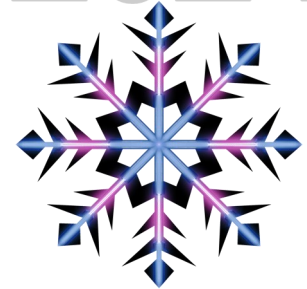


The Centerline

JANUARY

2024



**Barbara Norbeck,
The Exercise Guru**

By Yen-ti Verg-in

2024 is upon us. On the top of your New Year Resolution list is probably: "Stay Active". Let me introduce Barbara Norbeck to you, the

exercise guru at Kenai Senior Centers.

Barbara is the facilitator of the Growing Strong program that KSC offers; an exercise routines which incorporates weight lifting and balance.

Barbara received special training and has been the leader of Growing Strong for last sixteen years. In this program, you work on the leg muscles first, and then the arms weight lifting, the third part is geared in balance and stretching exercise. She methodically and slowly counts "Up, two, three; down two, three," for two sets of ten, which gives the exercise a rhythm, paced so everyone can follow. Her step by step instruction will help you to tone up your muscle and maintain your balance. And most important, keep you active.



Continued on Page 7

Special Points of Interest

- Movie Afternoon— Indiana Jones and the Dial of Destiny— Jan. 4
- No Host Dinner—Louie's Restaurant—Jan. 16
- Birthday Lunch—Jan. 17
- Book Presentation & Signing— Jan. 19

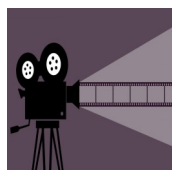
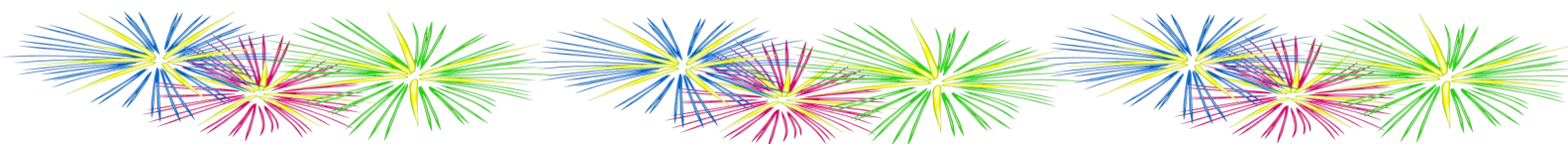
**City of Kenai
Kenai Senior Center**
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156
senior@kenai.city

JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	2 9a– Chair Yoga 10a–Tai Chi 10a–TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	3 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	4 9a– Chair Yoga 10a–Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3:00p— Movie Afternoon: Indiana Jones and the Dial of Destiny	5 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
	8 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir	9 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	10 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	11 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 2pm—Council on Aging NOTE: Special Time! 2 pm Mary Reichart Memorial Service
15 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir	16 9a– Chair Yoga 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 5:00p—No Host Dinner/Louie’s Restaurant	17 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/ Birthday/PCHS 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	18 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Computer Basics Part 2 w/ Elizabeth Kleweno 1p—Wii Bowling 1p—Dominos 1p—Hearing Aid educational presentation 1-3p—Hand & Foot	19 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 2p— The Land We Share Book Presentation and Signing
22 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir	23 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	24 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p—Cabin Fever Creations 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	25 9a– Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot	26 10am—Kenai Senior Connection, Inc. No Morning or Afternoon Activities No NOON Lunch 5 pm Volunteer Appreciation Dinner
29 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir	30 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	31 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group		

Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Laurie Stonaker	13	Vickie Graham	24	Charles Thornton
1	Steve Arbelovsky	14	Ray Verg-in	24	Robert Arrington
2	Glenese Pettey	14	Bobbi Jedlicki	25	Joseph Jolly
5	Charles Kahakawila	14	LeeAnn King	25	Bill Perrigo
8	Michael Meeks	14	Dave Peterson	26	Routh Gladys
9	Judith Pock	15	Diane Sadler	27	Pamela Olson
10	Ray Nickelson	16	Karen Taylor	28	Cheryl Cook
10	Galen Neptune	19	James Stogsdill	29	Donna Allen
11	Linda Williams	22	Darlene English	30	Raymond Hanson
11	Linda Werner	23	Bonnie Cain	31	Jan Erwin
12	Dorothy Diamond	23	Ellen Hudson		



Thursday Afternoon Movie

January 4, 2024 3:00 p.m.

Now showing:

Indiana Jones and the Dial of Destiny

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA.

NO-HOST DINNER

Louie's Restaurant

Tuesday, January 16 , 2024

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Louie's Restaurant** 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 1	CENTER CLOSED	
Wednesday, January 3	Social Security	9a—Noon
Thursday, January 4	Movie Afternoon: Indiana Jones and the Dial of Destiny	3:00 pm
Thursday, January 11	Council on Aging Meeting/Note Special Time!	2:00 pm
Wednesday, January 16	“No Host” Dinner/Louie’s Restaurant	5:00 pm
Wednesday, January 17	Social Security	9a—Noon
	Birthday Lunch	11:45 am
Wednesday, January 24	Cabin Fever Creations Paint Ceramic Pieces	1 pm
Friday, January 26	Senior Connection Meeting	10 am
	Volunteer Appreciation Dinner	5-8 pm

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)

AUDIBEL Hearing Instrument Presentation



Thursday, January 18
1:00pm
Card Room

Audibel representatives are excited to come and go over the proper care of your hearing aids. They will offer assistance in cleaning and checking the functions. They can also schedule a date to come and check your hearing.....have you had a hearing test in the last year? You should have your hearing checked yearly, let them help.

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!

*Happy
New
Year.*

Tuesday, January 16

11:30am—1 pm



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.



- 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.**

We are so very
grateful for you!



Volunteer Appreciation Dinner

Friday, January 26 at 5:00 pm.

Invitations will only be sent to **MySeniorCenter** registered volunteers. (If you are a registered volunteer please be sure to sign in when you volunteer.) Please note, there will not be a noon meal served on this day.

Is Medicare Sending Out New Cards?



NO. Medicare is NOT issuing new plastic cards!

If you get a call saying you qualify for a new card - **HANG UP!** This is a scammer calling. Do not verify your Medicare number or other personal information.

Have you given out or confirmed your Medicare number over the phone? The Alaska Senior Medicare Patrol can help you protect yourself. Call us for help.

Call 907-269-3680 or 1-800-478-6065

LIBRARY NEWS by Virginia Walters

The holiday DVDs have been put away and the Christmas puzzles collected. Time to get on with a NEW YEAR!!

If you still have a puzzle half done, no hurry, but please return it to top of the file cabinet and NOT on the window sill.

You will have noticed an influx of DVDs. We will work to get them into their proper alphabetical order ASAP. In the meantime feel free to take a look..

Did you forget to thank your sister-in-law for the Christmas gift? Or maybe need to wish your cousin Happy Birthday? The little file cabinet is home to many cards for any occasion. They are there for the use of anyone needing a card in a hurry. And if you find yourself the proud owner of envelopes of all sizes with no contents, please rehome them to the file cabinet. Someone can use them!

IT'S JANUARY, the longest month of the year. Lots of books and puzzles for your enjoyment until you can get outside in the daylight!!

Happy New
Year!



(BARB NORBECK, Continued from page 1)

Another program that Barbara spearheaded at Kenai Senior Center is a wellness program: “Living Well Alaska – A Chronic Disease Self-Management Program.” The best lesson in this program is learning to make an achievable **Action Plan**. The trick is to make your action into smaller bitable size for a short period of time, and stay with it, until it becomes the new norm.

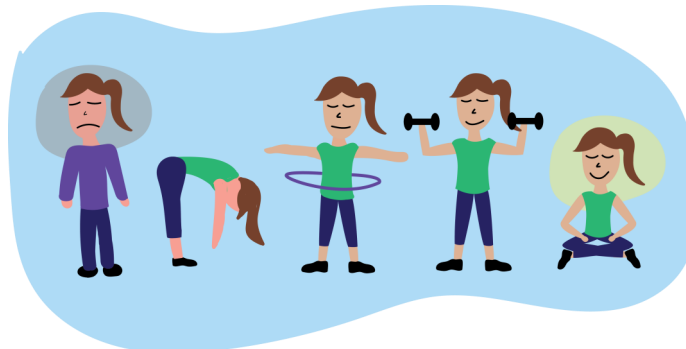


Barbara is a proud member of the Lake Superior, MN Chippewa Tribe, Fond du Lac band. She and her family moved to Alaska about 25 years ago, and has lived in Kenai area for 20 years. She said that she and her husband, Doug and their small ten-member “**Norbeck**” band are honored to be residents on the Kenai Peninsula living on the land of Dena’ina. We are certainly glad to have her in our community and a leader in our exercise program.

Come and join the group of “Die Hard” Growing Strong members. It meets on M,W,F either at 9 -10 or 10 – 11. There is a comradeship among the members. It is time to be more active: come join the groups; have some coffee and chat with your friends; enjoy a little socialization and exercising; and, kill two birds with one stone. Time well-spent.



And don't forget to renew the Exercise Release form. Kayla, Kenai Senior Center's activity coordinator, will be delighted to set you on the right track. Let's make an action plan for the New Year: Stay Active!



Cabin Fever Creations

Paint Ceramic Pieces
Wednesday, January 24
1:00p-3:00p



Who would like to paint some adorable ceramic pieces at Cabin Fever Creations? The ceramic pieces range from \$12 up to \$25 a piece. There will be a shop fee cost of \$6 per person and the class is limited to seven (7) individuals. All supplies will be provided. The van ride cost is \$7 per person. Sign up and pay at the front desk.

January 2024 in Verse

By: Chuck Thornton

Methinks this year has started right.
No longer is it '23.
What's now "last year" has ended – quite,
So '24 can start, you see.

Day 1, on Friday it began.
Twelve months will follow, each in line.
First snow, then rain, then summer tan.
But – first month first – then 'twill be fine.

The first day of this month we play,
For Uncle Sam has made a choice:
"No work shall be done on this day."
And we agree, with heart and voice,
In this month birth days have their place.
Also some weddings, fun-rals, too.
The world keeps moving at it's pace.
For children, though, it's always new.

Adults, now, see things differently
Of January's ice and cold.
They'd trade it quick, if they could see
June's warmth and sunshine, truth be told.

TOPS

(Take Off Pounds Sensibly)



IF I LOST 1 POUND EACH WEEK

By: Jerry Nassen

By **Valentine's Day**

I'd be 7 lbs lighter! I'm loving it!

By **St Patrick's Day**

I'd be 11 lbs lighter! With the luck-o-the
Irish I'll make my goal.

By **Easter**

I'd be 16 lbs lighter! I'd be a cuter bunny.

By **Memorial Day**

I'd be 23 lbs lighter! Won't let it rain
on my parade.

By **Flag Day**

I'd be 25 lbs lighter! Boy, could I
wave my flag then.

By **Independence Day**

I'd be 27 lbs lighter! That's a neat
declaration of independence from
overeating!

By **Labor Day**

I'd be 36 lbs lighter! What a wonderful
reward for all my hard work.

By **Columbus Day**

I'd be 41 lbs lighter! What a joy to
Discover what I can do.

By **Halloween**

I'd be 44 lbs lighter! I didn't think I
had a ghost of a chance.

By **Thanksgiving**

I'd be 47 lbs lighter! I'd have so
much to be thankful for.

By **Christmas Eve**

I'd be 51 lbs lighter! Talk about
being merry.

By **New Year's Eve**

I'd be 52 lbs lighter! It's not just a
new year, it's a new **ME!**

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



Can you imagine it's already 2024! Wow, how fast time goes. December has quickly gone by. If you remember, we were talking about collecting food to make food bags that were to be sent out on our food route. We had 60 large bags of food including small tangerines and apples and a bag of candy to go out to those who needed it. Thanks to everyone who helped supply and pack the bags. Also to Hilcorp who furnished the bags.

We were also able to purchase some toys and give some money to one of the schools for children who were unable to have anything for Christmas.

The Senior Connection members thank each one who helped make all this possible. And just a reminder, we are working on our March for Meals Fundraiser, which will be held Friday, April 5, 2024.



Memorial Service for Mary Reichert

Thursday, January 11

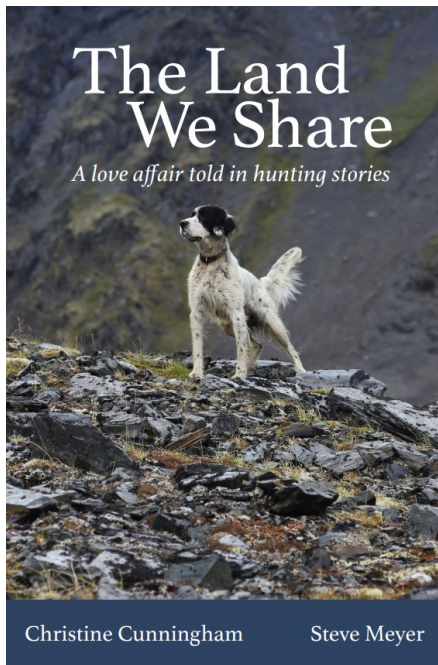
2:00 pm

Kenai Senior Center

Please join us in remembering Mary Reichert who passed away Christmas Day. A Remembrance of Life will be held at the Kenai Senior Center.

Stan Wells' new Address:
Palmer Veterans Pioneer Home
250 E. Fireweed Ave
Palmer, AK 99645





Kenai Senior Center Book Presentation and Signing

Join us for selected readings, photo presentation, and stories by local authors Christine Cunningham and Steve Meyer as they present their new book, *The Land We Share: A love affair told in hunting stories*, during this special Kenai Senior Center book release event.

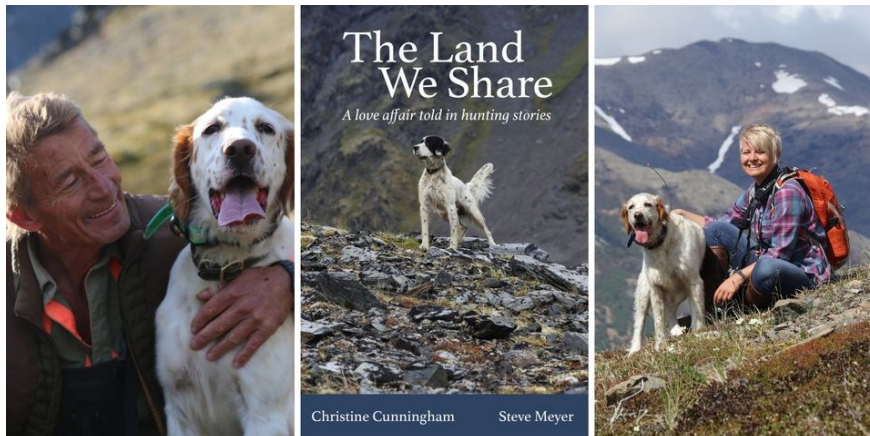
Date: Friday, January 19, 2024

Time: 2 - 3:30 p.m.

Location: Kenai Senior Center, 361 Senior Ct (Kenai)

Experience a thought-provoking and photo-illustrated discussion about the book, the stories behind the stories, and the unique partnership with Alaska Geographic, U.S. Fish and Wildlife Service, National Park Service, and Bureau of Land Management. Enjoy a Q&A session and connect with fellow attendees during a post-presentation book signing.

Learn more at akgeo.org/thelandweshare





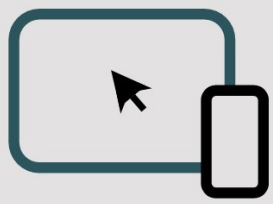
Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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!**

JANUARY, 2024 \$5 CLUB

Kay Aber	Bill Graves	Hoa Le	Steve & Barbara Smith
Ken Ayers	Luna Graves	Meldie Lee	Gary & Colleen Sonnevill
Kris Ayers	Darrell Hagen	Carol Louthan	Bill Starnes
Marilyn Bannock	Karolee Hansen	Mike Louthan	Sondra Starnes
Carol Barner	Joel & Laura Henkelsman	Paula R. Maier	Buck Steiner
Roscoe Barrett	Kathy Heus	Marge Milewski	Sheila Steiner
Vera Barrett	Donna Hoyt	James Miller	Linda Swarner
Patricia Bravo	Susan Hurley	Jeanie Miller	Rachel Tamagni
Glen Clifford	Molly Jackson	Lee Moeglein	Vivian Terry
Jewell Coverstone	Linda Jennings	Mary Moeglein	Gerda Trent
Rachael Craig	Peggy Jones	Jerry Nassen	John Trent
Walt Craig	Fran Kilfoyle	Bill Nelson	Ray Verg-in
Terry Cramer	Leanne King	Lois Nelson	Yen-ti Verg-in
Elmer Curtis	Henry Knackstedt	Marian Nickelson	Beverly & Don Waldrop
Dorothy Diamond	Gina Kuntzman	Ray Nickelson	Marie Weller
Shirie Drath	Anita Kwan	Katie Pault	Ozella Williams
Robin Feltman	Gaye Larane	Trish Roderick	Roy Williams
Carol Freas	William LaTocha	Gladys Routh	Clayton Yoncher
Omer Goodman	Xiapopei LaTocha	Marcia Shea	





Computer Basics Part 2

@Kenai Senior Center

Thursday
January 18th
1:00pm

This class is for anyone who is new to using a PC or wants to build more confidence using the Windows 10 operating system. Attendees will learn how to navigate the Windows 10 operating system, manage applications using the task manager, find and manage files and folders, save and delete files, and more.



Computer Lab Open Times

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

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

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



Genealogy Workshop

Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl Hamann is resuming her workshop and can help! Please join her at 1:00p on Friday, January 12 in the computer 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: _____

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

JANUARY 2024 MENU

If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same-day pick up.

Menu is subject to change

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED HAPPY NEW YEAR!	2 Clam Chowder Seafood Pasta Salad Fruit Cup Muffin	3 BBQ Chicken Legs Mac & Cheese Zucchini Medley Salad	4 Mongolian Beef Jasmine Rice Egg Roll Soup 	5 Teriyaki Chicken Roasted Potatoes Baked Cabbage
8 Toasted Turkey & Cheese Sandwich Macaroni Salad Broccoli Cheddar Soup	9 Thai Crunch Chicken Salad w/ Peanut Dressing Fruit Cup Muffin 	10 BBQ Meatballs Cowboy Beans Buttered Corn Salad	11 Spicy Sausage Linguine Honey Carrots Garlic Bread Soup	12 Pizza Spinach/Mandarin Orange Salad
15 Baked Potatoes w/fixings Broccoli Spears Soup	16 Chef Salad Fruit Cup Bran Muffin Salad 	17 Fried Chicken Mashed Potatoes Gravy Yellow Squash Salad <u>Birthday Cake</u>	18 Turkey Tetrazzini Cabbage & Bacon Garlic Bread Soup	19 Chef's Soup Rubeen Sandwiches Tortellini Salad
22 Swedish Meatballs Noodles Pickled Beets Soup	23 Beef Enchiladas Mexi-Corn Spanish Rice Chips & Salsa Salad	24 Roasted Turkey Mashed Potatoes Gravy Stuffing Mixed Veggies Salad	25 Chicken Pasta Salad w/Teriyaki Dressing Muffin Soup 	26 Closed for Lunch
29 Biscuits & Gravy Scrambled Eggs Sausage Links Roasted Potatoes Soup	30 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	31 Spaghetti w/ Meat Sauce Italian Veggies Garlic Bread Salad	1 Garlic Lemon Chicken Thighs Cranberry Almond Rice Pilaf Mixed Veggies Soup 	2 Beef Stew Peaches & Cottage Cheese House Salad Rustic Rolls

Christmas at the Post Office

By: Jerry Nassen



I had something happen to me that happens every year during this time frame for the past nine years: A reminder of why I am happily retired from the Postal Service.

We had a package scheduled for delivery Tuesday, the day after Christmas. For those of you that think that Postal employees get holidays as nice breaks from work, let me clue you in to something: The mail doesn't take a holiday...mail moves through the system 365 days a year. So just because the employees didn't work on a day, that simply means that there's twice as much mail the next day. So every Monday means two days of mail; add in a Monday holiday and now you have three days worth of mail. Now factor in the deluge of mail that comes at Christmas, and you can then wonder how I ever survived the thirty Christmases that I did work prior to retirement.

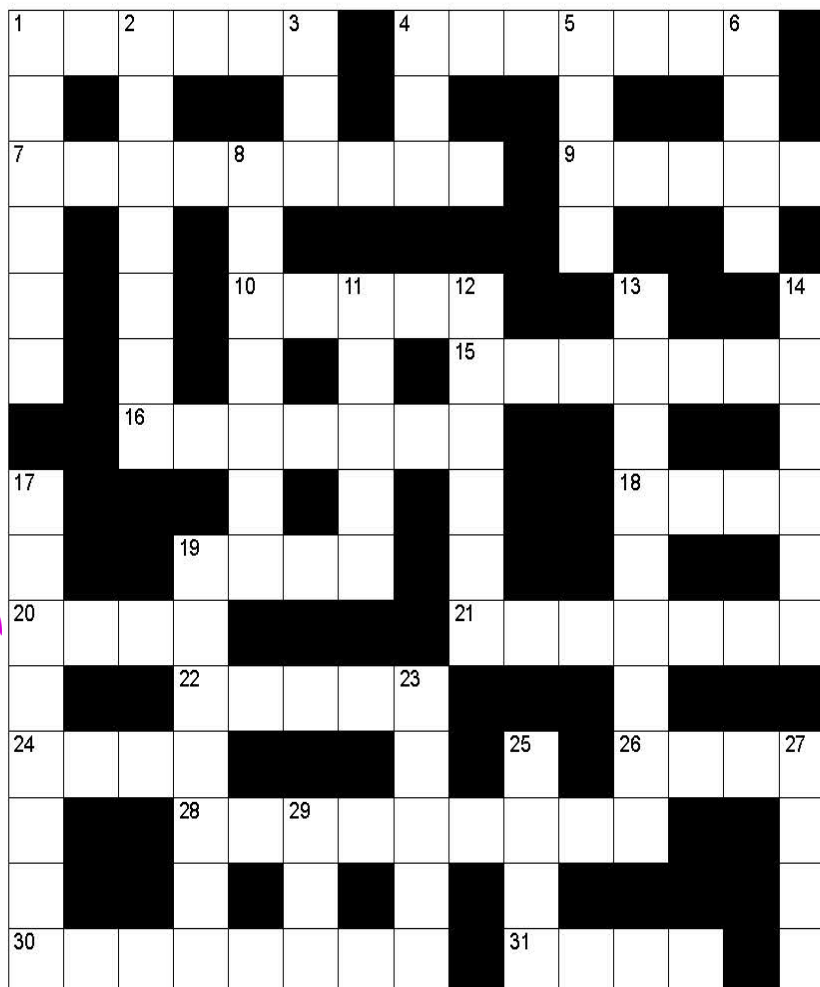
So now back to that package. I received confirmation (ain't technology wunnerful?) that it was "out for delivery" so it was going to be delivered that day. We get our mail in a cluster box, which meant the package would be left in one of the attached parcel lockers. The package was printer ink, which shouldn't be allowed to freeze, and the expected high that day was just above zero, so I couldn't let the package just sit overnight. Our mail generally hits our deliver point early afternoon, usually around one pm, however I knew that wouldn't hold true today, so I made sure my delivery app was set up to notify me when the package arrived (again, yay tech). So around comes one, no notification. Two, same thing. On to three, then four, now five (wait a minute, aren't carriers supposed to be off the street by five?)...six, seven, finally around 7:30 the app pinged, package delivered.

So the next time you feel the need to complain about your mail delivery, or think the Postal employees 'don't do anything', try to cut them a little slack. After all, the USPS processes 421.4 million, yes I said MILLION, pieces of mail every day. It'll get there, sometime it just takes a little longer...





Crossword Puzzle



Across

- 1 Made a piggish remark? (6)
- 4 Ran (out) (7)
- 7 Request from someone who's disconsolate (9)
- 9 One of King Lear's daughters (5)
- 10 Gives hands down? (5)
- 15 Oldest Indy 500 winner (7)
- 16 Game that comes with a lot of discs (7)
- 18 Booted vehicle, perhaps (4)
- 19 Prefix in many juice names (4)
- 20 Jason's mythical vessel (4)
- 21 Farm equipment (7)
- 22 Trills lightheartedly (5)
- 24 Lower Manhattan neighborhood (4)
- 26 ___ Bay, Ore. (4)
- 28 Fly solo (9)
- 30 Kin of "bugs" (8)
- 31 Prominent parts of Mickey's silhouette (4)

Down

- 1 "___ Twist" (6)
- 2 More disadvantaged (7)
- 3 ER tag (3)
- 4 Resort in the Pyrenees (3)
- 5 The verb to be (in Vercheres) (4)
- 6 Hollywood's Cameron (4)
- 8 Gave a face-lift (7)
- 11 Homer hitter known as The Hammer (5)
- 12 Haloed ones (6)
- 13 Put on speaking terms (9)
- 14 Talks foolishly (6)
- 17 Tree surgeon's tool (8)
- 19 Scent (7)
- 23 Company that once offered mail-order catalogs (5)
- 25 There's one way up north (4)
- 27 Vegas fixture (4)
- 29 King Gama's daughter, in an 1884 operetta (3)

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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