

# The Centerline



*The Kenai  
Senior Center  
is wishing you  
to*

**HAVE A VERY**  
*Merry*  
**CHRISTMAS**

**HAPPY NEW YEAR**

## DECEMBER 2024

### Special Points of Interest

- Movie Afternoon—The Preacher's Wife—December 5
- No Host Dinner— Paradisos— Christmas Gift Exchange December 10
- Christmas Party & Ugly Sweater Contest —December 20
- Breakfast with Santa & Doll Drawing—Dec 23
- Christmas Carol Singing—Thursdays

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

# DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir	<b>3</b> <b>Rudolph</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>4</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass 11a—Wellness w/ Keauna Noon— LUNCH 1p—Mexican Dominoes 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/Family Caregiver support program	<b>5</b> 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Pool 1-3p—Hand & Foot 1p—Cribbage <b>3p—Movie Afternoon: The Preacher’s Wife</b>	<b>6</b> 9a—Growing Strong 9:30a-12p—Quilting <b>10a—Senior Conn.</b> 10a—Growing Strong 11:30a—Christmas Fashion Show Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>9</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2:30p—Jazzercise Class w Keauna Braun 2p—Grief support Group for Widows/Widowers	<b>10</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS <b>11a—PCHS</b> Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling <b>5:00p—No Host Dinner Paradisos/Christmas Gift Exchange</b>	<b>11</b> <b>St. Lucia</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Card making with Kimberly 1p—Make your Own Stocking 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>12</b> 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam	<b>13</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a— Cook Inlet Academy Children’s Christmas Choir Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge <b>1:30p—Holiday Cookie decoration</b>
<b>16</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>17</b> <b>Silent Night</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>18</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong <b>Noon—LUNCH/ Birthday</b> 1p—Christmas Crafts 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	<b>19</b> 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi 11:30a—Christmas Carol Singing Noon—LUNCH 1p—Libby w/ Elizabeth Kleweno 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	<b>20</b> <b>National Ugly Sweater Day</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong <b>11:30a—LUNCH—Choir Concert/Christmas Party/Gift Exchange &amp; Ugly Sweater Contest</b> 1p—Wii Bowling 1-4:30p—Bridge
<b>23</b> <b>8-10a—Breakfast with Santa</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH/Drawing for Doll 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>24</b> 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	<b>25</b>  <b>CENTER CLOSED</b> <b>Christmas Potluck Noon</b>	<b>26</b> 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	<b>27</b> 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
<b>30</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	<b>31</b> 10—Noon—New Years Eve Brunch 10:30a—Talent Show 12:30—4:30p—Table Games 12:30-4:30p Pinochle 1p—Wii Bowling			

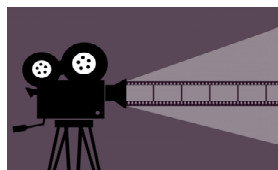


# Happy Birthday!



Day	Name	Day	Name		
1	Patricia Roderick	11	Benito Caballero	26	Marti Slater
1	Rosalind Foster	11	Rita Lindsey	26	Maryvonne Guillemine
3	Gregory Fisher	11	Joan Wisel	27	Jimmie English
3	Diane Hooper	12	Joan Kirkham	27	Steven Best
4	Doug Vance	14	William Sadler	27	Arlene Tachick
4	Caroline Wilson	14	Cindy Boettcher	27	James Webb
5	Sharon Fisher	14	Robert Range	28	Jean Goodlife
6	Fredrick Cates	15	Martha Jacobsen	28	Denny Thomas
7	Lyudmyla Kaiberda	16	Diana Damitz	28	Charles Gillick
7	Larry Bravo	16	Shirley Farris	29	Buck Steiner
9	Juanita Aguilar	18	Joan Seaman	31	Leroy Heinrich
9	Marcia Whitworth	19	Robert Reichert	31	Donna Marie Hutton
10	Barbara L'Heureux	20	Luna Graves	31	Marcia Shea
10	Hoa Le	21	Claudia Meyer		
10	Connie Royal	22	Bonnie Burger		

## Thursday Afternoon Movie December 5, 2024 at 3:00p.m.



### Now showing: The Preacher's Wife

A cleric begins to doubt himself and is visited by an angel. The heavenly emissary is supposed to help the good reverend over his midlife crisis, but he is distracted by the cleric's lovely young wife. A remake with gospel music of the 'The Bishop's Wife'.

## NO-HOST DINNER Paradisos Restaurant Tuesday, December 10, 2024

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



Tuesday, December 3	Rudolph 	11:45 am
Wednesday, December 4	Social Security	9a–Noon
Thursday, December 5	Movie Afternoon: The Preacher's Wife	3:00 pm
Friday, December 6	Kenai Senior Connection, Inc. Meeting	10:00 am
	Christmas Fashion Show	11:30 am
Saturday, December 7	Homer Nutcracker	10:00 am
Tuesday, December 10	“No Host” Dinner/Paradisos Restaurant	5:00 pm
Wednesday, December 11	St. Lucia	11:45 am
	Card Making with Kimberly	1:00 pm
	Make your own Stocking	1:00 pm
Thursday, December 12	Council on Aging	3:00 pm
Friday, December 13	Special Lunchtime entertainment Cook Inlet Academy Children's Christmas Choir	11:00 am
Tuesday, December 17	Silent Night	11:45 am
Wednesday, December 18	Social Security	9a—Noon
	Birthday Lunch	Noon
	CHRISTMAS Crafts	1:00 pm
Friday, December 20	CHRISTMAS Luncheon—Party	11:30 am
	CHRISTMAS Kenai Center Choir Concert	11:45 am
	Ugly Sweater contest “National Ugly Sweater Day	Noon
Tuesday, December 23	Breakfast with Santa	8—10 am
	Doll Drawing	Noon
Wednesday, December 25	CHRISTMAS Potluck	Noon
Thursday, December 31	New Year's Eve Brunch	10—Noon
	Talent Show	10:30 am
Wednesday, January 1	NEW YEAR'S DAY CENTER CLOSED	





*Kenai Historical Society meeting will be December 1, 2024, 1:30pm  
at the Kenai Senior Center with entertainment by students from the  
Kenai Central High School Choir.*

*Join us at 1:30pm  
Open to the public, membership encouraged.  
Please bring a Christmas goodie to share and enjoy the program.  
For more information call June at 907-283-1946.*

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



## **Holiday Cookie Decorating Friday, December 13 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.

## **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)

## Wellness with Keauna

Wednesday,  
December 4<sup>th</sup> from 11:00 – 11:45 am



You are invited to a short presentation followed by a Q&A with exercise physiologist and clinical cancer exercise specialist, Keauna Braun. She will share her background in the wellness world, what upcoming exercise opportunities she will be bringing to the senior center, and most importantly, meet all of you to identify potential class options in the future.



## The Nutcracker Ballet in Homer Saturday, December 7 at 10:00 am

The vans will leave the center at 10:00 a.m. The day will include a no-host lunch at Duncan House Diner. Cost for the ride and ticket is \$35. The Nutcracker show starts at 3:00 p.m. We will return to the Senior Center around 7:00(ish) p.m. Please sign up and prepay at the Receptionist Desk. Minimum of 5 people. This trip is weather permitting and will be fully refunded if the needs to cancel base on road conditions.

## Christmas Carol Singing

Thursday'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



## 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.

## Make Your Own Stocking Wednesday, December 11 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.



## Calling all Mexican Dominoes Players!



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

## Holidays Throughout December

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

### December 3—Rudolph



Interview with Rudolph the Red nose Reindeer.

### December 11—St. Lucia

Come find out why many countries celebrate St. Lucy Day?

### December 17—Silent Night

Come find out the history of the song Silent Night and to hear Tom Burg and Sieglinde Moore sing.

## Card Making with Kim



Wednesday, December 11 at 1:00pm Senior Center Dining Room  
Please Sign up on the bulletin board.

## Stronger Together Support Group



### Wednesdays 2 –3:30 pm

Are you a caregiver who could use the support of others on a more regular basis? This may be for you!

## Kenai Peninsula Wednesday, December 4th from 2:00p-3:30p



The Kenai Peninsula Family Caregiver Support Program will meet at 2:00 pm on Wednesday, December 4 in the dining room at the Kenai Senior Center w/ the "Stronger Together" Group.

Anyone interested in learning more about the services we have to offer are more than welcome to attend. For more information, please contact Dani or Lisa at 907-776-7654.

## Nikiski Pool Transportation:

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



## December Fashion Show

Friday, December 6th @  
11:30 am



Join us in our Christmas Fashion Show featuring fabulous Christmas outfits selected from the Salvation Army's Christmas Boutique. If you are interested, please let Kayla know.



**Wednesday, December 18 @ 1:00 pm**

Need Christmas gifts? Come join us for Christmas Crafting fun. We will be making a variety of Christmas projects to pick from.



**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.

## LIBRARY NEWS by Virginia Walters

Yikes! It's December!! I hope you've caught a glimpse of the coyote who seems to have found a home near the center.

The Christmas puzzles will be on the windows sill and the Christmas DVDs under the t.v. screen. Please return them there after you enjoy them. They'll remain until January. We

are still hoping for donations of large print books.

Enjoy this end of the year time! January is lurking around the corner.



## National Ugly

Holiday Sweater Day

Ugly Sweater Contest



**Friday, December 20**

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!





**Monday, December 23, 2024**

**“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 have extra time and just don't know what to do about it? We can use you here at the Senior Center! We need volunteers to help with the following:

- ★ Serving Lunch
- ★ Reception Desk
- ★ Light Cleaning

Stop by the Center or call Kayla at 283-8214.



**New Year's Eve Talent Show**

**& Brunch**

**Tuesday, December 31**

**10:30am —12:30 pm**

Join us in celebrating the Center's last regular day of 2024. 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 Brunch. No regular lunch this day, but we will remain open throughout the afternoon and have table games available. Cribbage or dominos anyone?

### **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!



## Know your Neighbor: Yen-ti Verg-in

By: Barb Christian

No doubt you know Yen-ti or have seen her around the Kenai Senior Center and Vintage Pointe. But you had to look fast! Not only is she a small lady, but she 's usually on the move toward one of her many roles. If you manage to catch her, you'll enjoy her friendliness and her sense of humor.



During the years she and her husband Ray have lived in Vintage Point and enjoyed the Senior Center, Yen-ti has immersed herself in the life—and the work—of the place. She has helped people at the busy front desk, and she is on the Senior Connection board. She supports other writers as a member of the Senior Center's Writer's Group, where she shares her own honest and often funny experiences. Long a resident of Alaska villages and other far-flung points, she writes clever, "we-learned-from-this" tales about her boating and fishing exploits, her kitchen experiments, and her interactions with her husband and two adopted Alaska Native sons. Readers of *Centerline* will recognize her byline.

Yen-ti joins other Senior Center activities such as bingo, where she has been a caller, and the choir. She has been seen delivering trays at lunch—or even creating part of the lunch. For this year's Chinese New Year, she and Xiaopei LaTocha prepared Chinese delicacies for a large (and eager) crowd. The scent and sizzle of her spring rolls and other dishes waft from her apartment when she decides to treat her many friends. One resident tells about Yen-ti preparing food for her and her sons as she was moving into Vintage Pointe. Another story shows her serving soup out in the cold with other members of the Kenai United Methodist church during the winter of COVID.

Though she would never tell you, Yen-ti holds a Master's Degree from the University of Oregon. She's more likely to tell you that in her early years she was an uninspired student who frustrated her parents. She caught fire later on, especially in mathematics, and she shared this talent with students in numerous parts of Alaska and in Micronesia. She and Ray started teaching in the Yukon Delta in 1970, eventually spending fifteen years in Pitka's Point, Marshall, and Russian Mission, where they came to appreciate the villagers, lived the village life, and tackled the art of fishing the river. In 1974 and 1976, during their seven years at Marshall, they adopted two Alaska Native boys. The family later moved to Sitka, where Yen-ti launched the study of Pacific Rim cultures and the Chinese language at Mt. Edgecumbe. After three years there, they moved to Sand Point on the Aleutians, where they taught and fished the ocean for ten years, retired from teaching, and spent another twenty fishing during the summers. No wonder Yen-ti can rock a *kuspuk*!

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After retiring from teaching in Alaska, Yen-ti and Ray opted for the opposite experience of the tropics, teaching on Pohnpei, a small island in the Federal States of Micronesia—just 7 degrees above the equator, and a bit closer to Yen-ti's birthplace. She was born in China, and her family later moved to Taiwan. Her stories of her time there present a whole new aspect of her life growing up, learning her role in

the family and society, and studying among the Catholic nuns at Providence College in Taiwan.

On Pohnpei, Yen-ti and Ray learned a new culture and a new approach to the ocean. Ask Yen-ti sometime about landing the jobs and about her efforts to dive for dinner like the locals. By the way, she can rock a muu-muu, too.

The years since Yen-ti and Ray returned to Alaska have taken their toll, and Yen-ti now devotes most of her time to caring for her lifetime partner. You'll still find her around Vintage Pointe and the Senior Center, though. Catch her, and you may be lucky enough to discover one of the many lives she has lived and which she recounts with honesty and humor.

### Special Senior Walking Hours at the Kenai Rec Center

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





## The Ly Family

By: Jerry Nassen

Stepping up to the mike, Honest Ly cleared his throat and began.



"Welcome to the Ly family naming celebration. As most of you know, we gather whenever one of our family has a baby. It is up to the family to name the newborn, not the parents. Thus it is, thus it has been, thus it shall always be, praise Ly." He intoned, to which the gathered responded in kind...

"Thus it is, thus it has been, thus it shall always be, praise Ly."

"Formalities over, let's begin," Honest said. "You all know my wife, Beautiful Ly, and our son, Frantic Ly. It is a pleasure to be chosen as the host family this year. We hope you all are enjoying yourselves." He continued, "I see Marked and Gusti Ly brought the twins. This is their first naming ceremony, I presume?"

"Yes," Gusti replied, "both Ug Ly and Home Ly couldn't wait to be here, they're hoping to be able to actively (pun intended) participate in the ceremony."

And for the sake of brevity, they did.

It just so happened that at that very moment the proud new parents, Short Ly and Love Ly came through the doorway from the birthing room, squalling newborn in a dirty blanket, that used to be bright pink but was now a washed out, faded gray. It was torn in several places and smudged with soot from the coal stove in the birthing room. Soot also graced the baby girl, and bits of Kleenex stuck to her little face and hands where her mother had hastily (yes, another pun) tried in vain to clean her up. She looked like she hadn't seen a bathtub or washcloth in, well, since she was born.

The twins, Ug Ly and Home Ly, in that weird way that only twins have, both exclaimed in unison, "That is the most slovenly baby we've ever seen!"

And thus the naming ceremony was over, and another Ly joined the world.

Thus it is, thus it has been, thus it shall always be, praise Ly.

## Toys For Kids



Christmas is just next month! We are kicking off our "Toys for Kids"

December 1! Our goal

is to fill a large box with new toys for children who are attending Mountain View Elementary School by December 20. 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 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!

## December 1-7 is National Handwashing Awareness Week!

December is a very busy month with family gatherings and potlucks. It is also cold and flu season. Keeping your hands clean at these meals is the best way to protect yourself and your loved ones from getting sick.

### When to wash your hands:

- ✓ Before and after eating
- ✓ Before and after touching your eyes, mouth, or nose
- ✓ Before cooking or preparing foods
- ✓ After using the toilet or changing a diaper
- ✓ After coughing, sneezing, or blowing your nose
- ✓ After handling garbage
- ✓ Anytime your hands are visibly soiled



Family meals are a great time to connect and make fun memories with your family. However, it can also be an easy way to spread germs when sharing food utensils at the dinner table. Washing hands often (or using hand sanitizer) when serving food will help reduce the spread of germs. This can be especially important for Elders, small children, or others with an immune system that might not be as strong.

### How to wash your hands correctly:

1. Wet your hands under running water
2. Lather your hands with soap, making sure to get between your fingers, under your nails, and the back of your hands
3. Scrub your hands for at least 20 seconds
4. Rinse your hands under running water
5. Dry your hands with a clean towel or air dryer
6. When you don't have access to soap and water, use a hand sanitizer that contains at least 60 percent alcohol to kill any germs. Make sure to cover the entire surface of your hands and fingers until your hands feel dry, about 20 seconds.

Taken from National Public Health Information Coalition (NPHIC) For more information visit <https://nphic.org/news/featured-topics/519-national-handwashing-awareness-week-december-1-7>

### The 4 Principles of Hand Awareness:

1. Wash your hands when they are dirty and before eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

For more tips to help teach kids the importance of handwashing, visit <https://henrythehand.com/>



This December let's all remember to wash our hands often to stay healthy and share our love, not our germs!

## **Kenai Senior Connection, Inc. NEWS**

**by Velda Geller, Board President**

November is mostly gone and Christmas is nearly here. We had a very good and quick November. Senior Center activities included:

- a no-host dinner at the Treehouse in Nikiski
- daylight savings time began
- the State/Federal election was held
- Veterans were honored
- some Connection members participated in a Vintage Collectibles and Crafts bazaar held at the Senior Center.

• the BIG happening was the areawide Hilcorp Senior Thanksgiving Luncheon. More than 200 people attended!

The Senior Center is again collecting donations for its annual food and toy drive. Decorated boxes to gather donated food and toys are now available in the card room. Cash donations are also welcome. The Senior Connection will be purchasing fresh fruits to include with the Christmas bags in which the food donations will be presented.

Reminder: The Senior Center will be closed on November 28 and 29 for the Thanksgiving Holiday, however a Thanksgiving Potluck will be held in the dining room.

Merry Christmas to everyone!

*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.



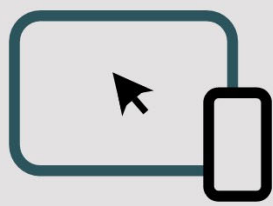


**Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!**

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 2024 \$5 CLUB**

Kay Aber	Omer Goodman	Mike Louthan	Marcia Shea
Juanita Aguilar	Bill Graves	Paula Maier	Lavona Smith
Cheryl Arrington	Luna Graves	Marge Milewski	Steve & Barbara Smith
Ken Ayers	Jeffrey & Monica Griffin	James Miller	Gary & Colleen Sonnevil
Kris Ayers	Darrell Hagen	Jeanie Miller	Bill Starnes
Carol Barner	Lee & Phyllis Hallstead	Kari Mohn	Sondra Starnes
Steve Best	June Harris	Jerry Nassen	Deborah Stiers-Tremelling
Sandy Bise	LeRoy Heinrich	Bill Nelson	Buck Steiner
Larry & Tona Bravo	Kathy Heus	Lois Nelson	Sheila Steiner
Patricia Bravo	Howard Hill	Marian Nickelson	Arlene Tachick
Larry Burcham	Kit Hill	Ray Nickelson	Darlene Tachick
Renee Clifford	Konrad Jackson	Susan Olson	Vivian Terry
Jewell Coverstone	Bobbie Jedlicki	Katie Pault	Charles & Janice Thornton
Rachael Craig	Read Kent	Bob Peters	June Truelove
Walt Craig	Leanne King	Robert Petersen	Terry Turner
Terri Cramer	Henry Knackstedt	Judith Pock	Ray Verg-in
Elmer Curtis	Mel Krogseng	Carol Prior	Yen-ti Verg-in
Greg & Jan Daniels	Anita Kwan	Robert Reichert	Beverly & Don Waldrop
Pamela Downing	Gaye Larane	Biz Robbins	Frosty Walters
Shirie Drath	William LaTocha	Linda Romero	Virginia Walters
Don Erwin	Xiaopei LaTocha	Gayle Ross	Marie Weller
Carol Freas	Chris Lombard	Richard Ross	John White
Velda Geller	Jennifer Lombard	Gladys Routh	Janice Wilsack
Margaret Goggia	Carol Louthan	Tom Schanrock	Clayton Yoncher



# Libby @Kenai Senior Center

Thursday  
December 19th  
1:00pm

This class is designed for anyone wanting to learn how to use the Libby App. Bring your library card and your own device and learn how to download, link your card and check out eBooks, audiobooks and magazines with the Free Library App Libby.



## 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!

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. Annual

# Doll Raffle

Just in time for Christmas

**24 handmade  
outfits complete  
with accessories!**

**\$1 Ticket or**

**6 tickets for \$5**

**located at the**

**Kenai Senior Center**



**Drawing to be held on December 23 at Lunch. Need not  
be present to win! ALL proceeds go to benefit the  
programs at the Kenai Senior Center. Doll clothes made  
and donated by Fran Kilfoyle.**





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.

# SAFEWAY CARRS

January 31 - December 31, 2024  
Alaska Only

Spend \$20 or more of SNAP benefits  
on produce, and get \$20 off your  
next fruit and vegetable purchase  
with receipt tape coupon.

Any variety of fresh fruits and vegetables. Frozen  
foods must contain no added fats, sugars or salt.



# DECEMBER 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
2 Swedish Meatballs Pickled Beets Roll Soup	3 Chef Salad Fruit Cup Bran Muffin 	4 Orange Teriyaki Beef Bowls Lo Mein Noodles Stir-Fry Veggies Egg Roll Salad	5 Jambalaya Cornbread Soup	6 Cheeseburger French Fries Macaroni Salad 
9 Spaghetti & Meatballs Mixed Veggies Garlic Bread Soup	10 Taco Salad Refried Beans Spanish Rice Salad 	11 Sweet & Sour Chicken Stir-Fry Veggies Egg Roll Salad	12 Meatloaf Mashed Potatoes Gravy Broccoli Spears Soup	13 Breakfast Croissant Sandwich Potatoes O'Brien Fruit Cup
16 Tomato Soup Grilled Turkey & Cheese Sandwich	17 Fried Chicken Mashed Potatoes, Gravy Baked Cabbage Salad	18 Baked Ham Yams Cheesy Potatoes Salad <b>Birthday Cake</b>	19 Barbecue Chicken Chopped Salad Muffin Fruit Cup Soup 	20 Cranberry Turkey Wellington Broccoli Spears Strawberry Crepes
23 Teriyaki Chicken Cowboy Beans Buttered Corn Soup	24 Veggie Lasagna Yellow Squash Medley Garlic Bread Caesar Salad	25  <b>CHRISTMAS DAY CENTER CLOSED</b>	26 Sesame Chicken Cabbage Crunch Salad Fruit Cup Muffin Soup 	27 <b>MYSTERY LUNCH</b> 
30 Honey Chicken Mashed Potatoes Gravy Zucchini Medley Salad	31 Biscuits n' Gravy Scrambled Eggs Sausage Links Roasted Potatoes Salad	1  <b>NEW YEAR'S DAY CENTER CLOSED</b>	2 Clam Chowder Tuna on Rye Seafood Pasta Salad Fruit Cup Soup	3 Rueben Sandwiches Sweet Potato Tots Creamy Cucumber Salad



## Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations



**City of Kenai  
Kenai Senior Center**

**Kenai Senior Center**

**361 Senior Court**

**Kenai, Alaska 99611**

**Phone: 907-283-4156**

**Fax: 907-283-3200**

**E-mail: [senior@kenai.city](mailto:senior@kenai.city)**

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

**Find us on  
Facebook**



PLEASE  
PLACE  
STAMP  
HERE