



The Keene Senior Center

February 2025

SENIOR SENTINEL



Breaking News from the Place to Be in the Monadnock Region for 50 and up!



COMMUNITY EVENT

*** All Are Invited ***

CHESHIRE VILLAGE AT HOME
PRESENTS

**Coffee Social and Keene Orchestra Chamber
Players Woodwind Quintet Concert**
1:30 pm, Thursday, February 20

Join Cheshire Village at Home for KCO's Woodwind Quintet February concert. KCO's mission is to bring music and music education to the community. A variety of musical pieces will be played. Their program includes:

The Entertainer - Scott Joplin

Happy Birthday to You - Theme and Variations -

Mildred and Patty Hill, arr. by William R. Brophy

Wind Quintet in Ab, Op. 14/H67 - Gustav Holst

Allegro - Adagio - Allegretto - Air and Variations -

Carmen Fantasia - Georges Bizet, arr. By Bill Holcombe

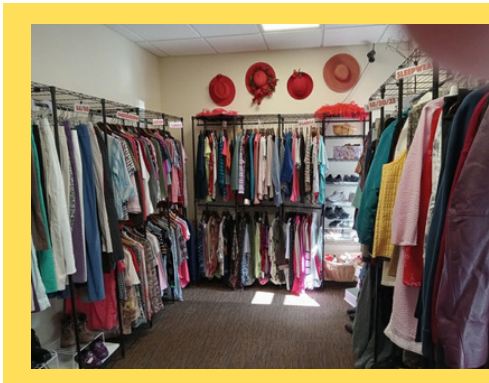
Twinkle, Twinkle, Little Star - Traditional, arr.

by Peter Vollmers

Adios Muchachos - Julio Sanders, arr. Ioan Dobrinescu

Refreshments will be served.

KCO Keene Orchestra Chamber Players
Woodwind Quintet Concert



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



Stop by: 312 Marlboro St. Suite 100 Keene, NH 03431	Senior Center Hours: M-F, 8:30-4:30pm Tel: 603-352-5037 CVAH: 603-903-9680	New to You Thrift Shop: M-F, 9:00-4:00pm	"Feed Your Soul" Art Gallery: M-F, 8:30-4:30pm
Not a member yet? Call to schedule a tour!			
email: admin@thekeeneseniorcenter.org		website: https://thekeeneseniorcenter.org	



DIRECT FROM THE DIRECTOR

Looking for Fun in February?

Who is tired of this cold weather? We are about 8 weeks away from the first day of spring. I am looking forward to longer days, open windows and walks without ice.

We hope that you can join us for some walks. We would like to have a walking group that would leave from the center. We also have a trip to the Belknap Museum coming up in March.

If you are looking for fun in February, you'll have to join us for Valentines Day where we will be having a "Sweetie Pie" Sale. Come and drop off a pie or buy a pie for your sweetie (or neighbor).

On Wednesday the 12th of February we are looking forward to the Keene Senior Singers concert at 1:30. The concert is a musical valentine!

So many people are out sick with the Flu and Noro virus. We have been sanitizing tables and we have masks for people who have a chronic cough since the flu is a respiratory virus and some of our dear friends have been hospitalized the last week of January.

Wishing everyone a healthy February!

Kim Rumrill
The Keene Senior Center Executive Director

CHAIR YOGA Class Time Change

Now starts at 1:15 pm on Mondays in the Center Dining Room

The time was pushed off to allow the lunch crowd to finish up their meal and clear their plates.

Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. Chair yoga is great for all bodies.

Members of all levels encouraged to join even if you are new to yoga.



What is CVAH?

Cheshire Village at Home (CVAH), a program of the senior center, 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 and 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.

Volunteers
needed



WELCOME FEBRUARY!



Senior Center Book Club

DISCUSSING IN FEBRUARY

NOTE:
The meeting is on
Thurs, 2/6/2025
at 1:00 PM

February's book:
The Nest
by Cynthia D'Aprix Sweeney
will be discussed on
Thursday, 2/6
at 1:00 PM

READING IN FEBRUARY

Read in February
to discuss in
March!
Free copies of
*Visit from the
Good Squad*
available to senior
center members
on loan at the
front desk.

READING + FRIENDSHIP = BOOK CLUB

TED'S Take The Town: Polar Challenge

**5:00 pm Super Seniors at Ted's
Wednesdays, February 5 - March 26**
Every Wednesday beginning February 5
thru the end of March, Ted's is organizing
a simple group run or walk. The goal
is to give folks a place to meet, a route to
run or walk people to run with.



Ted's is inviting The Keene Senior Center Super Seniors 70+ to meet at Ted's at 5:00 pm to run or walk together while there is more light.

Everyone else will meet there at 6:00 pm. Runners at any level are welcome including beginners! And, as always, friends and family are welcome to come along as well!

Each run/walk will be led by Coach Karen Jordan of Relentless Running. This will be an 8-week challenge. Each week you will have a 3, 4, or 5 mile route planned for you and you can choose which works best. Please remember to wear your reflective gear and headlamps.

For those who sign up (btw, this is 100% no cost) AND if you attend at least 6 out of 8 runs you will receive an awesome Polar Challenge hooded sweatshirt FREE!

Visit <https://www.tedsports.com/blogs/news/take-the-town-polar-challenge> to sign up.

CaptionCall Presentation

**1:15 pm -2:45 pm, Thursday, February 13
at the Center**

CaptionCall will be doing a seminar on new state of the art free to you house phones that have text. If you are hard of hearing and are isolated and have a hard time understanding on the phone then this is for you. Come to the seminar to learn more about them and sign up to get one installed. The cost for you is nothing.



CaptionCall is for people with hearing loss who need captions to use the phone effectively. Come check out how the phone and captioning service work, why there's no cost, and what you can do to get CaptionCall to improve your conversations.

Veterans' programs also available.

Keene International Market Food Demonstration

**4:00 pm, Thursday,
February 13 at the
Center**



Chuda from the International Market will be making noodle soup, Tukpah and veggie momos. Participants can help assemble the momos.

Limited space, sign up at the front desk or call 603-352-5037.

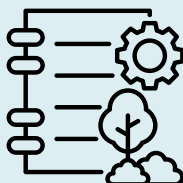
THERE'S SO MUCH TO DO!

COMMUNITY NEWS Going On in Our Region

Garden Planning Workshop

**11:00 am - 1:00 pm, Wednesday,
February 19, Heberton Hall,
Keene Public Library**

Join Community Garden Connections, Antioch University New England and the Keene Public Library for a free in-person interactive workshop to plan your gardens for the 2025 season. Light lunch will be provided. All are welcome!



For more information, contact communitygardens@antioch.edu or call 603-352-0157. Registration is required. There are 28 seats available. To register, visit <https://keenenh.libcal.com/event/13604376>.

St. James Caregivers' Lunch

**12:00-2:00 pm, Saturday, February 22,
St. James Episcopal Church**

St. James is hosting a caregiver's lunch on the last Saturday of each month from January through April this year for those taking care of loved ones with dementia. Caregivers will have lunch and time to support each other in the church study while their loved ones will have lunch with friends and activities in the Jonathan Daniels Room. All are welcome.



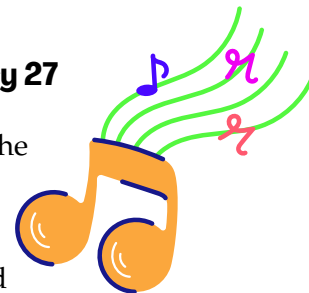
They are also looking for volunteers to help with the loved ones. Feel like you might like to do this but are unsure you know how? Elsa Worth, the priest, will be there at 11:00 am to provide coaching for volunteers. If you would like to contribute side dishes, salads or desserts to go with our sandwiches, please drop them off at church at noon.

Email Dick Drew at rpdrewllc@gmail.com to let him know that you want to help.

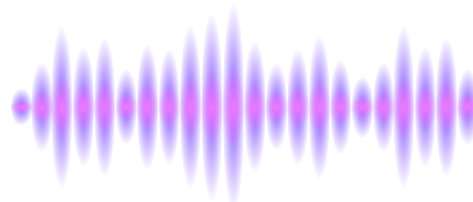
Name That Tune

**3:30 pm, Thursday, February 27
at the Center**

Join your fellow members for the center's new quiz program. Music from the 70s and 80s will be played and you guess the name of the tune. Pizza and drinks will be served.



Cost is \$5. Sign up by Monday, February 24 at the front desk or call 603-352-5037.



Save the Date!

The second annual Keene Runway 5K will take place at the Keene Dillant-Hopkins Airport at 9:00 am on May 18. It benefits The Keene Senior Center.

The airport will be holding an open house with displays and food trucks. Stay tuned - details will be forthcoming!

**Runners and walkers sign up at
[https://runsignup.com/Race/
NH/Keene/NHRunway5k](https://runsignup.com/Race/NH/Keene/NHRunway5k)**

This race is endorsed by the NE65 Plus Runners Club. [https://www.ne65plus.org/endorsement-program/
current-endorsed-races](https://www.ne65plus.org/endorsement-program/current-endorsed-races)



LUNCH AND MORE...

"A Musical Valentine"

1:30 pm, Wednesday, February 12

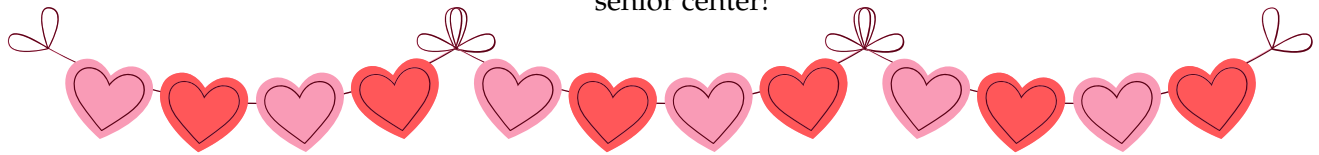
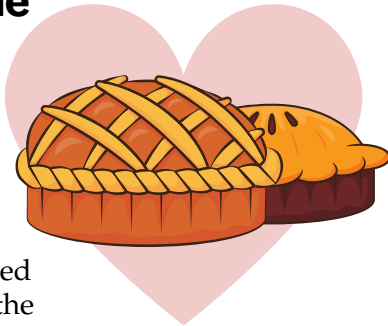
The Keene Senior Singers will present a Valentine Concert. The theme is love featuring popular songs.



Calling All Bakers - Sweetie Pie Valentine Bake Sale

All day, Friday, February 14, Valentine's Day

1. Donate a pie, any flavor, any size. Drop off pies to the front desk on Thursday, February 13.
2. Buy a pie for your sweetie or any loved one on Friday, February 14! Benefits the senior center!



A program of



Friendly Meals Menu

February 2025

Friendly Meals at the Keene Senior Center | 312 Marlboro Street | Mon-Fri at Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Diced Chicken & Gravy Mashed Potatoes Winter Squash Strawberry Shortcake with Cream	4 Chicken Marsala with Mushroom Sauce Mashed Cauliflower Green & Black Beans Pineapple & Yogurt Parfait	5 Shepherd's Pie with Corn & Mashed Potatoes Diced Carrots Peaches	6 Beef Stew with Potatoes, Vegetables & a Biscuit Brussels Sprouts Applesauce Birthday Cake 	7 Stuffed Chicken Breast with Cheese Stuffing Mashed Potatoes Beets Pears
10 Beef Steak with Brown Sauce Peas & Carrots Pumpkin Cookie with Craisins	11 Pork & Vegetable Stew Four Bean Medley Pineapple Tidbits	12 Wheat Spaghetti with Meatballs, Marinara & Parmesan Cheese Spinach Orange Jell-O with Mandarin Oranges	13 Chicken Cutlet with Gravy Brussels Sprouts Mixed Blend Vegetables Apple	14 Happy Valentine's Day! Mild Beef Chili Wild Rice Pilaf with Vegetables Peas & Onions Peaches 
17 Friendly Meals will be CLOSED in observance of the holiday. 	18 Zucchini, Summer Squash & Onion Quiche Greek Pasta with Tomato & White Beans Apricots	19 Swedish Meatballs with Sauce Rotini Noodles Sliced Carrots Green Beans Pineapple Tidbits	20 Turkey Burger with Veggies & Vegetable Gravy Diced Potatoes Beets Pumpkin Custard with Cream	21 Chicken-n-Biscuit Mashed Cauliflower Spinach Apple Crisp
24 Oven Fried Chicken Red Mashed Potatoes with Sour Cream Capri Blend Vegetables Pears	25 Cheese Ravioli with Meat Sauce & Parmesan Peas Diced Carrots Fruited Yogurt Parfait	26 Scalloped Potatoes with Turkey Ham & Cheddar Mixed Beans Grapes	27 Diced Beef with Potatoes & Burgundy Wine Sauce Broccoli Florets Fruit	28 Roast Pork with Sauce Mashed Potatoes Green Beans Orange

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

Make Friendly Meals reservations by 10AM two days prior to the meal. RESERVATIONS: 1) Call 603-352-2253; 2) Sign up with Noelle in the dining room; OR 3) Put your name on the sign-up sheet at the Keene Senior Center.





FEBRUARY

2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:30 Age in Motion - I (ZOOM from home)
2 Mon - Fri at 12:00 PM	3 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga 2:15 Super Senior Dance 5:00 pm All Ladies Figure Drawing	4 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: What happened to Miss Simone?	5 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 5:00 Super Senior Ted's Polar Challenge Walk	6 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 Book Club Meeting Discussing: <i>The Nest</i> Reading: <i>Visit from the Goon Squad</i>	7 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:00 Jewelry Making 1:15 Bingo	8 10:30 Age in Motion - I (ZOOM from home)
9 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga 2:15 Super Senior Dance	10 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: Thelma the Unicorn	11 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Captions Call Presentation 4:00 International Market Food Demonstration 6:30 Intro to Swing Dancing	12 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers "A Musical Valentine" 5:00 Super Senior Ted's Polar Challenge Walk	13 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Captions Call Presentation 4:00 International Market Food Demonstration 6:30 Intro to Swing Dancing	14 HAPPY V DAY! All day Sweetie Pie Bake Sale 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo	15 10:30 Age in Motion - I (ZOOM from home)
16 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga 2:15 Super Senior Dance	17 KSC CLOSED HAPPY PRESIDENT'S DAY	18 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: You People	19 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 11:00 Garden Planning Workshop at KPL* 1:30 Senior Center Singers 5:00 Super Senior Ted's Polar Challenge Walk	20 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:30 Trivia 1:15 CVAH Coffee Social - KCO Woodwind Quintet Concert	21 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Jewelry Making 1:15 Bingo	22 10:30 Age in Motion - I (ZOOM from home) 12:00 noon Caregiver's Lunch at St. James Church
23 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga 2:15 Super Senior Dance	24 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: You Are Cordially Invited	25 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 5:00 Super Senior Ted's Polar Challenge Walk	26 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 3:30 Name that Tune (\$) 6:30 Intro to Swing Dancing	27 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo	28 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo	

COFFEE CAKE RECIPE AND MORE!

Kate's Corner *By Kate Forcier*

Raspberry Coffee Cake

1. Start with:

1½ cup sugar
½ cup shortening
1 egg
Cream all together.



2. Next:

Mix in 1 cup sour cream and 1 tsp vanilla extract.
Add 2 cups flour, ¼ tsp salt, 1 tsp of baking soda.
Mix all together.
Stir in 2 cups of raspberries.

3. Then: Pour into a greased 13x9 pan.

Sprinkle with 2 tsp of cinnamon and 1/2 cup of sugar.
Bake at 350 F for 35 minutes.

Sustainability Tips*

TIP 2 - Turn down the temperature on your water heater to 120 degrees. (Look for a little metal box on the side of the water heater.)



TIP 3 - Turn your refrigerator and freezer to a warmer setting.

TIP 4 - Activate the "sleep" mode on your home office equipment. Use laptops rather than desktops when possible.

* Courtesy of Blessed Earth, 2009

LET'S MEET FOR A MOVIE!	TUESDAYS 2 PM	WE HAVE AC!
Feb 4	What happened to Miss Simone Not Rated • 2015 • Documentary/ Drama • 1h 41m	
Feb 11	Thelma the Unicorn PG • 2024 • Comedy/Adventure • 1h 33m	
Feb 18	You People R • 2023 • Comedy/Romance • 1h 58m	
Feb 25	You Are Cordially Invited R • 2025 • Comedy • 1 hr 49m	

IN MEMORY OF A CENTER MEMBER

Stuart Carswell passed away on Tuesday, January 14, 2025. He was 90 years old.

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THANK YOU

THANK YOU

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