



The Keene Senior Center

June 2026

SENIOR SENTINEL

INSIDE
Music Camp Series, Age in Place, Eating for a Healthy Gut, Organic Bug Spray Workshop and more...

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

*** Calling All Members ***



Pink in the Park
Night with the Bats
5:45 pm, Tuesday, June 30, at
Alumni Field, 77 Arch St., Keene



The Swamp Bats invite you to join The Keene Senior Center, HCS, Covenant Living and Haas Remodeling for a special night starting with an on-field celebration to honor the cancer survivors in our community!

Whether you are currently fighting cancer, celebrating your survival, or honoring a loved one that has passed, the Bats would be honored to give you space on this day. To register visit:

<https://docs.google.com/forms/d/e/1FAIpQLSeisW9FVInCHkIJkTIJzRMDtFU6DXeLeDq95pEuGjWj3OHpYA/viewform>

Then stay for an exciting baseball game against a formidable opponent, the North Adams Steeplecats, from western MA. The game starts at 6:45 pm. Your family and friends are welcome to join you. Pick up free tickets at the Center's Front Desk for a memorable evening.

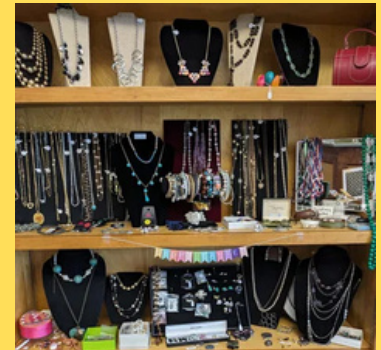


NEW TO YOU THRIFT SHOP

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9AM-4PM

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

Summer is here... I hope!

We have even more new adventures coming your way this month.

One special monthly event is Talk with a Doc. Dr. Julie Burgett from Cheshire Medical Center will be joining us each month to discuss important health topics, followed by a question-and-answer session. Our first session in May was an absolute hit!

We're also continuing our monthly wellness checks with a trained professional from American House, who will be at the Center on the first Thursday of every month at 11:30 AM to provide free blood pressure screenings.

And while we're on the topic of health, don't miss our program Eating for a Healthy Gut on June 17th! You've probably heard how important gut health is—it can impact everything from the immune system to mental health and overall well-being.

We're also heading back to the ballpark this summer! Senior Center members receive free tickets to all Keene SwampBats games. As proud sponsors of this year's team, we hope you'll come out and enjoy a game—especially on June 30th at 5:45 PM for Pink in the Park Night, dedicated to cancer awareness.

It's an evening to celebrate survivors, remember loved ones we've lost, and stand beside those currently fighting this disease. Cancer touches all of us in some way.

To wrap up the month, join us on June 17th for a wonderful ice cream social provided by Langdon Place after lunch, followed by a Music Camp Series with Virginia Eskin.

Kim Rumrill
The Keene Senior Center Executive Director

Cheshire Village At Home (CVAH) News



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 - all are invited - members, family and friends:

- 6/25 at 1:15 pm - Coffee and Conversation at the Center

**Volunteers
needed**

For more information,
call 603-903-9680.



WELCOME JUNE!



Senior Center Book Club

DISCUSSING IN JUNE

ALL ARE WELCOME TO JOIN!

June's book: *Vanishing Act* by Thomas Perry will be discussed on Thursday, 6/4 at 1:00 PM

READING IN JUNE

Read in June to discuss in July! Free copies of *Old Friends* are available to Senior Center members on loan at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Music Camp Series with Virginia Eskin

1:15 pm, Thursdays June 4, 11, 18 at the Center

Celebrate the sounds of summer with an inspiring new music series at the Center! Join us for uplifting performances featuring a variety of beautiful works written especially for cello, flute, and piano.

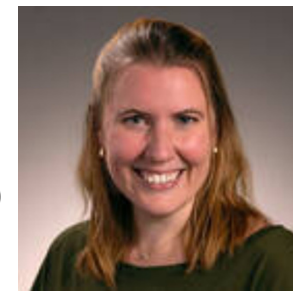


Alongside special guest performers, Virginia will share selections that highlight the unique sounds of these instruments. Whether you're a longtime music lover or simply looking for an enjoyable afternoon, this series will have something for everyone!

Talk With a Doc: Preventative Care for Healthy Aging with Dr. Julie Burgett, MPS, MD

1:15 pm, June 9, at the Center

The Keene Senior Center is delighted to welcome back Dr. Julie Burgett, MPS, MD, a resident in The Cheshire Medical Center's Family Medicine Residency Program. She will speak on practical guidance and empowering insights to help older adults take an active role in maintaining their health and well-being.



June Book Club Book Description

Reading *Old Friends*

This book chronicles a year spent at Linda Manor, a nursing home in Northampton, MA, focusing on the unlikely friendship between two roommates, the gentle 90-year-old Lou Freed and the gruff 72-year-old Joe Torchio, as they navigate aging, mortality, and the search for meaning in their final years. **Books will be on loan at the Senior Center front desk for Book Club participants.**

Age-in-Place & Fall Prevention Presentation

10:30 am, Wednesday, June 10, at the Center



This presentation by Eryn and Steven Finnell explores how individuals and families can plan ahead to age safely and confidently at home. Topics include fall prevention, common home safety risks, and simple modifications and strategies, ranging from environmental changes to supportive technology, that can improve safety, independence, and quality of life.

Eryn, a licensed occupational therapist, provides in-home safety assessments and personalized recommendations, while Steven brings a background home renovation to implement thoughtful, practical modifications that support aging in place.

THERE'S SO MUCH TO DO!

American House Blood Pressure Clinic

11:30 - Noon the First Thursday of the Month at the Center

Christy and Jackie from our neighbor, American House, will check your blood pressure for free. Easy, quick and accurate! Stop by to make sure your blood pressure is where it should be.



American House Friends & Family Night "The Wild West - Rustic Rodeo" *

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

Join American House Keene for their next Family Night on June 11 with appetizers and Signature Cocktail/Mocktails. All Center members and friends are invited. Hope to see you there!

*Not sponsored by The Keene Senior Center.



Eating for a Healthy Gut

2:00 pm, Wednesday, June 17, at the Center

Did you know that our intestines and our digestion change as we age? This virtual program reviews the changes that normally occur with aging and offers tips on staying healthy while navigating these changes. It is sponsored by Dartmouth Health's Aging Resource Center.

Jean Copeland practices Nutritional Medicine and advises people on matters of food and nutrition, and how they both impact health.



Langdon and Alpine Present - Ice Cream Sundae Social Thursday, June 18 at Lunch at the Center



21 Bar & Grill Fundraiser

5:00 pm to closing (9:00 pm), Wednesday, June 10 at 21 Roxbury St., Keene

Grab some friends and head down to 21 Bar & Grill in downtown Keene to enjoy a delicious meal and drinks. Their dinner menu items include: starters, salads, handhelds, entrees and more...

21 will donate 10% of the proceeds to the Senior Center!



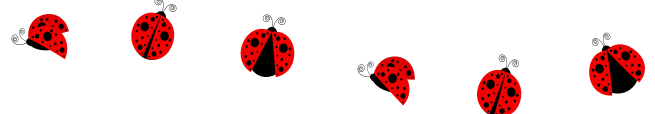
Keene Celebrates Juneteenth!

Juneteenth is a holiday that commemorates the end of slavery in the United States. The City of Keene, in partnership with the Keene Family YMCA, W.S. Badger Company, and Keene Public Library, will host a series of free community events in celebration of Juneteenth from Friday, June 12 through Monday, June 22. For additional information and a full schedule of events, visit keeneymca.org/juneteenth. Pre-registration is encouraged for the film screenings at the library.

DIY Organic Bug Spray Workshop

1:15 pm, Tuesday, June 23, at the Center

Stay bug bite-free all summer! Instructor Cheryl Vigneault will teach how to make your own organic bug spray using natural ingredients and your preferred scents.



CVAH, VETERANS AND MORE...



Cheshire Village at Home
Invites All Center and
CVAH Members for
Their June Social

**Gather at the Center for
coffee and conversation!**

Thursday, June 25, at 1:15 pm

News from the Center's Veterans Coffee Connection

The Keene Senior Center Veterans Coffee Connection group meets every Tuesday at 9:00 am in the Senior Center Dining Room. All veterans are invited to attend! Drop ins are welcome, no need to register!



Monthly Field Exercise: Consider visiting Fort #4 in Charlestown, NH. The Fort is an open-air history museum dedicated to sharing the rich heritage of the Upper Connecticut River Valley. Founded in 1947, the Fort at No 4 strives to delight visitors of all ages as they step back in time to experience life as it was during the Colonial Era in North America from 1735 until 1770. The grounds faithfully recreate the details of the original structures that existed in 1746.

Pro tip! Enjoy a draft at the Veteran owned Hornburg Brewery in Hancock, NH.

Check out the many scholarship opportunities for veterans and their children at:
<https://usveteransmagazine.com/scholarships>

THANK YOU SPONSORS



A big shoutout to our sponsors who are supporting The Keene Senior Center and Cheshire Village at Home by participating in our Airport 5K.

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Cheshire Village at Home**




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JUNE 2026

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MH GIVES
 Benefits The Keene Senior Center
 & Cheshire Villages at Home
June 9-10, 2026

The Keene Senior Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lunch Mon - Fri at 12:00 PM</p>	<p>1 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>2 9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:00 MS Lighting Warriors* 10:30 Age in Motion - I 1:00 Bridge</p>	<p>3 9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 6:30 Yankee Bottle & Collectors' Club - KPL*</p>	<p>4 9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) (\$) 9:30 Turn-up Garden Group 10:30 Age in Motion - I 11:30 AH Blood Pressure Clinic 1:00 Book Club Meeting on: Vanishing Act Reading: Old Friends 1:15 Music Camp Series</p>	<p>5 9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>6 10:30 Age in Motion - I (ZOOM from home)</p>
<p>7</p>	<p>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 at the Center 2:30 Super Senior Dance</p>	<p>9 9:00 Veterans Coffee Connection 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Crochet Class 1:00 Bridge 1:15 Talk with a Doc</p>	<p>10 9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:30 Age-in-Place & Fall Prevention 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:00 21 Bar & Grill fundraiser</p>	<p>11 9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 Music Camp Series 5:00 AH Family and Friends Night "The Wild West - Rustic Rodeo"*</p>	<p>12 9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>13 10:30 Age in Motion - I (ZOOM from home)</p>
<p>14 FLAG DAY</p>	<p>15 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>16 9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>17 9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 2:00 Mah Jongg 2:00 Eating for a Healthy Gut 4:00 CVAH "Let's Talk" via Zoom</p>	<p>18 9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:30 Age in Motion - I 12:00 Langdon Alpine Ice Cream Sundae Social 1:15 Music Camp Series</p>	<p>19 9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>20 10:30 Age in Motion - I (ZOOM from home)</p>
<p>21 FIRST DAY OF SUMMER HAPPY FATHER'S DAY</p>	<p>22 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 at the Center 2:30 Super Senior Dance</p>	<p>23 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Crochet Class 1:00 Bridge 1:15 DIY Organic Bug Spray Workshop</p>	<p>24 9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:00 Trivia Night</p>	<p>25 9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 CVAH Social - Coffee & Conversation at the Center</p>	<p>26 9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>27 10:30 Age in Motion - I (ZOOM from home)</p>
<p>28</p>	<p>29 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>30 9:00 Veterans Coffee Connection 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 5:45 pm Swamp Bats Pink in the Park</p>				

EAT WELL!
 21 Bar & Grill
 10% of the proceeds go to Libations on Location
 Weds June 10 5pm to closing
 The Keene Senior Center & Cheshire Villages at Home

BOLD Font: Special event, program or time change | (\$) = Fee | *Not sponsored by The Keene Senior Center

RAFFLE, PROGRAM CHANGES AND MORE...

The Keene Senior Center Spring/Summer Raffle \$5000 Grand Prize

RAFFLE



**ENTER TO WIN
PRIZES**

RAFFLE

On July 4th the drawings
will be for:
one \$5000 prize
two \$1000 prizes
three \$500 prizes
five \$100 prizes

Tickets are going fast, get yours
today at The Keene Senior Center!

TICKETS ARE \$100 EACH

June Program Changes at the Center

- Yoga Dance, 9:00 am Thursdays
 - Due to popular demand, the program is now part of the Center's regular schedule.
- Walking Group, 9:00 am Wednesdays
 - New time and location - Now meeting at the Keene DMV parking lot at 149 Emerald St.
- Crochet Class, 10:30 am, Every 2nd and 4th Tuesday
 - New time, same days



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*** THANKS FOR REFERRING YOUR FRIENDS ***

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





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

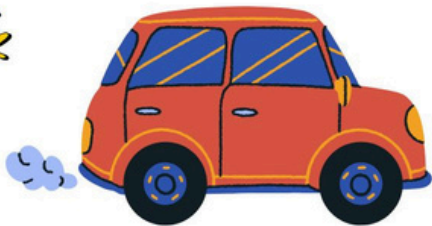


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