



Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: cwoods@thekeeneseniorcenter.org

Website: 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

December 2018

The Season of Giving

Dear Members and Friends,

I look forward to Wednesday afternoons when the Senior Swingers practice. As I write this they are singing Christmas carols and holiday songs in preparation for their annual trip to the New Hampshire Veteran's Home in Tilton. This is a wonderful tradition of our members serving others, and has prompted me to think of many other examples of service here at Keene Senior center such as our Quilts R'Us group and knitters who make warm clothing articles for distribution each fall. And what about our over 200 volunteers (Keene Senior Center and Cheshire Village Home) who serve on senior center committees, work at our front desk and in the kitchen and thrift shop, and lead our programs?

I have also grown to realize how many of our members, women and men, have served our country in the armed forces. These veterans are often "at the front of the line" when it comes to making Keene Senior Center run. They do not look for recognition; however, it is inspiring to see them serve us here after they have done so much for our country. As we enter the holiday season, and think ahead with hope to the new year, I would like to acknowledge the vital contributions of each and every one of you who serve others, including those who show compassion, understanding and friendship. You are the "glue" which holds us together.

Warmest wishes to you and your families throughout the holidays and in the new year,
Cam





Cheshire Village at Home Volunteer Profile

Paul Bothwell, Cheshire Village Committee
Member & Volunteer



Paul grew up in Essex County, NJ, graduated from Irvington HS and joined the Navy at 17. In the Navy he became a Radio Technician, repairing everything from radios to radar. After a naval tour in Saipan Paul returned home and became an engineer through the GI Bill.

He went to work at Honeywell, rising to the office of a Vice President. When Honeywell was sold Paul left there rather than relocating. He opened his own business and ran that for 8 years.

Paul has always had an interest in volunteering, sharing his business experience with others. He has been a Kiwanis member for 30 years and volunteered as a Score counselor helping small business start-ups.

When he heard that Pegg Monahan, then Executive Director of the Keene Senior Center, was exploring the idea of starting a 'Village to Village' organization in Keene, he came on board from the beginning, believing there was a need for this support among the senior population. For the past three years Paul has shared his gifts with Cheshire Village at Home in various volunteer capacities, currently serving as a member of the Finance Committee.



An Introduction and Overview to the National Parks System

**Cheshire Village at Home December Social
Thursday, December 6, 2018
2PM**



On December 6th, Cheshire Village at Home presents an Introduction and "Overview of the National Park System" by Steve Farrar, Amherst resident, adventurer, and explorer of almost all our National Parks since 1969. This talk takes place at the Keene Senior Center at 2 pm. Farrar brings our National Park System to life in his presentation with his magnificent pictures and inspiring stories. This introductory talk will inform and explain the many different divisions or 'units' of the Park System.

The annual distribution of knitted/crocheted items 2018.

The annual distribution of knitted winter hats, mittens, scarves and afghan took place last month. Thank you to all those talented knitters/crocheters who contributed to this vast collection. Also, thank you to the members of the Quilts R Us group and others who distributed the warmth.

The recipients of the items were:

Keene Day Care Center, Kindle Farms, Maplewood Nursing Home, Project Share, Rise for Babies and Families, Westwood Nursing Home, The Prospect-Woodward Home, Applewood Nursing Home, Big Brothers/Big Sisters, Headstart and The Hundred Nights Shelter.

All totaled there were 277 items/pairs donated.

What a great gift to our community!!!
Thank you!

Photos from *Do You Remember?*
Thank you Swingers for such a fabulous show !!!!!





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.

Cribbage Players Unite!

Wednesdays at 1:00PM in the dining room of the Senior Center you will find like minded cribbage playing people.

Please stop by and see what's happening!



RED CROSS BLOOD DRIVE
Thursday December 13th, 2018
12:00PM—5:00PM

Call the Senior Center or visit:
RedCrossBlood.org/Rapid Pass



American Red Cross
Together, we can save a life

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




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.





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
FALL 2017**



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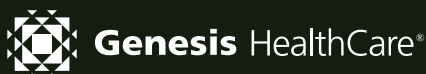
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KEENE SENIOR CENTER PROGRAM CALENDAR

DECEMBER 2018

* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			December 2018		
December 3 Mon 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	December 4 Tues 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	December 5 Wed 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 1:00 Cribbage	December 6 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Super Seniors 9:30 Quilts R'Us 10:00 Family Memoir 10:10-10:55 Kids from the Y 10:30 Age in Motion 2 12:00 Book Club 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards	December 7 Fri 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	December 8 Sat Holiday Faire 9-2PM Quilt Raffle, holiday basket raffles, hand crafter greeting cards, greenery, crafts and cookies!!! Lunch 11:00 – 1:00
December 10 Mon 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 1:30 – New Member Orientation	December 11 Tues 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	December 12 Wed 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 1:00 Cribbage	December 13 Thurs 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 Noon – 5PM Blood Drive Tai Chi at the Recreation Center 1:30 Creative Writing 2:00 Billiards	December 14 Fri 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	December 15 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.

<p>December 17 Mon 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</p>	<p>December 18 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 -10:30 The Nurse is In 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</p>	<p>December 19 Wed 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 1:00 Cribbage</p>	<p>December 20 Thurs 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 10:10-10:55 Kids from the Y 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 4:00 pm Board Meeting</p>	<p>December 21 Fri 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>December 22 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p>
<p>December 24 Mon 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</p>	<p>December 25 Tues CLOSED FOR THE CHRISTMAS HOLIDAY </p>	<p>December 26 Wed 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 1:00 Cribbage</p>	<p>December 27 Thurs 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>December 28 – Friday 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>December 29 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p>
<p>Mon Dec 31 NEW YEAR'S EVE DAY 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</p>	<p>Tues Jan 1, 2019 </p>				

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.

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

CANNED FRUIT • CEREAL
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.





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 2nd and 4th 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.

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 **1st 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.”

First Sparkling Snowflakes

*Softly, the first sparkling snowflakes fall,
Covering our gardens and lawns so deep,
A barn owl keeps watch over us all,*

*While in our warm beds so
soundly we sleep*



*First light brings many shouts of joy
For there is nary a yellow school bus in sight
A day of snow fun for every girl and boy
And also the parents share their delight-*

*Sledding and tubing with kids loud screaming
Fun daredevil tricks and ski jumps so tall
Finally, a hot supper and many hopeful dreams
Wishing more sparkling snowflakes will fall!*



Stuart Carswell

Membership Rates

Individual	\$60	The option to pay your annual fee in two consecutive month installments if necessary, is now available.
Couples	\$108	
Discounted Individual (income <\$25,000)	\$48	We hope this is helpful.
Discounted Couples (income <\$30,000)	\$84	
Day Passes	\$6	
Scholarship	Please ask for application	
Volunteer (After 50+ hours annually)	No Cost	

(V) Vegetarian choice is available each day
Tuesdays Together

Dec 4th: American Chop Suey
Green Beans
Fruit Salad

Dec 11th : Chicken Salad Rolls
Cranberry/orange relish
Broccoli

Dec 18th: Vegetarian Polenta Lasagne
Tossed Salad
Bread

Dec 25th: CHRISTMAS HOLIDAY
SENIOR CENTER CLOSED



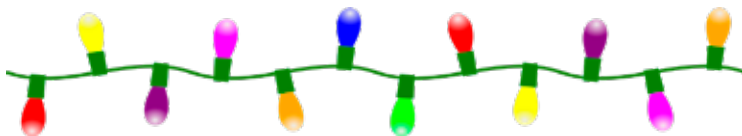
Garden Fresh Friday

Dec 7th: Mushroom and Chicken Risotto
Butternut Squash
Fruit Salad

Dec 14th: Vegetarian French Lentil Rice Soup
Tossed Salad
Bread

Dec 21st: Kielbasa and Sweet Potato
Saurekraut Salad
Fruit Salad

Dec 28th: Sweet Chicken Curry
Rice
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*



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.

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,



SLOGAN CONTEST!!!!!!

We are looking for a slogan for the Keene Senior Center and we need your help. A slogan is defined as a "striking, memorable phrase; an expression of an idea or purpose. A short and striking phrase used in advertising." Think short, catchy, clever phrase, that may reflect your interpretation of our mission statement.

Mission of the Center:

The Keene Senior Center shall act as a regional focal point for persons aged fifty (50) or over where they may come together as individuals or in groups for recreation, events and activities, that enhance dignity, support independence and promote social connections.

If your slogan idea is selected as the best, you will win a free, annual membership to the Keene Senior Center. (A \$60 value.) This slogan will be included on all of our marketing materials. We will be accepting ideas until the end of the year.

Please submit your idea in writing, including your name. A box for submissions will be at the front desk.



Keene Family Y
pre-School kids visit from
10:10AM to 10:55AM.
Thursday December 6th and
Thursday December 20th.

Come have fun, play a game, sing
a song and laugh a lot!!!!!!!



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.

December Thrift Shop Sale

50% OFF



Holiday Gift Giving Ideas on Sale

Ties

Frames/Pictures

Silverplated Dishware

Ceramic and Coffee Mugs

Open Monday thru Friday
9:00AM –4:00PM
and Saturday 10:00AM—2:00PM





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Adopt the pace of nature: her secret is patience.
Ralph Waldo Emerson

