# The Center III E 2022

361 Senior Ct. Kenai, Alaska

## **Greenhouse Tour**





















#### **Special points of interest**

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- No Host Dinner—Acapulco Mexican Restaurant
- June Menu
- Father's Day Lunch
- Social Security Video-Conferencing News

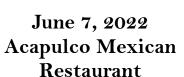
# JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	2 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 6:30p — Movie Night "Emma (2020)"	3 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot	
6 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	7 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 5p—No Host Dinner/ Acapulco Mexican Restaurant	8 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Card Making with Kim 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	9 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3p—Council on Aging Meeting 5:30p-Cribbage 6:30-Bluegrass	10 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot	
13 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	14 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1:30p—DIY Bird Seed Feeder	15 9a-Noon—Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—Lunch/Birthday 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele 3p—Sing-Spiration	16 10a—Tai Chi 11:30a—LUNCH/Jim & Elena Entertainment 1p—Wii Bowling 1p-3p Library class on Computer Skills & Time 5:30p-Cribbage 6:30-Bluegrass	17 10a—Growing Strong 11a-12p—Adult Coloring 11:30a —LUNCH/ FATHER'S DAY 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot	
20 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	21 10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1-3p—Family Caregiver Support Group 1p—Wii Bowling 1:30p—Pebble Rock Art	22 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	23 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 5:30p-Cribbage 6:30-Bluegrass	24 8-10a Waffle Day 10a—Kenai Senior Connection Mtg. 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting 1-3p—Hand & Foot	
27 10a— Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2p—Stronger Together Support Group	28 9a—Drive to Homer 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	29 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	30 10a—Tai Chi Noon—LUNCH 1p—Wii Bowing 5:30p-Cribbage 6:30-Bluegrass		

## JUNE BIRTHDAYS

Day	Name	Day	Name	Day	Name
2	Betty Branson	11	Barb Christian	21	Elsa Bronson
3	Lois Duncan	11	Ruth English	24	Joanne Stull
3	Katie Pault	11	Cliff Heus	25	Margaret Goggia
4	Gary Richards	12	Len Malmquist	25	Margaret Mullen
5	Connie Rhoads	12	Darlene Tachick	25	Sieglinde Moore
5	Karen Coveyou	14	Marilyn Bannock	26	Linda Barnes
7	Ronald Horvath	15	Pat Robinson	26	Jan Stiers
7	Lee Sparlin	18	Velda Geller	26	James Dalluge
8	John Harris	19	Kathy Heus	28	Willena Brenden
8	Tom Holland	19	Betsy Arbelovsky	28	William Knackstedt
8	Jeanie Pierce	20	Barbara Basas	29	Don Oberg
9	Jerry Crandall	21	Brenda Randall	30	Jackie Oberg

#### **NO-HOST DINNER**





Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Acapulco Mexican Restaurant** in Soldotna.

There will be limited transportation available at a charge of \$5.00, so RSVP early. Sign up at the Reception Desk.

It is important to let us know if you will be attending the No Host Dinner but driving separately. We let the restaurant know ahead of time for seating capability and if there is a change or cancellation, we can notify you. Remember to let the receptionist know if you plan to attend, whether you ride the Senior Center van or have your own ride.

Join us on the 15th for a party to celebrate June Birthdays! Is JUNE your birthday month? If so lunch on the 15th is on us!



Thursday Evening Movie June 2, 2022 6:30 p.m.

Now showing: "Emma (2020)"

Following the antics of a young woman, Emma Woodhouse, who lives in Georgian - and Regency-era England and occupies herself with matchmaking - in sometimes misguided, often meddlesome fashion- in the lives of her friends and family. Based on Jane Austen's 1815 novel Emma.

# dates to remember

Wednesday, June 1	Social Security	9a-Noon
Thursday, June 2	Thursday Movie Night "Emma (2020)"	6:30 p.m.
Saturday, June 4	Kenai Kite Festival, Millennium Square in Kenai (Field Behind Arby's)	12-4 p.m.
Tuesday, June 7	"No Host" Dinner/Acapulco Mexican Restaurant	5:00 p.m.
Wednesday, June 8	Card Making with Kimberly	1:00 p.m.
Thursday, June 9	Council on Aging Meeting	3:00 p.m.
Sunday, June 12	Anchorage Bowl Chamber Orchestra	2:00 p.m.
Tuesday, June 14	DIY Bird Seed Feeder	1:30 p.m.
	Social Security	9a-Noon
Wednesday, June 15	Birthday Lunch	12:00 Noon
	"Singspiration"	3:00 p.m.
Friday, June 17	Father's Day Lunch	11:30a
Saturday, June 18	Western Theme Senior Prom at Soldotna Sr. Center	4-8 p.m.
Tuesday, June 21	Pebble Rock Art	1:30 p.m.
Friles Land 24	Friday Morning Waffles	8a-10a
Friday, June 24	Senior Connection, Inc. Meeting	10:00 a.m.
Tuesday, June 28	Drive to Homer	9:00 a.m.

#### KENAI SENIOR CENTER SERVICES

PICK UP MEALS:

Monday through Friday at <u>11:30 AM</u>. Call the front desk by <u>10:30 AM</u> to arrange for a pickup meal.

HOME-DELIVERED MEALS: Contact Red at 283-8212

DINING (CONGREGATE) MEALS Monday—Friday 12—1 pm No RSVP Required

**FACILITY RENTAL:** 

Please contact Kayla at 283-8214

TRANSPORTATION: Monday—Thursday, call the front desk to schedule a ride.

**DONATIONS FOR SERVICES:** 

Pick up Meals - \$7 60 years and older) Home-delivered Meals - \$7

#### **Business Hours**

Mondays 8:00am ~ 5:00pm Tuesdays 8:00am ~ 5:00pm Wednesdays 8:00am ~ 5:00pm Thursdays 8:00am ~ 5:00pm Fridays 8:00am ~ 5:00pm

Need to speak with someone in administration?

Director, Kathy Romain 283-8213

Administrative Assistant, Red Piersee 283-8212

Activity/Volunteer Coordinator, Kayla Feltman 283-8214

## **City of Kenai Present:** Kenai's Kite Festival

## FIRST FESTIVAL OF THE SUMMER!

Saturday, June 4th! 12pm-4pm At Millennium Square in Kenai(Field Behind Arby's)!

Alaska's Biggest Kite will be

there!

Come to Kenai for the first event of the summer! Bring your own Kite or build one at the Kenai Community Library on June 3rd from 3pm-5pm



## Sponsors! -Kenai Chamber -Mainstreet





## **Vendors!**

- -WOK N ROLL
- -SALVATION ARMY
- -KENAI ROTARY
- -WANDERLUST **CUSINE**
- -DILUVIUM **CULINAIRE**







**COMING IN JUNE!!! Anchorage Bowl Orchestra Kenai Senior Center Sunday, June 12, 2022** 2:00p

#### **Computer Skills and Time with** Elizabeth Kleweno.

On Thursday, June 16, Elizabeth, a Kenai Library Assistant will be teaching a class to help seniors with basic computer skills and time. The class will be held in the

Singspiration!

If you miss singing those old hymns you

remember from years gone by, join us

on June 15, 2022 at 3:00 pm for Sing-

Spiration. You can choose the songs we

Computer Room from 1-3p. Please sign up at the bulletin board. The class is limited to 9 individuals.





### **DIY Bird Seed Feeders** Tuesday, June 14 at 1:30p

Who's ready for Summer?! Kayla will be

how to craft showing you homemade bird feeder using cookie cutters. It's sure to be Fun!! The cost is \$5 per person and the class is limited to 6 individuals. Please sign up and pay at the front desk.

sing!

### Pebble Rock Art Tuesday, June 21 at 1:30pm

**Father's Day Lunch** Friday, June 17, 2022 11:30 a.m.

This will be a special day with a salute to our fathers. Fathers will be going fishing for door prizes at lunch. Please join us to celebrate our fathers. Please sign up at the bulletin board.

How crafty are you? Kayla will be teaching you how to make a beautiful pebble rock flower art for you or a gift for your family or friends. It'll be sure to bring a smile to you and others.

The cost is \$7 per person and the class is limited to 6 individuals. Interested in joining the class, please sign up and pay at the reception desk.



#### **TOPS NEWS**

During the weekend of April 21, TOPS had its State Recognition Days for Alaska in Anchorage. TOPS (Take Off Pounds Sensibly) Kenai Peninsula Chapters were the Hosts. It was fun to participate and AK-189. Kenai, is very proud to announce that our own weight recorder, Fran Kilfoyle, was crowned the Alaska State Queen for Fran will reign 2021.

through the year and represent Alaska TOPS in the International TOPS convention. We will get to see her at the Fall Rallies and even in the National Magazine.

Fran has been in TOPS for fifty years and she says that it may have taken her a long time to get to her goal, but she stuck with it; and she did it. She becomes a KOPS (Keep Off Pound Sensibly) and is a role model for the rest of us. Our local chapter lost over 80 pounds this year and got an award from our Regional Director for being a chapter that had over an eight-pound per member loss for the year.

We meet at the Senior Center on Tuesday mornings at 10AM, weigh-in starts at 9:30 and it is open to anyone who needs help on their weight loss journey. For more information you can contact Carol Prior at c.s.prior.cp@gmail.com or 907-252-6579, your area Advocate or Dawn Lesterson at aktops@outlook.com our Alaska State Coordinator.

SENIOR PROM
Western Theme at
Soldotna Senior
Center
Saturday, June 18,
4:00-8:00p



Howdy! Saddle up and gallop on over to the Soldotna Senior Center for a Western Theme Senior Prom. Put your boots and your best western wear on and come have a hoot 'in good time! The dance party will be voting for a King and Queen. A photo booth will be available. Possible transportation please sign up on the bulletin board if you need a ride.

Yee Haw!!!



weeks before Kenai's July 4 Celebration and the Kenai Senior Connection, Inc. will be there with its Apple and Strawberry/Rhubarb Pie Booth (along with coffee, hot tea, hot chocolate, bottled water, etc.)!!!

If you have rhubarb and would like to donate it to the strawberry/ rhubarb pie effort, please bring it to the Center (or call 907.283.4156 if you need assistance).

Thank you for your generous support!!!



## Tuesday, June 21 2022 11:30am—1 pm Dining Room

A Representative from the Independent Living Center will be on hand to answer questions and discuss what they can do for you to help maintain living an independent senior lifestyle.

Kenai Peninsula Tuesday, June 21, 2022 1–3 pm Computer Lab (907) 262-1280



As lives return to "normal", support groups are now able to start meeting again here at the Center. Dani Kebschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in.

#### Card Making with Kim

Wednesday, June 8, 2022 at 1:00

Dinning Room



## Day Trip "Drive to Homer" Tuesday, June 28

Summer has finally arrived!!! We are going to drive to Homer. Enjoy lunch at one of their famous restaurants, tour the Homer Spit, and maybe a visit to Bear Creek Winery before going home. Transportation cost is \$15 per person. Please sign up at the receptionist desk.

## Waffle Bar Returns!

We will be offering waffles on last **Friday of every month** from 8-10:00 am. Come in for coffee, juice, and a hot waffle for just \$3. No need to sign up, just show up and enjoy this special treat.

#### **Social Security Video Conferencing is Back!!!**

On the 1st and 3rd Wednesdays of each month, a Social Security Representative will be available via video cam in the Senior Center Computer Lab. It is first come, first served with sign-ins available after 8 am on that morning. Call the Senior Center if you have any further questions (907.283.4156).

#### What is the \$5 Club?

## 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!** 

MAY	\$5 CLUB		
Juanita Aguilar	Carol Freas	Len Malmquist	Barbara Smith
Ken & Kris Ayers	Velda Geller	Marge Milewski	Steve Smith
Steve Best	Omer Goodman	Jeanie Miller	Bill & Sondra Starnes
Patricia Bravo	Joel & Laura Henkleman	Kari Mohn	Buck Steiner
Elsa Bronson	Cliff Heus	Molly Musgrove	Sheila Steiner
Larry Burcham	Kathy Heus	Nelson Nakamura	Vivian Terry
Glenn Clifford	Howard Hill	Bill Nelson	Gerda Trent
Patsy Clifford	Kit Hill	Lois Nelson	June Truelove
Jewell Coverstone	Jan Hollers	Susan Olson	Yen-ti & Ray Verg-In
Rachael Craig	Molly Jackson	Ruth Osborne	Beverly & Don Waldrop
Walter Craig	Leanne King	Katie Pault	Gary Walker
Terry Cramer	Henry Knackstedt	Robert Peterson	Roy & Ozella Williams
Jan Daniels	Anita Kwan	Carol Prior	Janice Wilsack
Shirie Drath	Mary Ann Lamecker	Trish Roderick	William LaTocha
Laurel Eisinger	Paula Maier	Barbara Schmidt	Xiaopei LaTocha



#### LIBRARY NEWS

You have probably noticed the change around in the game room: the games have been moved to the cupboard on the left. The records are in the shelves under the record player in the lunch room. The VCR tapes have been moved to the shelves under the T.V.screen. We hope to have them organized soon. The empty spaces on the

book wall will soon be filled with DVDs, puzzles, and books.

We are in the summer mode, so thank you for bearing with us.

Time to write about July. Send the CENTERLINE your thoughts on summer, fishing, visitors, or whatever you have to say about anything. Email it to <a href="mailto:senior@kenai.city">senior@kenai.city</a> or turn in a copy to the desk. You'll receive a luch ticket in thanks, and be eligible for a bonus prize when published.

Longest day coming soon. ENJOY !!

### June 3... World Bicycle Day

#### History of the Bicycle

bicyclehistory.net

Before the creation of the today's modern bicycle, there were several examples of simpler bicycle transport devices. It all started in 16th century with the discovery of 1493 Leonardo da Vinci's sketches, which included simple designs for bicycle. Some historians claim that either his student Gian Giacomo Caprotti made this drawing or that is altogether fake. That design was never produced into working model and in following four hundred years horses remained only affordable means of transport on public road.

First notable improvement upon dandy horse design arrived in 1818 by French inventor Nicéphore Niépce (best known as the father of modern photography), who mounted adjustable seating position on this early dandy horse design. He named his invention velocipede, but that name was accepted all across the Europe only around 50 years later when France became home of the first organized factory that produced first modern two-wheeled bicycle nicknamed Boneshaker that was produced by Michaux Company.

Between 1817 when Nicéphore Niépce created his first velocipede and 1880 when first "safety bicycles" became highly popular across Europe, bicycle designs were highly varied. Velocipedes created in that period came in many forms — monowheel, unicycle, bicycle, dicycle, tricycle and quadracycle. They all had pedals, but no chain drive. The

most popular velocipede design of that time was two wheeled penny-farthing, which featured very big front wheel and small rear wheel. This design was popular after the introduction of chain drive-powered boneshaker, and it was a first velocipede type that was openly called "bicycle". Penny-farthing was not popular for large period of time, but during height of its use it became a synonym of a late Victorian era and origin point of



a cycling as a popular pastime and a sport.

Success of penny-farthing and French boneshaker had more lasting influence on the history of the bicycle. Its designs received numerous upgrades in the decades after they were originally unveiled, leading up to the creation of

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the safety bicycle in the 1880s. They featured diamond frame design, two identical wheels, use of rubber tires, pedals, and chain drive mechanism that enabled easier transfer of rotating force to the rear wheel. After introduction of safety bicycles, the age of velocipedes came to an end, except in rare situations when some three or four-wheeled designs still remained in use for industrial or railroad purposes (Draisine).

Today, velocipedes are still celebrated by several international cycling organizations, and they can be seen in public mostly at various circus shows or public events with professional entertainers.



## The Romatic History of Tandem Cycling

By Bonnie Friend

Since the 1960s, tandem cycling has had a resurgence in its popularity. On one end of the spectrum, they are superbly popular on the racing circuit. On the other end, they are excellent family bicycles, allowing for fresh air entertainment for all ages. When tandem bicycles first gained popularity in the 1890s, however, they were all about the romance, and it's not hard to see why.

#### From mistress to music halls:

Daisy, Daisy, give me your answer do, I'm half crazy, all for the love of you, It won't be a stylish marriage, I haven't got a carriage, But you'll look sweet, up on the seat Of a bicycle built for two!

This popular song, written by Harry Dacre in 1892, was believed to have been inspired by Daisy Greville, Countess of Warwick, and one of Edward VII's mistresses.

It is said that when Dacre travelled to the USA, he was charged import duty for the bicycle that he brought with him. When a friend commented that it was just as well it wasn't built for two, otherwise, he would have been charged double, Dacre is said to have become enchanted with the idea of a bicycle "built for two."

The song, which rapidly found its way into the music halls, was timely. The 1890s was the first time that tandem bicycles had really become popular. A Danish inventor, Mikael Pedersen, is credited with the creation of the first publicized tandem in 1898, with his Pedersen bicycle. The trend quickly caught on and early machines included such names as the Humber, the Singer, the Rudge, the Raleigh, the Whitworth, and the Chater Lea.

#### **Courting Bicycles:**

Given the tantalizing but eminently respectable closeness that a tandem bicycle allowed for between the two riders, they quickly gained the moniker 'courting bikes,' popular with couples who wanted to spend time together. The idea was that the gentleman would ride on the back seat and steer, while the lady could perch in the front with enough room for her skirts. That meant that all the controls were loaded to the rear passenger, the person in front could simply enjoy the ride.

Alternatively, there was also the creation of 'the sociable' for a side by

(Continued on Page 12



#### **Sun Protection More Important Than Ever**

To protect yourself from the sun and reduce your risk of skin cancer, the American Academy of

Dermatology (AAD) recommends that everyone:

**Seek shade.** The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, seek shade.

Wear sun-protective clothing, such as a lightweight long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective protection, choose clothing with an ultraviolet protection factor (UPF) number on the label.

Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Broad-spectrum sunscreen provides protection from both UVA and UVB rays.

"As we head into summer, it's important that the public practices safe sun to reduce their risk of skin cancer," said Dr. Kaufmann, President of the AAD, "If you use sunscreen to protect yourself, it's essential that you use it correctly or it will not protect you from sunburn, skin aging, and skin cancer," said Dr. Kaufmann. "That means applying enough sunscreen to cover all skin not covered by clothing, which is typically 1 ounce — or enough to fill a shot glass, and reapply your sunscreen every two hours, or after swimming or sweating."

"If you have any questions about how to

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side variation on the tandem. Perhaps one of the greatest forms of flattery is satire, and such was the popularity of both the tandem and Dacre's song that both were the subject of satirical versions that played on the symbolic link between the tandem and marriage.

#### Truly built for two:

Over time, the tandem has evolved. Somewhere along the line, the fact that the courting bikes placed women directly in the line of fire in case of a collision and that their front seat bore the brunt of cold winds, may have been noted. More than that, however, as the trend for tandem cycling grew, men chose to cycle together, requiring greater equality in the control of the bikes.

Today, tandem bicycles rather more sophisticated than those early days, and are rather more sophisticated than those early days, there's certainly no aender and requirement for who takes the lead or responsibility for the steering. that established, however, one thin hasn't changed. Those early riders had one thing absolutely right -- given a beautiful location, few things are more romantic or provide a better way spend quality

time with someone you love. What could be romantic than a bicycle built for two?



protect yourself from the sun or notice new or suspicious spots on your skin or any spots that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist." To learn more about sun protection and skin cancer prevention, visit <a href="mailto:PracticeSafeSun.org">PracticeSafeSun.org</a>. (Adapted from Today's Caregiver)

### **Kenai Senior Connection, Inc. NEWS**

by Velda Geller, Board President

Can you believe the year 2022 is almost half over? It's been a busy one for the Senior Connection, Inc. During the winter, there was lots of snow and ice. In January, February and most of March, we worked to get ready for our annual March for Meals fundraiser (which went quite well this year thanks to all who participated). (In case you haven't heard, our 2023 March for Meals theme will be "Kentucky Derby.")

In May, the Senior Connection visited with the Kenai City Council and presented a check for \$50,000, representing funds raised through March for Meals and other fundraising events, and has become an annual contribution to the Kenai Senior Center meals budget. We also thanked the Council for the City's funding assistance the Center has received over the years.

In June, we will be planning and readying for the Fourth of July Pie Booth when apple and strawberry/rhubarb pies will be sold by the slice or whole (a 25+ year Connection tradition). Last year, biscuits and gravy were also sold and were very popular. You will find us in the right side of the Green Strip Park pavilion. The Senior Center's Country Store will be selling handmade items in the left side of the pavilion.

On behalf of the Senior Connection, we hope to see you at the Fourth of July celebration! Happy Summer!



# Senior Farmer's Market Nutrition Program

Will you be 60 years of age or older by September 30, 2022?

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 available after <u>June 15</u>.

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



First

Name \_

Date Received	Received by

Last

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

Middle

~Thank you for your help!

Zip			
Cell Phone			
 Donation Form			
With Dignity			
nelp those in need, please make a selection from that the second			
□ \$5 Club			
□ monthly - \$5 □ yearly - \$60 □ Memorial Donation			
□ Kenai Senior Endowment Fund			



# THE UNITED STATES OF EMOTICON



































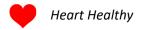












## **JUNE 2022 MENU**

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 CLOSED MEMORIAL DAY	31 Liver & Onions Mashed Potatoes & Gravy Green Beans Salad	1 Baked Chicken Tuscan Casserole Parmesan Zucchini Chips Garlic Bread Salad	2 White Wine Tomato Basil Salmon Brown Rice Sunrise Veggies Soup	3 Clam Chowder Seafood Salad Muffin Salad
6 Meatloaf Mashed Potatoes Gravy Summer Veggies Soup	7 Salmon w/Lemon Butter & Parmesan Jasmine Rice Mixed Veggies Salad	8 Chicken Alfredo Sicilian Veggies Garlic Bread Salad	9 Biscuits & Gravy Scrambled Eggs Sausage Link Roasted Potatoes Soup	10 Baked Potato w/ Fixings Broccoli Spears Salad
13 Tomato Soup Toasted Cheese Sandwich Fresh Fruit	14 Taco Salad Salsa & Chips Soup	15 Italian Sausage w/ Peppers Marinara Bowtie Pasta Garlic Bread Salad Birthday Cake	16 Brats w/Onions, Peppers & Sauerkraut Mac n' Cheese Peas & Carrots Soup	17 BBQ Ribs Cheesey Potatoes Orange Carrots Salad Apple Pie Ala Mode
20 Baked Ham Scalloped Potatoes Yellow Squash Soup	21 Veggie Soup Sweet Thai Chicken Salad Fruit Cup	22 Pepper Steak Mashed Potatoes Gravy Broccoli Florets Salad	23 Teriyaki Chicken Cowboy Beans Butter Corn Soup	24 Beer-Battered Salmon French Fries Coleslaw Salad
27 Veggie Soup Sweet Thai Chicken Salad Fruit Cup	28 Sweet & Sour Meatballs Brown Rice Egg Roll Roasted Zucchini Salad	29 Salmon Florentine Egg Noodles Mixed Veggies Garlic Bread Salad	30 Tacos Spanish Rice Corn & Pinto Bean Salsa Soup	1 Cheeseburgers Onion Rings Apple Cranberry Coleslaw Salad