

The Centerline

February 2025

Know your Neighbor: Juanita Aguilar

By: Yen-ti Verg-in

One of the fixtures of Kenai Senior Center is friendly Juanita Aguilar.

Juanita was born and raised in the Philippines. She was educated in a Catholic Convent School, earned a Master degree in Education, and taught Filipino for 15 years.

Fifty years ago, her brother sponsored her and helped her immigrate to the United States. She worked in a hospital as nurse's aide. Her supervisor quickly realized that Juanita is not only a good worker, but smart, and has good work ethic. They sponsored and provided her with a scholarship to get a degree in nursing. Besides her master degree in the Philippine, she also holds a degree in nursing in the United States. She worked in the nursing field in the San Francisco area as civil service personnel for 35 years before she retired.

Her mother was very strict, and she wanted to get away from her mother's strictness. She married a man ten years older than her who was a college law professor, religious and kind. It wasn't love at first sight, but she learned to love her husband and have three children between them. Her husband died of lung cancer in 1997 at the young age of 55 years.








Special Points of Interest

- Movie Afternoon—While You Were Sleeping—Feb. 6
- No Host Dinner— Carla's Restaurant— Feb. 11
- Valentine's Luncheon—Feb. 14
- Birthday Lunch—Feb. 19

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

FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div></div><div></div><div></div></div>				
3 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	4 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	5 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/ Family Caregiver Support Group	6 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Movie Afternoon: While You Were Sleeping	7 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11:30a—LUNCH/Super Bowl LIX Party!!! 1p—Wii Bowling 1-4:30p—Bridge
10 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	11 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 5:00p—No Host Dinner Carla’s Restaurant	12 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	13 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam	14 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11:30a—LUNCH/ Valentine’s Celebration/R.S.V.P Workshop 1p—Wii Bowling 1-4:30p—Bridge 
17  CENTER CLOSED	18 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	19 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/ Birthday 1p—Card making with Kimberly 1p—Writers’ Group 1p-3p—Quilting/Crafting/ Valentine’s Craft 2-3:30p Stronger Together	20 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Android Basics w/ Elizabeth Kleweno 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	21 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
24 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	25 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	26 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together	27 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	28 8-10 WAFFLES 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 10a—Senior Connection Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge

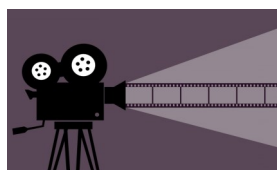


Happy Birthday!



Day	Name	Day	Name		
1	Diane L. Sadler	8	Robert Romig	18	Ronald Fullinck
1	Ivan Barber	9	Deborah Stiers-Tremelling	18	Norma Wong
1	Sharon Hart O'hara	10	Paul Gray	19	Patrick O'ney
2	Greg Geller	10	Leo Foster	21	Henry Kroll
2	Catherine Peterson	10	Eileen Bryson	21	Carol Barner
3	Renee Heeren	11	Marcia Heinrich	21	Mary Kennedy
4	Melissa Bailey	11	Sharon Williams	22	Margie Vance
4	Leslie Hamman	11	Milan Galey	23	Jan Daniels
4	Nancy Nelson	13	Imelda Lee	23	Hildegard Plagge
5	Henry Knackstedt	14	Cheryl Arrington	24	James Crain
5	Juanita Griffith	14	Lee Johnson	24	Dale Cocklin
6	Beverly Waldrop	15	Patrick Tassell	24	Quinton Walker
6	Thomas Cullington	15	Bill Duddleston	25	Carolyn Broussard
6	Mary Deen	16	Barbara Modigh	26	Ingrid Edgerly
7	Cynthia Wineteer	17	Robb Geeson	26	Don Erwin
7	Rexanne Wheeler	17	John Macanas	27	Constance Jackson
				29	Betty Truesdell

Thursday Afternoon Movie February 6, 2025 at 3:00p.m.



Now showing: **While You Were Sleeping**

Lonely transit worker Lucy Eleanor Moderatz (Sandra Bullock) pulls her longtime crush, Peter (Peter Gallagher), from the path of an oncoming train. At the hospital, doctors report that he's in a coma, and a misplaced comment from Lucy causes Peter's family to assume that she is his fiancée. When Lucy doesn't correct them, they take her into their home and confidence. Things get even more complicated when she finds herself falling for Peter's sheepish brother, Jack (Bill Pullman).

NO-HOST DINNER **Carla's Restaurant**

Tuesday, February 11, 2025

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

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

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

dates to remember

Thursday, February 6	Movie Afternoon: While You Were Sleeping	3:00 pm
Tuesday, February 11	"No Host" Dinner/Carla's Restaurant	5:00 pm
Thursday, February 13	Council on Aging	3:00 pm
Friday, February 14	VALENTINE'S DAY LUNCHEON Please sign up to reserve your seat	11:30 am
Monday, February 17	PRESIDENTS' DAY CENTER CLOSED	
Wednesday, February 19	Social Security	9a—Noon
	Birthday Lunch	Noon
	Card Making with Kimberly	1:00 pm
Friday, February 28	Waffle Friday	8-10 am
	Senior Connection Meeting	10 am



Kenai Senior Center Info

Monday—Friday, 8:00 am—5:00 pm
Need to speak with someone in administration?

Director
Kathy Romain
(907) 283-8213 or kromain@kenai.city
VP Housing, Council on Aging
Kenai Senior Connection, Inc.

Administrative Assistant
Red Piersee
(907) 283-8212 or apiersee@kenai.city
Home Delivered Meals
Benefits Counseling
Vintage Pointe Housing Rental

Activity/Volunteer Coordinator,
Kayla Feltman
(907) 283-8214 or kfeltman@kenai.city
Activities
Volunteer Opportunities
Senior Center Facility Rentals

Do you need a ride or know someone who could use some meals? Maybe you'd like to pick up a meal instead of dining inside?
We can help!

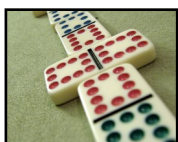
For Pick up Meals:
Call the front desk
by 10:30AM* (M-F)
For pick-up at **11:30 AM. Meals must be picked up from the front desk.**



For Transportation:
Call the front desk at least **24 hours** in advance to schedule a ride. We will do our best, but same day transportation is not guaranteed.

Dining Room Meals (Congregate)
Monday-Friday 12pm-1pm
No reservations required
(Except for special events)

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!



Wednesday, February 12 @ 1:00 pm

Need Valentine gifts or decorations? Come join us for Valentine's Crafting fun. We will be making a variety of Valentines projects to pick from.



Genealogy Workshop

We discontinued our monthly genealogy classes, However Cheryl will be available to help answer any questions or help. You can contact her here through the Senior Center.

Card Making with Kim

Wednesday, February 19 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,

February 5th from 2:00p-3:30p



The Kenai Peninsula Family Caregiver Support Program will meet at 2:00 pm on Wednesday, February 5 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 February 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.





*Kenai Historical Society meeting will be
February 2, 2025, 1:30pm at the Kenai Senior Center.
Guest speaker Kyle McFall, Kenaitze Education Director.*

*Open to the public, membership encouraged.
For more information call June at 907-283-1946.*

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



Super Bowl Party

Friday, February 7

Dining Room

11:30a

Super Bowl squares went on sale January 27! See the receptionist to purchase them and the limit is 2 squares and then an unlimited number of squares the second week. Join us on the 7th to draw the numbers for our Super Bowl Pool and get ready for the BIG game on Sunday, February 9, 2025. Please join us, there may be some fun and games!!

Valentine's Day LUNCHEON

Friday, February 14 at 11:30am

Bring your favorite date to this luncheon and celebrate Valentine's Day. A delicious menu is planned and will be fit for some special person in your life — or just treat yourself. Don't forget to R.S.V.P. on the bulletin board. **An R.S.V.P. is REQUIRED!** There may be door prizes!

A Day for the Rest of Us

By: Jerry Nassen

Valentine's Day is coming up, and everyone is familiar with it. It's a day to celebrate love, companionship, togetherness. But what about those who don't have a 'valentine'? Not to worry, there's a special day set aside for you, too; several in fact. The most well-known of these is SAD, or Singles Awareness (or Appreciation) Day, and it falls, oddly enough, just one day after Valentine's Day (unless you're in the UK, who like this day so much they hold it twice, February 15th and March 11th). It's set aside as a day to celebrate those who identify as single, either by choice or by circumstance.



Contrary to Valentine's Day's rather morbid beginnings, SAD has a much more, shall we say light-hearted origin story, no saints martyred here. The story says that in 2001, a young high school student named Dustin Barns got together with a group of like-minded friends to celebrate love of all kinds, being it friends, family or even (probably most importantly) self. They celebrated it by buying and consuming discount candy and chocolate (readily available everywhere on the day after Valentine's Day). They carried the tradition on to college—Mississippi State University—where it was officially copyrighted.

So that's February 14th and 15th, what about February 13th, don't they get a day, too? Why yes, they do! Enter Palentine's Day, a combination of Pal and Valentine, designated as a gender-neutral day to celebrate love. That day is also Galentine's Day, a women's only day.

Does the entire world celebrate a Valentine's Day of sorts? Most, but not all. Several countries, mostly Hispanic, do celebrate on February 14th, but it's called Friendship Day (in Ecuador, Mexico, Guatemala, Venezuela, Peru, Estonia and the Dominican Republic). Friendship Day is listed as July 30th in many other countries. The Chinese have an unofficial Single's Day on 11-11...in Chinese characters, a 1 signifies one or single, where 1111 designates a group of singles. The South Koreans take it up a notch with three special days: The traditional Valentine's Day on February 14th, White Day one month later on March 14th, where reciprocal gifts are given to those that gifted you on Valentine's Day, and Black Day on May 14th, where people who didn't receive gifts on either of the two

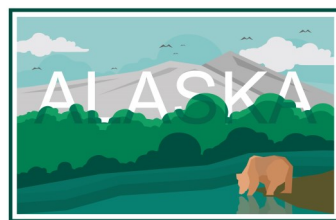
previous holidays gather to eat jajangmyeon, which is noodles in...but of course...black bean sauce!

Finally, in certain Arab countries celebrating Valentine's Day is actually illegal. Love may be eternal, but the celebration of it isn't necessarily so.

There are many other designated days dedicated to love, but that's for another article on another day. Just to whet your interest, here's a sampling: There's National Boyfriend Day and National Girlfriend Day (10-03 and 08-01 respectively), National Care For Your Coworker Day (07-23), National Fay Day (01-23, celebrating anyone named Fay, a moniker that's pretty obsolete today so it is a rather exclusive club), National OneOfUsIsMissing Day (07-08) and finally, my personal favorite: National Step In A Puddle And Splash Your Friend Day (yes, I'm not kidding, 01-11). Sorry I missed it (and you) this year, but if you're walking beside me next January 11th, better watch out, I might just 'express my love' in a very special, cold wet way!

(KNOW YOUR NEIGHBOR, continued from page 1)

Juanita moved to Alaska fourteen years ago to help her daughter raise her young family. She has lived here since. She is a regular at Kenai Senior Center, she feels that the Kenai Senior Center is her second home. She takes the transportation services that the Kenai Senior Center provides to and from her home Monday through Friday. She usually gets to the Center about 9 in the morning, has her coffee and pastries, reads the newspaper, checks her cell phone, and chats with friends and staff at the Center. She has her lunch, then it is time to take the afternoon van service back home.



A couple of times a year she makes a trip back to the Philippines to check on her land and home back there. She is a regular snowbird. She said that for an 88 year old retiree, it is a life style most people envy.

She said Senior Center staff is friendly and helpful. She knows all the drivers, and they are all very nice to her. She is impressed with the services that Kenai Senior Center provides. She joins the exercise programs on Mondays, Wednesdays and Fridays which is weight lifting and balancing, fitness, then Tuesdays and Thursdays are Tai-Chi. She is also a member of the choir group. She doesn't miss much, keeping herself well, fit and busy. She loves to cook and clean.

She is the Honorary Ambassador for Kenai Senior Center. Her presence at Kenai Senior Center is welcome sight here.

LIBRARY NEWS by Virginia Walters

The DVD poll showed usage of the DVDs, so we will be keeping them for now. We will be doing some weeding, but have not determined a procedure, yet. New DVDs will be shelved under the T.V. screen for awhile as we receive them.

The puzzles have been sorted and duplicates removed. Time to start a community puzzle in the game room..

It may be winter finally. Lots of material on the shelves to keep you occupied: puzzles, books, DVDs and audio books.

ENJOY!



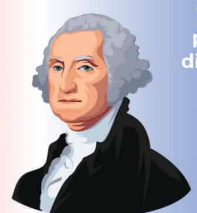
- Unless purchasing a large amount for transportation or lunch tickets, we cannot break a bill over \$20.
- You are welcome to take home leftovers from your meal, but please bring your own container.
- Coffee bar and bakery dollar donations are much appreciated. Thank you for your generosity. Items from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

We appreciate your understanding.




3TH
MONDAY IN
FEBRUARY

The day was originally established in honor George Washington's Birthday, Feb 22nd



Three different presidents have died on the 4th of the July.




FEBRUARY

PRESIDENT'S DAY


FUN FACTS

The federal holiday is celebrated on the 3rd Monday in February




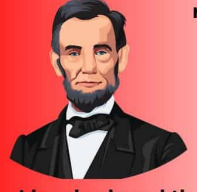
The White House is the official residence of the U.S. president.

Franklin D. Roosevelt was the first president to appear on television




Teddy Roosevelt achieved a world record by shaking over 8,100 hands in a single day






Lincoln signed the Emancipation Proclamation declaring all slaves in Confederate-held territory to be free.




Calvin Coolidge had a pet raccoon named Rebecca who lived in the White House


The 3rd Monday in February is because it fell between George Washington's and Abraham Lincoln's Birthday




James Polk was the president that acquired California



Thomas Jefferson wrote the Declaration of Independence





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AARP Tax Preparation

By Appointment Only

February 11 & 25

March 11 & 25

April 8th

3:00pm-6:30pm

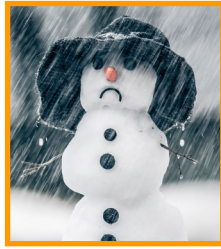
Kenai Community Library

Contact Debbie at:

(828) 803-3599

for an appointment

Got the Winter Blues? We've Got You Covered!



Looking for something fun to do? Enjoy hanging out with others? The Kenai Senior Center is the place for you!

Thursday Fun Night happens every week from **5 PM to 9 PM**:

- **First Thursday of the Month:** Movie Night
- **All Other Thursdays:** Join us for Bluegrass music, card games, cribbage, and more!

Beat the winter blues and make your Thursdays something to look forward to. We can't wait to see you there!

Special Senior Walking Hours at the Kenai Rec Center

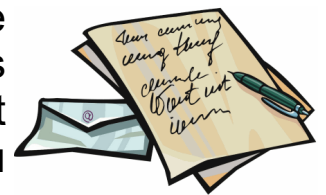
Looking for a safe, comfortable place to walk, rain or shine? Starting Tuesday, November 5, from **8-9 am**, the Rec Center is opening its doors on **Tuesdays** and **Thursdays** with dedicated walking hours just for seniors! The cost is \$2.50 per day—includes access to the exercise machines, sauna, 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!



Tell Us Your Story!

In February, legislators will return to Juneau to begin the next session. This is when providers of senior services travel to the capital to advocate for the funding that supports the meals, transportation, and activities you enjoy.



We need your help to ensure your voice is heard! Please write a letter or short note about how you've personally benefited from services like home-delivered or congregate meals, transportation, or the activities offered at the center.

Not much of a writer? No problem! Give us a call, and we'll gladly share your story on your behalf when we go to Juneau.

Your stories make a difference—they show lawmakers the impact of these services and why continued funding is essential. Thank you for sharing and helping us advocate for the programs you value!

Signs and Symptoms of a Heart Attack

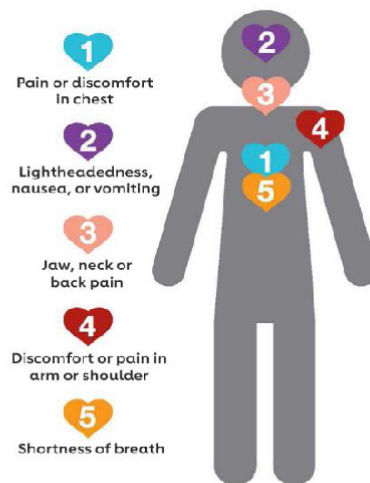
February is American Heart Month – a month not only to celebrate *love* with Valentine’s Day and to remind ourselves to care for our hearts – physically and emotionally.

February 7th, the first Friday in February, is National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

Heart attacks and strokes are both consistently among the top ten causes of death for Alaskans.



Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack)

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Know The Warning Signs:

Chest pain (also known as pressure, tightness, discomfort, or heaviness) is the most common sign of a heart attack, but not the only sign.

Women, individuals with diabetes, and people over the age of 70 may notice one or more of these symptoms before chest pain:

- Dizziness/lightheadedness
- Nausea/vomiting
- Jaw pain
- Upper back pain
- Arm pain
- Shortness of breath
- Excessive sweating
- Fatigue

What Should You Do?

If you have signs of a heart attack, don’t ignore them. Get medical attention immediately by calling 911 or your local emergency response number. Do NOT attempt to drive yourself.

The sooner you get medical attention, the better your chances are at a full recovery!

Hope & Prevention

Up to 80% of cardiovascular disease can be prevented with lifestyle modifications such as diet, exercise, stress, and sleep. Partner with your primary care provider to discuss ways to reduce your risk of a heart attack! Learn more about how a heart attack happens and how you can prevent it by exploring [resources such as this one](#) from the American Heart Association.

What To Do If Someone Around You Has a Heart Attack

CPR can save lives in the event of a heart attack. If you’re interested in learning how to provide CPR in case you are ever around someone having a heart attack, [check out this resource](#) from the American Heart Association.



Recommended Reading & Resources:

<https://www.heart.org/en/health-topics/heart-attack>

<https://www.heart.org/en/nation-of-lifesavers>

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

Happy February Everyone!!!

The year of 2024 went by so quickly, and February 2025 is already going so very fast. Here's what happened lately:

- ~ The Thursday Afternoon Movie was "Pollyanna."
 - ~ The No-Host Dinner was held at Louie's Restaurant.
 - ~ Council on Aging met on January 9.
 - ~ We had a lot of people at the Center wanting to visit with the Social Security representatives (on-line).
 - ~ The Kenai Senior Connection, Inc. held its annual meeting on January 24. Election of officers was held. Those elected were Terry Turner, President; Jerry Nassen, Vice President; Carol Freas, Secretary; and Bill Nelson, Treasurer.
 - ~ The Center's Volunteer Appreciation Dinner, scheduled for January 31, will be lots of fun and well attended.
 - ~ Remember February 17 is Presidents' Day and the Center will be closed.
- Have a great February!

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.

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!**

FEBRUARY 2025 \$5 CLUB

Juanita Aguilar	Bill Graves	Marge Milewski	Julia Selanoff
Ken Ayers	Luna Graves	Kari Mohn	Marcia Shea
Kris Ayers	Jeffrey & Monica Griffin	Twyla Mundy	Hal Smalley
Carol Barner	Darrell Hagen	Wayne Mundy	Susan Smalley
Sandy Bise	Lee & Phyllis Hallstead	Bill Nelson	Lavona Smith
Larry & Tona Bravo	June Harris	Lois Nelson	Steve & Barbara Smith
Patricia Bravo	Kathy Heus	Marian Nickelson	Gary & Colleen Sonnevil
Larry Burcham	Joe Huard	Ray Nickelson	Bill Starnes
Renee Clifford	Konrad Jackson	Susan Olson	Sondra Starnes
Rachael Craig	Bobbie Jedlicki	Katie Pault	Linda Swarner
Walt Craig	Ginger Kaona	Bob Peters	Darlene Tachick
Terri Cramer	Fran Kilfoyle	Robert Peterson	Vivian Terry
Elmer Curtis	Henry Knackstedt	Carol Prior	June Truelove
Dorothy Diamond	Mel Krogseng	Robert Reichert	Terry Turner
Pamela Downing	Anita Kwan	Biz Robbins	Ray Verg-in
Shirie Drath	William LaTocha	Geraldine Roberson	Yen-ti Verg-in
Don Erwin	Xiaopei LaTocha	Linda Romero	Beverly & Don Waldrop
Velda Geller	Carol Louthan	Gayle Ross	Frosty Walters
Margaret Goggia	Mike Louthan	Richard Ross	Virginia Walters
Omer Goodman	Paula Maier	Glays Routh	Marie Weller
			Janice Wilsack



ANDROID BASICS @ KENAI SENIOR CENTER

Tuesday, February 20th at 1:00pm

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



Computer Lab Open Times

The Senior Center computer lab is open for your use on the following days/times:

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

*There will be an occasional meeting in the Computer Lab where it will not be available to the general public.



Waffle Bar Returns!

We will be offering waffles 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.

DRIVING

By: Yen-ti Verg-in

PROMPT: DRIVING

PART 1: The First Attempt at Learning to Drive

It seems to me, most of the American people know how to drive at an early age. They probably have in-born genes to facilitate their ability to operate motor vehicles. I was never a fan of driving.



My first few driving lessons were taught by my “white” knight, Ray, my boyfriend at that time when we were attending the University of Oregon. One fine weekend, we decided to have a picnic at the beach. Ray thought it would be a good time for me to practice driving on a highway. The sun was shining, the picnic basket in the back seat, and we were in a jolly mood looking forward to having a relaxing time on the beach.



We came up on a steep slope, and Ray said, “Floor board it!” I took my feet off the two peddles and promptly looked for the floor board. The car slowed down and started sliding back down the hill. The drivers behind me honked their horns sending out warning signals. Ray hollered louder, “Floor board! Floor board!” I cried, “I am looking! I am looking! I can’t find the floor board!”

This answer stunned Ray; in a split second, he yelled back, “More gas! More gas!” I understood this command; the Station Wagon shot forward! I was indignant, “Why couldn’t you just say more gas! Where does this floor board come from? There is floor, there is board, but where do I find the floor board?”

That was the last time that Ray tried to teach me how to drive. Take it back, after 58 years; he has become an expert backseat driver; most of the time is tolerable, but sometimes it is downright annoying. He sits on the passenger seat, alert and constantly reminds me. “The traffic light is coming up, it is yellow now, prepare to stop.” “You have to wait for the green light to make a right hand turn light.”

PART II: The Second Attempt at Learning to Drive

We lived and taught in small villages for the next 15 years. In the villages they were only paths for 3- or 4-wheelers. We didn't have any car and I didn't need to drive. That was until our employment took us to Sitka; a big city, population 8,000, rather than 200. One had to drive to work; driving was essential.

After we found out that we both had a job offer at Mt. Edgecombe High School, we rented a car and Ray had another go at teaching me how to drive. Sawmill Creek Road, a winding beach road, was the only highway in Sitka at that time, the road was deserted and a perfect time to practice driving.



A vehicle was behind me, and Ray told me to slow down and made room for the vehicle to pass. I made several attempts in finding a safe spot to stop the car and let the vehicle to pass. Except there were no room, Pacific Ocean was right by the edge of the highway. The vehicle behind followed me patiently. After a few more attempts to get off the road, we heard the siren blaring instead.

It was a state trooper; he got off his vehicle, walked up to me and asked to see my driver's license. I told him that I didn't have one. "Have you been drinking, Ma'am?" "No, I haven't been drinking! What did I do wrong? I wasn't speeding!" He pointed out, that I was driving at 20 mph in a 45mph zone, zigzagged, and swerved on and off the road for the quite few miles. He asked me to step out the car and did a complete sobriety test; I was demoralized.

I explained to him, that I just got a job offer at the newly reopened MEHS, and I had to learn how to drive in order to get to work. Instead of giving me a ticket, it's mandatory to take the driving class that the school was going to offer in the fall. Needless to say, I was a proud graduate in the first driving class that MEHS offered among 18 years old.

After 40 years of driving, I still don't know how to parallel park, or have enough confidence to drive in Anchorage. But I did manage to run over a black bear thou. My kids never let me forget that.



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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 2025 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
<p>3</p> <p>Clam Chowder Tuna Sandwich Seafood Pasta Salad Soup</p>	<p>4</p> <p>Meatloaf Mashed Potatoes Gravy Mixed Veggies Salad</p>	<p>5</p> <p>Baked Potato w/ fixings Broccoli Spears Muffin Salad </p>	<p>6</p> <p>Pulled Pork Sandwich French Fries Cowboy Beans Soup</p>	<p>7</p> <p>Italian Sandwich Onion Rings Root Beer Floats House Salad</p>
<p>10</p> <p>Lasagna Roll-Ups Yellow Squash Garlic Bread Soup</p>	<p>11</p> <p>Mediterranean Chicken Cobb Salad w/ Roasted Garlic Parmesan Dressing Fruit Cup Muffin Soup </p>	<p>12</p> <p>Biscuits n' Gravy Sausage Links Roasted Potatoes Scrambled Eggs</p>	<p>13</p> <p>Beef Stew Peaches & Cottage Cheese Rustic Rolls Salad</p>	<p>14</p> <p>Chicken Cordon Bleu Mini Roasted Sweet Pepper Medley Carmel Apple Crepes</p>
<p>17</p>  <p>PRESIDENTS' DAY CENTER CLOSED</p>	<p>18</p> <p>Soft Tacos Mexi-Corn Spanish Rice Chips & Salsa Salad </p>	<p>19</p> <p>Roast Turkey Mashed Potatoes Gravy Green Beans Stuffing Salad Birthday Cake</p>	<p>20</p> <p>Teriyaki Chicken Mac n' Cheese Zucchini Medley Cornbread Muffin Soup</p>	<p>21</p> <p>MYSTERY LUNCH</p> 
<p>24</p> <p>Hot Ham & Cheese on Croissant Parmesan Fries Carrot Salad Salad</p>	<p>25</p> <p>Fried Chicken Mashed Potatoes Gravy Buttered Peas & Corn Salad</p>	<p>26</p> <p>BBQ Ribs Roasted Veggies Potato Salad Cornbread Muffin Salad</p>	<p>27</p> <p>Sweet n' Sour Chicken Stir-Fry Veggies Jasmine Rice Egg Roll Soup </p>	<p>28</p> <p>Cheeseburger French Fries Cowgirl Beans</p>

Center Funders & Supporters

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

Kenai Senior Connection, Inc.

is now able to receive donations through the
Alaska Permanent Fund Dividend

Pick. Click. Give.

These donations directly benefit the
Kenai Senior Center meal programs.



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

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Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

City of Kenai
Kenai Senior Center

PLEASE
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HERE