

# The Centerline

## JANUARY 2023

### *A New Year*

*What a precious gift, an entire year,  
Filled with joy and pain, peace or fear.*

*52 weeks in which to grow,  
Sometimes fast and sometimes slow*

*365 days to use*

*For good or bad, as I choose*

*525,600 minutes to embrace*

*With hectic steps or a steady pace.*

*3,153,600 seconds*

*To look to God and follow as He beckons*

*Thank you, Father, for an empty slate,*

*A brand new path, with a brand new gate.*

*May I listen to the Spirit and go where led,*

*Live in Your truth, from your Word be fed.*

*Make me an example of mercy and grace.*

*To cherish each glimpse of a loved one's face.*

*Give me strength and courage to carry-on,*

*In my heart, may there always be a song.*

*I give you this year, minutes seconds and days.*

*Help me to be faithful and walk in Your ways.*

*By Sandy King*

*with Kenai Senior Writers' Group*



### **Special Points of Interest**

- No Host Dinner—Louie's
- KPD Fraud Talk
- Chinese New Year's Celebration
- Waffle Friday returns

### **City of Kenai Kenai Senior Center**

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



**PICK.CLICK.GIVE**  
**Kenai Senior Connection, Inc.**



**City of Kenai**  
**Kenai Senior Center**  
**Kenai Senior Center**  
**361 Senior Court**  
**Kenai, Alaska 99611**

**Phone: 907-283-4156**  
**Fax: 907-283-3200**  
**E-mail: [senior@kenai.city](mailto:senior@kenai.city)**  
**<https://www.facebook.com/kenaisenior/>**



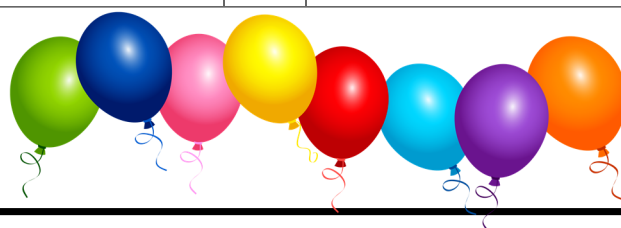
PLEASE  
PLACE  
STAMP  
HERE

# JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div></div> <div>CENTER CLOSED</div>	<div>3</div> <div>10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</div>	<div>4</div> <div><b>9a-Noon-Social Security</b> 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—PCHS Presentation Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting</div>	<div>5</div> <div>10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot</div>	<div>6</div> <div>9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>9</div> <div>10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 2-3:30pm Stronger Together Support Group</div>	<div>10</div> <div>10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3p—Ray Nickelson’s 90th Birthday Party <b>5p—No Host Dinner/ Louie’s Restaurant</b></div>	<div>11</div> <div>10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p-Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting</div>	<div>12</div> <div>10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 3:00p—Council on Aging 5:00p-Cribbage 6:30-Bluegrass 5p—Short Story Club</div>	<div>13</div> <div>9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>16</div> <div>10a—Growing Strong 11a—Bells 11a—Spanish Class <b>11:30a—LUNCH— KPD presentation: Fraud Prevention</b> 12:30p-4:30p—Bridge 2-3:30pm Stronger Together Support Group</div>	<div>17</div> <div>10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1-3p—Family Caregiver Support Group 3—4p Dance Lessons</div>	<div>18</div> <div><b>9a-Noon-Social Security</b> 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 3p—Sing-Spiration</div>	<div>19</div> <div>9:30—Crafts with Kids 10a—Tai Chi <b>11:30a—LUNCH/ Chinese New Year’s Celebration</b> 1p—Wii Bowling 1-3p—Hand &amp; Foot 1-3p—Computer Basics Class w/ Elizabeth Kleweno 5:00p-Cribbage 6:30-Bluegrass</div> <div></div>	<div>20</div> <div>9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>23</div> <div>10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 2-3:30pm Stronger Together Support Group</div>	<div>24</div> <div>10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3—4p Dance Lessons</div>	<div>25</div> <div>10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting <b>1:30p—Paint-a-Snowman</b></div>	<div>26</div> <div>10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 5:00p-Cribbage 6:30-Bluegrass</div>	<div>27</div> <div><b>8-10a WAFFLES</b> 9:30a-12p—Quilting/ Crafting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 6-8p Winter Ball Dance</div>
<div>30</div> <div>10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 2-3:30pm Stronger Together Support Group</div>	<div>31</div> <div>10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 3—4p Dance Lessons</div>	<div>1</div> <div>10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting</div>	<div>2</div> <div>10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 5:00p-Cribbage 6:30-Bluegrass</div>	<div>3</div> <div>9:30a-12p—Quilting/ Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>

# Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Gerald Turbo	7	Christine Hutchison	20	Don Weller
1	Steve Arbelovsky	8	Mike Meeks	22	Darlene English
1	Rick Nelson	10	Ray Nickelson	22	Shirley Oehler
1	Keith Struempler	12	Dorothy Diamond	22	Lucille Gagnon
1	Rhonda Waugh	14	Ray Verg-in	24	Charles Thornton
2	Glenese Pettey	14	Bobbi Jedlicki	24	Bob Arrington
5	Charles Kahakawila	14	LeeAnn King	25	Joe Jolly
6	Jack Castimore	15	Nelda Sadler	29	Donna Allen
7	Sharon Roesch	16	Karen Taylor	31	Jan Erwin



## 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.

## NO-HOST DINNER

**Tuesday, January 10, 2022**

### **Louie's Restaurant**

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

Monday, January 2	<b>CENTER CLOSED</b>	
Wednesday, January 4	Social Security	9a–Noon
Tuesday, January 10	“No Host” Dinner/Louie’s	5:00 pm
Wednesday, January 11	Card Making with Kimberly	1:00 pm
Thursday, January 12	Council on Aging	3:00 pm
Monday, January 16	KPD Fraud Prevention Talk	11:30 am
Wednesday, January 18	Social Security	9a—Noon
	Birthday Lunch	11:30 am
Thursday, January 19	Chinese New Year Celebration	11:30 am
Wednesday, January 25	Paint-a-Snowman	1:30 pm
Friday, January 27	Friday Morning Waffles	8-10 am
	Kenai Senior Connection, Inc. Meeting	10:00 am
	Winter Ball Dance	6-8 pm

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 Hours**

Mondays 8:00am ~ 5:00pm

Tuesdays 8:00am ~ 5:00pm

Wednesdays 8:00am ~ 5:00pm

Thursdays 8:00am ~ 9:30pm

Fridays 8:00am ~ 5:00pm

**Need to speak with someone in  
administration?**

**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, January 11

at 1:00 pm

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, January 12 at 5:00 pm** in the **Computer Lab**.

They will be discussing the classic, **“Counterparts” by James Joyce**. Copies are available in the Computer Lab. Please feel free to join us! See Jerry Nassen for more

## 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.



**Tuesday, January 17th**

**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,**

**January 17th**

**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 **January 18 at 3:00 pm** for Sing–Spiration. You can choose the songs we sing!



## *Memorial Service for Joe Harris*

*Sunday, January 22*

*2:00 pm*

*Kenai Senior Center*

*Please join June Harris, family and friends as we gather to remember Joe and all he was to the Kenai community.*



## **SNOWMAN PAINTING**

**With Kayla**

Wednesday, January 25, 2023

Craft Room at 1:00 pm

Whether you are a Rembrandt or a Color-by-Number painter, this is the class for you!



Kayla will be teaching us how to paint a delightful snowman perfect for the winter season. The cost is \$7 per person and the class is limited to six (6) individuals. All supplies will be provided. Sign up and pay at the front desk.

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

**by Velda Geller, Board President**



Last month I told you we would reminisce about 2022:

- I still remember January was a little colder than usual; we had a rainy and cooler spring; a short summer; then an early cool fall; and finally, an early cold winter with lots of snow and very cold temperatures.
- Our March for Meals 2022 theme was "Roaring Twenties" and was a great success.
- The Connection sold pies, as well as biscuits & Gravy at the July 4 celebration on the City's Park Strip. Everyone had a good time.
- We dedicated the Bill Osborne Memorial Greenhouse with some of Bill's family and old close friends. During the summer, we enjoyed tomatoes, cucumbers, and other veggies from the greenhouse.
- The Connection sponsored a snack shack for two Senior Center dances: One in early fall and the second on Halloween. They were enjoyed very much by all attending. Connection also sponsored a snack shack for the Center's Vintage Collectibles & Homemade Crafts Show, which was quite successful as well.
- December was quite busy with the following events:
  - Our Toys for Kids project where we collected a large box of donated toys and funds to purchase toys for deserving children at the Mt. View School. A special THANK YOU to all who donated and assisted in readying the donations to take to the school.
  - "Breakfast with Santa" was very successful for children and adults considering it was on a very cold Alaska morning with temperatures from -14 to -21.

*Background story: In America at Christmas time, a Santa Claus would visit children during this holiday. How about Chinese New Year, the biggest and most celebrated holiday in China? There will be no Santa Claus. Addison, who is a second generation of CBC (Canadian Born Chinese), wanted to know who delivers the goodies for Chinese New Year. Addison's grandmother told her about the tradition dragon dance, the importance of using firecrackers, and the special food; but no Santa Claus in Chinese folklore. Addison came up with this story about the Red Dragon delivering steaming buns during Chinese New Year. Addison was five years old.*

## CHINESE NEW YEAR TRADITION ACCORDING TO ADDISON

Told by Addison McYong



The Red Dragon was busy packing his bag. It was almost time to start his yearly journey. He checked it again: gold coins and chocolate for everyone in the red envelopes. His wife was making juicy steamed buns to be packed into his bag later. Soon it would be time to begin his trek around the world to reward the children for being good. But first he must eat some dinner. Those buns smelled so good and he had a long way to travel before the night was over.

His wife handed him a small bundle. "Here is something for a snack in your travels," She said, "It is a long night tonight and it would never do for you to eat the buns meant for the children." She smiled and kissed his cheek. He took the small red bundle and tucked it up under his wing in the special pocket made for such things, and slung the bag with the gifts across his back.

Dragon took off flying west from the Magic Mountain. Everyone on the mountain waved good-bye. They knew he would return in time to celebrate the New Year with them. In the meantime, they would prepare their homes with red decorations and noisemakers and lots and lots of food. The monster, Nian, would not be visiting them this night. Nian just wanted to scare people and Dragons, but everyone knew he didn't like noise, and was afraid of the color red. Dragon thought he was well protected, being red and all, but it was wise to be prepared.

Dragon's trip was much longer these days. In the olden days he had only to travel over China, but the people had moved over the years, and now he could find the homes of his friends all over the world. He flew quietly over Europe, then turned south toward Africa. He stopped at many houses along the way while the children slept, softly opening doors and sneaking in then placing red envelopes and juicy buns where they could be found the next morning.

He didn't travel the same route every year so he could confuse Nian; and it didn't matter which route he chose as long as he visited all the children who were waiting for him. He was making his way north along the Atlantic coast of North America to Canada when he glimpsed the monster hiding behind a mountain. Dragon waved and dropped him a morsel from his snack bag, which Nian gobbled up and returned the wave ducking his head because he didn't like to see the red color of the flying dragon.

Dragon always liked to get to Canada, because it meant he was nearing home. After the houses there, he could cross the big ocean and there would be Magic Mountain again. He stopped at many homes, silently opening doors and looking around before leaving the coins and the chocolate and the dumplings. It wouldn't do to stop at a house where Dragons were feared so he was careful to look for lots of red decorations and listen for the sound of firecrackers. Soon, he was at the McYong's house; his last stop before the flight over the big ocean and home.





(Continued from page 7)

He left chocolates, dumplings and gold coins for everyone then quietly left the house, being careful to close the door. He gobbled the last of the snack in his lunch pack and leaped into the air. Magic Mountain was just a few wing flaps away. It has been a long night, but he knew how happy the children would be when they awoke and saw their gifts, especially the juicy steamed buns. ~End

*About Chinese New Year New Year:*

*Chinese New Year's importance is rooted deep in history, and today remains the most important occasion for generations of families to reunite and spend time together. This year it will fall on Sunday, January 22, 2023, starting a year of the Rabbit.*

*First, legend states that the Chinese New Year stemmed from an ancient battle against the Nian (/nyen/, which sounds the same as 'year' in Chinese), a terrifying beast that showed up every Lunar New Year's Eve to eat people and livestock. To scare away the monster, people displayed red paper, burned bamboo, lit candles, and wore red clothes. These traditions have been continued until the present time.*

*Second, it is a celebration of the arrival of spring and the beginning of a new year on the Chinese lunisolar calendar.*

*Third, it is a must to have lucky foods.*

### **CHINESE NEW YEAR LUCKY FOOD**

**Chinese Dumplings:** First, they signify family reunion; in northern China, families traditionally spend New Year's Eve together preparing the dumplings, which are eaten at midnight. Second, the crescent shape of jiaozi symbolizes wealth and prosperity because of the resemblance to ancient Chinese money (silver and gold ingots). By wrapping dumplings, you are wrapping in the fortune. After eating them, you will live a wealthy and prosperous life.

**Fish:** It is a must for the Chinese New Year. Why does fish symbolize surplus and wealth? In Chinese, fish (鱼—yú) has the same pronunciation as 余, which means “surplus” or “extra.” The typical blessing is 年年有余 (Nián nián yǒu yú), wishing you to have a prosperous New Year!

**Peanut:** Birth, many children

**Candy:** Sweetness, Romance

**Apple:** Peace, round ~ Unity

**Orange:** Fullness and wealth; Gold color, good luck ~ Unity



This year, Kenai Senior Center will prepare some of the lucky food for you to celebrate Chinese New Year. Mark your calendar: **January 19, Thursday**, and these lucky food will be served as part of lunch menu. If you are interested in joining us for lunch that day, please sign up on the bulletin board so we will know how many to prepare. Gong Xi, Gong Xi!



Look  
Who's  
90

*On January 10, 1933, Ray Clifford Nickelson entered this world. You are invited to help Ray celebrate his 90<sup>th</sup> birthday. His party will be at the Kenai Senior center.*

*Tuesday, January 10, 2023      3:00 P M*

*Kenai Senior Center      Kenai, Alaska*

*If you unable to attend the party, please send a card to*

*P O Box 8031*

*Nikiski, Alaska 99635*

*Or an e-mail to [dmpbdck@outlook.com](mailto:dmpbdck@outlook.com).*

*Thanks for helping Ray celebrate ,*

**Thank you to Marion Nickelson for  
this invite!**

# *WINTER BALL SEMI-FORMAL DANCE*

*WHEN: Friday, January 27*

*WHERE: Kenai Senior Center*

*TIME: 6:00-8:00pm*

*Celebrating ~ Dancing ~ Friends ~ Fun  
Please bring a yummy dessert to share*

*Dancing Music provided by Kevin Barrett*

*Kenai Senior Center  
361 Senior Court, Kenai  
907-283-4156*



High blood pressure can harm your eyesight in many ways. Don't let high blood pressure damage your vision! Many people know that high blood pressure (hypertension) is a risk factor for heart disease and stroke, but did you know that uncontrolled blood pressure can damage your eyes?

Your eyes contain many tiny blood vessels. Over time, high blood pressure can damage these tiny blood vessels and eye problems can develop, such as:



- **Blood vessel damage (retinopathy):** A lack of blood flow to the retina (the light-sensitive layer of tissue at the back of the eyeball) leading to blurred vision or the complete loss of sight. People with diabetes and high blood pressure are even more likely to develop this condition.

- **Fluid buildup under the retina (choroidopathy):** This buildup of fluid under the retina, the light-sensitive layer of tissue at the back of the eyeball, results in distorted vision or, in some cases, scarring that impairs vision.

- **Nerve damage (optic neuropathy):** The result of blocked blood flow damages the optic nerve. This can kill nerve cells in the eyes, which may cause temporary or permanent vision loss.
- High blood pressure can lead to a stroke which can also cause vision loss. In addition to harming the eye, high blood pressure can also cause a stroke, which can damage the area of the brain responsible for vision.

**Effectively managing your blood pressure and seeing your eye doctor for an annual checkup can keep your eyesight healthy.**

#### **Learn more about Alaska Health Resources:**

- Alaska Virtual Health Fair is a "one-stop shop" with credible resources, articles, and links to events regarding your health <https://www.akvirtualhealthfair.org/>
- The Anchorage Peer Leader Navigator program has health navigators specially trained in helping work with communities to equally access wellness services. Learn more at [www.anchorageplns.org](http://www.anchorageplns.org)
- The Alaska Tobacco Quitline has resources and services available in a variety of languages. Stopping tobacco is one major step to better health. Email the Alaska Tobacco Prevention and Control Program ([tobacco@alaska.gov](mailto:tobacco@alaska.gov)) for copies or visit the ATQL website: [www.alaskaquitline.com](http://www.alaskaquitline.com)



Source of information: <https://www.heart.org/en/health-topics/high-blood-pressure/health-threats-from-high-blood-pressure/how-high-blood-pressure-can-lead-to-vision-loss>

## *Bill Sadler Joins the Elite Club*

*On December 14, 2022, Bill was taken to the second floor of Vintage Point Manor for an “emergency”. When the elevator door opened, he was shocked to see the majority of residents singing Happy Birthday after a boisterous . . . SURPRISE!*

*Fellowship began with grace given by Roy Williams for the celebration of Bill’s 80th birthday. Choice of pizza and sodas were served followed with a delicious cake and vanilla ice cream. Bill’s favorite is Pepperoni! To help him enter this club, individually wrapped prunes were scattered on all the balloon-festive tables.!*

*Bill Sadler IS Vintage Pointe. He has been our manager for eleven years. His posted office hours are 8:00 am to 12:00 pm. I have never seen him stick to those hours. As the snow falls, Bill is clearing paths, doorways, cars, berms starting as early as 6:00 am. The vacuum runs endlessly to insure keeping our carpets lasting forever. During COVID, Bill was seen every morning and late at night, Monday—Sunday wiping down everything in our complex that could possibly be touched by hands.*

*His smile is contagious. His heart is filled with compassion for those who have lost a loved one or one who just needs to know that someone cares about how one is feeling. There is no request that Bill would not do to help a senior. He is patient and never loses his cool. You rock Bill Sadler!*

*Bill is a class act when it comes to joking. One is not always certain if he is serious or simply wanting to make sure he gets one of us overflowing with laughter.*

*Bill and his lovely wife, Diane, truly make living at Vintage Pointe, a forever thing. Thank you Diane for helping us pull off one grand party!*

*by Shirie Drath*





## 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 December, 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	Karolee Hansen	Jennifer Lombard	Susie Smalley
Bob Arrington	Cliff Heus	Carol & Mike Louthan	Barbara Smith
Cheryl Arrington	Kathy Heus	Len Malmquist	Steve Smith
Ken & Kris Ayers	Jan Hollers	Lee Moeglein	Bill Starnes
Marilyn Bannock	Donna Hoyt	Mary Moeglein	Sondra Starnes
Steve Best	Joe Huard	Kari Mohn	Buck Steiner
Patricia Bravo	Bobbi Jedlicki	Nelson Nakamura	Sheila Steiner
Larry Burcham	Peggy Jones	Jerry Nassen	Deborah Marie Stiers
Renee Clifford	Read Kent	Janice & Joe Nightingale	Charles & Janice Thornton
Terry Cramer	Fran Kilfoyle	Katie Pault	June Truelove
Dave & Allison Darsey	Leanne King	Judith (Kent-Hunter)Pock	Beverly & Don Waldrop
Barb Dudley	Henry Knackstedt	Biz Robbins	Gary Walker
Velda Geller	Anita Kwan	Trish Roderick	Frosty Walters
Margaret Goggia	William LaTocha	Gladys Routh	Virginia Walters
Omer Goodman	Xiaopei LaTocha	Barbara Schmidt	Marie Weller
Luna Graves	Hoa Le	Marcia Shea	Janice Wilsack
Darrell Hagen	Chris Lombard	Hal Smalley	

## LIBRARY NEWS by Virginia Walters

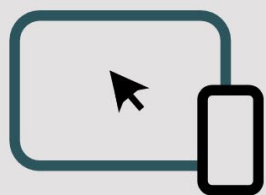
Hooray! Marcia Shea finished the puzzle. Watch for a new one, OR start one!!



Speaking of puzzles....some brand new ones, many of them very fanciful...are now lining the windowsill. They will be added to the collection. We will be sorting and donating many of the older ones. If there is one of them you would like to keep, please feel free to take it now. And if you have friends who need a puzzle, take them a couple. They will be donated to the Salvation Army otherwise.

Time to settle in for January. Lots of DVDs and Blue Ray movies available on the days you can't find a good book. And there are music CDs and records in the lunch room. Enjoy!





# iPhone Basics @ the Senior Center

Thursday  
January 19th  
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.

## Elders and Fraud

We all need to be aware of these scams and how to protect ourselves from others gaining access to our personal information. The Kenai Police Department will be here to offer some great guidelines on how to manage avoiding fraud.

**11:30a, January 16**

**11:30 am**

**Senior Center Dining Room**



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received \_\_\_\_\_ Received by \_\_\_\_\_

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

**Kenai Senior Center, 361 Senior Ct., Kenai, AK 99611**

~Thank you for your help!

Name \_\_\_\_\_  
First Middle Last

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Physical Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Kenai Senior Center Donation Form

### *Helping People Age With Dignity*

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

#### **Please make checks to Kenai Senior Center:**

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)
- ☐ Senior Activities (line dancing, exercise, road trips, etc.)

Email Address: \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

#### **Please make checks to Kenai Senior Connection**

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

Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.



Heart Healthy

# JANUARY 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.

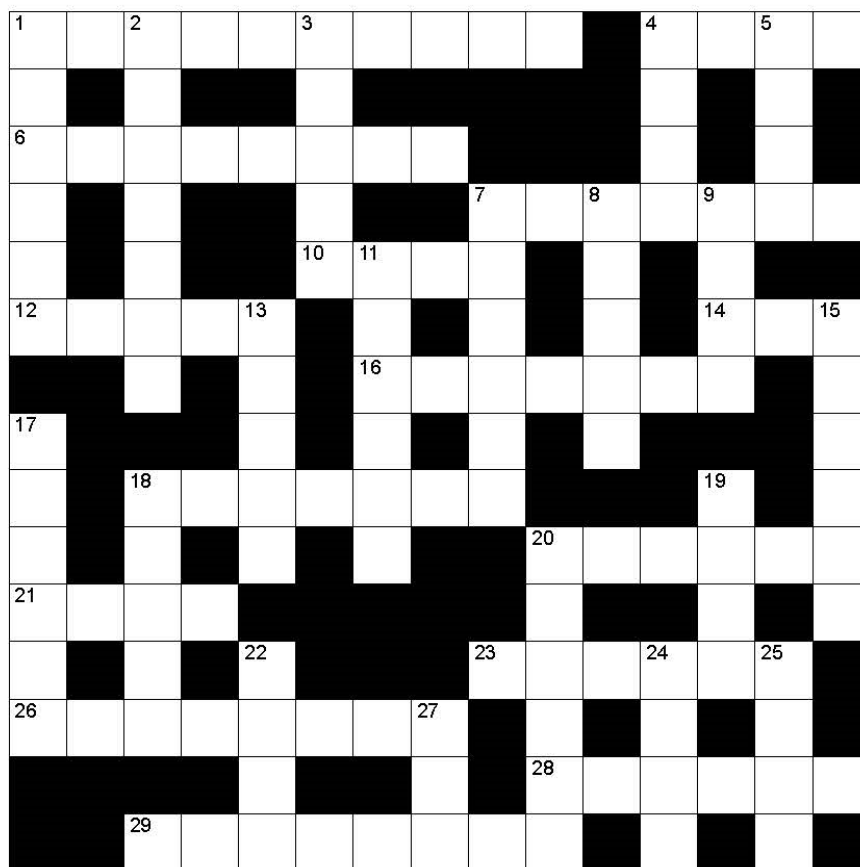
*\*Menu is subject to change\**

*\*Soup and Salad when available\**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed for New Year's Holiday</p>	<p>3</p> <p>Beef Stew Peaches &amp; Cottage Cheese Mandarin Orange Salad Cheesy Rolls</p>	<p>4</p> <p>Swedish Meatballs Egg Noodles/Gravy Pickled Beets Salad</p>	<p>5</p> <p>Artichoke Chicken Italian Veggies Garlic Bread Soup</p> 	<p>6</p> <p>Pizza Spinach Salad</p>
<p>9</p> <p>Baked Potato w/ Fixings Broccoli Spears Muffin Soup</p>	<p>10</p> <p>Chef Salad Bran Muffin Fruit Cup</p> 	<p>11</p> <p>Fried Chicken Mashed Potatoes/ Gravy Buttered Corn Salad</p>	<p>12</p> <p>Soft Taco Mexi-Corn Spanish Rice Soup</p>	<p>13</p> <p>Chili Dogs Tater Tots Peaches &amp; Cottage Cheese</p>
<p>16</p> <p>Split Pea &amp; Ham Soup Toasted Cheese, Bacon &amp; Tomato Tortilini Salad</p>	<p>17</p> <p>Biscuits &amp; Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad</p>	<p>18</p> <p>Roast Turkey Mashed Potatoes Gravy Stuffing Green Beans Salad Birthday Cake</p>	<p>19</p> <p>Sweet-n-Sour Chicken Brown Rice Stir Fry Veggies Egg Roll Apples &amp; Oranges Soup</p> 	<p>20</p> <p>Cheeseburger Cowboy Beans French Fries</p>
<p>23</p> <p>Spaghetti &amp; Meatballs Italian Veggies Garlic Bread Soup</p>	<p>24</p> <p>Thai Crunch Salad w/ Peanut Dressing Muffin Fruit Cup Soup</p> 	<p>25</p> <p>Baked Ham Cheesy Potatoes Yams Salad</p>	<p>26</p> <p>BBQ Chicken Legs Mac &amp; Cheese Zucchini Medley Soup</p>	<p>27</p> <p>Monterey Chicken Sandwich Sweet Potato Fries Broccoli Salad</p>
<p>30</p> <p>Cream of Mushroom Soup Rueben Sandwiches Fruit Cup</p>	<p>31</p> <p>Liver &amp; Onions Mashed Potatoes Gravy Green Beans Salad</p>	<p>1</p> <p>BBQ Pork Ribs Baked Beans Coleslaw Salad</p>	<p>2</p> <p>Pork Enchiladas Salsa &amp; Chips Soup</p>	<p>3</p> <p>Sloppy Joes Parmesan Fries Carrot Salad</p>



# January Crossword



## Across

- 1 Act of breathing (10)
- 4 Placed, as a bet (4)
- 6 Like a bogey (8)
- 7 Hot and sultry (7)
- 10 Roman Emperor, d. AD 68 (4)
- 12 Slim as \_\_\_\_ (5)
- 14 Cover of night? (3)
- 16 Fellow from Pocatello (7)
- 18 Organic compound (7)
- 20 Forensics focus (6)
- 21 Missing, to MPs (4)
- 23 Touchdown spot (6)
- 26 Shark or sharpie (8)
- 28 Pageant winners' bling (6)
- 29 1977 film retitled in 1981 (8)

## Down

- 1 State whose flag has eight gold stars (6)
- 2 Bugbear (7)
- 3 Colorado ski city (5)
- 4 Singer of 'Footloose' (4)
- 5 "\_\_\_\_ long story" (4)
- 7 Coming near (6)
- 8 Post used in air races (5)
- 9 One with many hands, informally (4)
- 11 Paper cutter? (6)
- 13 Had a three-course meal (5)
- 15 Cornhusker archrival (6)
- 17 Online program such as Evernote or Dropbox (6)
- 18 Brace, with "up" (5)
- 19 French island in Oceania (4)
- 20 Works in progress (6)
- 22 Certain Tibetan (4)
- 24 Like Scrooge McDuck (4)
- 25 Statesman Henry (4)
- 27 Crossword inlet (3)