

# The Centerline

## January 2025

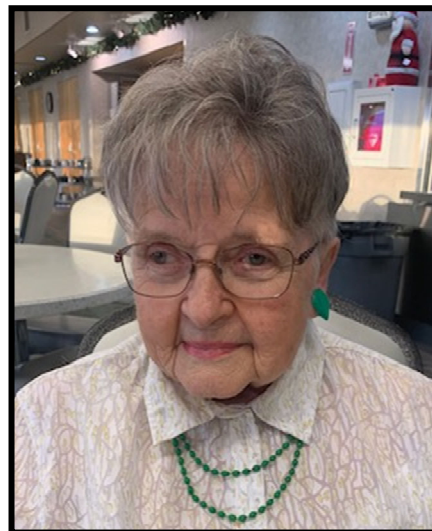
### ***Know your Neighbor: Velda Geller***

*By: Biz Robbins*

You've probably seen Velda Geller if you've visited the Kenai Senior Center. She recently moved into the Kenai Senior Housing complex and finds it easy to enjoy all that the Senior Center provides. However, even before she moved, she spent a lot of time at the center. She's been a member for over 25 years. She likes to volunteer her time, so she spends every other Wednesday morning manning the desk that helps people sign up and phone the Social Security office in Anchorage. She also has been the president of the Senior Connection for several years.

Velda was born in Geneso, Kansas, in 1935, attended school in Harper, Kansas, and after graduation, worked for the telephone company. She tells of a friend inviting her for dinner one night. It seems that someone had seen her at work and wanted to meet her. The friend introduced her to her future husband, Gene Geller. He had come from Oklahoma looking for work in the oil fields. It was "almost love at first sight with the nice gentleman," and it wasn't long before they were married.

They began their family, two sons and a daughter, and Velda was a stay-at-home mom, at the request of her husband. Soon his work required him to be gone from home a lot and he suggested a trip to Alaska to "maybe do some fishing and see about a job."



### **Special Points of Interest**

- Movie Afternoon—Pollyanna—Jan. 2
- No Host Dinner— Louie's Restaurant— Jan. 14
- Birthday Lunch—Jan 15
- Volunteer Appreciation Dinner—Jan 31

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



Continued on page 10


# JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div></div> <div>Happy New Year!</div> <div>CENTER CLOSED</div>	<div>2</div> <div>9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1-3p—Hand &amp; Foot 1p—Cribbage 3p—Movie Afternoon: Pollyanna</div>	<div>3</div> <div>9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>6</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bells 11:30a—Christmas Choir Concert Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>7</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</div>	<div>8</div> <div>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</div>	<div>9</div> <div>9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand &amp; Foot 3p—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam</div>	<div>10</div> <div>9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>13</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>14</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 5:00p—No Host Dinner Louie’s Steak Restaurant</div>	<div>15</div> <div>9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong Noon—LUNCH/ Birthday 1p—Christmas Crafts 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group</div>	<div>16</div> <div>9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Getting Started with Telehealth w/ Elizabeth Kleweno 1p—Pool 1p—Wii Bowling 1-3p—Hand &amp; Foot 5p—Cribbage 6:30p—Acoustic Jam</div>	<div>17</div> <div>9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Genealogy Workshop 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>20</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>21</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS 11a—PCHS 11:30a—ADRC Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</div>	<div>22</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Card making with Kimberly 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together</div>	<div>23</div> <div>9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand &amp; Foot 5p—Cribbage 6:30p—Acoustic Jam</div>	<div>24</div> <div>9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 10a—Senior Connection Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge</div>
<div>27</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>28</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</div>	<div>29</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together</div>	<div>30</div> <div>9a– Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand &amp; Foot 5p—Cribbage 6:30p—Acoustic Jam</div>	<div>31</div> <div>No Morning and Afternoon Activities  No NOON LUNCH  5pm Volunteer Appreciation Dinner</div>



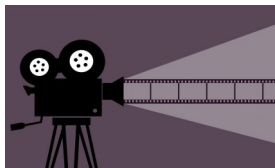
# Happy Birthday!



Day	Name	Day	Name		
1	Konrad Jackson	13	Vickie Graham	23	Ellen Hudson
1	Bob Peters	14	Ray Verg-in	23	John White
2	Glenese Pettey	14	Bobbie Jedlicki	24	Charles Thornton
5	Charles Kahakawila	14	LeeAnn King	25	Joseph Jolly
6	Dale Sandahl	15	Diane Sadler	25	Bill Perrigo
6	Annette Hakkinen	15	Frank Shor	26	Gladys Routh
7	Sharon Roesch	16	Karen Taylor	29	Ardele Trail
8	Michael Meeks	17	Gloria Anderson	29	Donna Allen
9	Judith Pock	19	James Stogsdill	30	Raymond Hanson
10	Ray Nickelson	20	Susan Hurley	31	Jan Erwin
11	Linda Werner	21	Sandra Ihrle		
12	Dorothy Diamond	22	Darlene English		



## Thursday Afternoon Movie January 2, 2025 at 3:00p.m.



### Now showing: Pollyanna

Young orphan Pollyanna (Hayley Mills) believes life's most difficult problems can always be surmounted by a positive attitude and pragmatism. But when she moves in with her dour aunt (Jane Wyman), she is introduced to a range of disheartened folks who challenge her upbeat outlook. Not to be discouraged, she sets to work spreading hope and good cheer. However, when an inspired doctor (Richard Egan) leads the community in a campaign in opposition to her aunt, Pollyanna's goodwill is strained.

### NO-HOST DINNER

**Louies Restaurant**

**Tuesday, January 14, 2025**


Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at Louies 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, January 1	NEW YEAR'S DAY CENTER CLOSED		
Thursday, January 2	Movie Afternoon: Pollyanna		3:00 pm
Thursday, January 9	Council on Aging		3:00 pm
Tuesday, January 14	"No Host" Dinner/Louie's Restaurant		5:00 pm
Wednesday, January 15	Social Security		9a—Noon
	Birthday Lunch		Noon
Wednesday, January 22	Card Making with Kimberly		1:00 pm
Friday, January 24	Senior Connection Meeting		10 am
Friday, January 31	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!

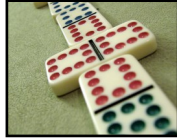


For Pick up Meals:  
**Call the front desk by 10:30AM\* (M-F)**  
For pick-up at **11:30 AM. Meals must be picked up from the front desk.**

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)

## Calling all Mexican Dominoes Players!



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

**Tuesday, January 21**  
**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.

## Card Making with Kim



Wednesday, January 22 at  
1:00pm Senior Center  
Dining Room

Please Sign up on the bulletin board.

## Stronger Together Support Group



**Wednesdays 2 –3:30 pm**

Are you a caregiver who could use the support of others on a more regular basis? This may be for you!

## Kenai Peninsula

**Wednesday,**  
**January 15th from 2:00p**  
**-3:30p**



The Kenai Peninsula Family Caregiver Support Program will meet at 2:00 pm on Wednesday, January 15 in the dining room at the Kenai Senior Center w/ the "Stronger Together" Group.

Anyone interested in learning more about the services we have to offer are more than welcome to attend. For more information, please contact Dani or Lisa at 907-776-7654.

## Nikiski Pool Transportation:

Starting Thursdays in October there will be transportation available for both AM and PM sessions at the Nikiski pool. The van will leave the center at 9:30am for the morning session and 1pm for the afternoon session. There is no transportation fee for this service but the individual is responsible for the \$2 admission fee to the pool.



## LIBRARY NEWS

by Virginia Walters



We received another big donation of DVDs. Thanks to our library angel, Kari Mohn, they have been sorted and shelved and some

weeding accomplished.

There is a questionnaire on the bulletin board asking about the use of the DVDs. If they are no longer being used because of streaming t.v., we will remove them.

The Christmas puzzles and DVDs will be put away this month. Please return them as usual when you finish.

It's January! Time to kick back and read, or listen to an audio book. Maybe put together a puzzle. It will be spring before you know it!!



Please come and listen to our Christmas choir concert on **Monday, January 6 at 11:30am** in the dining room. The choir concert was rescheduled to the above date due to illnesses in December.

## Winter Craft Classes with Kit

Wednesday, January  
22 at 1:00 pm

**KumiHimo**

**(Japanese braiding)**

Kumihimo is a Japanese form of braid-making. Cords and ribbons are made by interlacing strands. The cords, also called kumihimo, are strong but slender, have multi of uses. Samuri once used kumihimo as laces for their armor. Kumi himo is Japanese for "gathered threads". There is no charge for this class, but please sign up on the board to reserve your seat.



## Resolutions

*By: Jerry Nassen*

According to a Pew Research survey, almost a third of Americans made New Year's resolutions in 2024. Just how many actually kept them is yet to be seen, but if past practices hold true, only about eight percent do so. So what are the most common resolutions, and what do I have to actually do in order to keep any I may make?



You'd think that improved finances would head the list; actually they (at 61%) run second to...health and fitness. Exercise more, eat less, lose weight, get healthy, etc. Sound familiar? Ironically, attaining these goals will automatically ensure the improvement of your financial situation.



Fortunately, readers of this newsletter have the perfect solution to improving their health and fitness...you're reading the newsletter from your Senior Center after all. The Kenai Senior Center's mission is improving the health and welfare of the area's seniors. They offer some form of exercise/fitness programs daily, with two sessions of Growing Strong on Mondays, Wednesdays and Fridays and chair yoga and Tai Chi sessions on Tuesdays and Thursday. An additional health benefit is the fact that Missy and crew strive to serve a heart healthy lunch at least one day a week. All this is terribly expensive: The exercise sessions are...FREE, and lunch is only eight dollars. Nowhere in town can you get a complete meal for eight dollars; right there is a boost to your financial situation.

Yet another health and fitness service offered at your Senior Center happens every Tuesday morning when the TOPS (Take Off Pounds Sensibly) group meets. TOPS is an international organization that has been around for 75 years now, helping folks lose weight and gain health through sensible eating programs and emotional support. A number of our members are members here at the Center, and all are happy to share their stories with anyone interested in improving their health and fitness. So how else can fulfilling Resolution Number One automatically benefit Resolution Number Two? It's really pretty simple: Eating less and eating properly will definitely reduce your grocery bill, just compare the cost of a sack full of fresh veggies to the bill for a sack full of processed foods and meats, and you will agree. A two-ounce bag of potato chips at \$2.49 equals \$19.92 per pound, as opposed to a pound of potatoes for less than that same \$2.49.



*Resolutions, Continued from page 7*

A secondary, but no less important cost saving will be in the medical area. The more weight you lose, the less medication you will probably have to take and the fewer doctor visits you will have to endure. Again, pretty much any TOPS member can give testimony to this!

Are you thinking on making a New Year's Resolution this year? Chances are that if you do, it will most likely be one of the two addressed in this article. If you decide to go 'cold turkey' on your own, I wish you success. If you desire a little extra help to push you in the right direction, remember the Kenai Senior Center is here to help 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.**

**Super Bowl  
Squares  
On Sale**



**Monday, January 27, 2025**

"Are you ready for some football?????" The Super Bowl is scheduled for Sunday, February 9, 2025. If you're a betting person, you'll be able to buy two squares the first week and then an unlimited number of squares the second week prior to the big game. Payment is made at the Reception Desk. Good Luck!

We are so very  
*grateful* for you!

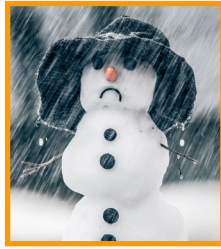


**Volunteer Appreciation Dinner**  
Friday, January 31 at 5:00 pm.

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.



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



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

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

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

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

## Special Senior Walking Hours at the Kenai Rec Center

Looking for a safe, comfortable place to walk, rain or shine? Starting Tuesday, November 5, from **8-9 am**, the Rec Center is opening its doors on **Tuesdays** and **Thursdays** with dedicated walking hours just for seniors! The cost is \$2.50 per day—includes access to the exercise machines, sauna, and showers after walking time! Enjoy a peaceful, climate-controlled space for walking, then stay to unwind and make the most of their other amenities.

It's a great way to stay active, meet friends, and enjoy the whole Rec Center experience during these wintery days. No need to register—just drop in!



## Tell Us Your Story!

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



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

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

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

Velda told about getting a pickup with a big enough camper to travel with three kids. After visiting Yellowstone and California, they began the drive to Alaska. "There were lots of dusty or muddy roads, and I think we only had one or two breakdowns, but finally got to Alaska in about four days." She told stories about seeing their first moose and cooking their first fish outdoors at the Russian River.



Finally they drove into Kenai. Velda said she wouldn't stay unless there was a Baptist church. They stayed their first night in the airport parking lot, then drove the next morning to look for a church. When they found one, Velda and the kids went in and Gene left to look for work. In fact the pastor of that church and his wife have been Velda's and Gene's best friends since then.



Velda and Gene eventually bought property, built a house, and made Kenai their home. When I first met her, we talked about gardening, which I was learning how to do. She had a beautiful garden including a greenhouse, and told about the early days when she first grew rhubarb. She had so much, she cut bunches and set them on a curb for sale. One summer she earned \$500 this way. Another time she told of being medevac'd to Anchorage, and when

Gene came up to see her, he carried a huge bag of tomatoes and gave them away throughout the hospital. They didn't like to plant food and then see it wasted, she said.

When Gene died, Velda continued to live in a big house, her children and grandchildren helping with the care of the garden. Her son Greg retired from the oil company—platform—and lives in Sterling. Her daughter Judy lives in Kenai, retired from working 26 years in the high school. Her son Mike was lost in a fire when his cabin burned. Velda's house burned later, and Velda found her new home at Vintage Pointe.

She is happiest when she is doing something. She says, "I don't want to sit around and do nothing." So you can find her, along with the social security people and the Senior Connection, helping with holiday preparations, filling bags for fundraiser favors, putting pages of music in the choir folders, doing whatever needs help to be done. She is a gracious lady, kind, and soft spoken, a pleasure to talk with—a true gentlewoman and a blessing to us all.

## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



December is almost gone and we should be having snow, but so far we haven't seen very much of it. I suspect it will come soon.

Center December activities included:

- The movie, "The Preacher's Wife" (is always enjoyable).
- "No Host" dinner and gift exchange was at Paradisos (always yummy).
- "Make your own Christmas stocking" and Christmas fashion show was

enjoyed by all.

- Cook Inlet Academy Children's Christmas Choir gave a special presentation at lunch.

- A "National Ugly Sweater Day" contest was held during our Christmas lunch. There were many fun sweater designs involved!

- The annual "Breakfast With Santa" was held on December 23 with lots of young visitors to the Center who enjoyed their visits with Santa discussing their Christmas wishes.

- The drawing for the Doll Raffle with homemade clothing (provided by Fran Kilfoyle) was held. The lucky winner was David Weeks.

The Center will be open again on December 26. A New Year's Eve brunch will be held along with a talent show and an afternoon of games. Stop by and enjoy the fun!

*Merry Christmas and Happy New Year....*

**Velda**

### What's Your Story?

Got a story or a poem you want to share? Everyone has a story and some of you are even poets. Well we are looking for you to be bold and share your story. Any contribution to add to our Fundraiser project. We are calling it our "Kaleidoscope Project" Your stories can be as fun to read with a "Kaleidoscope" of topics and as colorful as the toy we used to play with. Please keep them to 1000 words and they can be poems, short stories, or songs. Pictures are also welcome. If you need help writing your story, that can be arranged. You may turn your stories into the front desk at the senior center, or send them by email to [Senior@kenai.city](mailto:Senior@kenai.city).

You may contact Virginia Walters or any other member of the KSC Writers group. Better yet, come visit us on Wednesdays at 1pm in the Computer Room.



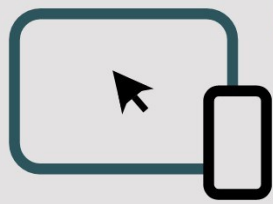
**Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!**

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

JANUARY 2025 \$5 CLUB			
Juanita Aguilar	Carol Freas	Carol Louthan	Richard Ross
Ken Ayers	Margaret Goggia	Mike Louthan	Marcia Shea
Kris Ayers	Omer Goodman	Paula Maier	Lavona Smith
Carol Barner	Bill Graves	Marge Milewski	Steve & Barbara Smith
Sandy Bise	Luna Graves	Kari Mohn	Gary & Colleen Sonnevil
Larry & Tona Bravo	Jeffrey & Monica Griffin	Twyla Mundy	Bill Starnes
Patricia Bravo	Darrell Hagen	Wayne Mundy	Sondra Starnes
Larry Burcham	Lee & Phyllis Hallstead	Bill Nelson	Deborah Stiers-Tremelling
Renee Clifford	Kathy Heus	Lois Nelson	Linda Swarner
Jewell Coverstone	Konrad Jackson	Marian Nickelson	Arlene Tachick
Rachael Craig	Bobbie Jedlicki	Ray Nickelson	Darlene Tachick
Walt Craig	Ginger Kaona	Katie Pault	Charles & Janice Thornton
Terri Cramer	Henry Knackstedt	Bob Peters	Ray Verg-in
Elmer Curtis	Mel Krogseng	Carol Prior	Yen-ti Verg-in
Pamela Downing	William LaTocha	Robert Reichert	Beverly & Don Waldrop
Shirie Drath	Xiaopei LaTocha	Biz Robbins	Marie Weller
Don Erwin	Chris Lombard	Linda Romero	Janice Wilsack
Vicki Foster	Jennifer Lombard	Gayle Ross	Clayton Yoncher

**Happy New Year**





# Getting Started with Telehealth @Kenai Senior Center

Thursday  
January 16th  
1:00pm

This workshop is for those who are new to telehealth and want to learn more about how to use telehealth services to receive medical care.



## 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

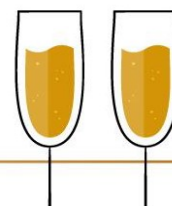
Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl Hamann is resuming her workshop and can help! Please join her at 1:00 pm on Friday, January 17 in the computer room.



# New Year's Word Search

T	D	G	A	R	I	N	G	I	N	G	E	B	M
N	E	C	Y	L	I	M	A	F	T	S	A	A	I
T	C	I	A	C	O	N	F	E	T	T	I	L	D
O	E	E	H	L	Y	O	P	D	Y	T	Y	L	N
A	M	R	O	Y	E	R	D	A	N	E	L	O	I
S	B	N	N	E	U	N	A	E	R	S	D	O	G
T	E	E	K	A	D	E	D	U	X	T	M	N	H
I	R	I	Y	R	W	O	E	A	N	U	Y	S	T
N	T	C	C	K	C	O	L	C	R	A	T	N	N
G	D	A	N	C	I	N	G	E	B	O	J	F	T
D	R	C	N	T	N	W	O	D	T	N	U	O	C
N	O	I	T	A	R	B	E	L	E	C	A	R	T
C	E	N	O	I	T	U	L	O	S	E	R	O	G
R	I	B	G	W	L	N	X	I	L	T	R	E	I

COUNTDOWN • JANUARY • CALENDAR • MIDNIGHT • RESOLUTION  
YEAR • PARTY • CELEBRATION • RINGING • TOASTING • FAMILY  
CLOCK • DANCING • DECEMBER • BALLOONS • CONFETTI • TUXEDO





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.

# JANUARY 2025 MENU

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

*\*Menu is subject to change\**  
*\*Soup and Salad when available\**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>Honey Chicken Mashed Potatoes Gravy Zucchini Medley Soup</p>	<p>31</p> <p>New Year's Brunch Biscuits &amp; Gravy Scrambled Eggs Sausage Links Roasted Potatoes</p>	<p>1</p> <p><b>NEW YEAR'S DAY CENTER CLOSED</b></p> 	<p>2</p> <p>Clam Chowder Tuna on Croissant Seafood Pasta Salad Fruit Cup Soup</p>	<p>3</p> <p>Reuben Sandwich Sweet Potato Puffs/Fries Creamed Cucumber Salad</p>
<p>6</p> <p>Ham &amp; Bean Soup Cornbread Macaroni Salad</p>	<p>7</p> <p>Thai Crunch Salad w/Peanut Dressing Fruit Cup Muffin</p> 	<p>8</p> <p>BBQ Pulled-Pork Sandwich French Fries Salad</p>	<p>9</p> <p>Chicken-Artichoke- Sundried Tomato Fettuccini Yellow Squash Garlic Bread</p>	<p>10</p> <p>Beef Stew Peaches &amp; Cottage Cheese House Salad Roll</p>
<p>13</p> <p>Baked Potato w/ Fixings Broccoli Spears Soup</p>	<p>14</p> <p>Blueberry Pecan Chicken Salad w/ Blueberry Vinaigrette Dressing Fruit Cup Muffin</p> 	<p>15</p> <p>Ribs w/ Sauerkraut Cheesy Potatoes Winter Veggies Salad <b>Birthday Cake</b></p>	<p>16</p> <p>Sweet &amp; Sour Chicken Stir-Fry Veggies Jasmine Rice Egg Roll Soup</p>	<p>17</p> <p>Croissant Breakfast Sandwich Hash Browns</p>
<p>20</p> <p>Chef Salad Fruit Cup Bran Muffin Soup</p> 	<p>21</p> <p>Beef Enchilada Mexi-Corn Spanish Rice Chips &amp; Salsa Salad</p>	<p>22</p> <p>Fried Chicken Mashed Potatoes &amp; Gravy Winter Veggies Salad</p>	<p>23</p> <p>Spaghetti &amp; Meatballs Italian Veggies Garlic Bread Soup</p>	<p>24</p> <p><b>MYSTERY LUNCH</b></p> 
<p>27</p> <p>Swedish Meatballs Noodles Pickled Beets Salad</p>	<p>28</p> <p>Liver &amp; Onions Mashed Potatoes &amp; Gravy Buttered Corn Salad</p>	<p>29</p> <p>Asian Chicken Noodle Salad Fruit Cup Muffin</p> 	<p>30</p> <p>Peachy Pork Jasmine Rice Lemony Green Beans Soup</p>	<p>31</p> <p><b><u>VOLUNTEER DINNER</u></b></p> <p><b>DINING ROOM CLOSED FOR LUNCH</b></p>



**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@kenai.city](mailto:senior@kenai.city)

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

**City of Kenai  
Kenai Senior Center**

PLEASE  
PLACE  
STAMP  
HERE