



# Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: [cwoods@thekeeneseniorcenter.org](mailto:cwoods@thekeeneseniorcenter.org)

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

**Senior Center Hours:** Mon-Friday 8:30 AM-4:30 PM and Saturday 10:00AM-2:00PM

**Thrift Store Hours:** Mon-Friday 9:00 AM-4:00 PM and Saturday 10:00AM-2:00PM

**KEENE SENIOR CENTER NEWSLETTER**

**October 2018**

Leon's Auto Center is a partner and friend of Keene Senior Center, and we would like to thank them for all that they do to make our Donate-a-car program a success. You may be surprised to learn that nearly 10% of the senior center's annual revenues are derived from this program. A large reason for this is because of the Leon's team, Ben Russell, Eric Murphy and Nicole Gregory who handle every donated car with special attention. This includes towing your car if needed, assessing it regarding whether it is suitable for retail sale, making repairs if the vehicle warrants it, and selling the car or finding the best alternative if it needs to be sold for parts or scrapped. The Senior Center receives the net proceeds after costs when the car is sold and the donor may receive a tax deduction. Although the tax laws regarding standard deductions have changed, we find that many people donate their cars also because they want to support us. We greatly appreciate the professionalism, community spirit and dedication of the folks at Leon's Auto Center, as well as the generosity of many car owners/donors who make a difference for The Keene Senior Center. Please call Cheryl Woods or me at 352-5037 to start the easy and quick process of getting your car to Leon's and putting it to a great use!

Cameron Tease



**DONATE  
A-CAR  
TO THE  
KEENE SENIOR  
CENTER**

Cameron Tease-Keene Senior Center, Eric Martin, Nicole Gregory, Ben Russell and "Smart Car"

**American Red Cross** | Blood Services

Blood Drive  
Keene Senior Center  
Thursday, October 4  
12-5PM

Call the Senior Center to make an appointment 603-352-5037  
or visit:  
[RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass)

# Seasonal Flu Vaccine Clinic

Tuesday, October 16  
9:30am - 10:30am  
The Keene Senior Center

Open to the Public

To receive the vaccine, you need to:

- ~ Be 18 years of age or older
- ~ Wear appropriate attire that allows access to upper arms
- ~ Bring your Medicare, Anthem BCBS, Harvard Pilgrim insurance card, OR \$35 cash or check

*The Flu Vaccine Clinic is one of the Wellness Programs offered by:*

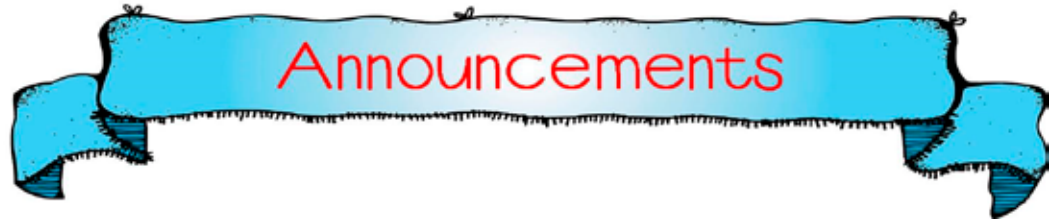


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45 Main Street, Peterborough  
33 Arborway, Charlestown

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I • M • P • O • R • T • A • N • T



October is a *Bring a Guest to The Senior Center Month*.

All members are encouraged to bring a guest to The Senior Center during the month of October.

There will be no Day Fee charge and guests are invited to join us for lunch at no charge. **(Please make your meal reservations in advance!)**

The Senior Center is now open for members on Saturdays from 10AM- 2PM

Saturday activities include access to the exercise room, a movie, board games, billiards, ping pong, musical performances and group discussions.

A bag lunch is also available for a \$1.00





## Ride the Bus!



We encourage all of our **Cheshire Village at Home** members, who live in Keene, to ride the Friendly Bus. You (or we!) can easily arrange for them to pick you up at your house, and drop you at The Senior Center, and return at a time of your choosing to bring you home. That way, you don't have to arrange a ride, or try to find a parking spot in our small parking lot!

We have a partnership with the Friendly Bus, so it's **free to CVAH members**. Just show them your CVAH ID we mailed out to you in the past month or two.

Call #352-8494 to arrange for your ride or call us at Cheshire Village at Home: #903-9680



## *Super Senior Dancing*

All who participate in Super Senior Dancing agree it is the most fun way to stay fit!!

Classes are every Tuesday at 10:30 at the brand new MoCo studio on Roxbury St. Whether you want to perform or not, whether you want to dance with grandchildren or not, whether you have some stiff joints or not, whether you haven't danced in years or ever, you will be charmed by our talented instructor, Kristen Leach. Dancing is free!! Bring clean shoes to change into and be prepared to leave with a smile!

Questions, call Sally Rinehart  
#203 770-3681.

## Improved Visibility Leaving our Parking Lot!!!!

The Municipal Services and Facilities Infrastructure Committee of the City of Keene has approved the elimination of a parking space that blocks traffic visibility when leaving The Senior Center parking lot. This space is to the left of the parking area and obstructs the view of the traffic coming down Court Street from the Hospital. Having this space open will also make it easier for the Friendly Bus to load and unload passengers. Please remember that the Friendly Bus is available to use for all of your trips to The Senior Center. There is a requested donation of a \$1 for this service and the bus is available to all of those who live in Keene who are over 60. Please see staff at the front desk for more information.



"Like" our Facebook page and see all of our ongoing activities!







## **KEENE SENIOR CENTER FUNDRAISERS**

### ***Donate Your Unwanted Car to The Senior Center***

It's so easy!

Making a donation takes only five minutes. Call 352-5037, and talk with Cheryl or Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price to assure the highest tax deduction for you. The

Senior Center usually takes your car running or not and does all the paper work including the IRS documentation for your tax deduction. Your donation will make it possible for more people to enjoy The Senior Center.

**Thrift Store:** The Keene Senior Center's Thrift Store is open Monday-Friday 9 AM—4 PM and Saturdays 10AM-2PM with a great selection of women's and men's clothing, jewelry and other small decorative items. We are now carrying adult sizes XS—3X. Clothing donations are accepted Monday thru Friday and Saturdays.

**Colony Antiques—now located at 48 Emerald Street.** Do you have a collectible object that is 50 years or older? Have an antique piece of furniture, or a work of art? Consider donating it to The Keene Senior Center. These items are consigned at Antiques at the Colony Mill, and the majority of the proceeds come back to The Center once the item is sold. Drop off your items at The Senior Center's front desk and we will take care of the rest.



**Planet Aid—**You will now see a familiar yellow box in the parking lot of the Senior Center. We will be hosting a donation bin for textiles only (clothes and shoes.) Planet Aid is a nonprofit organization with a reputation for empowering disadvantaged peoples around the globe. Planet Aid uses the funds that are generated from selling the clothing we collect to support international aid projects in Africa, Asia and the Americas. The Senior Center will receive .03 per pound of clothing collected.

### **B.I.N.G.O. News**

Do you or someone you know love to play BINGO?

We are looking to find some more BINGO players for our Friday afternoon (12:30) BINGO game.

To encourage new participants we have eliminated the cost of a day pass (\$6) for non-members who would like to come and play BINGO .



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BREAKING  
GROUND  
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or visit us online at [www.HillsideVillageKeene.org](http://www.HillsideVillageKeene.org).



Hillside Village Information Office  
149 Emerald Street, Suite A1, Keene, NH  
[www.HillsideVillageKeene.org](http://www.HillsideVillageKeene.org)  
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KEENE, NH 03431

[cjoyce@ne.rr.com](mailto:cjoyce@ne.rr.com)  
Cell: 603-209-4431  
603-357-4100 Ext. 130

# DiLuzio Foley Fletcher Funeral Homes and Cremation Services

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Cassandra E. McKinney, Director  
Catherine "Kat" Boyd, Director



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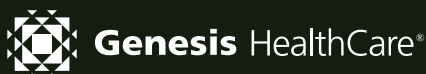
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Schedule service today!

KEENE SENIOR CENTER PROGRAM CALENDAR


# OCTOBER 2018

\* Indicates Programs that Require Preregistration

**Bolded programs indicate they happen monthly or bi-monthly**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><b>October 1</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      8:45 Kripalu Yoga                      10:00 Age in Motion 1                      11:00 Pinochle &amp; Hearts                      12:30 Bowling at Yankee Lanes                      1:00 Chair Yoga                      1:30 Ping Pong</p>	<p><b>October 2</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Yoga                      10:30 Age in Motion 2                      12:00 Tuesdays Together *                      1:00 Movie in the Living Room                      1:00 Bridge                      3:00 Learn How to Use the Gym                      7:00pm AA Meeting</p>	<p><b>October 3</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      10:00 Qigong                      11-12 Computer Help w/Meg                      12:00 Friendly Meal *                      1:00 Senior Swingers</p>	<p><b>October 4</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00-10 Yoga                      9:30 Quilts R'Us                      9:30 <b>Super Seniors</b>                      10:00 Family Memoir                      10:30 Age in Motion 2                      11:30-12:30 Tai Chi Beginners                      12:00 Book Club                      12:45-1:45 Tai Chi Intermediate                      2:00 Billiards</p>	<p><b>October 5</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Bowling at Yankee Lanes                      9-10 Computer Help w/Norman                      10:00 Age in Motion 1                      12:00 Garden Fresh Friday *                      12:30 Bingo                      12:30 Duplicate Bridge at Bentley Commons                      12:30 Turnup Gardeners                      1:00 Movie in the Living Room</p>	<p><b>October 6 Sat</b></p> <p><b>Senior Center Open</b>                      10am to 2PM                      Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>
<p><b>October 8 Mon</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      8:45 Kripalu Yoga                      10:00 Age in Motion 1                      11:00 Pinochle &amp; Hearts                      12:30 Bowling at Yankee Lanes                      1:00 Chair Yoga-                      1:30 Ping Pong  <b>1:30 – New Member Orientation</b></p>	<p><b>October 9 Tues</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Yoga                      10:30 Age in Motion 2                      12:00 Tuesdays Together *  <b>(Special Guest – Erin Cotton)</b>                      1:00 Movie in the Living Room                      1:00 Bridge                      3:00 Learn How to Use the Gym                      7:00pm AA Meeting</p>	<p><b>October 10 Wed</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      10:00 Qigong                      11-12 Computer Help w/Meg                      12:00 Friendly Meal *                      1:00 Senior Swingers</p>	<p><b>October 11 Thurs</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00-10 Yoga                      9:30 Quilts R'Us                      10:00 Family Memoir                      10:30 Age in Motion 2                      11:30-12:30 Tai Chi Beginners                      12:45-1:45 Tai Chi Intermediate                      2:00 Billiards</p>	<p><b>October 12 Fri</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Bowling at Yankee Lanes                      9-10 Computer Help w/Norman                      10:00 Age in Motion 1                      12:00 Garden Fresh Friday *                      12:30 Bingo                      12:30 Duplicate Bridge at Bentley Commons                      12:30 Turnup Gardeners  <b>1:00 Card Making</b>                      1:00 Movie in the Living Room</p>	<p><b>October 13 Sat</b></p> <p><b>Senior Center Open</b>                      10am to 2PM                      Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>
<p><b>October 15 Mon</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      8:45 Kripalu Yoga                      10:00 Age in Motion 1                      11:00 Pinochle &amp; Hearts                      12:30 Bowling at Yankee Lanes                      1:00 Chair Yoga                      1:30 Ping Pong</p>	<p><b>October 16 Tues</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Yoga  <b>9:30-10:30 Flu Clinic**</b>                      10:30 Age in Motion 2                      12:00 Tuesdays Together                      1:00 Movie in the Living Room                      1:00 Bridge                      3:00 Learn How to Use the Gym                      7:00pm AA Meeting</p>	<p><b>October 17 Wed</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      10:00 Qigong                      11-12 Computer Help w/Meg                      12:00 Friendly Meal *                      1:00 Senior Swingers</p>	<p><b>October 18 Thurs</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00-10 Yoga                      9:30 Quilts R'Us                      10:00 Family Memoir                      10:30 Age in Motion 2                      11:30-12:30 Tai Chi Beginners                      12:45-1:45 Tai Chi Intermediate                      2:00 Billiards  <b>4:00 pm Board Meeting</b></p>	<p><b>October 19 Fri</b></p> <p>7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Bowling at Yankee Lanes                      9-10 Computer Help w/Norman                      10:00 Age in Motion 1                      12:00 Garden Fresh Friday *                      12:30 Bingo                      12:30 Duplicate Bridge at Bentley Commons                      1:00 Movie in the Living Room</p>	<p><b>October 20 Sat</b></p> <p><b>Senior Center Open</b>                      10am to 2PM                      Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p>



<b>October 22 Mon</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	<b>October 23 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	<b>October 24 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 11-12 Computer Help w/Meg 12:00 Friendly Meal * 1:00 Senior Swingers	<b>October 25 Thurs</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:00 Family Memoir 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 2:00 Cheshire Village at Home @the Rec. Center- <b>ICE CREAM SOCIAL</b>	<b>October 26 Fri</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help/w Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room <b>1:00 Card Making</b>	<b>October 27 Sat</b> <b>Senior Center Open</b> 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.
<b>October 29 Mon</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	<b>October 30 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together * <b>Wear your Costumes!!!!</b> 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	<b>October 31 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 11-12 Computer Help w/Meg 12:00 Friendly Meal * 1:00 Senior Swingers	<p align="center"><b><u>SAVE THE DATES!!</u></b></p> <p><b>Thursday, November 1:</b>  <b>Ashuelot Concerts performs at the Senior Center</b>  3PM</p>  <p><b>Saturday, December 1</b>  <b>Holiday Faire</b></p>		

The Community Kitchen is looking for specific items and would be grateful for donations of:

**CANNED FRUIT**  
**BAKED BEANS**  
**CANNED & BOXED DINNERS**  
**GRANOLA BARS**



*These donations will be used for the Kids Food Program, which offers extra food for families with school age children.*

The Keene Senior Center Thrift Shop is looking for specific items and would be grateful for donations of:

- Clean and like-new Clothing of all sorts:**  
**Coats, Jackets, Sweaters, Vests**  
**Women's and Men's Suits, Scarves, Ties**  
**Shirts, Pants, Shorts, Skirts of all adult sizes**



*Donations of jewelry—costume and quality—will also be well-received.*

*We are unable to take donations of household goods, toys or decorative items.*



## **Craft Corner KNITTERS & CROCHETERS**

Welcome to our wall of yarn, in every color of the rainbow, for you to choose from; needles and books available free of charge too. This group no longer meets at The Center but creates items for themselves and to donate to local organizations in October. **If you are interested in coming together again to knit and crochet, please let us know so we can get the word out.** Please help yourself to yarn and make some hats, scarves, mittens and blankets of any size. We will accept your donations anytime throughout the year—please label your bag with your name and phone number as well as a list of what you have brought. This way we will be able to thank you properly in the Fall. We will need volunteers in October to distribute the items around the region.

### **HANDCRAFTED CARDS**

Join us on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays at 1:00 PM while Janice Bourassa guides the creation of beautifully handcrafted cards. Supplies are furnished. As a member it is free. It is amazing how easily a beautiful card can be created and so much appreciated by the recipient!

### **QUILTS R' US**

The Quilts R' Us group meets Thursdays in the Craft Room here at The Senior Center. The group welcomes any interested members who would like to sew together and share ideas about quilting. There are a few sewing machines available, if bringing your own is tough. The group meets on Thursdays at 9:30AM.

## **Social Programs**



### **BILLIARDS/POOL**

**Let's start playing more billiards/pool!** Bring your own cue stick, if you have one. Some are available here. Thursdays at 2:00 PM.

### **BINGO**

Please see Kevin Macauley the Bingo leader, about minimal costs to play. Fridays from 12:30-3:30 PM.

Also a big thank you to Colleen DiLuzio for all that you do!

### **BRIDGE**

This card group meets Tuesdays at 1:00 PM at The Senior Center and Fridays at 12:30 PM at Bentley Commons.



### **PINOCHLE & HEARTS**

All experience levels welcome, even those who have never played before, but are interested in learning this card game. Mondays at 11:00 AM.

### **MOVIES IN THE LIVING ROOM—Tuesdays, Fridays and Saturdays!**



Join us in the living room for a movie on **Tuesday** afternoons from 1:00-3:00 PM—after Tuesdays Together meal.

Also **Fridays** from 1:00-3:00 PM—after Garden Fresh Friday meal and Saturday mornings at 10:15. Let us know if you have any specific requests and we will work to fulfill them.

### **SENIOR SWINGERS**

Senior Swingers is our singing group that meets on Wednesday at 1:30 PM. They sing at many of The Senior Center functions, other senior centers, nursing homes, community events, and present an annual show in September. They are always welcoming new members. Just show up to sing along. There are no auditions. They are a spirited and fun group.

### **PING PONG**



The Monday afternoon ping pong players would like to invite anyone interested in playing a fun, competitive game of ping pong on Mondays at 1:30 PM in the gym downstairs. Ping pong balls and paddles are provided. For questions, contact program leader, Charlie Wagar, by calling the Center at 352-5037 or e-mailing [chucktheduck99@hotmail.com](mailto:chucktheduck99@hotmail.com).

## FITNESS AND HEALTH PROGRAMS

**GYM FACILITY OPEN** and available for your use. Equipment includes: treadmills, bikes, weights/weight machine and an elliptical. **On Tuesdays from 3-4 PM: LEARN TO USE THE GYM** with Tony Guarino, long-time physical education instructor. He will help you learn stretching techniques and safety measures while using the machines. Plan to wear comfortable clothes, and if you have any physical limitations let Tony know so he can accommodate your needs.

**AGE IN MOTION** ~ Exercise programs designed especially for seniors who would like to work on strength, balance and prevention of falls. Sessions consist of warm-ups, lifting weights, exercises for balance and flexibility and a cool down period.

**Age in Motion 2 (Tuesdays & Thursdays at 10:30 AM)**, (group led) recommended intro class.

**Age in Motion 1 (Mondays & Fridays 10 AM)** is more advanced

**CHAIR YOGA**~Features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **Mondays at 1 PM.**

**QIGONG**~features slow and simple movements to encourage the smooth flow of Qi (energy) and promotes longevity, decreases pain, alleviates stress and increases balance, strength and flexibility.

**Wednesdays at 10 AM.** \$3 instructor fee per class.

**YOGA** ~is an exercise program that focuses on breath control, simple meditation and specific body postures while standing or lying on the floor.

**Tuesdays at 9 AM**

**Thursdays at 9 AM**

**KRIPALU YOGA** ~ can be a challenging approach to yoga practice that emphasizes meditation and breath work and encourages inward focus and spiritual attunement.



Basic Premise: Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth and spiritual awakening. **Mondays at 8:45 AM.**

## FITNESS AND HEALTH PROGRAMS *continued*

**~Beginners Tai Chi: Thursdays 11:30 ~ 2:30** will cover the first 18 postures of the Yang style Tai Chi form. Each class will include warm up Chi Kung exercises and two to three Tai Chi postures. The movement is slow, flowing and focused. Tai Chi can improve balance, flexibility and mental focus. A DVD will be available for new students after the third class. Students may continue to attend class even though they have learned the 18 postures as a weekly practice.

**~Intermediate Tai Chi: Thursdays 12:45 ~ 1:45** will continue beyond the first 18 postures to complete the Yang short form of 80 postures. Chi Kung warm up exercises and push hands practice will also be included. This class will be ongoing.

### **Personal Enrichment Programs at the Senior Center**

#### **BOOK CLUB**

Are you interested in meeting new, interesting people? Do you like reading things you might not otherwise read? Do you like fun discussions? The Keene Senior Center's book club is the perfect program for you. We meet the **1<sup>st</sup> Thursday of the month at noon.** Lead by member **Laura Stempkowski.**

#### **CREATING YOUR FAMILY MEMOIR**

Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. This program is lead by **David Robinson** who has 25 years of experience with book and magazine publishing.

### **~ The Buddy Board ~**

**New**

If you are looking for a companion to walk with, go to the movies with, discuss a recently read book with—post your quest on the Buddy Board. The Buddy Board is located at the top of the ramp of the Office Entrance.

**“There are no strangers...only friends you haven't met.”**

*Good Morning World  
Happy Senior Day!*

*Good Morn' to our Happy Families  
.... and our Senior Center Friends --  
Also our Senior Swinger Singers  
.....and our Senior Volunteers all --  
May we all be Blessed today  
....and enjoy many more --  
Happy Senior Days!  
Stuart Carswell  
A Turn-Up Gardener*

## NEW MEMBER ORIENTATION

SECOND Monday of the Month  
At 1:30 PM

Welcome all new members!!!! You are invited to join The Keene Senior Center's Executive Director Cameron Tease and member Marilyn Robbins to learn all your new membership has to offer you, ask questions, meet fellow new members, and get a tour of the facility.



## Membership Rates

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<b>Individual</b>	<b>\$60</b>
<b>Couples</b>	<b>\$108</b>
<b>Discounted Individual</b> (income <\$25,000)	<b>\$48</b>
<b>Discounted Couples</b> (income <\$30,000)	<b>\$84</b>
<b>Day Passes</b>	<b>\$6</b>
<b>Scholarship</b>	<b>Please ask for application</b>
<b>Volunteer</b> (After 50+ hours annually)	<b>No Cost</b>

The option to pay your annual fee in two consecutive month installments if necessary, is now available.

We hope this is helpful.



**Senior Passport Program**

Eating well, exercising, and staying apprised of health-related information is important at any age.

Senior Citizens 60 years and older can receive a free passport to better health and information and at the same time, have an opportunity to partake in the Cheshire Medical Center/ Dartmouth-Hitchcock Keene's passport meal program.

Membership in the Senior Passport Program entitles participants to **free nutrition, exercise, and health education lectures, and classes.** Members can also enjoy a "Passport Meal" in our dining room. Our passport meals include the following: an entrée with two sides and a beverage (Vitality water, 8oz. milk or a small hot beverage) for \$4.95.

Meals are available **Monday through Friday, 4:30 to 6:30 PM. Saturdays and Sundays, 11:30AM to 1:30 PM and 4:30 to 6:30 PM**

**Commodity Supplemental Foods Program**

Southwestern Community Services works with the Commodity Supplemental Foods Program (CSF) which provides healthy foods to supplement the food budget of eligible seniors over 60. The value of the food is approximately \$50 per month. To apply for CSF, call 800-529-0005 x 4234 or 603-719-4240. Distributions for CSF are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale and Jaffrey. The eligibility requirement for the Elderly CSF Program are \$15,678 annually for a single person and \$21,112 for two.

Southwestern Community Services (SCS) has been working with all social service agencies in Cheshire and Sullivan Counties to reach our low income population. It is a non-profit Community Action Agency as well as a United Way Agency. Their mission is to empower low income people and families with dignity and respect. SCS will provide direct assistance, reduce stressors and advocate for such persons and families.

*(V) Vegetarian choice is available each day*

**Tuesdays Together**

**Oct 2:** Vegetable Lasagna  
Tossed Salad  
Fruit Salad

**Oct 9:** Quiche  
Greek Salad  
Yellow Vegetable

**Oct 16:** Chicken Parmesan  
Bread  
Broccoli Salad with Raisins

**Oct 23:** Baked Chicken  
Yellow and Green Vegetable  
Cranberry/Orange Relish

**Oct 30:** Spanakopita  
Yellow Vegetable  
Fruit Salad

**Garden Fresh Friday**

**Oct 5:** Stuffed Peppers with Chicken  
Corn and Black Bean Salad  
Cheesy Bread

**Oct 12:** Hot German Potato Salad  
Chicken A la King  
Fruit Salad

**Oct 19:** Macaroni and Cheese  
Hot Dogs  
Tossed Salad

**Oct 26:** Pea Soup with Ham  
Corn Bread  
Fruit Salad

**PLEASE LET US KNOW AT LEAST TWO DAYS IN ADVANCE OF ANY SPECIAL DIETARY NEEDS.**

**Dessert:** We rely on dessert donations each week. If you bring a dessert to share, your lunch is free that week!

**Preregistration is required**

*Fee: \$3 per person. Available leftovers can be purchased for \$0.25 cents per item. Menu is subject to change.*

*Friendly Meals ~ Wednesdays at Noon*

*Every Wednesday Home Healthcare Hospice & Community Services (HCS) provides a noon meal. Pre-registration is required, call Mon. by 10:00AM.*

*The Keene Senior Center 603-352-5037*

*Guest Speaker -Erin Cotton - Ann Kuster's Office*



**Oct. 7-13 is National Fire  
Prevention Week  
FIRE SAFETY TIPS**

**Smoke Alarms**

Install smoke alarms in every sleeping room. They should also be outside each sleeping area and on every level of the home.

Test your smoke alarm at least once a month by pushing the test button. If you can't reach the alarm, ask for help.

For added safety, interconnect the smoke alarms. If one sounds, they all sound. This gives more time to escape.

Smoke alarms with sealed (long-life) batteries work for up to ten years. They can be helpful for people who find it hard to change batteries.

Smoke alarms expire. Replace them every ten years.

**People who are Deaf or Hard of Hearing**

Smoke alarms and alert devices are available for people who are deaf or hard of hearing.

Strobe lights flash when the smoke alarm sounds. The lights warn people of a possible fire.

When people who are deaf are asleep, a pillow or bed shaker can wake them so they can escape.

When people who are hard of hearing are asleep, a loud, mixed, low-pitched sound alert device can wake them. A pillow or bed shaker may be helpful. These devices are triggered by the sound of the smoke alarm

**Escape Planning**

**Include everyone** in home escape planning. Each person should have input about the best ways to escape.

Home fire drills are important. Everyone in the home must participate in them. Keep a phone by your bed in case you can't escape and need to call for help.

**Talk with someone from the fire department** about your escape plan. Ask them to **review your plan**.

Ask if your fire department keeps a directory of people who may need extra help. If you have a **service animal**, agree on a plan to keep the animal with you during an emergency.

Remember, **Cheshire Village at Home** members can request that someone come to their home to test their smoke alarms and change the batteries.



**Cheshire Village at Home  
Ice Cream Social  
October 25th at 2PM  
The Keene Recreation Center**



We had such a good time at our August Ice Cream Social we decided to do it again! We had over 30 current members and volunteers as well as prospective members and volunteers enjoying each other's company as well as the ice cream.

Join us on **Thursday, October 25 at 2PM** at the Keene Recreation Center for another Ice Cream Social. Everyone is invited to join us for ice-cream and assorted toppings. This month we will also have sugar free ice cream. Come check us out and make new friends!

### **Facility Rentals:**

For meetings, parties, & other special functions: our facilities are available for rent by individuals and organizations. All are handicapped accessible, air conditioned, with on-site parking. Maximum capacity is 124 people.

#### **Multi-Purpose Room**

For-profit organizations: \$50 per hour

Non-profit organizations: \$25 per hour

#### **Kitchen**

For-profit organizations: \$30 per hour

Non-profit organizations: \$25 per hour

#### **Living Room**

For-profit organization: \$25 per hour

Non-profit organization: \$15 per hour

Please consider renting our space for your next big gathering.

## October Thrift Shop Sale



# 50% OFF

Housewares and men's suits and....  
woman's two piece outfits.

Remember the thrift shop is now open on  
Saturdays 10-2.

Let your fellow thrift shoppers know!



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Return Service Requested

*Optimism is the faith that leads to  
achievement. ... Helen Keller*

