

The Centerline

JULY 2024



Know your Musician: Pierce Bassett

By: Ann Lee

Pierce Bassett, one of our very own musicians has been around town since the early 80's but in Alaska since 1962. He is native of Canada born in Vancouver British Columbia on November 28, 1941. He later became a US citizen in 1955. You might recognize his wife of many years at the local Safeway, that would be Ava, married 55 years. Pierce worked in the oilfield but his true love besides Ava is music and flying. You might have been one of his students, as he teaches folks to fly as well.

Pierce plays on Wednesday before the lunch hour and the 2nd, 3rd and 4th Thursdays of each month at 6:00 to 9:00 pm right here at the Kenai Senior Center, as well as the 1st Thursday of every month, at a local Soldotna Church. Pierce is multitalented as he plays the harmonica and what's called a strum stick, half a guitar as he calls it. You can see him holding it in the picture above. Pierce sings his delightful works, I think he wrote, to many familiar tunes showing his delightful sense of humor. He wears a railroad type of welders hat and he is in his 80's but still going strong. We hope to see you all there at least on a performance once a month.



Special Points of Interest

- Birthday Lunch—July 17
- No Host Dinner Princess Lodge Rod & Reel—July 17
- Garage Saling— July 19
- Whittier 26 Glacier Tours — July 25

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


JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Mexican Train Dominos 1p—Choir	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 10a—Walkabout 11a—Noon/ Choir Concert Noon— LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	4 HAPPY FOURTH OF JULY- CENTER CLOSED SEE YOU AT THE PIE BOOTH– GREEN STRIP Parade starts at 11:00am 	5 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 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	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 10a—Walkabout 11a—Noon/Bluegrass Noon— LUNCH 1p—Card Making w/ Kimberly 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	11 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1-3p—Hand & Foot 3p—Council on Aging 3p—Movie Afternoon: Unfrosted 5p—Cribbage 6:30p—Bluegrass	12 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 5:30p—No-Host Baseball Game
15 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2:30p—Yappy Hour	16 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p-2p—Family Caregiver Support Group	17 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH/ Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group 6:00p—No Host Dinner/Princess Lodge Rod & Reel	18 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	19 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a—Garage Saling 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH 1p—Wii Bowling 1:30p—Afternoon Drive 1-4:30p—Bridge
22 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge	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 10a—Walkabout 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	25 7:30a—Whittier 26 Glacier Cruise 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass	26 8-10a WAFFLES 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge
29 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge	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 10a—Walkabout 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group		



Happy Birthday!



Day	Name	Day	Name		
2	Susan Olson	12	Scharlott Thomas	20	Charles Sipary
2	Cheryl Hamann	12	Sue Gill	22	Frances Kilfoyle
3	Robert Van Loan	14	Peggy Arness	22	Karen Evans
4	Kate Gelinass	16	Audrey Jenkins	24	Linda Swarner
4	Mavis Pearson	17	Jack Castimore	25	Robert Peterson
5	Ann Lee	17	James Glendening	25	Cindy Paulkner
5	Arnold Wagaman	18	RW Weilbacher	26	Dan Devereaux
5	Cynthia Salughter	19	Bill Milewski	29	Elizabeth Huey
9	Julia Selanoff	19	Mary Anaruk-Thomas	30	Mary Quesnel
10	Ruth Schultz-Williford	20	Mark Larson	31	Susan Smalley
11	Jerry Nassen	20	Gladys Meacock		
12	Mary Kay Fullerton	20	Elizabeta Shadura		

July Birthday Party —Wednesday,
July 17 at Noon. If this is your
birthday month, lunch is on us!
Come celebrate with us!!!



**Thursday
Afternoon Movie
July 11 at 3:00 p.m.**

Now showing: Unfrosted

In 1963, Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever.


NO-HOST DINNER Princess Lodge Rod & Reel Wednesday, July 17

Those leaving from the Senior Center parking lot will head out at 6:00p. Or, meet your friends at Princess Lodge Rod & Reel in Cooper Landing.

There will be limited transportation available at a charge of **\$10.00**, 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, July 3	Social Security	9a–Noon
	Patriotic Choir Concert	11:30 am
Thursday, July 4	HAPPY FOURTH OF JULY—CENTER CLOSED	
Wednesday, July 10	Card Making with Kimberly	3:00 pm
Thursday, July 11	Council on Aging	3:00 pm
	Movie Afternoon: Unfrosted	3:00 pm
Wednesday, July 17	Social Security	9a—Noon
	Birthday Lunch	Noon
	“No Host” Dinner/Princess Lodge Rod & Reel	6:00 pm
Thursday, July 25	Whittier—26 Glacier Cruise	7:30a– 9p
Friday, July 26	Waffle Friday	8a-10 am
	Kenai Senior Connection	10:00 am

Kenai Senior Center Info

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

Director
Kathy Romain
(907) 283-8213 or kromain@kenai.city
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)

Card Making with Kim



Wednesday, **July 10** at
1:00pm Senior Center Dining Room.
Please sign up on the bulletin board.

“Grow with Me” with Steve Latz

You are invited to meet with us on Tuesdays, July 16, and August 13 at 11:00 in the card room to continue our conversation about our garden and flower successes. Our round table will focus on sharing your experiences with growing food for the table and flowers for eye candy.

We will discuss your home garden/greenhouse progress and suggest options to maximize your return on investment. We will share our successes and failures learned from experience. I plan to bring produce from my garden for you to taste. I also plan to tour the greenhouse/patio onsite and check out the plants that we started growing back in early March.

We will be sharing recipes of our favorite way to preserve cucumbers, zucchini, onions, tomatoes, kohlrabi, and cabbage.



Friday, July 19 9:30am Garage Saling with Kayla



We will be leaving the center at 9:30am to hit some yard sales, garage sales, and maybe even moving sales. Don't forget to bring cash with you. We will be back before noon so you can have lunch at the center. Please sign up at the receptionist desk.

Yappy Hour!

**Monday, July 15 at
2:30p**



Who needs some dog therapy and is a dog fan, come and meet Suzie's puppy dogs here at the Kenai Senior Center for Yappy Hour.

Waffle Bar—Last Friday of each month.



We will be offering waffles on the **last Friday of the month** from 8-10am. 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.

Senior Farmer's Market Nutrition Program



**Will you be 60 years of age or older
by September 30, 2024?**

Do you like fresh fruits and veggies but
purchasing these items are a little hard
on your pocketbook?

If you answered yes to both of the
questions above you will be happy to
hear that the Kenai Senior Center is a
distributing agency again for Farmer's
Market Coupons! Coupons are availa-
ble after July 1.

For more information about the pro-
gram and to inquire as to whether you
are eligible, please call the Kenai Sen-
ior Center at (907) 283-4156.



Patriotic Choir Concert

Our Kenai Senior
Center Choir has been practicing
songs for July 4th. Join us on
Wednesday, July 3 for this festive
medley of music!

LIBRARY NEWS by Virginia Walters

We have received some new DVDs and
some new BLUE RAYS. Thanks to Kayla
for getting them labeled and put out while
I have been away.

Books are still coming in and we are
moving some out as they do. They find a
good home in the Little Libraries around
town, thanks to Kari Mohn.

Hardbacks get put on the sharing table in
the cafeteria, as we don't have room for
them, unfortunately.

While you are basking in the sun, think of
your Alaska Story for the fund raising book
Connections is promoting. I know there
are lots of stories out there waiting to be
shared. The working title is ALASKA
KALIDESCOPE, anticipating the
differences in all our
experiences in the great
land.

Enjoy the rest of
SUMMER. It never lasts
long enough!



Moving to Alaska

By: Biz Robbins

I met my husband Don when we were teaching in Colorado Springs. He taught high school; I taught elementary grades. Three years into our marriage, he brought up some dinner conversation I wasn't expecting.

"I had an especially crappy day at school today," he began. I knew he wasn't happy with the administration, and I also knew he thought some of his students' needs weren't being met by rules he was required to follow. I, on the other hand, loved my position—great principal, compatible teaching teammate, adaptable curriculum.

He continued ranting about the principal's treatment of some of his kids during a fire drill, saying, "That's the last straw! I'm moving to Alaska. Do you want to come with me?"

I was stunned. I guess I looked stunned too as he continued. "I've wanted to go to Alaska for a very long time, but then I met you and..." I nodded as if I knew, but I was thinking about the past three years. I was happy in this marriage, I loved this man, and I wanted it to continue.

Don went on, saying that it would take awhile before we would be prepared to move, and that probably a couple of years would pass before we left.

And that's what happened. During those two years, I began to distance myself from my friends, my "kids," and colleagues while Don quit teaching, restored a 1932 Model A roadster, and read about Alaska.

He made a trip north the winter before we moved, got as far as Ketchikan—the first city on his trip of exploration—and decided this was the place for him. And on the 31st of July, 1978, our fifth wedding anniversary, we drove off the ferry with our two miniature poodles, and began to call Ketchikan home.

*

Looking into my life's rear-view mirror, I know I was blessed in many ways during the 43 years I lived in Southeast Alaska. My husband and I found jobs and learned to live in the remote logging camps, and I treasure many of the memories made there and the friendships that have endured. I cannot imagine a better place to grieve my husband's death. Living in God's surroundings has been one of the best blessings. The mountains, waters, trees, and wildlife – within their closeness I feel the special inclusion into the natural world. Life and death, beauty and majesty, I'm part of it all. Living in Alaska has been so special to me that I wrote a book about it...but there are untold stories waiting in my mind and on my computer. And I'm still making memories and writing stories here on the Peninsula. Yes, I am happy I came to Alaska.





Day Trip to Whittier 26 Glacier Cruise

Thursday, July 25, 2024

7:30a—9:00p

Join Patty & Kayla for a day trip to Whittier. We will drive to Whittier through the tunnel. The van will leave the Center at 7:30 a.m. The day will include the 26 Glacier Cruise which departs from Whittier to explore the calm waters and wild sights of Alaska's Prince William Sound. The cost for the van ride is \$30 and the cruise is \$189 for a total of \$219

per person. Please sign up and prepay at the receptionist desk by July 15th. To receive a full refund, cancellations must be made by July 15th.

COMING IN AUGUST !!!!

Friday, August 9 at 6:00 pm

Button- Box Gang

They're baaack! Come enjoy an evening of music, dancing and fun with the Button-Box Gang. The evening will be from 6:00—9:00 p.m. and cost will be \$7.00 to cover the band along with a No-Host Snack Bar.

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Ninilchik Fair  
Friday, August 9  
Kenai Bell Ringers





## MY FAVORITE SUMMER ACTIVITY

By: Yen-ti Verg-in

My favorite summer activity depends on which period of time in my life.

When growing up, summer was just an extension of school year, more school and more study. I can't recall any favorite summer activity besides eagerly waiting for "school" days to be over, so I could do something besides solving problems and memorizing Confucius' teaching.

Twenty years later, with a small family of four, my summer times were spent on commercial fishing, harvesting and preserving the bounty of the sea, and spending endless hours on mending "hole-ly" nets. I didn't mind mending nets; patching up torn fishing net was like working on a puzzle: you had to plot the paths your mending needle traversed. It was challenging and rewarding. At the end of a mending day, you had a sense of accomplishment -- along with aching back, hurting legs, and sore fingers.

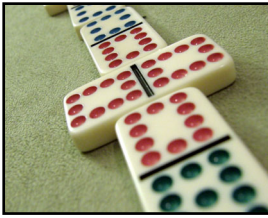
The irony was after several summers tending commercial fishing duties, I was actively seeking any schooling opportunity to get away from the mundane of making a living.

I discovered the fun and enjoyment of beach combing when I was forty years old teaching in Sitka. We would take our Boston Whaler and find a secluded beach in search for sea treasures. Sand Point, a tiny island in the Aleutian Chain is surrounded by rocky and pebbly beach, where agates and petrified woods can be gathered. But the best beaches we set foot on were atolls around the Marshall Islands near the equator, where we found the majority of our sea treasures: big glass balls, giant clam shells, numerous cowries, and even the shapely Coca Cola bottles left behind by the GIs during WWII.



Regardless the location, beach walking /combing ranked #1 on my favorite things to do. Walking on the beach provided much needed solitude, listening to the sound of gentle waves, watching the tides coming and going. Many finds brought pleasure and were treasured.

Now, I am in my twilight years, so it is hard to find sure footing for walking on the beach, looking down and bending over are no longer a pleasurable thing to do. I much prefer to sitting in a lounge chair behind a windbreaker on the beach, nibbling on chips, sipping a glass of chilled margarita, and watching other people doing beach combing, with great envy.



## Calling all Mexican Dominos Players!

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

## Walkabout Wednesdays at 10:00 am



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure.

Get out those walking shoes -  
Summer is here!

## 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!

## No-Host Baseball Game

**Friday, July 12  
@ 5:30 p.m.**



Take me out to the ballgame! Take me out to the crowd! Want to enjoy a summer evening watching Peninsula Oiler baseball game. The van will leave at 5:30 p.m. Your cost? Van ride = \$3; Entrance fee = \$7.00 and Bring your own snack money. Play Ball!!!!

**Kenai Peninsula  
Tuesday,  
July 16 from  
1– 2 pm  
Computer Lab**



The Kenai Peninsula Family Caregiver Support Program will meet from 1 pm – 2 pm on Tuesday, July 16th in the computer room at the Kenai Senior Center.

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.

## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



### Welcome July!

We are appreciating and enjoying the nice summer warm days, and long evenings. A time to go fishing or playing ball or just the sunshine in the evening to go out and have a warm evening picnic.

At the Kenai Senior Center we go to the City Green Strip Pavilion and celebrate our 4th of July which has been our long time term party of selling biscuits and gravy and coffee in the morning. Then by mid morning we have homemade strawberry/rhubarb pies, or apple pies along with some whipped cream for the slice or a whole pie for sale along with a cup or coffee. This is not only a fun day but is one of our fund raisers to help fund the Senior Center.

Some of our group will have the other side of the pavilion for a quilting, sewing or other kind of handwork for sale. They will be there all day too. As a hose of us at the senior center enjoy doing things and working together for a good reason. We always have something going on.

*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.

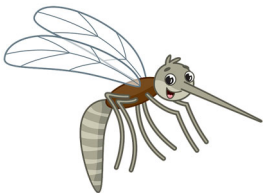


## July in Alaska, what's not to love?

*By: Jerry Nassen*

July in Alaska on The Kenai is a magical time of year. Pushing 20 hours of daylight, yes! The reds are running, double yes! The tourists are teaming...that would be a nope, unless you or some family members provide services to them, then another check in the yes category. Gardens and farmer's markets are flush with fresh produce, the bounty from local greenhouses and gardens lovingly planted and tended as soon as weather permitted, yes again. Plus there's the promise of a plethora of root vegetables yet to come: Beets, white globe turnips, and the famous Yukon Golds, a resounding yes! Then there's the weather: Finally, some sun and warmth, but only in the mid-70's or so, none of that triple digit stuff so prevalent in the Lower 48. There's a couple of cons: The sneaky little mosquitos have replaced the early slow bumbling ones, but the stores are chuck full of bug dope so that helps. Also, a smoky campfire helps keep them at bay. And the traffic...I know it doesn't compare to the big cities in other states, but that doesn't mean we have to like it.

I'll never forget a comment my son-in-law made to me once during my early years in Alaska. We had been at the beach, enjoying family time with campfires, bbq, fishing, fighting mosquitoes (they were winning), and no shower for a couple of days.



"Now you smell like an Alaskan," he said.

"Say what?" I replied, not comprehending.

"Yeah, wood smoke, bug dope and fish!"



### Afternoon Drive

**Friday, July 19 at 1:30p**



Let's take an afternoon drive and see where our driver will take us this month? Plan for an ice cream stop and to have lots of FUN! Minimum of 5 people. The cost is \$5, so please sign up at the front desk if you want to participate.

# WORD SEARCH

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

Independence

Red

Fireworks

Patriotic

Freedom

Holiday

America

Fourth

White

Blue

Celebration

July



**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!**

**JULY 2024 \$5 CLUB**

|                    |                          |                  |                           |
|--------------------|--------------------------|------------------|---------------------------|
| Kay Aber           | Jeffrey & Monica Griffin | Carol Louthan    | Gladys Routh              |
| Juanita Aguilar    | Darrell Hagen            | Mike Louthan     | Marcia Shea               |
| Cheryl Arrington   | Lee & Phyllis Hallstead  | Paula Maier      | Steve & Barbara Smith     |
| Ken Ayers          | Karolee Hansen           | Marge Milewski   | Gary & Colleen Sonnevil   |
| Kris Ayers         | June Harris              | James Miller     | Bill Starnes              |
| Marilyn Bannock    | Joel & Laura Henkelsman  | Jeanie Miller    | Sondra Starnes            |
| Carol Barner       | Kathy Heus               | Lee Moeglein     | Buck Steiner              |
| Larry & Tona Bravo | Howard Hill              | Mary Moeglein    | Sheila Steiner            |
| Patricia Bravo     | Kit Hill                 | Kari Mohn        | Darlene Tachick           |
| Rene Clifford      | Donna Hoyt               | Jerry Nassen     | Rachel Tamagni            |
| Jewell Coverstone  | Susan Hurley             | Bill Nelson      | Vivian Terry              |
| Rachael Craig      | Conrad Jackson           | Lois Nelson      | Charles & Janice Thornton |
| Walt Craig         | Bobbie Jedlicki          | Marian Nickelson | Gerda Trent               |
| Terry Cramer       | Peggy Jones              | Ray Nickelson    | John Trent                |
| Elmer Curtis       | Read Kent                | Susan Olson      | June Truelove             |
| Dorothy Diamond    | Fran Kilfoyle            | Katie Pault      | Terry Turner              |
| Shirie Drath       | Leanne King              | Robert Petersen  | Ray Verg-in               |
| Don Erwin          | Henry Knackstedt         | Judith Pock      | Yen-ti Verg-in            |
| Robin Feltman      | Anita Kwan               | Carol Prior      | Frosty Walters            |
| Carol Freas        | Gaye Larane              | Robert Reichert  | Virginia Walters          |
| Velda Geller       | William LaTocha          | Biz Robbins      | Marie Weller              |
| Omer Goodman       | Xiaopei LaTocha          | Trish Roderick   | John White                |
| Margaret Goggia    | Hoa Le                   | Linda Romero     | Janice Wilsack            |
| Bill Graves        | Chris Lombard            | Gayle Ross       | Clayton Yoncher           |
| Luna Graves        | Jennifer Lombard         | Richard Ross     |                           |



# The Phone Scam: What You Should Know

## WHAT

A phone scam is aimed at stealing large sums of money through wire transfer, gift card purchases, money orders, or mobile payment apps from older adults. These types of scams are typically referred to as 'Grandparent Scams', but they can happen to anyone.

## HOW

This scam aims to put us into a state of crisis to protect ourselves or a loved one. Someone will call posing as a someone we care for or an official [officer, lawyer, doctor, etc.] urgently requesting money.

## WHEN

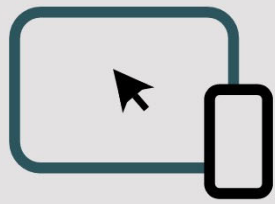
Avoid answering calls from unknown callers. Always call your loved one to determine if a call is legitimate and do not share personal or financial information. A scam is not inevitable, we can all support one another to prevent phone scams.

## WHO

Who is available to provide assistance?

- **Local Law Enforcement** or **Consumer Protection Agency**
- **National Elder Fraud Hotline: 1-833-372-8311**
- **Federal Trade Commission (FTC):**  
[reportfraud.ftc.gov](https://reportfraud.ftc.gov)
- Visit **NCEA** for more resources: [ncea.acl.gov](https://ncea.acl.gov)





# Tech Classes @Kenai Senior Center

## On Hiatus June and July

Tech Classes with Elizabeth of the Kenai Community Library are on hiatus for the months of June and July while the Summer Reading Program is in full swing. If you have tech questions Elizabeth has Tech Time on Tuesdays from 11:00am to 1:00pm at the Kenai Community Library.



### 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

Cheryl Hamann has decided to take a break during the summer and plans to resume the Genealogy workshop in September. If you have questions during the time of the break. She said you are free to call her. Have a Happy Summer!





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.



# JULY 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<br>Tuna Salad on<br>Croissant<br>Fresh Fruit<br>Soup                           | 2<br>Spaghetti w/ Meat<br>Sauce<br>Italian Veggies<br>Garlic Bread<br>Salad                                                                                             | 3<br>Rueben<br>Sandwiches<br>Corn Chowder<br>Salad                                                                              | 4<br><b>HOLIDAY<br/>CENTER CLOSED</b>                                                     | 5<br>Baked Potato<br>& all the<br>trimmings<br>Broccoli<br>Muffin  |
| 8<br>Toasted Cheese<br>Sandwich<br>Tater Puffs<br>Tomato Soup                    | 9<br>Beef Stew<br>Peaches & Cottage<br>Cheese<br>Muffin<br>Salad                                                                                                        | 10<br>Turkey Sandwich<br>Chips<br>Pasta Salad  | 11<br>BBQ Chicken Thighs<br>Roasted Potatoes<br>Mixed Veggies<br>Soup                     | 12<br>Baked Salmon<br>Asparagus/Red<br>Pepper Medley<br>Rice Pilaf                                                                                    |
| 15<br>Cranberry Bacon<br>Chicken Wraps<br>Potato Salad<br>Fruit Cup<br>Soup      | 16<br>Chef Salad<br>Fruit Cup Bran<br>Muffin                                         | 17<br>BBQ Pork Ribs<br>Cowboy Beans<br>Yellow Squash<br>Salad<br><b><u>Birthday Cake</u></b>                                    | 18<br>Beef Enchiladas<br>Mexi-Rice<br>Corn Salsa<br>Chips & Salsa<br>Soup                 | 19<br>Turkey Tetrzzini<br>Roasted Honey<br>Carrots<br>Garlic Bread                                                                                    |
| 22<br>Tangy Sweet &<br>Sour Meatballs<br>Stir Fry Veggies<br>Egg Roll<br>Soup    | 23<br>Balsamic Chicken<br>Tortellini Salad<br>Cheesy Parsley<br>Rolls<br>Watermelon  | 24<br>Meatloaf<br>Mashed Potatoes &<br>Gravy<br>Mixed Veggies<br>Salad                                                          | 25<br>Cuban Mojo<br>Marinated Pork<br>Roasted Mushrooms<br>Sweet Potato<br>Wedges<br>Soup | 26<br>Shrimp Scampi<br>Wedge Salad<br>Whole Wheat Rolls                                                                                               |
| 29<br>Ham & Lima Bean<br>Soup<br>Carrot Peaches &<br>Cottage Cheese<br>Cornbread | 30<br>Thai Chicken Salad<br>Fruit Cup<br>Muffin                                      | 31<br>Jumbo Cheese<br>Ravioli w/<br>Marinara Sauce<br>Italian Veggies<br>Garlic Bread<br>Salad                                  | 1<br>Baked Ham<br>Scalloped Potatoes<br>Mixed Veggie<br>Soup                              | 2<br>Pulled Pork BBQ<br>Sandwich<br>French Fries<br>Coleslaw                                                                                          |

**Center Funders & Supporters**

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



<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