

# The Centerline

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

361 Senior Ct.  
Kenai, Alaska 99611  
907-283-4156

# NOVEMBER 2021

*(In celebration of the Kenai Senior Center's 50 years, we've asked the Writers' Group to present stories of our history.)*

## Happy 50<sup>th</sup> Birthday!

*By Biz Robbins*

Many of you know, and some of you even remember, that the Kenai Senior Center once was located in a trailer in Old Town. Small beginnings, but with grand ideas, hard work, and



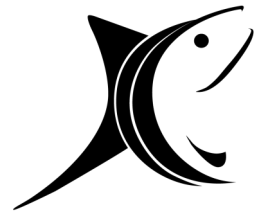
sometimes fancy footwork, it has grown into the handsome facility that we celebrate this year.

I am a newby to this facility, having arrived

only last fall, but I've used it almost every week I have lived here. It has been my pleasure, as part of the center's writers' group, to learn more about this outstanding resource the seniors in Kenai, even on the Peninsula, have at their disposal. So here goes:

In 1971, Phillips Petroleum donated their construction trailer, which was moved to Fort Kenay in 1973. The directors during this period, Betty Warren and Sylvia Johnson, began providing services to seniors, a meal a week, sometimes potlucks, and other activities. By then, a home meals program had been established under Pat Porter, now director. It was first begun by the Salvation Army (serving one person) and in 1980, under the auspices of the city of Kenai, the program expanded to serve home and congregate meals five days a week.

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# KENAI

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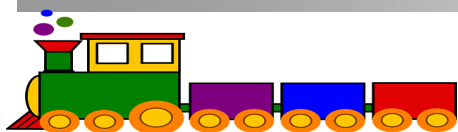
### Special points of interest

- Kenai Senior Connection News
- Craft Class
- Guitar Lessons
- Thursday night Bluegrass & Game Night
- Pages from the Past



# NOVEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	<b>2</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	<b>3</b> 9a—Guitar Lessons 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 12:30p—Dominoes 1p—Writers’ Group 1p-3p—Quilting/Crafting	<b>4</b> 10a—Tai Chi Noon—LUNCH 6p-9p—Cribbage	<b>5</b> 10a—Growing Strong 11a-12p—Adult Coloring 11a—Donna/Piano/Dining Room Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting
<b>8</b> 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	<b>9</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	<b>10</b> 9a—Guitar Lessons 10a—Growing Strong 11a—Noon/Bluegrass 11:30-Noon/VETERANS’ LUNCH 1p—Writers’ Group 1p—Card-Making by Kim 1p-3p—Quilting/Crafting 3p—Council on Aging	<b>11</b>  <b>VETERANS’ DAY</b>  <b>CENTER CLOSED</b>	<b>12</b> 9:30a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring 11a—Donna/Piano/Dining Room Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting
<b>15</b> 10a Growing Strong 11a Bells Noon—LUNCH 12:30p-4:30p Bridge 2p Stronger Together Support Group	<b>16</b> 10a—Tai Chi 10a—TOPS 11:30a-1p—Independent Living Center Noon—LUNCH ‘ 12:30-1p—Bingo 1:30-3:00—KP Family Caregivers Association 1p—Wii Bowling	<b>17</b> 9a—Guitar Lessons 10a—Growing Strong 11a—Noon/Bluegrass Noon—Birthday Lunch 1p—Writers’ Group 1p-3p—Quilting/Crafting	<b>18</b> 10a—Tai Chi Noon—LUNCH 6p-9p—Cribbage 6:30p-9:30p—Bluegrass	<b>19</b> 10a—Growing Strong 11a-12p—Adult Coloring 11a—Donna/Piano/Dining Room Noon—LUNCH 1p—Wii Bowling 1p-3p—Quilting/Crafting
<b>22</b> 10a Growing Strong 11a Bells 12:30p-4:30p Bridge 1p LUNCH 2p Stronger Together Support Group	<b>23</b> 10a—Tai Chi 10a—TOPS 1p—Wii Bowling  <b>Hilcorp Thanksgiving Dinner Home Delivered &amp; Pick-ups Only (Call to RSVP)</b>	<b>24</b> 9a—Guitar Lessons 10a—Growing Strong 11a—Noon/Bluegrass Noon LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	<b>25</b>  <b>THANKSGIVING DAY</b> <b><u>CENTER CLOSED</u></b>	<b>26</b>  <b>THANKSGIVING HOLIDAY</b> <b><u>CENTER CLOSED</u></b>  <b>See you at the parade and fireworks display!!!</b>
<b>29</b> 10a Growing Strong 11a Bells 12:30p-4:30p Bridge 1p LUNCH 2p Stronger Together Support Group	<b>30</b> 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 1p—Wii Bowling	<b>1</b> 9a—Guitar Lessons 10a—Growing Strong 11a—Noon/Bluegrass Noon LUNCH 1p—Writers’ Group 1p-3p—Quilting/Crafting	<b>2</b> 10a—Tai Chi Noon—LUNCH 6p-9p—Cribbage 6:30p-9:30p—Bluegrass	<b>3</b> 10a—Growing Strong 11a-12p—Adult Coloring 11a—Donna/Piano/Dining Room Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p-3p—Quilting/Crafting



# NOVEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Barbara Moore	12	Mary Farmer	20	Walt Craig
1	Maurice Dorsey	12	Harry Nagasako	20	Phyllis Halstead
2	Rosemary Bird	12	Elaine Cessnun	20	Susan Carr
4	Charles Williamsen	13	Ozella Williams	21	Marian Nickelson
4	Elizabeth Robbins	14	Donald Essex	21	Joan Corr
5	Shirley Henley	14	Sylvia Reynolds	22	Hal Smalley
5	Shirley Johnsrud	15	Jerry Norris	23	Tom Kilfoyle
7	Donna Hoyt	18	Florence Struempler	27	Donna Mortensen
7	Douglas Norris	18	Pete Hallgrimson	28	Pierce Bassett
8	Helen Carlson	18	Tamara Cone	28	Samuel Bird
8	Anita Kwan	19	Jane Russell	29	June Truelove
10	BK Kivi	20	Randall Leitch		

## Library News

Want to watch a Western?? The western movies have been moved to the area below the TV set in the game room, both DVD and VCR. Some of the movies are Golden Oldies, others more modern. There is a VCR player available for public use. Ask Kathy for information.



The animated kids movies are in Kayla's office. If you want a movie for the grandkids, or just for fun, ask the receptionist to show you where they are. The Nat Geo collection is also there. A few of those are still missing, so please be on the lookout for the disks under the recliner or tucked into that book you never finished.

## NO-HOST DINNER

**Tuesday, November 9, 2021**

**Magpye's**

**Leaving Center at 4:30p**

Those leaving from the Senior Center parking lot will head out at 4:30p. Or, meet your friends at **Magpye's**.

There will be limited transportation available at 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, 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

Sunday, November 7	Set your clocks back one hour!!!	
Tuesday, November 9	"No Host" Dinner (Magpye's)	4:30 p.m.
Wednesday, November 10	<b>Veterans' Day (Observed)</b>	Noon
Thursday, November 11	Veteran's Day—Center Closed	All Day
Wednesday, November 17	Birthday Lunch	11:30 a.m.
Friday, November 19	<b>DATE CHANGE!</b> Senior Connection Mtg.	9:30 am
Tuesday, November 23	Hilcorp Sponsored Senior Luncheon	Pickup and Home Delivered Only
Thursday, November 25 & Friday, November 26	Thanksgiving Holiday —Senior Center Closed	All Day
Friday, November 30	50th Anniversary Celebration	3:00 pm

## KENAI SENIOR CENTER SERVICES

### PICK UP MEALS:

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

### HOME-DELIVERED MEALS:

Monday through Thursday  
Call 283-4156 for more information.

### DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm  
No RSVP Required

### FACILITY RENTAL:

Please contact us at 283-8214

TRANSPORTATION: Monday—Thursday

### SUGGESTED DONATIONS:

Pick up Meals - \$7  
60 years and older)  
Home-delivered Meals - \$7  
Transportation - \$3—\$10



### 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





*Celebrating*

**50**  
1971—2021  
*years*

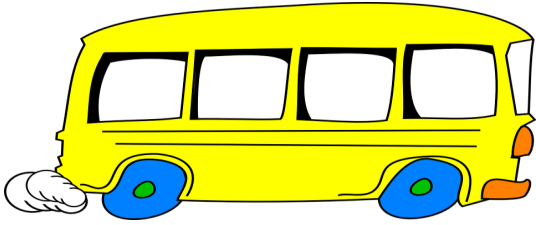
## KENAI SENIOR CENTER

Please join us for a time of celebration  
Tuesday, November 30, 2021 at 3:00 pm

361 Senior Court • Kenai, AK 99611

Light refreshments to be served

# **TRANSPORTATION IS BACK!!!**



We are happy to announce Senior Center rides are now available! Here are important things to remember:

## **What days are rides available?**

At this time, rides will be from 9:00am-4:00pm, Monday, Tuesday, Wednesday, and Thursday.

## **Are masks required in the vehicles?**

Yes, while in the van, **MASKS ARE REQUIRED.**

## **Does this include rides to the doctor?**

Doctor appointments do take precedence over other rides, so please schedule these rides at least 24 hours in advance and remember, transportation begins at 9:00 am. For doctor appointments in Soldotna, we schedule pick-up times for at least one-half hour prior to the doctor appointment.

## **Can I get a ride to the Senior Center?**

Yes. Rides to the Center for lunch and home after lunch will be available.

## **What is the cost to ride the van?**

The Senior Center is funded through grants and donations, so there are some costs related to services. These are very minimal compared to other transportation options. Rides donations are \$3, \$6, and \$10 and based on **round trip** from various locations, as explained below. These donation amounts are also posted inside each van. Donations can be given to the Driver or the Receptionist at the Senior Center.

## **How do I arrange a ride?**

Ride scheduling is made through the front desk, so please call **283-8211** or **283-4156** to make reservations. Drivers do not have the ability of scheduling while they are driving, so please call the Center directly or stop by the front desk. We are happy to help!

## **Can I make an extra stop during my ride?**

Yes. Any additional stops are a donation of \$3.00 To help with scheduling, please schedule these extra stops when you make your ride request.

## **What if my appointment takes a while –will the driver wait for me?**

This will depend on the schedule for the day. If the driver has another ride scheduled, they can come back after your appointment to pick you up.

## **I love to come to the Senior Center for activities and lunch, but I cannot afford to always donate towards my ride?**

We understand not everyone's budget is the same and your driver will never ask if you have paid for a ride. Any donation is greatly appreciated.

## **Ride Donations—Round Trip**

Kenai City Limits—\$3 Kalifornsky Beach Road—\$6 Soldotna—\$10 Additional Stops—\$3

## **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!**

### **NOVEMBER \$5 CLUB**

Juanita Aguilar	Joel & Laura Henkleman	Harry Nagasako	Steve Smith
Ken & Kris Ayers	Cliff Heus	Nelson Nakamura	Randi Smith
Steve Best	Kathy Heus	Bill Nelson	Bill Starnes
Patricia Bravo	Jan Hollers	Lois Nelson	Sondra Starnes
Glenn Clifford	Donna Hoyt	Ray Nickelson	Buck Steiner
Patsy Clifford	Molly Jackson	Marian Nickelson	Sheila Steiner
Rachael Craig	Leanne King	Joseph & Janice Nightingale	Linda Swarner
Walter Craig	Anita Kwan	Alice Nuxoll	Vivian Terry
Terry Cramer	Pearl Larson	Susan Olson	Gerda Trent
Shirie Drath	Wm. & Xiaopei LaTocha	Ruth Osborne	Terry Turner
Laurel Eisinger	Paula Maier	Katie Pault	Yen-ti & Raymond Verg-in
Carol Freas	Judy Martin	Carol Prior	Beverly & Don Waldrop
Nadine Gabbett	Marge Milewski	Floyd Richards	Roy & Ozella Williams
Velda Geller	Jeanie Miller	Trish Roderick	Janice Wilsack
Jim Glendenning	Kari Mohn	Ann-Lillian Schell	
Omer Goodman	Twyla Mundy	Barbara Schmidt	
Phyllis Ann Halstead	Wayne Mundy	Barbara Smith	



**Wednesday, November 10**

**Veterans Day Gala**

**11:30-1p, Dining Room**

In honor of our veterans, there will be a color guard from the VFW to recognize the occasion. If you are a veteran or you have a loved one who was/is a veteran, bring a photo of you/them in uniform and we'll proudly display them! Veterans, lunch is on us!

**Tuesday, November 23**

**Hilcorp Thanksgiving Dinner**

**Pickup Meals Available**

Turkey, mashed potatoes, Missy's stuffing and pie! Thank you to Hilcorp for once again sponsoring the Thanksgiving meal for the area seniors. While in house dining will **NOT** be available this year, pickup meals will be available inside the Senior Center by 11:30 am. Call to reserve your meal at 283-4156 or sign up on the bulletin board.

Ever since the 80s, the center has provided home delivered meals, a vital service to those who are homebound. It is the largest service program, having two paid part-time drivers and one volunteer. The drivers take the time to talk with those at home, often finding they have been that day's only visitor. They have also intervened in attempted suicides, stroke or heart attacks, and falls. The drivers can be an advocate to help seniors make lifestyle decisions in addition to bringing a delicious, nutritious, hot meal.

Congregate meals, served five days a week, bring the most seniors to the center. Meals include salads, soups, main dishes, desserts, all deliciously prepared. They provide 1/3 of the nutritional daily allowance; seniors are served by the center staff.

In 1983, the city constructed the center's present building, located atop a bluff overlooking the Kenai River. As the story I heard goes, that beautiful prime piece of property was obtained from the FAA through the hard work of Kenai mayor Vince O'Reilly. He was a big supporter of the senior center and proposed that particular site with "who else is more deserving of living in such a beautiful spot?"

In 1993, Vintage Pointe Manor was built adjacent to the senior center with funds from the state negotiated by Mayor John Williams and senior center director Pat Porter. The state agreed to fund 20 units to provide independent living to the seniors, but they wanted 40 units. After tenacious lobbying, solid arguments, some back door dealings, and a delicious steak dinner, John and Pat finally got

the legislators to agree to fund 40 units. But they would fund only 20 one year and 20 the next. With that, Mayor John promised not to ask for any more money for operations of senior housing. Construction of the housing didn't cost the taxpayers a dime.

Those who frequent the Kenai Senior Center know that they will find something of interest to do. Besides the meals and the socialization that takes place, the center has provided opportunities for group exercise, ranging from line dancing, to Zumba, to weight training and Tai Chi, to name a few. Musical groups have included bell ringers, bluegrass players, ukulele strummers, and a seasonal choir. Various arts and crafts are available too.

Quilting, ceramics, coloring, and painting have been offered throughout the years. The art of writing has been represented for a long while by dedicated seniors, many of whom can be read in the Centerline and other publications. Specific instruction has also been offered: guitar, Spanish, and various technology tools. The TOPS group is active as well. There seems to be something for everyone, but perhaps the best part is: if a senior is interested in something that isn't offered, the activities coordinator will help him/her set something up.



*Continued on page 8*





Following the preceding "something for everyone" thought, many local, state, and federal organizations are partners and/or collaborators with the center. The Alaska Disability and Resource Center/ Independent Living Center partners to participate in health fairs and also to assist during Open Enrollment to ensure seniors get the help they need; Medicare assistance is also available. The National Family Caregiver Support Program provides assistance to many of the center's seniors. The Food Bank and Kenai Safeway contribute to the center's nutrition program with supplemental salad ingredients and donations of day old bread and desserts. Roughly 250 seniors benefit from this program. Many seniors, referred by local medical providers, receive meals, transportation, outreach, and/or information and assistance. These are but a sampling of services seniors receive when the center knows of their need. "Ask and you shall receive, or we shall research where you can find the help you need." To this writer, it is the apparent motto for the center's staff.

The staff, led by Director Kathy Romain, has continued old programs and implemented new ones that provide services to senior Alaskans that maintain and increase their quality of life as well as enhance their ability to age safely in place. These programs provide an increasing senior population with

social, educational, and economic opportunities.

At the same time, the staff functions efficiently and responsibly with the center's partnerships, grant management, and services.

When I look at the Kenai Senior Center's Mission Statement, I cannot help but believe that it is truly the statement that directs all its efforts. We seniors do come together for fellowship and participation; we engage in many activities that provide personal growth and enrich the quality of life. Personally, I come here at least three times a week: to exercise, to meet with writers, to talk with friends, to get a good meal, and to strum with other ukulele players, and I am never alone. It is a safe place for me to learn, to socialize, to be healthy, to enjoy life.

We seniors are fortunate to have such a gem in our lives. The Kenai Senior Center attracts retirees to the area and it provides a place to age well. May it continue to be a bright light for the city of Kenai and its seniors for another fifty years or more. Happy 50<sup>th</sup> birthday! - Biz Robbins

## City of Kenai Kenai Senior Center Our Mission Statement

To serve as a community focal point for senior services where adults 60+ come together for fellowship and program participation, to engage in opportunities for dignity and personal growth, to improve and enrich their quality of life, to support the needs of older individuals, to enhance their independence, and to broaden their involvement within the community.

## The Directors of the Kenai Senior Center

**1971** The Kenai Senior Center started out in a small trailer donated by Phillips Petroleum. The first director was Betty Warren. There were a small group of people from all over the Peninsula (Cooper Landing to Homer) that met every two months for a potluck dinner and social. Betty was director from 1971 to 1973.

**1973** The Senior Center moved into Fort Kenay. The new director was Silvia Johnson. The Center shared one-half of the building with the Kenai Museum. They continued the every two-month potlucks and even added some ceramics classes.

**1976** Cynthia Dixon became director for a couple months and decided not to remain.



**1976** The City of Kenai approached Pat Porter to apply for the job. Pat says they liked her because of the community work she was already doing with the Girl Scouts. She agreed to try it for one year. Pat was the only employee at the time and worked with the City to expand Fort Kenay for the Centennial celebration. The Center began assisting the Salvation Army with its Meals on Wheels program in 1978. In 1980 Betty Warren went to Juneau to request \$1 million from the Legislature to build a new Center. The money was acquired and the promise was made: if the City could match the grant, the taxpayers

would not have to pay any money for the Center.

**1980** The Salvation Army turned its Meals on Wheels program over to the Kenai Senior Center. The land was bought and the new Senior Center project began. The proposal included the Center, where seniors could come and have meals, as well as building and a 40-unit apartment complex.

**1983** The Center was completed and the program moved in. The kitchen crew made meals for home delivery and to serve in the new dining room. The dining room was only half the size it is now.

**1991** Money was appropriated to enlarge the dining room and it was doubled in size. In 1993, Vintage Pointe Manor (the promised apartment complex) was completed. Kenai did not have a Pioneer Home so the apartments were designated to be an independent living center. 40 units were built and rented. (I should have mentioned the City was and still is owner/operator of the Senior Center.) Pat Porter was very instrumental throughout the entire project and when she retired in 1998, she had a lot of which to be proud, including the fact her one-year job turned into 22 years of service.

**1998** in November Pat's assistant Kelly Steiner-Kelso became director. She remained director for two years. (Kelly had previously worked for the Senior Center five years.)



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**2001** Rachael Craig was hired as the new director.

Rachael says when she first came to the Center, her first goal was to enlarge the



kitchen facilities as she noticed right away the kitchen was too small, especially for the amount of meals being prepared. Rachael reported, a \$40,000 grant was received from the State and was earmarked for the kitchen renovation. In addition, she applied for a Rasmuson grant and learned she shouldn't have been so conservative with her estimated building costs as the bill was way more than she imagined it would be. With a lot of begging, bargaining, help from the City, Kenai Senior Connection, Inc., and individual donations, the project was completed in 2006. During the remodeling, the kitchen crew [Missy and Bob Van Loan (Ethan's dad)] cooked the meals at the VFW and brought them to the Center to serve.

During the remodeling, the kitchen crew [Missy and Bob Van Loan (Ethan's dad)] cooked the meals at the VFW and brought them to the Center to serve.

Rachael also mentioned another goal she had was to have a quality senior program for activities. She worked to provide space for things like the library, card room, sewing room, computer room, and expansion of the volunteer program. Rachael retired in September 2017.

**2017** The City of Kenai hired Kathy Romain as the new director. Kathy was not new to the Center having been first hired in March 1997 as the Center's Activities Coordinator. In 1998, she was hired as the Administrative Assistant, and then in October of 2017, she became the new director.

Kathy, along with Red, our new Administrative Assistant, are our resident experts on senior issues from Social Security/Medicare, senior benefits and other senior concerns. Kathy became busier than ever with all the director responsibilities of grant writing, budgeting, and securing monies to operate the Center, in addition to being the City's liaison to the Kenai Senior Connection, Inc. and Council on Aging.

In 2017, Kathy was responsible for the Senior Center being awarded a grant from Subaru for a new Meals on Wheels vehicle



which is used to deliver Meals on Wheels all over, including Kasilof. She also secured COVID monies to replace the kitchen stove, warming oven, a new water fountain/bottle filling machine, touchless ice/water dispenser, touchless restroom water/soap dispensers new computers for the computer labs, and renovation of the game room. Between COVID and the Kenai Senior Connection, Inc., funding was received to provide 200 emergency buckets for seniors, as well as shelf-stable bags of food to home clients.

*Continued on page 9*



Yearly, the Kenai Senior Center serves (40K+) meals to home meal and dining room clients. There are approximately 1,600 active members of the Center which is open five days a week (from 8am to 5pm) for activities. Meals are served every day at noon and scheduled transportation is provided four days a week.

Kathy is responsible for writing grants for over \$500,000 every year. The City of Kenai, Kenai Senior Connection, Inc., and private donations help the Center stay afloat. The Center also received a private memorial donation to build the new greenhouse. Kathy supervises 12 permanent employees and one temporary employee. She says the Center couldn't survive without the many volunteers that step up to help run the organization. THANK YOU TO ALL OF YOU!

My personal thanks to all these people, especially the Directors for keeping their promises of supporting the Kenai Senior Center Mission Statement and to make the Kenai Senior Center the best Center possible. If you are unfamiliar with the Mission Statement it is on page 8 of this month's newsletter.

Carol Prior, Data Entry Clerk,  
Volunteer, and Happy Member of the Kenai Senior Center



## Kenai Senior Connection, Inc. NEWS

It's already November! Where has this year gone? The following events kept October busy for the Senior Connection:



- Watching the new greenhouse being built (compliments of the Bill Osborne family as a memorial to Bill who was a member of the Kenai Center family as well as Kenai Senior Connection, Inc.).
- Welcoming Red Piersee, the Senior Center's new Administrative Assistant.
- Setting November 30, 2021 as the date to celebrate the Senior Center's 50th Anniversary. The celebratory open house will begin at 3:00 p.m. in the Center's dining room.
- The Connection will have a booth at the Black Friday Holiday Bazaar which will be held at the Old Carr's Mall this year (instead of at the Challenger Center). Raffle tickets for a handmade Quilt (donated by Jan Johnson) as well as tickets for our Annual Doll Raffle (donated doll and handmade clothes by Fran Kilfoyle) will be available for purchase.
- The date to hold our Annual March for Meals fundraising dinner and pie auction was set for March 25, 2022.

Happy Thanksgiving to all...

*Velda Geller*

President, Kenai Senior Connection, Inc.



## WHY WE LOVE THE KENAI SENIOR CENTER...

by Mary Ann Lamecker

After living alone and in various areas, I decided to move to Alaska to live with my oldest daughter and her husband. Next door, their son and daughter needed help with their twin babies (born in June). My daughter had seen the Kenai Senior Center represented at a craft fair and thought I might enjoy going to its activities. So when I moved to Kenai in May, I joined the exercise sessions held three times a week. I had shoulder replacement surgery in January and thought the exercise would be good therapy for me. I also joined the Art Group and the Writers' Group. About a month ago, Senior Center Director Kathy Romain, came to the Writers' Group and told us about the 50<sup>th</sup> Anniversary of the Senior Center. She asked if someone could go through the notebooks holding the monthly "Centerline" newsletters and pick out some highlights to share. Biz Robbins and I volunteered. I thought it would be a great opportunity to see what the Center had done over the years. WE WERE VERY IMPRESSED!!

We learned, many of the activities have been and continue to be seasonal: spring, summer, fall, winter. Speakers often came in to give presentations on health, nutrition, Medicare, taxes, etc.; groups started meeting to prepare for the holidays and decorate the Center; road trips were planned over the summer to visit nearby sites in Homer, Seward and other spots; there were even some mystery trips, service projects such as cleaning up areas in town; and, periodically yard sales were periodically for various causes. Seniors gathered for Superbowl games; Valentines' Day dinners; wedding anniversary celebrations; craft classes with volunteer instructors; special lunches; Easter bonnet parades; as well as, nature walks and simple hikes were planned for summer days. Activities and presentations on health; patriotic dinners; guest vocalists; participation in the Fourth of July Parade; card groups formed, along with golf group took place, as well as trips to Winterfest, the Nutcracker; Christmas light tours; tea parties and gift exchanges; and potluck dinners.

Exercises groups were formed and a karaoke party was held. Presentations were given on the Rasmussen Foundation and timely issues, and the Center's kitchen was remodeled. A senior companion's group was formed and a gift shop was opened in the Senior Center. An annual picnic was held in July and trips to an aquarium, alpaca ranch, Moose Pass and the Ninilchik Fair took place. Support groups were formed for low vision problems, Social Security and Internet assistance. In September, a bowling league was formed, a scavenger hunt was held in Anchorage and a salmon bake fundraiser was held as well.

Over the years, the Kenai Senior Center has continued to offer classes for exercises, crafts, celebrations for holidays, music groups, presentations with info that is helpful to seniors, healthy meals, short trips to nearby sites and entertainment that we can enjoy.

Unfortunately, years 2020 and part of 2021, were struggling times with Covid and sickness. We pray for the families of those who did not make it through. We want everyone to stay healthy so the staff at the Center sets necessary guidelines to protect us all. Be sure to get the monthly "Centerline" and check out all that is going on. If you'd like to see certain activities or tours, let the staff know. Volunteers are always welcomed. Thank the staff for all they do. I am happy to be a member at the senior Center.—*Mary Ann Lamecker*



# Look, Feel, Be

*by Chuck Thornton*

“To look sharp, use Gillette Blue Blades. To feel sharp and be on the ball. Just be sharp, use the Gillette blades for the quickest, slickest shave of all.”

Some folks appear to be (look) old when they are actually quite young (your appearance may be deceptive). Others (especially following a night of carousing) just feel old. While there are those of us who really are old. We may not look it. We may not even feel it. But, as a quick look at the calendar will affirm, we actually have reached that magical age that has come to be called “OLD.”

The Kenai Senior Center is a facility that was established to provide a location for activities suitable for us old folks, regardless of how we look or feel. Here we are free to choose a variety of activities: exercise (various levels), reading, table games, hiking (in suitable weather, for suitable distances), writing, and various musical formats are available...plus occasional extra programs as they become available.

One of the things the Center provides is Meals on Wheels – a program that supplies noon meals to two groups of Seniors: 1) those who come to the Center’s Dining Room, and 2) those who may be house-bound and have their meals delivered to their door. An added feature for the latter group is the fact that, often, the person delivering the meal provides a brief, but welcome, bit of person-to-person interaction (a simple thing that is often missed by the shut-in).

Another feature that has old (older – as some of us prefer to be called) people in mind is that of providing for inoculations at the Center. Seniors (often making use of Senior Center provided transportation) may come to the Center to receive shots when they are available.

The Staff is yet another positive thing about the Kenai Senior Center. Whether they work on the grounds (mowing grass, shoveling snow, trimming shrubs, etc.), in the kitchen, serve meals, teach classes, lead exercise groups, etc., the members of the Staff represent yet another way in which the City of Kenai demonstrates its concern for the older generation.

Let’s hear it for the Kenai Senior Center!





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)

**Please make checks to Kenai Senior Connection, Inc.:**

- ☐ \$5 Club
- ☐ monthly - \$5      ☐ yearly - \$60
- ☐ Memorial Donation

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.





# **Quilt Raffle !!**

**Tickets are \$1 each or 6/\$5**

**Drawing will be held on  
Tuesday, November 30**

**All proceeds go to the  
Kenai Senior Connection, Inc.,  
Fundraising arm of the Kenai Senior Center.  
(Queen Size Quilt made and donated by Jan Johnson)**



# Kenai Senior Center ~ What It Means to Me

*By Yenti Verg-in, Vintage Pointe Resident*

Kenai Senior Center (KSC) is celebrating its 50<sup>th</sup> anniversary this year. The Writers' Group was tasked to write something to commemorate the special occasion. I am not keen in doing either research or interviewing people. A long and hard thought process went through my mind; what does KSC really mean to me? Following is my answer.

Instead of using Center, “C” in this case, stands for “**College:**” “**KENAI SENIOR COLLEGE**” It is a **COLLEGE** that is catering to seniors' needs. Let's think back to our school days. We went to school to learn, taking classes, studying, making friends, and having fun. Now we have time on our hands and we need outlets to occupy our mind and body. The Kenai Senior **College** provides the exact same thing: A place for learning, socializing with peers, doing exercises to keep physically fit, playing games to keep our minds sharp, and, keeping us engaged.

What's more, there are delicious lunches prepared by Missy and her crew -- one doesn't to slave over the kitchen stove, no cleanup to do. I understand that there is even transportation available, if needed.

This **COLLEGE** is different from all the other colleges. In this **COLLEGE**, there is no tuition to worry about; no headaches from homework obligations; no exams which could stress you out; and, you don't need an “excuse slip” for not attending class. Kayla, the Activity Director, can print out a certificate to show your accomplishment in this remarkable college.

The following is an abbreviated list of classes/courses offered at the **KENAI SENIOR COLLEGE**:

Writers' Group  
Coloring  
Card Games  
Scrabble  
Entertainment

Sewing/Knitting  
Growing Strong  
Dominos  
Mahjong  
Bells

Guitar/Ukulele Lessons  
Tai-chi Exercise  
Bingo  
Wii Bowling  
Take Off Pounds Sensibly (TOPS)

So come around, have a cup of coffee, read the newspapers, check out books, puzzles, DVD, play games with your friends, socializing and be engaged.

If you have questions about this remarkable **College** and activities it offers, call 907-283-4156, or get on-line, print out the monthly newsletter, CENTERLINE to keep informed. **KSC's** main goal is to SERVE, so let it be a service for you!



KENAI SENIOR SERVICES CENTER  
 KENAI RECREATION CENTER-----NEXT DOOR TO KENAI FIRE DEPT.  
 Box 3140, Kenai, Alaska 99611 Phone: 283-4156  
 CENTER HOURS: 10:00 A.M. until 3:00 P.M.

NOVEMBER ACTIVITIES 1971

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1)	(2) POOL CARDS &  HANDICRAFTS 1PM	(3) Center Closed from 12 noon	(4) POOL CARDS &  HANDICRAFTS 1PM	(5)
(8)	(9) POOL CARDS &  HANDICRAFTS 1PM	(10) SENIOR CITIZENS PEP CLUB  11AM until 12 noon	(11) SOCIAL SECURITY REPRESENTATIVE 10 AM until 2 PM	(12) POT LUCK LUNCH &  BIRTHDAY PARTY 12 Noon
(15)	(16) POOL CARDS &  HANDICRAFTS 1PM	(17) SENIOR CITIZENS PEP CLUB	(18) AARP ACTIVITY DAY (Bring a	(19)
(22)	(23) POOL CARDS &  HANDICRAFTS 1PM	NOVEMBER NOTES		
(29)	(30) POOL CARDS &  HANDICRAFTS 1PM			

HAPPY BIRTHDAY TO:

Wilma Thompson Mike Juliussen Enid McLane Afton Gilbert

HAPPY ANNIVERSARY TO:

Jasper & Wilma Thompson

Well, friends, it seems winter is upon us and it's time to start planning for the Holiday Season. We'll be having lots of activities at the Center, planned just for you. Remember, the Center is open, Monday through Friday from 10:00 A.M. until 3:00 P.M. and the Coffee is always on, and so is the tea.

We are the proud possessors of a nice electric pot for tea, donated to us by Fisher and Hornaday, and also some carpet tiles, which are already laid in the entry way, donated to us by Conrights. We all appreciate their generosity.

We are planning quite a few craft programs this month and next, so we all can make some items for Christmas. Remember, something you have made yourself will be a real treasure for your loved ones.

The Center will be closed the 3rd from 12 noon for the rest of the day. The AARP Ladies from National Headquarters will be in the area and I'll be helping to show them around. They will be attending the Kenai Chamber of Commerce noon luncheon at the Royal Redoubt, and all are invited to attend. The price of the lunch is \$3. We'll be having our Senior Citizens Pep Club exercises the 10th & 17th. These exercises are lots of fun and good for you, so stop in. After New Years we'll be starting them up again to get in shape for spring.

Our November Birthday Party will be held the 12th to celebrate all November Birthdays. It will be a Pot Luck lunch and we'll have cake.

The Social Security Representative will be here the 11th from 10 A.M. until 2:00 PM. We'll be announcing a Pinochle Tournament soon, so some of you might want to start polishing up your game. We have some nice new cards for you to practice with. Remember, ALL programs in the Center are open to ALL Senior Citizens. If you have any questions or suggestions, call me at 283-4156.

Have a HAPPY THANKSGIVING!

*Betty Warren*

PROGRAM DIRECTOR

# Kenai Senior Services Center

## Pages from the Past

November 1971





# MEMORIES OF THE KENAI SENIOR CENTER

*By Fran Kilfoyle*

I first saw the Kenai Senior Center Golden Girls at the Fourth of July Parade. They walked and periodically stopped to dance along the parade route. They were a group of line dancers, all senior women, who were organized here at the Kenai Senior Center. I understand line dancing was considered an exercise program, which it was, but it just looked like so much fun to me.

I wanted to be one of them! I was a senior, but I was still working. It was that thing about having to be 65 to retire with Medicare, and I had to have that. But I checked on the Golden Girls. They danced three days a week (Mondays, Wednesdays and Thursdays) for an hour on the dance floor at the Senior Center. My work schedule gave me Mondays off. I asked to join them if I could come only on Mondays until the next July when I would be 65, retired, and then could come every day. They welcomed me. It was frustrating not being able to keep up, but I learned a lot, and I hung in there. It was worth the wait.

I am not sure when the Golden Girls first started. My wild guess, based on nothing concrete, is 1995, give or take a year or two either way. I do know that when I retired in late 2003, this group of about 12 fast-stepping lovely ladies were going strong.

I danced with them for several years and experienced many wonderful things along the way. We went regularly to “perform” at Heritage Place, Forget-Me-Not, other assisted living places, and other senior centers. “Just invite us: We’ll Come” was our motto.

We went to the Ninilchik Fair every year. Sometimes, we took along some “fans.” One year, we met Ernest Borgnine, who spent many summers at his hide-away in the area. He stood back there and watched the whole program, which was about 30 minutes. Then he came and talked to us. He asked about the group. He loved us. He said so! A little long-in-the-tooth himself, he thought this was a great activity for us, at our age, and, we were so good at it!

We also went to the State Fair several different years. What fun trips they were. I remember going, dancing, and coming home, all in the same day. A bit much? Then we went and stayed overnight at the Palmer Hotel. We were so popular, we were asked to dance two consecutive days. People loved us! They even came and sat out in the rain to watch. We didn’t get wet--we were under a roof.

We went to almost every school in the area: Kenai, Soldotna, Nikiski, Sterling, and Kasilof. Especially Kasilof. The kids were such a joy for us. Sometimes some of our own grandchildren were there. They loved us too. They called us “The Dancing Grammas.”

It was such a special thing to be a Kenai Senior Center Golden Girl. Thank you, Kenai Senior Center for giving me that opportunity!





## Kenai Peninsula

**Tuesday, November 16**

**1– 3 pm**

**Computer Lab**

**(907) 262-1280**



**Tuesday, November 16**

**11:00am—1 pm**

### **Dining Room**

Natalie with the Independent Living Center will be on hand to answer questions and discuss what her agency can do for you to help maintain living an independent senior lifestyle.

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.



## **BENEFITS CHECKUP—Medicare Open Enrollment for Part D**

Fall brings upon us its own set of “to do” items. Medicare open enrollment is open from **October 15 through December 7**. If you need assistance with looking at new plans, please call Red so she can set up a time to review and look at options. This is also a great time to see if you may be eligible for Medicare extra help. Medicare extra help assists with Medicare part D prescription costs and is available for low- income seniors.

October 1<sup>st</sup> (until September 30, 2022) also marks the opening of the new season for **heating assistance applications**. Higher income levels will help many seniors with money to pay for rising heating costs. In addition, the Department of Health and Social Services recently announced that most households eligible for heating assistance during this past year will see an additional one-time payment of \$790. This payment should be distributed by November 15 and as we all know every little bit helps. If you have questions or need assistance with the application process, Red is happy to help—contact her at 907-283-8212!



# The History of the Apron

Unknown Author



The principal use of Grandma's apron was to protect the dress she wore underneath because she only had a few. It was easier to wash aprons than

dresses and they used less material. But along with that,

~ it served as a potholder for removing hot pans from the oven.

~ it was wonderful for drying children's tears, and on occasion, was even used for cleaning out dirty ears.

~ from the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

~ when company came, those aprons were ideal hiding places for shy kids.

~ and when the weather was cold, Grandma wrapped it around her arms.

~ those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

~ chips and kindling wood were brought into the kitchen in that apron.

~ from the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

~ in the fall, the apron was used to bring in apples that had fallen from the trees.

~ when unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

~ when dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

Remember: Grandma used to set her hot-baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron...

I don't think I ever caught anything

## APPLE CRISP

Good Earth Country Cooking by Betty Groff

- 5 C peeled, cored & sliced baking apples
- ½ C water
- 1 C flour
- 1 C light brown sugar
- ½ C butter
- ½ t cinnamon
- ½ t salt



Place apples in buttered 1-1/2 quart baking dish. Add water. Combine flour, sugar, butter, cinnamon, and salt, rubbing with fingers until it forms fine crumbs. Spread over apples.

Bake at 375°F oven for about 40 minutes, uncovered.

Serve cold topped with whipped cream, or warm with ice cream.



Heart Healthy

# NOVEMBER 2021 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 Beef Bolognese Italian Veggies Garlic Bread Soup	2 Baked Potato & Fixings <b>Broccoli Spears</b> Salad 	3 Swedish Meatballs Egg Noodles Pickled Beets Salad	4 Baked Ham Scalloped Potatoes Red Pepper/ Zucchini Medley Soup	5 Taco Casserole Corn Chips Salad
8 Turkey-Bacon Sandwich w/ Cranberry Cream Cheese Fruit Cup Broccoli Salad Soup	9 Cuban Chicken Fricassee Jasmine Rice Lemony Green Beans Salad 	10 Roast Beef Mashed Potatoes Gravy Acorn Squash Salad	11 <b>VETERANS' DAY</b>  <b>CENTER CLOSED</b>	12 Asian Burger Onion Rings Fruit Cup Salad
15 Tomato Soup Ham & Cheese Melts Kettle Chips	16 Meatloaf Mashed Potatoes Gravy Capri Veggies Salad	17 Soft Taco Refried Beans Corn & Black Beans Birthday Cake Salad	18 Sweet & Sour Pork Stir Fry Brown Rice Egg Roll Soup 	19 Sweet Potato & Black Bean Chili Monterey Chicken Sandwich Salad
22 Clam Chowder Seafood Pasta Salad Muffin Fruit Cup	23 Roast Turkey Mashed Potatoes Stuffing Gravy Green Beans Cranberry Relish Pumpkin Pie  <b>NO IN-HOUSE LUNCH ORDER PICK-UP MEAL</b>	24 Beef Stew Peaches & Cottage Cheese Cheesey Rolls Salad	25 <b>THANKSGIVING DAY</b> <b>CENTER CLOSED</b>  	26 <b>THANKSGIVING HOLIDAY</b> <b>CENTER CLOSED</b>
29 Chef Salad Fruit Cup Bran Muffin Soup 	30 Blueberry Pancakes Sausage Links Scrambled Eggs Roasted Potatoes Salad	1 Creamy Tuscan Salmon Brown Rice Roasted Zucchini Salad	2 Corn Chowder Tuna on a Croissant	3 Stuffed Red Pepper Rings Broccoli Muffin Salad