



The Keene Senior Center

December 2025

SENIOR SENTINEL

INSIDE
Giving Tuesday,
All Member
Meeting,
CVAH Salute
to Veterans,
and more...

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

COMMUNITY EVENT

*** All Are Invited ***

JOIN US FOR THE
POPULAR HOLIDAY
FAIR AT THE CENTER!

**9:00 am - 1:00 pm Saturday,
December 6, 2025**

Come check out our new location on 312 Marlboro St., Suite 100, next to HCS. Explore our ladies' boutique while you are here.

- Buy raffle tickets to win amazing gift baskets.
- Don't bake? There will be lots of baked goods for sale, many easy to freeze to keep fresh for the holidays.
- Unique holiday gifts at good prices.
- Live music by Aquilonian Winds from 11:00-12:30 pm, 50/50 raffle and a lunch of soup, rolls/biscuits

We are looking for donations of lightly used household items. **DO NOT** drop off, please call the center first!

Holiday Fair

**AT THE KEENE SENIOR CENTER
312 MARLBORO STREET
SATURDAY, DECEMBER 6
9 AM - 1 PM**

*Gift Basket Raffle Holiday Gifts
Food & Treats Live Music
50/50 Raffle Bake Sale*



NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP

OPEN
WEEKDAYS
9AM-4PM

*We offer classic
ladies' clothes at
low prices and
jewelry for sale!*

Located inside The Keene Senior Center
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

Keeping the Ship Afloat

Just as the frost has barely lifted from the pumpkins, a timely snowstorm arrived on Giving Tuesday. This year many local businesses have struggled and closed due to the fact that the cost of doing business keeps rising. Like family, we must stick together — we are stronger together than we are alone.

The Keene Senior Center is committed to being here for future generations: a welcoming community space where people belong, form new friendships, exercise and continue learning new things. The recently published Community Health Needs Assessment from Cheshire Medical Center shows concerning health trends in the Greater Monadnock region: about 1 in 5 adults are physically inactive; roughly one-third (33%) of adults are obese and another 37% are overweight, and heart disease is the region's second leading cause of death. The assessment also found that hospital discharges for heart attacks were significantly higher in our region compared with the rest of New Hampshire for 2017–2021. We've seen how social isolation often goes hand-in-hand with poor nutrition and poor health — and we want to help change that.

In order to keep our ship afloat we need to increase membership fees to help offset increase in costs. We understand that any increase in membership costs may be a burden for some. That's why we've partnered with the Keene Rotary Club to provide funds to supplement membership fees for individuals who need help. If the fee increase would make it difficult for you to continue coming, please get in touch, you are more important than money and we want you to continue coming to the center.

Thank you for being part of our community.

Kim Rumrill

The Keene Senior Center Executive Director

The Keene Senior Center Holiday Hours

Christmas Eve
Wednesday, 12/24/2025
1:00 pm TKSC Closing

Christmas and Day After
Thursday/Friday,
12/25 & 12/26/2025
TKSC Closed



New Year's Eve
Wednesday, 12/31/2025
1:00 pm TKSC Closing

New Year's Day
Thursday, 1/1/2026
TKSC Closed

Cheshire Village At Home (CVAH) News



**Volunteers
needed**

For more
information,
call 603-903-9680.

CVAH 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.

Upcoming CVAH Socials:

- 12/11 at 2:00 pm - The Senior Singers salute veterans and celebrate the holidays at the Center
- 1/22 at 1:00 pm - Hearing Loss Q&A with Alexandra Tully, AuD. from Brattleboro Hearing Center, Swanzey



New CVAH Zoom Program "Let's Talk"

**4:00- 5:00 pm, Weekly on
Wednesdays via Zoom**

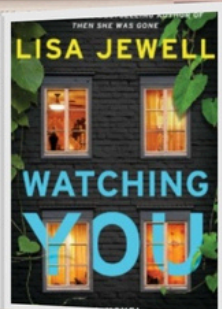
**An opportunity to share concerns and
challenges of aging or any other areas
of interest. Zoom link :**

<https://us02web.zoom.us/j/85180983534?pwd=T2V3L0RGVkb8yMGx6WHJlbnFvVjFsQT09#success>



Senior Center Book Club

**DISCUSSING
IN DECEMBER**



NOTE:
The meeting is on
Thurs, 12/4/2025
at 1:00 PM

December's book:
Watching You
by Lisa Jewell will
be discussed on
Thursday, 12/4
at 1:00 PM

READING IN DECEMBER



**Read in December
to discuss in
January!**

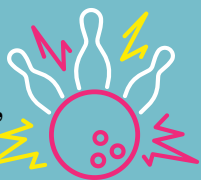
**Free copies of
The Art Forger
are available to
senior center
members on loan
at the front desk.**

READING + FRIENDSHIP = BOOK CLUB

Bowl with Other 50+ Senior Center Members

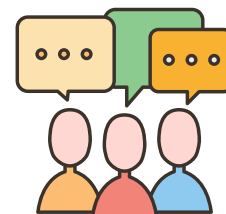
**10:00 am and 1:00 pm,
Mondays and Fridays,
Yankee Lanes,
477 Park Avenue, Keene**

Yankee Lanes offers a great deal to 50+ members on Mondays and Fridays, 10:00 am and 1:00 pm. \$3 per game and free shoes. Not a Center member, join for just dollars per month! Call 603-352-5037 or email admin@thekeeneseniorcenter.org.



Calling All Members! Membership Information Meeting

**3:00 pm, Thursday, December 4,
at the Center**



All Center members are invited to a special meeting to learn more about the new membership fees, why they are changing, and how the new charges were developed. The Center's director and board members will be there to present information and answer any questions.

Like so many nonprofits, over the last several years the Senior Center has been experiencing the impact of decreases in funding from various income sources, along with steady increases in the costs of running the organization. While the new membership fees will help offset the shortfall, we are striving to keep the cost affordable for all and have a plan in place to assist those who may not be able to afford the increase.

The Senior Center is like an extended family for many members - a place where people can come together to benefit their physical and mental health, socialize with friends, enjoy a meal or an adventure. We look forward to seeing our members at the meeting and hearing your thoughts on improving the Senior Center and keeping it financially sustainable.

New Knitting and Crocheting Classes at the Center

Dates and times for each class will be announced

Thanks to several volunteers who have stepped up to help, we will have a knitting class and a crocheting class at the Center. Stay tuned for more information.



GIVINGTUESDAY

Put a smile
on a
senior's
face!



Help support
The Keene
Senior Center's
programs
and trips

Give from the heart 12/2 - <https://thekeeneseniorcenter.org/donate>

THERE'S SO MUCH TO DO!

FREE COMMUNITY EVENT

All are Invited

CVAH Social - Salute to Veterans Concert

Featuring the Senior Singers
2:00 pm, Thursday, December 11
at the Center



Cheshire Village at Home (CVAH) invites the friends and families of Center members to a very special holiday concert honoring our veterans. The program will feature holiday and patriotic songs sung by our own Senior Center singers.

Refreshments will be served.

Who Are the Senior Singers?

Wednesdays at 1:30 pm at the Center, you'll find a group of members sitting in front of the piano holding their sheets of music and singing. Chuck Anderson, their long-time director, leads them in a variety of songs. This spirited group sings at Senior Center functions and other area venues throughout the year - including a recent, raucous Hootenanny that packed the house!

All adults over 50 are invited to join the group - all levels of ability welcome. Soloists encouraged!

Reminder to the group: there will be a Senior Singers Holiday Party on Wednesday, 12/17 with food, games, songs and fun!

American House Friends & Family Night - "Snow Globe Gala" Theme*



5:00-7:00 pm, Thursday, December 11 at American House at 197 Water St. in Keene

Join American House Keene for their next Family Night on December 11. The special guests are Santa and Mrs. Claus. American House will be serving a tasty dinner buffet, desserts, cocktails and mocktails. All Center members and friends are invited. Hope to see you there!

**Not sponsored by The Keene Senior Center.*

The Keene Senior Center Presents



Thursday, December 18
1:15 pm at the Center

The Keene Senior Center

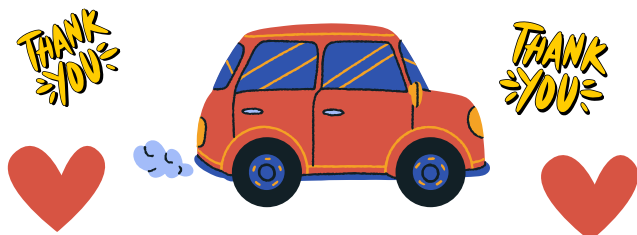
VOLUNTEERS *NEEDED*

We are looking for teachers who are interested in sharing their tai chi moves or would like to teach members how to lift weights or use their body weight to build stronger bones.



SAVE THE DATE – DONATE...

A CASH FOR CLUNKERS STORY BY A GENEROUS DONOR



You, or someone you know, may find yourself with a car that no longer runs or that you no longer need. Maybe it belonged to a parent who can't drive anymore, or it's just become unreliable and you need to get something else. Maybe you've got an old boat or recreational vehicle sitting in the backyard. Whatever your situation, the Keene Senior Center can help you, and you can help our community.

Through a partnership with Steve Buffum at Marlborough Auto Sales and Eric Martin, formerly of Leon's in Keene, the Keene Senior Center can benefit from you donating your car, boat or RV. It's incredibly easy, as one young man recently found out. Erik L. found himself with a car that was increasingly unreliable, but for various reasons he didn't like the idea of trying to sell it. He found out through one of our board members that he could donate the car and have 100% of the proceeds come to the Keene Senior Center.

A call was made to Eric Martin, who then put him in touch with Steve. Steve took care of cleaning up, servicing and selling the car. Because he feels strongly in supporting the Keene Senior Center, he takes no portion of the proceeds other than the cost to get it ready to sell. And Eric volunteers his time, as well. If the car or other vehicle cannot be driven, Steve takes care of selling it for parts or scrap. He will even come and pick up a vehicle, RV or boat so the donor doesn't have to do anything.

In the case of Erik's donated car, it resulted in a very generous gift for the Keene Senior Center, which will be used to support all of our programs benefitting older adults in the Monadnock region. As Erik said, "I was happy to donate my old car, especially knowing that it benefits people like my grandmother. It was easy, took the burden of getting rid of the car off of me, and I even get a tax write-off! I would absolutely encourage anyone to gift their car."

For more information about donating a car, boat or recreational vehicle, please go to The Keene Senior Center website at <https://thekeeneseniorcenter.org/donate-your-car>, or contact Kim Rumrill at director@thekeeneseniorcenter.org.



Save the Date!

The Keene Senior Center Presents Two 2026 AAA Tours:



America's Cowboy Country and Sunny Portugal

Presentation at 3:30 pm, Wednesday, January 14, 2026 at the Center

You're invited for a special travel presentation by Andrew Leighton of Collette Tours and Pam Thayer of AAA Keene to learn more.


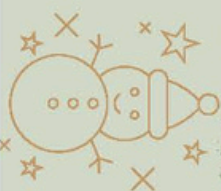







**To sign up for the presentation, RSVP to Kim at 603-352-5037
or email: director@thekeeneseniorcenter.org.**

1. America's Cowboy Country: July 21-July 28, 2026, 8 days, 10 meals. Highlights: Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Yellowstone National Park, Jackson Hole, Grand Teton National Park.

2. Sunny Portugal: October 15-October 24, 2026, 10 days, 13 meals. Highlights: Lisbon, Belem, Cork Factory, Evora, Alentejo, Algarve, Picnic Lunch in Monchique, Portuguese Riviera, Obidos, Sintra, UNESCO World Heritage Sites. Optional tour add on.



DECEMBER • 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lunch Mon - Fri at 12:00 PM	1 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:05 YMCA Chair Yoga at the Center 2:15 Super Senior Dance	2 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	3 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	4 9:00-12:00 Quilting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 Book Club Meeting <i>on: Watching You</i> Reading: <i>The Art Forger</i> 3:00 pm ALL MEMBER MTG.	5 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo CANCELLED	6 9:00 - 1:00 pm TKSC Annual Holiday Fair • Gift Basket • Raffles • Holiday Gifts • Bake Sale • Live music • 50/50 raffle, light lunch
7 	8 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga (note different time for this day only) at the Center 2:30 Super Senior Dance (note different time for this day only)	9 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	10 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	11 9:00-12:00 Quilting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 2:00 Senior Singers Salute to Veterans 5:00 AH Family and Friends Night - Snow Globe Gala **	12 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo	13 10:30 Age in Motion - I (ZOOM from home)
14  HANUKKAH BEGINS AT SUNDOWN	15 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:05 YMCA Chair Yoga at the Center 2:15 Super Senior Dance	16 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	17 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	18 9:00-12:00 Quilting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:00 Trivia (at lunch) 1:30 Keene Chamber Players Woodwind Quintet Holiday Concert	19 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo	20 10:30 Age in Motion - I (ZOOM from home)
21  FIRST DAY OF WINTER	22 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) Card Making CANCELLED 1:05 YMCA Chair Yoga at the Center 2:15 Super Senior Dance	23 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	24 TKSC CLOSING AT 1 PM Gentle Yoga CANCELLED 8:30 Cribbage 10:00 Dominos 12:00 Lunch <i>All afternoon events cancelled</i>	25  TKSC CLOSED CHRISTMAS DAY	26 TKSC CLOSED FIRST DAY OF KWANZAA	27 10:30 Age in Motion - I (ZOOM from home)
28 	29 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:05 YMCA Chair Yoga at the Center 2:15 Super Senior Dance	30 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	31 TKSC CLOSING AT 1 PM 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 12:00 Lunch <i>All afternoon events cancelled</i>			

THANKS TO OUR PARTNERS...

Sustainability Tips*

TIP 13 - Purchase a programmable thermostat and use it to turn on heat or air conditioning just before you wake up or come home.



TIP 14 - Replace furnace and air-conditioning filters at least three times a year.

TIP 15 - Caulk between window frames, door frames and walls.

*Courtesy of Blessed Earth, 2009

SUSAN DOYLE, REALTOR®

Relocations, Residences, Land & Vacation Homes

2025		
JANUARY	FEBRUARY	MARCH
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22
26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29
APRIL	MAY	JUNE
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
27 28 29 30	25 26 27 28 29 30 31	29 30
JULY	AUGUST	SEPTEMBER
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27
27 28 29 30 31	24 25 26 27 28 29 30	28 29 30
OCTOBER	NOVEMBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1 2 3 4 5 6
5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31

* THANKS FOR REFERRING YOUR FRIENDS *

Cell (603) 313-7426
sdoyle@masiello.com
Office (603) 352-5433



IN MEMORY OF CENTER MEMBERS

Mary Carroll passed away on Friday, August 22, 2025. She was 95 years old.

Robert A. Yantiss, passed away on Wednesday, August 27, 2025. He was 78 years old.

John H. Wilson passed away on Tuesday, September 9, 2025. He was 94 years old.

Cynthia Geraghty passed away on Sunday, September 21, 2025. She was 70 years old.

Dolores Lynch passed away on Wednesday, September 24, 2025. She was 91 years old.

Joseph Mirzoeff passed away on Saturday, September 27, 2025. He was 74 years old.

Mary Louise Lacoste passed away on Monday, November 17, 2025. She was 89 years old.

Maintenance-free Senior Living in Downtown Keene

We offer a wide range of lifestyle and care options so you can find your best fit.

- Independent Living
- Assisted Living
- Respite Stays

americanhouse.com/keene

American House
SENIOR LIVING COMMUNITIES

(603) 338-9424 keeneassistant@americanhouse.com



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The Keene Senior Center
312 Marlboro St., Ste. 100
Keene, NH 03431



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

Return Service Requested

DO YOU HAVE A CLUNKER TAKING UP SPACE IN YOUR YARD?

THANK
YOU



THANK
YOU

**You can donate your car
whether it runs or not!**

THANK
YOU

Benefits

The Keene Senior Center

**Call or text Eric Martin at 603-313-9995.
He will help you with towing, appraisal
and sale of your vehicle.**

THANK
YOU

**We will move your vehicle
at no expense to you!**



Yes, I wish to contribute to The Keene Senior Center!

☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other Amount \$ _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Payment Method: ☐ Check ☐ Credit Card: MC / VISA / AmEx

Card Number _____ Exp. Date _____ CVV# _____

Email _____ Home# _____ Cell# _____



Checks Payable to:
The Keene Senior Center
312 Marlboro St., Suite 100
Keene, NH 03431