



Senior SENTINEL

*The latest news from **The Keene Senior Center***

OCTOBER IS FAMILY HISTORY MONTH

October has been officially listed as Family History Month within the US. It is a time to remember our roots and celebrate our unique histories and identities. It also happens to be the month that we celebrate several specific heritage days (German-American month, Italian Heritage month, Polish American Heritage month, etc.)

To celebrate this month, consider one of these enjoyable activities:

- Start researching your family tree
- Record some of your parents' memories of their younger years
- Post your photographs on the internet for others to enjoy
- Begin writing down some of your own life stories
- Record the voices of your young children or grandchildren to listen to when they are older
- Visit a cemetery and take pictures of family tombstones
- Call a relative you haven't heard from in a long time and reestablish those family connections
- Cook a family favorite dish and invite family or friends over to enjoy it with you



"Being part of a family means you are part of something very wonderful. It means you will love and be loved for the rest of your life."

This newsletter is dedicated to three members of our Senior Center family we lost recently: Claire Burk, Lee Taylor and Helena Wasilewski. Claire and Lee were longtime members and avid bridge players and Helene enjoyed yoga. We appreciate the donations we've received in their memories.

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

Welcome to October and the cool crisp days of Autumn! We had a busy September with a successful Golf Tournament, featuring 19 teams and lots of wonderful prizes from local businesses, a lovely retirement party for Cameron, and the DeMar Marathon. All of that in addition to Yoga, Age in Motion and other classes, Bingo, Bridge and the Senior Swingers filling the building with song.

A special thank you to Terry and Jane Fecto and Sue and Jim Holley for their work on the amazing golf tournament, along with Brady and his team from Kohls, plus Evelyn Huston, Evelyn Hubel, Mike and Betty Forrest and Janice Speed. Sally Rinehart-Boyce, board member and lead organizer, managed everything beautifully. It was a lovely day for golfing!

Karen Wilson worked tirelessly to clean up the front gardens, helped by Charlie Wager. The gardens look splendid! A shout out to Gail B. for stepping in to mow and do some general yard work when it was sorely needed.

The month of October brings additional activities to the Center including Book Club, art classes, and a light lunch on Thursdays. Also starting is the planning for our annual Holiday Faire in December. I hope everyone can get involved in this wonderful event.

It has been a pleasure getting to know members and having the building alive with people and activities! Please stop in and say hello!

Cheers,

Mary



More about the Holiday Faire on page 8.

CONGRATS TO OUR TOURNAMENT WINNERS

Womens Category:

Linda Dickey

Ronda Stewart

Elizabeth Kolodziej

Shelley Murdock

Mens Category:

Bob Cassin

Jeff Foster

Rudy Genoroh

Mitch Schadler

Super Seniors:

Art Siningtom

Susan Farrell

Maria Temple

Kim Temple

Mixed Category:

Bob Vita

Joe Capobianco

Diane Whalley

Ray Boulay



Happy Birthday, Octobers!



Opal is October's gem.

The opal symbolizes faithfulness and confidence

October's flower is the Marigold.

With their bright colors, marigolds represent passion and creativity.

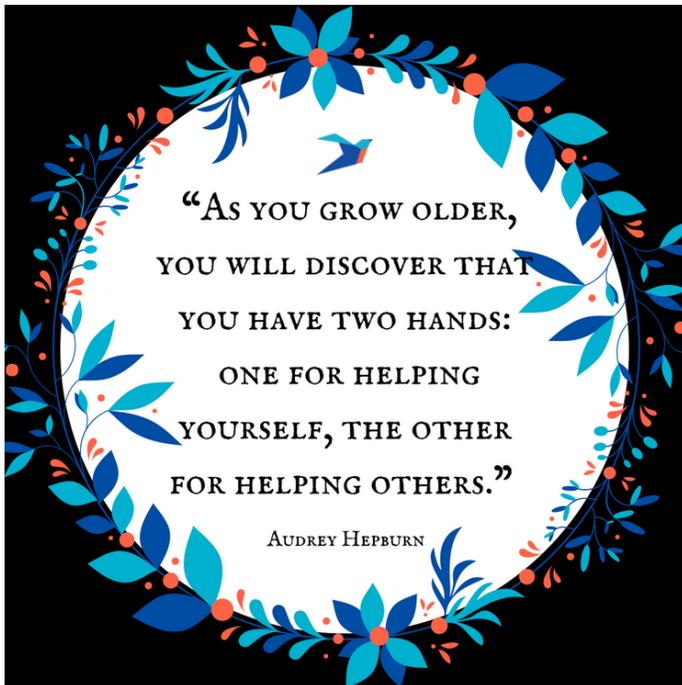


October babies are either Libras or

Scorpios. *Libras are said to be cooperative, fair-minded and gracious. Scorpios have the reputation of being resourceful, passionate and brave.*

["The older you get, the better you get.
Unless you're a banana"
-- Betty White]

Beth, Lynne, Deb, Maria, Dorothy, David, Pat, Kate, Reinhard, Beverly, Sabrina, Jean, Margaret, Judy, Helen, Mary, Robert, Helen, June, Jake, Judith, Joyce, Matthew, Dale, Virginia, Keith, Laura, Jamie, Joely, Juanita, Kenneth, Sharon, Margaret, Peggy, Dorothy, Donna, Doreen, Joan, Toni, Susan, Meryl, Diane, Barbara, Lee, Elizabeth, Emily, Thelma, Peter, Mary, Evelyn, Judith, Eleanor, Diana, Amy, Marissa, Irene, David, Donna, Jacob, Robert, Lurline, Caroline, Nan, Susan, Patricia, Jacqueline, Madeleine, Daria, Abigail, George, Robert, Barbara, Nancy, Marilyn, Edward, Sonjia, Norman, Joyce, Brenda, Joanie, Allison, Marjorie, Lucille, Laurie, Mary, Martha, Laura, Bonnie, Sandra, Christine, Neil, Sharon, Martha, Carolyn, Lucy, Vincent, Jonathan, Katherine, Linda, Roland, Irene, James, Michele, George, Geeta, Mary, Viola, Alyssa, Daniel, Dale, Kathleen, Lisa, Ronnie, Carolyn, Rebecca, Francis



CHESHIRE VILLAGE @ HOME

The value of this program to the Keene senior adult community is immeasurable, but it requires the help of many.

It's up to all of us to educate people about this service and to encourage those who are able to volunteer.

CV@H volunteers provide rides to appointments, help with minor household tasks and repairs, make daily wellness calls, offer computer support, assistance running errands, and other tasks that enable seniors to live independently at home.

If you or someone you know can become a CV@H volunteer, please reach out: 603-903-9680.

If you can, please lend us a hand.

Kate Forcier presents:

KATE'S CORNER

VITAMIN A can be found in many foods, like sweet potato, beef liver, spinach, carrots, cantaloupe, liverwurst, apricots, beef and vegetable stews, cabbage, broccoli, red pepper, and PUMPKIN!

Here's a dessert that is perfect for the season:

Pumpkin Whoopie Pies

- 1 ½ cup flour
 - 1 ¼ cup sugar
 - 2 tsp baking powder
 - 2 tsp cinnamon
 - 1 tsp baking soda
 - ½ tsp ginger
 - 1 15 oz can pumpkin
 - 1/12 sticks salted butter, melted
 - 3 beaten eggs
- Filling:
- 8 oz cream cheese
 - 6 T softened butter
 - 1 cup sifted confectioners' sugar
 - 1 tsp vanilla



Mix all ingredients and drop 2 tablespoons on a cookie sheet or Whoopie pie pan. Bake in a 375°F for 8-10 minutes. Test for doneness with a toothpick. When cooled, fill with cream cheese mixture.

Fun Facts about Pumpkin Seeds:

- they are packed full of Zinc which supports a healthy immune system
- they are a source of an amino acid called tryptophan, which has been used to treat chronic insomnia because the body converts it into serotonin, the “feel-good” or “relaxing” hormone, and melatonin, the “sleep hormone.”
- 1/2 cup a day may help keep the prostate in line.

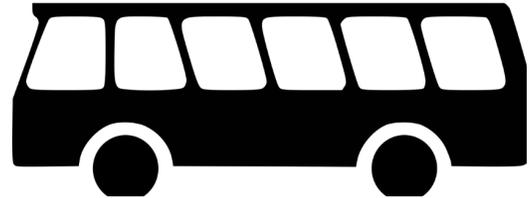


Fall is the season for Day Trips!

THOMAS CHARTERS UPCOMING TRIPS:

- Sat. 10/2 **Haunted Happenings in Salem, MA.**
- Sat. 10/9 **Covered Bridges Tour**
- Thurs. 10/14 **President Coolidge Tour in VT**
- Sun. 10/31 **Young Frankenstein at Ogunquit Playhouse**

For details, call Frank at 603/352-5550, option 2



93 Monadnock Highway, Keene, NH 03431

Thomas Charters

Garden Path Elder Living

Holton Home & Bradley House



Spacious private rooms in historic buildings with beautiful gardens and grounds

- 24-hour Personal Care
- Medication Management
- Home-cooked Meals
- Activities Program
- Housekeeping & Laundry Services
- Short-term stays, too!

A local non-profit in Brattleboro, Vermont serving our community's elders for over 125 years

802-246-1554 gardenpathelderliving.org

OCTOBER HAPPENINGS

Painting in Series

with local artist, Alicia Drakiotes

Tuesdays, 9/28-11/16 (8 weeks) from 10am-12pm

In this 8 week class you will discuss the advantages of creating more than one piece from the same subject.

Bring your own supplies - whatever you like to work with. There will be plenty of mentoring and assistance for all level. Class fee: \$165 or drop-in for \$21



Third Thursdays, 10am-11:30pm

Bring your work for a gentle critique and support. Meets once a month. No fee.



LUNCH IS BACK!

THURSDAYS
beginning 10/7
at 11:30 am

\$4 per person

Reservations required!

Punch cards for meals are now available.



Third Thursday Zoom event

TED talks

hosted by **America House**

RSVP to Christy at
keeneassistant@americanhouse.com
to get the Zoom link

October 21 at 12:30pm
Topic: TREES

- 1) **Richard Preston:** The mysterious lives of giant trees
- 2) **Sam Van Aken:** How one tree grows 40 different kinds of fruit

Anthem Blue Cross Blue Shield Medicare resource table

Keene Senior Center
parking lot
70 Court Street, Keene, NH

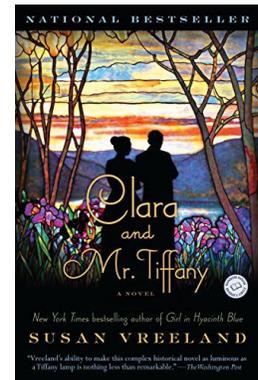
Wednesday October 27
11 am – 1 pm.

Do you have Medicare questions? Anthem representatives will be on hand with information, giveaways, fliers and other ways for you to better understand your Medicare options.



Book Club meets the first
Thursday of the month -
October 7th

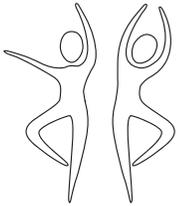
October book:
Clara & Mr. Tiffany
by Susan Vreeland



We are one of the 1st Book Clubs in the area to get to read this book!

CENTER ACTIVITIES

Let's DANCE!



SUPER SENIORS
Mondays at 10:30
at MOCO



With talented youthful,
instructor Kristen Leach.

You will be exercising your brain
and body as you learn new
dance routines. Your balance
will improve, you will gain new
friends and you will enjoy the
atmosphere.

No partner is needed and there
is no fee to participate.

Questions? Call Sally Rinehart-
Boyce at 203-770-3681 or
sallycountryfarm@gmail.com



- **Age in Motion - I** (beginner) Online class at the Center on Tuesdays & Thursdays. Saturday class is online via Zoom. See page 10 for Zoom instructions
- **Age in Motion - II** (advanced) Mondays & Fridays
- **Billiards/Pool** - Bring your own cue stick if you have one. Some are available here. Thursdays
- **BINGO!** - Invite your friends - the more the merrier! Bring your own supplies or buy some at the Center. \$1 for a dauber and \$1 packet of 75 game sheets. Fridays
- **Book Club** - Meets the first Thursday of the month; October book: *Clara & Mr. Tiffany* by Susan Vreeland
- **Bridge** - Looking for players. Tuesdays
- **Computer Help**
- **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
- **Kripalu Yoga** - a gradual process of physical healing, psychological growth, and spiritual awakening by emphasizing meditation, breath work and inward focus. Mondays
- **Latch Hook** - For beginners. Learn how to do a small wall hanging. Six-week class; supplies provided. Instructor: Billie Jackson will be leading the class.
- **Movies & Popcorn** - Tuesdays
 - October 5 - **Waterworld**
 - October 12 - **Aquaman**
 - October 19 - **The Perfect Storm**
 - October 26 - **20,000 Leagues Under the Sea**
- **Open Gym** - The gym facility, including bikes, treadmills, free weights, weight machines, and an elliptical is available for use. Mondays-Fridays
- **Ping Pong** - Ping Ping balls and paddles are provided. Mondays
- **Qijong** - (pronounced "chee-gong") meditation is an ancient Chinese healing practice that combines meditation, controlled breathing, and gentle movement. Pay \$4/class or purchase a \$40 punch card for 10 classes. Wednesdays
- **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
- **Senior Swingers** - This spirited group sings at many Senior Center functions, as well as other venues in the area. Just show up to sing along. Wednesdays
- **Social Hour** - Free coffee, tea, and conversation. Tuesdays & Thursdays
- **Turn up Gardeners** - Help make the Senior Center garden healthy and beautiful. Tuesdays & Fridays



OCTOBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Age in Motion - I is a beginner class Age in Motion - II is advanced</p>	<p>9:00-4:00 Open Gym 4 9:00 Kripalu Yoga 10:30 Age in Motion - II 11:45 Latch Hook 1:00 Chair Yoga 2:00 Ping Pong</p>	<p>9:00-4:00 Open Gym 5 9:00 Social Hour 10:30 Age in Motion - I 11:00 Turn Up Gardeners 11:00 Painting in Series 1:00 Movies 1:00 Bridge</p>	<p>9:00-4:00 Open Gym 6 9:00 Gentle Yoga 10:15 Qijong 11:30 Cribbage 1:00 Singer Swingers</p>	<p>LUNCH! Thursdays at 11:30 Pre-registration required</p> <p>9:00-4:00 Open Gym 7 9:00 Quilts R'Us 9:00 Social Hour 10:30 Age in Motion I 12:30 Book Club 2:00 Billiards/Pool</p>	<p>9:00-4:00 Open Gym 8 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners 1:00 Handmade Cards</p>	<p>9:00-4:00 Open Gym 1 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>COLUMBUS DAY</p> <p>9:00-4:00 Open Gym 9:00 Kripalu Yoga 10:30 Age in Motion - II 11:45 Latch Hook 1:00 Chair Yoga 2:00 Ping Pong</p>	<p>9:00-4:00 Open Gym 12 9:00 Social Hour 10:30 Age in Motion - I 11:00 Turn Up Gardeners 11:00 Painting in Series 1:00 Movies 1:00 Bridge</p>	<p>9:00-4:00 Open Gym 13 9:00-4:00 Open Gym 9:00 Gentle Yoga 10:15 Qijong 11:30 Cribbage 1:00 Singer Swingers</p>	<p>9:00-4:00 Open Gym 14 9:00 Quilts R'Us 9:00 Social Hour 10:30 Age in Motion I 2:00 Billiards/Pool</p>	<p>9:00-4:00 Open Gym 15 9:00-4:00 Open Gym 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners</p>	<p>9:00-4:00 Open Gym 16 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>9:00-4:00 Open Gym 18 9:00 Kripalu Yoga 10:30 Age in Motion - II 11:45 Latch Hook 1:00 Chair Yoga 2:00 Ping Pong</p>	<p>9:00-4:00 Open Gym 19 9:00 Social Hour 10:30 Age in Motion - I 11:00 Turn Up Gardeners 11:00 Painting in Series 1:00 Movies 1:00 Bridge</p>	<p>9:00-4:00 Open Gym 20 9:00-4:00 Open Gym 9:00 Gentle Yoga 10:15 Qijong 11:30 Cribbage 1:00 Singer Swingers</p>	<p>9:00-4:00 Open Gym 21 9:00 Quilts R'Us 9:00 Social Hour 10:00 Coffee & Critique 10:30 Age in Motion I 2:00 Billiards/Pool</p>	<p>9:00-4:00 Open Gym 22 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners 1:00 Handmade Cards</p>	<p>9:00-4:00 Open Gym 23 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>9:00-4:00 Open Gym 25 9:00 Kripalu Yoga 10:30 Age in Motion - II 11:45 Latch Hook 1:00 Chair Yoga 2:00 Ping Pong</p>	<p>9:00-4:00 Open Gym 26 9:00 Social Hour 10:30 Age in Motion - I 11:00 Turn Up Gardeners 11:00 Painting in Series 1:00 Movies 1:00 Bridge</p>	<p>9:00-4:00 Open Gym 27 9:00-4:00 Open Gym 9:00 Gentle Yoga 10:15 Qijong 11:30 Cribbage 1:00 Singer Swingers</p>	<p>9:00-4:00 Open Gym 28 9:00 Quilts R'Us 9:00 Social Hour 10:30 Age in Motion I 2:00 Billiards/Pool</p>	<p>9:00-4:00 Open Gym 29 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners</p>	<p>9:00-4:00 Open Gym 30 10:00 Computer Help 10:30 Age in Motion - II 12:00 BINGOI 1:00 Turn Up Gardeners</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>31</p>						

FUNDRAISING activities

Fundraisers help keep membership costs low and supports our programs!



HANNAFORD BOOK SALE

Our Center will be the recipient of Hannaford's Book Sale in November. **Donated books should be dropped off at the Center beginning October 20th** to be boxed into one impressive donation. Please drop off books at the Center so we can donate as one large collection.

The Bargain Box is open weekdays from 9-4 pm.

Have you seen the store recently? It looks awesome! Donations of men's and women's clothes, jewelry, and home decor are accepted during open hours.

Come shop and bring your friends!



HOLIDAY FAIR - SATURDAY, DEC. 4TH



This annual fundraiser is driven by volunteers - please get involved!

The Center will be bustling as we raffle off gift baskets and a handmade quilt, and sell homemade cookies, handmade cards, and decorative holiday greens.

Ways to get involved:

Gift Basket raffle - sign up to create a themed basket. Come up with your own idea or use one of ours. A few examples are: *Knit One, Purl Two, My Kitty, It's a Dog's Life, Leisure Time, Books-Books-Books, A Taste of Italy.*

Visit the ornament tree in the Center for more ideas. We have baskets, accessories and starter kits to help you along.

Cookie sales - are you a baker? We need you! - Will you bake 2-4 dozen of your favorite cookies?

Publicity - help distribute fliers, posters and signs in the weeks leading up to the event.

Raffle Ticket Sales - presell raffle tickets for the Basket and Quilt Raffle

Day of Event - ticket sales, greeters, set-up and clean-up

Reach out to Mary or Leah - either in person or via email - to sign up to volunteer. 603-352-5037 or admin@thekeeneseniorcenter.org

CAR DONATIONS

Anyone can donate an unwanted car **whether it runs or not!**

Call us at 603-352-5037 and our partner, Leon's Auto Center/J&L Auto Body, will appraise, haul and sell your car at the best possible price to assure the highest tax deduction for you. Proceeds benefit our Center!



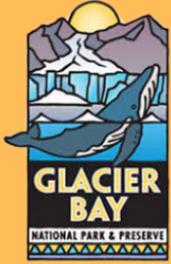
ATTENTION PUZZLE ENTHUSIASTS:

The Bargain Box is a great place to donate puzzles and to pick up some new ones. (Puzzles must be complete) PLEASE HELP SPREAD THE WORD!



Do you or someone you know someone LIVE @ HOME but could use a hand now and then?

One call to Cheshire Village @ Home sets you up with a ride, help at home, social visits, or wellness calls **as often as you want!** (603) 903-9680



Steve Farrar Returns for his fourth Armchair Visit to the Alaskan National Parks

Everyone is invited to this ZOOM presentation! Thursday, October 14th from 3:00-4:30 pm

The Alaskan National Parks will be the focus of this presentation, including Glacier Bay, Wrangell-St. Elias, Kenai Fjords, Lake Clark, Katmai, Kobuk Valley, Gates of the Arctic, and Denali National Parks. Those of us who live in the lower 48 states have no idea most of these national treasures exist.

During the summer of 2020 Farrar completed a life-long quest to have visited all of the nation's 63 National Parks with a visit to Glacier Bay in Alaska. Farrar began this passion to visit all the National Parks during the 5th grade after a trip out west to an Eagle Scout Camp. Farrar travels all over New England presenting slide shows and entertaining stories about the parks to appreciative audiences.

To register in advance for this presentation via Zoom enter:

<https://us02web.zoom.us/meeting/register/tZUscu6trj4tGtBajmh0WJTtcEoAp0pGDCg>

After registering, you will receive a confirmation email containing information about joining the meeting.

For more information or to register by phone, call Kathy 603-876-6123. There will be time for questions and comments at the end.

VOLUNTEER PROFILE

As a founding member, **Elizabeth Williams** has truly made her mark on CV@H by developing procedures for our Service Coordinators, helping to write handbooks, and designing badges. She currently chairs the Member Support Committee which coordinates and communicates with our membership on a wide range of issues. Elizabeth is also a Service Coordinator and an active service volunteer. She provides rides and in-home help, especially technology issues.



Elizabeth hails from Upstate NY and northern Ohio. She has a biology degree, but has held a wide range of positions including Natural Food store owner, Medical Technologist, Network Administrator, and Telecommunications Manager at Keene State College for 15 years.

Elizabeth and her husband, Michael French, moved to Nelson, NH in 1982. In between her professional work she has raised two boys, volunteered at Nelson Congregational and the Keene Unitarian Universalist churches. She served as the editor and publisher of the *Grapevine*, a quarterly newsletter for Nelson. She is a member of a women's study group and a member of the Nelson Trails Committee.

CVAH is fortunate to have Elizabeth in our leadership group and as an active volunteer. Our thanks go out to her for her years of unselfish service to our guiding principles.

COVID PROTOCOLS

Due to the resurgence of COVID infections, our Covid Protocols will remain in place for Volunteer/Member services through October. The CV@H Steering Committee will consider lifting some restrictions at our meeting in late August. If we decide to relax some protocols they will be announced at that time.



AGE IN MOTION

In-Home Fitness for Seniors

AIM Beginner Class via ZOOM ONLINE**
Tuesdays, Thursdays & Saturdays
see p. 5 for schedule

You can access classes via ZOOM on your computer, tablet or smartphone. You will be able to see your instructor and other participants.

On your computer,

1. Use the link: thekeeneseniorcenter.org/zoom
2. Scroll down to see the box: **CLICK HERE TO JOIN ANY OF OUR ZOOM SESSIONS.**
3. The password to connect is **Seniors**

On a smartphone or tablet,

1. Download the app called *Zoom Cloud Meetings*.
2. In the app, click *Join Meeting*.
3. Meeting ID: **851 8098 3534**; password **Seniors**.

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Connie Joyce

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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

DO WE HAVE YOUR CORRECT EMAIL ADDRESS ON FILE?



please send it to:

admin@thekeeneseniorcenter.org

Save the date!

Holiday Faire

Saturday, Dec. 4th

10 AM-3 PM



Legendary Gift Baskets
& Quilt Raffles

Fresh-Baked Cookies

Hand-made Cards

Decorative

Holiday Greens



benefitting the

Keene Senior Center

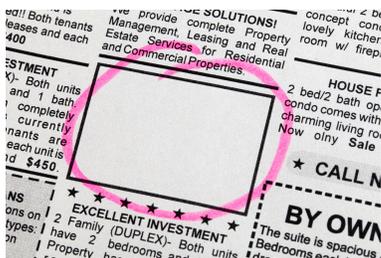
KeeneChorale.org concerts:

Handel's Messiah

December 11: Park Theatre in Jaffrey, NH

December 12: St. Bernards church in
Keene, NH

SENIOR SENTINEL CLASSIFIEDS



FREE:

HP PAVILLION DESKTOP COMPUTER

Includes computer with Windows 10, display, keyboard, mouse. Contact Norman 603.903.0096
 FREE: Lowry Organ 38". Full organ with peddles, 14 stops, and player piano. Contact Mary at 603.352.5037

FOR SALE:

Toro Electric Shovel

It works great \$50.
 Edna LeClair 603.352.3660



IN SEARCH OF (ISO):

Looking for **2-3 bedroom condo** in Keene NH. Prefer 1st floor master bedroom. George 978.302.8324 or Maureen 978.302.6195

*Have something to trade or sell?
 The deadline for submissions is the 15th of the month.*

RIVERMEAD

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Lifecare Retirement Community

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1-800-200-5433

www.rivermead.org



The Keene Senior Center
70 Court Street
Keene, NH 03431



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PERMIT #18

Return Service Requested



*"I wish that every day was
Saturday and every month
was October."*

--Charmaine J. Forde