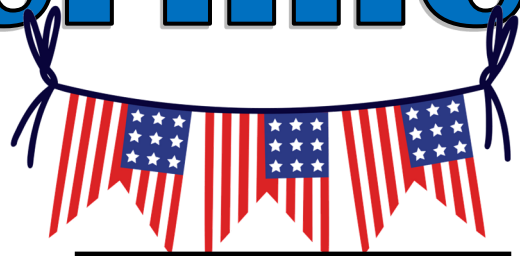


The Centerline

JULY 2025



Know you Musician: Patrick Tassell

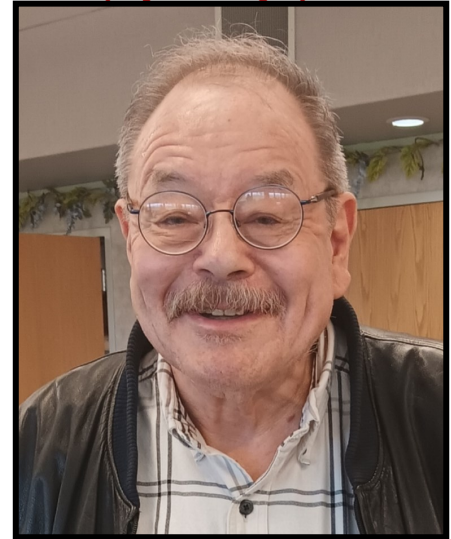
By: Ann Lee

In our midst we have an extraordinary harmonica player named Patrick Tassell. His original roots are from Southeast Alaska, and of Native descent, so his talent stems from a variety of cultural backgrounds. Maybe you've seen him on Wednesdays at 11am and Thursdays at 6pm the second, third, and fourth Thursdays of the month at the Center.

Patrick was born on 2/15/1959 in Orange County, California but as I said his roots were Alaskan. Patrick came to Alaska in 2004 in hopes of working on the Alaska Ferry System out of Juneau and to become closer to his heritage and be introduced to his family roots. He quickly fell in love with Alaska and realized what he was missing, being away from Alaska. His musical interests and his dabbling in raising chickens and pigs had him fitting into the ways of the last frontier right off. He meandered to the Kenai Peninsula in 2021 and stayed at the Friendship Mission and later became staff as his willingness to help others grow. Another fine trait of a true Alaskan.

As his need to be more involved in Christian activities, he began singing in choirs, but he soon reverted to his love for harmonica playing. He originally picked up the harmonica in 1982 when his friend was playing the harmonica and he picked it right up, as I'm sure you'll agree if you've heard him at the Kenai Senior Center.

Patrick also enjoys playing the guitar and plays at The Foodbank and Love Inc. As his interests in Christian activities increased, in 2021 to present, he has been part of the worship team at his church and works in the jail ministry, the Cyros Prison Ministry. Patrick is into health as he attends the exercise classes here at the Center and enjoys riding his bike around town. He has recently retired from a local store as a stocker and fully can place all his energy into his musical talents. He is no longer considered a Chichaco!





Special Points of Interest


- Movie Afternoon—Forrest Gump—July 3
- Birthday Lunch—July 16
- Day Trip to Halibut Cove—July 18
- No Host Dinner— Angry Salmon— July 21

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

JULY 2025

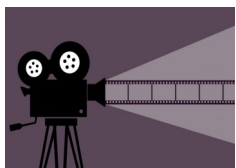
Monday	Tuesday	Wednesday	Thursday	Friday
	1 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	2 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11:30a—Patriotic Choir Concert Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/ Family Caregiver Support Group	3 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Movie Afternoon: Forrest Gump	4  CENTER CLOSED SEE YOU AT THE PIE BOOTH-GREEN STRIP Parade starts at 11:00am
7 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	8 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	9 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Card Making w/ Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	10 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:30p—Acoustic Jam	11 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 10:45a—Lunch at Ninilchik Senior Center Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
14 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	15 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p—Rock Painting	16 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong Noon—LUNCH/ Birthday Celebration 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	17 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	18 9a—9p—Day trip to Halibut Cove 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
21 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers 4:00p—No Host Dinner/Angry Salmon	22 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	23 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together Support Group	24 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	25 8-10 WAFFLES 9a—Growing Strong 9a—10a Blood Pressure Check 10a—Senior Connection 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
28 9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	29 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	30 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together Support Group	31 9a— Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	

Happy Birthday!

Day	Name	Day	Name	Day	Name
2	Susan Olson	12	Sue Gill	22	Karen Evans
2	Cheryl Hamann	14	Peggy Arness	25	Robert Peterson
3	Jennifer McGrady	16	Audrey Jenkins	25	Cindy Paulkner
4	Leo Phelps	17	Jack Castimore	26	Carolyn Boughton
5	Ann Lee	17	James Glendening	26	Dan Devereaux
5	Arnold Wagaman	18	R.W. Weilbacher	29	Elizabeth Huey
9	Julia Selanoff	19	Bill Milewski	30	Sue Latz
11	Jerry Nassen	19	Mary Anaruk-Thomas	31	Susan Smalley
12	Mary Kay Fullerton	20	Gladys Meacock		
12	Tom Scharlott	22	Frances Kilfoyle		



Thursday Afternoon Movie July 3, 2025 at 3:00p.m.



Now showing: **Forrest Gump**

Slow-witted Forrest Gump (Tom Hanks) has never thought of himself as disadvantaged, and thanks to his supportive mother (Sally Field), he leads anything but a restricted life. Whether dominating on the gridiron as a college football star, fighting in Vietnam or captaining a shrimp boat, Forrest inspires people with his childlike optimism. But one person Forrest cares about most may be the most difficult to save -- his childhood love, the sweet but troubled Jenny (Robin Wright).

NO-HOST DINNER

Angry Salmon


Monday, July 21, 2025

Those leaving from the Senior Center parking lot will head out at 4:00p. Or, meet your friends at Angry Salmon in Anchor Point.

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 2	Social Security	9a–Noon
Thursday, July 3	Movie Afternoon: Forrest Gump	
Friday, July 4	CENTER CLOSED 	
Wednesday, July 9	Card Marking with Kimberly	1:00 pm
Thursday, July 10	Council on Aging Meeting	3:00 pm
Wednesday, July 16	Social Security	9a—Noon
	Birthday Lunch	Noon
Friday, July 18	Day Trip to Halibut Cove	9a-9pm
Monday, July 21	“No Host” Dinner/ Angry Salmon	4:00 pm
Friday, July 25	Waffle Friday	8-10 am
	Senior Connection Meeting	10:00am

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
before 1:00PM.**



For Transportation:

Call the front desk at least **24 hours** in
advance to schedule a ride. We will do
our best, but same day transportation is
not guaranteed.

Dining Room Meals (Congregate)

Monday-Friday 12pm-1pm

No reservations required

(Except for special events)

Senior Farmer's Market Nutrition Program



**Will you be 60 years of age or older
by September 30, 2025?**

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 Benefits! Benefits are available after July 1.

For more information about the program and to inquire as to whether you are eligible, please call the Kenai Senior Center at (907) 283-8212.



Patriotic Choir Concert

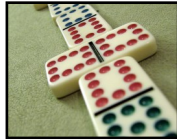
Our Kenai Senior Center Choir has been practicing songs for July 4th. Join us on Wednesday, July 2 for this festive medley of music!



Rock Painting Tuesday, July 15 at 1:00pm

Who would like to add a splash of color to your garden? These bright paints will make your outdoor space feel more welcoming and unique. The cost is \$3 per person and the class is limited to 8 individuals. Interested in joining the class, please sign up and pay at the reception desk.

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!

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!

Card Making with Kim

Wednesday, July 9 at
1:00pm Senior Center
Dining Room



Please Sign up on the bulletin board.

Nikiski Pool Transportation:

Starting Thursdays in February there will be transportation available for both AM and PM sessions at the Nikiski pool. The van will leave the center at 9:00am 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.



Kenai Peninsula Wednesday, July 2 from 2:00p-3:30p



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

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



Day Trip to Halibut Cove

Friday, July 18

9:00a-9:00pm

Did we say a trip to Halibut Cove??!!! Why, yes we did! This is a five-hour tour to Halibut Cove. The vans will leave the Center at 9:00 a.m., drive to Homer, and depart Homer at 11:30 a.m. to Halibut Cove. One of the highlights of the cruise to Halibut Cove is a visit to Gull Island, a bird sanctuary, a short twenty minutes from Homer. A no-host lunch will be at the famous Saltry Restaurant. The Danny J ferry goes rain or Shine! No refunds for those who choose not go in rainy weather.

The cost of the tour is \$70.00 and the van ride charge is \$15.00. Prepay at the Receptionist Desk, fill out forms and reserve your spot. We must have a minimum of five (5) people.

Widows/Widowers



Meet Mondays at 2pm

Come share your grief with others

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

LIBRARY NEWS

by Kari Mohn

There are multiple sections in our Kenai Senior Center Library housed in the Game Room. As you stand at the Reception Desk, the Game Room is to your left. Nearly all of these sections are shelved in alphabetical order by the author's last name.

There are two sections that are browsing collections. Browing collections aren't in any particular order. Alaskana and History are located on the same shelf near the beginning of our library. Books either about Alaska or set in Alaska are shelved together and labeled Alaskana. The History section is at the other end of the shelf. Nonfiction and fiction and sometimes historical biographies are shelved here.

It would be helpful if donations to the library are labeled "Donation". The bag or box of paperback books, puzzles, DVDs and Blu-rays can be placed on the floor near the return basket. Just leave a note or write on the bag or box "Donation". New additions to the collection get a colored Post-it tag. The color for July is Lavender.



Black Bird Envy

By: Jerry Nassen



Raven and Crow watch Magpie
Think he fancy with his white vest
Parading on Main Street dumpster like
fancy pants
He no want to play with Raven and Crow
He make me spit I hate him
We go Crow find shiny stuff maybe better
food
Maybe juicy bug maybe French fry
We no need you Magpie and your fancy
clothes
All black is more better
There go Eagle we chase him
Goodbye Magpie hello Eagle



- 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.

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

- **First Thursday of the Month:** Movie Afternoon
3 PM to 5PM



- **Thursday Fun Night:** happens every second, third, and fourth Thursday of the Month from **5 PM to 9 PM:** Join us for Bluegrass music, card games, cribbage, and more!

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



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!



Ninilchik Senior Center Friday, July 11— 10:45 am

We're are going to drive and enjoy lunch at the Ninilchik Senior Center. We may stop for ice cream before heading home. There is no transportation cost. We must have a minimum of five (5) people.

Lunch is suggested \$8 donation per person. Please sign up at the front desk.





Correcting the Record About Social Security Direct Deposit and Telephone Services

Recent reports in the media that Social Security plans to eliminate telephone services are inaccurate. SSA is increasing its protection for America's seniors and other beneficiaries by eliminating the risk of fraud associated with changing bank account information by telephone.

SSA continuously investigates and analyzes potential threats to strengthen and secure our programs and protect people who receive benefits. Approximately 40 percent of Social Security direct deposit fraud is associated with someone calling SSA to change direct deposit bank information. SSA's current protocol of simply asking identifying questions by telephone is no longer enough to prevent fraud.

If someone needs to change their bank account information on SSA's record, they will need to either:

- Use two-factor authentication with SSA's "my Social Security" service; or
 - Visit a local Social Security office to prove their identity.
- These methods align with most major banks.

All other SSA telephone services remain unchanged.

Social Security Strengthens Identity Proofing Requirements and Expedites Direct Deposit Changes to One Day

The Social Security Administration (SSA) is taking proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits against fraudulent activity. Over the next two weeks, SSA will carefully transition to stronger identity proofing procedures for both benefit claims and direct deposit changes. Individuals seeking these services who cannot use their personal my Social Security account, which requires online identity proofing, will then need to visit a local Social Security office to prove their identity in person. At the same time, the agency will expedite processing all direct deposit change requests – both in person and online – to one business day. Prior to this change, online direct deposit changes were held for 30 days.

The agency's two-week transition plan includes training frontline employees and management about the new policy and careful monitoring of policy compliance. At the conclusion of the transition period, on March 31, 2025, SSA will enforce online digital identity proofing and in-person identity proofing. SSA will permit individuals who do not or cannot use the agency's online my Social Security services to start their claim for benefits on the telephone. However, the claim cannot be completed until the individual's identity is verified in person. The agency therefore recommends calling to request an in-person appointment to begin and complete the claim in one interaction. Individuals with and without an appointment will need to prove identity before starting a transaction. Individuals who do not or cannot use the agency's online my Social Security services to change their direct deposit information, can visit a local office to process the change or can call 1-800-772-1213 to schedule an in-person appointment.

SSA recently required nearly all agency employees, including frontline employees in all offices throughout the country, to work in the office five days a week. This change ensures maximum staffing is available to support the stronger in-person identity proofing requirement.

People who do not already have a "my Social Security" account can create one at www.ssa.gov/myaccount/.

Information taken from blog.ssa.gov

Kenai Senior Connection, Inc. NEWS

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

As many, if not most of you are aware, the Senior Connections board is the fundraising arm of the Kenai Senior Center. The board is comprised of fifteen members who meet monthly (or more often as needed) to plan and execute fundraising projects to support the Center. We are currently short a couple of members and are hereby soliciting your input.

Membership in the Kenai Senior Connection is simple: You simply must be sixty years of age or older and have been contributing to the 'Five Dollar a Month Club' for at least a year. That's it...you're in. At this point you're eligible to sit on the Board. If you think being a Board Member is for you, an application is available at the front desk or from any Board Member or Officer.

The current Board Officers are planning a new direction for the Senior Connection. Fundraising will remain our priority, nothing's changed there. One of the criticisms we often hear is, "You had a function, and didn't ask for help." So now, instead of just reporting on past functions, we will be looking to the future, and actively soliciting your help.

A committee is actively planning next year's major fundraiser, the annual March for Meals gala. The working theme is the Wild Wild West, and the event will be Friday March 27, 2026. A little closer on the calendar is the Fourth of July celebration, where the Senior Connections operates a 'pie and biscuits and gravy' booth, alongside the crafters who sell their handmade items.

Other fundraising activities will be in the works, but we need your help. Suggestions are always welcome, and help is always needed. So, speak up, become part of the solution; better yet, fill out that application today and become part of the future of YOUR Senior Center.

(PATRICK TASSELL, Continued from page 1)

If you have not heard Patrick, come by the center before lunch on Wednesdays and on Thursday evenings at 6pm, to see him in person and enjoy his talent with us. His music has definitely been an added feature, enlightening the other players he plays with and who thoroughly enjoy him. Patrick's talent adds a great part to the music as his skills surely show when he plays. Patrick has at least 8 harmonicas with different tunes. Like all the other musicians, Patrick can pretty much chime in with anything thrown his way. We are lucky to have him as part of the group. With the Center luring him in, within the last 2 years, his confidence has expanded to putting his music on the internet, doing You Tube, to share with others as his confidence in his music has grown and with our Center giving him that chance. Patrick, in the past two years has become a part of the senior scene.

Patrick is definitely not one to miss. Please join us on Wednesdays at 11am and Thursdays at 6pm the second, third, and fourth Thursday of each month to enjoy his talent as we all do.

Come see him and you wont be sorry!

Patrick, thank you for all the great music you add to the Kenai Senior Center with your harmonica.

Save the Date!

August 15 @ 11:30am
Doors open at 10:30am



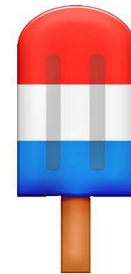
CROSSWORD PUZZLE



#1



#2



#3



#4



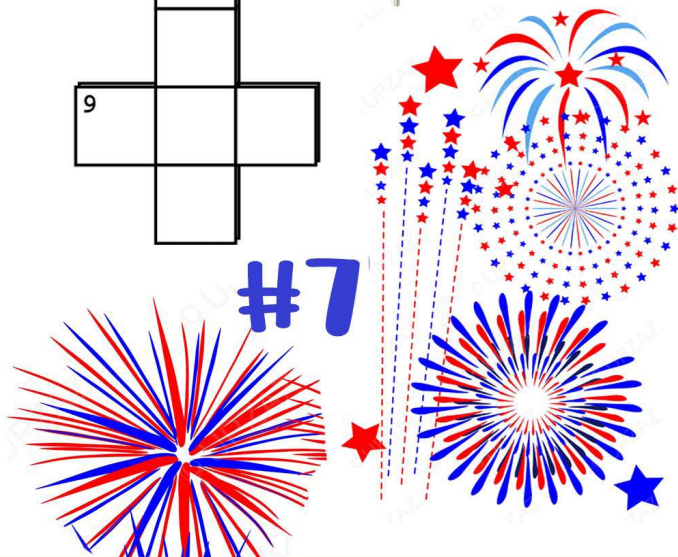
#5



#6



#7



#8



#9



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 2025 \$5 CLUB

Juanita Aguilar	Robin Feltman	Xiaopei LaTocha	Judith Pock
Ken Ayers	Sharon Fisher	Hoa Le	Carol Prior
Kris Ayers	Carol Freas	Susan Lockwood	Biz Robbins
Carol & Duane Bannock	Velda Geller	Chris Lombard	Geraldine Roberson
Carol Barner	Bill Graves	Jennifer Lombard	Trish Roderick
Steve Best	Luna Graves	Carol Louthan	Gladys Routh
Sandy Bise	Jeffrey & Monica Griffin	Mike Louthan	Julia Selanoff
Larry & Tona Bravo	Darrell Hagen	Paula Maier	Marcia Shea
Patricia Bravo	Lee & Phyllis Hallstead	Marge Milewski	Lavona Smith
Larry Burcham	June Harris	James Miller	Bill Starnes
Renee Clifford	Dale Hershberger	Kari Mohn	Sondra Starnes
Jewell Coverstone	Kathy Heus	Twyla Mundy	Vivian Terry
Rachael Craig	Donna Hoyt	Wayne Mundy	June Truelove
Walt Craig	Bobbie Jedlicki	Jerry Nassen	Terry Turner
Terri Cramer	Ginger Kaona	Bill Nelson	Ray Verg-in
Elmer Curtis	Fran Kilfoyle	Lois Nelson	Yen-ti Verg-in
Deborah DeShong-Hayes	Henry Knackstedt	Marian Nickelson	Frosty Walters
Dorothy Diamond	Mel Krogseng	Ray Nickelson	Virginia Walters
Pamela Downing	Anita Kwan	Susan Olson	Marie Weller
Shirie Drath	Gaye Larane	Katie Pault	John White
Barbara Durnil	William LaTocha	Bob Peters	Janice Wilsack
		Robert Peterson	Clayton Yoncher



Summer Hiatus

May, June and July

Tech Classes with Elizabeth of the Kenai Community Library are on hiatus for the months of May, 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. Please call 907-283-4378 to set up an appointment.



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.



Waffle Bar Returns!

We will be offering waffles on **The Last Friday of the month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up. Just show up and enjoy this special treat.



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

JULY 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
30 Veggie Soup Tuna-on-Rye Fresh Fruit	1 Raspberry Chipotle Chicken Salad Fruit Cup Muffin 	2 Beef Stew Peaches & Cottage Cheese Pasta Salad Rustic Rolls	3 Clam Chowder Seafood Pasta Salad Fruit Cup Muffin	4  <u>FOURTH OF JULY</u> <u>CENTER CLOSED</u>
7 Swedish Meatballs Egg Noodles Pickled Beets Soup	8 Spicy Lime Chicken Akai Dragon Noodles Egg Roll Salad 	9 Meatloaf Mashed Potatoes & Gravy Baked Cabbage Salad	10 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Soup	11 Pulled Pork BBQ Sandwich French Fries Coleslaw
14 Spaghetti w/Meat Sauce Italian Veggies Garlic Bread Soup	15 Fried Chicken Mashed Potatoes & Gravy Mixed Veggies Salad	16 Baked Ham Cheesy Potatoes Acorn Squash Salad Birthday Cake	17 Beef Enchilada Spanish Rice Mexi-Corn Soup	18 Corn Chowder Rueben Sandwich Carrot Salad
21 Cranberry/Turkey Sandwich Potato Salad Fruit Cup Soup	22 Chef Salad Fruit Cup Bran Muffin 	23 Beef Stew Peaches & Cottage Cheese Pasta Salad Rustic Rolls Salad	24 BBQ Chicken Baked Beans Yellow Squash Soup	25 Jambalaya Cornbread Fruit Cup
28 Baked Potato w/Fixings Broccoli Spears Soup	29 Chicken Caesar Salad Watermelon Muffin 	30 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	31 Fettuccini Chicken Alfredo w/ Sundried Tomatoes Veggies Garlic Bread Soup	1 Fish Tacos Coleslaw w/ Cumin Lime Vinaigrette Salsa Chips

Center Funders & Supporters

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Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations



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