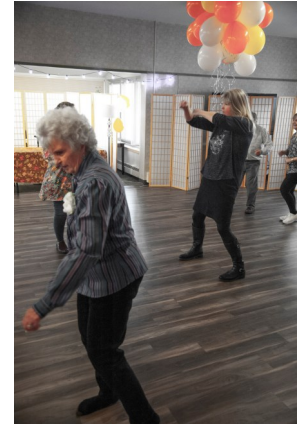
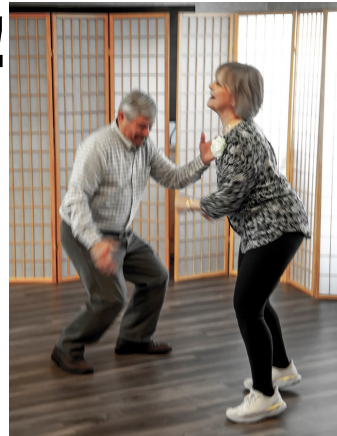


The Centerline

OCTOBER 2022

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska
99611

Fall Dance!



Special points of interest

- Council on Aging & Kenai Senior Connection, Inc., Meetings
- Day trip to Whittier
- No Host Dinner—Carla's Restaurant
- October Menu
- Social Security Video-Conferencing News

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.

To those in our community who donated part of
their PFD to Kenai Senior Connection, Inc.

Barbara Schmidt

Kelly Griebel/Century 21

Scott & Kathy Romain

Anonymous

Thank You

Find us on
Facebook



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

E-mail: senior@kenai.city

Phone: 907-283-4156

Fax: 907-283-3200

Kenai, Alaska 99611


361 Senior Court

Kenai Senior Center

City of Kenai
Kenai Senior Center

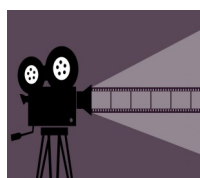
PLEASE
PLACE
STAMP
HERE

OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2-3:30pm Stronger Together Support Group	4 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	5 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	6 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 5:00p-Cribbage 6:30p — Movie Night: The Hunt for Red October	7 9-10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1p—Holiday Craft Fair at the Catholic Church 1-3p—Hand & Foot
10 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2-3:30pm Stronger Together Support Group	11 9a—Day Trip to Whitter 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	12 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Fire Department Presentation Noon—LUNCH 1p-Card making w/Kim 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele	13 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 3:00—Council on Aging 5:00p-Cribbage 6:30-Bluegrass	14 9-10a Blood Pressure Check 9:30a—KumiHimo (Japanese braiding) w/ Kit 9:30a-12p—Quilting/Crafting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot
17 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2-3:30pm Stronger Together Support Group	18 ALASKA DAY CENTER CLOSED 	19 9a-Noon-Social Security 10a—Growing Strong 11a—Noon/Bluegrass Noon—Birthday LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2p—Ukulele 3p—Sing-Spiration	20 10a—Tai Chi 11:30a—LUNCH 1p—Wii Bowling 1-3p—iOS Mobile Device Class w/ Elizabeth Kleweno 5:00p-Cribbage 6:30-Bluegrass	21 9-10a Blood Pressure Check 9:30a— Making tote bag w/Kit 9:30a-12p—Quilting/Crafting 10a—Growing Strong 11a-12p—Adult Coloring 11:30a —LUNCH/ 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot
24 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2-3:30pm Stronger Together Support Group 5p—No Host Dinner/ Carla's Restaurant	25 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	26 9a-Noon-Social Security 10a—Growing Strong 11a—Laminating w/ Barbara 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1:30p—Canning Jar Ring Pumpkins 1p-3p—Quilting/Crafting 2p—Ukulele Group	27 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 5:00p-Cribbage 6:30-Bluegrass	28 9-10a Blood Pressure Check 9:30a-12p—Quilting/Crafting 10a—Kenai Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Bridge 1p—Wii Bowling 1-3p—Hand & Foot 6-8p—Halloween Dance
31 10a—Growing Strong 11a—Bells 11a—Spanish Class Noon—LUNCH/ Halloween Party! 12:30p-4:30p—Bridge 1-3p—Hand & Foot 2-3:30pm Stronger Together Support Group 4-7p Trick or Treating at the Senior Center!!!				

OCTOBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Gypsy Jolly	10	Bobbie Lansdale	22	David Merrill
1	Linda Tanner	12	Jerry Baty	23	Deborah Sounart
3	Mike Ables	14	Barbara Valdez	25	Joe Huard
3	Wayne Mundy	14	Babbi Maline	26	Howard Hill
3	Debra Carpenter	14	Sammi Strawn	26	Vitali Chrebtow
5	Wayne Boedecker	15	Sharon Tackett	27	Rod Nelson
6	Suzette Baty	15	George Pierce	30	Jim Pate
6	Joy Ward	15	Don Oehler	31	Deborah Sonberg
6	Teryl Jewell	16	Jennifer Lombard	31	Carol Bannock
7	Sandra Bize	16	Katherine Thompson	If your birthday is in the month of October, join us on the 19th for the Birthday Party—be our guest!	
8	Robert Peterson	17	Janice Hollers		
8	Normandie Hobby	18	Vickie Herrmann		
9	Elaine Larson	19	Kari Mohn		
9	Pamela Strauch	21	Jean Taylor		



**Thursday Evening
Movie**
October 6, 2022
6:30 p.m.

Now showing: **The Hunt for Red October**

The Hunt for Red October is a 1990 American submarine spy thriller film directed by John McTiernan, produced by Mace Neufeld, and starring Sean Connery, Alec Baldwin, Scott Glenn, James Earl Jones, and Sam Neill. The film is an adaptation of Tom Clancy's 1984 bestselling novel of the same name.

NO-HOST DINNER

Tuesday, October 24, 2022
Carla's Restaurant

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

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

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

dates to remember

TUESDAY, OCTOBER 4	ELECTION DAY — CITY/BOROUGH ELECTION	7a-8p
Wednesday, October 5	Social Security	9a-Noon
Thursday, October 6	Movie Night: Hunt for Red October	6:30 p.m.
Tuesday, October 11	Day Trip to Whittier	9:00 a.m.
Wednesday, October 12	Fire Department Presentation	11:00 a.m.
	Card Making with Kimberly	1:00 p.m.
Thursday, October 13	Council on Aging Meeting	3:00 p.m.
Tuesday, October 18	ALASKA DAY/CENTER CLOSED	
Wednesday, October 19	Social Security	9a-Noon
	Birthday Lunch	Noon
	“Singspiration”	3:00 p.m.
Monday, October 24	“No Host” Dinner/Carla’s Restaurant	5:00 p.m.
Friday, October 28	Friday Morning Waffles	8—10 a.m.
	Senior Connection, Inc. Meeting	10:00 a.m.
	Halloween Dance	6-8 p.m.
Monday, October 31	Trick or Treating at the Senior Center	4-7 p.m.

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:

Contact Red at 283-8212

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm

No RSVP Required

FACILITY RENTAL:

Please contact Kayla at (907) 283-8214

TRANSPORTATION: Monday—

Thursday, call the front desk to schedule a ride.

DONATIONS FOR SERVICES:

Pick up Meals - \$7

60 years and older)

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

(907) 283-8213 or kromain@kenai.city

Administrative Assistant, Red Piersee

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

Activity/Volunteer Coordinator, Kayla Feltman

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

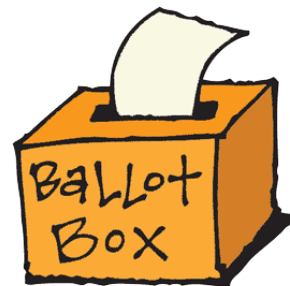


**CITY OF KENAI/KENAI PENINSULA BOROUGH
STATE OF ALASKA
ELECTIONS INFORMATION
SEPTEMBER/OCTOBER/NOVEMBER, 2022**

WHEN:	WHAT:	ELECTION:	WHERE:
SEPTEMBER 19 through OCTOBER 4, 2022	Absentee In-Person, Special Needs Voting Available — Ballots for all of KPB will be available.	<u>City of Kenai and Kenai Peninsula Borough Elections</u>	Kenai City Hall 10:00a to 2:00p
OCTOBER 4, 2022	<u>ELECTION DAY</u>	City of Kenai And Kenai Peninsula Borough	Polls Open 7:00a-8:00p In-Person Absentee, Special Needs Voting Available at Kenai City Hall From 7:00a-8:00p
OCTOBER 4 Through NOVEMBER 8, 2022	Absentee In-Person, Special Needs Voting Available — Ballots for all of KPB will be available.	State of Alaska General Election	Kenai City Hall 9:00a to 4:00p
NOVEMBER 8, 2022	<u>ELECTION DAY</u>	State of Alaska General Election	Polls Open 7:00a-8:00p In-Person Absentee, Special Needs Voting Available at Kenai City Hall From 7:00a-8:00p

**DO YOU NEED TO ARRANGE A RIDE TO KENAI CITY HALL
TO VOTE ABSENTEE IN-PERSON? OR ARRANGE FOR A
SPECIAL NEEDS BALLOT FOR SOMEONE?**

**WE CAN PROVIDE A RIDE TO THE KENAI
PRECINCT POLLS ON OCTOBER 4 (ELECTION DAY)? AND/
OR NOVEMBER 8 (STATE ELECTION DAY)?**



CALL (907) 283-4156 TO ARRANGE A RIDE.

**KENAI PRECINCT NO. 1
KENAI PRECINCT NO. 2
KENAI PRECINCT NO. 3**

**OLD CARR'S MALL
CHALLENGER CENTER
OLD CARR'S MALL**



**Friday,
October 7th**

Our Lady of Angels Catholic Church

We will leave the Center at 1:00 pm and ride to Spruce Street in Kenai to peruse, shop, and visit the Craft Bazaar at the Catholic Church. We'll stop for ho-host coffee and/or dessert after. Sign up with the receptionist. Cost for the ride is \$3.

Card Making with Kim

Wednesday,

October 12 at 1:00 pm

Senior Center Dining Room

Please sign up on the bulletin board



Singspiration!

If you miss singing those old hymns you remember from years gone by, join us on **October 19 at 3:00 pm** for Sing-Spiration. You can choose the songs we sing!



Wednesday, October 26, 2022

Canning Jar Ring Pumpkins

Who loves Fall?! It's time to make super cute canning jar ring pumpkins. Those who have leftover canning lids please bring them to use for this craft. This craft idea will make a huge statement in your Fall décor. The cost is \$5 per person, limited to 6 individuals. Please sign up and pay at the receptionist desk.



Monday, October 31

4:00 pm—7:00 pm

TRICK-OR-TREATING at the Kenai Senior Center

We are inviting area kids and their parents to trick-or-treat here at the Senior Center from 4-7pm. We will provide the candy and the hot chocolate, so get the word out and please come help us! If you have a costume, feel free to share it with us and we will have ghostly good time! Please sign up on the board to be a host at one of the tables.



DAY TRIP TO WHITTIER

**Tuesday, October 11
at 9:00 a.m.**

Join Paul & Red for a day trip to Whittier. We will travel through a tunnel to

get to Whittier. The van will leave the Center at 9:00 a.m. The day will include a no-host dinner at the Anchor Inn. Cost for the ride is \$25.00. Please sign up and prepay at the receptionist desk. This trip is weather permitting and will be fully refunded if the Center needs to cancel based on road conditions.

Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

October has already arrived! Let's reminisce a little. Seems like it should be spring and we are looking at the new green leaves on the trees, instead we are watching the gold leaves falling. Pretty soon there will be snow on the trees....



Kenai Senior Connection is getting ready for our Halloween Party for the kids to come to on Halloween evening at the Senior Center. We like to do this for the kids to have a safe place to get out. Seniors are invited (and needed) to come and set at a table to give away some goodies and visit with the kids. We will supply all of the candy and even have a clown making balloons for the kids.

We have received the Doll and her wardrobe from Fran Kilfoyl for the yearly Doll Raffle. We will be selling tickets through December 19, when the drawing is held during Breakfast with Santa.

Our Quilt Raffle tickets will be for sale through October 31 when the winning ticket is drawn. This is a King Sized Alaskan Quilt made by Laura Favretto, a previous Connection Board Member.

The first dance of the season had a great turnout and is now being considered once a month as a result. A big THANK YOU to Carol Prior and the rest of the staff.

Don't forget the last Friday of each month is WAFFLE DAY from 8 am—10 am.

HALLOWEEN DANCE

When: Friday, October 28
Where: Kenai Senior Center
Time: 6:00-8:00pm



Dancing ~ Friends ~ Fun
Bring a snack to share

Dancing Music DJ by:
Carol Prior

Sign up on the bulletin board if you plan to attend

Prizes for the best costumes!

Kenai Senior Center, 361 Senior Court, Kenai 907-283-4156

ALASKA DAY

Wikipedia

Alaska Day is a legal holiday in the U.S. state of Alaska, observed on October 18. It is the anniversary of the formal transfer of the Territory of Alaska from the Russian Empire to the United States, which occurred on Friday, October 18, 1867.



Background

On March 30, 1867, the United States purchased Alaska from the Russian Empire for the sum of \$7.2 million. It was not until October of that year that the commissioners arrived in Sitka and the formal transfer was arranged. The formal flag-raising took place at Fort Sitka on October 18, 1867. The original ceremony included 250 United States Army troops, who marched to the governor's house at "Castle Hill." Here the Russian soldiers lowered the Russian flag and the U.S. flag was raised.

The official account of the affair as presented by General Lovell Rousseau to Secretary of State William H. Seward:

"...The troops being promptly formed, were, at precisely half past three o'clock, brought to a 'present arms,' the signal given to the *Ossipee* (a wooden, screw sloop-of-war in commission in the United States Navy at various times between 1861 and 1889)... which was to fire the salute, and the ceremony was begun by lowering the Russian flag...The United States flag... was properly attached and began its ascent, hoisted by my private secretary [and son], George Lovell Rousseau, and again salutes were fired as before, the Russian water battery leading off. The flag was so hoisted that in the instant it reached its place the report of the big gun of the *Ossipee* reverberated from the mountains around...Captain Pestchouroff stepped up to me and said, 'General Rousseau, by authority from his Majesty the Emperor of

Russian, I transfer to the United States the Territory of Alaska' and in a few words I acknowledged the acceptance of the transfer, and the ceremony was at an end."

Due to the 11-hour time difference between Sitka and St. Petersburg, and the fact that Russian still used the Julian calendar, the date is sometimes given as Saturday, October 7.

Observance

Alaska's territorial legislature declared Alaska Day a holiday in 1917. It is a paid holiday for state employees. The official celebration is held in Sitka, where schools release students early, many businesses close for the day, and events such as a parade and reenactment of the flag raising are held.

It should not be confused with Seward's Day, the last Monday in March, another state holiday which commemorates the signing of the treaty for the Alaska Purchase in which the U.S. purchased Alaska from Russia on March 30, 1867.

Protest

Alaska Day is protested by some Alaska Native people who view the holiday as a celebration of the violence used to take their land away. Native organizers assert that the land was not Russia's to sell in the first place, therefore the sale of the land to the U.S. is illegitimate.

ALASKA AND INDIGENOUS PEOPLES DAY

Denali National Park & Preserve/Erik Johnson, Denali Historian

In 2015, Alaska Governor Bill Walker signed a declaration making the second Monday in October Indigenous Peoples Day. At the time, Alaska became just the second state (after South Dakota) to honor Indigenous people in place of a date traditionally used to recognize Christopher Columbus.

(Continued on Page 11)

In his proclamation, Walker stated: “Alaska is built upon the homelands and communities of the Indigenous Peoples of this region, without whom the building of the state would not be possible.” He went on to say: “The State opposes systematic racism toward Indigenous Peoples of Alaska or any Alaskans of any origin and promotes policies and practices that reflect the experiences of Indigenous Peoples, ensure greater access and opportunity, and honor our nation’s Indigenous roots, history.”

The Denali region is home to the Upper Kuskokwim, Koyukon, Lower Tanana, Ahtna, and Dena’ina peoples, and has been since well before the United States and National Park Service started managing the nearly six million acres now known as Denali National Park and Preserve. Alaska has 40 percent (229 of 574) of the federally recognized tribes in the country.

The Columbus Day holiday was becoming more popular in the beginning of the 20th Century. Italian immigrants came to America in large numbers at the end of the 19th century and lobbied to have the Geno-

ese explorer recognized (In 1907, Colorado was the first state to have a Columbus Day due to the efforts of Italian-American Angelo Noce). Columbus was an important figure for Italians and Catholics who faced discrimination in America at that time. Columbus Day was designated a national holiday by President Franklin Roosevelt in 1934.

Although Alaska does not recognize Columbus Day, it remains one of the federal government’s ten designated holidays. In recent years, numerous cities and states have replaced the Columbus holiday in favor of a recognition of Native Americans as more Americans reckon with the legacy of Christopher Columbus.

Alaskans also reckon with other explorers and colonists who directly affected and disrupted indigenous lives through Alaska and the Pacific. In 2020, Indigenous Peoples Day/Columbus Day falls on October 12th—the date associated with Christopher Columbus’s sighting of the Americas from his ship.

4-H Pig Lands at the Senior Center

Velda Geller has been watching her great grandchildren raise 4-H animals for quite some time. This is the 2nd year she has purchased one of their pigs from the 4-H Auction, paid for the processing, and donated the meat to the Senior Center’s meal program. What a wonderful tribute this grandmother gives to her family and then to the Senior Center as we benefit from this gift. Thank you to her great grandchildren for their efforts and thank you to Velda for this very generous donation!



KENAI SENIOR CENTER'S

Vintage Collectibles & Homemade Crafts Show



SATURDAY, NOVEMBER 12TH ~ 9AM - 6PM

IT'S NEVER TOO SOON TO START YOUR HOLIDAY GIFT SHOPPING!

Kenai Senior Center

INDIVIDUAL VENDOR TABLES, SNACK BAR,
BAKE SALE, COUNTRY STORE AND MUCH MORE!

VENDORS LIMITED TO ACTIVE KENAI SENIOR CENTER PARTICIPANTS.

361 SENIOR COURT, KENAI, AK 99611
CALL 283-4156 FOR VENDOR INFORMATION



What is the \$5 Club?

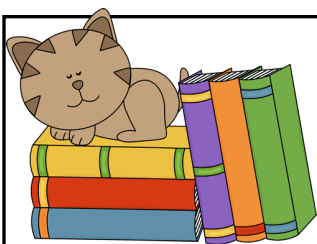
Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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**

OCTOBER

\$5 CLUB

Juanita Aguilar	Luna Graves	Carol & Mike Louthan	Barbara Schmidt
Bob Arrington	Karolee Hansen	Paula Maier	Marcia Shea
Cheryl Arrington	Cliff Heus	Len Malmquist	Barbara Smith
Steve Best	Kathy Heus	Marge Milewski	Steve Smith
Patricia Bravo	Howard Hill	Lee Moeglein	Bill & Sondra Starnes
Larry Burcham	Kit Hill	Mary Moeglein	Buck Steiner
Glenn Clifford	Jan Hollers	Kari Mohn	Sheila Steiner
Patsy Clifford	Donna Hoyt	Molly Musgrove	Deborah Marie Stiers
Renee Clifford	Molly Jackson	Nelson Nakamura	Vivian Terry
Jewell Coverstone	Bobbi Jedlicki	Jerry Nassen	Barbara Trombley
Rachael Craig	Leanne King	Bill Nelson	June Truelove
Walter Craig	Henry Knackstedt	Lois Nelson	Beverly & Don Waldrop
Terry Cramer	Anita Kwan	Janice & Joe Nightingale	Gary Walker
Jan Daniels	Mary Ann Lamecker	Susan Olson	Marie Weller
Shirie Drath	Xiaopei LaTocha	Katie Pault	Roy & Ozella Williams
Carol Freas	William LaTocha	Robert Peterson	Janice Wilsack
Velda Geller	Chris Lombard	Carol Prior	Have we missed your name?
Omer Goodman	Jennifer Lombard	Trish Roderick	Please let us know.



LIBRARY NEWS by Virginia Walters

We have acquired many music CDs. All types of music! They are on the bottom shelf under the big TV in the Game Room. The LP records are in the cabinet in the Dining Room, under the bird watching TV. Lots of music for your enjoyment.

A little progress has been made on the community puzzle. All the birds are together—now just waiting for the background.

Applause to Yen-ti Verg-in for her dedication the Writer's Group Bulletin Board and to Kayla Feltman for keeping the Announcement Bulletin Board up to date and colorful.



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL

1

Go to **AffordableConnectivity.gov** to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE



Call 877-384-2575, or



Visit **fcc.gov/acp**





October

By Ann Lee

"A little tid bit of what's to come".

October is in the fall

Leaves are changing

Winter is about to call

International Elderly Day is 1st

World Smile Day is 7th

Columbus Day is 10th

Halloween is last

For girls and boys

Dressing Up

Some Scary

Some Fun

Celebration of the Elderly
beginning and Celebration of the
children and together they ring in
November.

Waffle Bar Returns!



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



Smart Phone Tutorial

Thursday, September 15
1:00 pm Computer Lab

This workshop is for those who have a new iOS mobile device, or are considering getting one, and want to learn more about the basic functions. Learn how to get connected, identify common apps, and build confidence in using their device safely.



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 _____

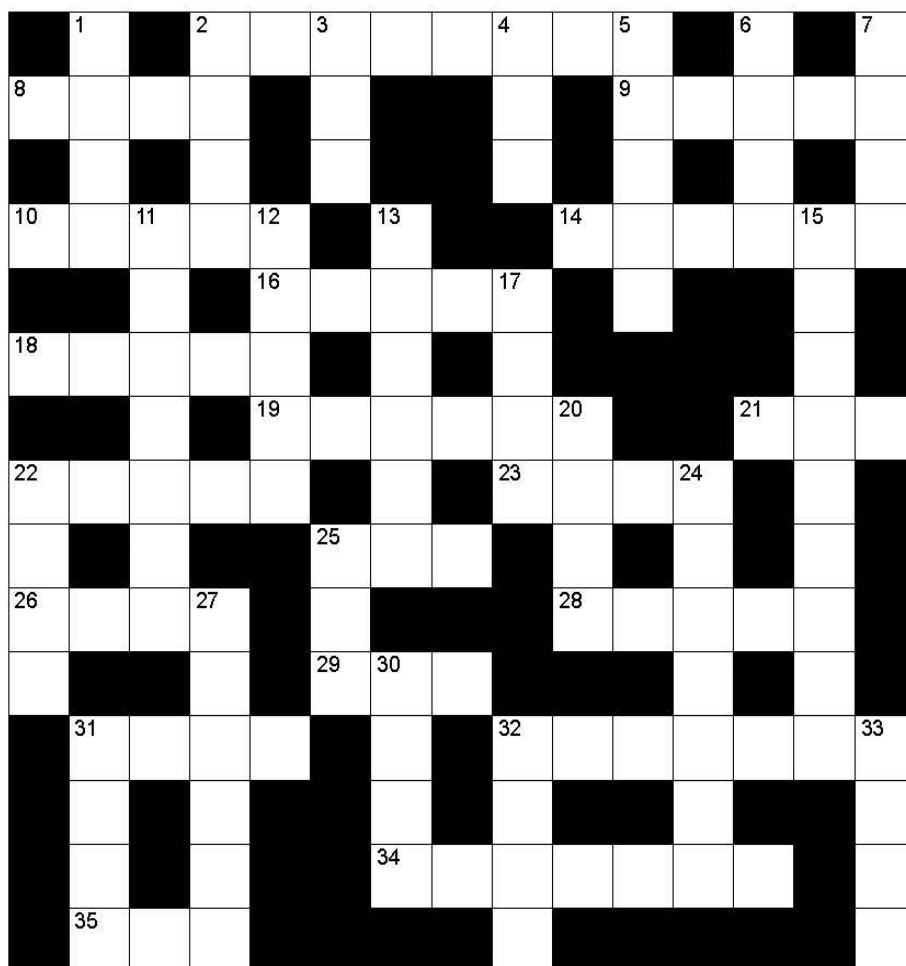
Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.

October

Crossword

Puzzle



Across

- 2 Wet woodlands plant (8)
- 8 Ancient sun-god worshiper (4)
- 9 Ancient market (5)
- 10 Prepares clams, in a way (5)
- 14 Venetian basilica eponym (6)
- 16 Ancient neighbor of Carthage (5)
- 18 Thousand dollars (5)
- 19 Ballerina Wilson (6)
- 21 Oaxaca gold (3)
- 22 Large-flowered garden plant (5)
- 23 Cupid's specialty (4)
- 25 Catholic honouree (3)
- 26 Pretty bloody (4)
- 28 Duchesse, e.g. (5)
- 29 Surprised gasps (3)
- 31 Reporter of the comics (4)
- 32 Rakes, maybe (7)
- 34 Most minuscule (7)
- 35 Standardized test often taken before applying to a Ph.D. program (3)

Down

- 1 Ballet legend Pavlova (4)
- 2 Portrayer of Bumstead (4)
- 3 "Do the ____" (soft drink catchphrase) (3)
- 4 Singer's asset (3)
- 5 Disgustingly dirty (5)
- 6 "Class Reunion" novelist Jaffe (4)
- 7 "Listen!" (4)
- 11 Abstract Expressionist Lee (7)
- 12 Like good dishwater (5)
- 13 Boneless meat cut (6)
- 15 "The Princess Bride" director (9)
- 17 Solo getting a "Brava!" (4)
- 20 Long-legged runners (4)
- 22 Lawbreaker, in police lingo (4)
- 24 Superannuates (7)
- 25 White precip, in product names (3)
- 27 One of the Shrivens (6)
- 30 Padlock piece (4)
- 31 Card in a royal flush (4)
- 32 Swimmer's region (4)
- 33 Shed some weight (4)



Heart Healthy

OCTOBER 2022 MENU

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

Menu is subject to change

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
3 Rueben Cheesy Potato Dill Soup Fruit Cup Soup	4 Chef Salad Bran Muffin Fresh fruit Salad 	5 Spicy Peanut Chicken & Noodles Stir Fry Veggies Egg Roll Salad	6 Taco Salad with all the fixings Corn Salsa Soup	7 BBQ Ribs Cowboy Beans Buttered Corn Salad Anniversary Cake
10 Spaghetti & Meat Balls Italian Veggies Garlic Bread Soup	11 Chile-Honey Fajitas Lime Rice Marinated Cucumbers Salad 	12 Meat Loaf Mashed Potatoes Gravy Buttered Corn Salad	13 Beef Stroganoff Egg Noodles Mushroom Gravy Zucchini Medley Soup	14 BBQ Pulled Pork Sandwich Coleslaw Sweet Potatoes Fries Salad
17 Baked Ham Scalloped Potatoes Mixed Veggies Soup	18 ALASKA DAY CENTER CLOSED	19 Fried Chicken Mashed Potatoes Gravy Honey Carrots Salad Birthday Cake	20 Minestrone Soup Italian Tortellini Salad Fresh Fruit Whole Wheat Roll Soup 	21 Korean Bulgogi (marinated beef) Rice Cabbage & Carrots Salad
24 Turkey Croissant Sandwich Salmon Chowder Potato Salad Soup	25 Oriental Chicken Salad Noodles Fruit Cup Muffin Salad 	26 Beef Tips Mashed Potatoes Gravy Acorn Squash Salad	27 Broccoli & Sundried Tomato Chicken Alfredo Italian Veggies Garlic Bread Soup	28 Sloppy Joes Parmesan Fries Broccoli Salad Salad
31 Chili Dogs w/ all the fixings Tater Puffs Root Beer Floats Soup	1 Liver & Onions Mashed Potatoes Gravy Green Beans Salad	2 Chicken Enchiladas Chips & Salsa Spanish Rice Salad	3 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Soup	4 Cheese Burgers French Fries Cucumber Salad Salad