

# The Centerline

## JUNE 2023

*Congratulations*

### TOPS Group News

*By Jerry Nassen*

TOPS (Take Off Pounds Sensibly) AK-189 Kenai meets every Tuesday morning at the Kenai Senior Center, with weigh-in at 9:30 followed by the meeting at 10:00. We currently have 21 members, six of whom are KOPS (Keep Off Pounds Sensibly), which are members that have reached their goal weight (as determined through consultation with their health care provider).

Every year each state holds an annual celebration called SRD (State Recognition Days, PRD Province Recognition Days in Canada) to honor members' achievements for the former year. This year's Alaska SRD was held the first weekend in May in Anchorage, with seven members from AK-189 attending: Carol Prior, Fran Kilfoyle, Joan Wisel, Juanita Aguilar, Cheryl Arrington (with Bob in tow), Marcia Shea and Jerry Nassen.

AK-189 members were busy, collecting a bunch of awards! Three of us "graduated" from TOPS to KOPS (Marcia, Juanita and Jerry), Joan, Marcia and Jerry were all state division winners (for losing the most weight last year in their respective categories), Fran got to (had to?) hand off her crown to the new State Queen (Debbie McCree from TOPS AK-220 Kasilof), Jerry was crowned State King (first in AK since 2017 and only the second one since 2010), and finally, Jerry received recognition as an International Division Winner for losing the most weight last year in his weight division for any man in the entire TOPS organization.

*Continued on Page ??*



### Special Points of Interest

- No Host Dinner—Rocky's Cafe
- Father's Day Luncheon
- Genealogy Workshop with Cheryl
- Seldovia Trip
- Quilt/Craft Bingo

**City of Kenai**  
**Kenai Senior Center**  
361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156  
[senior@kenai.city](mailto:senior@kenai.city)

**(TOPS Group News continued from page 1)**

Our Chapter also received an award for the most weight loss per capita in AK, with a total net weight loss in 2022 of 165 pounds, which works out to 15 pounds per member.

There were numerous other awards, plus tons of fun, silly skits (we were the Beatles, singing about Yesterday, Today and Tomorrow) camaraderie, inspirational speakers and presentations, all emphasizing what TOPS is all about—healthy living and weight loss through support and accountability.

So does TOPS really work as a weight loss and healthy living program? Sure looks like it to us! *Jerry Nassen*



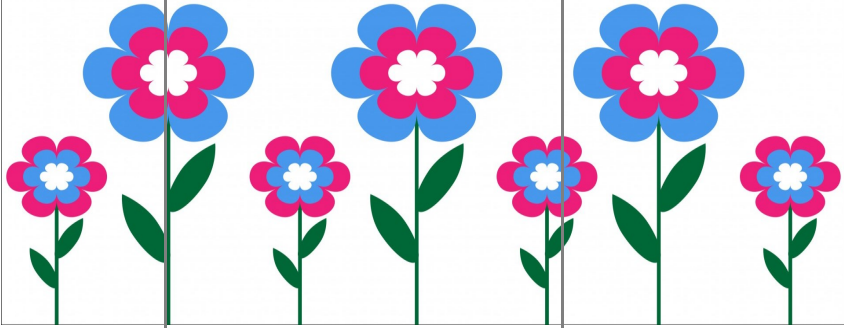
PLEASE  
PLACE  
STAMP  
HERE



<https://www.facebook.com/kenaisenior/>  
E-mail: [senior@kenai.city](mailto:senior@kenai.city)  
Phone: 907-283-4156  
Fax: 907-283-3200  
Kenai, Alaska 99611  
361 Senior Court  
Kenai Senior Center

**City of Kenai**  
**Kenai Senior Center**

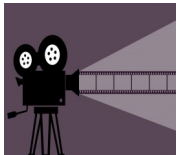
# JUNE 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
						<b>1</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage <b>6:30p— Movie Night: John Wayne North to Alaska</b>		<b>2</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge	
<b>5</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 2p—Ukelele Group		<b>6</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1:30p—Afternoon Drive/Greenhouse Tour		<b>7</b> <b>9a-Noon-Social Security</b> 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		<b>8</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3p—Council on Aging 5p—Cribbage 6:30p—Bluegrass		<b>9</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 1p—Wii Bowling 1-4:30p—Bridge	
<b>12</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2p—Ukelele Group		<b>13</b> 10a—Tai Chi 10a—TOPS 11:30a-1p Independent Living Center Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p—Basic Calligraphy <b>5p—No Host Dinner/ Rocky’s Cafe</b>		<b>14</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH/Birthday 1p—Writers’ Group 1p-3p—Quilting/Crafting 3p—Sing-Spiration 2-3:30p Stronger Together Support Group		<b>15</b> 10a—Tai Chi Noon—LUNCH/Jim & Elena Entertainment 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 1-3p—Chromebooks Class w/ Elizabeth Kleweno 5p—Cribbage 6:30p—Bluegrass		<b>16</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11a—”Grow with Me” with Steve Latz 11:30a—LUNCH/ Father’s Day Luncheon 1p—Wii Bowling 1-4:30p—Bridge	
<b>19</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2p—Ukelele Group		<b>20</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p—Basic Calligraphy		<b>21</b> <b>9a-Noon-Social Security</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group		<b>22</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass		<b>23</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 10a—Senior Conn. 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 1:15p—Genealogy Workshop w/ Cheryl	
<b>26</b> 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir Practice 2:00p—Ukelele Group		<b>27</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p—Basic Calligraphy <b>1:30p—All about the Knots (Macramé knots)</b>		<b>28</b> 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting 1:30—DIY Fairy Garden Sticks 2-3:30p Stronger Together Support Group		<b>29</b> <b>7:30a-9:00p Seldovia Trip</b> 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 5p—Cribbage 6:30p—Bluegrass		<b>30</b> <b>8-10a Waffle Day</b> 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting/ 10a—Growing Strong 10a—Senior Conn 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge 6p-Quilt/Craft Bingo	



# Happy Birthday!

Day	Name	Day	Name	Day	Name
1	Dennis Gease	11	Barbara Christian	25	Joe Harrison
3	Lois Duncan	12	Len Malmquist	25	Sieglinde Moore
3	Katie Pault	12	Darlene Tachick	26	Linda Barnes
4	Gary Richards	14	Marilyn Bannock	26	Jan Stiers
7	Lee Sparlin	15	Pat Robinson	26	Kathryn Gease
7	Dorothy Gray	18	Velda Geller	26	James Dalluge
8	John Harris	19	Kathy Heus	28	Willie Brendon
8	Tom Holland	19	Betsy Arbelovsky	29	Don Oberg
8	Jeanie Pierce	20	Barbara Basas	29	Vera Barrett
9	Bonita Duncan	25	Margaret Goggia	30	Jackie Oberg
10	Carl Whitworth	25	Marge Mullen	30	Gale Byerly



**Thursday Evening  
Movie**  
**June 1, 2023**  
**6:30 p.m.**

## Now showing: John Wayne North to Alaska

When George Pratt (Stewart Granger) and Sam McCord (John Wayne) strike gold in Alaska, they must struggle to keep their fortune because of the constant interference from Frankie Canon (Ernie Kovacs), who wants to claim the gold for himself. After being ordered to find George's fiancée in Seattle, Sam discovers that she has already married another man. Unable to deliver George's fiancée, Sam decides to bring him a prostitute named Angel.

## **NO-HOST DINNER**

**Rocky's Cafe**

**Tuesday, June 13, 2023**

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at **Rocky's** in Kasilof.

There will be limited transportation available at a charge of **\$7.00**, 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

Thursday, June 1	Movie Night: John Wayne North to Alaska	6:30 pm
Sunday, June 4	Anchorage Bowl Chamber Orchestra	2:00 pm
Tuesday, June 6	Afternoon Drive to Greenhouses	1:00 pm
Wednesday, June 7	Social Security	9a–Noon
	Card Making with Kimberly	1:00 pm
Thursday, June 8	Council on Aging will NOT be meeting this month.	
Wednesday, June 10	Kenai Peninsula Air Fair Show	8am-4pm
Tuesday, June 13	“No Host” Dinner /Rocky’s Café	5:00 pm
Friday, June 16	Father’s Day Celebration Luncheon	11:30 pm
Wednesday, June 21	Social Security	9a—Noon
	Birthday Lunch	11:30 am
	Sing-Spiration	3:00 pm
Friday, June 23	Kenai Senior Connection, Inc. Meeting	10:00 am
Friday, June 30	Waffle Friday	8-10 am

Do you need a ride or know someone who could use some meals? Maybe you’d like to pickup a meal instead of dining inside. We can help! Use the contacts below for more information.

## **PICK UP MEALS:**

Monday through Friday at **11:30 AM**.

Call the front desk by **10:30 AM** to arrange to pick up a meal.

## **HOME-DELIVERED MEALS:**

Contact Red at 907-283-8212

## **DINING (CONGREGATE) MEALS**

Monday—Friday 12—1 pm

No RSVP Required

## **FACILITY RENTAL:** Please contact

Kayla at (907) 283-8214

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

## **DONATIONS FOR SERVICES:**

Pick up Meals - \$7

60 years and older)

Congregate Meals—\$7

Home-delivered Meals - \$7

Transportation - \$5—\$10

## **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

**Administrative Assistant, Red Piersee**

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

**Activity/Volunteer Coordinator,**

**Kayla Feltman**

(907) 283-8214 or kfeltman@kenai.city



## ATTENTION all wannabe Ukulele Players!

If anyone is interested in playing or learning Ukulele please join us every Monday at 2:00pm in the Computer lab.

**Hope to see you there!**



## Afternoon Drive/ Greenhouse Tour

**Tuesday, June 6 at  
1:30p**

Let's take an afternoon drive to a few greenhouses in our community and check out what's blooming this Spring. The cost is \$5, so please sign up at the front desk if you want to participate.



## BASIC CALLIGRAPHY

With Biz Robbins

Interested in learning basic calligraphy? Biz can teach you the Round hand and Chancery Cursive/Italic alphabets. Perhaps even the Gothic alphabet too. Calligraphy can be useful in making cards, signs, original artwork and other lettering projects

Please join us every Tuesday beginning June 13 at 1:00p in the Computer Lab. Please sign up at the bulletin board.

## Card Making with Kim



Wednesday, June 7 at 1:00pm

Senior Center Dining Room

Please sign up on the bulletin board.

## Stronger Together Support Group



**Wednesdays 2 –3:30 pm**

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



## CHOIR Rehearsal

**June 15, 22, & 29**

1:00 pm in the dining room. We will be

working on patriotic songs for a concert on June 30

## Short Story. CLUB

is taking a hiatus for the summer and  
will resume in the fall.

## Waffle Bar



Waffles will be offered on the last **Friday** of **every 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.



## Father's Day Lunch

Friday, June 16, 2023

11:30 a.m.

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



Tuesday, June 27

At 1:30pm in the Craft Room

## All about the Knots (Macramé Knots) with Carol

Who wants to learn more about macramé knots. Carol Prior will teach us simple knot designs for future macramé projects. The cost is \$6 per person, limited to 6 individuals. Please sign up and pay at the receptionist desk.

## Volunteers Needed!



Who has a green thumb? We would love your help with planting flowers around the Senior Center and Vintage Pointe. If you are interested please sign up at the bulletin board.

In July, we will be hosting a **Volunteer Appreciation** evening to honor those who have volunteered throughout this last Fiscal Year (July 1, 2022—June 30, 2023). We get the list of volunteers from MySeniorCenter and those who have taken the time to sign in when volunteering. **If you volunteered throughout this year and forgot to register those hours**, please let Kayla know to ensure you get counted!

Volunteers are the ♥ of our Center....



Exercise classes are held from 9:00—10:45 am every weekday morning. The Dining Room is available during this time for coffee and quiet conversation. Please be mindful.





**Day Trip to Seldovia**  
**Thursday, June 29, 2023**  
**7:30a-9:00p**

Seldovia here we come!!! Watch out Kenai Seniors are on our way!!! This is a seven-hour fully narrated tour to the community of Seldovia. The van will leave the Center at 7:30 a.m., drive to Homer, and depart Homer at 10:30 a.m. The boat will stop at Gull Island seabird rookery, Eldred Passage, and then Seldovia where there will be time to explore the community, find a restaurant or café for a no-host lunch, walk the boardwalks, shop, or hike a trail.

The cost of the tour/van ride is \$99.00. Prepay at the Receptionist Desk, fill out forms and reserve your spot. We must have a minimum of seven (7) people.

**Combine a Quilt with a  
 BINGO Game  
 and you have . .**



**Friday, June 30, 2023**

**Kenai Senior Center**

**6:00—8:30 pm (ish)**

\$20 for 10 Bingo Cards

10 Games played

Amazing Hand Crafted Items for  
 each winner.

Snack Shop for purchase

**LIBRARY NEWS** by Virginia Walters

The DVDs have starting migrating to the next shelf over. We have put the documentaries there. Others will move as we run out of space in the main section.

The Alaska themed books, fiction and non-fiction will move to the lower shelf next to the DVDs. Books about Alaska or set in Alaska will be in that section. That includes Dana Stabenow, we have just received whole bunch of Stabenow books, and Stan Jones fiction, as well as stories about living in Alaska, or Alaska history.

We got a big donation of science fiction and more westerns.

It's JUNE!! Summer is just three short weeks away!! We knew it would get here! ENJOY!





## Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President



"It's been a long time since you were here...we're happy to see you! We didn't have a very nice summer after you left. It rained a lot and we had a lot of snow during the winter. We sure hope you are going to bring us a lot of nice weather and sunshine."

In March, the Connection held its big fundraiser: March for Meals, which was very successful through the efforts of the Senior Center staff, as well as Connection members and volunteers. As a follow up, several of the Senior Connection board members attended the May 17 Kenai City Council meeting and presented a check in the amount of \$100,000, representing funds received through the March for Meals fundraiser, as well as its investment interest account.

As you may have read in the Senior Center's May newsletter (Centerline), the Bizhub Copier was donated by the Kenai Senior Connection, Inc. a few years back. Money received from copy/fax charges are reimbursed to the Connection to save for replacing the copier when needed. Charges for copies are: black/white copies: \$.10 per side; color copies: \$.25 per side; and, faxing: \$1.00 per fax."

This month, we'll be planning for the Connection's participation in the Kenai Chamber's Fourth of July event held on the park strip. The Connection has, for years, held a food stand selling pie, biscuits/gravy, water/coffee, and in the last couple years, a Country Store. We can always use some help. If you are interested and available, please contact me.

***HAPPY SUMMER!!!***

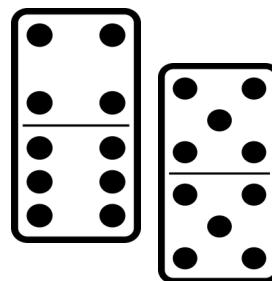


### **Genealogy Workshop**

**Friday, June 23**

**At 1:15pm in the Computer Room**

Need help breaking down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl can help! Please join her at 1:15pm on Friday, June 23 in the computer room.



### **Calling all Dominos Players!**

Interested in playing dominos?

Please join us every Thursday at 1:00pm in the card room. See you there!



Our Bizhub Copier was donated by

## **KENAI SENIOR CONNECTION, INC.**

So,.... all copy/fax charges are given back to the Connection to save for the next Bizhub purchase.

The Senior Center pays for the maintenance contract and paper for the copier.

### Charges for each use:

**Black and White Copies** **.10 per side**

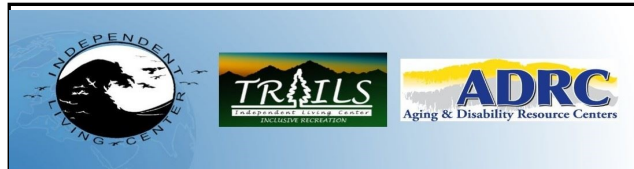
**Color Copies** **.25 per side**

**Faxing** **\$1.00 per fax**

### **“Grow with Me” with Steve Latz**



How does your garden grow? Please join us Friday June 16<sup>th</sup> and again July 14 at 11:00 am in the card room to learn more about our progress of growing flowers and vegetables from seed. Plan to tour the greenhouse 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. Please bring your favorite recipes as well.



**Tuesday, June 13**

**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.

### **2024 Kenai Peninsula Senior Games**

**Volunteer Board Members Needed**

If you want to be part of the planning committee. Please sign up at the bulletin board.

For more information call or text Bonnie Cain  
(907) 953-5950

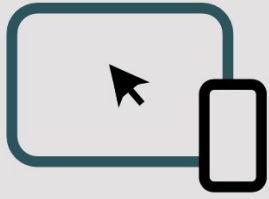


## Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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!**

### JUNE \$5 CLUB

Juanita Aguilar	Luna Graves	Jennifer Lombard	Susie Smalley
Robert Arrington	Jeffrey & Monica Griffin	Carol & Mike Louthan	Barbara Smith
Cheryl Arrington	Darrell Hagen	Paula R. Maier	Steve Smith
Ken & Kris Ayers	Marilyn Hallstrom	Marge Milewski	Bill Starnes
Marilyn Bannock	Karolee Hansen	Lee Moeglein	Sondra Starnes
Carol Barner	Kathy Heus	Mary Moeglein	Deborah Marie Stiers
Steve Best	Howard Hill	Kari Mohn	Linda Swarner
Patricia Bravo	Kit Hill	Nelson Nakamura	Darlene Tachick
Larry Burcham	Donna Hoyt	Jerry Nassen	Vivian Terry
Glen Clifford	Joe Huard	Bill Nelson	Charles & Janice Thornton
Renee Clifford	Molly Jackson	Lois Nelson	June Truelove
Jewell Coverstone	Bobbi Jedlicki	Marian Nickelson	Terry Turner
Rachael Craig	Peggy Jones	Ray Nickelson	Ray Verg-in
Walt Craig	Read Kent	Janice & Joe Nightingale	Yen-ti Verg-in
Terry Cramer	Fran Kilfoyle	Susan Olson	Arnold Waggaman
Dave & Allison Darsey	Leanne King	Katie Pault	Delores Waggaman
Shirie Drath	Henry Knackstedt	Robert S. Peterson	Beverly & Don Waldrop
Barb Dudley	Gina Kuntzman	Judith (Kent-Hunter)Pock	Frosty Walters
Robin Feltman	Anita Kwan	Carol Prior	Virginia Walters
Carol Freas	William LaTocha	Biz Robbins	Marie Weller
Velda Geller	Xiaopei LaTocha	Trish Roderick	Ozella Williams
Margaret Goggia	Hoa Le	Gladys Routh	Roy Williams
Omer Goodman	Meldie Lee	Marcia Shea	Janice Wilsack
Bill Graves	Chris Lombard	Hal Smalley	Clayton Yoncher



# Tech Classes @ the Senior Center

## On Hiatus June and July

Tech classes are on hiatus in June and July while our Summer Reading Program is in full swing. We'll be back in August.



### 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.

### Exercise Class x 2?

The 10:00 am class on M,W, and F is rapidly outgrowing the space, so you now have the option to attend class at 9 and 10 am. Kudos to the early birds!

### Singspiration

So many churches no longer use hymnals or sing the old favorites. If this is something you miss, please join Donna at the piano on Wednesday, May 17 for a good ole' fashioned hymn-sing!





# Anchorage Bowl Chamber Orchestra

## 9th Annual Kenai Peninsula Tour June 1st, 2nd, 3rd & 4th, 2023 FREE AND OPEN TO THE PUBLIC

Performing works by such composers  
as William Grant-Still, Jean Sibelius,  
and Percy Grainger

**Seward June 1st 7:30pm**

K. M. Rae Education Building

**Homer June 2nd 6:30pm**

Bear Creek Winery Botanical Garden

**Anchor Point June 3rd 2:00pm**

Norman Lowell Art Gallery

**Kenai June 4th 2:00pm**

Kenai Senior Citizens Center

Sponsored in part by



PHOTO CREDIT: CAMILYNNGRACE PHOTOGRAPHY





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.

## DIY Fairy Garden Sticks

Wednesday, June 28 at  
1:30pm

More Summer craft décor! Another fun way to dress up your outdoor garden! We will be making easy DIY beaded fairy garden sticks for you or a gift for your family or friends.

The cost is \$7 per person and the class is limited to 8 individuals. Interested in joining the class, please sign up and pay at the reception desk.



## 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!

## Celebration of Life

In honor of

*Cliff Heus*

Sunday, June 11 from 2-5pm



Please join the Heus family to celebrate the life of husband, father, and a friend, Cliff. Everyone is welcomed. He will be greatly missed.



## LET'S TALK RHUBARB.....

It's only a few short weeks before Kenai's July 4 Celebration and the Kenai Senior Connection, Inc. will be there with its "Biscuits n' Gravy and Strawberry/Rhubarb Pie Booth!!!

If you have rhubarb and would like to donate it to the strawberry/rhubarb pie effort, please bring it to the Center anytime after June 15. Or, if you are unable to reap your rhubarb, call (907) 283-4156 and make arrangements for someone to come gather it for you.

**Thank you for your generous support!!!**







Heart Healthy

# JUNE 2023 MENU

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

*\*Menu is subject to change\**

*\*Soup and Salad when available\**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p><b>MEMORIAL DAY</b></p> <p><b><u>CENTER CLOSED</u></b></p>	<p>30</p> <p>Liver &amp; Onions Mashed Potatoes Gravy Brussel Sprouts</p>	<p>31</p> <p>Veggie Soup Tuna on Rye Fresh Fruit Chips Salad</p> 	<p>1</p> <p>Baked Ham Scalloped Potatoes Zucchini</p>	<p>2</p> <p>Pizza Strawberry - Spinach- Salad</p>
<p>5</p> <p>French Onion Soup Chicken Salad Sandwich Fruit Cup</p> 	<p>6</p> <p>Chicken Caesar Salad Fruit Cup Bran Muffin</p> 	<p>7</p> <p>Roast Beef Mashed Potatoes Gravy Mixed Veggies Salad</p>	<p>8</p> <p>Beef Enchilada Mexi Corn Spanish Rice Chips &amp; Salsa Soup</p>	<p>9</p> <p>Orange Chicken Brown Rice Mixed Veggies</p>
<p>12</p> <p>Biscuits &amp; Gravy Sausage Links Scrambled Eggs Roasted Potatoes Soup</p>	<p>13</p> <p>Beef Stew Fruit Cup Cottage Cheese Cheesy Parsley- Rolls Salad</p>	<p>14</p> <p>Chicken Fettuccini w/ Sundried tomatoes Broccoli Spears Garlic Bread Salad Birthday Cake</p>	<p>15</p> <p>Stir Fry Beef &amp; Veggie Noodle Bowls Egg Rolls Soup</p>	<p>16</p> <p>BBQ Ribs Cowboy Beans Yellow Squash Apple Pie Ala Mode</p>
<p>19</p> <p>Baked Potato w/all the fixings Broccoli Spears Muffin Soup</p>	<p>20</p> <p>Clam Chowder Seafood Pasta Salad Muffin Fruit Cup Salad</p>	<p>21</p> <p>Fried Chicken Mashed Potatoes Gravy Green Beans Salad</p>	<p>22</p> <p>Chimichurri Beef &amp; Veggie Salad Fruit Cup Soup</p> 	<p>23</p> <p>Pork Enchilada Spanish Rice Mexican Street- Corn Casserole</p>
<p>26</p> <p>Tomato Soup Grilled Cheese Fruit Cup Soup</p>	<p>27</p> <p>Spaghetti Italian Veggies Garlic Bread Salad</p>	<p>28</p> <p>Soft Tacos Corn Salsa Mexi Rice Salad</p>	<p>29</p> <p>Sloppy Joes Parmesan Fries Fruit Cup Soup</p>	<p>30</p> <p>Chili Dogs Tater Puffs</p>



# 20th Annual Kenai Peninsula Air Fair

June 10, 2023



**8:00 - 10:00 a.m.**  
Drive-in or Fly-in  
EAA Pancake Breakfast

**8:00 - 2:00 p.m.**  
Poker Run

**Noon - 4:00 p.m.**  
Air Fair BBQ  
Live Music  
Car Show  
Aircraft Displays



SCAN ME

[www.KPairfair.com](http://www.KPairfair.com)



Hanging baskets on porches abound.  
An array of flowers graces our town.  
Along the road for us to view,  
Are lupine exploding with blue.  
Wild rose grow tucked in the woods,  
Some scattered around the neighborhood.  
Our lawns have turned green,  
And grubbing robins are to be seen.  
Warmth is in the air.  
Our arms are finally bare.  
The month of June is very good.  
This certainly is understood.  
~ Vera Barrett

## JUNE

Hello June. So glad you're here!  
Didn't think you'd ever appear!  
All around, the grass is green!  
Prettiest sight I've ever seen!  
There's little leaves growing on the trees!  
Never saw leaves as lovely as these!  
The dandelions are a beautiful sight!  
They're yellow. Yellow! Alright, alright!  
It's such a joy to look out and say -  
"I think that I'll just go out and play!"  
~ Fran Kilfoyle

## Changes Upcoming in July

The Senior Center operates as a department of the City of Kenai, but it is different than other departments in that it is funded through grants and private donations.

We receive a grant from the Older Americans Act through the State of Alaska each year which helps contribute towards our meals and transportation costs. This grant does not cover the full costs of these programs which is why it asks us to give participants the opportunity to make a donation toward their meals and rides.

As a result of the increasing costs of food, fuel, and labor expenses, the Council on Aging has suggested our suggested donation amounts increase beginning July 1, 2023.

### MEALS

Home and Congregate Meals (suggested donation)	\$8.00
Adult, non-senior meals (fee)	\$16.00
12 years and younger (fee)	\$8.00

### TRANSPORTATION

Within Kenai City Limits to Center (suggested donation)	\$6.00
Within Kenai City Limits (fee)	\$6.00
Outside Kenai City Limits (fee)	\$15.00

We so appreciate the generous spirit among our participants and also realize this may not fit into every budget. Please feel free to talk with Kathy or Red or make a private contribution within your own budget. Our services are valuable, and are not free. Every dollar helps. Thank you for your understanding.

For more from the Writer's Group, see their bulletin board in the Center's main hallway.



## **Congratulations to Jerry Nassen!**

Jerry won the Quilt/Afghan Raffle which was made and donated by Barbara Basas! You can usually find Barbara in her seat in the Center's Dining Room crocheting away on her next quilt. Thank you Barbara and we can be sure where we will find Jerry during the winter months!

Do you have a quilt you would like to donate to be raffled? Kenai Senior Connection, Inc. is always on the lookout. See Kathy for more information.

## **Senior Fitness Day Walking Group**

Kudos to those who braved the Kenai wind and walked from the Senior Center to the Kenai Visitor's Center and back! This event was part of our Health and Fitness Day, along with many vendors, and a delicious healthy lunch! Can you find Patty?

