



SENIOR

SENTINEL

The latest news from The Keene Senior Center - May 2024

SUPER SENIOR (70+) DEMAR MARATHON



SUNDAY, SEPTEMBER 29th

The 46th annual DeMar, voted the *Best Race in NH*, is right around the corner and it's not just for marathon and half-marathon runners. Thanks to the generous support of the Hoffman Family Foundation, kids and Super Seniors age 70+ have been able to participate in a creative way - at no charge - for the past 12 years.

Here's how it works:

- **Walk or run 25 miles** between May 1 and August 30 (at your own pace, on your own time.)
- **Keep track of your miles** on the printed log sheet.
- On Marathon day, Super Seniors gather on Optical Ave and run, walk, hop, or skip **the final 1.2 miles** to "finish the race," ending up at Keene State College among cheering crowds.
- If you complete your log and turn it in by August 30 you'll get a shirt to wear at the race. You'll also get a medal upon completion of the race.
- Registration forms and mile logs are available at the front desk.

In addition to the Demar, Super Seniors stay active with Pickleball, Performance Dancing (not couples) and the 100 Mile Club.

COME JOIN THE FUN and keep moving!



Farewell to Mary!

WITH MUSIC BY THE
KCO WOODWINDS

Join us for music, stories and snacks

Thursday, May 23rd
at 1:00 PM

If you would like to bake something or bring food,
please let us know.

The Keene Senior Center
312 Marlboro St., Suite 100
Keene, NH 03431

thekeeneseniorcenter.org

KEENE CHAMBER ORCHESTRA 

A Story with Music

Peter and the Wolf, with Francie Yeager narrating.

Thursday, May 30th
at 1:00 pm.



Open to the Community!

PLEASE RSVP: (603) 352-5037

Keene Senior Center
312 Marlboro St., Suite 100



Come Visit Us:
312 Marlboro St.
Suite 100
Keene, NH 03431



Senior Center Hours:
M-F, 8:30-4:30pm
Phone: 603-352-5037



New to You Thrift:
Monday-Friday
9:00-4:00pm

email: admin@thekeeneseniorcenter.org

website: www.thekeeneseniorcenter.org



FROM THE DIRECTOR

April was quite a month, wasn't it? I was talking about the flowers blooming in the garden in the April newsletter and BAM, a snowstorm!

It didn't put a crimp in the Keene Runway 5K, though! Over 200 runners came out to make their best times on the Dillant-Hopkins airport runway. The fastest (aged 17) ran the 5K in just over 15 minutes, and our 80-99 category winner came in just over 40 minutes. Both were pretty impressive times! It was a successful fundraiser financially, and the efforts of the Race Committee, and all of the volunteers, was greatly appreciated!

Hot on the heels of the race was a Solar Eclipse Party with special glasses, food and drinks and excellent hats from the Senior Singers collection. It was a beautiful, warm and sunny day and the flowers were again blooming.

The building at 70 Court Street is completely cleaned out and ready for the new owner. It was a process to move everything along, but the hard work from many volunteers (and one super-committed volunteer) got the job done! There were 16 cases of bowling trophies in the attic from the late 50's through the mid-70's. Other gems included a pink ceramic camel, old toilet fixtures (!), two mimeograph machines and a vintage ID maker.

Now that the focus, time and energy of managing another building is past, I am looking ahead to the next projects. We have a \$3000 matching grant from C&S for NH Gives on June 11 & 12. I hope you can make a donation to help us reach our goal!

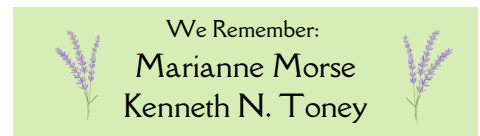
Cheshire Village at Home has a new publicity campaign and we are putting street signs up in different areas throughout our service area over the next couple of

months. If you have a busy spot where some signs could be put for a week or so, please let me know. CVAH is getting busier and could use some more volunteers. If you have time to offer, please let me know!

I know I am looking forward to some time in the front garden! The umbrella tables are all set up, there are flowers blooming and it's a delightful place to have lunch or coffee and a conversation. The butterfly park next door is gorgeous right now and the rail trail is right out back. Lots of opportunities for sitting in the sun and getting some fresh air. Happy Spring!!!

Cheers,

Mary



MAIL CALL!

Every month the Center spends about \$450 printing and mailing newsletters to members. We think it's important to reach members who cannot access a copy via email or pick one up at the Center.



Let us know if you access the newsletter online or at the Senior Center and no longer wish to receive the newsletter in the mail. We'll put the saved money to celebrate birthdays instead



Cheshire Village At Home

Volunteers
needed

CVAH is a membership organization for people over 50, providing a single point of access to a network of trained volunteers. One call sets members up with a ride, help at home, social visits, or social & wellness calls, as often as needed. There are also free social events such as coffees, ice cream socials, and presentations by local experts. For more information call (603) 903-9680.

Cheshire Village at Home

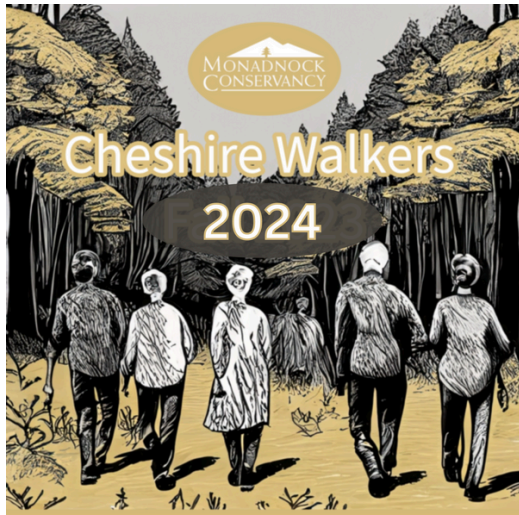
May Social

THURSDAY, MAY 16 AT 10-11:30 AM

Meet at the new Panera Bread - 2B Ash Brook Road in Keene

RSVP to 603-903-9680 or cheshirevillageah@gmail.com

CVAH members can call for rides!



Cheshire Walkers is a walking group for seniors or anyone who prefers a slower pace in a beautiful setting.

To see the schedule and register, visit <https://www.monadnockconservancy.org/news/event/cheshire-walkers-spring-2024-schedule>

THE KEENE SENIOR CENTER

PROUDLY PARTICIPATING IN

NH GIVES

SUPPORT US ON JUNE 11-12, 2024 5PM - 5PM



TD SAFE

Security Awareness for Everyone

ROADSHOW

May 7th
12:45 PM

- Hear about the latest scams and how to protect yourself
- Learn tips for detecting and avoiding fraud
- Keep your assets SAFE

MAY IS GONNA BE AWESOME!

LET'S MEET FOR A MOVIE! **TUESDAYS 2 PM**


5/7/24 Shirley
PG-13 · 2024 · Drama · 1h 58m

5/14/24 Damsel
PG-13 · 2024 · Fantasy/Action · 1h 50m

5/21/24 Road House
R · 2024 · Action/Thriller · 1h 54m

5/28/24 Rebel Moon
PG-13 · 2023 · Sci Fi/Adventure · 2h 14m

We've got the popcorn!



BIRTHDAY PARTY

Thursday, May 30th at 2PM

Celebrate our members born in May!




BOOK CLUB

Read in May to discuss in June

A Man Called Ove
by Fredrik Backman

Check out a copy in the office.

READING + FRIENDSHIP = BOOK CLUB



WORKSHOP: MAY 9 • 1-4PM

Family Story Poem

Led by master teaching artist Susan Rosana



Turn a family story into a poem.
Great fun and a great gift!
\$10 per person • 10 people max

A program of Home Healthcare Hospice & Community Services

Friendly Meals Menu

Friendly Meals at the Keene Senior Center • 312 Marlboro Street

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Make reservations at the Senior Center's front desk or call 603-352-2253 by 10:00 a.m. two days prior to the meal. Senior Center membership is not required to join us for lunch! There is no charge for Friendly Meals, but a \$5 voluntary donation is appreciated!</p>				
<p>6 Chicken-n-Biscuit Mashed Cauliflower Diced Carrots with Dill Granny Smith Apple</p>	<p>7 Beef Burgundy Rotini Noodles Harvard Beets Pineapple Tidbits</p>	<p>8 Lasagna Rollups with Marinara Meat Sauce Vegetable Blend Strawberry Cake with Icing</p>	<p>9 Glazed Beef Patty with Cheddar on a Hamburger Roll Baked Beans with Maple Syrup Brussels Sprouts Orange</p>	<p>10 Ham, Corn & Potato Chowder with Crackers Asian Vegetables Melon</p>
<p>13 BBQ Salisbury Steak Diced Potatoes Baked Beans Peaches</p>	<p>14 Penne Pasta with Cheese & Canadian Bacon Green Beans Mandarin Oranges</p>	<p>15 Scalloped Potatoes with Ham & Cheddar Carrots Apple Crisp with Craisins & Cream</p>	<p>16 Chicken Breast with Vegetable Sweet-n-Sour Sauce Brown Rice Pilaf with Veggies & Cannellini Beans Brussels Sprouts Pineapple Tidbits</p>	<p>17 Roast Turkey with Gravy Diced Potatoes with Parsley Winter Squash Pumpkin Pudding with Cream</p>
<p>20 Macaroni & Cheese Broccoli Florets Sliced Carrots with Parsley Pears</p>	<p>21 Pork Loin with Applesauce Tater Tots Mixed Vegetables with Lima Beans Apricots</p>	<p>22 Roast Beef with Sauce Diced Potatoes with Parsley Green Beans Oatmeal Cookie</p>	<p>23 Turkey Vegetable Meatloaf with Sauce Mashed Potatoes Sliced Carrots Peaches & Pears</p>	<p>24 Spinach & Onion Quiche Mixed Vegetables Applesauce</p>
<p>27 MEMORIAL DAY REMEMBER AND HONOR Friendly Meals will be CLOSED in observance of the holiday.</p>	<p>28 Shepherd's Pie with Corn Mashed Potatoes Broccoli Florets Pumpkin Cookie with Raisins</p>	<p>29 Cheese Tortellini with Marinara Sauce & Sweet Italian Sliced Sausage Mixed Beans with Lemon Glaze Oranges with Cream</p>	<p>30 Broccoli & Cheddar Quiche Sliced Carrots Green & Waxed Beans Pineapple Orange Combo</p>	<p>31 Salisbury Steak with Gravy Home Fried Potatoes with Onions & Paprika Spinach Baked Sliced Apples with Cinnamon</p>

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.

12TH ANNUAL SUPER SENIORS DEMAR MARATHON

SUNDAY, SEPT 29

CLARENCE DEMAR MARATHON HALF MARATHON

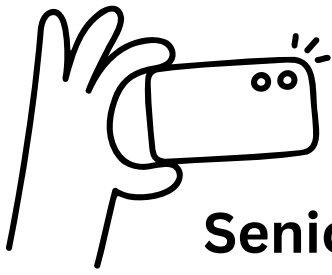
Complete a total of 25 miles by August 30th and do the last 1.2 miles on Race Day!

Registration Forms available at the Center



check this out!

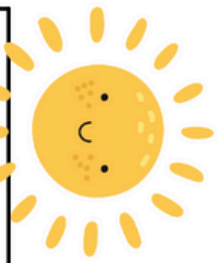




APRIL PHOTOS






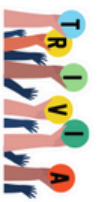


Senior Swinger Songfest, Solar Eclipse Party, Wicked Glass Art, and the Keene Runway 5K





MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri, at 12:00 PM			9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers	9:00 Quilts R Us 10:30 Age in Motion I 1:00 Book Club	9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:15 Chair Yoga 2:15 Super Sr. Dance	9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:15 Chair Yoga New time 1:00 Card Making 2:15 Super Sr. Dance	10:30 Age in Motion - I 12:30 Games 12:45 TD BANK SCAM PRESENTATION 1:00 Bridge 2:00 Movie: Shirley	9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers	9:00 Quilts R Us 10:30 Age in Motion I 1:00 FAMILY STORY POEM 2:00 SUPER SENIORS MTG 	9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 1:15 Bingo 	10:30 Age in Motion - I (ZOOM from home)
	9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:15 Chair Yoga New Time 1:00 Card Making 2:15 Super Sr. Dance	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Damsel	9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers	10:30 Age in Motion I 10:00 CVAH SOCIAL 12:00 TRIVIA 	9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
	9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:15 Chair Yoga New Time 1:00 Card Making 2:15 Super Sr. Dance	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Road House	9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers	9:00 Quilts R Us 10:30 Age in Motion I 12:30 CVAH Outreach Mtg 1:00 KCO CONCERT 2:00 MAY BIRTHDAY PARTY	9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
	20	21	22	23	24	24 10:30 Age in Motion - I (ZOOM from home)
27	28	29	30	31	31	31

KATE'S CORNER

By: Kate Forcier

Toffee Squares

You'll need a 13x10 pan or cookie sheet; makes 6-7 dozen

Ingredients:

- 1 cup butter
- 1 cup brown sugar
- 1 egg yolk
- 1 tsp of vanilla extract
- 2 cups of flour
- ¼ tsp of salt
- 3-4 milk chocolate bars 7/8 oz each in a box
- ½ cup of chopped nuts



Directions:

- Mix all ingredients and pour in a greased pan
- Leave 1" around edge of greased pan
- Bake at 350 degrees for 20 to 25 min
- Place squares of chocolate on top after baked

**Rich cookie that looks and taste like toffee candy!
Scrumptious!!**

KEENE'S GEAR FIELD DAY
MAY 11TH, 2024 9AM-12PM
ROBIN HOOD PARK
ROBIN HOOD LN, KEENE, NH

Try out equipment from the new outdoor gear library while savoring snacks from the Monadnock Coop! From kayaks to gardening gear, we've got it all. Cheshire County residents, get a Special Borrower's Card at the event to gain access to the gear all year long!

For More Information:
 ☎ (603) 352-0157
 🌐 keeneh.gov/keene-public-library
 ✉ lhurley@keeneh.gov

SPONSORED BY:
 KEENE PUBLIC LIBRARY
 CHESHIRE COUNTY CONSERVATION DISTRICT
 MONADNOCK OUTDOORS

*Rain Date May 18th

Happy Birthday, May Babies!

Anthony
JoEllen
Gordon Walt Marylouise Frankie
Patricia Dorothy Jean Linda Marilee
Sharlene Margaret Sandra Norman Virginia
Carolyn Nancy Elizabeth Joanne Carol Peter Andy Gloria
Betsy Karen Cynthia Susan Carl
Chet Steven Jane Vince Deirdre Lou Donna Judy
Maddy Jack Sarah James Dot David Mark Marie Judith
Sharon Ann Cathy John Ronald Diane Hope
Robert Julia Dave Janet Kathy Jacqueline
Deborah Christine Lionel Eleanor Sheila Danica Robin Alice Ethel
Marcia Bruno Priscilla Lynne Jessica
Francisco Norma Niambi
Elaine Pauline

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Former Field Coordinator For The Retired Senior Volunteer Program
Member Keene Senior Center
Active Community Member & Volunteer

RE/MAX
Town & Country
117 WEST STREET
KEENE, NH 03431

cjoyce@ne.rr.com
Cell: 603-209-4431
 603-357-4100 Ext. 130



The Keene Senior Center
312 Marlboro St., Ste. 100
Keene, NH 03431



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Return Service Requested

PLANNED GIVING



Did you know that the **Keene Senior Center** can be named as a beneficiary on your retirement account, life insurance, or bank accounts? You can also make bequests through your will or estate plan. Additionally, we can accept current gifts of cash, stocks, bonds, and other investments through our account at:

NH Trust Financial Advisors,
c/o Elizabeth Newcombe
84 Marlboro Street, Keene NH 03431.

For more information, feel free to contact us at 603.352.5037. You should always consult your financial advisors and accountants when making gift decisions.