



The Keene Senior Center

July 2025

SENIOR SENTINEL

INSIDE
Men's Only
Yoga,
Pink in the Park,
International
Food Demo
and more...

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

COMMUNITY EVENT

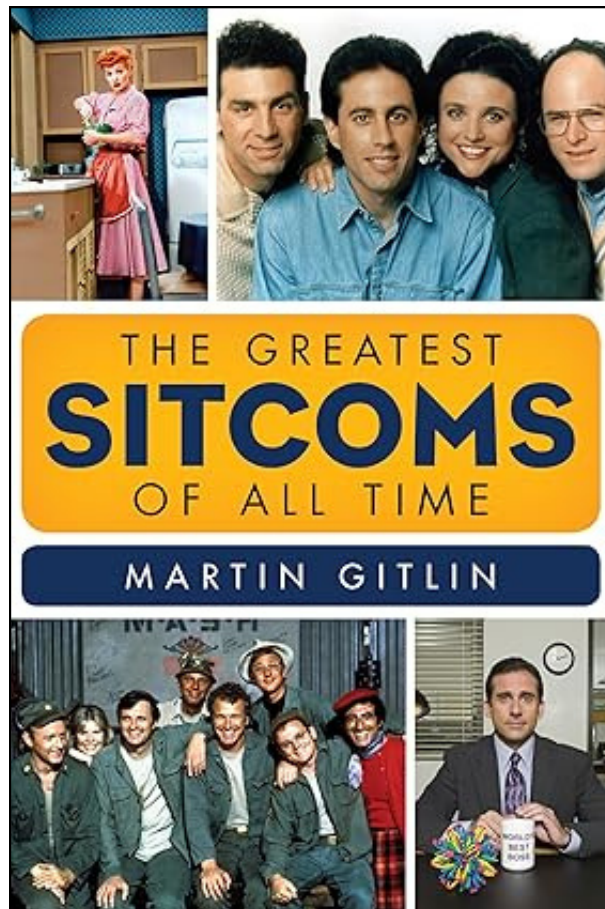
*** All Are Invited ***

A FUNNY PROGRAM ABOUT
FUNNY PROGRAMS

The Greatest Sitcoms of All Time

**1:15 pm, Thursday, July 3, at
The Keene Senior Center**

Award-winning author and pop culture historian, Martin Gitlin, hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to actually rank the best of best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffin Show*, *Get Smart*, *All the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Everybody Loves Raymond* and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge the audience with sitcom trivia (including identifying cool theme songs), discuss the criteria he used to rank 60 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program will be really entertaining so join in on the fun!



NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP

OPEN
WEEKDAYS
9AM-4PM

We offer classic
ladies' clothes at
low prices and
jewelry for sale!

Located inside **The Keene Senior Center**
312 Marlboro St., Suite 100, Keene, NH • 603-352-5037



Stop by:

312 Marlboro St.
Suite 100
Keene, NH 03431

Senior Center Hours:

M-F, 8:30-4:30pm
Tel: 603-352-5037
CVAH: 603-903-9680

New to You "Feed Your Soul"

Thrift Shop:
M-F,
9:00-4:00pm

Art Gallery:
M-F,
8:30-4:30pm

Not a member yet? Call to schedule a tour!

email: admin@thekeeneseniorcenter.org

website: <https://thekeeneseniorcenter.org>



DIRECT FROM THE DIRECTOR

Welcome to Summer!

I've just completed my first year as Executive Director, and what a year it's been—it truly flew by. We've shared many wonderful moments together, even as we've said goodbye to some dear members. Through it all, our community continues to feel like an extended family, and we're proud to be deepening our connections with individuals and businesses across the Monadnock region.

Currently, we're working closely with our Board of Directors to implement a three-year strategic plan aimed at building long-term financial sustainability. To achieve this, we need your support, your ideas, your time, your unique talents and volunteer time. We have a program committee that includes individuals from the community, we have a marketing committee, but we also need business minded, computer savvy individuals that can help us with data management.

Do you have an idea for a new class or a topic that you want to learn more about? Please let me know.

Do you have a talent you could share with others like painting. Do you want to start a walking group or a veterans group? Do you like opera? Let me your thoughts. Stay cool and hydrated, we have great air-conditioning so swing by for a visit or a class.

Kimberly Rumrill

Kim Rumrill

The Keene Senior Center Executive Director

**The Keene Senior Center
is Closed on July 4th**

**HAPPY
4th
of July**

**Enjoy your time with family
and friends!**



**JOIN
US!**

CVAH Cheshire Village At Home

CVAH is a membership organization for people over 50, providing a single point of access to a network of trained volunteers.

One call sets members up with a ride, help at home, social visits, or social and wellness calls, as often as needed.

There are also free social events such as coffees, ice cream socials, and presentations by local experts.

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

**Volunteers
needed**

CVAH Ice Cream Social

**2:00 pm, Thursday, July 10, Piazza
West, 830 Park Ave., Keene**

Join Cheshire Village at Home for an ice cream social at the Piazza in West Keene. Visit with fellow members and CVAH volunteers while enjoying a tasty ice cream treat courtesy of Cheshire Village at Home.



New CVAH Zoom Program

"Let's Talk"

**4:00- 5:00 pm, Weekly on
Wednesdays via Zoom**

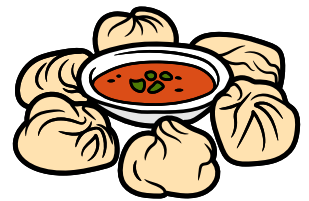
**An opportunity to share concerns and
challenges of aging or any other areas of
interest. Zoom link :**

<https://us02web.zoom.us/j/85180983534?pwd=T2V3L0RGVk8yMGx6WHJlbFFuVjFsQT09#success>



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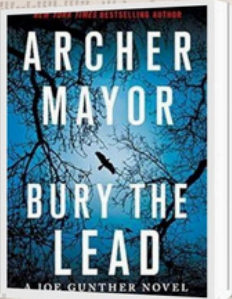
WELCOME JULY!



Senior Center Book Club

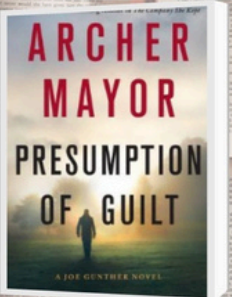
**DISCUSSING
IN JULY**

NOTE:
The meeting is on
Thurs, 7/3/2025
at 1:00 PM



JULY'S book:
Bury the Lead
by Archer
Mayor
will be discussed on
Thursday, 7/3
at 1:00 PM

READING IN JULY



*Read in July
to discuss in
August!*
Free copies of
*Presumption of
Guilt* are available
to senior center
members on loan
at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Keene International Market Food Demonstration

**4:00 pm, Thursday,
July 10 at the Center**

Chuda from the International Market will be making solar summer soup and momos (vegetable dumplings). Solar is a cold soup made with yogurt. Participants can help assemble the momos.

Limited space, sign up at the front desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.



The Keene Senior Center Participates in the SwampBats Pink in the Park Night

**5:15 pm, Wednesday, July 9,
field celebration at 5:45 pm**

Everyone knows someone who has been affected by cancer. The SwampBats invite the public to their Pink in the Park Night to honor the cancer survivors in our community!

Whether you are currently fighting cancer, celebrating your survival, or honoring a loved one that has passed, you are eligible for a Swag Bag. Register online at this link, <https://forms.gle/Adics1TqEQ3Q4W7E8>

On game day, please check-in at the SwampBats table when you arrive to get your Swag Bag. We are asking folks to arrive by 5:15 pm to start to be honored on the field at 5:45 pm. Also stop by The Keene Senior Center table to learn more about the new activities and events happening here.

There are free ballgame tickets available to center members. Check in at the center's front desk to pick them up.



American House Friends & Family Night: "Stars and Stripes Celebration" The World's Fair, Philly, 1876

**5:00-7:00 pm, Thursday, July 10,
American House, 197 Water St., Keene**

American House is celebrating the 100th anniversary of America's signing of the Declaration of Independence. Live music & refreshments provided. Senior center members are invited. Sign up at the Front Desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.



THERE'S SO MUCH TO DO!

Men's Only Yoga Classes



**6:00 pm, Thursdays
at the Center
Starts in July on
July 3rd**

What is Assisted Living?

**1:15 pm,
Thursday,
July 17 at the
Center**

Covenant Living of Keene will be presenting what assisted living has to offer and how it can help you keep your independence.

We invite you to meet with Covenant Living of Keene's Assisted Living Director, Jason and Assisted Living Sales Specialist, Julie. Please come and get to know them and hear about the Covenant Living lifestyle.



Chat with a Member

1:15 pm, Thursday, July 24 at the Center

Allan Whatley, a senior center member with a degree in Chemical Engineering from Johns Hopkins, will be speaking about his experience with readily available chemicals that he believes help him to enjoy the quality and longevity of life.



The topics he will cover include his views on:

1. Alzheimer's disease and his suggestions for reducing risk and promoting cognitive wellness.
2. How to protect the immune system, heal wounds, and support heart, brain and bone health.
3. What is the best way to kill germs and bacteria.

His views are his alone and are not endorsed by The Keene Senior Center. No products will be sold as part of this presentation.

SPACES STILL AVAILABLE!

Thomas Transportation Trip to the Winnepesaukee Playhouse in Meredith



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

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

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

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

This trip is sponsored by the center. 6 spaces available.

RUNWAY 5K RAFFLE WINNERS



Congratulations to Our Keene Runway 5K Winners and Thank You to Our Raffle Prize Package Sponsors (Each package worth at least \$100)

1 Gallon of Paint, Brushes and Dinner Table Gift Card Winner - Richard Anderou
3 Months YMCA Membership Gift Card Winner - Brandi Ring
Adult Fireworks and T-Shirt Winner - Cindy Morello
Aimee's Pet Spa Gift Card Winner - Ginger Smith
Barn & Thistle, Birdies, Long Horn Steak House Gift Cards Winner - Sharon Iagulli
Blue Bear Inn Henniker, Ninety- Nine Restaurant, Toadstool Gift Cards Winner - Marjorie Kfar
Brattleboro VT Hampton Inn Gift Card Winner - Brandy Ring
Brewbakers, Mama McDonough's, Papagallos, Tempesta's Restaurant Gift Cards Winner - Jane Parent
Classie Clip for Pets & One Stop Pet Supply, Yankee Lanes Bowling Gift Cards Winner - Maria Karfiatip
Crabtree Salon & Keene Beauty Gift Cards Winner - Kim Leduke
Delrossi's Restaurant & Putney Diner Gift Cards Winner - Louise Dinuovo
Dinner Table Restaurant In (Winchester) Gift Card & Surell Throw Blanket Winner - Jane Fecto
Flag and Pole Winner - Sarah Jones
Gas Grill Winner - Susan Abert
Hooper Golf Course Gift Card Winner - Emily Graves
Igloo Cooler and Gift Card to the Dinner Table in (Winchester) Winner - Anya Lions
Inkberry Print and Gift Card to the Dinner Table Winner - Jim Holley
Inkberry Print of Downtown Keene NH Winner - Raette Trombley

Inkberry Print of Peterborough NH Winner - Bryan Call
Inn at East Hill, Kimball Farm Gift Cards Winner - Kathy Hanks
Keene Country Club Gift Card Winner - Jane Fecto
Keene NH Hampton Inn Gift Card Winner - Kathy Hanks
Kelly Gorsuch Spa Gift Cards Winner - Sharon Iagulli
Kids Fireworks and T-Shirt Winner - Christina Downing
Midas Gift Card Winner - Sally Rinehart
Monadnock Choppers Helicopter Scenic Flight Winner - Brandi Ring
Monadnock Choppers Helicopter Scenic Flight Winner - John Irminger
Monadnock Co-Op, The Tap Room at the Shattuck Golf Gift Cards Winner - Bryan Call
Monadnock Country Club Gift Card Winner - Susan Armstrong
Northeastern Mountain Footwear Men's Pair of Shoes and Putney Inn Gift Card Winner - Kent Rinehart
Northeastern Mountain Footwear Women's Pair of Shoes and Heaven Hair Studio Gift Card Winner - Kate Wettergreen
Padded Chairs Winner - Meghan Richardson
Peterborough Basket Winner - Kim Leduke
Peterborough Players Gift Card Winner - Jane Fecto
Portable Cordless Drill and Maple Syrup Winner - Inga Hansen
Ye Old Goodie Shop, Toy City, Supreme Fitness Gift Cards Winner - Kristy Sarren

**And a big shoutout to all our supporters who bought raffle tickets!
You helped to make the Runway 5K a resounding success!**

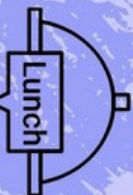






The Keene Senior Center



JULY • 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Lunch Mon - Fri at 12:00 PM</p></div>	<div></div>	<div>9:00 Super Senior Pickleball at Keene Rec (\$) 1 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game</div>	<div>9:00 Gentle Yoga 2 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom</div>	<div>9-12:00 Quilting Class 3 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 Book Club Meeting: Discussing: <i>Bury the Lead</i> Reading: <i>Presumption of Guilt</i> 1:15 The Greatest Sitcoms of All Time Presentation 6:00 Men's Only Yoga</div>	<div><div><p>JULY 4TH THE KEENE CENTER IS CLOSED HAPPY 4th of July</p></div></div>	<div>10:30 Age in Motion - I 5 (ZOOM from home)</div>
<div>6 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</div>	<div>7 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game</div>	<div>8 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom 5:15 Pink in the Park Night with the Bats (5:45 Field Celebration)</div>	<div>9 7:00 First Choice Newport, RI, Bus Trip (\$) * 9-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 2:00 CVAH Ice Cream Social at Piazza West 4:00 International Mkt Food Demo 5:00 AH Friends and Family Night* 6:00 Men's Only Yoga</div>	<div>10 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:00 Jewelry Making 1:15 Bingo</div>	<div>11 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo</div>	<div>12 10:30 Age in Motion - I (ZOOM from home)</div>
<div>13 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</div>	<div>14 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game</div>	<div>15 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom</div>	<div>16 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:15 Trivia (at lunch) 1:15 Covenant Living on Assisted Living 6:00 Men's Only Yoga</div>	<div>17 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Bingo</div>	<div>18 10:30 Age in Motion - I (ZOOM from home)</div>	<div>19 10:30 Age in Motion - I (ZOOM from home)</div>
<div>20 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:15 Chair Yoga</div>	<div>21 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game</div>	<div>22 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom</div>	<div>23 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Chat With a Member - Allan Whatley 6:00 Men's Only Yoga</div>	<div>24 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Jewelry Making 1:15 Bingo</div>	<div>25 10:30 Age in Motion - I (ZOOM from home)</div>	<div>26 10:30 Age in Motion - I (ZOOM from home)</div>
<div>27 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Card Making 1:15 Chair Yoga</div>	<div>28 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game</div>	<div>29 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom</div>	<div>30 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 6:00 Men's Only Yoga</div>	<div>31 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) 1:00 Jewelry Making 1:15 Bingo</div>	<div></div>	<div></div>

RECIPE, GARDENING AND MORE!

Kate's Corner *By Kate Forcier*

Chocolate Pecan Cookies

- Heat oven to 400 degrees
- ½ cup of soft shortening (part butter)
- 1 cup sugar
- 1 egg
- 2 squares of unsweetened chocolate = 2 oz, melted and cooled
- ¾ cup of buttermilk or sour milk
- 1 tsp vanilla
- 1 ¾ cup flour
- ½ tsp salt
- ½ tsp baking soda
- 1 cup chopped pecans
- Bake for 8-10 min



Gardening at the Center

Date TBD (Stay Tuned!)



Antioch NE staff and students will be setting up two 3x8' 2' high raised garden beds at the center with soil and some starter plants. We will be looking for volunteers to help with weeding, watering, etc.
Sign up at the front desk, or email
admin@thekeeneneseniorcenter.org or call 603-352-5037.

IN MEMORY OF CENTER MEMBERS

Marion Holm passed away on Friday, January 24, 2025. She was 90 years old.

Eleanor Vander Haegen, PhD, passed away on Saturday, April 12, 2025. She was 84 years old.

Mildred Klotzbier passed away on Tuesday, May 27, 2025. She was 91 years old.

Nancy "Pooky" Hayden passed away on Thursday, June 12, 2025. She was 84 years old.

SUSAN DOYLE, REALTOR®

Relocations, Residences, Land & Vacation Homes

2025																							
JANUARY								FEBRUARY								MARCH							
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✱ THANKS FOR REFERRING YOUR FRIENDS ✱

Cell (603) 313-7426

sdoyle@masiello.com

Office (603) 352-5433



Maintenance-free Senior Living in Downtown Keene

We offer a wide range of lifestyle and care options so you can find your best fit.

- Independent Living
- Assisted Living
- Respite Stays

americanhouse.com/keene

American House
SENIOR LIVING COMMUNITIES

(603) 338-9424 keeneassistant@americanhouse.com



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



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PERMIT #18

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YOU



THANK
YOU

**You can donate your car
whether it runs or not!**

THANK
YOU

THANK
YOU

**We will move your car at
no expense to you!**



**Benefits
The Keene Senior Center
603-352-5037**

With the help of Marlborough Auto Sales

Yes, I wish to contribute to The Keene Senior Center!

☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1,000 ☐ Other Amount \$_____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Payment Method: ☐ Check ☐ Credit Card: MC / VISA / AmEx

Card Number _____ Exp. Date _____ CCV# _____

Email _____ Home# _____ Cell# _____



Checks Payable to:
The Keene Senior Center
312 Marlboro St., Suite 100
Keene, NH 03431