



The Keene Senior Center

June 2025

SENIOR SENTINEL

INSIDE
Father's Day
Special,
CVAH Book
Swap,
KCO Concert,
and more...

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

COMMUNITY EVENT

*** All Are Invited ***

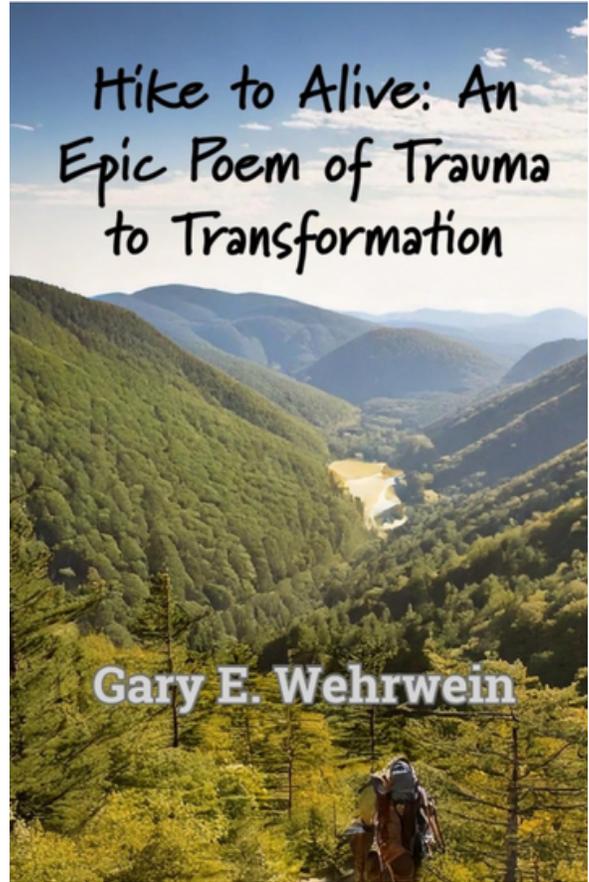
GARY WEIRWEIN
SPEAKS ABOUT HIS NEW BOOK

*Hike to Alive: An Epic Poem of
Trauma and Transformation*

**1:15 pm, Thursday, June 5, at
The Keene Senior Center**

Gary Wehrwein, a senior center member, shares his poems of how hiking helped him on his journey of recovery of past trauma. Apple Books' description: "*Hike to Alive* strives to capture and share a childhood stricken with trauma, transforming wounded brokenness by physical and sexual abuse into a lifetime healing journey.

This is an extraordinary 10-year section hike on the 2090-mile Appalachian Trail running from Maine to Georgia. Seeds of this journey began when the author was 3, and his father lifted him to the bedroom window in the dark of night and said: "Look at the full moon reflection on the water. See the sturgeon jump out of the moon and splash back into the river." That early experience planted "soul seeds" within his son.

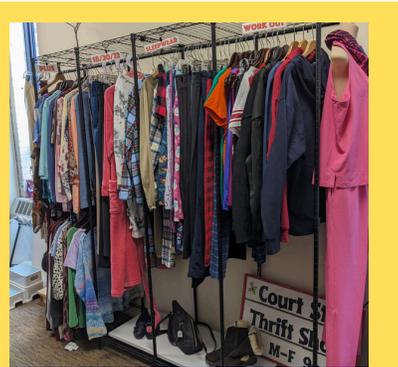


NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP

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

June is a Crazy Busy Time of Year for Many!

Between graduations, weddings, and fundraising... Oh did I say fundraising? Yes, we are one of many trying to make ends meet by fundraising.

We just finished our 2nd annual Runway 5K race with over 200 registered walkers and runners. It cost over \$5,000 to operate the race but with 40 wonderful sponsors and donations plus \$7,000 in donated raffle prizes we raised at least \$18,000.

We have an annual operational expense budget of approximately \$325,000. We are striving to develop more programs and educational opportunities to keep you active, engaged and involved. Travel has been a frequent request. So we continue with the \$100 dollar ticket raffle (you can win \$5,000, \$1,000, \$500 or \$100 with only 300 tickets being sold).

We are also enrolled in NH gives which takes place June 10th and 11th with so many organizations trying to tap into the same resources for funds.

We hope that you can help by bringing friends in to be members, volunteer or through donations. We are here for you!

Kimberly Rumrill

Kim Rumrill
The Keene Senior Center Executive Director



**The Keene Senior Center
Cheshire Village at Home
& NH GIVES**



NH Gives is a statewide, online fundraising event connecting donors with non-profits.
Be on the lookout for updates on how you can support the center!

**NH GIVES SAVE THE DATE!
JUNE 10-11, 2025**



CVAH Cheshire Village At Home

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.

**For more information, call
603 903-9680.**



JOIN US!

CVAH Social - Book Swap

**1:30 pm, Thursday, June 12, HCS
Butterfly Park**

Join CVAH for a lightly used book swap in HCS Butterfly Park, next door to the Center. Bring 1-2 books that you think are good, but won't read again to swap. There will be light refreshments. (Rain date to be decided.)



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=T2V3L0RGVv8yMGx6WHJlbFFuVjFsQT09#success>





WELCOME JUNE!



Senior Center Book Club

DISCUSSING IN JUNE

NOTE:
The meeting is on **Thurs, 6/5/2025** at **1:00 PM**

JUNE'S book:
The Orphan's Guilt by Archer Mayor will be discussed on **Thursday, 6/5** at **1:00 PM**

READING IN JUNE

Read in June to discuss in July!
Free copies of *Bury the Lead* are available to senior center members on loan at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Musical Father's Day Special - Let's Rock Some More

1:15 - 2:30 pm, Thursday, June 12, at the Center (\$)

Mark Lanen is a singer/song writer who plays an eclectic mix of piano music including pop and blues. He has spent a lifetime playing keyboards and singing with several New England popular and variety bands. Mark's music repertoire includes the music of multiple generations including The Beatles, Van Morrison, Billy Joel, Earth Wind and Fire, Stevie Wonder, James Taylor, Frank Sinatra, Elvis Presley, as well as some patriotic music and good old fashioned love songs, upbeat and exciting.



American House Friends & Family Night: Broadway & NYC's 1964 World's Fair

5:00-7:00 pm, Thursday, June 12th, American House, 197 Water St., Keene

American House invites senior center members for complimentary drinks, NYC-themed appetizers, and an hour-long performance of Broadway Show Tunes by local theatrical singers! **Sign up at the Front Desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.**



Keene Orchestra Chamber Players

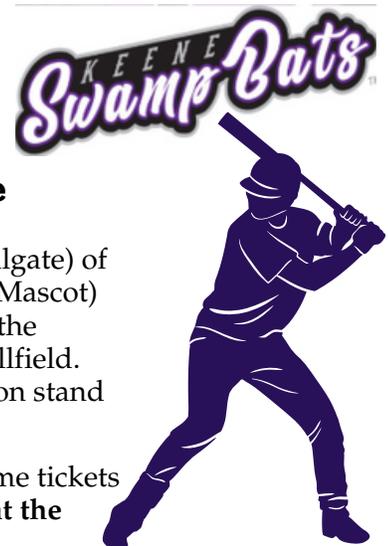
Woodwind Quintet Spring Concert

1:15 pm Thursday, 6/19
The Keene Senior Center

The Keene Senior Center Participates in Ribby Gate at the Swamp Bats Game

5:30 pm, Friday, June 13 at Keene
Join The Keene Senior Center and other organizations at the first RibbyGate (Tailgate) of the 2025 season. Ribby (the Swamp Bat Mascot) and Swamp Bats players will mingle at the gathering at Alumni Park next to the ballfield. There will be lawn games. The concession stand opens at 5:45 pm for refreshments.

There also will be unlimited free ballgame tickets available to center members. **Check in at the center's front desk to pick them up.**



THERE'S SO MUCH TO DO!

Visit Us at the Monadnock Business & Community Expo



10:00-4:00 pm, Saturday, June 14,
Keene Ice Arena, 380 Marlboro St.

The Keene Senior Center will have a table. Stop by, support and meet your local organizations. Learn about their products and services! Join them for a day full of demonstrations, prizes and more!

All attendees will have the opportunity to enter to win door prizes given away every half hour as well as the grand prize of \$1,500 cash which will be announced drawn at 4 pm. Many vendors will also have give-a-ways at their individual booths. Admission is \$5 for adults and free for children!

“Feed Your Soul” Art Gallery Opening Reception

3:30 pm, Wednesday,
June 18, at the Center
Refreshments will be served.



Check out the new art by senior center members: Pilar Abaurrea, Rolf Feijen, Barbara Powers, Kevin Whitfield and Thia Zakrewski. Located in the Living Room at the center, the gallery will be open Monday-Friday from 8:30 am to 4:30 pm.

Why do We Celebrate Juneteenth Day on Thursday, June 19?

Juneteenth is a holiday that commemorates the end of slavery in the United States. It takes place annually on June 19 and is officially recognized in 48 states. In June of 2021, President Joe Biden signed the Juneteenth National Independence Day Act, making the day a federal holiday.

HCS's 14th Annual Butterfly Release

3:00-6:00 pm, Thursday, June 19, Cathedral of the Pines,
10 Hale Hill Rd., Rindge
10:00-1:00 pm, Friday, June 20, Butterfly
Park, 320 Marlboro St., Keene
10:00-1:00 pm, Saturday, June 21, Butterfly
Park, 320 Marlboro St., Keene



HCS is hosting their 14th Annual Butterfly Release to memorialize and remember those who have died. The Butterfly Release happens over multiple days in Butterfly Park in Keene. HCS has partnered with the breathtaking venue Cathedral of the Pines in Rindge to host one day. Pre-order your butterflies, www.HCSservices.org/shop ASAP.

THANK YOU SPONSORS



KEENE RUNWAY 5K
Benefits The Keene Senior Center
Keene, New Hampshire
MAY 18, 2025

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



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Mascoma Bank
Savings Bank of Walpole
The Keene Sentinel
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Fenton Family Dealerships
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Perry Dental
Sally & Heidi Rinehart, Big Girl Construction
Susan A. Doyle, Realtor, Masiello RE
Ground Support:
Area 51 Fireworks
Alan Stroschne- Edward Jones
Beth Lorenz- Edward Jones
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The Keene Senior Center and
Cheshire Village at Home



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PROUD SUPPORTER OF THE KEENE SENIOR CENTER KEENE RUNWAY 5K

AT THE CENTER AND BEYOND!

SAVE THE DATE!

Thomas Transportation Trip to the Winnepesaukee Playhouse in Meredith



Departure at 11:15 am from the Center on Thursday, August 14. Back by approx. 7:00 pm

Join your members and invite your family and friends for a trip to the Winnepesaukee Playhouse in Meredith. It's a brand new 194 seat Mainstage theater that opened in 2013. The theatre has become a cultural gem in the area winning both critical acclaim and becoming an important outlet for the performing arts in central New Hampshire.

You will see "Once on this Island", a Caribbean-flavored musical parable featuring a peasant girl, Ti Moune, who sets out on a perilous journey to save a wealthy boy from the other side of her island who has stolen her heart. Watched over by a quartet of interfering gods, Ti Moune's pure love for Daniel drives her fearless quest. A two-time hit Broadway musical filled with feel-good Calypso-inspired tunes, "Once on This Island" is a captivating story for all ages.

This trip is sponsored by the center. 14 spaces available. Reserve your space with a non-refundable deposit of \$36.50 payment due at signup. Final payment of \$35 is needed by Tuesday, July 24. Total is \$71.50. Sign up at the Front Desk.



NAMI NH Side-by-Side In-Person Presentation

1:15 - 2:30 pm, Thursday, June 26, at the Center



Side by Side is a NAMI (National Alliance on Mental Illness) educational program designed for older adults and their caregivers. There are six modules in the program. Each module is 1-1 ½ hours in length. The content includes real life situations, interactive exercises, handouts, and discussions in a relaxed learning atmosphere.

Meredith Kolodze, the Program Manager Specializing in Older Adults at NAMI NH, will be presenting the first module, *Self-Care*, at the Senior Center. Sign up at the front desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.

Interested? TKSC Hiking on Beautiful Monadnock Trails Time and Dates TBD



Wear comfortable clothes and hiking shoes, and join your members at a location, dates and time decided on by the group. If you are interested, call 603-352-5037, or email admin@thekeeneseniorcenter.org.



Bus Trip to Newport Playhouse & Cabaret Restaurant With 1st Choice Tours

Departure at 7:00 AM from the Center on Thursday, July 10, back by approx. 8:40 pm

\$169 per person includes entertaining play, luncheon, and fun cabaret (5% discount from regular price). Participants will need to drive to Brattleboro or carpool to the designated pickup location. You can sign up at The Keene Senior Center, but please ensure that payment is made before June 30!

Not sponsored by TKSC

10 spaces available. Reserve your space now. Payment is due by Monday, June 30. Sign up at the Front Desk.

The Keene Senior Center



JUNE • 2025

GIVE BACK!
 NH COMMUNITY
 JOIN YOUR
 JUN 10-11, 2025
 MONROE OCEAN FRONTIER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1  Lunch Mon - Fri at 12:00 PM</p>	<p>2 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</p>	<p>3 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: <i>Max</i></p>	<p>4 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</p>	<p>5 9-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 Book Club Meeting: <i>Discussing: The Orphan's Gift</i> Reading: <i>Bury the Lead</i> 1:15 Hike to Alive: An Epic Poem of Trauma and Transformation</p>	<p>6 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:00 Jewelry Making 1:15 Bingo</p>	<p>7 10:30 Age in Motion - I (ZOOM from home)</p>	
<p>8 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</p>	<p>9 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</p>	<p>10 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: <i>After the End</i></p>	<p>11 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</p>	<p>12 9-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Musical Father's Day Special with Mark Lannen 1:30 CVAH Social - Book Swap - Butterfly Park 5:00 AH Friends and Family Night*</p>	<p>13 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo 5:30 Swamp Bats Ribby Gate (Tailgate) at KHS</p>	<p>14 FLAG DAY 10:30 Age in Motion - I (ZOOM from home) 10:00-4:00 pm Monadnock Business & Community Expo at Keene Ice Arena</p>	
<p>15 HAPPY FATHER'S DAY 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</p>	<p>16 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</p>	<p>17 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: <i>The Life List</i></p>	<p>18 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:30 "Feed Your Soul" Art Gallery Opening 4:00 CVAH "Let's Talk" via Zoom</p>	<p>19 JUNETEENTH 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:15 Trivia (at lunch) 1:15 KCO Woodwind Concert</p>	<p>20 FIRST DAY OF SUMMER 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>21 10:30 Age in Motion - I (ZOOM from home)</p>	
<p>22 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</p>	<p>23 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</p>	<p>24 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: <i>One of Them Days</i></p>	<p>25 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</p>	<p>26 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 NAMI NH Loneliness/Self-Care Seminar</p>	<p>27 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo</p>	<p>28 10:30 Age in Motion - I (ZOOM from home)</p>	
<p>29 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</p>	<p>30 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</p>						<p>31 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</p>

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

RAFFLE, MOVIES AND MORE!

**The Keene Senior Center
Spring Raffle**

\$5000 Grand Prize

The final drawings will be for:
 one \$5000 prize
 two \$1000 prizes
 three \$500 prizes
 five \$100 prizes

300 tickets (\$100 each) are going fast, get yours today at The Keene Senior Center!

RAFFLE
ENTER TO WIN PRIZES
RAFFLE

LET'S MEET FOR A MOVIE! **TUESDAYS 2 PM** **WE HAVE AC!**

June 3 Max
 PG · 2015 · Drama/Adventure · 1h 50m

June 10 After The End
 Not Rated · 2021 · Drama/Adventure/SciFi · 1h 22m

June 17 The Life List
 PG-13 · 2025 · Romance/Comedy · 2h 5m

June 24 One of Them Days
 R · 2025 · Comedy · 1h 30m

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2025																				
JANUARY				FEBRUARY				MARCH												
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*** THANKS FOR REFERRING YOUR FRIENDS ***

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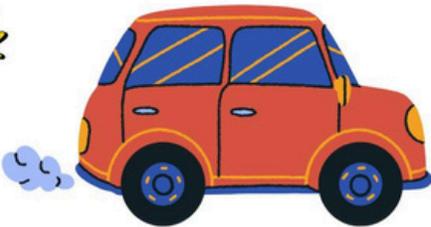


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