

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

OCTOBER 2021   
The Kenai Senior Center

# Centerline

  
**HAPPY**  
*Halloween* 

*This month's Centerline features "Scary" stories from our Kenai Senior Center Writer's Group.*

## SCARIEST EXPERIENCE

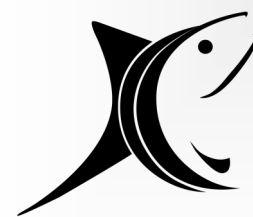
by Yen-ti Verg-in

My scariest experience in childhood was not any monsters hiding under bed or lurking in the woods, but it was something I brought on to myself.

Most of you either have seen or heard about the movie, *Psycho*. It was a 1960 American psychological horror thriller film produced and directed by Alfred Hitchcock.

When *Psycho* was showing in the theaters in Taiwan I was in high school then. On a Saturday afternoon, I skipped the class, buddied up with a couple of my rebellious teenager friends, we went to see *Psycho*.

We laughed and giggled and thought that it was the coolest thing to cut class. We bought a couple bags of watermelon seeds, situated ourselves in the comfortable seats; cooling fans whirled overhead, and the speed of our cracking the watermelon seeds increased as the movie progressed, the music tempo changed to a sinister tune, we anticipated....  
(continued on page 8)



# KENAI

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### Special points of interest

- Kenai Senior Connection News
- Craft Class
- Guitar Lessons
- Thursday night Bluegrass & Game Night
- Farmer's Market Coupons



**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

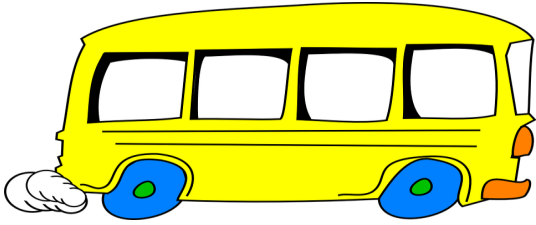
# NATIONAL OCTOBER 29 CAT DAY



## OCTOBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Gypsy Jolly	13	Laura Favretto	21	Sherry Swafford
3	Barb Sandahl	14	Joanne Martin	22	Dave Merrill
3	Wayne Mundy	14	Barbara Valdez	22	Frank Jones
3	Debra Carpenter	15	Sharon Tackett	24	Flossie Moray
5	Beverly Devereux	15	George Pierce	25	Joe Huard
5	Carol Baumer	16	Jennifer Lombard	26	Adolphus Hensley
6	Joy Ward	16	Kitty Thompson	26	Howard Hill
7	Sandra Bise	16	Jean McGee	27	Rod Nelson
7	Ann Galey	17	Jan Hollers	28	Jeanne Doolittle
8	Robert Holt	18	Patricia Porter	29	John Stott
8	Robert Peterson	18	Genevieve Williamson	30	Jim Pate
8	Normandie Hobby	18	Cheryl Poole	31	Deborah Sonberg
9	Elaine Larson	19	Clarie Wood	31	Mary Beck
9	Anita Cates	19	Kari Mohn		
13	Rose Parker-Clement	21	Jean Taylor		

# **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!**

### **OCTOBER \$5 CLUB**

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

### **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

**Calling all  
Pinochle  
Players!**



Fridays at 12:30

Interested in learning how to play! See Kayla to sign up for an upcoming Pinochle class.

See you there!

# dates to remember

Tuesday, October 5	City & Borough Election	7a-8 p.m.
Monday, October 11	Pioneers of Alaska Meeting	6-8 p.m.
Monday, October 18	ALASKA DAY — CENTER CLOSED	11:00a-3:00p
Tuesday, October 12	“No Host” Dinner (Roscoe’s, Ninilchik)	4:30 p.m.
Wednesday, October 20	Birthday Lunch	11:30 a.m.
Friday, October 22	Senior Connection, Inc. Meeting	9:30 a.m.
Friday, October 29	HALLOWEEN PARTY/Lunchtime	11:30a
Friday, October 29	Trick or Treating Drive Through	3:00 pm—?

## Wii Bowling PERFECT SCORE (300) Winner.... John Straughn



**CONGRATULATIONS  
JOHN!!!!**



**Wii Bowling is similar to normal bowling allowing players to mimic all the critical motions of bowling, but using a hand remote on a television instead of a heavy bowling ball.**

**Join John and his mates on Tuesdays, Thursdays, and Fridays at 1:00p in the dining room for some games.**

## Reminder Alaska Telephone Customers!



On October 24, 2021, it will be required to enter the Alaska Area Code (907) when calling **ANY** local calls. Remember to update any and all of your automatic phone contacts by adding the (907) prior to the local number.

Things to remember:

- ♦ Your telephone number, including current area code will not change.
- ♦ The price of a call, coverage area, or other rates and services will not change due to the dialing change.
- ♦ What is a local call now will remain a local call regardless of the number of digits dialed.
- ♦ You can still dial just three digits to reach 711 (relay services) and 911 (emergency services).
- ♦ You will continue to dial 1+ the area code + telephone number for all long-distance calls.





## City of Kenai Polling Sites

**CITY OF KENAI/KENAI PENINSULA  
BOROUGH ELECTION  
TUESDAY, OCTOBER 5, 2021**

**Please Note:** Due to the public health emergency, the polling site for Precinct No. 3 has been relocated to the Old Carrs Mall.

DISTRICT	PRECINCT	LOCATION
30	220, Kenai Precinct No. 1	Kenai Mall (Old Carrs Mall), 11312 Kenai Spur Highway, Entryway
30	230, Kenai Precinct No. 2	Challenger Learning Center, 9711 Kenai Spur Highway
30	240, Kenai Precinct No. 3	Kenai Senior Center, 361 Senior Court Kenai Mall (Old Carrs Mall), 11312 Kenai Spur Highway, Suite 48

Polls are open from 7:00 a.m. to 8:00 p.m. on Election Day. Persons registered with the State of Alaska, who have resided in the State and the City of Kenai for a period of thirty (30) days prior to the election and meet all other qualifications are eligible to vote.

Absentee ballots will be available at the Kenai City Clerk's office for those voters who will be away during the election, beginning two weeks prior to the election.

Voters who will be out of town at election time may request By-Mail Absentee Ballots by completing the Absentee Ballot Request Form and submitting it to the Kenai City Clerk.

Voters who cannot make it to their polling places on Election Day due to illness or handicap, may vote absentee by personal representative. Anyone needing assistance on Election Day should contact the Kenai City Clerk at 283-8231 or [cityclerk@kenai.city](mailto:cityclerk@kenai.city).

Do you have extra time and just don't know what to do about it? We can use you here at the Senior Center! We need volunteers to help with the following:

- ★ Serving Lunch
- ★ Reception Desk
- ★ Light Cleaning
- ★ Front Door Greeters
- ★ Driving

Stop by the Center or call Kayla at 283-8214.

## Do you know someone who would like a Fidget Blanket?

Seniors with Alzheimer's and Dementia who have restless hands use sensory blankets, also called fidget blankets.

The blanket allows the seniors to use their hands and alleviate agitation by giving them something on which to focus.

**Interested? See Kayla.** She will be in contact with Mary Ann, who's daughter makes and donates blankets for just this purpose!



# **HALLOWEEN**

## **IRELAND AND SCOTLAND: SAMHAIN**

The ancient Celtic festival of Samhain is the original Halloween. The origins of most of the famous Western Halloween traditions are found here. On Samhain, people began preparing for winter, bringing their herds back from their summer pastures and slaughtering livestock. As summer dissolved into winter, it was believed that the border between the world of the living and the world of the dead dissolved as well.

So, for one night, the souls of the dead, spirits, and fairy folk could easily cross into the physical world. To disguise themselves from evil spirits, people would dress in costumes. Then, they'd go from house to house reciting poetry in exchange for food. The souls of dead ancestors were honored with feasts, and bonfires were lit to keep the darkness at bay. Jack-o'-lanterns were carved out of turnips to frighten evil spirits away.

Some of these traditions, like costumes, jack-o'-lanterns and trick-or-treating, carried over into modern-day Halloween and are celebrated around the world. However, other Samhain traditions, like divination games and eating traditional foods, never attained the same global popularity.

Here are just a few Samhain traditions that are particular to Ireland and Scotland:

### **Ireland**

- Dublin hosts a Samhain parade every year.
- Colcannon (mashed potatoes mixed with kale or cabbage) and barmbrack (sweet bread with dried fruits) are the traditional foods. Barmbrack is used for fortune-telling: charms are added to the loaf, and your fortune for the next year depends on which charm you find in your piece of barmbrack.

### **Scotland**

- Sausage has been a traditional Scottish Samhain food since ancient times. In fact, the Witchcraft Act of 1735 actually made it illegal to eat pork pastries on Halloween. Fortunately, the act was repealed in the 1950s. Sausage rolls for everyone!



## SCARIEST EXPERIENCE, page 1

Then it came to the shower scene....I threw the melon seeds in the air and screamed! The dead girl's eyes showed on the whole screen, the blood swished down the drain....I screamed on and on. I covered my eyes for the entire movie, and kept on asking my friends, was it over yet?

Until toward the end, I couldn't resist the suspense anymore, bravely opened one eye....just in time to see someone turned around the chair the older lady was sitting.....More screams! My heart was pounding so hard, I thought it would jump out my chest.

The fear and terror of that movie kept me from taking a shower for many months. Even to this day, I still don't know the whole plot of the movie, and refuse to watch any horror movies.

One good thing was that I never cut classes since.  
*- Yen-ti Verg-in*

## PIONEERS OF ALASKA, LOCAL CHAPTER

Lived in Alaska over 20 years? Interested in preserving Alaska history? Consider joining Pioneers of Alaska, which now meets at the Kenai Senior Center. Meetings are held the second Monday each month, starting with a potluck at 6:00 p.m., guest presentation, and business meeting at 7:00 p.m.

Next Meeting: Monday, October 11, 2021  
Senior Center: Dining Room

Questions? Contact Kit Hill at 690-4658.  
We hope to see you soon!

## Halloween Party, Most Creative Mask Contest and Parade! Friday, October 29 Dining Room — 11:30a



Get your imagination revved up and your mask ready for another fun Halloween Party, with parade, prizes and a great lunch. We look forward to seeing all the creative and decorative masks during the mask parade—can you guess who is behind the mask?

### Drive-Thru Trick or Treating

Kenai Senior Connection is sponsoring a family friendly Trick or Treating on Friday, October 29 beginning at 4:00 pm at the Senior Center. Volunteers and costumes are welcome!

## LIBRARY NEWS



Take a look at the audio books! Many favorite authors are there: Stephen King, Clive Cussler, Iris Johanson, Ann Rice and others, and also some non-fiction.

These are perfect for long car rides, doing housework, just sitting and listening. Most are in CD format. You will find them on the bookshelf under the TV set in the Game Room.



## Kenai Senior Connection, Inc. NEWS

Welcome to October 2021! As I think back over my much younger years, I recall a saying, “the frost in on the pumpkin,” meaning it was time to get ready for winter, which seems a lot simpler than the way we do things here in Alaska.

Our group has finally accomplished a project that we took on for the family of one of our former members. Many of you will remember Bill Osborn, a long time member of the Senior Center and Kenai Senior Connection. He had always wished for a greenhouse to be built on the Center’s property to help supply fresh vegetables for the Center’s kitchen. At the time of his passing in November 2018, his friends and family started a memorial fund in for a greenhouse.

Plans came to fruition when a design and builder were chosen, the pad on which to place the greenhouse was prepared, and in late September, the greenhouse was built and will be ready to use in the Spring!

We also purchased an Electric Dough Sheeter (a fancy name for a machine for rolling pie crusts, noodles, pizza dough, etc.). We are very appreciative and proud of our kitchen staff and this item will be a great help when it comes meal preparation and fundraising.

Since the indoor Trick or Treating was so successful two years ago and COVID is so prevalent, the Connection decided to hold a DRIVE-THRU Trick or Treating on Friday, October 29 beginning at 4:00 pm. Vehicles will be directed to stop at the decorated entrance of the Center where bags of goodies will be distributed and photos taken. So spread the word!

The Senior Center is celebrating 50 years in our community! Plan to join a celebration on Tuesday, November 30. More details will follow in November.

*Velda Geller*

President, Kenai Senior Connection, Inc.



Pictured on the right: Connection Board Members Hall Smalley, Yen-ti Verg-In, Bill Nelson, Randy Smith, Vivian Terry, (Front) Velda Geller, Carol Freas, (Back) Marge Milewski, and Senior Center Director Kathy Romain.

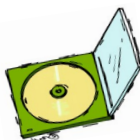
Board Members not pictured: Howard Hill, Marian Nicholson, Bobby Jedlicki, Terry Turner and Buck Steiner.

### ACTIVITIES:

Bells	Mondays	11 am in the Game Room
Stronger Together Support Group	Mondays	2p in the Dining Room
Growing Strong	Mon/Wed/ Fri	10am in the Dining Room
Tai-Chi	Tues/Thurs	10:00am in the Dining Room
TOPS Weight Loss Group	Tuesdays	10a in the Game Room
Quilting/Crafting	Wednesday Friday	1-3p 10a-Noon
Guitar Lessons	Wednesdays	9 am in the Game Room
Writers' Group	Wednesdays	1p in the Game Room
Bluegrass Music *2nd, 3rd and 4th Thursday nights	Thursdays	6:30p—9:30 pm in the Dining Room
Blood Pressure Checks	Fridays	10a in the Dining Room
Adult Coloring	Fridays	11a-12p in the Game Room
Card Making with Kim *2nd Wednesday	Wednesday October 13	1pm Craft Class in the Dining Room
Caregiver Support	Tuesday, September 21	1—3 pm, Computer Room

### DVD USERS

Recently, we have had some DVDs returned with no disk in the case. Please check before you close the case for returning to make sure the disk is in the box.



If you find a case with no disk when looking for a movie, please tell Kayla, or leave the case open on the shelf so we are aware it is empty.

Thank you!

### GAMES:

Monday	12:30p—4:30 pm	BRIDGE
Tuesday	12:30p-4:30p	Bridge
Wednesday	12:30p	Dominoes
Thursday	6p—9:30p 5p-9:30p	Cribbage Bridge
Tuesday, Thursday & Friday	1:00p	Wii Bowling
Friday	12:30—3 pm	Pinochle

### **NO-HOST DINNER** **(Yum)**

**Tuesday, October 12**  
**Leaving Center at 4:30p**

Those leaving from the Senior Center parking lot will head out at 4:30p. Or, meet your friends at Roscoe's in Ninilchik on October 12.

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.



## *Celebration of Life for Gretchen Alexander*

Please join us in remembering our friend, Gretchen Alexander on Sunday, October 10, 2021 from 12:00-2:00p in the dining room of the Kenai Senior Center. Gretchen passed away on November 1, 2020 and due to COVID, a Celebration of Life had to be postponed. Gretchen worked for the Senior Center for 8 years before retiring (for the nth time). She lived in Kenai and Cooper Landing in her golden years and was a treasure to all who knew her. Please join her family and friends as her life is celebrated.



### **Kenai Peninsula**

**Tuesday, October 19  
1– 3 pm  
Computer Lab  
262-1280**



As lives return to “normal”, support groups are now able to start meeting again here at the Center. Dani Keschull 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.

## **A FAVORITE RECIPE:**

*Submitted by Kari Mohn*



The following recipe was found on a Hershey's Cocoa box by my mother, Lois Mohn. The original recipe called for one cup of nuts. My granddaughter, Hilary Hanson, not caring for nuts, thought we should substitute mini chocolate chips. The result was a winner.

### **Cocoa Brownies**

2/3 cup flour  
1/3 cup cocoa  
½ teaspoon baking powder  
½ teaspoon salt  
2 eggs  
1 cup packed dark brown sugar  
1 teaspoon vanilla  
1/3 cup salad oil  
1 cup mini chocolate chips

Sift together flour, cocoa, baking powder and salt. Set aside.

In a mixing bowl slightly beat eggs. Gradually stir in sugar. Add vanilla and oil and mix well. Stir in flour – cocoa mixture and then chocolate chips.

Spread in a 9 by 9 inch greased pan and bake at 350 degrees for 25 minutes. Cool in pan then cut.

Do you have a favorite recipe you can share with our readers? Beginning next month, we will feature family recipes that you submit. Please share where the recipe came from, how it originated or what it meant to you and your family. Recipes can be dropped off at the front desk or emailed to [senior@kenai.city](mailto:senior@kenai.city).



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.



## Music Appreciation

by Mary Ann Lamecker



For many years, music has always been played before or during the lunch period. The current tentative schedule is as follows:

**Mondays** Barbara Modigh plays the piano

**Tuesdays** John Macanas sings and plays the guitar

**Wednesdays** A group of 2-6 individuals sing and play guitars, bells, a harmonica and even a strum stick.

This group often includes: Bill Nelson, John Macanas, Donna Atkins, Tom Byrd, Jan Bobeck, Pierce Basset and Dave Johnsrud.

**Thursdays** Often a surprise "Name That Tune" game.

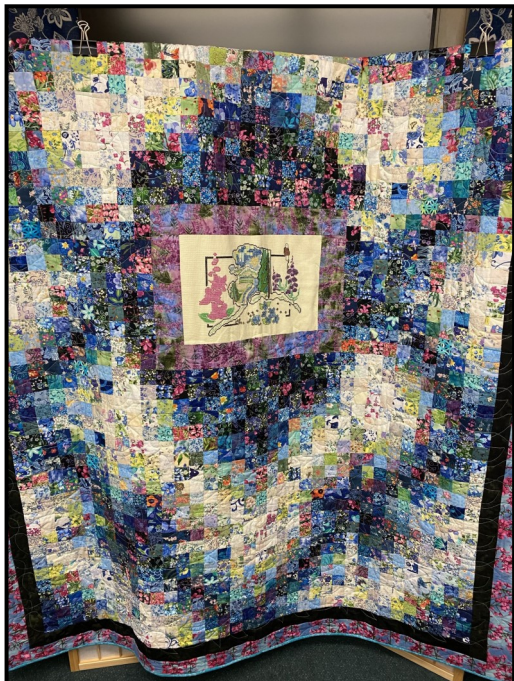
**Fridays** Donna Atkins plays the piano.

We also sing the Alaska Flag Song on Fridays before lunch.

These music times cover some show tunes, blue grass, folk music and even some oldies, but goodies like: You Are My Sunshine. If you have a favorite you would like to hear, let them know. If you would like to sing or play an instrument, let Kayla know and share your talent with us.

THANK YOU TO ALL THE PEOPLE WHO VOLUNTEER THEIR TIME AND TALENTS TO LEAD EXERCISES, ACTIVITES, PREPARE MEALS AND MAKE US ALL FEEL WELCOME!

From a happy senior attendee—I so appreciate all the friendly faces.



## 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)



## "TALK ABOUT SCARY"

*By Pastor Chuck Thornton, retired*

When we talk about "scary," we often mean the "O-o-o! Shake in your boots!" kind of scary (ala Halloween, masks, costumes, etc.). But there are some other, possibly even deeper meanings to the word. For some people the very thought of becoming very ill is scary. For others, there is a fear of losing their job, position, or some such that could well be called scary. In my case, I would suggest that the year 2010 when Friend Wife was diagnosed with Stage 4 ovarian cancer and initiated the scariest period in my life. The fact that she was given an estimated six months to live also contributed to the apprehension.

As I thought of the possibility of Janice's death, my mind had "reruns" of the 54 years we had been married. Such good times! There were some not-so-good times also...such as the death of our youngest daughter at age 16 (just weeks before graduating from high school), or the "less than desirable" move we made at one time. Altogether, however, they were wonderful years. And now...this abrupt, totally unanticipated news.

As a Christian, I am keenly aware that nothing in our lives is a surprise to God. Therefore, He knows about this also. So, whereas faith looks to God for answers, yet Jesus, God's Son, made use of human resources to accomplish some of His miracles.

Following three chemo shots (one per month), surgery was performed in Seattle. We waited (no wonder they call it the "waiting room," one does a lot of waiting there). Afterward, we awaited the doctor's

report. He stated: "It went very well. We were able to get all we saw."

After three more monthly chemo shots, we began a series of checkups. Seven years later Friend Wife was told that she could be called the Poster Child for recovery from ovarian cancer.

Was it scary? Yes. Did I need to live in fear? No. The Bible says: "Thou wilt keep him in perfect peace whose mind is stayed on Thee." (Isa. 26:3).



### Meal Donations Can Be Given Privately

While the Kenai Senior Center is funded by various grants, these only cover a small portion of the meal costs. We rely on fundraisers and private donations for the remaining costs. While the suggested donation is \$7, this is **purely** a suggestion and may or may not fit into everyone's budget. Why not consider something **up to** \$7? Some individuals cannot afford any donation and we do understand these circumstances. If you want to give your donations privately, we have a small wooden box in the hallway next to the Writer's Group bulletin board for donations and meal tickets.



## Kenai Senior Services 1971 - 2021

This year the Senior Center celebrates 50 years of serving the older generation of our community. October 1971 was the first newsletter issued by then Director, Betty Warren. Stay tuned each month as we bring you "Pages from the Past"

### OCTOBER NOTES

This is the first "GREETING" from your Director of Senior Services. You will find me here in the Kenai Recreation Center, next door to the Kenai Fire Department, every day, Monday through Friday, from 10:00 A.M. until 3:00 P.M. You will be receiving a News Note and a Calendar of Events each month to keep you informed on programs planned just for you. I am hoping you will give me lots of suggestions for programs that are of interest to you, and that you will stop by for a hot cup of coffee whenever you are in the area. We have a beautiful new Coffee Maker donated to us by Northern Commercial Company, and it makes lots of hot, delicious coffee. Also, Emil Carlson did a beautiful job of repairing all of the broken chairs, so we have lots of comfortable seating. This is also a good place to meet your friends when you are in town, and to maybe play some cards, cribbage, or billiards, or how about bringing your hobby and working on it while we chat? We are also planning some craft work for the holidays. If you'd like to make some Christmas Cards, Madonnas, Candles, or other articles, stop by and we'll see what we can come up with. Whenever the Social Security people are here at the Center, they will be using my office, so you will have a quiet, private place to talk. I will be registering interested Senior Citizens from now on. There will be a fee of 25¢, which will go towards defraying the cost of the Membership Card you will receive and postage on this Newsletter. We also hope that there will be some special events at which your Card will entitle you to participate at a discount or maybe even free. You will find quite a few free days on the calendar, and we may be filling these in during the month. We'll be making use of KSRM's Bulletin Board program, and also the newspapers to keep you informed of additions. I hope you will come to the Senior Citizens Pep Club starting Wednesday, October 13 for six weeks. These are exercise classes planned just for you by Jean Haller, so wear loose, comfortable clothes, slacks are fine for the ladies, and come and get limbered up a little. October 14 is BIRTHDAY PARTY DAY. If your birthday falls any time in October, it's a party for you. Come and let's all have "CAKE". No need to bring anything to the "Potluck", as you're the guest of honor. See! It's still fun to have birthdays.

THE COFFEE IS ALWAYS ON AND THE DOOR IS OPEN!!

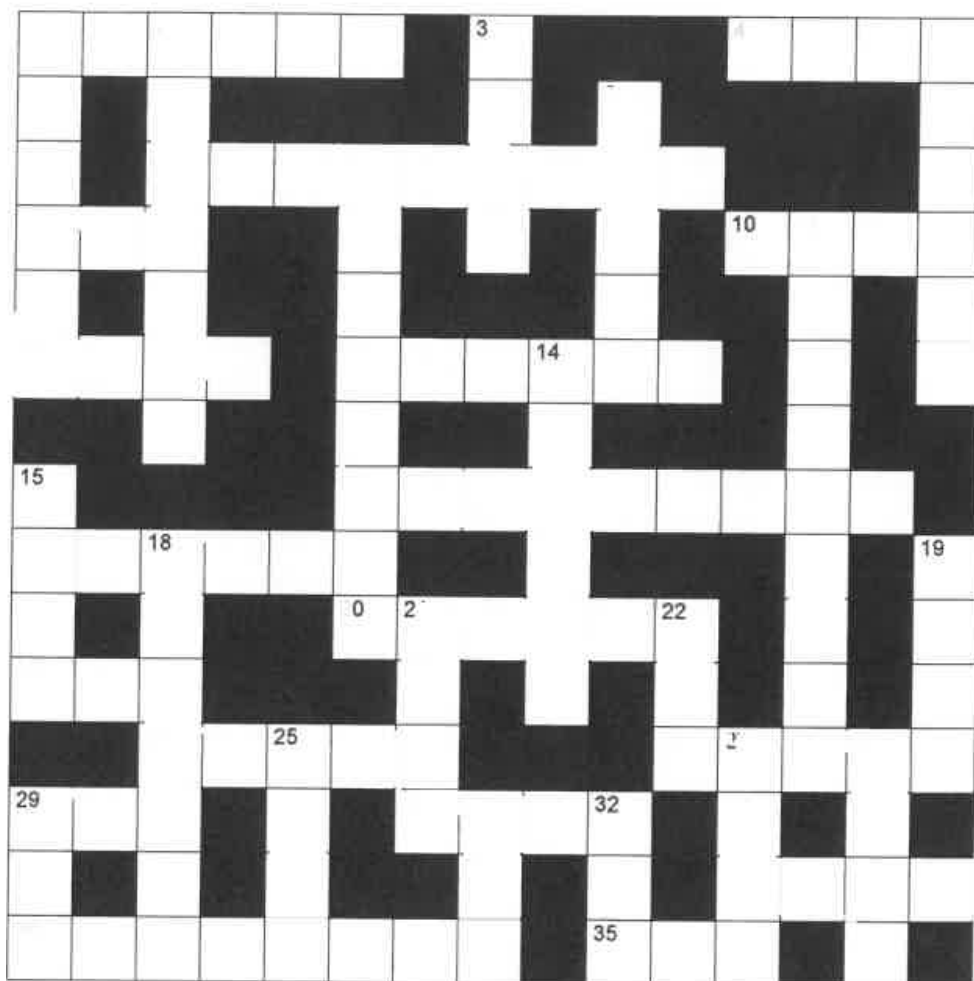
Cordially

*Betty Warren*

KENAI SENIOR SERVICES PROJECT  
BOX 3140  
KENAI, ALASKA, 99611

OCTOBER 2021

# CROSSWORD



## Across

- 1 Serious lapse for a Missouri baseball player? (11)
- 7 Variety of daisy (5)
- 8 Comes to (9)
- 11 Author of "Crystal Cave" (7)
- 14 Pares surgically (7)
- 17 Does darkroom work (8)
- 19 Wacky tobacky, in part (4)
- 20 Beeper, of a sort (4)
- 22 Nemesis of Bugs (5)
- 26 Kind of session (5)
- 27 Tanqueray tippie (3)
- 28 Singer with the 1980 #1 album "Guilty" (9)
- 29 \_\_\_\_ Marlene (4)
- 31 Dolls named for a film alien (3)
- 32 Upbeat in music (5)
- 33 Royal-flush component (3)
- 34 Like certain neighbors (4)

## Down

- 1 Vulgar — unrefined (6)
- 2 \_\_\_\_ aves (5)
- 3 Balaam's \_\_\_\_ (3)
- 4 Carrots, on some snowmen (5)
- 5 Old minstrel's instrument (5)
- 6 Narrow land links (5)
- 9 A cricket has one below each front leg joint (3)
- 10 Art class form (5)
- 12 Tied the knot (6)
- 13 Words that fill both blanks in the 1990 Almadovar film "\_\_\_\_ Up, \_\_\_\_ Down" (5)
- 15 Underfed, maybe (4)
- 16 "Juliet of the Spirits" director (7)
- 18 Finish, of a sort (7)
- 21 Updates a Victorian (8)
- 23 Kathy with the #1 country hit "Eighteen Wheels and a Dozen Roses" (6)
- 24 Some rodeo contestants (6)
- 25 Birthplace of the Solidarity movement (6)





Heart Healthy

# OCTOBER 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
27 Clam Chowder Toasted Tuna on Rye Fresh Fruit Soup	28 Chicken Enchiladas Corn Salsa Jasmine Rice Salad	29 Swedish Meatballs Egg Noodles Gravy Pickled Beets Mixed Veggies Salad	30 Chef Salad Bran Muffin Fresh Fruit Soup	1 Orange Beef Jasmine Rice Carrots Salad
4 French Onion Soup Turkey, Bacon, Swiss Sandwich w/ Apricot Aioli	5 Thai Chicken Tacos Cilantro Lime Rice Corn Salsa Salad	6 Quiche Roasted Potatoes Fruit Cup Salad	7 Halibut Burger Seafood Pasta Fresh Fruit Ice Cream Soup	8 Pork Ragu Egg Noodles Mixed Veggies Salad
11 BBQ Chicken Legs Mac-n-Cheese Broccoli Cornbread Soup	12 Cheeseburger Cowboy Beans Parmesan Fries Salad	13 Creamy Tuscan Salmon w/Spinach, Artichokes & Garlic Wild Rice Pilaf Roasted Zucchini Birthday Cake Salad	14 Fried Chicken Mashed Potatoes Gravy Green Beans Soup	15 Creamy White Chili Roast Beef Sandwich w/ Horseradish Aioli Fruit Cup Chips Salad
18 <b>ALASKA DAY CENTER CLOSED</b> 	19 Garlic Beef & Broccoli Lo Mein Egg Roll Salad	20 BBQ Ribs Cheesy Potatoes Buttered Corn Salad	21 Broccoli & Sundried Tomato Chicken Alfredo Italian Veggies Garlic Bread Soup	22 Breakfast Burritos Fruit Cup Orange Juice Salad
25 Country Chicken Marsala Honey Carrots Garlic Bread Soup	26 Liver & Onions Mashed Potatoes Gravy Brussel Sprouts Salad	27 Pizza Spinach Salad Broccoli Salad Fruit Cup	28 Chile-Honey Fajitas Brown Rice Red Pepper- Pineapple Medley Soup	29 Beef Stew Spooky Rolls Spinach Salad Peaches & Cottage Cheese Root Beer Floats 



**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.



**City of Kenai  
Kenai Senior Center**

**Kenai Senior Center  
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Kenai, Alaska 99611**

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PLEASE  
PLACE  
STAMP  
HERE

