



The Keene Senior Center

January 2026

SENIOR SENTINEL

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

INSIDE
Annual Meeting,
Collette/AAA
Travel
Presentation,
CVAH Social
Hearing Loss,
and more...

COMMUNITY EVENT

*** All Are Invited ***

THE KEENE SENIOR CENTER
PRESENTS

Virginia Eskin's Music Appreciation Series

1:15 pm Thursdays

January 8: Spain

January 15: Russia

January 29: France

Let's travel to Spain, Russia and France - What is special in music about these countries? Prof. Eskin will demonstrate at the piano and the audience will be able to hear specific styles from each country. The series continues in February with sounds of spring. The class will explore how composers created wonderful works, from birdsongs to water melting. Eskin will play lavish examples of music to demonstrate all this!

A Boston and New Hampshire resident, Virginia is an extremely versatile solo pianist, chamber player and lecturer, known for both standard classical repertoire and ragtime, and is a long-time champion of the works of American and European women composers.

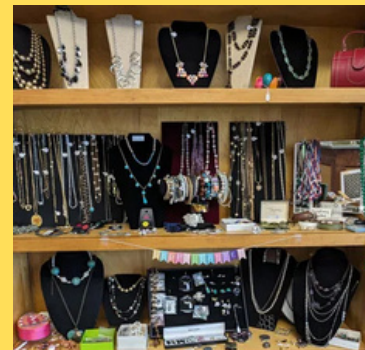


NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP

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

What's New For January 2026?

Are you looking forward to a happy and healthy 2026? As each new year brings change and fresh challenges, we're excited to offer programs that inspire connection, creativity, and learning this winter.

We have several new programs starting in January. A crochet class will meet on the 2nd and 4th Tuesdays of the month, and a knitting class will run on the 1st and 3rd Tuesdays in the morning. We're also thrilled to welcome back Virginia Eskin with her exceptional music programs on Thursdays in January and February. Virginia's music program is at the same level that she teaches at the college for the College for Lifelong Learning. In addition, we'll be hosting presentations on two exciting travel opportunities with Collette Travel: Portugal and the Wild West.

January is a wonderful time to come to the center—to learn something new and to get out of the house. We'll have hot coffee, cocoa, and tea ready for you. If you'd like to learn a new game such as dominoes, or even try bowling, let Annie or me know and we'll happily pair you with someone who can show you the ropes.

Please remember that we're here to help. If you need assistance finding services or connecting with local agencies, we have contacts who can support you with seasonal depression, grief, fitness, nutrition, transportation, medical equipment, and help with chores at home.

And finally, please remember to check in on your neighbors and friends, especially during the cold blasts we've been experiencing. A quick call or visit can make a big difference.

We look forward to seeing you soon.

Kim Rumrill
The Keene Senior Center Executive Director

The Keene Senior Center Holiday Hours

New Year's Eve Wednesday, 12/31/2025 1:00 pm TKSC Closing	Martin Luther King Jr. Day Monday, 1/19/2026 TKSC Closed
New Year's Day Thursday, 1/1/2026 TKSC Closed	

Cheshire Village At Home (CVAH) News



**Volunteers
needed**

For more
information,
call 603-903-9680.

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.

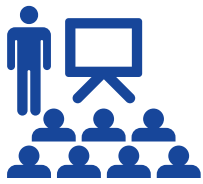
There are also free social events such as coffees, ice cream socials, and presentations by local experts.

Upcoming CVAH Social:

- 1/22 at 1:00 pm - Hearing Loss Q&A with Alexandra Tully, AuD. from Brattleboro Hearing Center, Swanzey

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>



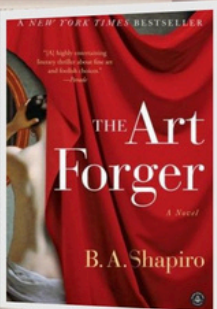
WELCOME JANUARY!



Senior Center Book Club

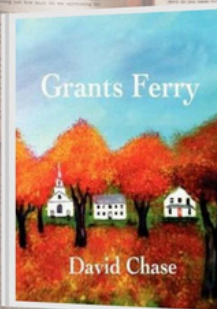
DISCUSSING
IN JANUARY

ALL ARE
WELCOME
TO JOIN!



January's book:
The Art Forger by
B.A. Shapiro will be
discussed on
Thursday, 1/8
at 1:00 PM

READING IN JANUARY



Read in January
to discuss in
February!
Free copies of
Grants Ferry
are available to
Senior Center
members on loan
at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Mark Your Calendars for the Senior Center Annual Meeting 3:30 pm, Wednesday, January 7 at the Center



All Center members are cordially invited to attend the Annual Meeting of The Keene Senior Center. This important gathering is an opportunity to reflect on our accomplishments, review our financial health and elect board members.

Agenda Highlights:

- Year-in-review presentation
- Financial report and budget approval
- Board elections
- Open forum for member questions and feedback

Your participation helps shape the future of our mission.

Whether you've been with us for years or are new to our center, your voice matters. Refreshments will be served.

New Senior Center Walking Group 1:00 pm, every Wednesday, meet at the Center



We're excited to invite you to join our brand-new Center Walking Group starting January 7 (weather permitting). It's a fun, friendly way to boost your health, meet new people, and enjoy the outdoors! Enjoy a tasty HCS Friendly Meals hot lunch at noon for nourishment before the walk. The group will gather at the Senior Center and together decide the walking route for the day.

Whether you're a seasoned walker or just starting out, all fitness levels are welcome. Bring a water bottle, wear comfy shoes, and get ready for fresh air, good conversation, and a great way to pass an afternoon.

New Knitting Classes

9:00 am, every 1st
and 3rd Tuesday, starting
January 6 at the Center



Margaret Foxweldon has been a knitting instructor in the Keene area for many years, teaching all skill levels from children to adults. Known for her patient and creative instruction, Margaret welcomes all to come give knitting a try or to grow in your skills! All levels welcome from beginner to advanced!

The Keene Senior Center

VOLUNTEERS NEEDED

We are looking for teachers who are interested in sharing their tai chi moves or would like to teach members how to lift weights or use their body weight to build stronger bones.

THERE'S SO MUCH TO DO!

The Keene Senior Center Presents

Two 2026 AAA Tours:

America's Cowboy Country and Sunny Portugal

Presentation at 3:30 pm, Wednesday, January 14, 2026 at the Center

You're invited for a special travel presentation by Andrew Leighton of Collette Tours and Pam Thayer of AAA Keene to learn more. Spaces are still available.

Rates are valid until Wednesday, January 21, 2026.

To sign up for the presentation, RSVP to Kim at 603-352-5037
or email: director@thekeeneseniorcenter.org.



1. America's Cowboy Country: July 21-July 28, 2026, 8 days, 10 meals. Highlights: Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Yellowstone National Park, Jackson Hole, Grand Teton National Park.



2. Sunny Portugal: October 15-October 24, 2026, 10 days, 13 meals. Highlights: Lisbon, Belem, Cork Factory, Evora, Alentejo, Algarve, Picnic Lunch in Monchique, Portuguese Riviera, Obidos, Sintra, UNESCO World Heritage Sites. Optional: 3-night Portugal's Templar Tomar featuring Nazare and Fatima. Optional: 4-night Madeira Island.

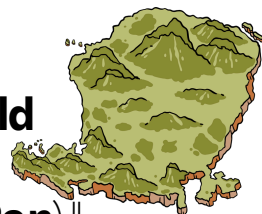
New Crochet Classes

**9:00 am, every 2nd and 4th
Tuesday, starting January 13
at the Center**



Bonnie Bissell, a long time Center member, is teaching a crochet class. She has been crocheting for over 50 years and has taught multiple individuals. Being lefthanded, she specializes in teaching both left- and right-handed people. The class will be held at the Center's Garden Room. The group welcomes all individuals who would like to crochet together. There are lots of yarn available, needles, crochet hooks and other supplies. **Donations of yarn supplies are always welcomed.**

American House Friends & Family Night - "A Tale as Old as Time - A Night in Neverland (Peter Pan)"



**5:00-7:00 pm, Thursday, January 15
at American House at 197 Water St.
in Keene**

Join American House Keene for their next Family Night on January 15 with appetizers and Signature Cocktail/Mocktails. All Center members and friends are invited. Hope to see you there!

**Not sponsored by The Keene Senior Center.*

SUPER SENIORS AND MORE...

Celebrate Our 2025 TKSC Super Seniors 100 Mile Participants

**2:00 pm, Tuesday, January 20, 2026
at the Center**

Join us as we honor the incredible Super Seniors who completed their 100 miles of walking in 2025!

What's happening:

- Special Super Senior 100 Mile T-shirts presented to new members.
- 2025 100 Mile recognition pins handed out to returning members.
- Refreshments and entertainment for all!

Don't miss this chance to celebrate and connect! Let's cheer on these inspiring achievers. RSVP to admin@thekeeneseniorcenter.org or call 603-352-5037.

What is the TKSC Super Senior 70+ Program?

TKSC offers special activities for folks 70 and above!

1. 100 Mile Club - All Year

The 100 Mile Club, open to all senior members aged 70 and up, is also known as... "I can walk and I can talk!" Walking with others is fun and benefits participants in many other ways as well.

A celebration is held every year in January to recognize the participants. First time registrants who complete the program receive a t-shirt. Subsequent year participants receive a pin!

Registration forms and 100 Mile Logs are available at the Senior Center or online at

<https://thekeeneseniorcenter.org/super-seniors>

If you have any questions, call the center at 603-352-5037 or stop in to talk to us!



2. Super Seniors Dancers Program 2:30 pm, Mondays at the Center

With Kristen Leach as the choreographer and instructor, the Super Senior Dancers have been practicing and performing since 2016. Kristen adapts routines to fit age limitations. All are welcome.

3. DeMar Marathon TKSC Program for Super Seniors from May to August

This program starts in May and continues into August every year. Walk or jog any distance you choose. Set your own pace. Slow is fine! Your goal is to complete a total of 25 miles on or before date still to be decided in August. Stay tuned for more details.

CVAH Social - Hearing Loss Q&A 1:00 pm, Thursday, January 22 at the Center

All senior center and CVAH members are invited to attend. Ask the audiologist! Alexandra Tully, AuD. from Brattleboro Hearing Center, Swanzey will be speaking about hearing loss. Bring your questions and concerns and she will do her best to address them. Refreshments will be served.



What is Cheshire Village at Home?

Cheshire Village at Home (CVAH) offers older adults an affordable option for staying in their own homes when transportation and household chores become difficult. CVAH is for those who wish to remain independent and socially connected to the community.




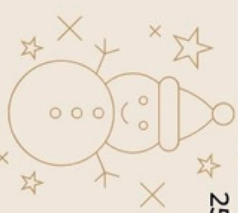


The Keene Senior Center



JANUARY • 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri at 12:00 PM						3 10:30 Age in Motion - I (ZOOM from home)
4 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	5 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	6 Coffee Veterans 9:00 New Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	7 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 3:30 ANNUAL MEMBERS MTG 4:00 CVAH "Let's Talk" via Zoom 6:30 Yankee Bottle & Collectors' Club - KPL*	8 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	9 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$)	10 10:30 Age in Motion - I (ZOOM from home)
11 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	12 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	13 Coffee Veterans 9:00 New Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	14 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	15 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	16 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	17 10:30 Age in Motion - I (ZOOM from home)
18 	19 TKSC CLOSED	20 Coffee Veterans 9:00 New Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	21 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:00 TKSC Walking Group 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	22 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	23 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	24 10:30 Age in Motion - I (ZOOM from home)
25 	26 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	27 Coffee Veterans 9:00 New Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	28 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	29 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	30 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	31 10:30 Age in Motion - I (ZOOM from home)

THANKS TO OUR PARTNERS...

Sustainability Tips*

TIP 16 - Add storm windows or use plastic film kits to improve single-pane windows. Replace inefficient windows.



TIP 17 - Insulate water heater and pipes, and turn water heater temperature to 120 degrees.

*Courtesy of Blessed Earth, 2009

*Thinking of Buying or Selling?
I can help!*

SUSAN DOYLE, REALTOR®
Relocations, Residences, Land & Vacation Homes

2026																				
JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				
APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3					1	2		1	2	3	4	5	6	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24	25	26	27	28	29	30	28	29	30				
JULY							AUGUST							SEPTEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3						1		1	2	3	4	5		
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30			
OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7							
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

✱ THANKS FOR REFERRING YOUR FRIENDS ✱

Cell (603) 313-7426
sdoyle@masiello.com
Office (603) 352-5433



IN MEMORY OF CENTER MEMBERS

Richard Haight passed away on Sunday, December 7, 2025. He was 85 years old.

Frederick Haberstroh passed away on Tuesday, December 9, 2025. He was 77 years old.

Susan Mastronunzio passed away on Sunday, December 14, 2025. She was 77 years old.

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

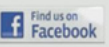
(603) 338-9424 keeneassistant@americanhouse.com



Celebrating 30 years of providing the finest in travel to our customers!

Specializing in Tours for Individuals, Students, Churches, Senior Centers, Corporations and more!

First Choice Tours, Maria Manouvelos-Baker, 110 North Hillside Road, South Deerfield, MA 01373, 413-665-9090, <http://www.fctours.com/>



GROW YOUR COMPANY
WITH A BUSINESS CARD AD HERE

Only \$50 a month

And support The Keene Senior Center

Call:
603-352-5037
or email:

RESERVE YOUR AD TODAY marketing@thekeeneseniorcenter.org



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



NON PROFIT
ORGANIZATION
USA POSTAGE PAID
KEENE, NH 03431
PERMIT #18

Return Service Requested

DO YOU HAVE A CLUNKER TAKING UP SPACE IN YOUR YARD?

THANK
YOU



THANK
YOU

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

THANK
YOU

Benefits

The Keene Senior Center

**Call or text Eric Martin at 603-313-9995.
He will help you with towing, appraisal
and sale of your vehicle.**

THANK
YOU

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



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

☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other Amount \$ _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

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

Card Number _____ Exp. Date _____ CVV# _____

Email _____ Home# _____ Cell# _____



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