHRISTMAS Luncheon—Party	Noon
Friday, December 22	Kenai Senior Connection, Inc. Meeting	10:00 am
Monday, December 25	CHRISTMAS Potluck	Noon
Tuesday, December 26	Kwanzaa Celebration	11:45 am
Friday, December 29	New Year’s Eve Brunch	10—Noon
	Talent Show	10:30 am
Monday, January 1	CENTER CLOSED	

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



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)



Holiday Cookie Decorating

Friday, December 8

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. Cost will be \$5.

LIBRARY NEWS

by Virginia Walters

We have eliminated the DOCUMENTARY area from the DVDs. In its place right now are the Christmas movies from the collection. Enjoy "Holiday Inn" or "The Santa Clause." Also Included, "The Story of the Nativity."

The Christmas puzzles are on the windowsill. If you are so inclined, start a community puzzle for the season.

The Holidays are here!! Enjoy the season.



Bells in December

Donna will be starting up Bells in December on Mondays at 11:00a. We will be learning to read music playing hand bells.



Card Making with Kim

Wednesday, **December 13** at 1:00pm

Senior Center Dining Room
Please sign up on the bulletin board.



Crafting with Kiddos

Wednesday, December 13

9:30 - 11 am

K-Beach Leadership 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.

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!

"Grow with Me" with Steven Latz



How does your garden/greenhouse/earth boxes grow? Please join us **Wednesday December 13th at 11:00 am in the card room** to learn more about the process of growing my/your garden. We will talk about different seed sources and put together a master order. Seed companies that I order from every year include Johnny's, Territorial, Dixondale Onions, Park Seed, and Pinetree (Superseeds). On my list to order this year is Manny and Pico-lino cucumbers, Aunt Molly's husk cherries, onions, kohlrabi (kossack), peas, celebrity petunias, and marigolds. Please come and share your favorite varieties of seeds and successes over the past in your greenhouse/high tunnel/garden.

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.



**Make Your Own
Stocking
Tuesday, December 13
1:00 pm**



Get ready for the season and make yourself 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.

**National Ugly
Holiday Sweater Day
Friday, December 15**



People all over the nation trade their casual garments for something more festive for Ugly Sweater Day. Whether you find a hidden gem to wear, or you make your own and if you have one of "those," please share it with us!

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 20.

Holiday Fondue Party



Please join us

Thursday, December 14 at 3:00 pm

Bring a plate of your favorite snacks to share to dip in Chocolate or Cheese fondue.

(If anyone has fondue pots they wish to loan to this party, please bring them to Kayla before Wednesday, December 13.)

Please RSVP on the bulletin board.



Monday, December 18, 2023

"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.

Holidays Throughout December

December is full of various holidays. Tune into radio station KSCK on Tuesdays to hear interviews with people who are associated with these holidays.

December 5—St. Nicholas



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

December 12—Judas Maccabees



Instigator of Hanukkah.

December 19—St. Lucia

Come find out why our Scandinavian friends celebrate St. Lucy Day?

December 26—Kwanzaa Celebration

Come learn about how Kwanzaa came to be.



Wednesday, December 20— 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.



Bethlehem Tour at College Heights Baptist Church & Christmas Light Tour

Monday, December 18th

Leave KSC @ 4:30p

May drive to Dairy Queen for ice cream after tours.



(Pre) New Year's Eve Talent Show & Breakfast Buffet Friday, December 29 10:30am —12:30 pm

Join us in celebrating the Center's last regular day of 2023. 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?

Toys For Kids

Christmas is just next month! We are kicking off our "Toys for Kids" November 1! Our goal is to fill a large box with new toys for children who are 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 Friday, December 15. Items such as small canned soups, veggies, fruit, chili, canned meats, cup of noodle packs and small jars of peanut butter are all helpful items for individuals in need. 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 toward 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!



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

We appreciate your understanding.

If you would like to send a personal thank-you note to Hilcorp for the lovely Thanksgiving meal provided to you, the address is:



HILCORP
P.O. Box 244027
Anchorage, AK 99524

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



Merry Christmas!!!

Can you believe it? 2023 is nearly gone! November started out cold and windy with green grass on the yards, and all at once, a big snowstorm, with over 1-3 feet of snow, turned everything white. A couple of weeks later, we had another windy snowstorm, with several feet of snow and finally, sun.

Other Connection activities:

- The March-for-Meals Planning Committee continues to work on the April event.
- Held a very prosperous Collectibles sale the beginning of November.
- Are collecting donations of food and toys. Collection boxes are placed in the Center's reception area.

In addition, thank you to Hilcorp for providing area seniors with a wonderful Thanksgiving dinner on Friday, November 17. And thank you too for the nice-sized coffee cup.

- *Velda*



In Memory of BARBARA TROMBLEY ❤️

Like clock work, Barbara came to Kenai Senior Center every Tuesday or Thursday, set up her table and displayed various items that were donated by Walgreens. You could choose one item from the free table. I didn't know her name at that time and referred her as the Walgreen Lady.

Later on, I learned she was a professional photographer. I asked her about it, and she humbly answered "Not professional, just a wildlife photographer," I finally had a chance to view some of the photos and found them to be amazing and breathtaking. Yes, she definitely was a **professional wildlife** photographer.

She passed away earlier this week (11/27/2023). I lamented to Stan that I missed the chance to know her better. Stan said, "Don't be, now she is with our Father, God. And you will have a chance to see her in the heavenly realm." I truly believe that she was sent to us as a blessing from God and I was fortunate to have a glimpse, for a brief moment, with the time she was put here on earth. Barbara, see you later, Alligator. You have left a remarkable legacy with your photos and generosity!

By: Yenti Verg-in



Kenai Senior Connection Inc. Annual

Doll Raffle

Just in time for Christmas



**Complete with
22 outfits
& accessories
made by
Fran Kilfoyle**

Tickets \$1 each or 6/\$5

**Tickets located at the Kenai Senior Center.
Drawing to be held on December 18, 2023.**

All proceeds go to support the Kenai Senior Center



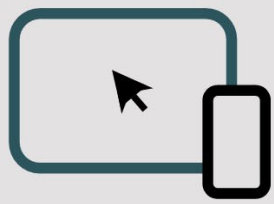
Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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!**

DECEMBER \$5 CLUB

Kay Aber	Omer Goodman	Hoa Le	Buck Steiner
Juanita Aguilar	Bill Graves	Meldie Lee	Sheila Steiner
Robert Arrington	Luna Graves	Carol Louthan	Linda Swarner
Cheryl Arrington	Jeffrey & Monica Griffin	Mike Louthan	Darlene Tachick
Ken Ayers	Darrell Hagen	Paula R. Maier	Rachel Tamagni
Kris Ayers	Karolee Hansen	Marge Milewski	Vivian Terry
Marilyn Bannock	Joel & Laura Henkelsman	Kari Mohn	Gerda Trent
Carol Barner	Kathy Heus	Jerry Nassen	John Trent
Steve Best	Howard Hill	Bill Nelson	June Truelove
Patricia Bravo	Kit Hill	Lois Nelson	Terry Turner
Larry Burcham	Donna Hoyt	Marian Nickelson	Ray Verg-in
Glen Clifford	Susan Hurley	Ray Nickelson	Yen-ti Verg-in
Jewell Coverstone	Molly Jackson	Susan Olson	Arnold Waggaman
Rachael Craig	Bobbi Jedlicki	Katie Pault	Delores Waggaman
Walt Craig	Linda Jennings	Robert S. Peterson	Beverly & Don Waldrop
Terry Cramer	Peggy Jones	Carol Prior	Frosty Walters
Elmer Curtis	Fran Kilfoyle	Biz Robbins	Virginia Walters
Dave & Allison Darsey	Leanne King	Trish Roderick	Marie Weller
Dorothy Diamond	Henry Knackstedt	Marcia Shea	Ozella Williams
Shirie Drath	Gina Kuntzman	Barbara Smith	Roy Williams
Robin Feltman	Anita Kwan	Steve Smith	Janice Wilsack
Carol Freas	William LaTocha	Bill Starnes	Clayton Yoncher
Velda Geller	Xiapopei LaTocha	Sondra Starnes	





Computer Basics @Kenai Senior Center

Thursday
December 14th
1:00pm

This class is for anyone who is new to using a PB or wants 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.



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 has decided to wait until after the holidays to resume the Genealogy workshop. The next workshop will be in January. Thank you for understanding. Happy Holidays!

Thank you to our
Elves who have kindly helped with the
Christmas Decorations this year.





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: _____

Name _____ Address _____

Please make checks to Kenai Senior Connection

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

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.

DECEMBER 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
				1 Sicilian Meatloaf Noodles & Marinara Sauce Garlic Bread
4 Baked Potato w/ fixings Broccoli Spears Fruit Cup Soup	5 Chef Salad Fruit Cup Muffin 	6 Baked Ham Acorn Squash Cheesey Potatoes Salad	7 Teriyaki Chicken Cowboy Beans Buttered Corn Soup	8 Turkey on Rye w/ Bacon & Cranberry Cream Cheese Veggie Soup Potato Salad Sugar Cookies
11 Swedish Meatballs Noodles Pickled Beets Soup	12 Creamy Lemon Chicken Applesauce Salad Crinkle Cookies	13 Fried Chicken Mashed Potatoes & Gravy Baked Cabbage Pumpkin Bars	14 Spaghetti Italian Veggies Garlic Bread Soup	15 Hungarian Goulash House Salad Rosemary & Onion Rolls 
18 Tuna on Rye Ham & Bean Soup Three-Bean Salad 	19 Taco Salad Spanish Rice Corn 	20 Cranberry Turkey Wellington Spinach Salad <u>Birthday Cake</u>	21 Sweet & Sour Chicken Stir-Fry Veggies Egg Roll Soup	22 Cheeseburgers French Fries Coleslaw
25 CENTER CLOSED MERRY CHRISTMAS	26 Creamy Spinach/ Mushroom Tortellini Mixed Veggies Garlic Bread Salad	27 Meatloaf Mashed Potatoes Gravy Winter Veggies Salad	28 Shepard's Pie Roasted Sweet Potatoes Warm Rolls Soup	29 French Blueberry Toast Sausage Links Roasted Potatoes Pumpkin Pie

CHEESE 101

By: Yen-ti Verg-in

It all started with a casual comment I made not knowing much about cheese except by the color, either white or yellow. Friends suggested that I should take CHEESE 101; Lucky's Market is just the place to get educated. Kayla, the Activity Director at Kenai Senior Center, made a cheese tasting party at Lucy's to accommodate my desire to learn. What a delightful experience it was!

After we arrived at Lucy's Market and got ourselves situated, a charcuterie board of cheese and crackers were brought out. Katelynn, our host and presenter started the party by answering one of the questions we were all eager to find out, "When and how did the first cheese start?"

Katelynn said the origins of cheese can be traced back to over thousands of years ago probably in the Middle East region. It is believed that early humans discovered cheese accidentally when they stored milk in animal stomachs, which contained rennet - an enzyme that curdles milk. Over time, Cheese making became a cultural and regional practice, with different civilizations and countries developing their own recipes and techniques.

When it comes to cheese, the options are endless. From soft and creamy to hard and sharp, in Lucy's Market they carry between 40 to 60 different cheeses from all over the world, each with its own unique flavor, texture, and characteristics. On the Cheese Tasting Day, we sampled several different types of cheese. These are some of the cheeses we sampled.

- Brie – originated in France, it is soft, mild, a dessert cheese.
- Emmenthal cheese, originated from Switzerland, so it is also called Swiss cheese. It is smooth, semi hard, aged at least four months, tends to be mild and fruity.
- Bethmale is made from goat milk originated from Bethmale Valley in a region of France.
- Gruyere Switzerland is a **smooth-melting type of Swiss cheese that's made from whole cow's milk** and generally cured for six months or longer.
- Gouda cheese originated from the Holland, it is one of the most popular cheeses worldwide.



Continued on Page 17

- Blue Cheese: Known for their distinct blue veins running through them, blue cheeses such as Roquefort or Stilton offer bold flavors that may not be for everyone's liking. It comes from England.

Katelynn briefly talked about the process of making cheese. She said that three ingredients are essential for making cheese besides milk, they are: rennet, enzymes, (bacteria or starter), and salt and heat. She also said that some people have a misconception about yellow cheese is lesser quality than the white cheese, it is just opposite, yellow cheese is made from the fresh milk and the white cheese is from old milk.

It's amazing how a simple combination of milk and bacteria can create something so complex and varied in taste and texture. It can be melted on a pizza, sprinkled on top of some pasta, or simply eaten as a snack; cheese have been a staple food for centuries.

At the end of the "class", everyone bought some special cheese that they like. While cheese is undeniably delicious and versatile, I'm afraid to add cheese on my snack list, it is easy to turn into a cheese addict if not careful.

I have deprived my children of real macaroni during their growing up years. Now it is time to make it up, after CHEESE 101. I will start with cheese macaroni with some special and REAL cheese, not the yellow powder stuff from the box. Katelynn said that Raclettes – light yellow mild cheese is easy to melt. Also medium aged cheddar cheese makes good macaroni cheese, for a beginner like me.

Anyone want to be my guinea pig?

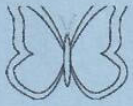


New Boot Station

June Truelove had a great idea for switching out winter boots after entering the Center. Her son-in-law, Brett McDonald, built these wonderful boot jacks and even installed them for us.

Thank you Brett!





GRIEVING THE LOSS OF A CHILD OR GRANDCHILD

REMEMBERING OUR CHILDREN

Join in a Candlelighting Remembrance
in which we honor the memory of our loved ones

SUNDAY DECEMBER 10 6 PM
KENAI SENIOR CENTER
361 Senior Court

Bring a favorite picture to share

Questions? Call or text Kit Hill 907-690-4658



Oct. 15-Dec. 7 is the time to sign up for Medicare prescription drug plans.

Plans change, so compare each year for the best value.

If you have other prescription insurance, you may not need Medicare Part D.

Check with your plan!

Questions?

Visit www.medicare.alaska.gov

Medicare Information Office



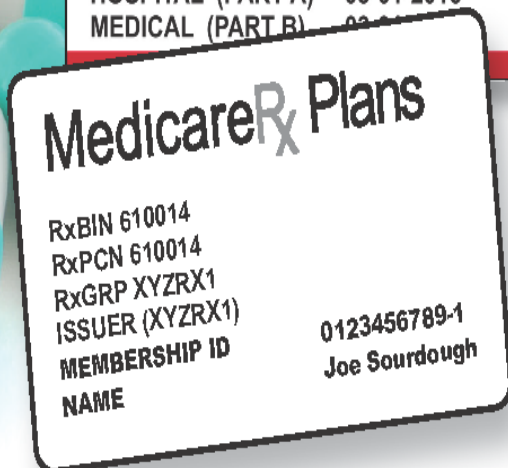
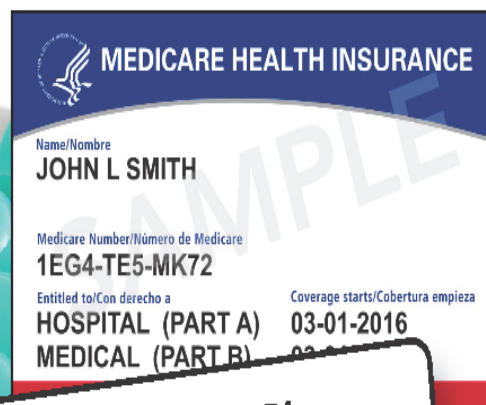
Medicare Information Office Statewide Helpline

(800) 478-6065

or

(907) 269-3680

State of Alaska Dept. of Health • Division of Senior & Disabilities Services • Medicare Information Office This project was supported, in part by grant number 2201AKMIAA, 2201AKMISH, 2201AKMIDR, & 90SPAG0082 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.





Christmas

This or That

Decorate the tree ☐

☐ Make a snowman

Christmas Cookies ☐

☐ Candy Canes

Christmas Music ☐

☐ Christmas Movie

Christmas Lunch ☐

☐ Christmas Dinner

Open gifts at night ☐

☐ Open gifts in the morning

Colored Lights ☐

☐ White Lights

Artificial Tree ☐

☐ Real Tree

Green ☐

☐ Red

Star Tree Topper ☐

☐ Angel Tree Topper

Sledding ☐

☐ Ice Skating

Bake Cookies ☐

☐ Sing carols

EggNog ☐

☐ Hot Cocoa

Ham ☐

☐ Turkey



Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations

Find us on
Facebook



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

E-mail: senior@kenai.city

Phone: 907-283-4156

Fax: 907-283-3200

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

City of Kenai
Kenai Senior Center

PLEASE
PLACE
STAMP
HERE