



# Senior Sentinel

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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

January 2019

## Happy 2019!!!!!!



Dear Members and Friends,  
Our first newsletter of the new year contains our annual member survey which I encourage you to complete and return in the envelope provided. Your opinion really does matter and it is of particular importance at this pivotal time in The Keene Senior Center's history. The survey has been designed to be all encompassing but concise. It covers issues such as the relevance to you of the Keene Senior Center, and our programming, operations and work to address social isolation. The timing is especially critical as we are faced with financial challenges, parking limitations and determining how The Senior Center fits into the continuum of services for seniors. One of my friends at Keene Senior Center often reminds me of the importance of listening, and it strikes me that this is what our survey is all about. I will commit to you that we will evaluate the results of the survey and provide you with the results at a member's meeting in the first quarter of 2019!

Please take the approximately ten minutes it takes to complete the survey and return it by January 25, 2019. It *will* make a difference for The Keene Senior Center!

Wishing you a Happy New Year with the hope that you will have many blessings in the year to come.

Cam

"One of the most sincere forms of respect is actually listening to what another has to say."

**Bryant H. McGill**

"Always bear in mind that your own resolution to succeed is more important than any other."

**Abraham Lincoln**



## Get to know Cheshire Village at Home:



David Lesser,  
CV@H Chairperson,  
Volunteer

David was born in Princeton NJ and spent most of his young years in the central NJ area. His dad owned a service station in Princeton and his mom kept the books for the business. He went to The College of William and Mary in Virginia where he met his wife Charlotte. After graduating he returned to NJ where he worked as a teacher's aide for a year when he realized that he wanted to be a teacher. After receiving a Masters in Education, he worked as a 5-8<sup>th</sup> grade teacher, a teaching principal and finally a building principal all over a span of 40 years. He also taught at Antioch Graduate school of Education and received a one year Fulbright Scholarship that took him to London.

His lifelong love of gardening includes being a master gardener, teaching classes and running a small landscape business during the three years he was a stay-at-home dad. He delights in volunteer service, yoga, ballroom dancing, playing bridge and traveling as much as possible.

David strongly believes that seniors need living options which including staying in their own home. He enjoys his interactions with village members. David is currently the Chairperson of the Cheshire Village at Home Program Committee as well a volunteer and driver.

### Cheshire Village at Home's January Social

Cheshire Village at Home will host a *Coffee and Conversation Social* on January 17th at 1:30 -3:30 pm at the Keene Recreation Center, 312 Washington St, Keene. This is a great opportunity to get out, have a good time, meet other CV@H members, volunteers, and community members who are interested in either volunteering with CV@H or becoming a member. Please call 903-9680 to schedule a ride to the Recreation Center if you need transportation. Hope to see you there!



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.



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## Holiday Faire 2018

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### Winners of the Quilt Raffle:

- ~ Kathy Brown—Petals and Posies
- ~ Helena Blais—lap quilt
- ~ Carol Clinton—holiday table runner



### Gift Basket Raffle Winners:

Kevin Macaulay(2)  
Chris Brunner  
C.B. Clinton  
Mary LaBrie  
Carol Blaisdell  
Ruth Sheperd  
Rich Godek  
Carol Makey  
Joyce Williams  
Edna LaClair  
Lynn Smith  
Deborah Frock  
M.J. Lupien  
Barbara Lindsey  
Janet O'Brien  
Patty Ferro  
Leena  
Dixie Gurian  
Chris H  
Linda T  
Cam Tease  
Betty Zinn  
Betty Joslin  
Meg Whittle



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Thank you to the Keene State  
College's student chapter of  
American Choral Directors  
Association (ACDA) for the  
mesmerizing  
carolin  
performance.

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Thank you to all of our  
volunteers and especially to  
those that wore silly hats!!!!

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Making new  
friends over  
coffee and  
cookies!!!!

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**SEEKING CANDIDATES TO PARTICIPATE IN A STUDY ON THE:**

**PREVALENCE OF SARCOPENIA IN RURAL**

**COMMUNITIES OF NEW HAMPSHIRE**

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Members of the Keene Senior Center have been invited to participate in a study on Sarcopenia. Sarcopenia is the age-associated **decline of skeletal muscle mass and function**, is associated with adverse health outcomes such as frailty, loss of mobility, increased falls risk, and death in older adults. The purpose of this study is to assess the prevalence of this condition and risk factors associate with it in older adults living in rural New Hampshire. The study is being conducted by Jason Aziz, Doctoral candidate of Tufts University.

Benefits of participating in this study include:

- Screening for sarcopenia risk (age-related muscle wasting)
- Identify risk for mobility limitations, therapeutic recommendations
- Identify risk for nutrient deficiencies
- You will be given a \$25 gift card for your efforts.

Participation involves:

Attending a 70-minute testing session to be held at **The Keene Senior Center**.

Participants will be asked to complete:

- ~Medical History Questionnaire and a cognitive impairment screening
- ~Four-meter walking test, Balance Test and Chair Rise Capacity Test (5 chair rises)
- ~Handgrip strength test (2 attempts on dominant hand)
- ~Nutrition Assessment
- ~Self-administered physical activity and quality of life survey

**Candidates must be at least 60 years of age without cognitive impairment.**

**You will not be able to participate if you are experiencing any of the following:**

New York Heart Association Class III or IV congestive heart failure OR uncontrolled angina, lung disease requiring the use of supplemental oxygen.

Individuals with cognitive impairment (Mini-Cog  $\leq 3$ ), cancer requiring current radiation  
OR

chemotherapy treatment within the three months are also not able to participate as well as those with end stage renal disease (ESRD) currently requiring hemodialysis.

To participate in this study you must be a resident of: Cheshire, Grafton or Merrimack Counties of NH be willing to give informed consent and attend one 70 minute or two 35 minute measurement sessions at The Keene Senior Center and have the ability to complete the Short Physical Performance Battery and Handgrip strength test.

Look for sign-up sheet at the Senior Center during the next few weeks.



## **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™**  
For the Environment, For People

**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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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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**Former Field Coordinator For The  
Retired Senior Volunteer Program**

**Member Keene Senior Center**

**Active Community Member & Volunteer**



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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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Susan A. Simonds, Location Manager  
Certified Preneed Counselor - Funeral Celebrant

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



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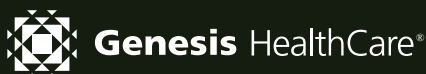
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# KEENE SENIOR CENTER PROGRAM CALENDAR

# JANUARY 2019

\* Indicates Programs that Require Preregistration

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

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p><b>January 1</b></p> <p><b>Senior Center Closed</b></p>  <p><i>Happy New Year</i></p>	<p><b>January 2</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 NO SWINGERS              1:00 Cribbage</p>	<p><b>January 3</b></p> <p>7:00-9:00 Walking / Rec Ctr              8:30-4:30 Gym Open              9:00-10 Yoga  <b>9:30 Super Seniors</b>              9:30 Quilts R' Us              10:30 Family Memoir              10:30 Age in Motion 2              12:00 Book Club              11:30-12:30 Tai Chi Beginners              12:45-1:45 Tai Chi Intermediate              1:30 Creative Writing              2:00 Billiards</p>	<p><b>January 4</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>January 5</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>January 7</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>January 8</b></p> <p><b>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              7:00pm AA Meeting</p>	<p><b>January 9</b></p> <p><b>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              1:00 Cribbage</p>	<p><b>January 10</b></p> <p><b>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              4:00 Board Meeting</p>	<p><b>January 11</b></p> <p><b>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              1:00 Handmade Cards</p>	<p><b>January 12</b></p> <p><b>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>January 14</b></p> <p><b>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 &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>January 15</b></p> <p><b>Tues</b>              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              7:00pm AA Meeting</p>	<p><b>January 16</b></p> <p><b>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              1:00 Cribbage</p>	<p><b>January 17</b></p> <p><b>Thurs</b>              8:30-4:30 Gym Open              9:00-10 Yoga              9:30 Quilts R' Us              10:00 Family Memoir  <b>10:10 - 10:55 Kids from the Y</b>              10:30 Age in Motion 2              11:30 – 12:30 Tai Chi Beginners              12:45 – 1:45 Tai Chi Intermediate              1:30 Creative Writing  <b>1:30 - 3:30 CV@ Home~ Coffee and Conversation – Rec Center</b>              2:00 Billiards  <b>8:30-4:30 Board Retreat</b></p>	<p><b>January 18</b></p> <p><b>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</p>	<p><b>January 19</b></p> <p><b>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>



<p><b>January 21 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 Pinocle &amp; Hearts  12:30 Bowling at Yankee Lanes  1:00 Chair Yoga  1:30 Ping Pong</p>	<p><b>January 22 Tues</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>9:30 -10:30 The Nurse is in</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  7:00 pm AA Meeting</p>	<p><b>January 23 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  1:00 Cribbage</p>	<p><b>January 24 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</p>	<p><b>January 25 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  1:00 Handmade Cards</p>	<p><b>January 26 Sat</b>   <b>Senior Center Open</b>  10am to 2PM  Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p>
<p><b>January 28 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 Pinocle &amp; Hearts  12:30 Bowling at Yankee Lanes  1:00 Chair Yoga  1:30 Ping Pong</p>	<p><b>January 29 Tues</b>  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><b>January 30 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  1:00 Cribbage</p>	<p><b>January 31 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</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 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.



**CRIBBAGE**- Wednesdays at 1:00PM in the dining room of the Senior Center.

### 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 from 1:00—3:00PM. 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 Senior Swinger  
singers are looking for  
new members!!!!!! ~**

If you enjoy singing in a group—join the Keene Senior Swingers on Wednesday afternoons from 1PM to 3PM in the multi-purpose room for a fun filled singing activity. Just show up and sing along!!! There are no auditions.

Please select the amount you wish to donate

\$15 \$50 \$100

**DONATE \$15** **DONATE \$50** **DONATE \$100**

\$250 \$500 Other

**DONATE \$250** **DONATE \$500** **DONATE OTHER AMOUNT**

**Make a Recurring Donation**



If you wish to make a recurring, monthly donation, please contact us. On the next screen, please the option of "Make this a monthly donation". We'll walk you through the simple steps to create an account so that you can change or cancel your recurring donation at any time.

**MAKE A RECURRING DONATION**

**New !!!!!!!**

**You can now make donations on-line!!!! Visit our website: [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)**

Please select your membership type

Renew Individual Membership **INDIVIDUAL MEMBERSHIP \$60**

Renew Couple Membership **COUPLE MEMBERSHIP \$108**

Renew Discounted Individual Membership (Annual income less than \$25,000) **DISCOUNT INDIVIDUAL MEMBERSHIP \$48**

Renew Discounted Couple Membership (Annual income less than \$30,000) **DISCOUNTED COUPLE MEMBERSHIP \$84**

**New !!!!!!!**  
**You can now re-new your membership online.**  
**Visit our website: [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)**

**Membership Rates**

<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.

(V) Vegetarian choice is available each day  
Tuesdays Together

Jan 1: Happy New Year 2019!!!  
Senior Center Closed

Jan 8th: Minestrone Soup  
Tossed Salad  
Bread

Jan 15th: Stir-Fried Chicken  
Rice  
Sautéed Peppers

Jan 22nd: Scallop Potato w/Ham  
Cole Slaw  
Baked Beans

Jan 29th: Swedish Meatballs  
Egg Noodles  
Butternut Squash

Garden Fresh Friday

Jan 4th: Stuffed Cabbage  
Bread  
Fruit Salad

Jan 11th: Impossible Quiche  
Green Beans  
Tossed Salad

Jan 18th: Chicken Divan w/broccoli  
Fruit Salad

Jan 25th: Chicken Parmesan  
Angel Hair pasta  
Tossed 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,



Keene Family Y  
pre-School kids visit  
from 10:10AM to  
10:55AM on  
Thursday January  
17th.

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



If you have been thinking about balance and agility while laughing and having a good time with friends, then Super Senior Dancing is for you.

We will be starting a new routine January 15, Tuesday, 10:30 to 11:30 at MoCo at Roxbury St. Feel free to bring a friend but this is not partner or ballroom dancing. You do, however, have to be 70 or older.

Any questions, call Sally Rinehart  
#203 770-3681



### New Hampshire State Plan on Aging Survey

The New Hampshire Department of Health and Human Services, Bureau of Elderly and Adult Services, and the NH State Plan on Aging Planning Committee are developing the State's Plan on Aging. As part of the process, we ask for your input through the State Plan on Aging Survey. This survey is part of a statewide outreach effort to improve our understanding of the needs of people who are aging in NH. By completing the survey, you will help guide the development of NH's State Plan on Aging.

[www.surveymonkey.com/r/NHSPoASurvey](http://www.surveymonkey.com/r/NHSPoASurvey)  
Or

Paper copies of the survey are available at The Keene Senior Center.

## 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.

## January Thrift Shop Sale



50% OFF the following:

~All Holiday items

~puzzles, games and toys

~CD's ( buy one get two free)

~All men's suits and jackets



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



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