

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

SEPTEMBER 2021

The Kenai Senior Center

Centerline

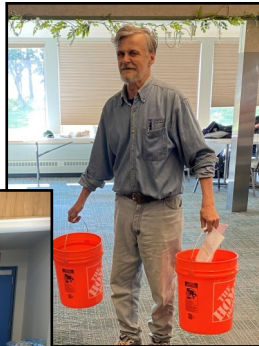
WHAT ARE WE DOING WITH ALL OF THE ORANGE

BUCKETS??

This question has been heard quite often recently as the Senior Center was awarded a grant from the State of Alaska for Emergency Preparedness Kits for seniors. The process started with purchasing and assembling 200 Home Depot



supplies buckets need in the "Day" was assembled

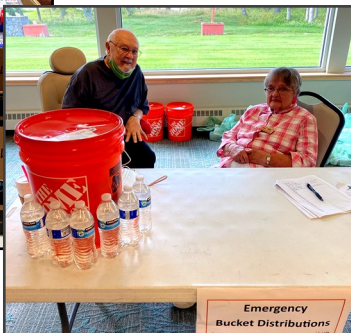


and assembled 200 Home Depot filled with everything one might event of a disaster. "Bucket Filling quite the event as the volunteers and filled 200 buckets in just over 2

hours and what a great job they did! Buckets are available for pickup for our area Kenai clients. If you are interested in getting one, call or stop by the Senior Center. Roy



& Kit Hill, Jan Johnson, Kilfoyle, Marge

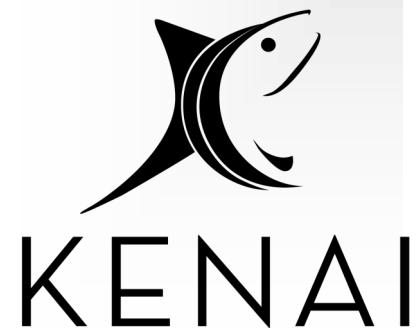


Maier, Barbara Modigh, Bill Nelson, Sharon Roesch, Nelson Nakamura, Vivian Terry, Roy & Ozella Williams, Janice Wilsack, Janice Thornton, Carol Freas, and Debby Myers.

Williams and Velda Geller will be glad to help you.

Special thanks to the bucket volunteers:

Roger Harma, Howard Bobby Jedlicki, Fran Milewski, Charles



Inside this issue

Birthdays	2
Recipe	13
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Special points of interest

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

We are OPEN !

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 283-8212 for more information.

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm

No RSVP Required

FACILITY RENTAL:

Please contact Angie at 283-8212

TRANSPORTATION: Coming Soon!

SUGGESTED DONATIONS:

Pick up Meals - \$7

60 years and older)

Home-delivered Meals - \$7

Transportation - \$3



**Happy 73rd Birthday
United States Air Force**



SEPTEMBER BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Peggy Nash	12	Richard Marquez	19	Joyce Harris
1	Mary McAnelly	12	Mary Arness	20	Gary Sonnevil
1	Shawna Moro	14	Dustin Rhodes	22	Ruth Malston
3	Wiona Sledge	14	Trish Thomson	24	Gladys Schneider
4	David Thornton	15	Richard Jordan	24	Ronald Andersen
5	Wanda Carlson	15	Mark Necessary	25	Shane Massey
8	Virginia Walters	15	Russell Sonberg	25	William Starnes
8	Susan Malmquist	15	Vivian Terry	26	Jewell Coverstone
8	Sherry Lewis	15	Wacona Vandehey	27	Marie Weller
10	Sherlyn Anderson	18	Nun Newton	28	Carolyn Aley
11	Barbara Anderson	19	Dan English	29	Janine Adams

What is \$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!

JULY \$5 CLUB

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

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

Activity/Volunteer Coordinator, Kayla Feltman

283-8214

**Calling all
Pinochle
Players!**



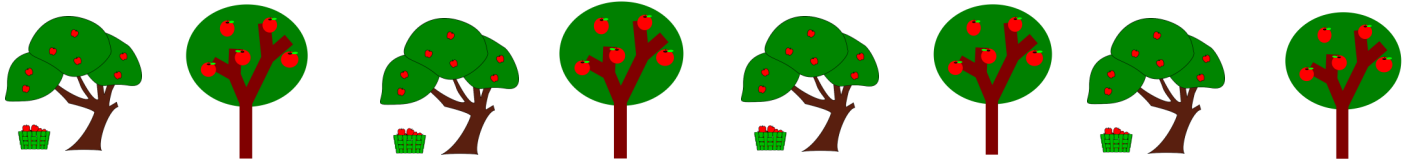
Mondays at 12:30

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

See you there!

dates to remember

Monday, September 6	LABOR DAY/CENTER CLOSED	
Wednesday, September 8	Centennial Park Hike	11:00a-3:00p
Wednesday, September 15	Birthday Lunch	11:30 a.m.
Monday, September 13	Drive-Through Flu Shot Clinic	10:00-11:30a
Monday, September 20 through October 4	City & Borough Election Absentee Voting Begins	8-5 p.m. Kenai City Clerk's Office
Tuesday, September 21	"No Host" Dinner (Magpie's, Sterling)	4:30 p.m.
Friday, September 24	Senior Connection, Inc. Meeting	9:30 a.m.



Centennial Park Hike Wednesday, September 8 11:00a-3:00p

Rachael and Walt Craig will be leading the hike taking hikers from the Soldotna Chamber Office along the river to Centennial Park. A nice stroll along the river. Take your bug repellent, rain gear (just in case, of course), sensible shoes, and walking sticks if needed. A sack lunch will be provided in exchange for a lunch ticket. Walking sticks



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



Drive-Through Flu Shot Clinic Monday, September 13, 2021 10:00a-11:30a

Safeway will be providing a drive-through shot clinic in the Senior Center parking lot. **Bring your Medicare card.**

BOOSTER SHOT CLINIC PLANNED



DATE & TIME TO BE ANNOUNCED

Memorial donations have been
made to the KSC in honor of:

Patsy May

Kari Mohn

Roberta Ivanoff

TOPS AK 189

Bonnie Juliussen Gibbs

TOPS AK 189

Gretchen Alexander

Billy Britt Jarvis Law Office

Marge Bushman

Mary Kennedy

Joanna Hollier

Lillian S. Hart

Lucille Gritmacker

Linda Swarner

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
- ★ Gardening

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



We ♥
Volunteers

September Daily Holidays and Observances

(from The Spruce)

There are many daily holidays and observances in September, including the unofficial start of the fall season. Following are just some of September's them:

September 2: Victory Over Japan (V-J) Day (Victory in the Pacific Day) is the day on which Imperial Japan surrendered in World War II, in effect bringing the war to an end. The term has been applied to both of the days on which the initial announcement of Japan's surrender was made – August 15, 1945, in Japan, and because of time zone differences, August 14, 1945 (when it was announced in the United States and the rest of the Americas and Eastern Pacific Islands) – as well as to September 2, 1945, when the surrender document was signed, officially ending World War II.

September 3: National Food Bank Day (first Friday in September) encourages you to commit to contributing to the cause that believes no one should go to bed hungry. Food Banks across the country help some of the 42 million men, women and children who struggle with putting food on the table. The reasons range from illness to job loss and a general change in circumstances. Circumstances that can happen to anyone of us.

September 6: Labor Day, according to one early history of Labor Day, the event originated in connection with a General Assembly of the Knights of Labor convened in New York City in September 1882. In connection with this clandestine Knights assembly, a public parade of various labor organizations was held on September 5 under the auspices of the Central Labor Union (CLU) of New York. Secretary of the CLU, Matthew Maguire, is credited for first proposing that a national Labor Day holiday subsequently be held on the first Monday of each September in the aftermath of this successful public demonstration.

September 11: Patriot Day occurs on September 11 of each year in memory of the people killed in the September 11, 2001 attacks (9/11 Remembrance). In commemoration, the flag of the United States is flown at half-staff at the White House and on all U.S. government buildings and establishments throughout the world and Americans are also encouraged to display flags in and outside their homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 8:46 a.m. (Eastern Daylight Time), the time the first plane, American Airlines Flight 11, struck the North Tower of the World Trade Center on September 11, 2001. Though not a federal holiday (with schools and businesses remaining open in observance of the occasion), memorial ceremonies for the 2,977 victims are often held. Volunteer and service opportunities are coordinated by the Corporation for National and Community Service.

September 12: National Grandparents Day, was signed into law by *(Continued on Page 7)*

September 18: The United States Air Force (USAF) turns 73 years-old today. On September 18, 1947, Chief Justice Fred Vinson swore in Stuart Symington as the first secretary of the air force, officially founding a new branch of the U.S. military. Gen. Carl A. Spaatz became the USAF's first chief of staff eight days later on September 26, 1947.

The origins of the USAF lie in a decision made just four years after the Wright Brothers conducted the world's first airplane flight at Kitty Hawk, North Carolina. In 1907, the U.S. Army Signal Corps created an Aeronautical Division and put it in "charge of all matters pertaining to military ballooning, air machines and all kindred subjects." As aviation technology improved, the army's air force grew bigger. An independent military arm became virtually inevitable after the Army Air Forces became an autonomous U.S. Army Command in 1942 and then grew substantially throughout the remainder of World War II. On July 26, 1947, President Harry Truman signed the National Security Act of 1947 on board the presidential aircraft, the *Sacred Cow*, and set the creation of the USAF in motion.

September 26: Johnny Appleseed Day is commemorated to honor the man (John Chapman, born 9/26/1774) who made apple (and pear) trees grow heavy with the bounty of their fruit across most of this country along with his legendary wit, wisdom, and enduring story. By 1797, Chapman traveled to northwestern Pennsylvania propagating his apple seeds and working his way steadily into the frontier of West Virginia, Ohio and Indiana. Eventually, he traveled as far west as Illinois and Iowa and as far north as Michigan and Wisconsin.

September 29: National Coffee Day. The history of coffee itself clearly goes back to 15th century Yemen. As for Europeans, they got their first taste about 100 years later — with Venice leading the way. The National Coffee Association reports, it wasn't a smooth ride: "Some people reacted to this new beverage with suspicion or fear, calling it the 'bitter invention of Satan.' The local clergy condemned coffee when it came to Venice in 1615. Pope Clement VIII was asked to intervene and decided to taste the beverage for himself before making a decision. He found the drink so satisfying that he gave it papal approval. Mainland Europe's first official coffeehouse opened in Venice around 1645.

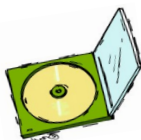
Back in the U.S., if it weren't for the Boston Tea Party in 1773, Americans may never have swapped tea for coffee. When the colonies revolted against King George III's hefty tea tax, tea was out and coffee was in. Thank you King George III!

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 September 8	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	Pinochle
Tuesday	12:30p-4:30p	Bridge
Wednesday	12:30p	Dominoes
Thursday	6p—9:30p	Cribbage
Tuesday, Thursday & Friday	1:00p	Wii Bowling



Senior Farmer's Market Nutrition Program

**Coupons Available at
Receptionist Desk
USEABLE TO 10/31/2021**

**Questions?
Call the Kenai Senior Center(907)**

NO-HOST DINNER!!!

**No-Host Dinner
Magpie's in Sterling
Tuesday, September 21
Leaving Center at 4:30p**

Those leaving from the Senior Center parking lot will head out at 4:30p. Or, meet your friends at Magpie's in Sterling on Tuesday, September 21.

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

Who Am I? Contest Results from Last Month's Centerline

Contest Answers:

Story 1? Ed Ames	Story 5? President Harry S. Truman
Story 2? John Wayne	Story 6? Billy Graham
Story 3? The Lone Ranger	Story 7? Sergeant Alvin York
Story 4? Susan Butcher	Story 8? Louis L'Amour
	Story 9? Jerry Jeff Walker

WINNER: KAREN TAYLOR!!!!

TOPS AK-189 (Take Off Pounds Sensibly) Kenai, celebrated Aline Huey's ten-year KOPS (Keep Off Pounds Sensibly) anniversary last month. Aline reached her goal weight and has kept it off for ten years. She is a role model for all TOPS members to follow. She was given a yellow rose for each year she has been at her goal.

TOPS meets at the Kenai Senior Center every Tuesday at 10 AM. Other members in the group picture are Janice W., Kathy R., Fran K., Carol P., Kathy M., and of course, Aline. Our Chapter has lost 87 pounds since we started back this year. TOPS is open to anyone who needs to lose weight and needs support. It is very inexpensive and we have a great group. For more information you can contact Carol Prior at 907-252-6579 or c.s.prior.cp@gmail.com.



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.



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.

Kenai Senior Connection, Inc. NEWS

Happy September! It's back to school time and you've probably noticed, the wind has changed and fall is very close.

Thanks to a great team effort, the Senior Center received a grant to provide 200 seniors with emergency buckets. These orange buckets are packed with items like batteries, emergency radios, first aid kits, shelf-stable food, emergency blankets, etc. Several of the Senior Connection board members helped pack the buckets and package six bottles of water which were then distributed to Meals on Wheels recipients and will now be provided to other seniors.

Our Senior Connection are selling tickets for that beautiful quilt that you can see when you come in the front door. The quilt was made and donated by Jan Johnson. Jan lives in Ft. Wayne, Indiana and is known for making and giving quilts to homeless kids and other people in need. She comes to visit her sister Kit Hill who we all know quite well. We appreciate and thank her very much for her involvement in the Connection's efforts to raise funds to assist in supporting the Senior Center. Don't forget to purchase your raffle tickets you might be the lucky winner.

The City of Kenai Public Works Department have constructed the pad on which the Osborne Memorial Greenhouse will be built. The greenhouse is a project gifted by the Osborne family. The contractor, Randy Wortman, will be coming soon to build the greenhouse.

Velda Geller

President, Kenai Senior Connection, Inc.

Kenai Peninsula

Tuesday, September 21

1– 3 pm

Computer Lab

262-1280

family
caregiver
support
program



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. The first session will be "Getting to Know You" so Dani can plan training topics based on what YOU want to know.

Music During the Lunch Hour

Mondays—Barbara Modigh—Piano

Tuesdays—John Macanas—Guitar

Wednesdays—Bluegrass Band

Fridays—Donna Weaver—Piano

Do you have a talent you would like
to share with us?

Chat with Kayla
and share your
talent with us!



Suzie *by Velda Geller*

On a very cold night in January, there was a family that had a pig due to have her babies. Daddy was ill and in the hospital, so 11-year old Jacob and his 7-year old sister, Genevieve, got their flashlights and decided to go out to the barn to check on the pig. Much to their surprise, mama pig had given birth to several babies, but had laid on most of them and smothered all but one. Jacob and Genevieve decided to bring that little pig in the house to take care of her and they named her Suzie.

Their mama explained to them that you really can't raise pigs like you can calves, but they were determined. Genevieve got her doll's baby bottle and they warmed some milk and decided to feed Suzie, which surprisingly worked. They fed her every two or three hours, day and night. Suzie slept in a box by Jacob's bed. It wasn't very long until they were feeding Suzie in a flat bowl and one day, decided to add a little bit of cream of wheat to her bowl because now they knew she needed more to eat.

Suzie was doing quite well. There was one day when the kids' mother took them to the pet store to look for something. Genevieve had Suzie tucked away in her jacket so her mama didn't know she was sneaking Suzie into the pet store to get her a collar. Suzie got that new collar and used it for some time.

Suzie got to live in the house for a long time in her bed box. During the day, she spent a lot of time laying on the floor in front of the fireplace. When the weather warmed up, she had to move outside. By this time, Jacob decided Suzie would be his 4-H project for this year and spent a lot of time with her. He was very sad when it came time to go to the 4-H EXPO in Soldotna.

Suzie and the other pigs were loaded into the trailer and taken to the Soldotna Sports Center where they spent three days being cared for, looked at, and judged. Suzie received a First Prize Blue Ribbon AND the Grand Champion Purple Ribbon for her size group.

On the last day, the 4-H Junior Livestock auction was held and Suzie was sold. She was butchered and processed, and donated to the Kenai Senior Center.



Jacob Merritt and Suzie at the 4-H EXPO

Editor's Note: A shout out to Jacob and to his Great Grandma Velda for purchasing the pig to be donated to our Center!

thank you!



Do you recognize this familiar face? Rachael Craig is filling in until a new

Administrative Assistant can be hired. Rachael was the Director of the Center for 17 years and has a wealth of knowledge of senior related issues. Stop by and say hello— she would be glad to see you! Rachael can be reached at 283-8212 or rcraig@kenai.city.



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.

<u>Ingredients:</u>
2 Salmon Fillets
5 cloves garlic
1 C. fresh parsley
2 T. fresh chives
2 T. fresh dill
1/2 t. salt
1/2 t. pepper
2 T. olive oil
1/4 C. lemon juice
1 Bunch asparagus
Parmesan cheese, optional, to taste

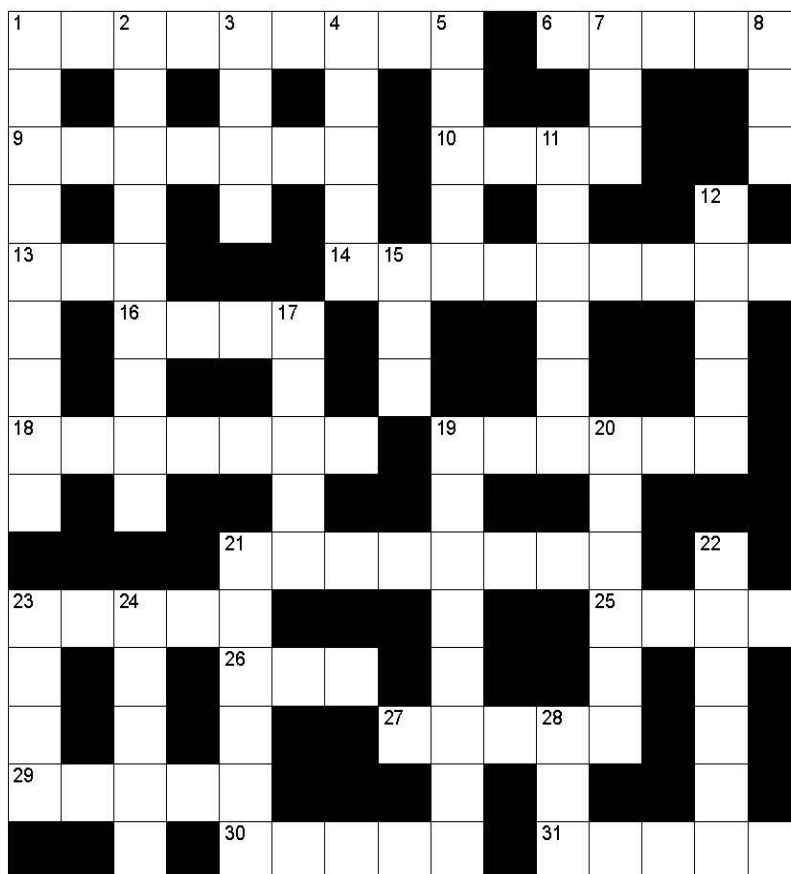
HERB-CRUSTED SALMON WITH ASPARAGUS

Tasty.com

Preparation:

1. In a small bowl, combine parsley, chives, dill, olive oil, garlic, salt, pepper and lemon juice. Set aside.
2. Place salmon and asparagus on parchment-covered oven tray.
3. Drizzle with olive oil and garnish with salt and pepper.
4. Spoon herb mix onto salmon fillets and coat evenly.
5. Sprinkle salmon and asparagus with parmesan cheese (optional).
6. Bake at 425° F. for 12-14 minutes.
7. Serve.

SEPTEMBER 2021 CROSSWORD



Across

- 1 Hole-positioning gadget (9)
- 6 Shaw who admired Bix Beiderbecke (5)
- 9 Some brunch servings (7)
- 10 Put a question on the table (4)
- 13 Words with diet or roll (3)
- 14 Fabric ponytail holder (9)
- 16 Corset fastener (4)
- 18 Asinine (7)
- 19 More phantasmal (6)
- 21 Restricted (8)
- 23 Beetle's bane (5)
- 25 "Il Trovatore" role (4)
- 26 Inits. of Ford's VP (3)
- 27 "What _____" ("I'm bored") (5)
- 29 Mineral containing sodium carbonate (5)
- 30 Like a hedgehog (5)
- 31 Old-style ant (5)

Down

- 1 Boat with a boatload (9)
- 2 Memory LANE wistfulness (9)
- 3 Lea mamas (4)
- 4 Revels in comfort or warmth (5)
- 5 Reduce gradually (5)
- 7 Road with a no. (3)
- 8 Finisher for musket (3)
- 11 Prom attendee, often (6)
- 12 Barely worth mentioning (5)
- 15 Part of a harvest festival decoration (3)
- 17 Remy's brother in "Ratatouille" (5)
- 19 Commonplace (8)
- 20 Baseball unit with distinct halves (6)
- 21 Some body inks (6)
- 22 Cocoa company (6)
- 23 Espresso unit (4)
- 24 Former Attorney General Janet and a Nevada city (5)
- 28 Hoppy beverage (3)



SEPTEMBER 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.

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lasagna Autumn Veggies Garlic Bread Salad	2 Fried Chicken Mashed Potatoes Gravy Mixed Veggies Soup	3 Chicken & Dumplings w/ Peas & Carrots Fruit Cup Salad
		6 LABOR DAY CENTER CLOSED	7 Spaghetti w/ Meat Sauce Capri Veggies Garlic Bread Salad	8 Liver & Onions Mashed Potatoes Gravy Brussel Sprouts Salad
9 Pizza Spinach Salad Fruit Cup Soup	10 Rueben Sandwiches Corn Chowder Salad	13 Roast Beef on Croissant Pasta Salad Chips Soup	14 Baked Ham Roasted Yams Green Beans Salad	15 Biscuits & Gravy Sausage Links Scrambled Eggs Roasted Potatoes Salad Birthday Cake
16 Three-Cheese Tortellini w/ Italian Sausage Veggies Garlic Bread Soup	17 BBQ Pulled Pork Sandwich Potato Salad Fruit Cup Apple Dumplings Salad	20 Sicilian Meatloaf Noodles w/ Marinara Sauce Mixed Veggies Soup	21 Mongolian Beef Stir-Fry Veggies Brown Rice Salad	22 Baked Potato w/ Trimmings Broccoli Florets Salad Ice Cream
23 Chicken Caesar Salad Fruit Cup Cheesey Parsley Rolls Soup	24 Breakfast Burritos Fruit Cup Orange Juice Salad	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 Honey Ginger Carrots Salad			

Menu is subject to change

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.

LABOR DAY



The Senior Center will be closed on Monday, September 6.

City of Kenai
Kenai Senior Center

Kenai Senior Center
361 Senior Court
Kenai, Alaska 99611

Phone: 907-283-4156
Fax: 907-283-3200
E-mail: senior@kenai.city
<https://www.facebook.com/kenaisenior/>

PLEASE
PLACE
STAMP
HERE

