



## STERLING COMMUNITY NEWSLETTER

May 2015

### Mark your calendar for some Happenings in the area in May

Tues. May 5 <sup>th</sup> @ SSC, Caregiver Support Meeting Topic; "Celebrate Your Age"	1:00 PM
Sat. May 9 <sup>th</sup> @ SSC Moose River Hustle registration 8:30 AM	Race starts @ 10:00 AM
Mon. May 11 <sup>th</sup> @ SCC Head Start "Year End Celebration"	6:30 PM
Tues. May 12 <sup>th</sup> @ SSC Board Meeting of Sterling Community Center (everyone welcome)	5:45 PM
Fri. May 15 <sup>th</sup> @ SCC Scrapbooking (high school age and adults)	7:00 PM/12:00 midnight
Sun. May 17 <sup>th</sup> @ SSC "Hobo Jim Concert"	7:00 PM
Mon. May 25 <sup>th</sup> @ SCC will be closed for Memorial Day observance	

### STERLING/SOLDOTNA HEAD START

The children of Sterling/ Soldotna Head Start experienced the theme of "camping" this past week at school. The preschoolers engaged in dramatic play inside the tent that was set up for them in the classroom. They enjoyed playing with lanterns, binoculars, a compass, a camp stove and camp style dishes. The 3-5 year olds loved the stories of camping adventures and sang camping songs like, "Row, Row, Row your Boat". The boys and girls eagerly participated in creating a word web. They told the teachers their favorite camping activities such as; riding bikes, sleeping in sleeping bags, roasting marshmallows, and eating smores to name a few.

Next week the children will have a fun time with themed days that include Pirate Day, King & Queen Day, Cowboy & Cowgirl Day, and they will celebrate all May & Summer Birthdays. The "Jumpy House" is reserved for the last day of school and Head Start would like to thank CBC Rentals (Bob & Char Oakes) for the discount donation. Our parents voted to pay for the rental out of the Head Start fundraising account and the children are always pleasantly surprised when the announcement is made that there is a " bouncy house" set up outside for them. Head Start would also like to say a BIG Thank you to Michal Yard for being a consistent volunteer. Head Start staff and children really appreciate her dedication to our program. Head Start will hold its annual Year End Celebration on May 11th at 6:30 at the Sterling community Center. We will say good-bye to our kindergarteners and promote our three year olds to being "big kids" at Head Start for year two.



Head Start is accepting applications for fall enrollment please call 260-7446 to set up an appointment or for more information about the program. Families will need to bring immunization records, social security numbers, and 2014 tax documentation to complete the application.



**From: TAMMY STRAUSBAUGH**

The Sterling Moose River Hustle fun run/walk will be held Saturday May 9th at the Sterling Senior Center. Registration begins at 8:30 with the event beginning at 10 a.m. There will be 1 mile, 5k and 10k routes to choose from. Entry fees are \$10 for youth, \$20 for adults and \$50 for a family. We will have awards for various age groups and drawings for door prizes. Volunteers are also needed for registration, crossing guards and water tables. Entry forms will be available at the Sterling Senior Center. Anyone wishing to volunteer or with any questions please call 262-1721

**KENAI PENINSULA CAREGIVER PROGRAM**

**MAY SCHEDULE**

Kenai Peninsula Family Caregiver Support Program  
Meeting Schedule

- Tuesday, May 5, 2015, 1:00 pm Sterling Senior Center, Caregiver Support Meeting- Topic: Celebrate Your Age, its Older American Month
- Tuesday, May 12, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting Topic: Celebrate Your Age, its Older American Month
- Thursday, May 14, 2015, 5:00 pm KPFCSP Office in the Blazy Mall, Caregiver Support Meeting Topic: Celebrate Your Age, its Older American Month
- Tuesday, May 19, 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting Topic: Celebrate Your Age, its Older American Month
- Tuesday, May 19, 2015 3:00pm Anchor Pt. Senior Center
- Tuesday, May 26, 2015, 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support Meeting Topic: Celebrate Your Age, it's Older American Month

Please join us to share your experiences as a caregiver, or to support someone who is a caregiver. If you are helping a family member or friend by being a caregiver, come see how we can help. Please call Shelley or Judy at (907) 262-1280, for more information.

**STERLING SENIOR CENTER:**

Welcome to spring! The snowbirds are returning, welcome back to YOUR Senior Center and to the great activities coming soon:

The Moose River Hustle Run will be on May 9<sup>th</sup> – starting and ending at the Senior Center. Signup sheets for the run are at the front counter of the Senior Center; also, the Senior Center will be serving lunch for the runners at the end of the run. Many thanks to the **Strausbaughs** for organizing this great fun event! Funds collected will benefit the Senior Center's Meals on Wheels program!



**Hobo Jim** is coming to the Sterling Senior Center – performing a concert for our community! May 17<sup>th</sup> at 7pm is the time, get your tickets for \$15 at the Senior Center's front counter. There will be complimentary food and a no host bar for you to enjoy in addition to **Hobo Jim's Concert**.

We are having our “High Hat Tea”, May 19<sup>th</sup> from 3pm to 5pm. There is no cost, but we do ask you to bring a finger food to share with others. You must wear a hat (no baseball caps please). If you don't have one, we will have extra hats to share. Signup sheets will be at the front counter. For more information please call **Glenda at 262-2943** or **Geoann @ 260-6630**.

The Senior Center has many activities, something for everyone: crafting, square dancing lessons, Spanish classes, exercise, Thursday evening card games & potluck, bible study, lunch 5 days a week. You don't have to be “**OLD**” to come to the Senior Center. All ages are welcome! You may get a complete Activities schedule and Lunch menu by picking it up at the Senior Center, or email your request to [sterlingseniorcenter@alaska.net](mailto:sterlingseniorcenter@alaska.net)

Until next time: Keep kindness in your heart, good thoughts in your head, a twinkle in your eye and a smile on your lips.

Glenda Graham, President

### STERLING COMMUNITY CENTER NEWS

**Bella** is back with **ZUMBA**. She is our certified instructor. Starting May 27<sup>th</sup>! Classes will be on Monday/Wednesday/Friday evenings from 5:30-6:30 pm. Monday will be Zumba, Wednesday will be Hip Hop and Friday nights will be Black Light Zumba! \$6.00 per person, free for SCC members. Call the Center if you have any questions. So come get your move and groove on and let's work out! You do it at your level and speed!

**GYM WALKING TIME** has a new time. Starting May 1, 2015 our walking times will be Monday, Wednesday and Friday mornings from 8:30-9:30 am. 19 laps around our gym and you have walked a MILE! Slap on your iPhone or Walkman and do the easy walk, jitterbug hustle or jog. It's all up to you! It's a great and wonderful time to do something for you. \$6.00 per person, SCC members are free. Wear inside gym shoes.



**ANNOUNCING AN ADDED DAY FOR PICKLEBALL!** New night of pickleball is on Tuesday evenings from 6:00-8:00 pm. (Only exception is Tuesday May 5<sup>th</sup>, previous booking in the gym.) Our days of Pickleball are Monday/Wednesday 1:00-3:00 pm Tuesday/Thursday 6:00-8:00 pm. \$6.00 per person, SCC members are free. Wear indoor gym shoes and bring a water bottle! It's the happening place to be.

**Let's Make a Mother's Day Card** on Tuesday, May 5<sup>th</sup> during open gym time from 3:00-6:00 pm. \$6.00 for non-members, SCC members free. We will be working alongside the kids to help give them

ideas to make a special card for their moms. We are still looking for donations. If interested give the Sterling Community Center office a call at 262-7224.

**Scrapbooking on Your Own** will be on Friday, May 15<sup>th</sup> from 7:00-midnight in the library. \$6.00 for non-members and SCC members are free. If you like to make cards bring your supplies and come on down. Come and stay as long as you want. This is a fun group of ladies and we have fun!!

**Let's Get Healthy** occurs every Tuesday and Thursday evening in the Library from 5:30-6:30 pm! Bring a mat if you have one, and suggested to bring a water bottle. These ladies get their exercise! \$6.00 per person, SCC members are free. It's a great class and everyone walks out feeling the workout and they have **Smiles** on their faces! The last day of this class will be Thursday, May 28<sup>th</sup>. Taking a break during the summer and then she will resume in the fall.

**Toddler Time** is still on Wednesday's from 12 noon till 1:00 pm. Parents/grandparents or caregivers are free. \$6.00 per person, SCC members are free. We have specific toys for the smaller tots. Come let them burn some energy off in our gym.

**Closing Early on Monday, May 11<sup>th</sup>** at 5:00 pm and again on Monday, May 18<sup>th</sup> at 5:00 pm. Parents be sure to mark those days on your calendars..

**Monthly Board meeting** will be held on Tuesday, May 12<sup>th</sup> at 5:45 pm in the Library.

**MONDAY, May 25<sup>th</sup>** the Sterling Community Center will be closed in observance of Memorial Day. We want to wish everyone out there to remember the price of our freedoms and to have a safe and memorable weekend.



Be checking the calendar we are trying to have some special activities for the kids during the summer!!!

The Sterling Community Center is still looking for a campground host for the summer of 2015. If you are interested please call the Community Center at (907) 262-7224 or send an email: [scc@acsalaska.net](mailto:scc@acsalaska.net)

A special **"THANK YOU"** to all our Crafters and Vendors that participated in our Spring Crafter and Vendor Fair held Saturday, April 25<sup>th</sup>. Was a great showing with many individuals sharing their talents, crafts and their venues!

Looking for a place to hold a birthday party, bridal shower or a wedding reception? Come check out our facilities and see if we can accommodate what you have in mind!! Many options are available. Give us a call!

Don't forget if you are over 70 years young, you can sign up and get a free membership here at the Sterling Community Center. Regular annual adult membership is \$120.00

## PENINSULA JOB CENTER:

Good Afternoon Everyone,

Please see the attached Peninsula Job Center Workshop calendar for May 2015. I have also attached a class description to provide information about each of the workshops and other services and resources available at the job center.

### HAPPENINGS in the month of May 2015:

Ø Interviewing Skills workshop has been cancelled for Thursday, May 7<sup>th</sup>

Ø **Vocational Rehabilitation Orientation Workshop** will be offered at the Peninsula Job Center on Thursday, **May 7, 2015** from 3:00 to 4:00pm

Ø ALEXsys Job Leads and Interviewing Skills workshop has been cancelled for Monday, May 11<sup>th</sup>

Ø Introduction to ALEXsys and the Job Center workshop has been cancelled for Monday, May 18<sup>th</sup>

Ø The Peninsula Job Center will be **closed** on **Monday, May 25<sup>th</sup>** in observance of Memorial Day

Ø On Wednesday, **May 27<sup>th</sup>**, we will offer a **Job Search Strategies for the Ex-Offender workshop**. Participants will receive information on effective ways and available resources to help knock down criminal history barriers in applying for employment.

Ø No workshops will be offered on Thursday, May 28, 2015

### Please note the below telephone numbers to reach Peninsula Job Center, Department of Labor staff:

Peninsula Job Center, Department of Labor, main phone number: 335.3000

Employment Services: phone: 335.3010 / fax: 335.3050

Career Support and Training Services: phone: 335.3060 / fax: 335.3070

Employment Security Tax: 335.3020

Please dial 283.2900 to reach the Division of Public Assistance

## **Highlights Around the Town**

**AWANA Clubs** at Sterling Baptist Church, 262-4711, Soldotna Bible Chapel, and Calvary Baptist Church in Kenai, 283-4782. For children 3yrs to 6th grade.

**Cabin Fever Creations-262-2787**

Creative crafts for all ages. Call for the scheduled family, couple, and kid classes. Saturday kid classes are \$10.00.

**Head Start - 335-7260 or 260-7446** Preschool for children ages 3-5 at Kenaitze Head Start in Kenai or

RurAL CAP Head Start in Sterling.

**Infant Learning Program - 714-6647** Free vision and hearing screenings for children ages 6m - 5yrs are always available at the Infant Learning Program. Please call for an appointment.

**Jumpin' Junction - 420-0566** Indoor inflatable play center, black light mini golf, and more located on K-Beach Rd in their new building.

[www.jumpinjunctionak.com](http://www.jumpinjunctionak.com) **La Leche League - 260-6141**

Support for Breastfeeding moms. Call for information or classes.

**Mothers Of Preschoolers: MOPS**

**Check out their Facebook page <http://www.facebook.com/MOPS.Int>**

Meet 1st Tuesday of the month.....9:30am-11:30am; *One time registration fee \$25. Free childcare. Brunch; a video, speaker or creative activity; and discussion time. Kenai New Life church across from the Challenger Center in Kenai. Coordinator LaNae Cronk 953-0080*

**Read**

## **Community Resources**

**ABC-Pregnancy Care Center 907-283-9062**

[www.abcwecare.com](http://www.abcwecare.com)

Provides a safe place for women and their families for services and accurate information, with supports before and after pregnancy for free. Parenting, life skills, and fatherhood classes are available on a 1:1 basis.

**Clothes 4 U-First Baptist Church Soldotna**

Free clothing and shoes. Open second and fourth Saturday of each month, 10-2 159 S. Binkley

**Clothes Closet-283-9479-Lee Shore Center**

Donated clothing and items ready for repurposing! Open for the public Tues-day & Wednesday 10-3

**Kenai Peninsula Community Care Center - 283-7635** [www.kpccc.com](http://www.kpccc.com)

**Kenai Peninsula Food Bank - 262-3111** [www.kpfoodbank.org](http://www.kpfoodbank.org) Provides food for non-profit and religious organizations, commodity goods for individuals and families, plus serves meals in the soup kitchen. \*Fireweed Diner: No-cost lunch provided M-F 11:30-2:30.

**Kenai Public Health- 335-3400** Kenai Public Health Center provides immunization services by appointment for those who have no insurance plan or have insurance plans that do not cover vaccinations. Please call to schedule.

**Kenai United Methodist Food Pantry - 283-7868**

Open from 12-3 every Monday. Located next door to the Boys & Girls Club in Kenai.

**Love INC. - 283-LOVE**

An inter-denominational Christian organization that works with churches and agencies in the area to provide assistance to our neighbors in need.

**Parent SPEAK Support Group- 260-3621 or 394-6310**

SPEAK "Special Parents Encouraging Amazing Kids" SPEAK (tentatively) meets the same Thursday each month at Kenai River Center (Donald Gilman Center) across the street from the Soldotna Airport.

**Peninsula Community Health Services - 262-3119** [www.pchsak.org](http://www.pchsak.org)

A comprehensive community health center serving the Kenai Peninsula that offers medical, dental, and behavioral health services.

**Safe Kids Kenai Peninsula - 714-4539** [www.cpgg.org/safekids](http://www.cpgg.org/safekids) This coalition works to educate adults and children. They provide safety de-vices to families in need, advocate to strengthen laws to protect children 14 and under, and empower families and their communities.

**The Salvation Army - 283-3879**

201 N. Forest Dr. & 2nd, Kenai Provides emergency food and shelter, distributes food commodities, assists with rent and utilities.

**Soldotna United Methodist Food Pantry - 262-4657**

Open 11-2 every Wednesday. Located behind Safeway on Binkley St.

Call to schedule an appointment. **y to Read Resource Center- (907)343-2970**



*From Editor-Grace Merkes- Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All info. From your groups, churches, organizations, businesses, birthdays, weddings, graduations, individuals etc. are accepted by emailing me at [merkes2@yahoo.com](mailto:merkes2@yahoo.com) Thank you!!*