

The Centerline



Know your Neighbor:
Susan Lockwood

By: Virginia Walters

If you are part of the early coffee crowd on Monday, Wednesday, or Friday, you know Susan Lockwood. She comes in with a smile, greets everyone and settles in for the ten o'clock Growing Strong.

Susan was born in Seattle, and spent her school years there with a brother and

sister and her parents. Her father was a Superior Court Judge; her mom a musician. She got her love for music from her mother, and attended Western Washington College of Education, in Bellingham on a music scholarship after graduating Lincoln High School in Seattle. She majored in Music and minored in Speech Therapy. She graduated with a degree in Education. Mike, her husband -to-be, also attended Western Washington. They were married in September, 1961, and came to Alaska as teachers in 1962. They also had a fish site on Kodiak that they fished each summer until they purchased a site on Kalgin Island in 1970 where they fished for 50 years. Their daughter, Heather, runs those sites now.

Their first teaching job was in the two teacher school at Koyukuk, a small Athabaskan village at the confluence of the Yukon and Koyukuk Rivers in western Alaska. Susan taught the lower four grades and Mike the older kids. The village chief attended Mike's classes, and in return taught Mike how to Trap.



They later went to Anukuvuk Pass, the most Interior of the Eskimo Villages in Alaska where they were the first teaching couple. There they were introduced to sod houses and dog teams. Susan describes Anukuvuk Pass as surrounded by beautiful mountains. "The Eskimo people were very happy," she says. "Our janitor would often say 'It's a wonderful life'".

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Special Points of Interest

- Movie Afternoon—National Treasure—July 2
- BIRTHDAY Lunch—July 15
- No Host Dinner—Angry Salmon — July 16
- Day Trip to Halibut Cove—July 23

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

JULY 2026

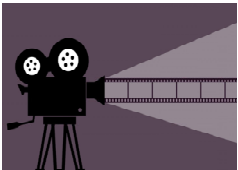
Monday	Tuesday	Wednesday	Thursday	Friday
		1 9a-Noon-Social Security 9a—Growing Strong 9:30a—Field House 10a—Growing Strong 11a—Noon/Acoustic Jam 11:30a—LUNCH/CHOIR CONCERT 1p—Karaoke 1p—Mexican Dominos 1p—Writers’ Group 1—3p Wednesday Market 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/ Family Caregiver Support Group	2 9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Basic Computer Class 1p—Wii Bowling 1p—Card making with Kimberly 1-3p—Hand & Foot 3p—Movie Afternoon: National Treasure	3  CENTER CLOSED SEE YOU AT THE PIE BOOTH-GREEN STRIP Parade starts at 11:00am
6 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	7 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	8 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Karaoke 1p—Mexican Dominos 1p—Writers’ Group 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together Support Group	9 9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Basic Computer Class 1p—Wii Bowling 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:00p—Acoustic Jam	10 9a—Growing Strong 9a—Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
13 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 1:30p—Afternoon Drive 2p—Grief support Group for Widows/Widowers	14 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	15 9a-Noon-Social Security 9a—Growing Strong 9:30a—Field House 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH/Birthday Celebration 1p—Karaoke 1p—Mexican Dominos 1p—Writers’ Group 1—3p Wednesday Market 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	16 9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Basic Computer Class 1p—Wii Bowling 1-3p—Hand & Foot 5:00p—Dinner No Host—Angry Salmon 5p—Cribbage 6:00p—Acoustic Jam	17 9a—Growing Strong 9a—Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
20 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	21 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	22 9a—Growing Strong 9:30a—Field House 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Karaoke 1p—Mexican Dominos 1p—Writers’ Group 1—3p Wednesday Market 1p—Paper Mache Balloons 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	23 9a– Chair Yoga 9:00a—Pool 9:00a—Day Trip to Halibut Cove 10a—Tai Chi Noon—LUNCH 1p—Basic Computer Class 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:00p—Acoustic Jam	24 9a—Growing Strong 9a—Blood Pressure Check 9:30a—Garage Saling with Patty 9:30a-12p—Quilting 10a—Growing Strong 10a—Senior Conn. Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge
27 9a—Growing Strong 10a—Growing Strong Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	28 9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling	29 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Karaoke 1p—Mexican Dominos 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	30 9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Basic Computer Class 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:00p—Acoustic Jam	31 8-10a Waffle Friday 9a—Growing Strong 9a—Blood Pressure Check 9:30a—Garage Saling with Patty 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge



Happy Birthday!



Day	Name	Day	Name	Day	Name
2	Penelope Maize	9	Julia Selanoff	20	Gladys Meacock
2	Susan Olson	11	Jerry Nassen	22	Fran Kilfoyle
2	Cheryl Hamann	12	Mary Kay Fullerton	22	Karen Evans
2	Ray Leonard	12	Thomas Scharlott	22	Danette Goode
3	Jenny McGrady	12	Sue Gill	25	Robert Peterson
3	Robert Van Loan	13	Darcy Rodriguez	28	Jeff Erskin
4	Kate Gelinas	16	Audrey Jenkins	28	Marty Askin
5	Sammy Crawford	17	Jack Castimore	29	Elizabeth Huey
5	Ann Lee	17	James Glendening	30	Sue Latz
5	Arnold Wagaman	19	Bill Milewski	30	Reginald May
5	Cynthia Slaughter	19	Mary Anaruk-Thomas	31	Susan Smalley
8	Eugene Duyck	20	Mark Larson		



Thursday Afternoon Movie July 2, 2026 at 3:00p.m.

Now showing: National Treasure

Historian and code-breaker Ben Gates (Nicolas Cage) has been searching his whole life for a rumored treasure dating back to the creation of the United States. Joining an expedition led by fellow treasure hunter Ian Howe (Sean Bean), Gates finds an ice-locked Colonial ship in the Arctic Circle that contains a clue linking the treasure to the Declaration of Independence. But when Howe betrays him, Gates has to race to get to the document ahead of his so-called colleague.

NO-HOST DINNER

Angry Salmon

Thursday, July 16, 2026

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 1	Social Security	9a–Noon
	LUNCH/4th of July CHOIR CONCERT	11:30a
Thursday, July 2	Card Making with Kimberly	1:00 pm
	Movie Afternoon: National Treasure	3:00 pm
Friday, July 3	CENTER CLOSED 	
Thursday, July 9	Council on Aging	3:00 pm
Monday, July 13	Afternoon Drive	1:30 pm
Wednesday, July 15	Social Security	9a—Noon
	Birthday Lunch	Noon
Thursday, July 16	“No Host” Dinner/Angry Salmon Restaurant	4:00 pm
Thursday, July 23	Day Trip to Halibut Cove	9:30 a m
Friday, July 24	Garage Saling with Patty	9:30 am
	Kenai Senior Connection, Inc. Meeting	10:00 am
Friday, July 31	Waffle Friday	8-10 am
	Garage Saling with Patty	9:30 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

Vintage Pointe Manor, Council on Aging,

Kenai Senior Connection, Inc.

Benefits Counseling

Administrative Assistant, Red Piersee

(907) 283-8212 or apiersee@kenai.city

Home Delivered Meals

Transportation

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



Would you be interested in occasional group outings?

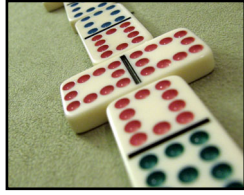
We're exploring opportunities for special transportation trips to local attractions, recreation

opportunities and community events. Trips will be offered as driver availability permits, so stay tuned for future announcements!

We currently offer transportation to destinations such as Soldotna Field House, Wednesday Market, Nikiski Pool, and occasional garage sale outings. To ensure we are making the best use of our transportation resources, these trips must have sufficient participation to continue being offered. If you enjoy these opportunities, we encourage you to sign up and join us!

Calling all Mexican Dominoes Players!

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



Stronger Together Support Group

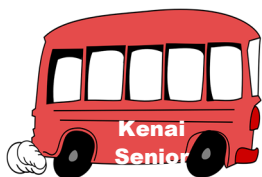


Wednesdays 2 –3:30 pm

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

Nikiski Pool Transportation:

Morning pool service is on Thursdays. There is no transportation fee for this service but the individual is responsible for the \$2 admission fee to the pool. Van leaves the center at 9am.



**Afternoon Drive
Monday, July 13
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.

Patriotic Choir Concert



Our Kenai Senior Center Choir has been practicing songs for July 4th. Join us on Wednesday, July 1 for this festive medley of music!

Card Making with Kim

Thursday, July 2 at 1:00pm
Senior Center Dining Room.
Please Sign up on the bulletin board.



The Writers' Bloc

By: Virginia Walters



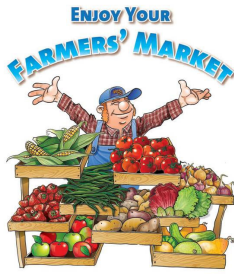
You have probably noticed the notebook on the table in the lounge area in the lunch room. The Writers Bloc! It contains individual writings from the members of the Senior Writers' Group, and is there for your entertainment and enjoyment. We will add pieces each week from our meetings, and hope you enjoy sharing our endeavors. If you do, Leave a

Basic Computer Class



On Thursdays, **July 2, 16, 23 and 30th** **Ally Dykes**, a volunteer who is working on getting her master's degree, will be teaching a class to help seniors with basic computer skills. The class will be held in the Computer Room from 1-2p. Please sign up at the bulletin board.

Senior Farmer's Market Nutrition Program



Will you be 60 years of age or older by September 30, 2026? Do you enjoy fresh fruits and vegetables, but find that purchasing them can be a little hard on your pocketbook?

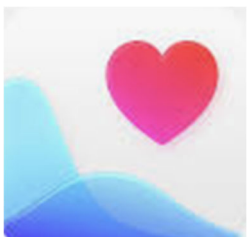
If you answered yes to both questions, you'll be happy to hear that the Kenai Senior Center is once again a distribution site for Farmer's Market Benefits!

The benefit amount this year is \$55, and benefits will be available for use after June 1. Individuals may begin signing up starting May 1.

Walk-in assistance is available, Monday through Friday.

Benefits are distributed electronically, and there is no paper application available. Individuals may apply on their own by accessing the Healthy Together App on their smartphone.

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



SUSAN LOCKWOOD, Continued from page 1)

Subsequent years teaching in Alaska brought them three children: a boy and two girls, and took them around the state: Anderson Village, the support community for Clear Air Force Station, as it was known then, (now Clear Air Space Station) before the Parks Highway was even open. Later, to Fort Wainwright in Fairbanks where Susan taught First grade while Mike worked on a Master's degree in Science at UAF. Their daughter, Michelle, was born during that time.

Next was Port Graham, at the tip of the Kenai Peninsula where they stayed for six years. Their son, Mark, was born while they were there.

Mike decided to retire from teaching and go shrimp and crab fishing in the winter. so, they moved into Homer, where their youngest daughter, Heather, was born. Susan taught for 13 years at Nikolavsk , the Russian Village near Anchor Point.

After her retirement, the family moved to Anchorage, where they lived for 9 years while their youngest finished high school. While there Susan Joined the Sweet Adelines, a barbershop singing group. Later, when they moved to Kenai, she was instrumental in beginning the Sweet Adeline's group (now inactive) on the Peninsula.

Susan spends her time now at the Senior Center, and busy with her church. She smiles when she says, "It's been an interesting life."



Paper Mache Balloons

Wednesday, July 22 at 1:00pm

Who wants to learn how to make paper Mache balloons?! Ally Dykes will teach you step-by-step on how easy it is to make paper Mache balloons. The cost is \$2.00, limited to 6 individuals. Please sign up and pay at the front desk.



Day Trip to Halibut Cove

Thursday, July 23

9:00a-9:00pm

Did we say a trip to Halibut Cove again??!!! 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 \$20.00. Prepay at the Receptionist Desk, fill out forms and reserve your spot.

Calling all Bridge Players!

Interested in playing bridge? Players are needed at all levels.

On Mondays-duplicate bridge for more experienced players where your score is compared with other pairs holding the same cards.

On Fridays-casual play or party bridge which includes all levels of players.

See Kayla to sign up for an upcoming Bridge games.

See you there!



Waffle Bar!!

We offer 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.



Friday, July 24 & 31

At 9:30am Garage Saling w/ Patty

We will be leaving the center with a van 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.

Kenai Senior Connection, Inc. NEWS

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



As most of you are aware, the Senior Connections Board's major fundraiser each year is the March for Meals gala held each spring. From a small, almost informal gathering sixteen years ago that raised just under \$9,000, it has grown into the much-anticipated event of today that raised approximately \$75,000 this year.

Why is this fundraiser so important, and where is this money used? Here are a few numbers for you that will help answer these questions.

In FY 25 your Senior Center served 31,096 meals to seniors (10,337 in house and 20,759 home-delivered). For FY 26, with still a month to go, the kitchen is on track to serve a total of 33,441 meals! Also, to date we have seen a 21% increase in number of seniors served.

As a side note, your Senior Connections Board also sponsors the annual Christmas Bags program, where we fill and distribute 75 bags of groceries to families in need; each bag holds enough items to provide a week's worth of food for a family of four.

While we're on the subject of numbers, we still need a few...more board members on the Senior Connections Board. If you are a regular contributor to the Five Dollar a Month Club, you are already a member of Senior Connections and are eligible to sit on the Board of Directors. An application can be picked up at the front desk. To paraphrase Uncle Sam (it is July, after all), "I want YOU to be on the Board of Directors!"

LIBRARY NEWS

by Kari Mohn

Looking for a good summer read? Check out the Kenai Senior Center library in the Game Room. This paperback collection is housed by genre. Adventure, Alaska, Fantasy, History, Romance, Mystery, Fiction, Western, World War II & Vietnam and Science Fiction are all there for your reading pleasure. The check out protocol is easy. Make your selection. Take it with you to read. When you are finished, return the book to the return basket. There is no due date. You will note some books have colored Post-its sticking up behind the cover. The colors indicate when the book was added to the collection. Lavender for June and bright pink for July. Happy reading!





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 2026 \$5 CLUB			
Marty Askin	Phyllis Halstead	Lee Moeglein	Linda Schwanke
Victoria Askin	June Harris	Mary Moeglein	Patty Segura
Ken Ayers	Lorraine Heikkila	Kari Mohn	Marcia Shea
Kris Ayers	Nancy Henning	Twyla Mundy	Hal Smalley
Carol Barner	Howard Hill	Wayne Mundy	Debbie Sonberg
Willie Brenden	Kit Hill	Debbie Myers	Russell Sonberg
Arthur Brown	Roger Ihde	Jerry Nassen	Cheryl Spear
Donna Brown	Bobbie Jedlicki	Bill Nelson	Sheila Philips-Steiner
Megan Burke	Ginger Kaona	Lois Nelson	Vivian Terry
Barb Christian	Fran Kilfoyle	Susan Olson	June Truelove
Mike Christian	Ron King	Bill Perrigo	Terry Turner
June Coverstone	Sandy King	Nanette Peter	Yen-ti Verg-in
Terri Cramer	Anita Kwan	Bob Peters	Frosty Walters
Jan Daniels	William LaTocha	Robert Peterson	Virginia Walters
Dorothy Diamond	Xiaopei LaTocha	Carol Prior	Candace Ward
Janet Nelson-Dormandy	Chris Lombard	Biz Robbins	Bob Windsor
Pam Downing	Jennifer Lombard	Geraldine Roberson	Ruby Windsor
Sharon Fisher	Carol Louthan	Trish Roderick	Emmett Young
Carol Freas	Mike Louthan	Robert Romig	
Velda Geller	Paula Maier	Gladys Routh	
Jeffrey & Monica Griffin	Leon Marcinkowski	James Schwanke	

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 5 PM 
- **Thursday Fun Night:** happens every second, third, and fourth Thursday of the Month from **5 PM to 9 PM:** Join us for an Accoustic Jam, 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!



- 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.

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

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.

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



Heart Healthy

JULY 2026 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 BBQ Chicken Legs Mac & Cheese Fresh Fruit	2 Beef Stew Peaches & Cottage Cheese Macaroni Salad Rustic Roll	3 4TH OF JULY HOLIDAY  CENTER CLOSED
6 Baked Potato w/ Fixings Broccoli Soup	7 Chili Dogs Tater Tots Carrot Salad	8 Chef Salad Muffin Fruit Cup 	9 Baked Ham Cheesy Potatoes Baked Cabbage Soup	10 Sloppy Joe's Steak Fries Salad
13 Taco Casserole Spanish Rice Chips & Salsa Soup	14 Garlic Ginger Orange Chicken Muffin Fruit Cup Salad	15 Creamy Garlic Butter Shrimp Piccata Honey Carrots Garlic Bread Salad Birthday Cake	16 Sweet & Sour Pork Stir Fry Veggies Egg Roll Soup 	17 Chicken Philly Cheese Sandwich Sweet Potato Tots Carrot Salad
20 Hungarian Mushroom Soup Ham/Cheese/ Turkey Club Fruit Cup	21 Bacon/Chicken/ Blue Cheese Salad Fruit Cup Muffin 	22 Fried Chicken Mashed Potatoes Gravy Mini Sweet Peppers Salad	23 Honey Garlic Dijon Pork Lemony Roasted Potatoes Zucchini Medley Soup	24 Clam Chowder Seafood Pasta Salad Fruit Cup
27 Teriyaki Chicken Noodle Bowl Egg Roll Soup	28 BBQ Chicken Legs Mac & Cheese Broccoli Salad	29 Meat Loaf Mashed Potatoes Gravy Baked Carrots & Cabbage Salad	30 Chicken Chile- Honey Fajitas Mexi-Corn Spanish Rice Soup	31 Liver & Onions Mashed Potatoes Gravy Green Beans



WHAT WAS LIFE LIKE ★★★ IN 1776? ★★★

A LOOK BACK AT EVERYDAY LIFE DURING A REMARKABLE YEAR IN HISTORY

July 4, 1776

The Continental Congress adopted the Declaration of Independence, a bold step toward freedom and a new nation.



When we think of 1776, we often picture the signing of the Declaration of Independence and the birth of the United States. But what was everyday life really like for the people living during that remarkable year? Life was much different from today—simpler in some ways, but challenging in many others.

A NATION OF COLONIES

In 1776, the American colonies were home to about 2.5 million people. Most families lived in rural communities, where farming was a way of life. There were no cars, electricity, telephones, or indoor plumbing. Travel was slow, with horses, wagons, and boats serving as the primary means of transportation. A trip that takes an hour by car today could have taken an entire day—or even longer.



HOMES AND DAILY CHORES

Homes were simple by modern standards. Most were heated by fireplaces or wood stoves, and families cooked all of their meals over an open fire. Water had to be carried from a well, and candles provided light after sunset. Laundry was done by hand, and every chore required time and hard work.

CHILDHOOD AND EDUCATION

Children had responsibilities from an early age. Boys often helped with farming or learned a trade, while girls assisted with cooking, sewing, and caring for younger siblings. Education varied greatly, and many children attended school only when their work at home allowed.



COMMUNICATION

Communication was much different than it is today. News traveled by horseback, ship, or printed newspapers. A letter could take weeks or even months to reach its destination. There were no instant messages, television broadcasts, or social media to keep people informed.



HEALTH AND MEDICINE

Medical care was limited. Doctors had few effective medicines, and many illnesses that are easily treated today could become life-threatening. Life expectancy was much shorter than it is now, although many people who survived childhood lived well into their senior years.



CLOTHING AND CRAFTSMANSHIP

Clothing was handmade or sewn by local tailors. Families often made their own soap, candles, furniture, and tools. Nothing was wasted, and repairing items was a normal part of daily life.



★ A YEAR OF CHANGE AND COURAGE ★

While everyday life revolved around family, work, and community, 1776 was also a year filled with uncertainty. The colonies were in the midst of the Revolutionary War, and many families had loved ones serving as soldiers.

On July 4, 1776, the Continental Congress adopted the Declaration of Independence, announcing that the thirteen colonies would become free and independent states. Although the war would continue for several more years, that document forever changed the course of history.

★ A DAY IN THE LIFE ★

- Wake at sunrise
- Chores before breakfast: feed animals, bring in water, tend the garden
- Work in fields, workshops, or homes throughout the day
- Simple meals—often made from what was grown, raised, or preserved
- Light fades—time for family, reading (by candlelight), mending, or prayer
- Early to bed—ready to begin again tomorrow!



★ DID YOU KNOW? ★

The average life expectancy in 1776 was about **35–40 years.**



Corn was the most important crop in the colonies—used for food for people and animals.



A good pair of shoes could last for years and were often passed down from older siblings!



The first public library in the colonies was started in Philadelphia in 1731.



A U.S. dollar in 1776 was based on the Spanish silver dollar and was worth about a day's wages for many workers.



Most people could not read or write. Only about 25% of colonists were literate.



Tea was a daily drink for many colonists—hot, weak, and often sweetened with molasses.



★★★★★
As we celebrate America's 250th anniversary, it's worth remembering the courage, resilience, and determination of those who lived through these historic times. Their daily lives were filled with challenges we can scarcely imagine, yet their hopes for freedom and a better future helped shape the nation we know today.

**HAPPY 250TH,
AMERICA!**

*Honoring our past.
Inspiring our future.*



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

Please help us to update our database by annually 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.

Help Us Keep Our Funding Strong!

During the month of **July**, we ask everyone who receives services from the Kenai Senior Center to complete the annual **"Welcome to the Kenai Senior Center"** form.

Although many of you have filled out this before, the State of Alaska requires us to update this information each year for our Title III grant funding. The information helps demonstrate the need for senior services in our community and plays an important role in securing funding. **Even if you just receive one meal or one ride at the Senior Center throughout the year, it is imperative we have your information to show we provided that service.**

The form only takes a few minutes to complete. You may **mail it to the Senior Center**, give it to one of **our drivers**, or **place it in the collection box on the sign-in table at the Kenai Senior Center.**

As a special thank-you, everyone who returns their completed **"Welcome to the Kenai Senior Center"** form during the month of **July** will be entered into a drawing to win **one of two \$50 gift cards!**

Thank you for helping us continue to provide quality services to seniors throughout our community. Your participation truly makes a difference!

The form is on the other side of this page so you can simply tear it out of the newsletter.



Help Us. Help You.

FILL OUT YOUR Yearly Form

KENAI SENIOR CENTER CLIENT FORM

Your information helps us plan and provide the best programs and services for our community.

Turn it in during **JULY**

AND YOU'LL BE ENTERED TO win one of **TWO \$50 Gift Cards!**



Thank you for being an important part of our Senior Center community! ♥

Welcome to the Kenai Senior Center!

2026-2027 Consumer Screening for Nutrition, Transportation & Support Services

Personal Information (please print)			
Date:		Gender ☐ Male ☐ Female	
Last Name:		First Name:	
Birthdate:		Live Alone? ☐ Yes ☐ No, live with:	
Physical Address:	City:	State:	Zip:
Mailing Address (if different than above):	City:	State:	Zip:
Email Address:	Phone: Cell Phone:		
Emergency Contact (if applicable):	Emergency Contact Phone:		

PHOTO RELEASE: Permission for the Kenai Senior Center to use your picture in publications, bulletin board displays, social media, etc? ☐ Yes ☐ No

*Please complete the section below, as it is very important for our request for Federal funding.
Please check as many boxes that apply.*

Interests (How may we help you?)	✓	Ethnic Race	✓	Ethnicity
Congregate Meals		Black/African American		Hispanic or Latino
Home Meals		Asian/Asian American		Not Hispanic or Latino
Medicare/Medicaid/Senior Care Information & Assistance		American Indian/Native Alaskan		
Volunteer Opportunities		Native Hawaiian/Pacific Islander		Military Veteran Status
Activities		Non-Minority (white, non-Hispanic)		Yes
Vintage Pointe Waiting List		White Hispanic		No

Please check as many boxes that apply, regardless of services provided to you.

Activities of Daily Living (ADL)	✓	Instrumental Activities of Daily Living (IADL)	✓	Mobility Information	✓	Sensory	✓
Feeding		Preparing Meals		Use of Cane		Hearing	
Dressing		Shopping for Personal Use		Use of Walker		Vision	
Continence		Medication Management		Use of Wheelchair			
Bathing		Managing Money					
Toileting		Using Telephone					
Transfers in/out of bed/chair		Doing Laundry					
		Doing Heavy/light Housework					
		Using Available Transportation					

Has Alzheimer's or Related Dementia/Disorder (ADRD): ☐ Yes ☐ No ☐ Don't Know

Has Traumatic or Acquired Brain Injury (TABI): ☐ Yes ☐ No ☐ Don't Know

Is your income <u>below</u> the Guideline? ☐ Yes ☐ No	
Number in Home	Federal Income Guideline
	Year Month
1	\$19,950 \$1,663
2	\$27,050 \$2,254
3	\$34,150 \$2,846
4	\$41,250 \$3,437
5	\$48,350 \$4,029

This information is Confidential and for use under the Older Americans Act ONLY! Data is submitted annually for Federal Title III funds. Names and addresses are not included. Information is protected by Privacy and Security Agreement. Unauthorized use is prohibited.

Thanks for your help! The information provided is how we get funding.

FOR OFFICE USE ONLY

Get Care Entered:	
MySeniorCenter Entered:	

Center Funders & Supporters

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

**Coming
August
28th**



**Find us on
Facebook**



**City of Kenai
Kenai Senior Center**
Kenai Senior Center
361 Senior Court
Kenai, Alaska 99611
Phone: 907-283-4156
Fax: 907-283-3200
E-mail: senior@kenai.city

PLEASE
PLACE
STAMP
HERE