



SENIOR

SENTINEL



The latest news from The Keene Senior Center - July 2024

WELCOME NEW DIRECTOR!

The Board of Directors is pleased to announce that Kimberly Rumrill has accepted the offer to serve as the new Executive Director of the Keene Senior Center. After decades of experience in the chemical, forensic, and medical sciences, including as a supervisor, Kim is excited to shift to addressing the needs of seniors at the Keene Senior Center. Please join us in congratulating and welcoming Kim.



KIM RUMRILL SHARES A LITTLE BIT ABOUT HERSELF...

I am a lifelong resident of the Monadnock Region having grown up in Keene and graduating from Keene High School. I graduated from Colby-Sawyer College in New London NH with a BS in Medical Technology. After working for the Keene Clinic for a number of years I returned to college where I graduated from the University of New Haven with a MS in Forensic Science. I retired from the NH State Police Crime lab after a long career in Forensic Science.

I have enjoyed many features of living in the Monadnock region, from teaching crime scene classes at the Rhode Scholar program, hiking the local trails, and kayaking the ponds and lakes of Stoddard, NH. I have served on non-profit boards in the past and enjoy the teamwork involved in establishing new ideas, programs, events and activities to make an organization more accessible to members of the community.

I look forward to the opportunity to serve the members of the Keene Senior Center as we launch into a time of new adventures and new opportunities to reach more individuals that we can serve.



This program was the great idea of Jean Hoffman in 2016. With Kristen Leach as the choreographer and instructor, they have been performing ever since. They have done jazz, modern, hip hop, tap, chorus line and did an inter-generational dance. Ages range from 70 to 88.

Kristen is a master at adapting routines to fit age limitations from shoulder to hip and everything in-between. Currently, dancers are on summer hiatus but will be starting up in the fall. All 70+ are welcome, no previous dance experience required.

Virginia Eskin, pianist 

Come hear this world renowned pianist perform delightful works that describe and explore summer themes.

PIANO CAMP
 July 11th and 18th
 1:00 PM
 PLEASE RSVP:
 (603) 352-5037

Open to the Community!





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



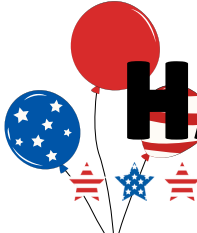
Senior Center Hours:
M-F, 8:30-4:30pm
Phone: 603-352-5037



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

email: admin@thekeeneseniorcenter.org

website: www.thekeeneseniorcenter.org



HAPPY BIRTHDAY AMERICA!



EVERYONE IS INVITED TO PLAY...

GAMES

Tues, Wed, Thurs • 12:30 - 3:00 PM
These games are easy to learn and so much fun!

TUESDAY Rummikub, Hand and Foot
WEDNESDAY Mexican Train Dominoes
THURSDAY Scrabble

LET'S PLAY

CVAH: JULY SOCIAL

Everyone's invited to a get-together in Butterfly Park right next to the Senior Center.

We'll have some ice cream and play some Trivia or cards and or just chat.

Call 603 903-9680 with any questions.

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

- July 2** Rebel Moon Part 2: The Scargiver
2024 · Action/Adventure · 2h 2m
- July 9** Billy & Molly: An Otter Love Story
National Geographic · 2024 · 1h 17m
- July 16** The Promised Land
R · 2023 · Drama/History · 2h 7m
- July 23** The Iron Claw
R · 2023 · Sport/Drama · 2h 12m
- July 30** Malcolm & Marie
R · 2021 · Romance/Drama · 1h 45m

BOOK CLUB

Every First THURSDAY!

Read in July to discuss in August

Hotel on the Corner of Bitter and Sweet

By: Jamie Ford

Check out a copy in the office

READING + FRIENDSHIP = BOOK CLUB

BIRTHDAY PARTY

Tues, July 30 at 1PM

KARAOKE

July 25th at 2:00PM

Sing along to some old favorites or learn some new ones! Enjoy refreshments and great company

Beginning Quilting

with Barbara Jeffery

6 week class starting July 18

Learn the basics, from how to choose and cut out the material to using the sewing machine. Each participant will make squares for either a wall hanging or table runner.

Limited to 4 participants. Sign up by July 12

A program of Home Healthcare Hospice of Community Services

Friendly Meals Menu

Friendly Meals at the Keene Senior Center • 312 Marlboro Street

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stroganoff with Mushroom Sauce Rotini Noodles Brussels Sprouts Peaches	2 Sweet & Sour Chicken with Vegetable Sauce Greek Pasta with Tomatoes, Spinach & Cannellini Beans Capri Vegetables Orange Jell-O with Oranges	3 Baked American Goulash with Beef & Diced Tomatoes Spinach Mandarin Oranges	4 Friendly Meals will be CLOSED in observance of the holiday.	5 Cheese Tortellini Alfredo Peas & Carrots Green Beans Watermelon
8 BBQ Chicken Breast Baked Beans Cauliflower with Chives Strawberry Shortcake with Cream	9 Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Apple	10 Stuffed Chicken with Sage Sauce Mashed Potatoes Green Beans Blueberry Birthday Coffee Cake	11 Egg Salad with Celery & Onions on a Roll Coleslaw Spinach Salad with Chickpeas, Veggies & Italian Dressing Pears	12 Pork Chow Mein with Water Chestnuts & Veggies over Chow Mein Noodles Brown Rice with Vegetables Broccoli & Cauliflower Pears
15 Chicken-n-Biscuit Diced Potatoes Sliced Carrots with Dill Vanilla Pudding with Peaches	16 Glazed Pork & Ham Burger with Pineapple Sauce Mashed Sweet Potato Green Beans Oatmeal Craisin Cookie	17 Beef Steak with Mushroom Sauce Mashed Potatoes Broccoli Florets Pumpkin Cookie Pumpkin Pudding with White Chocolate Chips	18 Chicken Fingers with BBQ Sauce Diced Potatoes with Parsley Sliced Carrots Pineapple Tidbits	19 Sliced Ham & Swiss on a Roll Red Potato Salad with Dill White Bean Salad with Ripe Olives Peaches
22 Roast Pork Loin with Gravy Mashed Potatoes Green Peas & Onions Apple & Strawberry Crisp with Cream	23 Sweet-n-Sour Meatballs Pasta Shells California Blend Veggies Granny Smith Apple	24 Spinach, Summer & Zucchini Squash & Cheese Quiche Green & Waxed Beans Mandarin Oranges	25 Breaded Chicken Breast with Sauce Mashed Cauliflower Brussels Sprouts Tapioca Pudding with Peaches	26 Macaroni & Cheese Green Beans Sliced Carrots Cantaloupe Wedge
29 Turkey Patty with Vegetables Rice Pilaf with Carrots & Lentils Mixed Vegetables Fruit Mix	30 Sliced Pork Loin with Cider Sauce Mashed Potatoes Spinach Apple Bar with Raisins	31 Turkey in Gravy Home Fries California Blend Vegetables Pumpkin Pudding with Cream	Milk and bread are served with meals. A diabetic dessert is available upon request. The menu is subject to change.	

Make reservations at the Senior Center's front desk or call 352-2253 by 10AM two days prior to the meal. A \$5 voluntary donation is appreciated! Senior Center membership is not required to join us for lunch.

ALZHEIMER'S ASSOCIATION Ten Warning Signs

Thursday, July 25th, 2024 1:00-2:00pm

If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help you determine if you should speak to a doctor. Early detection matters!

This program is offered in-person at the Keene Senior Center 312 Marlboro St., Keene, NH

Free and open to the public.

Presented by Melissa Grenier, LCSW

Registration required.

To register, please call (603) 352-5037

In Memory of
Joyce E. Laurent



JULY 2024

ENJOY THE SUMMER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lunch Mon - Fri at 12:00 PM</p>	<p>1 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Bowling at YL 1:15 Chair Yoga 2:15 Super Sr. Dance</p>	<p>2 10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Rebel Moon Part 2 : The Scorgiver</p>	<p>3 9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Swingers</p>	<p>4 9:00 BOOK CLUB MEETING 10:30 Age in Motion I 1:00 Virginia Eskin Camp 1:00 CVAH Social 2:00 Super Senior Mtg</p> <p>CLOSED</p>	<p>5 9:00 Computer Help 10:30 Age in Motion - II 1:00 Jewelry Making 1:00 Bowling @ YL 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>8 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Bowling at YL 1:00 Card Making 1:15 Chair Yoga 2:15 Super Sr. Dance</p>	<p>9 10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: National Geographic: Billy & Molly</p>	<p>10 9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Swingers</p>	<p>11 9:00 BASIC QUILTING 10:30 Age in Motion I 1:00 Virginia Eskin Camp</p>	<p>12 9:00 Computer Help 10:30 Age in Motion - II 1:00 Jewelry Making 1:00 Bowling @ YL 1:15 Bingo</p>	<p>19 9:00 Computer Help 10:30 Age in Motion - II 1:00 Jewelry Making 1:00 Bowling @ YL 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>15 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Bowling at YL 1:15 Chair Yoga 2:15 Super Sr. Dance</p>	<p>16 10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: The Promised Land</p>	<p>17 9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Swingers</p>	<p>18 9:00 BASIC QUILTING 10:30 Age in Motion I 1:00 ALZHEIMERS SEMINAR 2:00 Karaoke</p>	<p>26 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:15 Bingo</p>	<p>26 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>22 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Card Making 1:00 Bowling at YL 1:15 Chair Yoga 2:15 Super Sr. Dance</p>	<p>23 10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: The Iron Claw</p>	<p>24 9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Swingers</p>	<p>25 9:00 BASIC QUILTING 10:30 Age in Motion I 1:00 ALZHEIMERS SEMINAR 2:00 Karaoke</p>	<p>26 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:15 Bingo</p>	<p>26 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>29 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Card Making 1:00 Bowling at YL 1:15 Chair Yoga 2:15 Super Sr. Dance</p>	<p>30 10:30 Age in Motion - I 12:30 Games 1:00 Bridge 1:00 July Birthday Party 2:00 Movie: Malcolm & Marie</p>	<p>31 9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Swingers</p>	<p>31 9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Swingers</p>	<p>31 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:15 Bingo</p>	<p>31 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:15 Bingo</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>

WE LOVE OUR SPONSOR

PERSONAL SERVICE. PROVEN RESULTS.

Connie Joyce
REAL ESTATE BROKER

gjoyce@ne.rr.com
603-557-4100 Ext. 130
Cell: 603-209-4431

RE/MAX Sun & Country
117 WEST STREET
KEENE, NH 03421



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



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Return Service Requested

PHOTO BOOTH FUN!

