

The Centerline



2024

Know your Neighbor: Bill Sadler

By: Chuck Thornton

Just who is this fellow named “Bill”? He seems to be around almost everywhere, under any circumstance, and at any time. Let’s take a brief look into history.

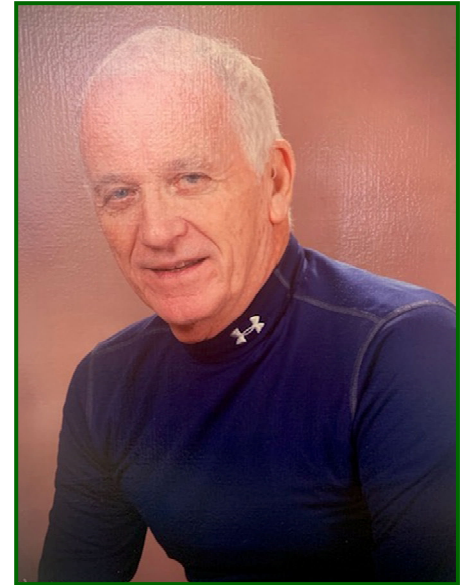
Remember December of the year 1942? Two important events occurred that month: 1) Christmas came on the 25th, and 2) Bill was born on the 14th in Hartford, Connecticut. Not only Bill, but his twin brother as well. Regrettably, this brother died in infancy, as did two of the other three children born into the Sadler Family.

Such experiences often tend to lead to less than desirable results in the families involved, but it appears that, in Bill’s place, this was among those situations that served to build him into the man he was to become, as well as the man I have come to call “Friend”.

Throughout his life Bill has lived in various States. Listed in alphabetical order they are: Arizona, Alaska, Florida, Maryland, Texas, and Utah.

Upon being asked: “Who had the most significant input into your life as you grew?”, Bill’s prompt reply was two words: “My Dad”.

From 1962-’66 Bill served in the U S Air Force. At a dance, which was also attended by nurses from a nearby hospital and nursing school, he met a certain young lady who shortly thereafter became Mrs. Bill. He went on to graduated from Utah State University in Logan, Utah with a major in Aeronautics. #



Special Points of Interest

- Movie Afternoon—October 3
- No Host Dinner— Siam Noodles— October 14
- 70’s Theme Birthday Lunch— October 16
- Faith & Blue Waffle with a cop— October 25
- Trick or Treat—Sponsored by Senior Connection—October 31

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

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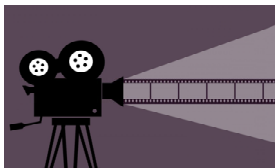
Monday	Tuesday	Wednesday	Thursday	Friday
	1 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling 	2 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Card making with Kimberly 1p—Writers' Group 1p—Mexican Train Dominos 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/ Caregiver	3 PFD Day!!  9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1-3p—Hand & Foot 1p—Cribbage 3p—Movie Afternoon: The Addams Family	4 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Craft Bazaar 1p—Wii Bowling 1-4:30p—Bridge
	7 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	8 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	9 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass Noon— LUNCH 1p—Writers' Group 1p—Folded Fabric Star 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	10 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam
14 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers 5:00p—No Host Dinner/Siam Noodles	15 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	16 9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Bluegrass 11:30a—Choir Concert Noon—LUNCH/ Birthday 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	17 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Internet Basics w/ Elizabeth Kleweno 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	18 ALASKA DAY CENTER CLOSED 
21 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers	22 9a— Chair Yoga 10a—Tai Chi 10a—TOPS 11a-noon—Alzheimer's Presentation/ Caregivers Series Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling	23 9a—Growing Strong 10a—Growing Strong Noon— LUNCH 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	24 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot 5p—Cribbage 6:30p—Acoustic Jam	25 8-10a Faith & Blue WAFFLES with a Cop 9a—Growing Strong 9a—10a Blood Pressure Check 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong 11a-12p—Adult Coloring Noon—LUNCH 1p—Wii Bowling 1p—Genealogy Workshop w/ Cheryl Hamann 1:30p Afternoon Drive 1-4:30p—Bridge
28 9a—Growing Strong 10a—Growing Strong 11a—Bells Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers 2:30p—Yappy Hour	29 9a— Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1:30p—Painting Pumpkins 1p—Wii Bowling	30 9a—Growing Strong 10a—Growing Strong 11:30a Bring a Friend to Lunch Day 1p—Writers' Group 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group	31 9a— Chair Yoga 9:30a—Pool 10a—Tai Chi Noon—LUNCH— Halloween Party 1p—Pool 1p—Wii Bowling 1-3p—Hand & Foot All Evening Activities— CANCELLED 4-7p—Trick or Treat at the Senior Center!!!	



Happy Birthday!



Day	Name	Day	Name		
1	Gypsy Jolly	9	Jon Gifford	20	Pamela Barrett
1	Linda Tanner	10	Stephen Widmer	20	Pamela Downing
2	Carol Louthan	10	Donnie Schaefer	21	Marilyn Every
3	Barb Sandahl	11	Terri Wisniewski	21	Jean Taylor
3	Mike Ables	12	Jerry Baty	21	Sherry Swafford
3	Wayne Mundy	13	Laura Favretto	23	Deborah Sounart
3	Debra Carpenter	14	Barbara Valdez	23	Teresa Broyles
3	Paul Klaben	14	Babbi Malone	25	Joe Huard
5	Beverly Devereux	14	Sammi Strawn	25	Doneva Baker
5	Carol Baumer	15	Sharon Tackett	26	Howard Hill
5	Wayne Boedecker	15	George Pierce	27	Janet Thompson
6	Joy Ward	16	Jennifer Lombard	28	Amy Haunold-Murrell
7	Sandra Bise	16	Katherine Thompson	30	Jim Pate
8	Monica Griffin	17	Randy Spray	31	Deborah Sonberg
8	Robert Peterson	18	Genevieve Williamson	31	Carol Bannock
8	Normandie Hobby	18	Vickie Herrmann	31	Ruby Christopherson
9	Pamela Strauch	19	Kari Mohn	<i>October</i>	



**Thursday Afternoon
Movie
October 3, 2024 at
3:00p.m.**

Now showing: **The Addams Family**

When a man (Christopher Lloyd) claiming to be Fester, the missing brother of Gomez Addams (Raul Julia), arrives at the Addams' home, the family is thrilled. However, Morticia (Anjelica Huston) begins to suspect the man is a fraud, since he cannot recall details of Fester's life. With the help of lawyer Tully Alford (Dan Hedaya), Fester manages to get the Addams clan evicted from their home. Gomez realizes the two men are conspiring to swindle the Addams fortune and that he must challenge Fester.

NO-HOST DINNER


**Siam Noodles
Monday, October 14, 2024**

Those leaving from the Senior Center parking lot will head out at 5:00p. Or, meet your friends at Siam Noodles in Kenai.

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 1	ELECTION DAY—CITY/BOROUGH ELECTION	7a-8p
Wednesday, October 2	Social Security	9a–Noon
	Card Making with Kimberly	1:00 pm
Thursday, October 3	PFD Day!!	
	Movie Afternoon: The Addams Family	3:00 pm
Monday, October 14	“No Host” Dinner/Siam Noodles	5:00 pm
Wednesday, October 16	Social Security	9a—Noon
	Kenai Senior Center Choir Concert	11:30 am
	70’s Theme Birthday Lunch	Noon
Friday, October 18	 ALASKA DAY/CENTER CLOSED	
Friday, October 25	Faith & Blue Waffle with the Cops	8a-10 am
	Senior Connection Meeting	10:00 am
Wednesday, October 30	Bring a Friend to Lunch Day	11:30 am
Thursday, October 31	Trick or Treat at the Kenai Senior Center	4-7pm

Kenai Senior Center Info

Monday—Friday, 8:00 am—5:00 pm
Need to speak with someone in administration?

**Director
 Kathy Romain**

(907) 283-8213 or kromain@kenai.city
*VP Housing, Council on Aging
 Kenai Senior Connection, Inc.*

**Administrative Assistant
 Red Piersee**

(907) 283-8212 or apiersee@kenai.city
*Home Delivered Meals
 Benefits Counseling
 Vintage Pointe Housing Rental*

**Activity/Volunteer Coordinator,
 Kayla Feltman**

(907) 283-8214 or kfeltman@kenai.city
*Activities
 Volunteer Opportunities
 Senior Center Facility Rentals*

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

We can help!



For Pick up Meals:
Call the front desk by 10:30AM* (M-F) For pick-up at **11:30 AM. Meals must be picked up from the front desk.**

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

Dining Room Meals (Congregate)
 Monday-Friday 12pm-1pm
 No reservations required



STATE OF ALASKA
GENERAL ELECTION INFORMATION
NOVEMBER 5, 2024

WHEN:	ELECTION:	WHAT:	WHERE AND WHEN?
<p style="text-align: center;">OCTOBER 21 <u>through</u> NOVEMBER 5, 2024</p>	<p style="text-align: center;"><u>State of Alaska</u> <u>General Election</u></p>	<p>Early, Absentee In-Person, and Special Needs voting available.</p>	<p>Division of Elections 11312 Kenai Spur Highway, Ste 48 (Kenai Mall)</p> <p><u>Monday - Friday</u> October 21—November 4, 2024 8:00am - 5:00pm</p> <p><u>Saturday</u> October 26 & November 2 10:00 a.m.—4:00 p.m.</p> <p><u>Sunday</u> October 27 & November 3 Noon—4:00 p.m.</p> <p><u>November 5, ELECTION DAY</u> 7:00 a.m.—8:00 p.m..</p>
<p style="text-align: center;">NOVEMBER 5, 2024</p>	<p style="text-align: center;"><u>Election Day</u></p>		<p>Polls Open 7:00a-8:00p</p> <p>Absentee-In-Person/Division of Elections</p> <p><u>Kenai Precinct #1</u>/Kenai Mall <u>Kenai Precinct #2</u>/Challenger Ctr. <u>Kenai Precinct #3</u>/Kenai Mall</p>

DO YOU WANT TO ARRANGE A RIDE DURING A WEEK DAY TO THE DIVISION OF ELECTIONS TO EARLY VOTE, VOTE ABSENTEE IN-PERSON, OR ARRANGE FOR A SPECIAL NEEDS BALLOT FOR SOMEONE?

DO YOU WANT TO ARRANGE A RIDE TO A KENAI PRECINCT POLL ON NOVEMBER 5 (ELECTION DAY)?

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



Card Making with Kim

Wednesday, October 2 at 1:00pm



Senior Center Dining Room

Please Sign up on the bulletin board.

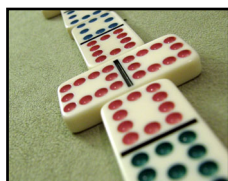
Friday, October 4th

Our Lady of Angels

Catholic Church

Craft Bazaar

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 \$5.



Calling all Mexican Dominos Players!

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

Folded Fabric Star Ornament Class



Wednesday, October 9 at 1:00 pm in the Craft Room

Learn to fold a Scandinavian star ornament with Kris and the sewing ladies. The fabric will be prepared for you. Bring sharp scissors and tweezers if you have some. Ornaments can be used as package toppers, room décor, or something beautiful to give to a friend. We will have fun! Free. Please sign up at the front desk.

KENAI SENIORS CHOIR CONCERT

Wednesday, October 16 at 11:30 am

The choir will have their concert on Wednesday, October 16 at 11:30 am. Please come and listen to our choir concert!



Hope to see your there!

Stronger Together Support Group



Wednesdays 2 –3:30 pm

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

Nikiski Pool Transportation:

Starting Thursdays in October there will be transportation available for both AM and PM sessions at the Nikiski pool. The van will leave the center at 9:30am for the morning session and 1pm for the afternoon session. There is no transportation fee for this service but the individual is responsible for the 2\$ admission fee to the pool.



At the 2024 Old Timer's Luncheon, we asked this of the participants. Here are the responses:



What surprised me most when I moved to Alaska was...



The taste of the milk. I loved dairy fresh milk. Alaskan milk-yuk! It was powdered. (I was 8 years old).

That people ate beef and not moose.

My first Breakup. There was enough water in the unpaved roads to float a canoe with ice underneath and potholes plenty. One could put 2 tires of a vehicle in 2 different potholes at the same time! Not funny at the time, but now a funny memory!

I couldn't see the pavement lines in the winter. I never had that problem in southern California. And the price of lettuce.

How hot it was in Fairbanks on June 14, 1962.

I'm from Oregon with lots of hills. My first day working at UNOCAL, I was in the Prill Tower looking at the scenery. I was surprised at how flat this area is. Many years later I worked in Texas – same things, flat as a plate.

I was born here.

The nature, fresh air, and some very friendly people.

How much more modern it was – land had to be purchased not homesteaded! (We arrived in 1964)

Homesteading.

How much the kids played outside.

All the hard work clearing our homestead and building our basement. Proving up on the homestead. Our outhouse that had a cracked toilet seat and no door. How friendly the people were. (1957)

How big Alaska was.

I was born here, but let when I was 2 years old, came back at age 14, because of what was taught in the schools down south. I thought everyone lived in igloos, and was happy they didn't.

I was a baby (1950), but I guess it was the snow.

How much Alaska grew.

The beautiful mountains with snow peaks- and long daylight!

When we came into Palmer, I couldn't believe how friendly the first two people we met were. We spent the night with them. They took us to Anchorage the next day and we spent another night with them and became "fast friends".

Every day is a surprise, magical and majestic.

The people – wholesome population, congeniality and honesty.

Keith and the snow.

The number of kids named Navarre.

I came from England to the area of the Black Hills of South Dakota and said I was in God's country. Then we moved to Kenai in 1969 and I came onto the Peninsula. I said "I thought South Dakota was God's country, now I know I am." I have lived here 55 years.

How warm the winters were.

Was born here.

How beautiful it is everywhere. It feels like we are next door to Heaven. I can't imagine that Heaven is prettier than Alaska.

I was born in Alaska as was my mother, Bertha VanZanten. My dad came in 1938, Morris L. Porter. So, I was born in old Providence in January 1943. Moved to remote homesite in Kachemak Bay in 1945, Kenai in 1950, and homesteaded in 1956.

I was born here – in Anchorage – old Providence on 9th and L.

I was born in the old Providence in Anchorage in 1944. So.....first reaction – whoa – how blessed to be in this beautiful place!

All the wild flowers. Anchorage was a big city and I wasn't expecting tall buildings.

Friendly people. Helpful to a new Alaskan.

How friendly and giving the people I met were.

There was no snow "all" the time! I could garden some outside.

The volcano at the end of my street.

4th Avenue, Anchorage

No cars and no people.

No igloos – warmer than Minnesota. Cans had just opened – fresher and more varieties – rampant drugs – wanted to go home! Teachers left a lot to be desired.

The trees! I was used to big Washington trees. There were so small. The tundra.

My health got better when I brought a friend up here and I stayed.

IDK. I just fell in love with Alaska.

How friendly every was and how peaceful.

How warm it was.

That Dad and I made it in our Model A in 1952.

Everything closed at 6 pm.

Gasoline and food prices.

How cold it was in the winter. How nice the people are in Alaska. How much Mother Nature is involved. My wife liked it enough not to go back to California. We all know how big Alaska is – My gosh it's huge!

I was born here!

How beautiful Alaska really is!

The cold – came from Puerto Rico as a child.

The lovely mountains and less traffic.

First lived at 18.5 mile, Chena Hot Springs Road, Fairbanks. I built a cabin and raised chickens, turkeys, pigs, and Tibetan Mastiffs. My Dog, King, starred in the movie, *Man's Best Friend*. The first winter it was -82 degrees.

The height of the mountains. Growing up in Colorado and climbing 14ers, I was no stranger to tall mountains. But they often began at 11,000 feet. Mountains like Redoubt start at sea level and short 10,000 feet up.

How at home I felt.

The hush of dawn, where mountains kiss the sky, the breath of ice that whispers through the pines, and nights adorned with curtains of light. So high, they paint the heavens with a quiet fire, and above all, the way I was welcomed here, by the marvelous hearts of the people here.



LIBRARY NEWS by Virginia Walters

It's officially FALL!! Time to start a community jigsaw puzzle if you are so inclined. Select a puzzle and start it in the game room. Pick a table near the windows.

We are still weeding the DVDs. Right now, pulling duplicates and teen-age movies.

We have received a big donation of puzzles. A bunch of new 300 piece ones, and many over 500 pieces. ENJOY!

The leaves are turning, the cranes are leaving, time to get into the Autumn mood. The library offers all types of diversions. Come through and browse. Something for everyone.



Bring a Friend to Lunch Day

Wednesday,
October 30

at 11:30a



This is a day you can bring a friend to lunch who has never been here before or a person who hasn't been here in the last year and be our guest! Sign up on the board to RSVP.

Tuesday, October 29

at 1:30 p.m.

Painting Plastic Pumpkins

It's Fall time again! Who wants to paint pumpkins for the Fall season?! This craft idea will make a statement in your Fall décor. The cost is \$5 per person, limited to 6 individuals. Please sign up and pay at the receptionist desk.



4-H Pig Lands at the Senior Center again!

Velda Geller has been watching her great grandchildren raise 4-H animals for quite some time. This is the 3rd 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!



Jacob Merritt &
Velda Geller



Picture Right—Velda, with son Greg, and two of Greg's Grandchildren



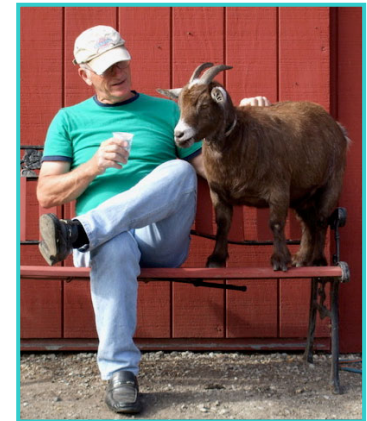
Bill was able to attain a commercial pilots license as part of the Aeronautics program. As time went by, two sons and two daughters were added to their family.#

Following the years of military service, Bill was a busy man. He had his own consulting firm dealing with fleet maintenance for some seven years. For an additional four years he directed American Medical Response, an organization responsible for maintaining 2,000 ambulances across the nation.

About that time, he caught his first glimpse of the Last Frontier. Having come to the Kenai for a week of fishing (which was promptly expanded to two), he immediately both planned and relocated to Kenai He had caught the bug and has never been successful in losing his love our Great Land.

He put bread on the table by helping operate a 16room B & B. For the past 18 years, he has done this part time, while working at managing Vintage Pointe.

Vintage Pointe – For the past 16 years, Bill has served as Resident Manager at the Vintage Pointe. While it often seems that he is “hip deep” in matters calling for skills with various tools, he seems to always have (make?) time to assist one of the residents who is facing some seemingly insurmountable problem in either their apartment or their life. If some artist should draw a picture showing a huge heart with a listening ear that is attached to a helping hand...that might be some approximation of Bill.



The one in the brown coat is the goat.

Bill has yet another title by which he is called. That one is also a short, simple word and, while limited in use to four people, is highly meaningful. Mark, Joell, Katie and B J were born into the Sadler home and call him: “Dad”. Although their homes are in different States, Bill enjoys every opportunity he has to visit or travel with his children. Recently, even this circle of relationship has become broken, since B J, the youngest son, died last year. Bill understands when he empathizes with others in sorrow.

How many will warn my five-foot-tall wife: “Don’t get caught out in the rain...If you get wet, you might shrink even shorter”. And all this with a hearty laugh. On more than one occasion Bill has instructed me to: “Take the rest of the week off”. (It was Friday afternoon.)

I hold it as both a privilege and a joy to be able to call Bill Sadler “my friend”.
- Chuck Thornton

KENAI SENIOR CENTER'S
Vintage Collectibles & Craft Show



November 9 -10 ~ 10AM - 4PM

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

Kenai Senior Center

JEWELRY, HANDMADE SOAPS & ESSENTIAL OILS, HOME DECOR, HANDPAINTED SIGNS,
ANTIQUES, SNACK BAR, DELICIOUS BAKED GOODS, COUNTRY STORE AND MUCH MORE!

**Senior Vendors Invited- Reserve
Your Table Now!**

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



Kenai Senior Connection, Inc. NEWS

by Velda Geller, Board President

October 2024 has already arrived. It has been another busy month. Last month the movie was Midway and the no-host dinner was at Sunrise Inn Restaurant in Cooper Landing.

We had nurses from Safeway come to the Senior Center to give flu shots to all who wanted them.

At the last Council on Aging meeting we were pleased to have Mayor John Williams, one of the old time City Kenai Mayors come to visit with us. He gave us a lot of information about our city and especially about the Kenai Senior Center.

One day, Kathy and I made a trip to Soldotna to visit Heather and Heather screen printing store about purchasing some more t-shirts and other things for our Kenai Senior Center. There will be information soon.

One bright sunny Friday morning several of our people took a trip to Hope. Don't forget waffle Friday.

Halloween will be here soon! Senior Connection is planning their annual Trick or Treat event for the youngsters here at the Kenai Senior Center in the dining room from 4pm until 7pm on Halloween evening, Thursday, October 31, 2024. We will have tables set up for Trick or Treating. So get dressed up bring your moms and dads, grandparents, and friends, we will have the coffee pot on. Hope to see you here!

Have a good October.

Velda



What's Your Story?

Got a story or a poem you want to share? Everyone has a story and some of you are even poets. Well we are looking for you to be bold and share your story. Any contribution to add to our Fundraiser project. We are calling it our "Kaleidoscope Project" Your stories can be as fun to read with a "Kaleidoscope" of topics and as colorful as the toy we used to play with. Please keep them to 1000 words and they can be poems, short stories, or songs. Pictures are also welcome. If you need help writing your story, that can be arranged. You may turn your stories into the front desk at the senior center, or send them by email to Senior@kenai.city.

You may contact Virginia Walters or any other member of the KSC Writers group. Better yet, come visit us on Wednesdays at 1pm in the Computer Room.



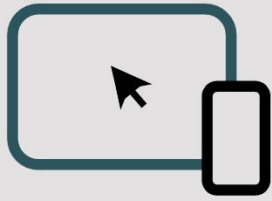
Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

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 2024 \$5 CLUB

Kay Aber	Darrell Hagen	James Miller	Bill Starnes
Juanita Aguilar	Lee & Phyllis Hallstead	Jeanie Miller	Sondra Starnes
Cheryl Arrington	Karolee Hansen	Lee Moeglein	Arlene Tachick
Ken Ayers	June Harris	Mary Moeglein	Darlene Tachick
Kris Ayers	Kathy Heus	Kari Mohn	Vivian Terry
Marilyn Bannock	Howard Hill	Jerry Nassen	Charles & Janice Thornton
Carol Barner	Kit Hill	Bill Nelson	June Truelove
Larry & Tona Bravo	Konrad Jackson	Lois Nelson	Terry Turner
Patricia Bravo	Bobbie Jedlicki	Marian Nickelson	Ray Verg-in
Renee Clifford	Peggy Jones	Ray Nickelson	Yen-ti Verg-in
Jewell Coverstone	Read Kent	Susan Olson	Beverly & Don Waldrop
Rachael Craig	Fran Kilfoyle	Katie Pault	Frosty Walters
Walt Craig	Leanne King	Bob Peters	Virginia Walters
Elmer Curtis	Henry Knackstedt	Robert Petersen	Marie Weller
Greg & Jan Daniels	Anita Kwan	Judith Pock	John White
Dorothy Diamond	Gaye Larane	Carol Prior	Janice Wilsack
Shirie Drath	William LaTocha	Robert Reichert	Clayton Yoncher
Don Erwin	Xiaopei LaTocha	Biz Robbins	
Carol Freas	Hoa Le	Linda Romero	
Velda Geller	Chris Lombard	Gayle Ross	
Margaret Goggia	Jennifer Lombard	Richard Ross	
Omer Goodman	Carol Louthan	Gladys Routh	
Bill Graves	Mike Louthan	Marcia Shea	
Luna Graves	Paula Maier	Steve & Barbara Smith	
Jeffrey & Monica Griffin	Marge Milewski	Gary & Colleen Sonnevil	

If you don't see your name on this month's list, it might be time to renew your membership. We'd love to have you back! Please let us know if there is an error on our part.



Internet Basics @ Kenai Senior Center

Thursday
October 17th
1:00pm

This class is for anyone who is new to the internet or wants to build more confidence finding information online and navigating websites. Attendees will learn about web browsers and search engines, build skills to navigate the internet, and discover tips and tricks for basic and advanced searching online.



Computer Lab Open Times

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

Monday—8-11 am & After 12:00 pm

Tuesday—After 11:30 am

***Thursday—All Day**

***Friday—All Day**

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



Genealogy Workshop

Need Cheryl Hamann to help break down that brick wall, or maybe you need help organizing your research? Perhaps you are interested in learning how to get started tracking your family history? Cheryl can help! Please join her at 1:00pm on Friday, October 25 in the computer room.



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

Kenai Senior Center, 361 Senior Ct., Kenai, AK 99611

~Thank you for your help!

Name _____
First Middle Last

Mailing Address _____

City _____ State _____ Zip _____

Physical Address _____

City _____ State _____ Zip _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Kenai Senior Center Donation Form

Helping People Age With Dignity

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

Please make checks to Kenai Senior Center:

Please make checks to Kenai Senior Connection

- 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.)

- \$5 Club
 - monthly - \$5 yearly - \$60
- Memorial Donation
- Kenai Senior Endowment Fund

Email Address: _____

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.

THE EMPOWERED CAREGIVER SERIES

BUILDING FOUNDATIONS OF CAREGIVING

An education program presented by the Alzheimer's Association



Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being.

Topics in the program include:

- The role of a caregiver and changes you may experience.
- Using a person-centered care approach.
- Building a support team.
- Managing caregiver stress.

October 22, 2024

11:00AM-12:00PM

Kenai Senior Center

361 Senior Ct,

Kenai, AK 99611

•••••

Presented by Cindy Harris, Alzheimer's Association Board Member & Volunteer. For more information call 208.666.2996

Visit alz.org/CRF to explore additional caregiver education programs in your area.

ALZHEIMER'S ASSOCIATION®



Faith & Blue– Waffles with a Cop



Friday, October 25, 2024

From 8-10am

The 2024 National Faith & Blue Weekend will take place October 11–14. This event is an initiative that brings together law enforcement and houses of worship to create safer and more inclusive communities.

We will honor this event on Friday, October 25 from 8-10am on Waffle Friday. Members of the Kenai Police Department (KPD) will be joining us for waffles and you will get a chance to visit with them.

Come in for coffee, juice, and a hot waffle for just \$3. You may bring your own goodies to add to your waffle. No need to sign up. Just show up and enjoy this special treat.

Thursday, October 31

Halloween Party!!!

Dining Room—11:30a



Get your imagination revved up and your costume ready for another fun Halloween Party.

We look forward to guessing who it is in those costumes and behind the masks!

October Birthday Party —
Wednesday, October 16 at Noon.
If this is your birthday month, lunch is on us! Come celebrate with us! We have a theme for this Birthday Party we are going 70's.

Thursday, October 31

4:00pm—7:00pm

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 a ghostly good time! Please sign up on the board to be a host at one of the tables.



Folate and Folic Acid on the Nutrition and Supplement Facts Labels

What is folate?
 Folate is a B vitamin that helps your body make healthy new cells.

How is folate listed on the Nutrition Facts label and Supplement Facts label?

The mcg DFE is the unit of measure for folate on the Nutrition Facts and Supplement Facts label. The measure of mcg DFE is used because the body has an easier time absorbing folic acid than folate. A % DV is shown for the total amount of folate in a product, and if any of the total folate comes from folic acid, that amount of folic acid is listed in mcg in parentheses.

• 5% DV or less of folate per serving means the product is low in folate. • 20% DV or more of folate per serving means the product is high in folate. Talk to your healthcare provider about which nutrients you should track for overall health.

Nutrition Facts	
About 13 servings per container	
Serving size 6 crackers (30g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%
Folate 200mcg DFE	50%
(120mcg folic acid)	

FOODS HIGH IN FOLATE (B9)



* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

OCTOBER 2024 MENU

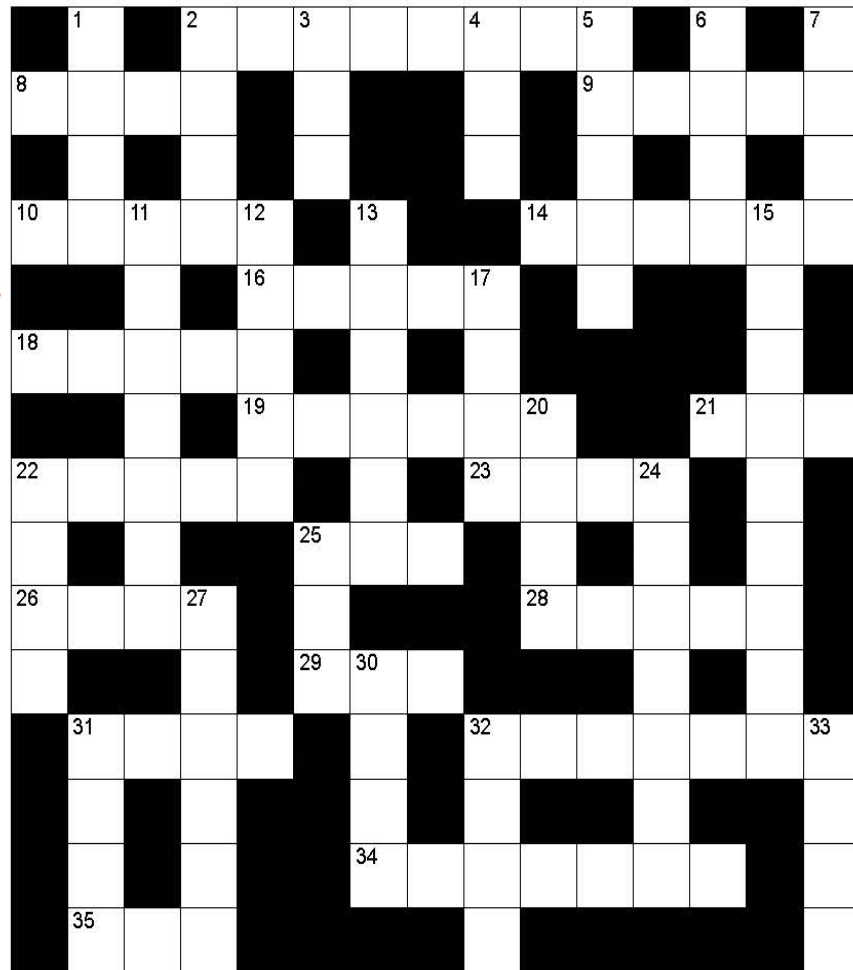
If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same-day pick up.

Menu is subject to change
Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southwest Fajita Chicken Salad Fruit Cup Muffin	2 Biscuits & Gravy Sausage Link Scrambled Eggs Potatoes Salad	3 Salsa Verde Enchiladas Spanish Rice Street Corn Soup	4 French Onion Soup Reuben Blueberry Nut Salad
7 Baked Potato w/all the fixings Broccoli Spears Muffin Soup	8 Teriyaki Chicken Baked Beans Buttered Corn Salad	9 Bake Salmon Broccoli Rice Salad 	10 Saucy BBQ Chicken Legs Tater Puffs Mixed Veggies Soup	11 Sloppy Joes Parmesan Fries Tomato & Cucumber Salad
14 Brats w/ Potatoes Sauerkraut Peppers Onions Mac & Cheese Soup	15 Taco Salad 	16 Fried Chicken Mashed Potatoes Gravy Yellow Squash <u>Birthday Cake</u> Salad	17 Spaghetti & Meatballs Italian Veggies Garlic Bread Soup	18 ALASKA DAY CENTER CLOSED
21 California Club Croissant Pasta Salad Fruit Cup Salad	22 Chef Salad Fruit Cup Muffin Salad 	23 Baked Ham Yams Yellow Squash Salad	24 Sweet & Sour Chicken Stir Fry Veggies Jasmine Rice Egg Roll Soup	25 Cheese Burgers French Fries Coleslaw
28 Clam Chowder Tuna on Rye Seafood Mac Salad Soup	29 Chefs Soup Thai Chicken Salad w/ peanut dressing Fruit Cup Muffin Salad 	30 BBQ Ribs Cheesy Rolls Baked Cabbage Ice Cream Sundae Bar Salad	31 Beef Stew Cheesy Rolls Spinach Salad Peaches & Cottage Cheese Root Bear Floats	1 Lasagna Roll Ups Garlic Bread Salad



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 Shrivvers (6)
- 30 Padlock piece (4)
- 31 Card in a royal flush (4)
- 32 Swimmer's region (4)
- 33 Shed some weight (4)

Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations



PLEASE
PLACE
STAMP
HERE

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Facebook



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

E-mail: senior@kenai.city

Fax: 907-283-3200

Phone: 907-283-4156

Kenai, Alaska 99611

361 Senior Court

Kenai Senior Center

City of Kenai
Kenai Senior Center