



**STERLING COMMUNITY NEWSLETTER
November 2015**

Mark your calendar for some Happenings in the area in November

Thurs. nights	@ Sterling Pentecostal Church “Kids Power Hour”	7:00 pm
Sun. Nov. 1 st	@ Sterling Pentecostal Church (features for kids and a meal to follow)	11:00 am
Tues. Nov. 3 rd	@ SSC Caregiver Support Meeting (Caregiver Wellness)	1:00 pm
Fri. Nov. 6 th	@ Sterling Senior Center (Snacks & Movie)	6:00 pm
Fri/Sat Nov 13 th /14 th	@ SSC CHRISTMAS BAZAR	10/4 pm
Thurs/Sun Nov 12/15 th	@ Sterling Pentecostal Church (Evangelist Preston Plemons)	various
Thurs. Nov. 19 th	@ SCC Board Meeting of Sterling Community Center (everyone welcome)	5:45 pm
Fri. Nov. 20 th	@ SCC “Scrapbooking”	7:00/midnight
Fri. Nov. 20 th	@ SSC (Snacks & Movie)	6:00 pm
Sat. Nov. 21 st	@ SSC (Food Bank Benefit Breakfast)	9/1:00pm
Thurs/Fri Nov 26 th /27 th	@ SCC closed for Thanksgiving weekend	
Nov 26, 27, 28	@ SSC closed for Thanksgiving weekend	
Nov. 26 th	@ Sterling Senior Center community Thanksgiving Dinner	12/1:00 pm

Sterling Community Center News

After School Camp will not be held on Thursday and Friday, November 26th and 27th. After School Camp will start early on Wednesday, November 25th at 2:05pm due to early release day from KPBSD.

Sterling Community Center – CLOSED Thursday and Friday, November 26th and November 27th. We would like to wish everyone a Happy Thanksgiving Holiday.

Freezer Pleazer Raffle Tickets are on sale now – The Sterling Community Center is selling tickets for \$10.00 each or 6 tickets for \$50.00. This is for a NEW 7.1 cu. ft. Freezer with approximately 210 lbs. of frozen seafood and meat. Tickets are sold at the Sterling Community Center, CBC Rental, Magpye’s Pizza and Bing Browns. The freezer and detailed list of the meats so far are on display at the SCC.

Co-Ed Basketball – is on Tues. nights from 6:30 pm – 8:00 pm. \$6.00 per person, Sterling Community Center members are free. Bring your indoor tennis shoes and come start shooting some hoops. This is open to 18 and up.



Tai Chi – is on Monday’s from 1:00-2:00 pm and again Monday night from 6:00 – 7:00 pm. This instruction can also be adapted to those that are restricted in their standing abilities for any length of time. Fees are \$6.00 each and free for SCC members. Children are also welcome to attend.

Let’s Get Healthy – is meeting in our Library every Tuesday/Thursday evening from 5:30-6:30 pm. Wear comfortable clothing, bring a water bottle, an exercise mat if you have one. You are welcome to bring hand weights up to 10# if you have them. Cost is \$6.00 per person, free for SCC members. Class will not meet on Thursday, November 19th due to the Sterling Community Center Board Meeting.

Gym Walking – has been putting in some steps here at the Center. Monday/Wednesday/Friday from 8:30-9:30 am. Only 19 laps around the gym and you have completed a mile. Why let that cold, wet, miserable weather stop you from exercising? Only \$6.00 will get your walking groove on while SCC members are free.

Pickleball is one of the all-time favorite activities up here. Monday and Wednesday’s from 1:00-3:00 pm and also on Thursday evenings from 6:00-8:00pm. \$6.00 for non-members and free for members. If you have questions about this fast sport stop on by and watch.

Toddler Time- is every Wednesday from 12:00-1:00 pm. We have a huge gym for those we tots to burn off some of the energy. We have some great toys for them to play on, including a tunnel, see-saw, and a small slide. Mats are also available.

“Busy Hands-Happy Hearts” - will meet in the library on Friday, November 13th from 7:00 pm until 11:00 pm. This is for quilters, needlepoint, crocheting, knitting or any other form of crafts. B ring your own sewing machine, supplies. This will be a work on your own time. Open to 18 years and up, no children please. Members of the Sterling Community Center are free, non-members are \$6.00 each.



Scrapbooking On Your Own – Will meet on Friday, November 20th in the library from 7:00 pm until midnight. Bring your scrapbooking supplies and/or card making goodies and get your creative juices flowing. This is a non-teaching time, open to 18 years and up. No children please. Non-members are \$6.00 and Sterling Community Center members are free.

Sterling Community Center Board Meeting – will be held Thursday, November 19th at 5:45 pm in the Library. The meeting is open to the public.

SAVE THE DATE! DINNER & DANCE!!!

Saturday, February 13th, 2016 will be the Annual Sterling Head Start and Sterling Community Center Fund Raiser here at the Sterling Community Center. ** Live Music & Dancing with Dinner/Silent Auction/Live Auction. Tickets will be available mid December 2015. Keep an eye out for the Flyers, Newspaper, Radio and postings on Facebook for when tickets will go on sale.

Questions or More Info: call Rochelle at 262-7224 or email at scc@acsalaska.net Thank-you!

Sterling Pentecostal Church

A program for children called POWER Hour is now being presented on Thursday nights at 7 pm, concurrent with the Bible study. Games, activities, songs, Bible lessons, and treats are all included.



A Look Ahead to November Events

Nov. 1, Kid's Day. The Sunday service at 11 am will have features for kids which all ages can enjoy. A meal will follow.

Nov. 12-15, Special services with evangelist Preston Plemons. Thursday will be at 7 pm, Friday at 7:30 pm with refreshments following. Sunday worship at 11 am.

Visit sterlingpentecostalchurch.com for information.

Mitch Glover <maglover@alaska.net>

Kenai Peninsula Family Caregiver Support Program Meeting Schedule

NOVEMBER SCHEDULE

- Tuesday, November 3, 2015, 1:00 pm Sterling Senior Center, Caregiver Support Meeting. Topic: Caregiver Wellness
- Tuesday, November 10, 2015, 1:00 pm Soldotna Senior Center, Caregiver Support Meeting Topic: Caregiver Wellness
- Tuesday, November 17, 2015, 1:00 pm Kenai Senior Center, Caregiver Support Meeting . Topic: Caregiver Wellness
- Tuesday, November 17, 2015 3:00 pm Anchor Pt. Senior Center
- Tuesday, November 24, 2015 1:00 pm Soldotna Senior Center, 1:00 pm Caregiver Support Meeting Topic: Caregiver Wellness

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. All topics have a handout available

Sterling Senior Citizens

Here is some information I am copying off the Sterling Senior Center Newsletter:



The Senior Center will be the main collection and distribution for the "Share in the Giving Thanksgiving and Christmas" food boxes. We will be setting up the angel tree again this year, so if you can help with food or a gift for someone in need or if you know of a family that could benefit, please get ahold of us.

Coming up in November we have the annual Christmas Bazaar on the 13th and 14th, from 10:00 am to 4:00 pm. A great time to purchase Christmas gifts before the rush hits. Tables are \$25 each for both days. If you would like to rent a table or volunteer, please get ahold of Sandy at 260-3725 or contact the senior center. Items being sold must be hand-crafted.

The Senior Center also has a "Cash for Christmas Raffle" with a \$500.00 first prize and Holiday Goodies for second prize. Tickets are \$5.00 per ticket or 5 for \$20.00. There are 500 tickets available and the drawing will be at the "Annual Christmas Prime Rib Dinner on December 12th."

A "potluck Thanksgiving Dinner"

featuring Roasted Turkey with Dressing, Mashed potatoes, Cranberry Sauce and Gravy will be prepared by Volunteers.

WHERE: sterling Senior Center

WHEN: Thursday, Thanksgiving Day, November 26th

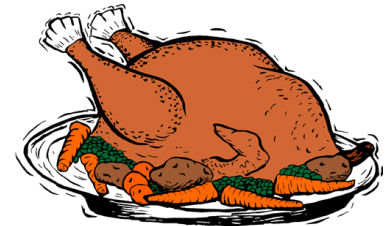
ADMISSION: IS FREE

TIME: Doors open at 11:30 am. Dinner will be served from 12:00 noon to 1:00 pm

Please bring a side dish or dessert to share if possible.

EVERYONE IS WELCOME!!!

Donations will be accepted, but are not necessary. Please come and celebrate Thanksgiving with us!



Thank you,

Rita and Rocky Helleck and Our Cook, Jan

Bonnie Smith-Abundant Life Church

Morning Worship 10 am

Nursery available & Children's Church

Adult Sunday school 8:45 am to 9:45 am

Morning Worship Service 10:00 am

"Let's Talk About Jesus." 6pm to 7:30 pm

Nursery available & Children's Church

Our Wednesday Night Programs are currently in session, come check them out! (*We follow the public school calendar.) Every Wednesday Night 6:30 to 8:00 pm

at ALC mile 81.5 Sterling Hwy.

For more information contact the office at 262-7266

COD Kids Program Ages 4yrs- 6th Grade

Stand Tall Junior High Group 7th & 8th Grade

Reset Youth Group 9th-12th Grade

Please **like The Gathering Place ALC** on Facebook & get all of the information & upcoming events.



Freezer Pleazer Raffle

Sterling Community Center

Will be selling tickets for a
7.1 cu. ft. chest freezer
With approx. 210 lbs. of
assorted frozen meats

\$10.00 per ticket or 6 for \$50.00

Permit # 2913

**Tickets sold at: Sterling Community Center
Bing Brown / CBC Rental / Magpye's Pizza**

Cash/Check

Drawing will be held December 19th, 2015 @ 3:00 PM

NEED NOT BE PRESENT TO WIN only 750 tickets to be sold

Benefits the Sterling Community Center

Peninsula Job Center

HAPPENINGS in the month of November 2015:

In addition to workshop offerings such as Resume Writing, Interviewing Skills, Career Ready 101 and WorkKeys testing, and ALEXsys Job Leads:

Ø We will offer a **Job Search Strategies for the Ex-Offender workshop** on **Wednesdays, November 4th and 18th**. Participants will receive information on effective ways and available resources to help knock down criminal history barriers in applying for employment.

Ø **Introduction to ALEXsys and the Job Center** workshops will be offered on **Mondays, November 9th and 23rd**. Participants will learn about the equipment, services, and resources available at the Peninsula Job Center.

Ø The Peninsula Job Center will be **closed on Wednesday, November 11th** in observance of Veterans Day.

Ø **Vocational Rehabilitation Orientation Workshop** will take place at the Peninsula Job Center on **Thursday, November 12th** from 3:00 to 4:00pm. A Vocational Rehabilitation Counselor will be available to answer questions about the program.

Ø Representatives from Kenai Peninsula College will be at the Peninsula Job Center on **Tuesday, November 17th** to conduct a **GED Orientation**.

Ø The Peninsula Job Center will be **closed on Thursday, November 26th** in observance of Thanksgiving Day.

Please note the below telephone numbers to reach Peninsula Job Center: Peninsula Job Center, Department of Labor and Workforce Development, main phone number: 335.3000 / fax: 335.3050

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

Division of Public Assistance: 283.2900

Please let me know if you have any questions or would like to learn more about any of the workshops or services offered at the Peninsula Job Center.

Thank you,

Rachel O'Brien

Gulf Coast/Southwest Regional Manager

Department of Labor & Workforce Development

Phone: (907) 335.3001

Fax: (907) 335.3050

E-mail: rachel.obrien@alaska.gov



From Editor-Grace Merkes- Hope you enjoy reading the Sterling Community Newsletter and this info is helpful to you. All information from your groups, churches, organizations, businesses, birthdays, weddings, graduations, individuals etc. are accepted by emailing me at (new address) grace.merkes@yahoo.com Thank you!!