



SENIOR

SENTINEL



The latest news from The Keene Senior Center - April 2024

KEENE RUNWAY 5K REGISTRATION EXCEEDS EXPECTATIONS



(KEENE, NH) The Dillant-Hopkins Airport has been cleared for takeoff for the inaugural Keene Runway 5K. The first-ever Runway 5K will occur Saturday, April 6, 2024, with proceeds benefiting the Keene Senior Center.

“Registration has already exceeded expectations and there’s still two weeks left,” said Emily Graves of Tri-State Racing who is managing the race timing. “This event is particularly exciting because participants will be on the actual runway which is a perfect surface for runners to achieve their best time.”

Participants will run or walk on a closed course which is flat and completely paved, making it stroller and wheelchair friendly. Only registered participants will have access to the runway, and pets are not allowed.

The event starts at 9 AM and all participants must be off the runway by 10:30 AM for the airport to reopen. Spectators will be able to see the entire race and cheer from the sidelines.

“As a runner, I’m always looking for new and exciting places to run,” said Ockle Johnson, avid runner and President of the Keene Senior Center Board. “This is the first time a race like this has been held in Keene, and thanks to our race director, Sally Rinehart, and a hard working committee, it will actually take flight.”

You must register to participate - \$35 per person through 3/30 and \$40 after that. T-shirts are not guaranteed for participants who register after 3/30. Children (14 and under) must be accompanied by a registered adult.

There are prizes for men and women in each age bracket and the fastest overall male and female runners each win a free flying lesson, compliments of Monadnock Aviation. There will also be prize drawings for registered participants, plus door prizes and a raffle open to all. All prizes have been donated by our generous local merchants, guaranteeing a great event.

Major sponsors:

The Keene Sentinel, Mascoma Bank Foundation, Savings Bank of Walpole, Ted’s Shoes and Sport, Dillant-Hopkins Airport, Fenton Family Dealerships

**Note: The race will be held, rain or shine. No refunds will be issued. You must be present to win raffle and door prizes. Please visit www.runsignup.com for all race related information or www.thekeeneseniorcenter.org.*



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

Spring has arrived in spite of the snow!! There are daffodils and crocuses blooming in the front garden and we've had doors and windows open to enjoy the fresh spring air. Change is in the air, and one of those changes will be that I am retiring on June 1st. It is a bittersweet change because I've enjoyed getting to know so many of you and your interesting perspectives and adventures. As usual, my summer will be filled with music festivals and gardening, only I'll have more time to devote to those pursuits.

As I have been reflecting on the past three years, I find it so hard to believe that the grand reopening after COVID was in August of 2021. It seems much further away than that! I remember that day starting with a non-working boiler and water in the basement from epic rains over the previous weekend. It was also exciting to see members happy that the Center was open, and pleased with the physical changes the board and staff had undertaken while the facility was closed.

Now here we are in a lovely new space, with lots of parking, big windows, a garden with seating for sun or lunch, and a wonderfully collaborative relationship with HCS and their services. The Senior Center leadership is now positioned to concentrate on developing long-term financial stability and offering more and varied programming.

Speaking of programming, we'll have a eclipse viewing party on April 8th. We won't see the full corona, but join us anytime between 2-4 pm to have some snacks and drinks and use the eclipse glasses we purchased to see the phenomenon. It's the last one we'll see in the contiguous

U.S. until 2044! Other events in April include performances from the woodwinds of the Keene Chamber Orchestra and the Senior Swinger Spring Sing, a Wicked Glass Art workshop, and lots more events and activities. I look forward to seeing you!

As I mentioned above, the long-term financial stability of the Senior Center is a focus that I hope you all can find a way to support. Through specified donations, gifts of stock or real property, bequests and mentions in your obituary, you can pay it forward to the next generation. I encourage everyone to work with a certified financial advisor and/or lawyer to establish your estate plans and I hope the Keene Senior Center is included in those plans.

It's been rewarding to be at the helm of the Senior Center and to see it thriving and busy every day. It hasn't always been smooth sailing, but it has been interesting and challenging. Thank you to everyone who has volunteered, lent a helping hand, brought in a yummy dessert or snack, taught me a new joke, donated during a fundraiser, attended a program or activity, or supported the Senior Center in any way. It's been my pleasure to be a part of the history of this Cheshire County institution!

All the best,

Mary

In remembrance of:
Rev. Monsignor Daniel Lamothe
Don Baldini





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.

WANT TO TRY THE HANDBELLS?

**Monday, April 22
at 4:30 PM**

**Hand Bell Ringer Performance
at the United Church of Christ**

23 Central Square, Keene, NH, 03431

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



CVAH members
can call for rides

The Keene Senior Center & CVAH: 312 Marlboro St., Keene, NH



Directions: Enter at the UCC back door (where the parking is) and either take the steps or the elevator to the second floor. The venue will be off of that corridor.

HAND BELL FUN FACTS



- Handbell ringing started in England in the late 1690s.
- Ringers wear gloves because their hand oils will tarnish the bell.
- The metal alloy the bells are made of seems sturdy but will pit easily from saliva (so no gum chewing!)
- Most ringers play one bell in each hand, but there are some very talented solo ringers who manage multiple bells per hand.



Live Concert!

**Keene Chamber Orchestra's
Woodwind Quintet**

**Thursday, April 25
at 1:00 PM**

**The Keene Senior Center
312 Marlboro St. #100
603-352-5037**

Thursday, April 25 at 1 pm

Keene Chamber Orchestra Woodwind Quintet Concert

Selections include:

- Carmen Suite by George Bizet
- Woodwind Quintet by Gustav Holst
- Album for Winds by Tchaikovsky:
Feuillet d'Album and Humoresque
- Chrysanthemum by Scott Joplin

WE'RE READY FOR APRIL!

Southwestern Community Services seminar April 4th at 1PM

Speaker Jenn Plummer will talk about programs that are available for seniors. There will be a sign up sheet for people who have more questions and would like help filling out an application. Learn more about their program at: scshelps.org



BOOK CLUB

365 days, 324 recipes, 1 tiny apartment kitchen
Julie Powell

Read in April to discuss in May

Julie & Julia
by Julie Powell

Check out a copy in the office.

READING + FRIENDSHIP = BOOK CLUB

B-I-N-G-O

is back!

Entry Fee: \$3
Strips \$1
Small Square \$1

New Games!

Door Prizes!

LEARN ABOUT THE HOSPICE SERVICES AVAILABLE TO YOU OR YOUR LOVED ONES.

TOPICS INCLUDE:

- ELIGIBILITY
- THE BENEFITS OF HOSPICE
- HOW SERVICES ARE PAID FOR



APRIL 16TH AT 4 PM AT THE SENIOR CENTER

Wicked Glass Art

APRIL 18th @ 1:00 PM

SPRING FLOWERS - \$5pp

A program of
Home Healthcare Hospice & Community Services

Friendly Meals Menu

April 2024
Friendly Meals at the
Keene Senior Center
312 Marlboro Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Lasagna Rollette with Cheese & Marinara Sauce Garden Peas with Mushrooms Mandarin Oranges	Spinach & Onion Quiche Brown Rice Pilaf with Vegetables California Mixed Veggies Red Delicious Apple	Sweet-n-Sour Pork with Vegetable Sauce Brown Rice with Lentils & Vegetables Green Beans Pineapple Tidbits	Baked Ham with Raisin Sauce Sweet Potatoes Capri Blend Vegetables Fruit Crisp with Cream	Pot Roast with Vegetable Sauce Boiled Parsley Potatoes Brussels Sprouts Apple Slices
8	9	10	11	12
Beef Minestrone Soup with Crackers Sliced Carrots Yogurt Parfait with Strawberries	Rollettes with Three Cheese Sauce Green & Waxed Beans Winter Squash Mandarin Oranges	Chicken & Gravy with a Southern Biscuit Diced Carrots Mashed Cauliflower Carrot Cake with Icing	BBQ Pork Loin Mashed Potatoes Brussels Sprouts Apricots	Au Gratin Sliced Potatoes with Diced Turkey & Cheddar Vegetable Blend with Lentils Chocolate Chip & Date Cookie
15	16	17	18	19
Cheese Omelet Home Fries Green Beans Orange	Baked Penne Pasta with Mozzarella & Ricotta & Sausage Links Winter Blend Vegetables Fruit Cocktail	Chicken Fingers with Sauce Home Fries Diced Carrots Pineapple Chunks	Beef with BBQ Sauce Baked Beans Broccoli Florets Peaches	Chicken Tarragon Vegetable Brown Rice Pilaf Chopped Spinach Tropical Fruit Salad
22	23	24	25	26
Turkey a la King Mashed Potatoes Harvard Beets Pumpkin Cookie with Craisins	Hungarian Goulash Diced Potatoes with Parsley Brussels Sprouts Apple Crisp with Topping	Meatloaf with Brown Sauce Garlic Home Fries Green Beans Mandarin Oranges with Cream	Chicken & Gravy Mashed Potatoes Sliced Carrots with Parsley Pumpkin Custard with Cream	Swedish Steak with Mushroom Sauce Vegetable Brown Rice Pilaf California Mixed Veggies Grapes
29	30			
Oven Roasted Pork Cutlet with Panko Crumbs & Apple Tidbit Sauce Sweet Potatoes Vegetable Blend Vanilla Pudding & Peaches	Beef, Bean & Vegetable Stew with Potatoes & a Biscuit Broccoli Florets Pears	<p style="font-size: x-small;">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>		

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

LET'S MEET FOR A MOVIE!

TUESDAYS
2 PM

We've got the popcorn!

4/2/24 Lady Bird Diaries
2023 · Biography · 1h 40m

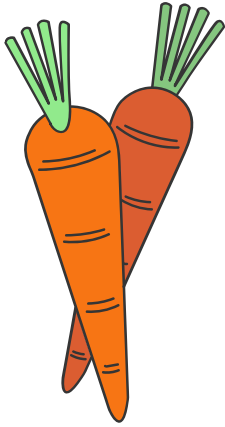
4/9/24 The Holdovers
R · 2023 · Comedy · 2h 13m

4/16/24 Godmothered
PG · 2020 · Comedy · 1h 50m

4/23/24 Spaceman
R · 2023 · Sci Fi/Adventure · 1h 48m

4/30/24 The Shepherd
R · 2023 · Holiday Drama · 38m

HAPPENINGS IN TOWN:



EAT
well
FEEL
good

Save the date!
upcoming mobile food pantry

Friday, April 5 from 12 PM - 2 PM
(while supplies last)

St. Margaret Mary Parish
33 Arch St. Keene, NH

- The NH Food Bank will bring truckloads of food to distribute to families and individuals.
- No proof of income or residence is needed. This is a drive thru event. All items will be distributed to you in your vehicles.

Sponsored by caring neighbors ❤️

Community Garden Connections

SPRING 2024 EVENTS

APRIL 2, 5-7 PM - PRUNING WORKSHOP AT WESTMORELAND GARDEN PROJECT
Join us for a presentation from UNH Extension on pruning apple and pear trees!
(193 River Rd, Westmoreland NH 03467)

APRIL 24, 10-11:00 AM - POTATO PALOOZA
KEENE REC CENTER
(Pre-registration required)
Join us for this hands-on workshop to learn how to grow potatoes in containers!
(312 Washington St, Keene, NH 03431)

APRIL 27, 12-4 PM- SPRING GARDEN KICKOFF AT WESTMORELAND GARDEN PROJECT
Help us at our first planting day of the season and enjoy some food, community and games!
(193 River Rd, Westmoreland NH 03467)

Solar Eclipse Garden Party

Let's experience this once-in-a-lifetime event together!

We'll have snacks & refreshments, music, good conversation, and those special glasses for gazing at the sun!

April 8th at 1:30 PM

Keene Senior Center ✨ 312 Marlboro St. #100

POTATO PALOOZA

WED 24 APRIL

10 AM- 11 AM

Keene Rec Center- 312 Washington St

Join us for a FREE make and take workshop to learn how to grow potatoes in a container and leave with a bucket ready to go into your garden! Light refreshments will be provided

Pre-registration required! Registration is capped at 20!
Use the QR Code to register



APRIL 2024

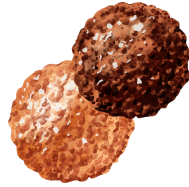


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	← SATURDAY
 Mon - Fri. at 12:00 PM						
9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 2:15 Super Sr. Dance	9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 2:15 Super Sr. Dance 4:30 CVAH SOCIAL	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Lady Bird Diaries	9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers POTATO PALOOZA	9:00 Quilts R Us 10:30 Age in Motion I 1:00 Book Club 1:00 SWCS SEMINAR	9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 1:15 Bingo	
29	22	30	24	25	26	
10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: The Shepherd	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 4:00 HOSPICE SEMINAR	9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers	10:30 Age in Motion I 12:00 Trivia 1:00 Wicked Glass	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)	
8	15	16	17	18	19	
10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: The Holdovers	9:00 Kripalu Yoga 10:30 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Card Making 1:30 Solar Eclipse Party 2:15 Super Sr. Dance	9:00 Gentle Yoga 10:30 Cribbage 1:00 Senior Swingers	9:00 Quilts R Us 10:30 Age in Motion I 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	10	11	12	12	12	

KATE'S CORNER

By: Kate Forcier

Chocolate Crackles



Ingredients:

- 4 cups of Rice Krispies
- 1 cup confectioner sugar
- 1 cup unsweetened desiccated coconut
- 3 Tablespoons of cocoa
- 8 oz of coconut oil

yummm!

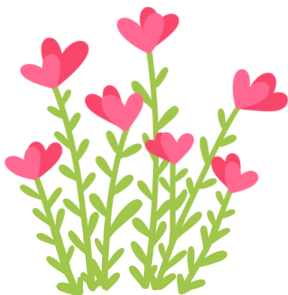
Directions:

- Mix all dry ingredients in a bowl
- Melt coconut oil and add to the dry ingredients
- Mix all together
- Place a spoonful in foil baking cups.
- Refrigerate.
- Makes 12-15 cups

“

Spring is nature's way of saying "Let's Party!"

--Robin Williams



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117 WEST STREET
KEENE, NH 03431

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

Happy Birthday April Babies!



Marcus
 Rachel Kelly Robin
 Christina Karin
 Marcia Patricia Anne Naomi
 Judith Henry Karl Bradley Barbara
 Sandy Lisa Tom William Linda Helen
 Ken Dona Virginia Doris Shirley Amy
 Joe Larry Paul Benjamin Brittany Carolyn
 Gail Victoria George Donna Geoffrey
 Rita Penny Mary John Ronald Aylene Susan
 Nancy Penelope Glenda Jane Carol
 Bill Michael Sally Stephen Joyce Charles
 Anthony Valerie David Robert
 Richard Gerry Jim Roger Ashley
 Colin Charlie Roman
 Harry Daniel Amelia





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



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ORGANIZATION
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PERMIT #18

Return Service Requested

DON'T MISS THIS!

Senior Swingers SONGFEST

Thursday, April 17th
at 1:30 PM

**ENJOY SOME
TOE-TAPPING
ENTERTAINMENT**



The Keene Senior Center
312 Marlboro St. #100
(603) 352-5037

**YOU CAN DONATE YOUR
CAR TO US
WHETHER IT
RUNS OR NOT!**

(you will receive a tax receipt)



thekeeneseniorcenter.org 603.352.5037

NEW TO YOU THRIFT SHOP

located inside the Keene Senior Center

**OPEN
WEEKDAYS**

9 AM - 4 PM



POWERED BY
VOLUNTEERS!

312 Marlboro St. #100, Keene, NH
603-352-5037