



# The Keene Senior Center

70 Court St., Keene, NH 03431

 **603-352-5037**

## Hours:

**Monday - Friday 8:30am - 4:30pm**

**Email:** [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org)

**Website:** [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)

**Facebook:** [www.facebook.com/The-Keene-Senior-Center](https://www.facebook.com/The-Keene-Senior-Center)

# 2023 Super Seniors **100 MILE CLUB**



The Super Seniors are launching a new program called the  **100 MILE CLUB**

The aim is to log 100 miles in 2023. The program, open to all seniors age 70 and up, is also known as...

**" I can walk and I can talk."**

Walking with others is more fun and benefits participants in other ways as well.

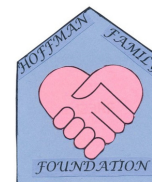
Registration forms and Mile Logs are available at the Senior Center.

### For seniors aged 70 or better!

Walk 100 miles in 2023 for fitness. You can walk on your own or, even better, with others. You can walk anywhere, inside or outside, and record your miles on this form. Simply complete the **Registration Form** and return it to the Keene Senior Center before starting. Then use the log sheet inside this booklet to track each mile you walk by coloring in one shoe per mile. Return the completed form to the Center by Jan. 2, 2024.

Registered members of the **100 Mile Club** are welcome to walk indoors at the Keene Recreation Center Monday-Friday from 7-9 AM.. There is no fee if you are registered for the **100 Mile Club**.



















































All miles walked as part of the Super Seniors DeMar will be counted toward 100 Mile Club. Those who complete the challenge will be recognized and receive a special T-shirt.





















































# 100 MILE CLUB LOG SHEET

Return this completed form to the Center by Jan. 2, 2024.

Name: \_\_\_\_\_

					<b>5</b>
					<b>15</b>
					<b>25</b>
					<b>35</b>
					<b>45</b>
					<b>55</b>
					<b>65</b>
					<b>75</b>
					<b>85</b>
					<b>95</b>

					<b>10</b>
					<b>20</b>
					<b>30</b>
					<b>40</b>
					<b>50</b>
					<b>60</b>
					<b>70</b>
					<b>80</b>
					<b>90</b>
					<b>100</b>