



SENIOR

SENTINEL

The latest news from The Keene Senior Center - March 2023



let's talk about
JAZZ

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.

Added Dates

Irish Céili Dancing!
(different than Riverdance)

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

**March 9th and 30th
at 12:30 PM**

Instructors:
Bill and Karen O'Mara



Spring Art Class
with local artist, Alicia Drakiotes

**Tuesdays, March 21st - April 25th
10 - 11:30 AM**

Bring your talent and painting supplies. You will get plenty of assistance - for all levels.

**Fee: \$120 for the 6-wk series
or \$25 per class**



Create in the Kitchen

Monday, Mar. 20th - 1:30 PM

Egg Rolls!



**Free for members
\$5 Non-members**

RSVP by Friday 3/17

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

March – the month of longer days and nights and the beginning of Spring! It's felt warm and cozy in the Senior Center, with good crowds playing card games, making crafts, participating in exercise programs and socializing with new and old friends.

Over the past several months I have tried to honor all of our volunteers and program leaders in the monthly newsletter. The generosity of everyone who helps is a balm for the soul in these often-contentious times. It is time to appreciate all of the members who show up to participate in the many activities on offer. I hear laughter, singing, quiet conversations, the thump of weights hitting the floor. A new painting will appear on a wall, a new box of tea or a delicious plate of cookies will appear at the coffee bar. I see get-well cards being signed for members who've fallen, or fallen ill, and concern for each other. Thank you for participating in the various events, for your feedback – positive and critical, for the laughter, for your support of fundraisers and ideas for improvement. It's not always easy to be positive, but it's a lot easier when there is joy and happiness around you. If it's been a while since you have stopped by, I encourage you to come in and visit. You'll see what I see and experience every day – people enjoying their lives to the best of their ability.

Cheers,

Mary



Senior Swingers Valentine Tea

A joyous tribute to love in their first concert in three years.

HAPPY BIRTHDAY

LOOK WHO'S BLOWING OUT CANDLES THIS MONTH:

Mildred, Louise, Florence, Karen, Diane, Lillian, Roger, Phyllis, Leah, Peter, Newell, Carol, Frances, Kimberly, Maurice, Chris, Deborah, Leonard, Barbara, Dean, Joe, Priscilla, John, Esther, Christina, Ruth, Judy, Harry, Barbara, Dorothy, Sally, Lorri, Therese, Evelyn, Barbara, William, Gail, Isabella, Nathaniel, Kathi, Billie, Katharine, Patricia, Arthur, Christine, Janet, Nancy, Sheila, Joan, James, Deborah, Michele, Russell, Henry, Kash, Clayton, David, Jo, Donna, Patrick, Robert, Roberta, Harry, Robert, Celine, Jozefa, Allison, Georgina, Elizabeth, Anita, Susan, Anita, Victoria, Carolyn, Joan, Diane, Anthony, Linda, Pamela, Janice, Angela, Margaret, Linda, Frank, Sharon, Sandra, and Richard!

MORE REASONS TO CELEBRATE:

- 3/8 International Women's Day
- 3/14 National Pi (Pie) Day
- 3/17 St. Patrick's Day
- 3/20 First Day of Spring
- 3/21 World Poetry Day

CLASSES & ACTIVITIES

enjoy every moment.



BLOOD PRESSURE CHECKS
 by the new, local Emergency Medical Services (EMS)
 March 8th at 12 PM and March 30 at 12:30 PM.



MARCH

Thursday, 3/2
 Quiche Lorraine and Florentine

Thursday, 3/9
 Chicken and Cheese Burritos

Thursday, 3/16
 Lasagne and Garlic bread

Thursday, 3/23
 Grilled Cheese and Tomato Soup

Thursday, 3/23
 Spinach and Cheese Strata

BY TUESDAYS. SEATING IS LIMITED

EVERYONE IS INVITED TO PLAY

GOT GAME?

Join the fun...
 Tuesdays from 12:30-3:00 PM

When we play
Rummikub and
Hand and Foot

Easy to learn!

Arthritis workout video presentation
 Monday, March 15 at 2:15 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.

The secret of your future is written in your daily routine.

Knitting Circle

Mondays at 2 PM

New day & time

Craft class alert:
 Paint and accessorize charming snowmen or flower pots and tulips with Paul Goodwin

April 3, 2023 at 11:30 am.
 Please RSVP by Friday March 31.

BOOK CLUB

April's Book Discussion:
 Thursday, 4/6 @ 12:30 PM

The Sound of a Wild Snail Eating
 by Elisabeth Tova Bailey

READING + FRIENDSHIP = BOOK CLUB

Copies available in the front office.

KEENE CHAMBER ORCHESTRA

Various small groups will be performing, including a special rendition of Prokofiev's Peter and the Wolf, with Gordon Harper narrating.

Thursday, April 6th at 12:30 pm.

PLEASE RSVP: (603) 352-5037

Open to the Community!

Keepsake Gem Pendants

with Juanita Ray

March 14th at 1 PM.

Supplies are included, however, you are welcome to bring small bits of earrings or broken necklace pieces if you want to make a pendant from something with special meaning.

Financial Planning

10's 20's 30's 40's 50's 60's 70's 80's

Learn About End-of-Life Planning, Charitable Giving

Tuesday, April 4th, 3-5 PM

With **Fred Beasley** from *Beasley & Ferber Attorneys*, and **Greg Gagne** from *Affinity Investment Group*

RSVP (603) 352-5037 info@thekeeneseniorcenter.org

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 Edward Beasley will discuss 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; charitable giving; and more. The seminar is highly engaging, conversational in nature and is a no-pressure event. Special guest Greg Gagne of Affinity Investment Group will provide important financial and economic insight.

KATE'S CORNER

By: Kate Forcier

Creamy Vegetable Soup

In just a few minutes, you can whip up this creamy, comforting soup featuring carrots, broccoli, tarragon, and onions. This dish is like a warm blanket on a cold day; try making it with different vegetables and spices to change things up. Makes 3

Saute the following:

- 1 tablespoon extra virgin olive oil
- 1 medium onion, diced and sautéed
- 2 stalks of celery, chopped
- 1 ½ carrots, peeled and chopped
- 1 ½ cloves garlic, minced
- 3 cups chopped broccoli



Once cooled down, puree for a smooth texture and add:

- Sprig of tarragon
- 1 bay leaf
- 2-3 cups water or vegetable broth
- Salt and pepper (optional)



Bring to a boil in a large pot and simmer for half an hour. For a creamier soup add 1-2 tablespoons heavy cream, or cashew cream for a vegan version

-- Recipe from *The Blue Zones Kitchen, Loma Linda, CA*

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

Tuesdays
2 PM

March Movies

It's Oscar Month! Come enjoy new releases and excellent snacks!

3/7 - *Tár*

R, 2022, Drama, Music, 2h 38m



Set in the international world of Western classical music, the film centers on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra.

3/14 - *Guillermo del Toro's Pinocchio*

PG, 2022, Animation Drama, 1h 57m



A father's wish magically brings a wooden boy to life in Italy, giving him a chance to care for the child. However, the two of them have to struggle to find a place for themselves as Italy becomes embroiled in fascism.

3/21 - *Mrs. Harris Goes to Paris*

PG, 2022, Comedy Drama, 1h 55m



In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

3/28 - *Fire of Love*

PG, 2022, Documentary, Biography, 1h 38m



Intrepid scientists and lovers Katia and Maurice Krafft die in a volcanic explosion doing the very thing that brought them together: unravelling the mysteries of volcanoes by capturing some of nature's most explosive imagery.



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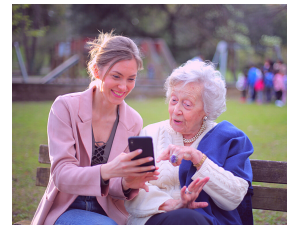
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603-357-4100 Ext. 130



Cheshire Village @ Home

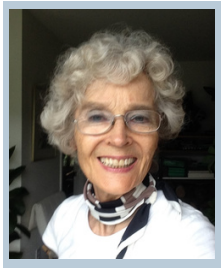
One call sets you up with a ride, help at home, social visits, or wellness calls. **If you or anyone you know could use a hand, please call (603) 903-9680**



VOLUNTEER PROFILE



Meet Karin Altmayer, a new member of Cheshire Village at Home. Karin moved to Keene about 18 months ago after having lived in Vermont for 20 years.



She was born in Finland, and she lived there with her family, which included 4 siblings, until she finished a business degree. Then Karin went to live in Scotland where she worked caring for seniors and learning English. In 1967 Karin came to New Orleans and became a flight attendant. She flew for Pan American Airlines for about 8 years and was based first in Chicago and then New York. While working for Pan American Airlines she met her husband. They lived in New York and then built a home in Windsor, Vermont. Both were avid skiers and worked for the Mt. Snow Ski Patrol. She lived in Vermont until her husband passed away.

Karin has 2 children; a third child was killed when they all were in a serious car accident. With her current husband she enjoys music, dancing and meeting new people. She speaks Finnish, Swedish, English and is learning to speak Spanish. She loves to learn and have new experiences. Currently that includes improving her computer skills. Her creative endeavors cover the walls throughout her home. She plans to create a studio in her home to be able to continue her artwork. She is open to trying new things, such as mastering the use of her snow blower and is handy with a sewing machine and able to repair and give new life to used clothing.

Twice a month Karin volunteers as an Ordinance Worker at The Boston Temple of Latter-Day Saints. She enjoys people who are goers and doers and who help others, such as the work done by the volunteers for Cheshire Village at Home.

CHESHIRE VILLAGE AT HOME'S MARCH SOCIAL

Safety in the Home

March 23rd at 1:00 PM at the Senior Center or via ZOOM

Presentation by Ben Neal from Home Health Hospice and Community Services.



Open to the community!



(603) 903-9680

The Zoom link can be found at: thekeeneseniorcenter.org/programs

save the date:



April 13th at 1 PM

A Humanities-to-Go presentation:

"Rosie's Mom: The Women of WW I"



The Keene Senior Center
70 Court Street
Keene, NH 03431



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**TO JOIN THE
ACTIVITIES
COMMITTEE!**

The Activities Committee helps fill the Senior Center calendar with opportunities for crafts, skill building, music, entertainment, education and more.

If there is a program or event you would like to see happen this year, please join the discussion on **Tuesday, March 28th at 11:30 AM.**

**DO YOU NEED A
PLACE TO PUT
YOUR DONOR
ADVISED FUNDS?**

Please donate
to the
Keene Senior Center

tax ID #02-0256864