

The Centerline

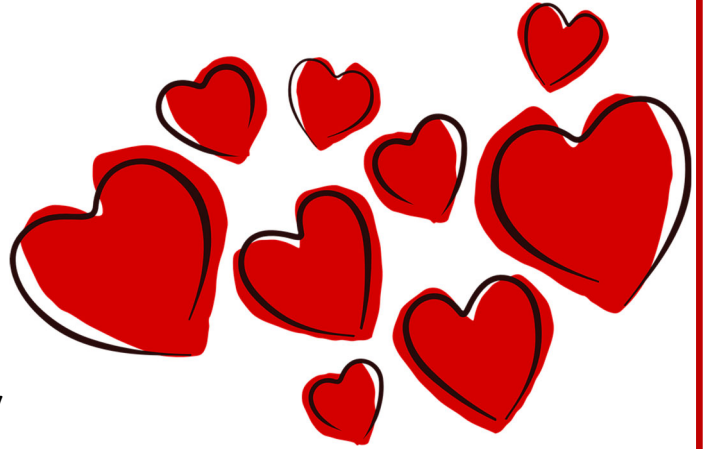
FEBRUARY 2023

My Best Friend

By Leon Marcinkowski

*She was like a gem waiting to be discovered
A gem with multiple facets,
Some on the surface, others hidden away deep down
Just waiting for the right time to come to the surface
Hiding away all winter
Waiting for that special moment
To peek out from under the snow and bring hope and wonder*

*That will come as time goes on.
Her eyes glimmered like emeralds and diamonds
And her smile could melt an iceberg.
And she had the demeanor of a lady
Her love of life seemed to radiate out to the world
I have sailed the lonely oceans of life
In my quest for a companion
To help me navigate to a safe port.
Was she a friend I had never met yet?
We walked; we talked.
We laughed; we cried.....Together.
We danced the dance of getting to know each other
Sometimes we just sat together in silence
And watched the sun rise or sunsets.
It seemed we could look into each other's souls
And be welcome.
We have found a way to communicate with each other
And merge our worlds
Into the future.
In a world filled with uncertainties
I know I have a forever friend.*



Special Points of Interest

- No Host Dinner—Siam Noodles
- Council on Aging & Kenai Senior Connection, Inc., Meetings
- Valentine's Day Luncheon
- Macramé Plant Hanger
- Genealogy with Cheryl
- Waffle Friday

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

Kenai Senior Center
361 Senior Court
Kenai, Alaska 99611

Phone: 907-283-4156
Fax: 907-283-3200

E-mail: senior@kenai.city

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




PICK.CLICK.GIVE
Kenai Senior Connection, Inc.

Center Funders & Supporters

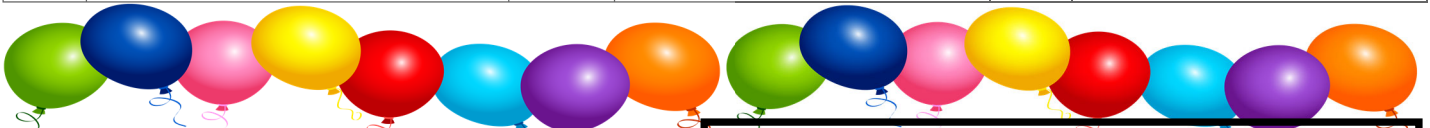
City of Kenai
Alaska Commission on Aging
Kenai Peninsula Borough
Center Volunteers
Kenai Senior Connection, Inc.
Private Donations


FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9a-Noon-Social Security 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p—Dominos 1p-3p—Quilting/Crafting	2 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 3p—Afternoon Movie: Top Gun: Maverick	3 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
6 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1:00p—Ukulele Group 2-3:30pm Stronger Together Support Group	7 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	8 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p—Dominos 1p-3p—Quilting/Crafting	9 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 3:00p—Council on Aging 5p—Short Story Club	10 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH/Super Bowl LVII Party!!! 1p—Wii Bowling 1-4:30p—Bridge
13 10a—Growing Strong 11a—Bells 11a—Spanish Class 12:30p-4:30p—Bridge 1:00p—Ukulele Group 2-3:30pm Stronger Together Support Group 5p—No Host Dinner Siam Noodles	14 10a—Tai Chi 10a—TOPS 11:30a-1p— Independent Living Center 11:30a—LUNCH/ Valentine's Celebration 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1-3p—Family Caregiver Support Group	15 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH/Birthday 1p—Writers’ Group 1p—Dominos 1p-3p—Quilting/Crafting 3p—Sing-Spiration	16 10a—Tai Chi 1p—Wii Bowling 1-3p—Hand & Foot 1-3p—Computer Basics Class w/ Elizabeth Kleweno	17 9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
20  CENTER CLOSED	21 10a—Tai Chi 10a—TOPS 11:30a—LUNCH/ Shrove Tuesday Pancake Race 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	22 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p—Dominos 1p-3p—Quilting/Crafting 1:30p—Beginning Macramé Plant Hanger with Carol	23 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot	24 8-10a WAFFLES 9:30a-12p—Quilting/ Crafting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p—Genealogy with Cheryl 1-4:30p—Bridge
27 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1:00p—Ukulele Group 2-3:30pm Stronger Together Support Group	28 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling		Exercises classes are from 10:00—10:45 am every weekday morning. The Dining Room is available during this time for coffee and <u>quiet</u> conversation. Please be mindful.	

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Barbara Smith	11	Sharon Williams	24	Dale Cocklin
1	Lucy Demantle	13	Mary Wyne	24	James Crain
2	Greg Geller	14	Lee Johnson	24	James Hawkins
3	Barb Dudley	14	Cheryl Arrington	25	Roy Williams
4	Melissa Bailey	16	Barbara Modigh	25	Carolyn Broussard
6	Beverly Waldrop	17	Robb Geesen	25	James Mahoney
6	Thomas Cullington	17	John Macanas	26	Ingrid Edgerly
7	Cynthia Wineteer	18	Ron Fullinck	26	Donald Erwin
8	Robert Romig	18	Kathleen Heidl	27	Helen Dennis
9	Deborah Stiers-Tremelling	21	Henry Kroll	27	Constance Jackson
10	Pearl Larson	21	Mary Kennedy	28	Ava Nell Bassett
10	Leo Foster	22	Paula Bute	29	Judy Buffington
10	Eileen Bryson	23	Jan Daniels	29	Betty Truesdell
11	Marcia Heinrich	23	Hildegard Plagge		





**Thursday Afternoon
Movie**
February 2, 2023
3:00 p.m.

NO-HOST DINNER
Siam Noodles
February 13, 2023

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

There will be limited transportation available at a charge of **\$7.00**, so RSVP early. Sign up at the Reception Desk.

It is important to let us know if you will be attending the No-Host Dinner but driving separately. We let the restaurant know ahead of time for seating capability and if there is a change or cancellation, we can notify you. Remember to let the receptionist know if you plan to attend, whether you ride the Senior Center van or have your own ride.

Now showing: Top Gun: Maverick

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

dates to remember

Wednesday, February 1	Social Security	9a—Noon
Thursday, February 2	Afternoon Movie: Top Gun: Maverick	3:00 p m
Wednesday, February 8	Card Making with Kimberly	1:00 pm
Thursday, February 9	Council on Aging	3:00 pm
Friday, February 10	Super Bowl LVII Party!!!	11:30 am
Monday, February 13	“No Host” Dinner/Siam Noodles (Soldotna)	5:00 pm
Tuesday, February 14	VALENTINE’S DAY LUNCHEON Please sign up to reserve your seat	11:30 am
Wednesday, February 15	Social Security	9a—Noon
	Birthday Lunch	11:30 am
	Sing-Spiration	3:00 pm
Monday, February 20	PRESIDENTS’ DAY CENTER CLOSED	
Friday, February 24	Friday Morning Waffles	8-10 am
	Kenai Senior Connection, Inc. Meeting	10:00 am

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 to pick up a 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
Transportation - \$5—\$10

Kenai Senior Center Info

Monday—Friday

8:00 am—5:00 pm

**Thursday night activities will
resume in April.**

**Need to speak with someone in admin-
istration?**

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

Card Making with Kim



Wednesday, February 8 at 1:00pm

Senior Center Dining Room

Please sign up on the bulletin board

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!

Short Story. CLUB

The **SHORT STORY CLUB** will be meeting **Thursday, February 9 at 5:00 pm** in the **Computer Lab**.

They will be discussing the classic, “**The Three Sillies**”. Copies are available in the Computer Lab. Please feel free to join us! See Jerry Nassen for more information.

Waffle Bar



Waffles will be offered on the last **Friday** of **every month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up. Just show up and enjoy this special treat.



Tuesday, February 14

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,

February 14

1– 3 pm

Computer Lab

(907) 262-1280



A representative 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.

Singspiration!

If you miss singing those old hymns you remember from years gone by, join us on **February 15 at 3:00 pm** for Sing–Spiration. You can choose the songs we sing!



KENAI PENINSULA BOROUGH SPECIAL MAYORAL ELECTION INFORMATION

Election: Special Mayoral
Date: February 14, 2023

Absentee Voting Available:
Kenai City Hall, Jan. 30-Feb. 14,
8:00a-5:00p, Monday through Friday

**Need a ride to absentee vote or a
Kenai precinct?**

**Call Receptionist to make an
appointment.**

Super Bowl Party

Friday, February 10

Dining Room

11:30a



Super Bowl squares go on sale February 6! See the receptionist to purchase them and the limit is 5 squares. Join us on the 10th to draw the numbers for our Super Bowl Pool and get ready for the BIG game on Sunday, February 12, 2023. Rumor has it there will be some fun and games!

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

Winter is almost gone and the snow will be leaving soon! Our days are getting longer and the nights a little shorter.

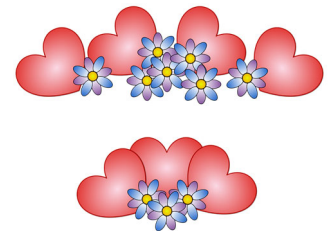
January was busy celebrating New Years, birthdays and we celebrated CHINESE NEW YEAR with a special meal. The Winter Ball was enjoyed by all who attended.

Kenai Senior Connection, Inc. held their annual meeting and added a new member. Jerry Nassen was elected to the board . The officers were re-appointed and remain the same.

President—Velda Geller
Vice-President—Terry Turner
Secretary—Carol Freas
Treasurer—Bill Nelson

The March for Meals Committee has been busy planning for the March 31st fundraiser. This year's theme is Kentucky Derby, so be on the lookout for your derby or party hat. Be ready for the balloons and the delicious desserts. We are collecting items for the balloon prizes and silent auctions. See Kayla at the Center if you have items to drop off.

Let's get ready for Spring!!



VALENTINE'S DAY LUNCHEON



Tuesday, February 14

Bring your favorite date to this luncheon and celebrate Valentine's Day with a delicious menu fit for some special person in your life or just treat yourself. Don't forget to R.S.V.P. on the bulletin board. Required! For those couples who have been married over 50 years. We are going to play a fun anniversary party game whichever couple gets the most answers matched can win a prize.

Meal Donations Can Be Given Privately

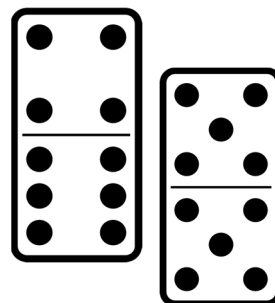
While the Kenai Senior Center is funded by various grants, these only cover a small portion of the meal costs. We rely on fundraisers and private donations for the remaining costs. While the suggested donation is \$7, this is **purely** a suggestion and may or may not fit into everyone's budget. Why not consider something **up to \$7**? Some individuals cannot afford any donation and we do understand these circumstances. If you want to give your donations privately, we have a small wooden box in the hallway next to the Writers' Group bulletin board for donations and meal tickets.

Shrove Tuesday Pancake Race

Tuesday, February 21

11:30am

Shrove Tuesday is the day before Ash Wednesday also called Pancake Tuesday. Come find out why it's called Pancake Tuesday. Eat pancakes and see the pancake race!



Calling all Dominos Players!

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

TOPS

By: Jerry Nassen



One of the best-kept secrets to successful

weight loss and good health occurs weekly right here at the Kenai Senior Center. Every Tuesday at 9:30 am a small group of people meet in the activities room for the weekly TOPS meeting.

What is TOPS, and why is it a secret? Take Off Pounds Sensibly is a program started by Esther Manz in Milwaukee in...1948! Yes, seventy-five years ago. Why did I say 'secret'? From this starter group (Esther, two friends and her cousin's wife) grew into an organization currently sporting approximately 300,000 members in 12,000 chapters that lost (in 2021) 250,000 pounds...that's 125 TONS! Of that, Alaska members lost a net of 957 pounds. This last year your local chapter, TOPS 189-Kenai lost 165 pounds, which is an average of 15 pounds per member! But an organization this successful is still so unknown (as opposed to commercialized programs like Atkins, Weight Watchers, Nutrisystem, Noom, etc.) that not even my doctor had heard of it!

TOPS membership is inexpensive (\$49 to initially join, \$37 annual renewal, plus local chapter dues of \$3 per month). That's it. TOPS doesn't 'sell' a diet or special foods or products, they just 'sell' results, garnered through weekly weigh-ins and peer support and encouragement. They provide tips/recipes/fitness guides, a bi-monthly magazine, have a great website (meetings can be attended online if desired or required), and I repeat...member support and encouragement.

If this sounds like a 'secret' you'd like to get in on, please visit www.tops.org, or see one of the active seniors at the Center that are members... Marcia Shea (189 Leader), Carol Prior (189 Treasurer and Peninsula Advocate), Jerry Nassen (189 Secretary), or one of our other members. You know who we are, we don't keep our membership secret!

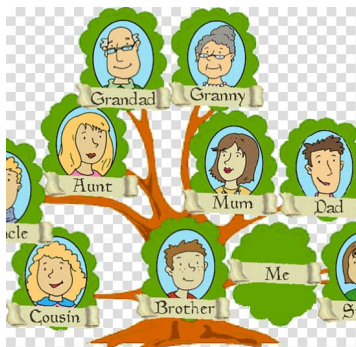
Wednesday, February 22

At 1:30pm in the Craft Room

Beginning Macramé Plant Hanger with Carol

Who wants to make an easy macramé plant hanger to decorate a room with a vintage style. Carol Prior will show us a step-by-step on how to make a DIY macramé plant hanger. This simple project will make a statement in your home décor. The cost is \$7 per person, limited to 8 individuals.

Please sign up and pay at the receptionist desk.



Friday, February 24

At 1:00pm in the Computer Room

Start your Genealogy Research with Cheryl

Want to learn more about your family history? Cheryl Hamann will help you discover your family history. She will explore where your family origins began and connect you to new places and people from your family around the world. Please join her at 1:00pm on Friday, February 24 in the computer room if you are interested in learning more about your family heritage.

Janice Evelyn Hollers

10/17/1939-12/05/2022

Obituary written by

Granddaughter Angel Jackson

Grandma Janice created a legacy with my grandpa, Larry Hollers. They were an example to me of a committed marriage. Grandma Jan loved her husband and was excited to join him in heaven for all of eternity.

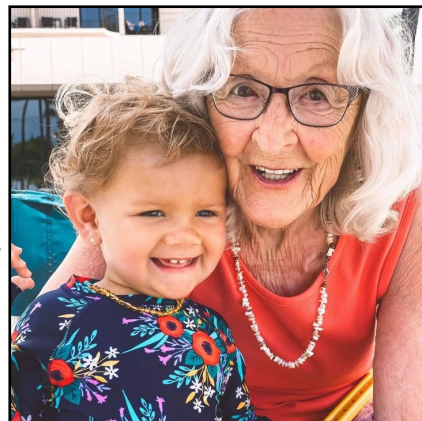
My earliest memories of them are on their ranch in Chadron where they flirted and divided and conquered the chores. My grandma admired and respected her husband. Grandma Jan had a strong work ethic that was passed down through the generations. She enjoyed gardening and cooking.

My grandma had the gift of hospitality. I heard all throughout my life from people who were touched by sitting at Grandma's table and eating her home cooked hearty meals. There was always room for more at Grandma Jan's table. She got her start as a young ranch wife cooking for hired hands, many of whom considered her a second mom.

Grandma Jan did not limit who was considered part of her family based on blood. She had many heart-adopted kids and grandkids who she loved and cared for. Grandma Jan loved without limits. If she was wronged, she would get mad, but then would always forgive and move on. She saw the best in people and trusted the Lord would deal with the rest.

Grandma was a lifelong learner. If I ever needed to be caught up with the latest political happenings, she was the one to call. She was an avid reader and was always willing to learn the latest technology. Grandma Jan kept her mind sharp by completing puzzles, sudoku, and crossword puzzles. She would complete a 1000 piece puzzle in just a couple of days! She was also very competitive. She greatly enjoyed kicking her great grandkids' rears in Cribbage or Rummikub.

Grandma Jan had a sense of humor all the way to her passing. A comfort care nurse told my parents that she would have loved being in her life. Grandma impacted lives all the way until she left the earth to meet Jesus and reunite with Grandpa Larry and Uncle Les.



Janice Hollers & great-granddaughter Jazzy

Janice Hollers Obituary, continued

I do not remember a time when my grandma did not truly care for what was happening in my life. She listened carefully and never with judgment. She cared about the little details that would overwhelm me. Although we had physical distance between us my entire life, I always felt connected with her. She made me feel loved, wanted, and important. I think everyone who crossed her path would walk away with their head held a little bit higher and feeling they had purpose.

Grandma was an adventurer. She loved traveling and trying new foods. As a widow she was brave and moved to Alaska to be closer to my parents. When she could have sat in pity, she decided to thrive. She made friends and continued to show hospitality and friendship to all who crossed her path.

The last real communication I had with my Grandma Jan was when I told her that she was going to be a great grandma to three more children through adoption. She wrote to me, "Wow, that is so wonderful!! What a big step for your entire family, but I know the Lord will be with you every step of the way. You all are such a blessing to all that know you. You all have my blessing and prayers in your journey forward. Your family is so full of love, grace (no pun intended, we have a daughter named 'Grace'), and giving that any children will be blessed to be in your home. Love Gram and Great Gram" There it was, in her last days: Encouragement, love, and faith.

She was preceded in her eternal life by her father Hans Ehlers, Stepfather and Mother Jesse & Birdie Williams, Father & Mother-in-laws Basil & Florence Hollers, Brother Jerry Ehlers, Sister-in-law Joy Qualley, Husband Larry and Son Leslie.

Grandma Jan will be in Heaven awaiting, but not in a hurry, Brother and Sister-in-law Jack & Pat Ehlers, Sister-in-law Linda Ehlers, Daughter Jill, Russ and Mardi Milton, Daughter-in-law Carole & Husband Jeff Jasper, Grandson Logan and his Family, Son and Daughter-in-law Loren & Dianna, Grandchildren Saul, Levi & Lizzie & family, Angel & Ross Jackson & family, Elisha, David & Jazzy, Brittany & Tyler, Granddaughter Sarah, 'adopted' grandkids Jana Jasper, Amy Amack, Kyle & Ashley Milton. Also way too many Cousins & Nebraska Sandhills friends to mention and her wonderful friends from Vintage Point, Kenai Alaska. May GOD bless them all!

Authored by Angel Jackson & Loren Hollers

Per Grandpa Larry & Grandma Janice's request, their ashes will be joined and scattered in Alaska and the Sandhills. We are planning a small family 'Celebration of Life' for them this summer on the Kenai Peninsula



100% ALASKA: CENTRAL KENAI PENINSULA SURVEY

COMMUNITY ASSESSMENT: ACCESSIBILITY OF SERVICES



WHY?

With the ten vital services in place and accessible, we, as a community, are able to prevent costly challenges that arise out of:

Public Health
Suicidal Ideation
Substance Use
Domestic Violence
Hunger
Child Welfare
Homelessness
Much more...

WHAT?

A community-wide survey was created for residents of the Central Kenai Peninsula to assess how our community is doing with providing access to these 10 vital services:

Medical and dental care
Behavioral health care
Housing security programs
Food security programs
Transportation to vital services

Parent supports
Early childhood education
Community schools
Youth mentor programs
Job training

HOW?

✓Assess ✓Plan ✓Act ✓Evaluate

Step 1 - Assess: Collect survey responses from adult residents located in the central Kenai Peninsula

Step 2 - Plan: Form 10 workgroups that align with the 10 vital services

Step 3 - Act: Address local issues and barriers that prevent access to services

Step 4 - Evaluate: Ongoing evaluation and quality improvement assessments to ensure forward progress with the accessibility of services

Take the 5-minute survey here!

WHO?

**Central Kenai Peninsula
We need to hear from you!**



[HTTPS://QUESTIONPRO.COM/T/ALQLVZUMF](https://questionpro.com/t/alqlvzumf)

February is National Heart Month



Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a **moment to de-stress**, giving yourself **time to move** more, preparing **healthier meals**, and not cheating on **sleep** can all benefit your **heart**.

It may be easier than you think to “**put your heart**” into your daily routine. Each Sunday, look at your week’s schedule and

carve out **30 minutes daily** for heart-healthy practices.

Here are few self-care tips to try every day to make your heart a priority:

Self-Care Sunday

Find a moment of serenity every Sunday. Spend some quality time on yourself.

Mindful Monday

Be mindful about your health and regularly monitor your blood pressure or blood sugar if needed. Keep an eye on your weight to make sure it stays within or moves toward a healthy range.

Tasty Tuesday

Choose how you want to approach eating healthier. Start small by peppering up your meals with a fresh herb or spice as a salt substitute. Get adventurous and prepare a simple, new, heart-healthy recipe. Or go big by trying a different way of eating, such as the Dietary Approaches to Stop Hypertension ([DASH](#)) eating plan, which is scientifically proven to lower blood pressure.

Wellness Wednesday

Don’t waffle on your wellness. Move more, eat a fruit or vegetable you’ve never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke.

Treat Yourself Thursday

Treats can be healthy. Try making a dessert with fresh fruit and yogurt. Then stretch your imagination beyond food. Host a family dance party, take a few minutes to sit still and meditate, go for a long walk, or watch a funny show.

Follow Friday

Follow inspiring people and pages on social media, or text a friend to help you stick to your self-care goals. Remember to take care of your mental health, too.

Selfie Saturday

Inspire others to take care of their own hearts. Talk about your self-care routine with loved ones or share a selfie on your social media platforms. Having social support and personal networks can make it easier to get regular physical activity, eat nutritious foods, reach a healthy weight, and quit smoking.



Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at nhlbi.nih.gov/ourhearts or follow #OurHearts on social media.

To learn more about no cost programs aimed at helping you achieve all your wellness goals, visit Freshstart.alaska.gov.

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 February, 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!

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

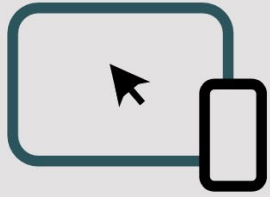
All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. **We proudly post our \$5 Club members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

NOVEMBER		\$5 CLUB	
Juanita Aguilar	Jeffrey & Monica Griffin	Paula R. Maier	Bill Starnes
Ken & Kris Ayers	Darrell Hagen	Len Malmquist	Sondra Starnes
Marilyn Bannock	Karolee Hansen	Kari Mohn	Buck Steiner
Steve Best	Cliff Heus	Nelson Nakamura	Sheila Steiner
Patricia Bravo	Kathy Heus	Jerry Nassen	Deborah Marie Stiers
Larry Burcham	Jan Hollers	Janice & Joe Nightingale	Vivian Terry
Renee Clifford	Donna Hoyt	Susan Olson	Charles & Janice Thornton
Jewell Coverstone	Bobbi Jedlicki	Katie Pault	June Truelove
Rachael Craig	Peggy Jones	Robert S. Peterson	Arnold Waggaman
Walt Craig	Read Kent	Judith (Kent-Hunter)Pock	Delores Waggaman
Terry Cramer	Fran Kilfoyle	Carol Prior	Beverly & Don Waldrop
Dave & Allison Darsey	Leanne King	Biz Robbins	Gary Walker
Barb Dudley	Anita Kwan	Trish Roderick	Frosty Walters
Carol Freas	William LaTocha	Gladys Routh	Virginia Walters
Velda Geller	Xiaopei LaTocha	Marcia Shea	Marie Weller
Margaret Goggia	Hoa Le	Hal Smalley	Ozella Williams
Omer Goodman	Chris Lombard	Susie Smalley	Roy Williams
Bill Graves	Jennifer Lombard	Barbara Smith	Janice Wilsack
Luna Graves	Carol & Mike Louthan	Steve Smith	Clayton Yoncher



LIBRARY NEWS by Virginia Walters

Sheila Philips-Steiner finished the puzzle and another has been started. Good time killer on these days we would rather not go out. The DVDs are being sorted. They will be alphabetized when we have finished.. numbers will be alphabetized by the spelling (10=T). "A" and "THE" are not alphabetized. Please return DVDs to the box, or replace them in their proper alphabetical area. Lots of romance novels donated lately. We need to weed, so if you have a favorite please take one home. It's February!! 40 days til spring!!!



iPhone Basics Part 2 @ the Senior Center

Thursday
February 16th
1:00pm

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



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.

TAX PREPARATION FOR SENIORS

BY APPOINTMENT ONLY!!!

SOLDOTNA COMMUNITY LIBRARY
235 N. Binkley Street
Soldotna

CALL DEBBIE (AARP)
(828) 803-3599



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

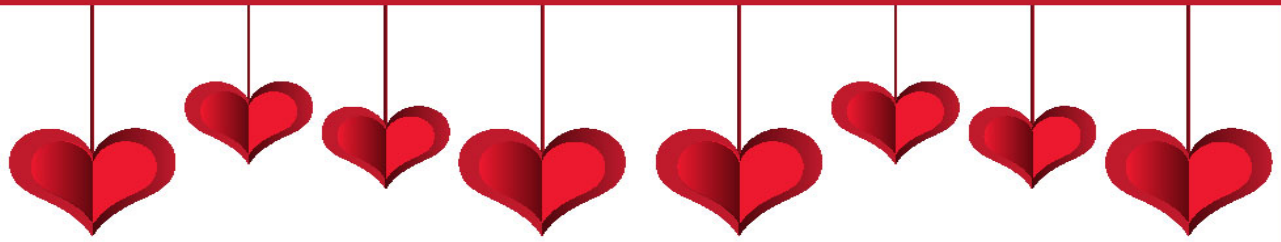
FEBRUARY 2023 MENU

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
30 Cream of Mushroom Soup Rueben Sandwiches Fruit Cup	31 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	1 BBQ Pork Ribs Baked Beans Coleslaw Salad	2 Pork Enchiladas Salsa & Chips Soup	3 Sloppy Joes Parmesan Fries Carrot Salad
6 Meatloaf Mashed Potatoes Gravy Winter Veggies Soup	7 Chicken Caesar Salad Fruit Cup Muffin Salad	8 Swedish Meatballs Egg Noodles Pickled Beets Salad	9 Baked Potato w/all the fixings Broccoli Florets Soup	10 Orange Chicken Jasmine Rice Stir Fry Veggies Salad
13 Taco Salad Chips and Salsa	14 Chicken Cordon Bleu Green Beans Cherry Cheesecake Salad	15 Hamburger Stroganoff Egg Noodles Buttered Corn Salad Birthday Cake	16 Chicken & Sundried Tomatoes Honey Carrots Garlic Bread Soup	17 Kentucky Hot Brown Sliders Chips Carrot Raisin - Pineapple Salad Dill Spears
20 Closed for President's Day	21 Pancakes Sausage Links Roasted Potatoes Scrambled Eggs Salad	22 Saucy Chicken Thighs Brown Rice Yellow Squash Salad	23 BBQ Pulled Pork Sandwich Sweet Potato Fries Coleslaw Soup	24 Pizza Spinach Salad
27 Cranberry Walnut Chicken Salad on a Croissant Fruit Cups Chips Soup	28 Clam Chowder Seafood Pasta Muffin Fruit Cup	1 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	2 Sweet & Sour Chicken & Noodles Egg Roll Stir Fry Veggies Soup	3 Beef Brisket Tacos Street Corn Salad



Valentine's Day

CANDY MATCH

- | | |
|--|---------------------|
| _____ 1. The galaxy | A. Jolly Rancher |
| _____ 2. Sun explosion | B. Nerds |
| _____ 3. Slippery fingers | C. Starbursts |
| _____ 4. Round flotation device | D. Milky Way |
| _____ 5. Soda stones | E. Snickers |
| _____ 6. Twin letters | F. Butterfingers |
| _____ 7. Nutty happiness | G. Three Musketeers |
| _____ 8. Helped ET phone home | H. M&M's |
| _____ 9. Sign of affection | I. Reese's Pieces |
| _____ 10. Not laughing out loud | J. Kisses |
| _____ 11. Geeks | K. Mounds |
| _____ 12. Happy who raises animals | L. Almond Joy |
| _____ 13. Famous trio of old | M. Lifesavers |
| _____ 14. The slightly elevated ground
on which baseball pitchers stand | N. Pop Rocks |