

# The Centerline

## September 2025



### Know your Neighbor: Hoa Le, A life of Strength, Sacrifice, and Service

By: Yen-ti Verg-in



This is a story of a remarkable woman who was born at midnight while a white orchid cactus bloomed with radiant beauty. Her parents name her Tan Hoa, which means “Midnight Queen”, and she became known simply as Hoa.

Petite and elegant, Hoa seemed to radiate warmth and energy, like the Duracell battery operated rabbit on the TV commercial, ‘going, going, going...’. She came from a

prosperous family—her father was a provincial chief who owned vast rice fields along the Pacific, with beaches lined by coconut and fruit trees. Raised in comfort, she focused on her studies, earning a degree in chemistry and a master’s in pharmacology.

But her charmed life changed overnight when the Communists took power. Her family, deemed “landowners,” were labeled enemies of the people. Their property was seized, and they were forced from their home. At three months pregnant, and with her husband imprisoned in a re-education camp, Hoa became homeless.

Her mother found work in a Catholic convent kitchen, where Hoa took refuge thanks to her grandaunt, a nun. After a few months, she moved in with her husband’s distant aunt in the countryside, where she gave birth to her son—healthy, though unable to tolerate her milk. They scraped by, feeding him sweetened rice soup in place of costly formula.

When her husband was released, they began planning their escape. Hoa’s father, already safely in the U.S., had used his business skills and multilingual fluency to settle and help other relatives immigrate. But Hoa and her husband had to fend for themselves.



Escaping the country was treacherous. The underground routes were secretive and disorganized. To secure a spot on a boat, they needed 100 ounces of gold—\$30,000 per attempt. From 1978 to 1979, they made six failed attempts due to betrayal or arrests. Finally, on their seventh try, they set sail under the guise of a fishing crew.

Crammed among sixty others in the hidden hold of a boat, they endured days at sea in silence until they reached Malaysian shores. From there, they were taken to a refugee camp, where they waited to be assigned a host country. Thanks to her father’s sponsorship, they made it to the United States, landing first in St. Louis before relocating to Texas.


Continued on page 10

### Special Points of Interest

- Movie Afternoon—The Lightkeepers—September 4
- Birthday Lunch—September 17
- No Host Dinner— The Bayou— September 17
- Day Trip to Hope—September 19

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

# SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>CENTER CLOSED</div> <div></div>	<div>2</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</div>	<div>3</div> <div>9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p—Karaoke 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group/Family Caregiver Support Group 3p—Ping Pong</div>	<div>4</div> <div>9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 3p—Movie Afternoon: The Lightkeepers</div>	<div>5</div> <div>9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge</div>
<div>8</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>9</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS 11a—PCHS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling</div>	<div>10</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p—Karaoke 1p-3p—Quilting/Crafting/ 2-3:30p Stronger Together Support Group 3p—Ping Pong</div>	<div>11</div> <div>9a– Chair Yoga 9:00a—Pool 10a—Tai Chi 10a-FLU SHOTS Noon—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 3p—Council on Aging 5p—Cribbage 6:00p—Acoustic Jam</div>	<div>12</div> <div>9a—Growing Strong 9:30a-12p—Quilting 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge</div>
<div>15</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>16</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling</div>	<div>17</div> <div>9a-Noon-Social Security 9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH/ Birthday Celebration 1p—Mexican Dominos 1p—Writers’ Group 1p—Karaoke 1p-3p—Quilting/Crafting/ Kuspuk Plastic Bag Caddy Class 2-3:30p Stronger Together Support Group 3p—Ping Pong 5:00p—Dinner/No Host—The Bayou</div>	<div>18</div> <div>9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 5p—Cribbage 6:00p—Acoustic Jam</div>	<div>19</div> <div>9a—Growing Strong 9:30a-12p—Quilting/ Kuspuk Plastic Bag Caddy Class 10a—Growing Strong 10:30a—Hope Day Trip Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge</div>
<div>22</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>23</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1p—Wii Bowling</div>	<div>24</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Noon/Acoustic Jam Noon—LUNCH 1p—Mexican Dominos 1p—Writers’ Group 1p—Karaoke 1p-3p—Quilting/Crafting 2-3:30p Stronger Together Support Group 3p—Ping Pong</div>	<div>25</div> <div>9a– Chair Yoga 9:00a—Pool 10a—Tai Chi Noon—LUNCH 1p—Wii Bowling 1-3p—Hand &amp; Foot 5p—Cribbage 6:00p—Acoustic Jam</div>	<div>26</div> <div>8-10 WAFFLES 9a—Growing Strong 9:30a-12p—Quilting 10a—Senior Connection 10a—Growing Strong Noon—LUNCH 1p—Wii Bowling 12:30-4:30p—Bridge 3p-5p—Black Spruce Cove Alaska Presentation and Signing</div>
<div>29</div> <div>9a—Growing Strong 10a—Growing Strong 11a—Bell Ringers Noon—LUNCH 12:30p-4:30p—Bridge 1p—Choir 2p—Grief support Group for Widows/Widowers</div>	<div>30</div> <div>9a– Chair Yoga 10a—Tai Chi 10a—TOPS 11a—Tom Burg &amp; Sisters Jam Session Noon—LUNCH 12:30-1:30p—Bingo 12:30-4:30p Pinochle 1:30p—Wii Bowling</div>	<div>Sweater weather</div>		



# Happy Birthday!



Day	Name	Day	Name	Day	Name
1	Peggy Nash	10	Blanche Rogers	19	Al Hershberger
1	John Reynoldson	11	Candy Kohniak-West	19	Terry Turner
1	Shawna Moro	11	Paul Ottobre	20	Gary Sonnevil
4	Kimberley Jackinsky	12	Richard Marquez	20	Horst Haunold
4	David Thornton	12	Sharon Whitman	22	Ruth Malston
4	Spiridon Lazov	13	Jonathon Thornton	24	Carl Glick
4	Shirl Kjostad	14	Dustin Rhodes	25	Shane Massey
5	Wanda Carlson	15	Mark Necessary	25	William Starnes
5	Susan Lockwood	15	Russell Sonberg	26	Jewell Coverstone
7	Read Kent	15	Vivian Terry	27	Marie Weller
8	Virginia Walters	15	Wacona Vandehey	27	Sandy King
8	Mel Krogseng	15	Roger Ihde	28	Carolyn Aley
9	Denny Doolittle	16	Carol Stables	28	Jeanine Adams
10	Judy Hall	17	Ron King	30	Marie Billings
10	Sherlyn Anderson	19	Joyce Harris	30	Ken Aaron



**Thursday  
Afternoon Movie  
September 4, 2025  
at 3:00p.m.**

## Now showing: The Lightkeepers

A grumpy sailor (Richard Dreyfuss) and a young stranger (Tom Wisdom) change their negative opinions about women when two move nearby.

## **NO-HOST DINNER**

### **The Bayou**

**Wednesday, September 17, 2025**

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

There will be limited transportation available at a charge of **\$6.00**, 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

Wednesday, September 3	Social Security	9a—Noon
Thursday, September 4	Movie Afternoon: The Lightkeepers	3:00 pm
Sunday, September 7	Kenai Historical Society Meeting	1:30 pm
Thursday, September 11	FLU SHOTS	10 am
	Council on Aging Meeting	3:00 pm
Wednesday, September 17	Social Security	9a—Noon
	Birthday Lunch	Noon
	“No Host” Dinner/The Bayou	5:00 pm
Friday, September 19	Day Trip to Hope	10:30 am
Friday, September 26	Waffle Friday	8-10 am
	Senior Connection Meeting	10:00am
	Black Spruce Cove Alaska Presentation & Signing	3p—5pm

## 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  
 before 1:00PM.**



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)

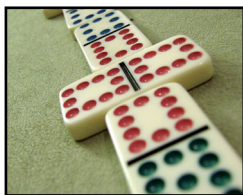
Monday-Friday 12pm-1pm

No reservations required

(Except for special events)

## Calling all Mexican Dominoes Players!

Interested in playing or learning about Mexican dominoes? Please join us every **Wednesdays** of the month at 1:00pm in the card room. It's so much fun and see you 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!

## Kenai Peninsula Wednesday, September 3 from 2:00p-3:30p



The Kenai Peninsula Family Caregiver Support Program will meet at 2:00 pm on Wednesday, September 3 in the dining room at the Kenai Senior Center w/ the "Stronger Together" Group.

Anyone interested in learning more about the services we have to offer are more than welcome to attend. For more information, please contact Dani or Nicole at 907-776-7654.

September Birthday Party —  
Wednesday, September 17 at Noon.  
If this is your birthday month, lunch is on us! Come celebrate with us!!!

## Nikiski Pool Transportation:

The Nikiski Pool will be closed September 1-7 for annual maintenance. Morning pool service will resume on Thursday September 11th. There is no transportation fee for this service but the individual is responsible for the \$2 admission fee to the pool.



Join in the fun of making this miniature kuspuk for storing all those plastic shopping bags.  
Come to class either Wednesday September 17 from 1-3:30 or Friday September 19 from 9-Noon.



*Kenai Historical Society meeting will be  
September 7, 2025, 1:30pm at the Kenai Senior Center.*

*Guest speaker Clark Fair.*

*This is a potluck dessert meeting so bring your favorite dessert to share.*

*Open to the public, membership encouraged.  
For more information call June at 907-283-1946.*

*Location: Kenai Senior Center  
361 Senior Ct, Kenai*

## **LIBRARY NEWS**

**by Kari Mohn**

We have LOTS of new videos. In fact, about two thirds of the DVD and Blu – Ray video collections are new to our shelves. That is thanks to two large donations. In the DVD collection, there are lots of chartreuse Post-its. These tags indicate new titles added in August. We will now take a hiatus on accepting video donations. Please donate them to other worthy locations such as the Salvation Army.

The Blu – Rays, housed on the shelves under the TV, also have new to the collection titles. Many of these also have a DVD in the same case. There are so many titles they have expanded onto the next shelf down. These videos are shelved in alphabetical order by title. The collection now has alphabetical dividers.

Titles withdrawn from the collection (the white property stickers have been marked out) and donated titles which weren't added to the library collection, are put on the Free Table in the Kenai Senior Center dining room. If you choose to pass these titles on, please put them back on the free table. Only video titles with a Kenai Senior Center property sticker should be returned to the Game Room Library.



## Kenai Senior Connection, Inc. NEWS

By: Terry Turner, Board President and Jerry Nassen, Board Vice-President

The good news is: Dip net season is over. The bad news is: That means summer is winding down on the Kenai. Fishing isn't over, but at least the mad influx of 'outsiders' has slowed considerably. We hope everyone was able to fill their larders with your favorite omega 3 supply.

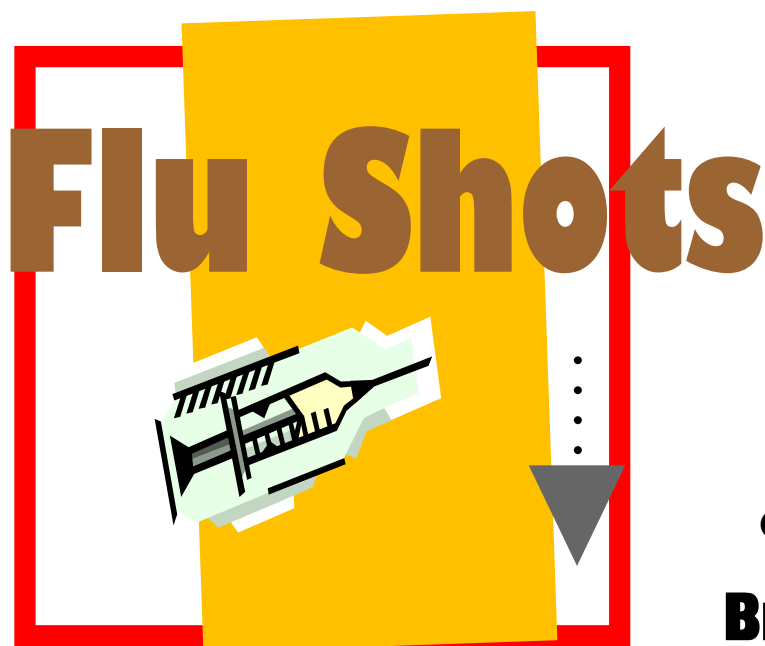
A few more signs that fall is fast approaching is the kids returning to school, the curling and yellowing of the leaves, and the fireweed blossoms pinking up to the top. But that doesn't mean your Senior Connection Board has been sitting by idly just waiting for something to do.

Our next major function at the Center will be Halloween. Each year we set up a safe, indoor trick-or-treat venue for local kids. We usually have around twenty 'stations' handing out goodies, we serve coffee and juice, and Larry the Balloon Guy usually makes an appearance flaunting his craft. It's always a fun time, so watch The Centerline and the bulletin board for further details.

Lastly, yet another plea for Senior Connection Board Members. Our by-laws allow for fifteen board members; we currently have eleven. We find that having a full board promotes more active discussion, opinions, and points of view. Managing the endowment fund (the board's primary function) is serious and important work, and diverse input is very important. So if you're a member of the "Five Dollar A Month Club", you are eligible to be a member of the Board. Please consider joining us as we guide your Senior Center into the future.

Your Board currently consists of: Terry Turner, President; Jerry Nassen, Vice President; Carol Freas, Secretary; Bill Nelson, Treasurer; and Members Velda Geller, Howard Hill, Deborah Myers, Marian Nickelson, Carol Prior, Hal Smalley, and Vivian Terry.

*Note: A description of the "Five Dollar A Month Club" and where those funds go/why they're important will be found elsewhere in this edition of The Centerline.*



**Kenai Safeway will hold a Flu Shot Clinic in the Dining Room at 10:00 am. Please sign up on the bulletin board to reserve your space.**

**Thursday, September 11  
from 10:00 am-11:30 am**

**Covid Shots also will be available**

**Bring your Medicare card**



# Senior Farmer's Market Nutrition Program



**Will you be 60 years of age or older  
by September 30, 2025?**

Do you like fresh fruits and veggies but  
purchasing these items are a little hard  
on your pocketbook?

If you answered yes to both of the  
questions above you will be happy to  
hear that the Kenai Senior Center is a  
distributing agency again for Farmer's  
Market Benefits! Benefits are available  
after July 1.

For more information about the  
program and to inquire as to whether  
you are eligible, please call the Kenai  
Senior Center at (907) 283-8212.



Looking for something fun to do?  
Enjoy hanging out with others?  
The Kenai Senior Center is the  
place for you!

- **First Thursday of the  
Month:** Movie Afternoon  
3 PM to 5PM



- **Thursday Fun Night:**  
happens every second, third,  
and fourth Thursday of the  
Month from **5 PM to 9 PM:**  
Join us for an Accoustic Jam,  
card games, cribbage, and  
more!

Beat the blues and make your  
Thursdays something to look  
forward to. We  
can't wait to see  
you there!



## **Day Trip to Hope**

**Friday, September 19, 2025**

**10:30a-5:00p**

Join Kathy & Paul for a day trip to  
Hope. The vans will leave the Center  
at 10:30 a.m. The day will include a  
beautiful drive to see the fall foliage  
and a no-host lunch at the Creekbend  
Café. Cost for the ride is \$15.00.  
Please sign up and prepay at the  
receptionist desk.





## CENTRAL KENAI PENINSULA

A community-driven initiative ensuring all residents can access 10 vital services needed to survive AND thrive!

Medical & Dental Care | Behavioral Health | Housing Security | Transportation to Vital Services | Food Security | Parent Supports | Early Childhood Education | Community Schools | Youth Mentorship | Job Training & Postsecondary Education



**We Want to Hear From You!**

**Take our short survey to rate how accessible vital services are in our community!**

**Support Local Solutions!**  
**Help our 100% Communities**  
**Action Teams identify:**

- **ADDRESS** barriers to vital services
- **IDENTIFY** gaps and opportunities for new services
- **FIND** ways to improve scheduling and availability

**Your input guides real projects and improvements in our community.**

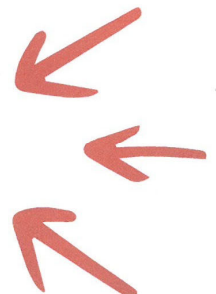
Have questions? Looking to get involved?  
Contact Abby@sccalaska.com



This survey takes  
approximately 5-10 minutes.

You can access the survey by  
scanning the code below or  
visiting:

<https://qrco.de/bg5lue>



Funding these desperate journeys took the collective support of Hoa's entire extended family in America. Her parents, siblings, and relatives worked long hours in restaurants and odd jobs to raise the funds. Grateful beyond words, Hoa vowed to repay their kindness.

She wasted no time rebuilding her life. She returned to school, earning a pharmacology degree and later certified as a registered pharmacist. For over three decades, she juggled two jobs—often spending her vacation time working additional shifts—all to repay the debt of love her family had extended.

As her relatives aged, many lacked retirement savings, having spent their lives helping others. Hoa and her husband took on the responsibility of caring for them. They provided housing and financial support through their twilight years. Her son joined in, helping his mother support those who once supported her.

When the COVID-19 pandemic struck in 2020, Hoa retired to care for her three grandchildren. From tending to her elders to nurturing the next generation, her selflessness never wavered.

These days, Hoa splits her time between feeding people and feeding her garden. True to her word, she spends her money on food and plants. At Vintage Pointe and the Kenai Senior Center, she's known for her delicious dishes and the vibrant flower beds she lovingly maintains. With her knitted green cap and endless energy, she's often spotted cleaning the grounds, pulling weeds, and nurturing blooms—still giving beauty and care, just like the night she was born.

Hoa's unwavering perseverance, generous heart, and selfless spirit continue to inspire everyone around her. She is a living testament to the quiet power of resilience, and the legacy of love.

## **Kenai Senior Connection, Inc. Five Dollar Club**

By: Jerry Nassen, Board Vice-President



Several people have asked me recently just what the Five Dollar A Month Club is, and what it is for. I'll address that here and will do further research for a more extensive article at a future date.

Since the Kenai Senior Center is a city-owned building and service, it is not volunteer run like other Senior Centers on the Peninsula. Don't get me wrong, they use plenty of volunteers, but the main staff are city employees and the Center is city funded, so there's no 'membership' per se required. The Senior Connection (a fund-raising board that supports the Senior Center), is entirely volunteer run, so we can require 'membership fees', which we do so through the Five Dollar A Month Club. Contributors to this fund can become members of the Senior Connection Board, and their contributions go directly to Senior Connection. Membership on this Board also makes the Member eligible to sit as a Member or Officer.

We are currently four Members shy of our allotted fifteen board members; here's your opportunity: You've already taken a step to show your support by contributing to the club, why not go one step further and apply for a position on Senior Connection? Application forms are available from any board member (names in the Senior Connections article) or available at the front desk.

# Senior BENEFITS PROGRAM

**Alaska Department of Health  
Division of Public Assistance**

## Overview

The Senior Benefits Program pays cash benefits to Alaskan seniors who are aged 65 or older and have low to moderate income. Cash payments are \$125, \$175, or \$250 each month depending on other income. The income limits for each payment level are tied to the Alaska Federal Poverty Guidelines and change each year as the poverty level changes.

## Who qualifies?

To be eligible for Senior Benefits, an individual must meet the following eligibility criteria:

- Be age 65 or older
- Be an Alaskan resident
- Be a U.S. citizen or Qualified Alien
- Have a Social Security Number or proof that one has been applied for
- Have countable income that does not exceed the income limits.

Resources, such as savings, do not count for Senior Benefits.

## Income Limits, Effective 4/1/25

Senior Household Size	\$250 Monthly Payment	\$175 Monthly Payment	\$125 Monthly Payment
Individual	\$14,663	\$19,550	\$34,213
Married Couple	\$19,823	\$26,430	\$46,253

## How To Apply

Complete a Senior Benefits Application (applications available online and we have them at the front desk of the Senior Center) and send them by mail, fax, or email or apply online through the Alaska Connect Portal:

**<https://alaskaconnect.ilinx.com/engage/dpa>**

If you have questions regarding the application or program, please see Red or Kathy at the Senior Center. We are here to help!





**CITY OF KENAI  
AND  
KENAI PENINSULA BOROUGH**

**ELECTION INFORMATION**

WHEN:	ELECTION:	WHAT:	WHERE AND WHEN?
SEPTEMBER 22 <u>through</u> OCTOBER 7, 2025	<u>City of Kenai and Kenai Peninsu- la Borough General Elections</u>	Absentee In-Person and Special Needs voting available.	City of Kenai Clerk's Office 210 Fidalgo Avenue Kenai, AK 99611  <u>Monday - Friday</u> September 22 – September 26, 2025 September 29 – October 3, 2025 October 6, 2025  Hours: 9:30am - 4:30pm
OCTOBER 7, 2025	<u>Election Day</u>		<u>Polls Open 7:00a-8:00p</u>  <u>Kenai City Hall</u> /Absentee-In-Person & Special Needs <u>Kenai Precinct #1</u> /Kenai Mall <u>Kenai Precinct #2</u> /Challenger Cen- ter. <u>Kenai Precinct #3</u> /Kenai Mall

DO YOU WANT TO ARRANGE A RIDE DURING A WEEK DAY TO KENAI CITY HALL TO VOTE ABSENTEE IN-PERSON OR ARRANGE FOR A SPECIAL NEEDS BALLOT FOR SOMEONE?

DO YOU WANT TO ARRANGE A RIDE TO A KENAI PRECINCT POLLS ON OCTOBER 1 (ELECTION DAY)?

**[CALL \(907\) 283-4156 EARLY TO ARRANGE A RIDE.](tel:9072834156)**



**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!**

**SEPTEMBER 2025 \$5 CLUB**

Juanita Aguilar	Carol Freas	Jennifer Lombard	Trish Roderick
Candace Allen	Velda Geller	Andy Long	Gladys Routh
Ken Ayers	Margaret Goggia	Carol Louthan	Julia Selanoff
Kris Ayers	Bill Graves	Mike Louthan	Marcia Shea
Carol Barner	Luna Graves	Paula Maier	Hal Smalley
Steve Best	Jeffrey & Monica Griffin	Marge Milewski	Lavona Smith
Sandy Bise	Darrell Hagen	James Miller	Cheryl Spear
Larry & Tona Bravo	Lee & Phyllis Hallstead	Kari Mohn	Bill Starnes
Patricia Bravo	June Harris	Twyla Mundy	Sondra Starnes
Larry Burcham	Kathy Heus	Wayne Mundy	Linda Stephens
Megan Burke	Donna Hoyt	Debbie Myers	Vivian Terry
Barb Christian	Bobbie Jedlicki	Jerry Nassen	June Truelove
Mike Christian	Ginger Kaona	Bill Nelson	Terry Turner
Renee Clifford	Fran Kilfoyle	Lois Nelson	Ray Verg-in
Jewell Coverstone	Leanne King	Marian Nickelson	Yen-ti Verg-in
Rachael Craig	Henry Knackstedt	Ray Nickelson	Beverly & Don Waldrop
Walt Craig	Mel Krogseng	Bonnie Olson	Frosty Walters
Terri Cramer	Anita Kwan	Susan Olson	Virginia Walters
Deborah DeShong-Hayes	Gaye Larane	Katie Pault	Candace Ward
Pamela Downing	William LaTocha	Robert Peterson	Marie Weller
Shirie Drath	Xiaopei LaTocha	Judith Pock	John White
Barbara Durnil	Hoa Le	Carol Prior	Ozella Williams
Robin Feltman	Susan Lockwood	Biz Robbins	Janice Wilsack
Sharon Fisher	Chris Lombard	Geraldine Roberson	Clayton Yoncher
			Emmett Young



**Book Presentation  
and Signing**  
**Friday, September 26,  
2025**  
**from 3:00p-5:00p**  
**Kenai Senior Center  
(361 Senior Ct)**

Remote. Wild. Mysterious. No place Ivy Phelonsen would choose, even visit. But for now, the tiny, coastal Alaskan community of Black Spruce Cove is her home. March 2001. Ivy Phelonsen and her husband Stan are prominent members of Anchorage's elite. They enjoy everything that money and privilege can buy. When Stan embezzles from his accounting firm, drains the couple's bank accounts and disappears with his assistant Ivy is disgraced and flees to The isolated coastal community of Black Spruce Cove, Alaska.

Available on Amazon.com

## Widows/Widowers



Meet Mondays at 2pm

Come share your grief with others

Its your story for you to share and we are here  
to support you

### 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.



### Waffle Bar Returns!

We will be offering waffles on **The Last Friday of the month** from 8-10:00 am. 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.





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.



Heart Healthy

# SEPTEMBER 2025 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
<p>1</p> <p><b>LABOR DAY</b> <b>CENTER CLOSED</b></p> 	<p>2</p> <p>Ham &amp; Bean Soup Broccoli Craisin Salad Cornbread Muffin</p>	<p>3</p> <p>Meatloaf Mashed Potatoes Gravy Baked Cabbage Salad</p>	<p>4</p> <p>Braised Pork w/ Creamy Mashed Potatoes Mixed Veggies Soup</p>	<p>5</p> <p>Rueben Sandwich Corn Chowder Fruit Cup</p>
<p>8</p> <p>Chili Dogs Steak Fries Soup</p>	<p>9</p> <p>Beef Stew Peaches &amp; Cottage Cheese Rustic Rolls Ice Cream Bars Salad</p>	<p>10</p> <p>Sweet &amp; Tangy Pork Stir Fry Veggies Jasmine Rice Egg Roll Salad</p>	<p>11</p> <p>Curry Chicken Yellow Rice Steamed Veggies Soup</p>	<p>12</p> <p>Sloppy Joes Tater Puffs Macaroni Salad</p>
<p>15</p> <p>Baked Potato w/ all the fixings Broccoli Roll Soup</p>	<p>16</p> <p>Chef Salad Fruit Cup Muffin</p>	<p>17</p> <p>BBQ Ribs Baked Beans Potato Salad <b>Birthday Cake</b></p> 	<p>18</p> <p>Sundried Tomato Artichoke Chicken Alfredo Yellow Squash Garlic Bread Soup</p>	<p>19</p> <p>Coconut Salmon Baked Sweet Potato Wedges Strawberry Spinach Salad</p>
<p>22</p> <p>Spaghetti w/ Meat Sauce Italian Veggies Garlic Bread Soup</p>	<p>23</p> <p>Taco Salad Fruit Cup</p>	<p>24</p> <p>Fried Chicken Mashed Potatoes Gravy Zucchini Medley Salad</p>	<p>25</p> <p>Baked Ham Yams Mixed Veggies Soup</p>	<p>26</p> <p>Cheeseburger Cowboy Beans French Fries</p>
<p>29</p> <p>Tuna on a Croissant Clam Chowder Seafood Salad</p>	<p>30</p> <p>Liver &amp; Onions Mashed Potatoes Gravy Maple Dijon Roasted Carrots Salad</p>	<p>1</p> <p>Thai Coconut Chicken Brown Rice Red Pepper Medley Salad</p>	<p>2</p> <p>Beef Enchilada Mexi-Corn Spanish Rice Soup</p>	<p>3</p> <p>BBQ Pulled Pork Sandwich Parmesan Fries Coleslaw</p>

Center Funders & Supporters

City of Kenai

Alaska Commission on Aging

Kenai Peninsula Borough

Center Volunteers

Kenai Senior Connection, Inc.

Private Donations



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](mailto:senior@kenai.city)  
<https://www.facebook.com/kenaisenior/>

Find us on

Facebook

PLEASE  
PLACE  
STAMP  
HERE