



SENIOR

SENTINEL

The latest news from The Keene Senior Center - February 2023



KEENE SENIOR CENTER SEATS FOUR NEW BOARD MEMBERS

At its January 2023 meeting, the Senior Center welcomed four new members to its Board of Directors: Alfrieda Englund, Paula Flemming, Beth Lorenz, and Cameron Tease.

Alfrieda Englund, "Dita," has served many years in the non-profit world as a volunteer and board member of numerous organizations, including the Apple Hill Center for Chamber Music, Arts Alive, the Ladies Charitable Society, MAPS Counseling Service, and the Stoddard Historical Society. A former English teacher at Keene High School, Dita has served on the Stoddard School Board since 2002, and as chair since 2007. She lives with her husband Bob in Munsonville.



Stoddard resident **Paula Flemming** and her husband Donald were founding members of CVAH, and both continue to serve on the Steering Committee. Paula's long history of volunteerism includes work with The Samaritans, a suicide-prevention organization, the Court-Appointed Special Advocates of New Hampshire, which advocates for children in the courts in cases of abuse or neglect. She has served on the boards of New England Reading Association, the Harris Center, and the Island Pond Association.



Beth Lorenz has worked as a Financial Advisor with Edward Jones since 2020, currently located on West Street in Keene and serving families and small businesses in Keene, its surrounding communities, and multiple states. She lives with her husband and two children in Fitzwilliam, where she chairs the Economic Committee, and served on the sub-committee that returned the local farmer's market back into a thriving asset to Fitzwilliam. Beth also serves on the Fitzwilliam Library Board of Trustees.



Cameron Tease has lived for the past 40 years in the Monadnock region, where he has worked for a number of local businesses and non-profits and has served as a community volunteer. He is well known to members of the Senior Center since he previously served as its Executive Director, retiring in 2021. Prior to coming to the Senior Center, Cam worked at Monadnock United Way, Markem-Imaje, Masiello Insurance and the Peerless Insurance Co. He is currently on the Cedarcrest Center Board of Trustees, and is a Monadnock Family Services Incorporator. For the past three years he has served as co-chair of the Western NH Walk to End Alzheimer's. Cameron lives in Keene and is married to Dixie Gurian.



WE APPRECIATE OUR OUTSTANDING BOARD!

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

The annual meeting was held on January 19, and we had members join us in person and on Zoom. If you are interested, I am happy to send out a copy of my presentation. A few things have become clear over the 18 months I have been here: we need more parking and we need to figure out how to make more money. Those are not new things, but there does seem to be energy and interest in finally making a move happen. Continuing to include commercial operations, (currently we have apartments and the thrift store) as income generators will probably always factor into the Senior Center, at least in part to avoid the unpredictability of relying on grants. We have four new board members, although Mike Forrest will continue as a member of the Long-range planning committee. You can find out more about the new board members in other parts of this newsletter. Moving from this charming downtown building will not be easy but the advantages will be significant. In addition to better parking, we are looking for a place without stairs, with newer HVAC systems and opportunities to reduce our overhead costs. I believe we can recreate the homey comfort of the current building while making access easier. Stop by and tell me your thoughts!

Throughout last year a steady number of members have offered to volunteer. I've not yet thanked everyone who have helped keep the Senior Center running smoothly and efficiently, but I am so grateful to the many volunteers who make the

programs and activities of the Senior Center possible. **Kate F.** pops in now and then to help keep the kitchen orderly and clean. **Brian B.** helps in the office (and waters the many house plants we've acquired), **Tony D.** and **George C.** took over set up and clean up during the Thursday lunches when **Dick S.** headed to Florida. **Nancy H.** has also been a regular presence in the kitchen, and more recently **Ghislane V.** has been lending us her kitchen expertise. **Rolf F.** helps set up the chairs for AIM I and is honing his Zoom skills setting up the computer/projector for the classes. **Norman P.** answers computer questions and so much more every Friday morning. **Linda S.** keeps the files up to date and helps keep an eye on the Thrift Store. **Jane F.** completely revamped the Bingo program and regularly helps run the Friday games. When needed, **Bianca N.** stepped in to help with Bingo as well. Elf **Pauline O.** knitted 48 blankets (!) that were distributed by the Quilters to nursing homes and other local agencies in December.

I appreciate everyone who contributes in large and small ways to keep the Senior Center running smoothly.

Cheers

Mary



LOOK WHO'S BLOWING OUT CANDLES THIS MONTH:

John, Lisa, Ghislaine, Margaret, Dave, Joyce, Kenneth, Nancy, Carolyn, Gail, Ray, Mary, Deborah, Pat, Camille, Jean, Cameron, Jean, Elizabeth, David, Annabelle, Judith,

Cynthia, Mark, Irene, Phyllis, Lynn, Geraldine, Steve, Frankie, Paul, Lisa, Donald, Ruthanne, Alexander, Maureen, Pete, Russell, Judy, Philip, Starbuck, Ruth, Linda, Elaine, Jean, Ann, Gloria, Lucinda, Barbara, Lauren, Enid, Yvette, Joyce, James, Barbara, Walter, James, Francis, Melody, Kathy, Thia, Lilla, Ann, and Eileen!


















































MORE DAYS TO CELEBRATE:

- 2/3 National Wear Red Day
- 2/7 National Send a Card to a Friend Day
- 2/14 Valentine's Day
- 2/20 Presidents Day/Cherry Pie Day
- 2/22 National Margarita Day



FEBRUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
<div>  </div> <div> LUNCH! Thursdays 11:30-12:30 \$5 pp RSVP by TUESDAY </div>	<div>  </div> <div> 6 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga </div>	<div>  </div> <div> 7 10:30 Age in Motion - I 11:30 Teddy Bear Craft 1:00 Bridge 1:00 Scrapbooking 2:00 Movie: <i>Black Panther: Wakanda Forever</i> </div>	<div>  </div> <div> 8 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers </div>	<div>  </div> <div> 9 9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Ted Talks 12:30 IRISH DANCE  11:30-12:30 PM </div>	<div>  </div> <div> 10 9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Card-Making Class 2:00 CALL Program </div>	<div>  </div> <div> 11 10:30 Age in Motion - I (ZOOM from home) </div>	<div>  </div> <div> Monday 2/20 CREATE IN THE KITCHEN </div>	<div>  </div> <div> 13 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga </div>	<div>  </div> <div> 14 10:30 Age in Motion - I 1:00 Bridge 1:00 Scrapbooking 2:00 Movie: <i>Hidden Figures</i> </div>	<div>  </div> <div> 15 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers </div>	<div>  </div> <div> 16 9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I 12:00 LANGDON Ladies 1:00 CVAH CONCERT  11:30-12:30 PM </div>	<div>  </div> <div> 17 9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Jewelry Class 2:00 CALL Program </div>	<div>  </div> <div> 18 10:30 Age in Motion - I (ZOOM from home) </div>	<div>  </div> <div> We're making Spice Blends </div>	<div>  </div> <div> 20 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga 1:30 Create in the Kitchen </div>	<div>  </div> <div> 21 10:30 Age in Motion - I 1:00 Bridge 1:00 Scrapbooking 2:00 Movie: <i>42 (Jackie Robinson)</i> </div>	<div>  </div> <div> 22 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers </div>	<div>  </div> <div> 23 9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 IRISH DANCE  11:30-12:30 PM </div>	<div>  </div> <div> 24 9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Card-Making Class </div>	<div>  </div> <div> 25 10:30 Age in Motion - I (ZOOM from home) </div>	<div>  </div> <div> 27 9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga </div>	<div>  </div> <div> 28 10:30 Age in Motion - I 1:00 Bridge 1:00 Scrapbooking 2:00 Movie: <i>Black Art: In the Absence of Light</i> </div>	<div>  </div> <div>    </div>	<div>  </div> <div> 29 10:30 Age in Motion - I 1:00 Bridge 1:00 Scrapbooking 2:00 Movie: <i>Black Art: In the Absence of Light</i> </div>	<div>  </div> <div>    </div>	<div>  </div> <div> KEENE STATES INSTITUTE FOR LEARNING IN RETIREMENT CALL Cheshire Academy of Lifelong Learning </div>	<div>  </div> <div> 30 10:30 Age in Motion - I (ZOOM from home) </div>
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CLASSES & ACTIVITIES



Empowered Women of Cheshire County

hosted by the Historical Society of Cheshire County through the **Keene State College CALL** program.

Fridays 2/3, 2/10, 2/17 at 2:00-3:15 PM

Learn about the history of our region from the perspective of some of our most influential female citizens, including Catharine Fiske, Jennie Powers, and more!

We will be Zooming this at the Senior Center!



KEENE STATE'S INSTITUTE FOR
LEARNING IN RETIREMENT

CALL Cheshire
Academy of
Lifelong
Learning

CALL is an educational program aimed at seniors and/or retired folks. Classes are led by members, community experts, and Keene State faculty.

NEXT SERIES OF CLASSES START 3/6

<https://www.keene.edu/academics/conted/call/>



The Super Seniors are launching a new program called the

100 MILES CLUB



The aim is to log 100 miles in 2023. The program, open to all seniors age 70 and up, is also known as

"I can walk and I can talk."

Walking with others is more fun and benefits participants in other ways as well.

Information and logs will be available at the Senior Center beginning February 2, 2023.



SAVE THE DATE

**Arthritis workout video
presentation
March 2 at 12:30 PM**

As seen on PBS, this award-winning workout helps those at risk of developing arthritis, as well as those who are already experiencing arthritis symptoms.

The "Sit and be Fit" arthritis workout is a combination of medically sound exercise, creatively choreographed to a variety of music.



February



Thursday, 2/2

Chicken noodle soup / Tom Ka soup,
biscuits, dessert



Thursday, 2/9

Stuffed cabbage, dessert

Thursday, 2/16

Coconut curry with chicken/tofu,
rice, dessert

Thursday, 2/23

Stuffed shells, garlic bread,
dessert



BY TUESDAYS. SEATING IS LIMITED

Irish Céili Dancing!

(different than Riverdance)

Fun exercise for all ages.
Flat/soft soled shoes
recommended.

**Feb, 9th and 23rd
at 12:30 PM**

Instructors:
Bill and Karen O'Mara

SO MANY THINGS TO DO!

Cheshire Village at Home

*invites you to listen to the music of **Alouette Iselin!***

**Thurs., Feb. 16th,
at 1:00 PM**

Alouette is a singer-songwriter
of many years who plays the
guitar and hammered dulcimer.



at the Keene Senior Center, or via ZOOM

The Zoom link can be found on the Programs page of the website: thekeeneseniorcenter.org

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



603-903-9680

Scrapbooks from Scratch

with Pam Coty
Tuesdays @ 1 PM
(there are samples in the
front office)



Create in the Kitchen

Spice Blends

Monday, Feb 20 1:30-2:30 PM

We will be making delicious Spice Blends: Herbs de Provence,
no-salt salt replacement, Garam Masala, Amchar Masala.



Free for members
\$5 Non-members

RSVP by Friday 1/20



Fri... 2/3: Jewelry Class with Gina

Tue... 2/7: Teddy Bear Craft with Juanita

Fri... 2/10 Card-making with Janice

Fri... 2/17: Jewelry Class with Gina

Fri... 2/24: Card-making with Janice



In Memoriam:

Dorothy Mary (Bernhardt) Johnson, 100



Ukelele Meet-up!

Please join us on Friday,
Feb 3 at 1:30 PM for a
first get-together of
the ukulele group.

Questions? Call or text Nancy Pollard
at 603-762-7793.

let's talk about **JAZZ**

SAVE THE DATE:
Thursdays 3/2
& 3/16
at 12:30 PM

Instructor:

Don Baldini has had a very successful Jazz career and taught the history of jazz at Keene State for many years.

11th ANNUAL SUPER SENIOR CLARENCE DEMAR MARATHON

Sunday, September 24, 2023

Super Seniors (70+) who log 25 miles before the race earn the chance to walk or jog the last 1.2 miles of the marathon!



Pick up a registration form and log sheet from the front desk to keep track of your miles!

**2022 Tax
forms are
available in
the front
office.**



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

(603) 355-7715

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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

VOLUNTEER... IT'S GOOD KARMA

BENEFITS OF VOLUNTEERING FOR SENIORS

After retiring from a traditional career, retirement leaves many seniors wondering, "what next?" Many seniors are looking to fill their time by volunteering for a cause or community that they care deeply about, without even realizing that volunteering has enormous health benefits.



There are several opportunities to get involved with the Senior Center, including being on a program committee. Being a committee member is not only about attending meetings but about working with the other members of the committee to reach a consensus about the business before it. This is a wonderful way to stay involved, meet new people and avoid feelings of isolation.

POSITIONS AVAILABLE (talk to Mary if interested)

- **The Golf Tournament Committee:** We would love to hold another Golf Tournament next year and need people to help make it happen. If you are interested in working on this major fundraiser, please talk to Mary. You don't have to be a golfer to be on the committee!
- **Programming Committee:** Help turn ideas for classes and events into reality. This committee plans speakers, activities, and outings. Great for detail-oriented people.
- **Cheshire Village at Home:** Help a senior who lives alone with simple tasks and/or rides to appointments.



B-I-N-G-O

Come play with us and invite your friends!

Fridays at 12:30pm!



Court St. Thrift Shop

the best loot in town!



We receive new inventory daily!

- women's clothes
- men's clothes
- jewelry
- housewares
- books
- puzzles

70 Court Street, Keene, NH
603-352-5037



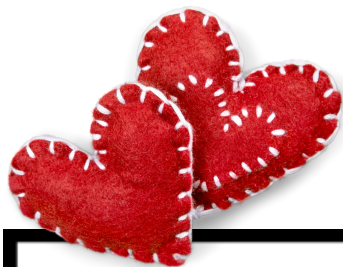


The Keene Senior Center
70 Court Street
Keene, NH 03431



Return Service Requested

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



Happy February!

DONATE YOUR CAR

to the Keene Senior Center



Leon's Auto Center will tow, appraise
and sell your vehicle, whether it's **running or not!**

www.thekeeneseniorcenter.org 603.352.5037