

The Centerline



February 2026

At first, they lived in Renton, then moved to Oregon. They had three children, two boys and a girl. Carol worked as a volunteer fire fighter and was the first woman firefighter in the Philomath, Oregon department, a job she had to fight the powers that be for, as they didn't think a woman should/could be a fire fighter. "I was 25, I didn't know any better" Carol said. Carol also worked as forestry tech and firefighter for the forest service and was working on her GS9 certification.

Know your Neighbor: Carol Prior

By: Virginia Walters

Many of us first met Carol Prior as the lady at the front desk at the Kenai Senior Center, always there and always busy but she has worn many hats, both before then and since.

Carol was born in Columbus, Ohio and lived there with her parents until second grade, when the family moved west to the Oregon Coast. She lived in that area all of her school life, graduating from Lebanon, Oregon High School in 1966. That summer she went to stay with her grandmother in Renton, Washington to attend Dabney School for Medical Assistants.

She worked at a Triple X Root Beer stand, and during that summer met Danny Prior. By December, they had decided to get married but he needed to meet her family first, who had, in the interim, moved to Sitka, so Carol and Danny flew to Sitka to meet the parents and to get married. But, they found they couldn't get married in Alaska without a blood test so they got married in Bellingham, Washington early in 1967.

Continued on page 6

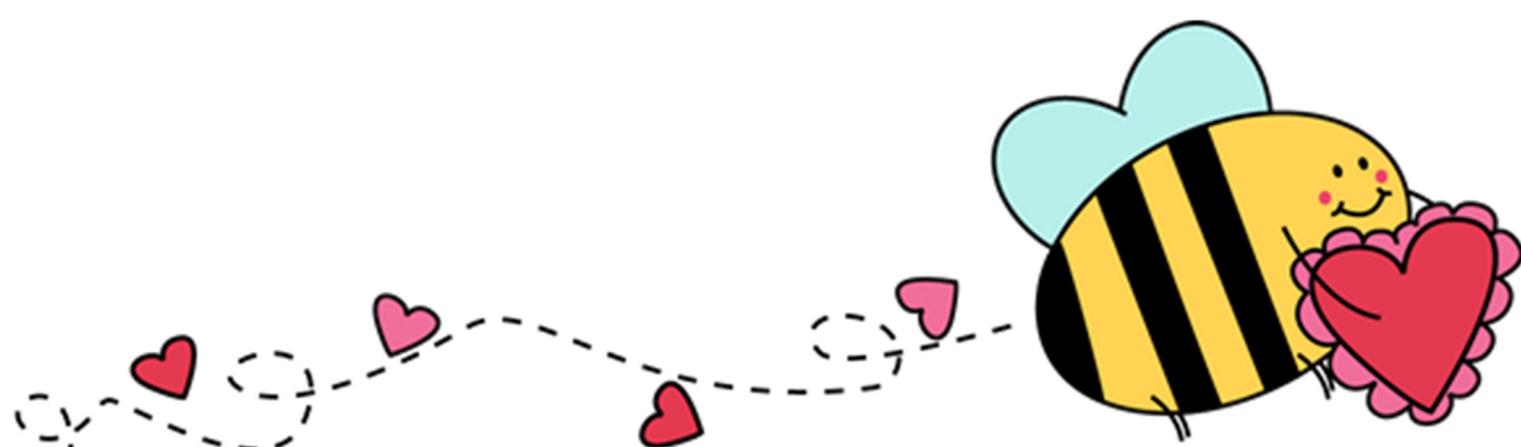
Special Points of Interest

- Movie Afternoon—Invincible—Feb. 5
- Superbowl Party Luncheon—Feb. 6
- No Host Dinner—Main Street Tap & Grill —Feb. 11
- Valentine's Luncheon—Feb. 13
- BIRTHDAY Lunch—Feb. 18

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

FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 1p—Choir 2p—Grief support Group for Widows/Widowers	3 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	4 9a—Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Mexican Dominos 1p—Writers' Group 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together Support Group/Family Caregiver Support Group	5 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Card making with Kimberly 1-3p—Hand & Foot 3p—Movie Afternoon: Invincible	6 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11:30a—LUNCH/Super Bowl LX Party 1p—Wii Bowling 12:30-4:30p—Bridge
				
9 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 1p—Choir 2p—Grief support Group for Widows/Widowers	10 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	11 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Mexican Dominos 1p—Writers' Group 1p-3p—Quilting/Crafting— No Sew Fleece Heart Pillow 2-3:30p Stronger Together Support Group 5:00p—Dinner No Host— Main Street Tap & Grill	12 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:00p—Acoustic Jam	13 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11:30a—LUNCH/ Valentine's Celebration/R.S.V.P 1p—Wii Bowling 12:30-4:30p—Bridge
				
16  CENTER CLOSED	17 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11:30 CHOIR CONCERT Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	18 9a—Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH/Birthday Celebration 1p—Mexican Dominos 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	19 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:00p—Acoustic Jam	20 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
23 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	24 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	25 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Mexican Dominos 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	26 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:00p—Acoustic Jam	27 8-10am Waffle Friday 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 10a—Senior Conn. Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge

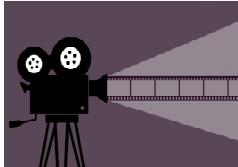




Happy Birthday!



Day	Name	Day	Name	Day	Name
1	Diane Sadler	9	Deborah Stiers-Tremelling	18	Norma Wong
1	Ivan Barber	10	Leo Foster	21	Mary Kennedy
1	Sharon Hart-O'Hara	10	Eileen Bryson	21	Carol Barner
2	Greg Geller	11	Marcia Heinrich	22	Margie Vance
3	Barb Dudley	11	Sharon Williams	23	Jan Daniels
3	Renee Heeren	11	Milan Galey	24	James Crain
4	Missy Bailey	13	Imelda Lee	24	Quinton Walker
5	Henry Knackstedt	14	Cheryl Arrington	25	Carolyn Broussard
5	Juanita Griffin	15	Patrick Tassell	25	James Mahoney
6	Beverly Waldrop	15	Bill Duddleston	26	Ingrid Edgerly
6	Thomas Cullington	16	Barbara Modigh	26	Donald Erwin
6	Mary Deen	17	Robb Geesen	27	Molly Jackson
7	Cynthia Wineteer	17	John Macanas	28	Ava Nell Bassett
7	Rexanne Wheeler	18	Edward Dupre	28	Phlox Laucher
8	Robert Romig	18	Ronald Fullinck	29	Judy Buffington
				29	Betty Truesdell



Thursday Afternoon Movie

February 5, 2026 at 3:00p.m.

Now showing: Invincible

Lifelong football fan Vince Papale (Mark Wahlberg) sees his wildest dreams come true when he becomes a member of the Philadelphia Eagles. While teaching at his high-school alma mater in Pennsylvania, the 30-year-old gets a chance to try out for his favorite team and, except for kickers, becomes the oldest rookie in NFL history who never played football in college.

NO-HOST DINNER

Main Street Tap & Grill

Wednesday, February 11, 2026

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at Main Street Tap & Grill 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.

dates to remember

Wednesday, February 4	Social Security	9a–Noon
Thursday, February 5	Card Making with Kimberly	1:00 pm
	Movie Afternoon: Invincible	3:00 pm
Wednesday, February 11	“No Host” Dinner/Main Street Tap & Grill	5:00 pm
Thursday, February 12	Council on Aging Meeting	3:00 pm
Friday, February 13	VALENTINE'S DAY LUNCHEON Please sign up to reserve your seat	 11:30 am
Monday, February 16	PRESIDENTS DAY CENTER CLOSED	
Wednesday, February 18	Social Security	9a—Noon
	Birthday Lunch	Noon
Friday, February 27	Waffle Friday	8-10 am
	Senior Connection Meeting	10:00 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

Vintage Pointe, Council on Aging

Kenai Senior Connection, Inc.

Benefits Counseling

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 before 1:00PM.**

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

Daily Vitamins of A, B, C

By: Yen-ti Verg-in

A few years ago, my sister Margaret delivered an inspiring speech titled “*My Daily Vitamin of A, B, C.*” At that time, she was just one year shy of turning 80.

In her speech, she explained that being a senior is not something we can control, but we can certainly take steps to shape our lives into what we want them to be. She wants to remain independent and energetic for as long as possible, so she takes her own prescribed daily vitamins of A, B, and C.

- **Vitamin A: Be Active.** She usually practices Tai Chi or swims in the morning, enjoys Zumba or line dancing in the afternoon, and goes hiking whenever the weather permits.
- **Vitamin B: Be Bold.** She conquered her fear of public speaking by joining Toastmasters, and overcame her fear of heights through bungee jumping and parasailing.
- **Vitamin C: Be Cheerful.** She believes that having a cheerful heart is the best medicine and a wonderful natural sweetener.

Her speech, delivered with zest and humor, won first prize. Active, Bold, and Cheerful—she truly reaped the benefits of these vitamins. She is bubbling with life, her sunny personality acting like a magnet that draws people toward her. She has the remarkable ability to see the positive side of almost everything, and talking to her always lifts my spirit.

Now, as the new year begins, I find myself re-examining my own life and considering what kind of “vitamin supplements” I should take. At the top of my list is **Vitamin P: Patience**. But where can I buy it? Al suggests:

- **Pause before reacting.** When irritation rises, take a deep breath or count to ten. This interrupts impulsive reactions and gives space to respond calmly.
- **Shift focus to gratitude.** When impatience hits, remind yourself of what’s going well. Gratitude reduces frustration and builds perspective.

I also want to add:

- **Vitamin Z: Zen.** Calm, peaceful, balanced.
- **Vitamin S: Sleep.** Slow down, rest, and take a breather to refocus.

It is midnight now—time to take my **Vitamin ZZZZZ...**



Facts About George Washington

1. He was the first president.
2. He was born in 1732.
3. He was called “The Father of our Country”.
4. He was commander of the army.
5. His face is on the quarter & one dollar bill.
6. He never lived in the White House.
7. The Washington Memorial was built in his honor.



Super Bowl

Party

Friday, February 6

Dining Room

11:30a

Super Bowl squares went on sale January 26! 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 6th to draw the numbers for our Super Bowl Pool and get ready for the BIG game on Sunday, February 8, 2026. Please join us, there may be some fun and games!!

(CAROL PRIOR, Continued from page 1)

In an aside, she commented that firefighting became a legacy, as one of her sons was the fire captain in Kenai, and is now the captain in Sisters, Oregon, and her granddaughter is a firefighter/paramedic for C.E.S. in Soldotna.

In 1989, after their kids were all graduated from school, Carol and Danny moved to Kenai and she quit the Forest Service. She worked for Laidlaw Bus Company as dispatcher for ten years, then went to work for State of Alaska as a fire dispatcher. She retired from that job.

That lasted about ten months. "I couldn't stand it" she said and started volunteering at the Senior Center, then was hired by Kathy to do the data entry. She also kept busy as the Secretary/Treasurer at her church. (she has since retired from that, also)

Now that she has officially retired (again) She volunteers at the Kenai Senior Center as the facilitator for the widows' group and she is the State Coordinator for T.O.P.S.

"I like being around people" Carol says. You'll see her at the Center many times during the week, and often at the desk, as she sometimes picks up the slack if someone needs to be away for an hour or a day. She is a Seahawks fan, and when she has time she likes to just set home and watch t.v.

If you see Carol today she is apt to ask you to bake a pie for the upcoming March for Meals event which she is helping to co-ordinate. I don't think Carol knows how to spell RETIRE.

LUNCHEON

Friday, February 13

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. **Special music from Jim & Elena Pate!!** Don't forget to R.S.V.P. on the bulletin board. **An R.S.V.P. is REQUIRED!** There may be door prizes!



FY26 Central ILC & Far Out Taxi Voucher Programs

The Independent Living Center (ILC) offers two affordable transportation options for individuals with disabilities who experience barriers to mobility. Vouchers are available for purchase **Monday–Friday, 9:00 a.m.–4:30 p.m.** Participants must complete an **IL Intake** to qualify.



Central ILC Program:

Each voucher costs **\$4.00** and covers **one ride up to \$15.00** with AK Cab. Up to **35 vouchers** may be purchased per month.

Far Out Program:

Each voucher costs **\$10.00** and covers **one ride up to \$30.00** with AK Cab. Up to **10 vouchers** may be purchased per month.

Riders are responsible for any fare amount exceeding the voucher value. Two vouchers are required if a driver waits during an errand. Vouchers may not be linked for longer rides, used as tips, sold, duplicated, or transferred. All vouchers **expire June 30, 2026**, and all sales are final. Misuse of vouchers by riders or drivers may result in termination from the program.

The ILC Taxi Voucher Programs are designed to promote independence and ensure that everyone has access to safe, reliable, and affordable transportation within our community. For more information contact ILC at: 907-262-6333.



TAX PREPARATION



BY APPOINTMENT ONLY

CONTACT: (828) 803-3599



No Sew Fleece Heart Pillow

Wednesday, February 11 @ 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 including a no sew fleece heart pillow. Please sign up at the bulletin board. There is no cost.

Veterans News by: Dave Thompson

Hey veterans in case you may not have heard about the PAC ACT signed by Congress in 2022, here's what its all about.

The PAC ACT (Promise to Address Comprehensive Toxics) is a landmark US law from 2022 expanding VA healthcare and benefits for millions of veterans exposed to burn pits, Agent Orange and other toxic substances from wars in Vietnam, Iraq, Afghanistan and beyond, adding presumptive conditions for easier claims and requiring regular toxic exposure screenings. It's a massive expansion of benefits for veterans and survivors, helping them get earned care for service-related illnesses.



One thing to note here, you do not have to already be on VA health care to qualify. VA health care and VA compensation benefits are two different issues. So if you served as a veteran where you were exposed and you have health problems, you need to file a claim as soon as possible. It really helps to have copies of your medical records from doctors and hospitals, blood and other test results and your DD-214 military record. Personal letters such as from your wife or relative and other info is also helpful.

Know then who qualifies :

All Vietnam veterans who set foot on land

All Iraq and Afghanistan Post 911 veterans who were exposed to burn pits there. Vets exposed to contaminated water at Camp Lejeune, North Carolina.

Vets who served on Korea's DMZ during 1968 thru 1970 and others who handled Agent Orange stateside, etc.

You can verify all these places by reading the PAC ACT.

This is an expanded VA program which simplifies and speeds up your claim, like within ninety days. But it is very important to get your records in order if you have any of the new 22 presumptive health problems. You can see all these conditions by going on line to VA PAC ACT. Much is covered there.

Especially important is to take your assembled health care paperwork to a professional VA Service Claims officer. I recommend Mark Johnson, in suite B business plaza at Tudor and C Street in Anchorage. Make an appointment with Mark at :

Mark Johnson, Veterans Service Officer Mark.Johnson463@va.gov
Office 907-257-4760 Fax 907-257-4759 Cell 907-744-4109

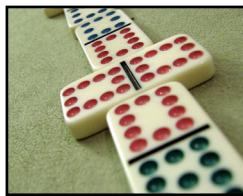
The trip to Anchorage to see Mark is well worth it. He is very knowledgeable and easy to work with. This PAC ACT makes millions more veterans eligible for VA health care and monetary compensation. Your benefit could be substantial, but have a little patience.

So veterans read up on the PAC ACT, get your Sierra Tango, and file your claim ASAP. They say there are approximately six million veterans who qualify who have not done so yet.

File soon and good luck, Dave Thompson -Always helping veterans

Calling all Mexican Dominoes Players!

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



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!

Nikiski Pool Transportation:

Morning pool service has resumed on Thursdays. There is no transportation fee for this service but the individual is responsible for the \$2 admission fee to the pool.



Waffle Bar Returns!

We will be offering waffles on **The last Friday of the 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.



Kenai Peninsula

Wednesday, February 4 from 2:00p-3:30p



The Kenai Peninsula

Family Caregiver Support Program will meet at 2:00 pm on Wednesday, February 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 Nicole at 907-776-7654.

Card Making with Kim



Thursday, February 5 at 1:00pm Senior Center Dining Room. Please Sign up on the bulletin board.

Valentine's Day



A young man's mind turns to Love

*Eagerly he pursues his mate
Not to be deterred*

*This is the way of the world
It is spring*

Now is the time

Every year the cycle repeats
By: Jerry Nassen

How Is the Senior Center Funded?

Many people are surprised to learn how our Senior Center is funded. The Center receives partial funding through a **Title III grant under the Older Americans Act**, which helps support meals and programs for older adults. However, this grant covers only a portion of our costs — and we depend on **community support and private donations** to keep our programs going strong.

When you enjoy lunch at the Center, you'll notice a **suggested donation of up to \$8 per meal**. This is not a charge or fee — it's simply a suggested contribution that helps us cover the true cost of preparing and serving nutritious meals each day. We understand that not everyone can give that amount, but **we appreciate any donation you're able to make**. Every dollar helps, and every contribution makes a difference.

Beyond meals, the Center offers so many “free” services — from daily coffee and social activities to educational programs, exercise classes, and community events. While these may appear free to our participants, they are made possible only through the generosity of donors, volunteers, and local supporters who believe in keeping our Center active and welcoming for everyone.

If you would like to make a **donation anonymously**, there is a **wooden box in the hallway** where contributions can be placed discreetly. Your continued support ensures that we can serve today's seniors — and future generations — with care, dignity, and connection. **Thank you for helping us make it all possible!**



Are you confused about the new Kenai Peninsula Borough Property Exemption and not sure what to do?

We went straight to the Assessing Department at the Borough to get the details. Here is what we found out:

To get the **senior tax** exemption in the Kenai Peninsula Borough, you must be 65 or older (or a surviving spouse 60 or older), own and occupy the property as your primary residence, and qualify for an Alaska Permanent Fund Dividend. An application must be submitted by February 15th of the exemption year. Proof of age is required for the initial filing. (This is for the \$300,000 senior exemption and there is NO change to this. If you have already done this, it does not need to be redone.)

The \$50,000 residential exemption has been raised to \$75,000. This is in addition to the senior exemption. You **DO** need to apply for this exemption. The easiest way to apply is to go to the Kenai Peninsula Borough website <https://www.kpb.us/> and click the upper orange box on the home page. “New \$75K exemption”. Fill it out and hit submit.

The senior center can also provide copies for you to mail in or you can stop by the Borough Assessing Department in Soldotna and they will help you fill it out.

Remember, the deadline for applications is February 15, 2026.



Kenai Senior Connection, Inc. NEWS

By: Terry Turner, Board President and Jerry Nassen, Board Vice-President

Holy smokes, is it February already? How did that happen? When? I'm not ready! Truth be told, I'm still wrapping my head around the fact that it's 2026. But the lengthening daylight and slowly raising temperatures tell us that time is moving on, whether we're ready or not!

February is often cold, still dark, still winter. It is the traditional month of love (think Valentine's Day), the official remembrance of a couple US Presidents, and dreams of spring. February also means that our major fundraiser of the year is fast (too fast!) approaching...March for Meals. Your Senior Connections Board and the M4M committee is deep into the planning stage; we know from past experience that this all-important event definitely has a way of sneaking up on us. So if you haven't yet, be sure to mark your calendars for Friday March 27th, be ready to buy your tickets (available soon), and please keep the needs of hungry seniors in your financial planning. This year's theme is The Wild West, and Missy and crew have an awesome western-style menu planned for the evening.

It will be a sellout, it always is, so start gathering your period costumes (prizes will be awarded), get ready to bid on Celebrity Desserts and some awesome Silent Auction items, and mosey on down for a fun evening of food, fun, and festivities as we raise funds to blaze a trail to support senior meals!

LIBRARY NEWS

by Kari Mohn

The Post-it color for February is pink. The Post-its indicate new items.

The Kenai Senior Center Library has a plethora of items for your check out pleasure. Starting at the windows and working around the Game Room, audio cassettes and Blu Ray movies are on the shelves underneath the television. The Fiction audio cassettes are shelved alphabetically by author. All other titles are shelved alphabetically by title.

Books are shelved by section beginning with Adventure and continuing with Alaska, Fantasy, History, and Romance. The next bank of shelves houses Mystery and Fiction. The last bank of books houses Science Fiction and Western. Except for the Alaska and History sections, these titles are alphabetical by author. The library has so many Westerns by Louis L'Amour, his books are housed on the counter in the Computer Room.

Video DVDs are shelved by title with letter spacers for easy browsing. Jig Saw puzzles complete the collection. Puzzles are shelved by the number of pieces. 1000-piece puzzles are on the top of the shelving.





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 2026 \$5 CLUB

Marty Askin	Sharon Fisher	Xiaopei LaTocha	Trish Roderick
Victoria Askin	Carol Freas	Hoa Le	Gladys Routh
Ken Ayers	Velda Geller	Susan Lockwood	James Schwanke
Kris Ayers	Cheryl Gates-Spear	Chris Lombard	Linda Schwanke
Carol Barner	Margaret Goggia	Jennifer Lombard	Julia Selanoff
Steve Best	Bill Graves	Andy Long	Marcia Shea
Larry & Tona Bravo	Luna Graves	Carol Louthan	Debbie Sonberg
Patricia Bravo	Jeffrey & Monica Griffin	Mike Louthan	Russell Sonberg
Arthur Brown	Phyllis Hallstead	Leon Marcinkowski	Cheryl Spear
Donna Brown	June Harris	Marge Milewski	Bill Starnes
Megan Burke	Nancy Henning	James Miller	Sondra Starnes
Barb Christian	Kathy Heus	Debbie Myers	Sheila Philips-Steiner
Mike Christian	Howard Hill	Jerry Nassen	Linda Stephens
Renee Clifford	Kit Hill	Bill Nelson	Vivian Terry
Jewell Coverstone	Kathy Heus	Lois Nelson	June Truelove
Rachael Craig	Donna Hoyt	Marian Nickelson	Terry Turner
Walt Craig	Bobbie Jedlicki	Ray Nickelson	Beverly & Don Waldrop
Terri Cramer	Fran Kilfoyle	Susan Olson	Frosty Walters
Jan Daniels	Leanne King	Katie Pault	Virginia Walters
Deborah DeShong-Hayes	Ron King	Bill Perrigo	Candace Ward
Janet Nelson-Dormandy	Sandy King	Nanette Peter	John White
Pam Downing	Henry Knackstedt	Bob Peters	Mary White
Shirie Drath	Anita Kwan	Robert Peterson	Ozella Williams
Barbara Durnil	Gaye Larane	Judith Pock	Clayton Yoncher
Robin Feltman	William LaTocha	Biz Robbins	Emmett Young

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

- **First Thursday of the Month:** Movie Afternoon 3 PM to 5PM
- **Thursday Fun Night:** happens every second, third, and fourth Thursday of the Month from **5 PM to 9 PM:** Join us for an Acoustic Jam, card games, cribbage, and more!

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



Widows/Widowers



Meet Mondays at 2pm

Come share your grief with others

Its your story for you to share and we are here to support you



- 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.

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.



Update Your Information

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.



This or That

VALENTINE'S DAY EDITION

CIRCLE THE CHOICE YOU PREFER

COOKIES *or* CAKE

FLOWERS *or* CHOCOLATE

DIAMONDS *or* PEARLS

GO OUT *or* STAY IN

LOVE *or* MONEY

RED WINE *or* WHITE WINE

HOST *or* BE A GUEST

SINGING *or* DANCING

ROSES *or* LILLIES

TEDDY BEAR *or* CARD

KISSES *or* HUGS

DINNER *or* MOVIE

LIPSTICK *or* LIP GLOSS

LEATHER *or* LACE

VANILLA *or* STRAWBERRY

SHOOT CUPID'S ARROW *or* BE SHOT BY CUPID'S BOW

HAVE A SECRET ADMIRER *or* BE A SECRET ADMIRER

SPEAK IN RHYME FOREVER *or* SPEAK IN RIDDLES FOREVER



Heart Healthy

FEBRUARY 2026 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 Cream of Mushroom Soup Ham & Swiss Croissant Sandwich Parmesan Fries Chips	3 Spaghetti w/ Meat Sauce Zucchini Medley Garlic Bread	4 Baked Ham Cheesy Potatoes Baked Cabbage & Carrots Cranberry Stuffing	5 Teriyaki Chicken Wild Rice Pilaf Roasted Mini Peppers	6 Taco Salad Root Beer Floats Fruit & Cheese Kabobs
9 Clam Chowder Tuna on Rye Sandwich Seafood Pasta	10 Thai Chicken Salad w Peanut Dressing Muffin Fruit Cup	11 Swedish Meatballs Egg Noodles Pickled Beets Whole Wheat Roll	12 Chicken Broccoli Mushroom Red Pepper Alfredo Garlic Bread Tossed Salad	13 Lasagna Roll Ups Garlic Bread Blueberry Nut Grape Salad Strawberry Crepes
16 CENTER CLOSED	17 The Fisherman's Chicken Cob Salad Fruit Cup Muffin	18 BBQ Pork Ribs Baked Beans Corn Casserole Birthday Cake	19 Garlic Beef & Broccoli & Mushrooms Noodles Egg Roll	20 Pulled Pork Sandwich Coleslaw Onions Rings
23 Cranberry Pecan Turkey on a Croissant Fruit Cup Potato Salad Chips	24 Fried Chicken Mashed Potatoes Gravy Peas & Corn	25 Lemon Chicken Thighs Jasmine Rice Honey Ginger Carrots	26 Beef Enchilada Mexi-Corn Spanish Rice Chips & Salsa	27 Cheeseburgers Fries Potato Salad

Center Funders & Supporters

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



Find us on  **Facebook**

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

E-mail: senior@kenainc.org

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

HERE
STAMP
PLACE
PLEASE

City of Kenai
Kenai Senior Center