



SENIOR

SENTINEL

The latest news from The Keene Senior Center - December 2022



Get Ready for the Holiday Faire!

December 3rd - 9am-3pm

- Quilt & Gift Basket Raffles
- Handmade Cards & Crafts
- Famous Cookie Sale 



SOLSTICE CANDLE-LIGHTING

12.21.22

JOIN US AT DUSK ON
DEC. 21ST TO WATCH
THE NAMES OF THOSE
HONORED PROJECTED
ON A LARGE SCREEN
OUTSIDE THE BUILDING.



Gi♥ing Tuesday



Donate early on
Tuesday, 11/29 to help
us unlock a matching
donation of \$750!

Donate \$20 or more
and you will be
automatically
registered in one of
three drawings to win
a handmade lap quilt!

Thank you for your
generosity!

SEE BACK PAGE FOR
DETAILS

Come Visit Us:

70 Court Street
Keene, NH 03431



Senior Center Hours:

Monday-Friday
8:30-4:30pm
Phone: 603-352-5037



Court St. Thrift:

Monday-Friday
9:00-4:00pm

email: info@thekeeneseniorcenter.org

website: www.thekeeneseniorcenter.org



FROM THE DIRECTOR

Every day it is a pleasure to see members engaged in keeping themselves fit – physically and mentally- through the various wellness options available here. As I write this, I can hear **Louise Zerba** leading an *Age in Motion I* class – beamed from her living room to a full room of practitioners at the Senior Center. **Robin Blais** ends every *Age in Motion II* class with a song that generates smiles from the room full of members. The roar from **John Wall**'s yoga classes makes us all sit up and catches me unawares every time. **Rosemary Weidner** ably took over *Chair Yoga* from **Betty Christianson**, and that growing class has been perfect for those who like to stretch a little later in the day, with a chair to support them as they improve their balance and strength. **Ginette Groome** leads *Qigong* in person, and continues to offer remote access as well, to a group happy to participate in this alternative form of stretching and mindfulness.

When the Senior Center went to remote classes during the worst of the pandemic, it opened up opportunities for those who prefer to stay home, but who still want the engagement and wellness the classes offer. We are so glad to continue to offer remote and in person classes to keep members flexible, strong and balanced – especially as we head into the season where walking and outdoor exercise gets colder and more challenging. I know some people took up the 2022 minutes of exercise in 2022 challenge, and I look forward to seeing their completed logbooks.

I am also looking forward to 2023(!) with plans to continue to offer new programs and events. Attending a Red Sox game, boat rides on Lake Winnepesaukee, and leaf peeping tours have been suggested by members, and right now it seems like we might be able to safely offer regional trips in 2023. We have also had requests for more live music and short programs that include food. Please share your ideas for programming (including any programming you might want to lead) and we will do what we can to make it happen!

Finally, as we close out this year, I want to remind all members to support the Senior Center in whatever ways you can. We are almost completely self-funding, and your membership fees, contributions and participation in fundraising events are invaluable. If you are thinking about where best to donate before the end of the year, please consider the Senior Center. And as always, we hope you think of us in your end-of-life planning – including mention of the Senior Center in your obituary as a worthy place for contributions made in your honor. In the meantime, create a basket (and come in and try to win one!), make cookies or donate saleable crafts for the Holiday Faire, purchase Solstice candles in honor of a loved one, or donate on Giving Tuesday. As always, your support is deeply appreciated.

Wishing you good health and joy in 2023!

Namaste.

Mary

Merry December

- Keene Chamber Orchestra Concert on Dec. 15th
- No Senior Swingers on Dec. 14, 21 or 28.
- No QiGong Dec. 28
- The Center is closed on Dec 26 (and Jan. 2)
- The Center will be closing at noon Dec. 27- 30

CLASSES & ACTIVITIES



SENIOR PICKLEBALL

at the Keene Rec Center!

- The courts are reserved for beginners on Tu/Th from 11-1.
- Super Seniors have a designated time on Tu/Th from 9-11.
- Seasoned players are happy to play with any beginners and give elementary instruction on rules.
- There is a yearly fee to the Rec Center Contact Mary for information
- Paddles and balls are available.
- It's recommended to let **Sally Rinehart** (203 770-3681) or **Susan Holley** (603 358-0066) know you're coming and to arrive a few minutes early. This will insure players from the earlier session will stay and there will be adequate equipment on site.



Fri... 12/2: Jewelry Class with Gina

Fri... 12/9 Card-making with Janice

Fri... 12/16: Jewelry Class with Gina

Fri... 12/23: Card-making with Janice



BOOK CLUB

Thursday, 12/1 at 12:30 PM

The Memory Of Running

by Ron McLarty



Thursday, 1/5 at 12:30 PM

Being Mortal: Medicine and What Matters in the End

by Atul Gawande

READING + FRIENDSHIP = BOOK CLUB

Santa Crafts

with Juanita Ray

Monday, December 5th



2:30-3:30 PM



DECEMBER LUNCH MENU



Thursday, 12/1

Chicken and Gravy with biscuits, green beans, dessert

Thursday, 12/8

Fish Sticks and french fries with sautéed kale, dessert

Thursday, 12/15

Hot dogs, beans and coleslaw, dessert

Thursday, 12/22

Stuffed peppers, dessert

Thursday, 12/29

International foods from various ethnic restaurants in Keene

CLASSES & ACTIVITIES



KEENE CHAMBER ORCHESTRA

A collection of holiday themed music will be performed.

December 15th, 2022
1:00-2:00 PM

The Keene Senior Center
70 Court St., Keene, NH

PLEASE RSVP:
(603) 352-5037



Create in the Kitchen

Drink Mixes in a Jar

Monday, Dec. 12
1:30-2:30 PM

Mocha au lait mix, Cocoa mix, or
Mulled Cranberry Drink mix

Bring 1 or 2 pint jars with lids

RSVP by Friday 12/9



Free for members;
non-members \$3

FAB Gals

for women Fifty and Better

Play & Embodiment Classes

Tuesday, Dec. 6th:

DIY Bath Sachet

Join us to make a scrumptious sachet to drop into your bath for incredible relaxation and stress relief. Class is \$5 for members; non-members \$10

Tuesday, Dec. 13th:

Expression through Movement

Take a beat to engage in self-expression and enhance your vitality with this playful, improvisational movement class. Class is free to members; non-members \$5



December Movies

Enjoy light snacks while watching new, critically-acclaimed films with friends.

Tuesday, December 6

Don't Worry Darling

2022, Mystery & thriller, 2h 3m



Tuesday, December 13

RESPECT The Aretha Franklin story

PG-13, 2021, Biography/Drama, 2h 25m

Tuesday, December 20

The Christmas Story Christmas

PG, 2022, Kids & family/Holiday

Tuesdays at 2 PM



DECEMBER 2022



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|--|
| LUNCH! Thursdays \$5 pp 11:30-12:30 RSVP by TUESDAY | | | | 1 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Book Club 11:30-12:30 | 2 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL 1:00 Jewelry Class | Holiday Faire 3 9-3pm |
| | | | | 8 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Ted Talks 11:30-12:30 | 9 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGOI 1:00 Bowling @ YL 1:00 Handmade Cards | 10 10:30 Age in Motion - I (ZOOM from home) |
| Monday 12/14 CREATE IN THE KITCHEN | 5 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL 2:30 Santa Craft | 6 10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: Don't Worry Darling 5:00 FAB Gals | 7 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers | 15 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 1:00 KCO Concert 11:30-12:30 | 16 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGOI 1:00 Bowling @ YL 1:00 Jewelry Class | 17 10:30 Age in Motion - I (ZOOM from home) |
| We're making Drink Mixes in a Jar | 12 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL 1:30 Create in the Kitchen | 13 10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: RESPECT (The Aretha Franklin story) 5:00 FAB Dance Party! | 14 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage | 22 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 11:30-12:30 | 23 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGOI 1:00 Bowling @ YL 1:00 Handmade Cards | 24 10:30 Age in Motion - I (ZOOM from home) |
| Hannukkah Begins | 19 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL | 20 10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: A Christmas Story Christmas | 21 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 5:00 SOLSTICE CANDLE-LIGHTING | 22 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 11:30-12:30 | 23 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL | 24 10:30 Age in Motion - I (ZOOM from home) |
| Christmas Day | 26 CENTER CLOSED | 27 10:30 Age in Motion - I | 28 9:00 Gentle Yoga 10:30 Cribbage | 29 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 11:30-12:30 | 30 9:00 Computer Help 10:30 Age in Motion - II 1:00 Bowling @ YL | 24 10:30 Age in Motion - I (ZOOM from home) |
| THE SENIOR CENTER WILL BE CLOSING AT NOON THIS WEEK | | | | | | |
| | | | | | | 31 10:30 Age in Motion - I (ZOOM from home) |



KATE'S CORNER

By: Kate Forcier

Sunny Christmas Broccoli Salad

6-8 servings, from Better Homes and Gardens

- ½ cup mayonnaise
- ½ cup dried cranberries
- ¼ cup finely chopped red onion
- 1 ½ Tablespoons sugar
- 1 Tablespoon vinegar
- 3 ½ cups chopped broccoli, fine, or use food processor
- ¼ cup sunflower seeds
- 4 slices cooked bacon, drained and crumbled
-

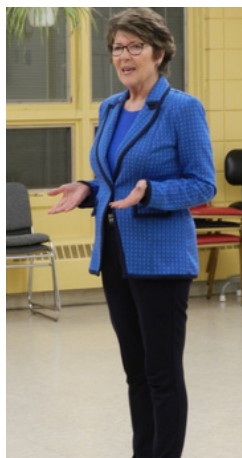


In a large bowl, combine mayonnaise, cranberries, onion, sugar and vinegar. Add broccoli and stir to coat. Cover and chill in the refrigerator for at least 2 hours and up to 24 hours. Before serving, stir in the sunflower seeds and bacon

Merry Christmas to all and to all a good night!



NOVEMBER FUN



Heart Medicine mind body therapies



MIND AND BODY

- **Massage** -
Swedish relaxation, deep
tissue, myofascial, trigger
point release, problem focus
- **Reiki**
- **Inner Bodywork** -
mindfulness-based
therapeutic dialogue

Rebecca Marshall, MEd, LMT

1 Elm Street, Keene, NH

Gentle dialogue and bodywork practices for
releasing tension and restoring vitality & ease to the
mind and body.

To learn more, please visit the website.
Questions welcome!

www.heartmednh.com

rebeccaLmarshall@hotmail.com

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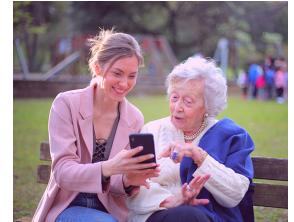
Cell: 603-209-4431

603-357-4100 Ext. 130



Cheshire Village at Home

One call sets you up with a ride, help at home, social visits, or wellness calls. **If you or anyone you know could use a hand, please call (603) 903-9680**



VOLUNTEER PROFILE

Kevin Whitfield has recently become a Cheshire Village at Home volunteer after learning about CVAH through membership in the Keene Senior Center. Born in California, he came to Keene as a youngster and has never left. He graduated from Plymouth State University with a major in Fine arts and a minor in Psychology which reflect the major interests of his life—being a visual artist and helping people. He is a visual artist and paints in oils and acrylics. His subjects include mostly landscapes and old buildings in the Monadnock region and other parts of New Hampshire. He is a member of the Monadnock Area Artists Association and has exhibited his work in various locations including the Annual Keene Artwalk and Art in the Park. He feels art is a great stress reliever and the Keene area is a haven for artists.



In addition to income from his paintings, he has worked various jobs which have reflected his interest in helping people. He has worked as a Direct Support Professional for Residential Resources and Chesco and has done some substitute teaching in area schools. Currently he works in the Deli at Price Chopper and as a Home Support professional for HCS. CVAH members benefit from his desire to help those less fortunate and welcome him as a volunteer.

LOOK WHO'S BLOWING OUT CANDLES THIS MONTH:

Gerry, Catherine, Cindy, Michael, Emily, Sharan, Theodore, Craig, Pete, Meg, Joan, Peter, Leo, Mary, Carol, Cynthia, Herbert, Diane, Peggy, Tina, John, Amanda, James, Glenn, Charles, Dawn, Leon, Robert, Mervyn, Laura, Jeanette, Ruth, Allison, Jayme, Chris, Lance, Laurie, Margaret, Jeannie, Barbara, Elizabeth, Caterina, Linda, Don, William, Elaine, Elaine, Nancy, Laura, John, Theodore, Thomas, Donald, Judith, Timothy, Roxanne, Archie, Roger, Carolyn, Cecile, Ginger, Duncan, Robert, Anne, Judy, Christie, Gail, Meredith, Laura, Elizabeth, Charles, Shelley, Frances, Robert, Kevin, Patricia, Elizabeth, Sandra, Michael, Shirley, and Jacqueline!



OTHER REASONS TO CELEBRATE:

- 12/5 National Blue Jeans Day
- 12/10 Dewey Decimal System Day
- 12/15 International Tea Day
- 12/17 National Ugly Sweater Day
- 12/20 National Sangria Day
- 12/21 National Crossword Puzzle Day
- 12/27 National Fruitcake Day



The Keene Senior Center
70 Court Street
Keene, NH 03431



Return Service Requested

NON PROFIT
ORGANIZATION
USA POSTAGE PAID
KEENE, NH 03431
PERMIT #18

WHO ARE YOU LIGHTING A CANDLE FOR?

Someone you love or lost, someone you cherish, or miss, or who inspires you. Everyone you are grateful for.



Your Name: _____

Your Email: _____

Your Phone: _____



Candles are \$5 each
Please make checks payable to:
The Keene Senior Center

*You can also dedicate candles and pay online:
www.thekeeneseniorcenter.org*



**Don't forget to
mark your calendar
for 12-21-22**

**Please light a candle on Dec. 21st in honor of the
following people:**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____