

The Centerline

MARCH 2024

WHAT DO I KNOW ABOUT ST. PATRICK'S DAY?

By: Yen-ti Verg-in

What do I know about St. Patrick's Day? Very little; it is marked on the calendar denotes March 17 is St. Patrick's Day; It started in Ireland, one should wear green on that day, and pin a shamrock somewhere on you.

I am not going to elaborate as who St. Patrick was, why it is a popular holiday. There are many scholars who can do this much better, besides, I am not writing a "term" paper, here are few interesting trivia which I gleaned from google search.

A college professor took his students to Ireland for a field trip visiting one of St. Patrick's chapels, this is what he wrote: "...While there, our tour guide relayed the story of how St. Patrick, as he lay on his death bed on March 17 in A.D. 461, supposedly asked those gathered around him to toast his heavenly journey with a "wee drop of whiskey" to ease their pain." The professor was thinking whether this has anything to do with Irish people like to drink. At the end of his writing, he commented, what would have happened, if St. Patrick asked for a prayer instead of "wee drop of whiskey" on his journey to heaven?

hello
SPRING

Special Points of Interest

- Movie Afternoon
80 for Brady— Mar. 7
- No Host Dinner
Rocky's Cafe—Mar. 11
- St. Patrick Day Luncheon—
Mar. 15
- Birthday Lunch—Mar. 20
- Easter Choir and
Lunch—March 29

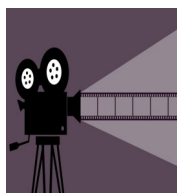
City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156
senior@kenai.city

MARCH 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | | | | 1 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge |
| 4 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 1p—Mexican Train Dominos 2:30p—3:30p Understanding Your Grief Support Group | 5 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling | 6 9a-Noon-Social Security 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 | 7 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3:00p— Movie Afternoon: 80 for Brady | 8 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge |
| 11 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 2:30p—3:30p Understanding Your Grief Support Group 5:00p—No Host Dinner/Rocky’s Cafe | 12 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling | 13 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 | 14 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot 3pm—Council on Aging | 15 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—LUNCH/St. Patrick’s Day 1p— Genealogy Class 1p—Wii Bowling 1-4:30p—Bridge  |
| 18 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 2:30p—3:30p Understanding Your Grief Support Group | 19 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1p-2p—Family Caregiver Support Group | 20 9a-Noon-Social Security  9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH/ Birthday/PCHS 1p—Card making w/Kim 1p—Writers’ Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group | 21 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1p—Cyber Security w/ Elizabeth Kleweno 1-3p—Hand & Foot | 22 8-10a WAFFLES 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1-4:30p—Bridge |
| 25 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1pm—Choir 2:30p—3:30p Understanding Your Grief Support Group | 26 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a—”Grow with Me” w/ Steve Latz Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 1:30p—Easter Egg Coloring  | 27 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 | 28 9a— Chair Yoga 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1p—Dominos 1-3p—Hand & Foot | 29 9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a—Easter Choir and Lunch 1p—Wii Bowling 1-4:30p—Bridge  |

Happy Birthday!

| Day | Name | Day | Name | Day | Name |
|-----|------------------|-----|-------------------|-----|--------------------|
| 1 | Betty Osborn | 8 | Judy Imholte | 18 | Donna Atkins |
| 3 | Kenneth Ayers | 8 | Nancy Speedy | 20 | Nadine Gabbett |
| 3 | Ronald Barnes | 9 | Nelson Nakamura | 20 | Emma Haase |
| 4 | Kristi Ayers | 10 | Lee Cassel | 20 | Richard Woodin |
| 4 | Donald Zoske | 11 | Randi Smith | 21 | Sharon Rogers |
| 5 | Ouida Parker | 12 | Reed Knackstedt | 21 | Patricia Truesdell |
| 5 | Juanita Ross | 12 | Barbara Schmidt | 21 | Scott Morgan |
| 6 | Robin Feltman | 12 | Victoria Askin | 24 | Douglas Norbeck |
| 7 | Brenda Zubeck | 13 | Renee Clifford | 24 | Michael Sounart |
| 7 | Tammy Matthiesen | 13 | Leon Marcinkowski | 24 | Tom Eggemeyer |
| 7 | Charles Maier | 15 | Ed Steiner | 25 | Chris Wehr |
| 7 | Delores Wagaman | 15 | Darrell Hagen | 26 | Larry Klawunder |
| 8 | Bruce Wolf | 17 | Lee Moeglein | 26 | Barbara Eagle |
| 8 | Twyla Mundy | 18 | Lawrence Croft | | |



Thursday Afternoon Movie

**March 7, 2024,
3:00 p.m.**

Now showing: 80 for Brady

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.



NO-HOST DINNER

Rocky's Cafe

Monday, March 11, 2024

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

| | | |
|---------------------|---------------------------------------------------------------------------------|-----------------|
| Wednesday, March 6 | Social Security | 9a–Noon |
| Thursday, March 7 | Movie Afternoon: 80 for Brady | 3:00 pm |
| Monday, March 11 | “No Host” Dinner/Rocky’s Café | 5:00 pm |
| Thursday, March 14 | Council on Aging Meeting | 3:00 pm |
| Friday, March 15 | St. Patrick’s Day Luncheon Please sign up to reserve your seat | 11:30 am |
| Wednesday, March 20 | Social Security | 9a—Noon |
| | Birthday Lunch | Noon |
| | Card Marking with Kimberly | 1:00 pm |
| Friday, March 22 | Waffle Friday | 8-10 am |
| | Kenai Senior Connection, Inc. Meeting | 10:00 am |
| Friday, March 29 | Easter Luncheon/Choir Concert | 11:30 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

**VP Housing, Council on Aging
Kenai Senior Connection, Inc.**

Administrative Assistant

Red Piersee

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

**Home Delivered Meals
Benefits Counseling
Vintage Pointe Housing Rental**

Activity/Volunteer Coordinator,

Kayla Feltman

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

**Activities
Volunteer Opportunities
Senior Center Facility Rentals**



Do you need a ride or know someone who could use some meals? Maybe you'd like to pick up a meal instead of dining inside? We can help!

For Pick up Meals:

Call the front desk by 10:30AM* (M-F)

For pick-up at **11:30 AM. Meals must be picked up from the front desk.**

For Transportation:

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

Dining Room Meals (Congregate)

Monday-Friday 12pm-1pm

No reservations required

(Except for special events)

Thursday night activities will resume in April.

Card Making with Kim

Wednesday, **March 20** at
1:00pm Senior Center
Dining Room. Please sign
up on the bulletin board.



- 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.

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!



Friday, March 15, 2024

St. Patrick's Day Lunch

Dining Room, 11:30a

Here's your chance for a yummy Irish lunch with all its fixings! Don't forget to wear your green!

Kenai Peninsula

Tuesday,

March 19, 2024

1– 2 pm

Computer Lab



The Kenai Peninsula Family Caregiver Support Program will meet from 1 pm – 2 pm on Tuesday, March 19th in the computer room at the Kenai Senior Center.

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

Is Medicare Sending Out New Cards?



NO.
**Medicare is NOT issuing
new plastic cards!**

If you get a call saying you qualify for a new card - HANG UP! This is a scammer calling. Do not verify your Medicare number or other personal information.

Have you given out or confirmed your Medicare number over the phone? The Alaska Senior Medicare Patrol can help you protect yourself. Call us for help.

Call 907-269-3680 or 1-800-478-6065

AARP TAX PREPARATION



BY APPOINTMENT ONLY

February 13 & 27

March 12 & 26

April 9

3 pm—6:30 pm

Kenai Community Library

CONTACT DEBBIE AT:

(828) 803-3599

FOR AN APPOINTMENT

LIBRARY NEWS by Virginia Walters

Cute animal themed puzzles have been lined on the windowsill for some March madness,

Please, when you return DVDs be sure you return the Senior Center DVDs to the Senior Center and not to the Kenai Library, and vice versa.

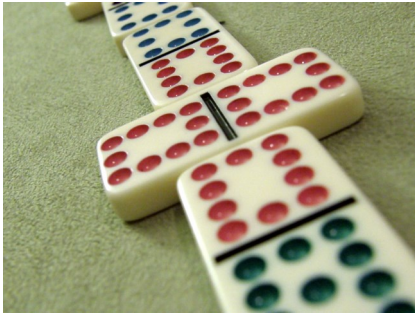
It's only March, so grab a book and take a break. Spring is just around the corner.



Waffle Bar Returns

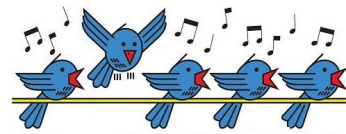


We will be offering waffles on the **third Friday of this month** from 8-10am. Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up — just show up and enjoy this special treat.



Calling all Mexican Dominos Players!

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



CHOIR Rehearsal

Easter Choir Practices

Mondays at 1:00 pm

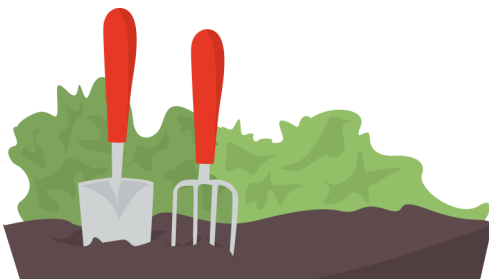
Senior Center Dining Room

It doesn't matter if you can read music, come and join us! We plan to have a concert on Friday, March 29 before Easter lunch. Songs will be a mixture of Spring, sacred, and popular music.

“Grow with Me” with Steve Latz

Interested in learning about all things gardening? Please join us starting Tuesday March 12th at 11:00 in the card room to learn more about growing flowers and vegetables from seed. We will be utilizing these plants in the KSC greenhouse and around the center. I will introduce you to our grow lights, shelving system, and equipment needed to start plants from seed. We will plant and transplant petunias, marigolds, lobelia, Livingston daisies, pansies, nasturtiums, stock, cosmos, bachelor buttons, and alyssum according to my seed-starting schedule. We will plant cucumber seeds in early May for the greenhouse. My discussion will change weekly as we progress through the

germination success and failures of our crops. Topics for the next three months include earth boxes, ventilation, light sources, fertilizers, growing mediums, online and local resources, greenhouses, high tunnels, seed-starting germination methods and techniques, just to name a few. Join us and start growing!



**AUDIBEL Hearing Instrument
Presentation**

Friday, March 22

1:00pm

Card Room



Audibel representatives are excited to come and go over the proper care of your hearing aids. They will offer assistance in cleaning and checking the functions. They can also schedule a date to come and check your hearing.....have you had a hearing test in the last year? You should have your hearing checked yearly, let them help.

Who wants to be a part of our very own Kenai Senior Center fashion



show in May? We will be showing off fashionable attire from our own local thrift stores (Salvation Army, Olde Curiosity Shop, and, Curtain Call) here in Kenai. If you are interested please let Kayla know.



Easter Egg

Coloring

Tuesday, March 26

1:30pm

Do you have some free time for some fun? There will be egg decorating taking place in the craft room on March 26th. The eggs will be included in home-delivered meals as a special gift for the season. Please sign up on the bulletin board.



Celebration

Friday, March 29, 2024

11:30am. Dining Room

Missy will be preparing a Easter luncheon to celebrate the spring season. Join us... you know it will be yummy!!! Wear your best Easter Bonnet or Bow Tie for a chance to win a prize. Sign up on the bulletin board.

One of the reasons people wear green on St. Patrick's Day is because of Ireland's nickname, The Emerald Isle. There is also a folk lore about the green makes a person invisible to the leprechaun, so they can't see you and you won't get pinched.

Is green the only color to wear on St. Patrick 's Day? Not really, some people wear orange which represents Protestant population, and the green represents the Catholics of Ireland. How about blue? One source said that one should avoid wearing blue, it is "tainted". Other sources said wearing blue is quite okay because St. Patrick wore blue.

I suggest that we just wear rainbow colors of anything: Violet, Indigo, Blue, Green, Yellow, Orange and Red. Besides, isn't there a saying in the Irish lore about following the rainbow to find a pot of gold? Regardless whether you find the gold or not, the rainbow colors also refer to colors of life, all in the body and life of all human beings on this earth as essential qualities. We can't go wrong with the rainbow colors.

Shamrock is a key symbol for St. Patrick's Day. Are there any differences between a shamrock and a three-leaf clover? Traditionally, a shamrock is a three-leaf clover. According to legend, St. Patrick used a three-leaf shamrock to explain the Holy Trinity, with one leaf representing the Father, the Son, and the Holy Spirit, respectively. The three leaves of shamrocks represent faith, hope and love. The rare fourth leaf (on four leaf clovers) represents good luck. There are a few differences between the two. For starters, shamrocks always have three leaves, while clovers can have a fourth leaf. Shamrocks are usually green, but you can find purple, green or white clover.



KENAI SENIOR CONNECTION, INC.

PROUDLY PRESENTS

MARCH FOR MEALS 2024

LICENSE TO GIVE: A JAMES BOND FUNDRAISER

Your presence is requested for an evening of elegance, excitement, and philanthropy. Together, let's make a difference!

- ♠ **Shaken, Not Stirred:** Enjoy signature Bond themed cocktails
- ♠ **Casino Royale:** Try your luck at outbidding your competitors
- ♠ **Silent Auction:** Bid on exclusive items and live experiences
- ♠ **Fine Dining:** Elegant Prime Rib Dinner
- ♠ **Black Tie Optional:** Embrace your inner secret agent or femme fatale!
- ♠ **Mission Control:** Kenai Senior Center, 361 Senior Center, 361 Senior Court, Kenai, AK 99611
- ♠ **Mission Briefing:** For more information, please call 907-283-4156.

Date: Friday, April 5, 2024

Country Store Opens at 5 pm

Time: 6:00 pm

Where: Kenai Senior Center

Ticket: \$50 per person (limited to 125)





2024 Donation Form

Yes, I want to support meals for seniors in my community!

Name _____
Billing/Mailing address _____
City | State | Zip Code _____
Phone | Fax | Email _____

Please consider one of the following:

Home-Delivered and/or Congregate Scholarship Meal Programs

The following options sponsor individuals who cannot afford to contribute toward their meals (the current suggested donation of \$8 for a meal DOES NOT cover the full cost of a meal):

- ☐ \$56/Sponsor one Senior for one week (7 meals)
- ☐ \$112/Sponsor two Seniors for one week (14 meals)
- ☐ \$240/Sponsor one Senior for one month (30 meals)
- ☐ \$480/Sponsor two Seniors for one month (60 meals)
- ☐ _____ (Other Amount)

We accept **Checks, Cash, MasterCard, Visa, and Discover**. Donations can be processed over the phone anytime by calling the Kenai Senior Center at 283-4156. Donations can also be contributed directly to the Kenai Senior Connection, Inc. through the State of Alaska **Pick.Click.Give.** program (when filing for your Permanent Fund Dividend or amending the application to provide the donation after filing), or by mailing your donation directly to Kenai Senior Connection, Inc. at P.O. Box 806, Kenai, AK 99611.

Acknowledgment Information

Please use the following name(s) in all acknowledgments:

☐ I (we) wish to have our gift remain anonymous.

*We thank you for your generosity! Every **little** bit can make a **BIG** difference.*

Mail to: Kenai Senior Connection, Inc. P. O. Box 806, Kenai, AK 99611.
KenaiConnection@gmail.com Phone: 283-4156 Fax: 283-3200

The Kenai Senior Connection, Inc., is a 501(c)3 nonprofit organization. Your gift is tax-deductible to the full extent allowed by law.

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

OH MY GOODNESS! MARCH IS ALREADY HERE!!!!



It doesn't seem like it, but Spring is coming — at least we hope so!

The Senior Center has provided some very nice times lately. For instance, a nice dinner to celebrate the Senior Center's volunteers; the Valentine lunch; Super Bowl LVIII Party; and, Waffle Friday's are back.

For the last several months, the March for Meals 2024 Committee has been planning and working toward the 007 March Four Meals Fundraiser. We are now beginning to go full force as the April 5 event isn't very far away. If you have some spare time, and the desire to make a pie for selling by-the-slice (preferences are apple, pecan, coconut cream, or berry), we sure would appreciate your volunteering to make one. Please contact me at (907) 398-9119 to talk to me about your interest and get information about kind of pies, number needed, etc. Information is also posted on the Center's bulletin board. There may be other areas where help will be needed — check with Kayla, Red, or Kathy.

Now we all need to think positively that Spring is right around the corner...**HAPPY SPRING!!!**

The Senior Center wants to give a BIG THANK YOU to our Crafters/Quilters Group for making the beautiful flower center pieces and place mats for our dining room tables. Also Thank you to every one of our volunteers! We appreciate all of you so MUCH!!



Special thank you too:

- ★ Kit Hill
- ★ Marcia Shea
- ★ Vera Barrett
- ★ Kris Ayers
- ★ Shirie Drath
- ★ Velda Geller



MEMORIAL GIFTS GIVEN TO THE

Kenai Senior Center & Kenai Senior Connection, Inc. in honor of

Joseph Brown

Barbara Johnson
Lynn Duggy

Dan Brown

Sally Utterstrom

Dr. Peter Hansen

Karolee Hansen

Roy Williams

Velda Geller
Bill & Diane Sadler
Marge Seymour
Barbara Johnson
Shirie Drath
Reginald & Jan May
Darlene Tachick
Molly Jackson
Renee Partinico
Gladys Routh
David & Madrene Talley
Ozella Williams & Family
Kevin & Judy Walker
Walt & Rachael Craig
Joe Hillyer
Dorothy Diamond

Robert Arrington

Ray & Yen-ti Verg-In
Bill & Diane Sadler
Marjorie Seymour
Barbara Johnson
Janice Wilsack
TOPS AK 0189, Kenai
Marcia Shea & Jerry Nassen
Claudia B. Jackson

The Senior Center and Kenai Senior Connection, Inc. each host dedicated investment memorial funds, inviting contributions to preserve the enduring legacy of the Senior Center. We extend heartfelt gratitude to those who honor their loved ones by donating to continue the Senior Center's ongoing mission in providing essential support to the seniors within our community for years to come.

In the previous edition of the Centerline, we shared the story of Bob and Cheryl Arrington. It is with deep sadness that we announce the passing of Bob on February 6, 2024.





The Kenai Historical Society will meet Sunday, March 3, 2024 at 1:30 at the Kenai Senior Center with guest speaker, Eli Porter, owner of Snug Harbor Cannery located on the west side of Cook Inlet.

Meetings open to the public but membership is encouraged.

For more information call June at 907-283-1946

Kenai Historical Society meetings are open to the public, though we invite you to become a member of our historical organization that has been operating continuously since 1967. All future meetings will be held at the Kenai Senior Center, located at 361 Senior Court, Kenai.

Why Leprechauns HATE St. Patrick

Twas the seventh day of Lepri-Lent, that ten-day period of mourning between March 8th (International Day of Women) and March 17th (St. Patrick's Day), that is endured (celebrated is not the right word here) by Leprechauns the world over.

"Tell us the story again about how that evil St. Patrick drove the Lady Leprechauns out of the world," begged Clover Greenknickers.

"Yes please, daddy, please," whined Clover's twin brother, Emerald.

"Okay, children," sighed Flundernuffer, silently thanking God that Lepri-Lent was almost over. "So toss some more peat on the fire and I'll dish you up some more Colcannon and pour myself a wee draft of this 14 Year Knapogue Castle Single Malt." And a wee draft it would have to be, he mused, or the bottle would never last the final three days of Lepri-Lent when he could escape lock down and venture out to Lucky Cloverhopper's Tavern again.

All settled in with their respective libations, Flundermuffer began.

"You see, all the humans think that St. Patrick drove the snakes out of Ireland. That's a pile of rubbish, since there never were any snakes in Ireland. What he drove out instead was all the Lady Leprechauns."



By: Jerry (McBride) Nassen



Grief Support Group

**BEGINS Feb 5
2:30pm-3:30pm**

Have you experienced the loss of a loved one? Do you feel isolated in your grief? Want to know where to go from here? Join our 10-week support group as we navigate the journey of grief together.

Kenai Senior Center | Contact Jared for more info | 907.262.0453

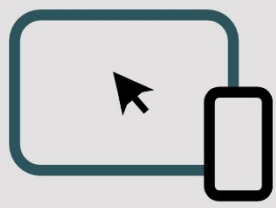


Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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!**

MARCH 2024 \$5 CLUB

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



Cyber Security @Kenai Senior Center

Thursday
March 21st
1:00pm

This workshop is for those who are interested in safety online and want to protect themselves from fraudsters and scams. Build your confidence when visiting websites, creating passwords, and responding to email.



Computer Lab Open Times

The Senior Center computer lab is open for your use on the following days/times:

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

*There will be an occasional meeting in the Computer Lab where it will not be available to the general public.



Genealogy Workshop

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 Hamann can help! Please join her at 1:00p on Friday, March 15 in the computer room.



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

MARCH 2024 MENU

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

Menu is subject to change

Soup and Salad when available

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | 1 Cheeseburgers Fries Coleslaw  |
| 4 Ham & Beans Corn Beard Broccoli Salad Fruit Cup Soup  | 5 Meatloaf Mashed Potatoes & Gravy Buttered Corn Salad | 6 Thai Beef Stir Fry Veggies Brown Rice Egg Roll Salad  | 7 Spaghetti & Meatballs Garlic Bread Zucchini Chips Soup | 8 Baked Salmon Asparagus Yellow Pepper Medley  Jasmine Rice |
| 11 Brats & Sauerkraut Onions, Peppers Home fries Soup | 12 Chicken Thai Crunch Salad w/ Peanut Butter dressing Teriyaki Noodle Muffin  | 13 BBQ Pork Ribs Cowboy Beans Roasted Carrots Corn Bread Salad | 14 Teriyaki Chicken Mac & Cheese Yellow Squash Soup | 15 Corned Beef Cabbage/Carrots Roasted Potatoe Ice Cream |
| 18 Jumbo Cheese Ravioli w/Italian Sausage Mushroom & Spinach Cheesy Wheat Roll Soup | 19 Creamy Lemon Chicken Linguini Roasted Broccoli Garlic Bread Salad | 20 Roast Turkey Mashed Potatoes & Gravy Green Beans Stuffing Cranberry Sauce Salad <u>Birthday Cake</u> | 21 Baked Potato w/all the fixings Broccoli Spears Muffin Soup | 22 Monterey Chicken Sandwich Sweet Potato Fries |
| 25 Clam Chowder Tuna on Rye Seafood Pasta Salad Soup | 26 Soft Taco Spanish Rice Mexicorn Chips & Salsa Soup | 27 Fried Chicken Mashed Potatoes & Gravy Mixec Veggies Salad | 28 Swedish Meatballs Egg Noodles Brown Gravy Pickled Beets Soup | 29 Turkey Wellington Rosemary Sweet Yams Side Salad Strawberry Crepes |



St. Patrick's Day Word Scramble



1. LFOREUFA
2. OLCRVE
3. ENEGR
4. NOICS
5. RLEMAED
6. BAONIWR
7. OTP
8. NETVHESETE
9. SMCRHKA O
10. GCMILA
11. RHCAM
12. RACPTKI
13. PLCAEUHAEN
14. TNRFUOE
15. OGLD
16. ISRIH
17. KLCUY

Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations

Kenai Senior Connection, Inc.

is now able to receive donations through the
Alaska Permanent Fund Dividend

Pick. Click. Give.

These donations directly benefit the
Kenai Senior Center meal programs.



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

<https://www.facebook.com/kenaisenior/>

Find us on
Facebook



PLEASE
PLACE
STAMP
HERE