




benen hdiidechiqi September 2024 wellness activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Suicide Prevention and Awareness	2 DWC Closed for Labor Day	3 11am-1pm Diabetes Self Management Class	4	5	6 7:45am Dawn Prayers	7 Learn the warning signs of suicide
8 Suicide Prevention and Awareness Week	9 1-4pm Arts & Crafts	10 10am-2pm Health Promotion in Lobby 11am-1pm Diabetes Self Management Class	11 1-3:30pm Tie Dye for Orange Shirt Day at Greenhouse	12 Thirsty Thursday 1-3pm Scented Sachets & Catnip Toys at the Greenhouse	13 7:45am Dawn Prayers 10am-4pm Arts & Crafts Fair	14 If you are worried about someone who may be suicidal: Take them seriously
15 Does your family have a plan? Prepared for the unexpected? Ready.gov/September	16 Arts & Crafts Cancelled	17 11am-1pm Diabetes Self Management Class	18	19 1-2pm Fresh Spring Rolls Class	20 7:45am Dawn Prayers	21 If you are worried about someone who may be suicidal: Listen
22 Central Peninsula Crisis Line: 907-714-5353	23 1-4pm Arts & Crafts	24 Tasty Tuesday 11am-1pm Diabetes Self Management Class	25	26	27 DWC Closed for National Indian Day	28 If you are worried about someone who may be suicidal: Ask
29	30 Orange Shirt Day: 1pm Remembrance & Recognition Ceremony 1-4pm Arts & Crafts	1 11am-1pm Diabetes Self Management Class	2	 ALASKA'S TOBACCO QUIT LINE 1-800-QUIT-NOW 784-8669 alaskaquitline.com		30 Coming in October Celebration of Women's Wellness
		<p>Gym classes are open to: Un'ina, Kenaitze Employees, and Buddy Participants Gym: Mon - Fri 6:30am - 6:30pm ~ No appt needed for orientation Greenhouses open! Our hours are Monday - Friday 10AM-3PM end of Ames Rd. Orange Shirt Day: Raising awareness for the victims of boarding schools - honoring the healing journey of our Elders and their families. *Join us at Raven's Plaza at 1pm for Orange Shirt Day - Remembrance and Recognition Ceremony*</p>				

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month it turns yellow
Suicide and Crisis
Lifeline: Dial 988
Central Peninsula Crisis
Line: 907-714-5353

Sockeye Salmon Chowder
 4 slices bacon, diced
 1 Carrot, diced fine
 1 Onion, diced fine
 1 Stalk Celery, diced fine
 1 15-Ounce Can of Clams, chopped
 4 Potatoes, diced
 1 Cup Water
 2 and 1/2 Tablespoons Fresh Dill
 2 Tablespoons Chopped Garlic
 1 Tablespoon Chopped Fresh Basil
 1 and 1/2 Teaspoon Thyme
 1/2 Teaspoon oregano
 4 Cups Heavy Cream
 3/4 Pound Sockeye Salmon Fillet, coarsely chopped (can be raw, cooked fresh or leftover)
 4 cups milk
 1/2 Cup Cornstarch
 Salt and Pepper
 In a 4-quart stockpot, *saute* the bacon. *Add* carrot, onion and celery. *Saute* until onion turns clear. *Add* clams with their juice, potatoes and water. *Cook* at a slow boil until the potatoes are tender. *Add* dill, garlic, basil, thyme, oregano, heavy cream and salmon. *Cook* for 15 minutes, *stirring* constantly, *Mix* milk with the cornstarch; *add* mixture to the soup. *Cook* and *stir* consistently until soup thickens.

FITNESS CLASSES SEPTEMBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM - 8:45 AM	Hatha Yoga & Morning Stretch 8:00 AM - 8:45 AM	9:30 AM - 10:30 AM Walking Club 9:30 AM - 10:30 AM		Walking Club 9:30 AM - 10:30 AM	
11:00 AM - 11:30 AM		Circuit Works 11:00 AM - 11:30 AM		Circuit Works 11:00 AM - 11:30 AM	
12:00 PM - 12:30 PM	Back, Booty, & Core Express 12:00 PM - 12:30 PM		Back, Booty, & Core Express 12:00 PM - 12:30 PM		
1:00 PM - 1:45 PM				Hatha Yoga & Stretch 1:00 PM - 1:45 PM	

Back, Booty, & Core

Strengthening the muscles around your core with an emphasis on core strength and stability, providing the vital ingredient for a stronger body.

Circuit Works

Exercise stations are set up around the gym. Rotate through each station for a specific time interval to get a full-body workout. Great for all skill levels!

Hatha Yoga & Stretch

Hatha yoga is practiced at a slower pace, with focus on the breath, controlled movements, and stretching.

Walking Club

Join us for walks around Old Town Kenai, to the beach, and on local trails. Sign up in advance.

Yoga Flow

Yoga Flow is a vigorous class with movements connected to each other in a flowing manner. Linking movement with the breath is a primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering the basic poses before moving onto the more complex poses. Helps build overall strength and flexibility.

Monthly Challenge

9/11 Stair Challenge

In commemoration of September 11, try the Stair Challenge! Climb 2,071 steps, which represents the 110 floors found in each of the World Trade Center's Twin Towers. This challenge is a great way to honor our fallen heroes and those who still serve. Track your progress and for every 110 floors you climb, enter your name into the monthly drawing!

We are open
Monday - Friday
from 6:30 AM - 6:30 PM

