



SENIOR SENTINEL

The latest news from The Keene Senior Center

JUNE 2022

"ART IS TOO IMPORTANT NOT TO SHARE" - ROMERO BRITTO

Thank you for joining us for the first of many art events at the Keene Senior Center, the Senior Showcase.

As one might guess, creative activity contributes to successful aging by encouraging a sense of purpose and personal growth. Engaging in a creative pursuits like painting, singing, writing, gardening, cooking, and many other activities is good for the mind, body and soul.

Our members are amazing!



Mission: The Center shall act as a community focal point for persons aged fifty (50) or better so they may come together as individuals or in groups, for recreation, events and activities which enhance dignity, support independence and encourage involvement in and with the community.



Come Visit Us:

70 Court Street
Keene, NH 03431



Senior Center Hours:

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

The Bargain Box:

Monday-Friday
9:00-4:00pm



email: info@thekeeneseniorcenter.org

website: www.thekeeneseniorcenter.org



FROM THE DIRECTOR

It's hard to believe the Summer Solstice is almost upon us! We've had wild swings in weather and temperatures but the days are long and we can finally put our down coats away!

The Art Show at the end of May was amazing! Our members are a talented group of people, who generously allowed us to display their work. Visitors have been wowed by the painting, craft and writing skills on display. If you missed having your work shown this year, we hope to make the **Art from the Heart** a showcase event every spring.

The community Volunteer Fair, held at the Keene Ice arena, had a variety of non-profits in attendance. There was decent attendance from the public, and hopefully that will translate into new volunteers. We are always looking for volunteers, so if you have a couple of hours a week or month to spare, please come and talk with me.

NH Gives is on June 7 & 8. We have a wonderful \$3000 matching grant from **C&S Grocers** and we hope that if you didn't donate this year, you'll consider helping us match this generous donation. You can find the link on our website or just search for **NH Gives**. There will also be bonus and matching monies as part of the **NH Gives** overall campaign that will kick in at different times during the two days. You'll see more in our "This Just In" emails next week, and during the campaign.

As I reflect on my first year as Executive Director, I am most grateful for getting to know so many enjoyable people. It has been fun, stressful, rewarding, challenging and entertaining. I am proud to be part of a community that takes the time to say hello to each other, makes room at the lunch table for a new member, or helps find the right weights and a yoga mat for a new Age in Motion participant. We continue to seek a new home with better parking and accessibility, but I believe the positive spirit and energy generated here is more about the people than the place!

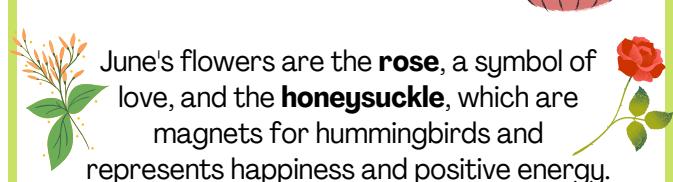
Cheers,

Mary

Happy Birthday:

William, Barbara, Sally, Barbara, Betsy, Jayna, Sandra, Piper, Hugh, Carol, Kristal, Don, Norma, Mary, Marie, Carol, LeeAnn, Nancy, Frank, Nimi, Jeffrey, Mary, Timothy, Bette, Clayton, Marjorie, Bertram, Darby, Judith, Harry, Nancy, Judith, Leslie, Margaret, Mary, Sarah, Terry and Jane, Robert, Russell, Robert, Michael, James, Kenneth, Douglas, June, Joe, Marion, Allan, Lawrence, Sandra, Elizabeth, Chloe, Tammy, Lauris, Elizabeth, Janice, Jane, Kevin, Janice, Donald, Carolyn, Kerry, Bozena, Stephen, Stella, Clyde, Marcia, Nancy, Charlotte, Clyde, Connie, Beverly, Deanna, George, Cindy, Jean, Lenny, Daniel, Harley, Pat, Mildred, Susan, and Richard!

June has three birthstones, **pearl**, **alexandrite** and **moonstone**.



People born before June 20th are under the sign of **Gemini**, a sign associated with spontaneity and playfulness. Those born June 21st or later are under the sign of **Cancer**, and are said to be devoted, perceptive, and extremely compassionate.

This issue of the Senior Sentinel is in memory of: Roger Nichols and Ken Jue



KATE'S CORNER

By: Kate Forcier

Living Healthier with Juices

Keep your brain young with juice packed with antioxidants that fight aging. Whole fruits like apples, bananas, oranges, plums, grapes, and berries offer plenty of protection against oxidative stress that can lead to nerve degeneration and Alzheimer's disease..

The fruit juices with highest antioxidant capacity and lower sugar content:

Purple Grape Juice
Cranberry Juice
Grapefruit Juice
Apple Juice
Vegetable Juice



On May 7th four TurnUp Gardeners were joined by students and faculty from the Antioch Community Garden Connection Program. It was a fun and chilly morning in the garden.



Josh, Emma (students), Libby McCann, faculty (not pictured), from CGC - Antioch New England; Janice Manwaring, Karen Wilson, Stuart Carswell, Gail Burgess (not pictured), from TurnUp Gardeners

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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Member Keene Senior Center

Active Community Member & Volunteer



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cjoyce@ne.rr.com

Cell: 603-209-4431
603-357-4100 Ext. 130

CLASSES & ACTIVITIES

Coffee & Critique

with local artist, Alicia Drakiotes



Third Thursday, June 16th
10 am to 11:30 AM

Bring something you're working
on to discuss.

Wicked Glass Art

June 17th @ 9:30 AM

RED, WHITE, & BLUE!



\$10

Call the
office to
register!

TED talks

SECOND Thursday @ 12:30 PM

June 9th Topic:

Aging with Passion

- **Ashton Applewhite:** “Let’s End Ageism”



- **Isabel Allende:** “How to Live Passionately—no matter your age”



Get the Zoom link:
keeneassistant@americanhouse.com
or watch at the Center.



HEY, RED SOX FANS!

Our Chamber of Commerce is
organizing a bus trip to Fenway!

As a Senior Center member, the
ticket price is \$90, which covers
one ticket to see the Sox WIN and
gets you out of having to park
your own car.

Wednesday June 15, 2022

B 3:30 PM - 11:00 PM EDT
Departure time 3:30pm
Game begins 7:10pm

Meet at and return to: Dillant-
Hopkins Airport - 80 Airport Rd,
Swanzey, NH

To register, email Kate
Bruhmuller at the Chamber:
kbruhamuller@keenechamber.com

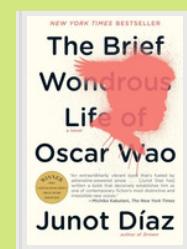
BOOK CLUB

**Thursday, June 2nd
at 12:30pm**

We will be discussing
Olive Kitteridge
by Elizabeth Strout



For discussion in July :



The Brief
Wondrous Life
of Oscar Wao

by Junot Diaz

READING + FRIENDSHIP = BOOK CLUB

CENTER PROGRAMS

Group Walks

with Jack & Emily

Join father and daughter duo Jack and Emily Coey for local hikes in the Keene area.

These walks will be wooded trails for 2-4 miles which should take roughly one hour. We will meet at each location and walk together. Please feel free to bring along friends, family.

6/7 @ 1:30 PM

Beaver Brook

6/12 @ 9:00 AM

Otter Brook

6/21 @ 1:30 PM

Goose Pond

6/26 @ 9:00 AM

Ashuelot Park or Cheshire Rail Trail

Please check the website for more details and directions to each location.



2022
2022

- **Age in Motion - I** (beginner) Online class at the Center on Tuesdays & Thursdays at 10:30 AM. Saturday class is online via Zoom at 10:30 AM (link is on the website)
- **Age in Motion - II** (advanced) Mondays & Fridays at 10:30 AM
- **BINGO!** - Invite your friends - the more the merrier! Supplies for sale at the Center. Fridays @ 12:30 PM
- **Book Club** - Meets the first Thursdays of the month at 12:30 PM
- **Bridge** - Welcoming new players. Tuesdays at 1:00 PM
- **Chair Yoga** - Allows seniors and those living with disabilities to reap the benefits of yoga without risking their safety. Mondays at 1:00 PM
- **Computer Help** - Fridays 9-11. Sign up for a time near the check-in monitor
- **Cribbage** - All levels of experience welcome. Wednesdays
- **Gentle Yoga** - Focuses on breath control, simple meditation and specific body postures while standing or lying on the floor. Wednesdays at 9:00 AM
- **Handmade Cards** - Bring your creativity and learn to make beautiful cards. No experience necessary. 2nd and 4th Fridays at 1:00 PM
- **Knitting** - Make knitted goods - hats, mittens, blankets - to donate to schools and other needy people in the community in the fall/winter. Thursdays at 10:00 AM
- **Kripalu Yoga** - a gradual process of physical healing, psychological growth, and spiritual awakening by emphasizing meditation, breath work and inward focus. Mondays at 9:00 AM
- **Movie Day!** - Enjoy tasty snacks while you watch award-nominated movies. Stay for a few minutes after and talk about the movie and still get home before dark! Tuesdays at 2:00 PM

4/7 - The Lost City

4/14 - Parallel Mothers

4/21 -Death on the Nile

4/28 - Cha Cha Real Smooth

2022
2022

- **Open Gym** - The gym facility, including bikes, treadmills, free weights, weight machines, and an elliptical is available for use. Mondays-Fridays 8:30-4:30 PM
- **Ping Pong & Pool** - Bring your friends to play! Mondays-Fridays 8:30-4:30 PM
- **Qijong** - (pronounced "chee-gong") meditation is an ancient Chinese healing practice that combines meditation, controlled breathing, and gentle movement. \$5/class or purchase a \$40 punch card for 10 classes. Wednesdays at 10:15 AM
- **Quilts R Us** - For anyone interested in quilting who would like to sew together and share ideas about quilting. There are sewing machines available if bringing your own is tough. Thursdays at 9:00 AM
- **Senior Swingers** - This spirited group sings at many Senior Center functions. Just show up to sing along. Wednesdays at 1:00 PM
- **TurnUp Gardeners** - Help make the Senior Center garden healthy and beautiful. Tuesdays at 11:00 AM

2022



Cheshire Village @ 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**



Our Next Social Event:

A Guided Tour around downtown Keene to marvel at the beauty of the Walldogs murals and learn more local history.

Tuesday, June 14, 2022

11:00 AM – 1:00 PM

**Meet at Railroad Square
Main Street, Keene**

The tour is free. Space is limited to 15.

You must call CV@H to register: 603-903-9680



About this event

In June 2019, over 200 Walldogs artists descended on the city of Keene to voluntarily paint 16 historically-themed murals across its cityscape in a matter of 3 days. Learn more about this incredible event as an expert storyteller from the Historical Society of Cheshire County guides around to each mural, sharing some pretty amazing but true stories about our community's past.

VOLUNTEER PROFILE

Paula Flemming was born in Boston

and lived in Chelsea until she was 12 years old. Then her family moved to Tewksbury, Massachusetts which, at that time, was a rural town. This is



where Paula learned to ride a bicycle, delivered a memorized "Gettysburg Address" one Memorial Day, played on the basketball team and placed first in many jitterbug dance contests.

Paula met her husband-to-be when she was 15 years old. Paula married Don when she was 18. Eventually, after their second son started school, Paula earned her Bachelor's degree in Education. She taught first and third grades in Winchester, NH while working on her Masters degree to be a Reading Specialist. She then continued to have an interesting and successful career in Peterborough assuming many different professional roles. In summer she also taught graduate students at the University of NH.

Now retired, Paula remains quite busy. She enjoys reading, walking, travelling, friends, family, volunteering, researching, cooking, and learning Mah Jongg.

End-of-Life Planning: 3 Keys to Avoiding Financial Ruin - Tues., June 21st, 12- 2 PM

Presentation by: Fred Beasley from Beasley & Ferber Attorneys, with Greg Gagne from Affinity Investment Group

A long-term care crisis can devastate a family and its finances. Nobody "wants" to go to a nursing home...and almost nobody "needs" to lose their life savings if it happens. At this legal seminar, Attorney Ted Beasley will discuss the how to protect against the potentially catastrophic effects of a nursing-home stay; bullet-proofing trusts from nursing-home costs; shielding inheritance funds from outside creditors and divorcing spouses of adult children; avoiding the costly and public probate process; and more. The seminar is highly engaging, conversational in nature and is a no-pressure event. PLEASE RSVP by calling the office at (603) 352-5037.



Fred Beasley



The Keene Senior Center
70 Court Street
Keene, NH 03431



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WE GIVE.**

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#UNSELFIE

**Help us unlock \$3,000 in
matching funds June 7-8!!**

NH Gives is a powerful, statewide 24-hour online fundraising event that is designed to build community, connect donors to local nonprofits and generate excitement about the nonprofit sector.

PLEASE GIVE JUNE 7-8th!
thekeeneseniorcenter.org