**The Keene Senior Center** 

October 2025

# SENIOR SENTINEL

INSIDE Two tours. Normal Vs Not Normal, BBQ/Concert, Paint Night, and more...

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

#### **SPECIAL EVENT** \* All Are Invited \*

The Apple Hill String Quartet 3:00 pm, Thursday, October 9, at The Keene Senior Center

The Keene Senior Center is pleased to welcome the worldfamous Apple Hill String Quartet for a concert at the center. The musicians are Elise Kuder on violin; Jesse MacDonald on violin; Mike Kelley on viola; and Jacob Mackay on cello.

The program features:

F. J. Haydn - String Quartet Op. 64 No. 4 in G Major Leo Brouwer - The Rhythm of the Night Changed Paquito D'Rivera - Wapango Pavel Haas - String Quartet No. 3

Apple Hill exists to perform, teach, and broaden the appreciation of chamber music—cultivating connection and understanding among people of diverse backgrounds, cultures, playing levels, and ages through music performance and education centered around the values of acceptance, inclusivity, creative expression, and encouragement.

All are welcome! There will be snacks and refreshments. Thanks to our sponsors Linda Guinane and Roger Hansen.









Stop by: 312 Marlboro St.

Suite 100

M-F, 8:30-4:30pm Tel: 603-352-5037 Thrift Shop: M-F,

Senior Center Hours: New to You "Feed Your Soul" **Art Gallery:** M-F,

Keene, NH 03431 CVAH: 603-903-9680

9:00-4:00pm 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

#### **Welcome to Autumn!**

What a busy month October is. It feels like so many events are trying to squeeze in before the snow flies (yes, Christmas decorations are already in department stores). We want you to take a moment though to relax, reflect and come to the center for a hot cup of coffee or go for a walk down the rail trail behind the center to enjoy the foliage.

We are grateful to have the Apple Hill String Quartet playing a concert for us Oct. 9<sup>th</sup> at 3 PM. I hope you can come and join us for this special event.

Another great opportunity to come and relax is at the Keene Rotary Club sponsored barbeque luncheon being served from noon till 2:00 PM on Tuesday Oct. 7<sup>th</sup>. You can also listen to the Fireside Wind trio playing Tuesday the 7<sup>th</sup> at 1:15 PM.

October is a great month to learn a new card game or dominoes too!

Oh! Don't forget to come and join a sing-a-long with our Wednesday Senior Singers as they do an old fashioned Hootenanny on Oct. 22<sup>nd</sup> at 1:30.

If you've never been to a Hootenanny, you'll have to come and see what it is all about. Recommend attire would be boots, jeans, plaid shirt and a cowboy hat if you have one. Best wishes to you for October!

Kim Rumrill

The Keene Senior Center Executive Director

Halloween Fun 12:00 noon, Friday October 31

at the Center
Celebrate Halloween Optional Costume Contest
at Lunch

# Cheshire Village At Home (CVAH) News





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:**

- 10/16 at 1:30 pm HCS Presents Know Your Benefits at HCS
- 11/20 at 1:30 pm Annual Pie Social at the center
- 12/11 at 2:00 pm The Senior Singers salute veterans and celebrate the holidays at the center



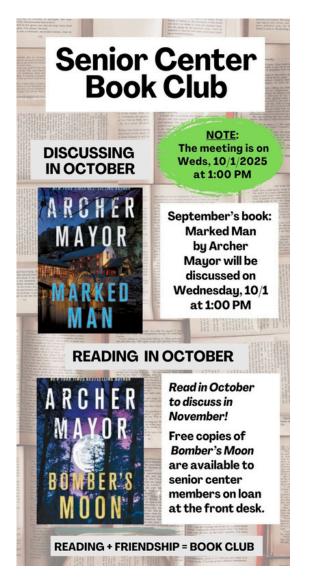
#### New CVAH Zoom Program "Let's Talk"

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/ s/85180983534? pwd=T2V3L0RGVk8yMGx6WHJlbFFuVjFs QT09#success

### **WELCOME OCTOBER!**

at the Center



#### Community Leaders/ Members Fall BBQ 12:00-2:00 pm, Tuesday, October 7, at the Center

Munch on tasty burgers and hot dogs grilled by the Rotary Club of Keene. They will also be providing chips, water and dessert. Members are invited to visit with community leaders such as city council members, city staff and representatives from other agencies while listening to the music of Fireside Winds Trio.

# The Keene Senior Center Presents Two 2026 AAA Tours: America's Cowboy Country and Sunny Portugal 3:30 pm, Wednesday, October 1,

You're invited for a special travel presentation by Pam Thayer of AAA Keene to learn more.

- **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: 3-night Portugal's Templar Tomar featuring Nazare and Fatima. Optional: 4-night Madeira Island. For the presentation, RSVP to Kim at 603-352-5037 or email: director@thekeeneseniorcenter.org.

# Get Ready for the Keene Municipal Elections Presentation

#### 1:15 pm, Thursday, October 2, at the Center

If you are a Keene resident, the primary for mayor and city council is on October 7. The election is on Tuesday, November 4. Polls are open in all five wards from 8:00 am-7:00 pm for both the primary and the election.

The recent New Hampshire legislative session brought changes to election laws, particularly in the realm of qualifications to register to vote, absentee registration, and absentee ballots.

Lily Woo, a representative from the New Hampshire Secretary of State's office, will be on site to help explain some of these changes and to answer any questions.

#### Cheshire Medical Normal vs Not Normal Zoom Seminar 1:00 pm, Friday, October 3, at the Center



Dr. Dax Volle will discuss what cognitive changes are expected as we age, when it is considered pathologic or worrisome, and ways to address memory loss. If you are concerned about your memory or about a loved one, bring your questions. This program will help you understand what you are experiencing.

## THERE'S SO MUCH TO DO!

#### Fireside Winds Concert 1:15 PM, Tuesday, October 7 at the Center

While enjoying the Fall BBQ, listen to the Fireside Winds perform lively and cheerful woodwind music. The trio will be playing selections by Rossini, Haydn, Scott Joplin, melodies from Bizet's "Carmen", folk music from various counties and a mystery tune.



The Fireside Winds were founded in 1983 by oboist Sussan Henkel and flutist Julie Armstrong. Mary Seaver (clarinet) joined the group in the 1990's.

#### Enjoy a fun night painting a fall scene with fellow members. It is \$30 per person, and all you need to bring is your enthusiasm. Enjoy complimentary refreshments

and tasty snacks throughout the evening. Sign up at the Front Desk or call

at the Center (\$)

603-352-5037 or email admin@thekeeneseniorcenter.org.

**Paint Night with Corin Bednar** 

6:00 pm Wednesday, October 8



#### **American House Friends & Family Night - Neon** Glow Party\*



5:00-7:00 pm, October 9 at American House at 197 Water St. in Keene

Glam up and Get Down! Wear your best glow shirt or bright colors to pop! Appetizers and refreshments starting at 5:00 pm. Our DJ will start spinning his records at 5:45 pm! Come ready to boogie and shake your groove thing! \*Not sponsored by The Keene Senior Center.

#### **CVAH Hosts HCS** "Know Your Benefits" Seminar



#### 1:30 pm, Thursday, October 16 at HCS Conference Room

Presented by Cynthia Patnaude, HCS Care Transition Specialist, the talk is designed to spread awareness on the importance of having the hard conversations about end of life care, Medicare and VA benefits, posthospitalization entitlements and an overview of the hospice benefit. All members are invited. Snacks and refreshments will be provided. Registration is encouraged, call 603-903-9680.

#### "NEW" Senior Center Foot & Nail

Care Clinic For Members (\$) 9:00-3:00 pm, Thursday,

October 16 at the Center

Each appointment lasts approximately 45 minutes. Cost: if less than 4 people per clinic-\$75.00 per person if 4 or more people per clinic \$70.00 per person. The nurse takes CASH/CHECK/CREDIT CARD payments. Insurance does not cover these services. Sign up at the Front Desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.

#### Railroads of **Cheshire County Presentation**



#### 1:15 pm, October 23 at the Center

How did the coming of the railroad impact New England communities like Keene, NH? Walk through time with Alan Rumrill. Learn about the arrival of Keene's first train in 1848. Learn about the sites where many industrial firms found success along the tracks in the downtown area.

# **HOOTENANNY, LUNCH AND MORE...**

#### 2026 Medicare Plan Changes Presentations at the Center\*

Big changes are coming to Medicare plans in New Hampshire for 2026. Learn what options are available to you. Open enrollment starts October 15, 2025 thru December 7, 2026. See schedule of meetings in ad on page 7.

This is an advertisement. A licensed sales agent will be present to discuss Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplement products. There is no Advantage, Part D Prescription Drug Plans or Medicare Supplement products. There is no obligation to enroll. Enrollment in the plan depends on the plan's contract renewal with Medicare. Not affiliated with Medicare or any government agency. They do not offer every plan available in your area. Currently they represent 4 organizations which offer 22 products in your area. Please contact Medicare.gov, 1-80O-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodations of persons with special needs at meetings, please call 877-320-1235 (TTY: 711) Hours of operation 8AM-8PM, EST.

\*The Keene Senior Center does not endorse Benefits Resource Group, NH LLC.

#### The Senior Singers Present a **Lively Hootenanny**

2:00 pm, Wednesday, October 29 at the Center

This will be a knee slapping, hand

clapping event featuring Rocky Top, Country and Folk Music sung by the Senior Singers. They invite members and their friends to come to The Keene Senior Center singalong and enjoy listening to the Senior Singers. There will be refreshments and an opportunity to meet new people.



#### Friendly Meals Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday			
		Baked meatloaf Mashed potatoes Mixed vegetables Wheat dinner roll Sugar date cookies	Chicken breast cacciatore Rotini noodles Oregon blend vegetables Wheat bread Applesauce	Cheese tortellini w/ meat sauce Parmesan cheese Broccoli florets Wheat bread Apples			
Chicken vegetable stew W/ beans Brussel sprouts Biscuit Oatmeal craisin date cookie	Lunch provided by the Rotary Club!	Stuffed shells w/ spinach sauce Green Beans Parmesan cheese Wheat bread Mandarin oranges w/ orange gelatin	Diced turkey w/ gravy Mashed potatoes Broccoli florets Wheat bread Carrot birthday cake w/ icing	Chicken & broccoli casserole Wide egg noodles Diced Carrots Wheat Dinner Roll Pumpkin Pudding			
Broccoli, cheddar & turkey cowder Italian green beans w/ garbanzo beans Crackers Wheat roll Mandarin oranges	Sweet-n-sour sliced pork w/ vegetables Brussel sprouts Vegetable rice pilaf Wheat bread Red grapes	Shepherd's pie w/ corn & mashed potatoes Diced carrots Wheat dinner roll Pumpkin cookies	Pork cutlet w/ peppers & onions in sauce Mashed cauliflower Diced beets Wheat roll Applesauce	Beef & vegetable stew w/ potatoes & beans Green beans w/ white kidney beans Wheat biscuit Banana bread			
Oven fried chicken Garlic mashed potatoes Spinach Whole wheat bread Orange	Turkey meatball alfredo w/ asiago cheese Parmesan & spinach Home fries Peas & carrots Wheat dinner roll Pineapple tidbits	Lasagna roll w/ meat & marinara sauce Brussels sprouts Parmesan cheese Wheat bread Baked apple slices	Chicken chow mien w/ shredded cabbage Vegetable rice pilaf w/ black beans Capri vegetables Chow mien noodles Wheat dinner roll Pears	Zucchini, onion & squash quiche w/ cheddar cheese Peas & mushrooms Broccoli & Cauliflower Wheat Bread Tropical fruit			
Roast pork loin Applesauce Sweet potatoes Diced beets Wheat dinner roll Berry crisp w/ cream	Chicken cacciatore Wheat rotini pasta Peas & carrots Wheat bread Apricots	Beef steak w/ BBQ sauce Rice pilaf w/ diced tomatoes & veggies Italian vegetables Wheat bread Pineapple tidbits	Pot roast w/ gravy Mashed potatoes Carrots Potato dinner toll Mandarin oranges	Sweet-n-sour vegetable chicken w/ lentils Vegetable rice pilaf Brussel sprouts Wheat bread Macintosh apple			

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change. Make your reservation two days prior by calling: 603-352-2253

# The Keene Senior Center

# OCTOBER - 2025



26	19	12	5	Mon-Fri at 12:00 PM	AVONDS
9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:05 YMCA Chair Yoga at the Center 2:15 Super Senior Dance 3:15 2026 Medicare Plan Changes Presentation***	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 3:15 2026 Medicare Plan Changes Presentation**	9:00 Kripalu Yoga 13 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:05 YMCA Chair Yoga at the Center 2:15 Super Senior Dance	9:00 Kripalu Yoga 6 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		MONDAY
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	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	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	9:00 Veterans Coffee 7 Connection 9:00 Indoor Super Sr. Pickleball at Keene Rcc 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game 12:00-2:00 Community Leaders, Members Fall BBQ 1:15 Fireside Winds Concert		TUESDAY
9:00 Gentle Yoga 29 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 2:00 Senior Singers Hootenanny 3:00 Mah Jongg 4:00 CVAH "Let's Talk"	9:00 Gentle Yoga 22 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	9:00 Gentle Yoga 15 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 3:00 Mah Jongg 3:45 2026 Medicare Plan Changes Presentation** 4:00 CVAH "Let's Talk" via Zoom	9:00 Gentle Yoga 8 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 6:00 Paint Night (\$)	9:30 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:00 Book Club Meeting on: Marked Man Reading: Bomber's Moon 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 3:30 Two 2026 AAA Tours Presentation	WEDNESDAY
9:00-12:00 Quilting 30 Class 9:00 Indoor Super Sr. Pickleball at Keene Rec 10:30 Age in Motion - 1	9:00-12:00 Quilting 23 Class 9:00 Indoor Super Sr. Pickleball at Keene Rec 10:30 Age in Motion -   1:15 Railroads of Cheshire County	9:00-12:00 Quilting 16 Class 9:00 Indoor Super Sr. Pickleball at Keene Rec 10:30 Age in Motion - I 12:00 Trivia (at lunch) 9:00-3:00 Senior Center Foot Care Clinic (\$) 1:30 CVAH HCS Know Your Benefits at HCS	9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec 10:30 Age in Motion - I 3:00 Apple Hill String Quartet Concert 5:00 AH Family and Friends Night - Neon Glow Party *	9:00-12:00 Quilting 2 Class 9:00 Indoor Super Sr. Pickleball at Keene Rec 10:30 Age in Motion - I 1:15 NH Sec of State - Get Ready for the November Elections Presentation	THURSDAY
HALLOWEEN 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 12:00 Optional Costume Contest 1:15 Bingo	9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo	9:00 Computer Help 17 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo	9:00 Computer Help 10 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo	9:00 Computer Help 10:30 Age in Motion - II Bowling at Yankee Lanes (\$) 1:00 Jewellry Making 1:00 Cheshire Medical Normal vs Not Normal Zoom Seminar 1:15 Bingo CANCELLED	FRIDAY
	25 10:30 Age in Motion - I (ZOOM from home)	10:30 Age in Motion - I (ZOOM from home)	10:30 Age in Motion - I (ZOOM from home)	4 10:30 Age in Motion - I (ZOOM from home)	SATURDAY

#### THANKS TO OUR PARTNERS...



#### **Kevin Howard, HIS**

Hearing Instrument Specialist License #H544

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Direct: 603.358.6000

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#### Fred K. Huber, LUTCF Benefits Resource Group, NH LLC Independent Sales Agent

Phone: (603) 391-4522 fredhuber8@icloud.com

#### **Learn More About Medicare Plans and** the 2026 Medicare Plan Changes

Six sessions at The Keene Senior Center, 312 Marlboro St., Suite 100

Wednesday, Oct. 15th 3:45 PM - 5:45 PM Monday, Oct. 20th 3:15 PM - 5:15 PM Monday Oct. 27th 3:15 PM - 5:15 PM Monday, Nov. 3rd 3:15 PM - 5:15 PM Monday, Nov. 10th 3:15 PM - 5:15 PM Monday, Nov. 17th 3:15 PM - 5:15 PM

This is an advertisement. A licensed sales agent will be present to discuss Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplement products. There is no obligation to enroll. Enrollment in the plan depends on the plans's contract renewal with Medicare. Not affiliated with Medicare or any openerment agency, 10 ont offer every plan available in your area. Currently represent 4 organizations which offer 22 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodations of persons with special needs at meetings, please are 377-320-1235 (TTY: 711) Hours of operation 8MA-8PM, EST. The Keene Senior Center does not endorse Benefits Resource Group, NH LLC.



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