



The Keene Senior Center

March 2025

# SENIOR SENTINEL

**INSIDE**  
St. Patrick's  
Day Dinner,  
Fraud Safety,  
KCO Concert  
and more...

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

## COMMUNITY EVENT

**\* All Are Invited \***

SAVINGS BANK OF WALPOLE  
PRESENTS

### Free SBW Fraud Safety Seminar

**2:45 pm, Thursday, March 27 at the Senior Center**

Learn how to avoid getting scammed. Please join us in person for a free seminar on how to protect you and your finances from fraud. Lisa and Pam from Savings Bank of Walpole will be talking about how to keep you and your money safe. Real life stories will be told.

Learn about the most common types of scams that will target you through fake emails, text messages, voice calls and letters and may include:

- Imposter scams – where a fraudster pretends to be someone they are not
- Online sales scams
- Rental scams
- Virus or tech support scams
- Romance scams
- Natural disaster scams
- Pet purchase Scams
- Social media purchase scams



**NEW TO YOU**  
LADIES BOUTIQUE  
**THRIFT SHOP**

**OPEN WEEKDAYS 9AM-4PM**

*We offer classic ladies' clothes at low prices!*

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](mailto:admin@thekeeneseniorcenter.org)

website: <https://thekeeneseniorcenter.org>



# DIRECT FROM THE DIRECTOR

## Join Us for Exciting Events in March!

The birds are singing in the brush near the entrance of the Senior Center, and we have a mockingbird back! If you're looking for a taste of spring, be sure to stop by in the morning or early afternoon to enjoy their melodies. You can even use the Merlin App on your phone to identify the types of birds singing nearby.

We have some exciting events lined up this month! Join us for a St. Patrick's Day Corned Beef dinner on Monday, March 17, at 4:00 pm featuring a live band. The cost is \$10 per person. Additionally, Walpole Savings Bank will be here to discuss real, local stories about new scams that target unsuspecting individuals. This important event will take place on February 27 at 2:45 pm. Everyone who attends will receive a raffle ticket for a prize!

We're thrilled to welcome back the Keene Chamber Orchestra Woodwind Quintet, swing dancing and ladies only figure drawing along with our regular activities.



### Want to Share Your Story?

We know that many of the people we encounter every day have fascinating life stories. The person sitting next to you in the dining room could have been a medic in the army, a research scientist, a pianist, a grandmother, or a teacher—someone who has surmounted challenges or fought cancer.

Each of you has a valuable life experience to share, and we're eager to hear your stories! 😊 Please let me know if you would have time to come and share your story with us. We can record it.

Kim Rumrill  
The Keene Senior Center Executive Director



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 & 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

### Senior Center Members Invited! CVAH Coffee Social

1:30 pm, Thursday,  
March 20, at the center  
*Reminisce about significant  
life events with your fellow  
members.*



### 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. Call 603-903-9680 to register  
to get the Zoom link.







# WELCOME MARCH!



## Senior Center Book Club

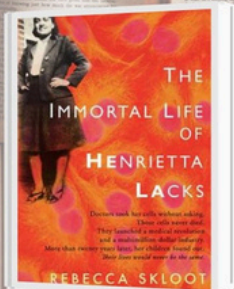
### DISCUSSING IN MARCH

**NOTE:**  
The meeting is on  
Thurs, 3/6/2025  
at 1:00 PM



**March's book:**  
*A Visit from the Goon Squad*  
by Jennifer Egan  
will be discussed on  
Thursday, 3/6  
at 1:00 PM

### READING IN MARCH



**Read in March**  
to discuss in April!  
Free copies of  
*The Immortal Life*  
of Henrietta Lacks  
available to senior  
center members  
on loan at the  
front desk.

READING + FRIENDSHIP = BOOK CLUB

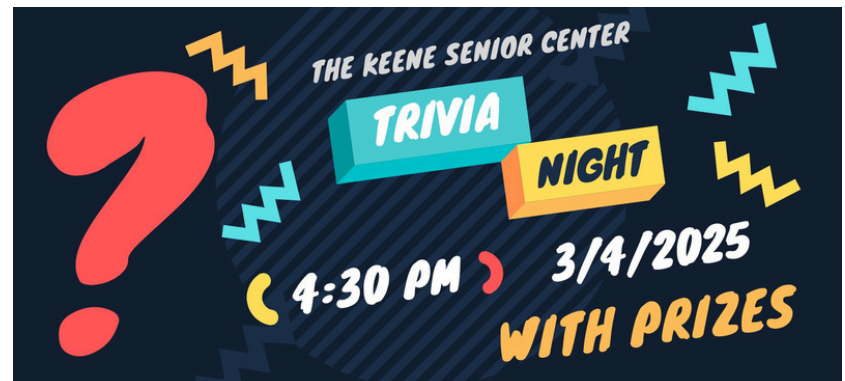
## Keene Revo Casino Nights - All in For the Center

**March 2 to March 11**

Experience the thrill at the Revo Casino and Social House in Keene and support the center. Join us at the Revo Casino on 172 Emerald St in Keene and make this month unforgettable! If you're searching for an exciting way to spend your time and feel that spark of luck, perhaps inspired by the luck of the Irish, there's no better place to be.

Play your favorite games like Lucky O'Reilly, Drop & Lock, Blackjack, Roulette and Poker and more. Don't miss your chance to immerse yourself in the action and win big! A portion of the proceeds benefit the center.

*Have you ever thought you might have a gambling problem? If you are concerned about your own gambling or the gambling of someone you care about, we encourage you to contact the New Hampshire Council on Problem Gambling at (603)-724-1605.*



## FREE COMMUNITY EVENT

**\* All Are Invited \***

*The Keene Senior Center Presents:*  
*AAA Member Choice Vacations*  
***Shades of Ireland***

*Learn more...*

**3:30 pm Tuesday, April 1**

RSVP to Kim at 603-352-5037 or email  
[director@thekeenseniorcenter.org](mailto:director@thekeenseniorcenter.org)





# THERE'S SO MUCH TO DO!

## COMMUNITY NEWS Goings On in Our Region

### Seed Starting 101

**11:00 am - 12:30 pm, Saturday,  
March 1, Heberton Hall,  
Keene Public Library**



Join Community Garden Connections at the Keene Public Library to learn all about seed starting. Learn when to start seeds, what seeds to start, what tools are needed, and much more. As a bonus, all participants will leave with a tray of started seeds! We will also hear from library staff about their seed-starting and garden tool library and how to borrow seed-starting kits. Registration is required. Visit <https://keenenh.libcal.com/event/13534339> to register.

### Ask A Gardner - In-Person/ Online Presentation

**6:00- 7:30 PM, Wednesday, March 19,  
Heberton Hall, Keene Public Library**

Successfully tending to a garden can be a messy task, both literally and figuratively. This informal panel of experts is here to offer support, resources and experiential knowledge to help answer even your most difficult gardening questions. Join us virtually or in person, all are welcome! A zoom link will be provided upon registration. Registration is required. Visit <https://keenenh.libcal.com/event/13534339> to register.



### NAMI NH Annual Conference Keynote Watch Party

**5:30 pm Potluck Social**

**6:00- 8:00 pm, Keynote,  
Tuesday, March 25 at the Center**

All are invited to a social half hour and watch party to see the keynote presentation of the virtual NAMI NH Annual Conference. The speaker, Professor Ahmed Hankir, MBChB MRCPsych, will be presenting "'The Wounded Healer' Harnessing the Power of Storytelling to Reject Stigma and Humanize Persons Living with a Mental Health Condition". To learn more about NAMI and NAMI NH, visit [naminh.org](http://naminh.org). Call 603-352-5032 to register.





## KEENE CHAMBER ORCHESTRA



### WOODWIND QUINTET CONCERT

1:15 PM | THURSDAY MARCH 27  
THE KEENE SENIOR CENTER

## 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](mailto:sdoyle@masiello.com)**  
**Office (603) 352-5433**



# LUNCH AND MORE...

## St. Patrick's Day Boiled Dinner

**4:30-6:00 pm Monday, March 17, at the center**

All are welcome. The center will be serving a traditional boiled dinner including corned beef, carrots, potatoes, cabbage and dessert. Bring your own beverage. The Solomon Band will be performing from 5:00-6:00 pm.

Sign up today! Space limited to 40 people, \$10 per person. We are looking for donations of bags of potatoes, carrots and heads of cabbage.

The signup sheet is at the front desk or call 603-352-5037 to reserve your space.



## Belknap Mill Museum Tour

**8:30 am departure from the Center on March 13**

There are still a few spaces left! \$5.00 fee for the tour, \$27.00 for transportation.

The Belknap Mill explores its architectural history and industrial heritage through multiple galleries on the first and fourth floors.

Bring money for lunch at Hector's. We will be returning to the center at 2:30 pm.

Call 603-352-5037 to register. If you cannot make it, please cross your name off the sign up list at the front desk if you signed up already.



## Friendly Meals Menu

March  
2025

Friendly Meals at the Keene Senior Center | 312 Marlboro Street | Mon-Fri at Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> BBQ Chicken Breast O'Brien Red Potatoes Spinach Pumpkin Craisin Cookie	<b>4</b> Four Cheese Rollette with Marinara Garden Peas & Carrots Mandarin Oranges with Cream	<b>5</b> Stuffed Chicken with Gravy Mashed Red Potatoes Green Beans Pumpkin Bar	<b>6</b> Mild Vegetarian Chili with Crackers Rice Pilaf Broccoli Normandy Peaches	<b>7</b> Shepherd's Pie with Corn & Mashed Potatoes Spinach Diced Pears
<b>10</b> Minestrone Bean Soup with Crackers Winter Mixed Veggies Apricots with Vanilla Yogurt	<b>11</b> Sweet 'n Sour Meatballs Vegetable Spanish Rice with Diced Tomatoes Broccoli Florets Peas & Carrots Applesauce	<b>12</b> Cheese Omelet with Sliced Turkey Ham Green & Waxed Beans Pineapple Tidbits	<b>13</b> Beef Round Boiled Potatoes Cabbage & Carrots in Beef Stock Leprechaun Cake with Frosting 	<b>14</b> Chicken Parmesan Linguine with Sauce Brussels Sprouts Fruit Cocktail
<b>17</b> Vegetable Chow Mein with Water Chestnuts Chow Mein Noodles Brown Rice Pilaf with Black Beans Capri Vegetables Tapioca Pudding with Mandarin Oranges	<b>18</b> Breaded Pork Chop with Sauce & Apple Bits Home Fries Diced Beets Pumpkin Pudding with Cream	<b>19</b> Cavatappi & Cheese with Diced Chicken Mixed Vegetables Spinach Pineapple Tidbits	<b>20</b> <b>Welcome Spring!</b> Roast Turkey with Cranberry Apple Gravy Mashed Potatoes Carrots Pumpkin Custard 	<b>21</b> Roast Pork with Sauce Mashed Yams Peas & Onions Oatmeal Raisin Cookie
<b>24</b> Spinach, Cheddar & Ricotta Pie with Zucchini & Summer Squash Home Fries Italian Blend Vegetables with Black Beans Applesauce with Cinnamon	<b>25</b> Beef Burgundy with Onions & Mushrooms Egg Noodles Sliced Carrots Green Beans Oranges	<b>26</b> Chicken Breast with Peppers, Onions & Mushrooms Maple Baked Beans Broccoli Florets Ricotta Cheese Cookie with Craisins & Dates	<b>27</b> Turkey Burger with Vegetable Gravy & Fresh Spinach Mashed Potatoes Brussels Sprouts Peach & Craisin Crisp	<b>28</b> Beef & Cheddar Burger Three Bean Salad Sliced Carrots with Parsley Orange
<b>31</b> Lasagna Rollette with Marinara Sauce & Cheese Garden Peas with Mushrooms Mandarin Oranges with Yogurt				Make Friendly Meals reservations by 10AM two days prior to the meal. <b>RESERVATIONS:</b> 1) Call 603-352-2253; 2) Sign up with Noelle in the dining room; OR 3) Put your name on the signup sheet at the Keene Senior Center.

*Milk and bread are served  
with meals. A dietetic  
dessert is available  
upon request. The menu  
is subject to change.*











**The Keene  
Senior Center**



# MARCH • 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Lunch</b> <b>Mon - Fri</b> <b>at 12:00 PM</b>						<b>1</b> 10:30 Age in Motion - I (ZOOM from home) <b>11:00-12:30 pm Seed</b> <b>Starting 101 at KPL*</b>
<b>Revo Casino</b> <b>Nights - All in For</b> <b>the Center</b> <b>March 2</b> <b>to</b> <b>March 11</b> 	<b>3</b> 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	<b>4</b> 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>10:30 Hand &amp; Foot Game</b> <b>1:00 Bridge, Hand &amp; Foot</b> <b>Game</b> <b>2:00 Movie: Speak No Evil</b> <b>4:30 Trivia Night with Prizes</b>	<b>5</b> 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>5:00 Super Senior Ted's</b> <b>Polar Challenge Walk</b> <b>4:00 CVAH 'Let's Talk'</b> <b>via Zoom</b>	<b>6</b> 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I 1:00 Book Club Meeting: Discussing: Visit from the Goon Squad Reading: The Immortal Life of Henrietta Lacks	<b>7</b> 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:00 Jewelry Making 1:15 Bingo	<b>8</b> 10:30 Age in Motion - I (ZOOM from home)
<b>9</b> 	<b>10</b> 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)           1:15 Chair Yoga 2:15 Super Senior Dance	<b>11</b> 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>10:30 Hand &amp; Foot Game</b> <b>1:00 Bridge, Hand &amp; Foot</b> <b>Game</b> <b>2:00 Movie: Rez Bal</b>	<b>12</b> 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>5:00 Super Senior Ted's</b> <b>Polar Challenge Walk</b> <b>4:00 CVAH 'Let's Talk'</b> <b>via Zoom</b>	<b>13</b> <b>8:30 Belknap Mill</b> <b>Museum Trip</b>  9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>6:30 Intro to Swing</b> <b>Dancing</b>	<b>14</b> 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)           1:15 Bingo	<b>15</b> 10:30 Age in Motion - I (ZOOM from home)
<b>16</b> 	<b>ST. PATRICK'S DAY 17</b> 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)           1:15 Chair Yoga 2:15 Super Senior Dance <b>4:30 St. Patrick's Day</b> <b>Dinner (\$)</b>	<b>18</b> 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>10:30 Hand &amp; Foot Game</b> <b>1:00 Bridge, Hand &amp; Foot</b> <b>Game</b> <b>2:00 Movie: The Fall Guy</b>	<b>19</b> 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>5:00 Super Senior Ted's</b> <b>Polar Challenge Walk</b> <b>6:00 Ask A Gardener In-</b> <b>Person / Online at KPL*</b> <b>4:00 CVAH 'Let's Talk' via</b> <b>Zoom</b>	<b>20</b> 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>1:30 CVAH Coffee Social</b> <b>- Reminisce About</b> <b>Significant Life Events</b>	<b>21</b> 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)           1:00 Jewelry Making 1:15 Bingo	<b>22</b> 10:30 Age in Motion - I (ZOOM from home) 12:00 noon Caregiver's Lunch at St. James Church*
<b>23/30</b> 	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)           1:00 Card Making 3/24 1:15 Chair Yoga 2:15 Super Senior Dance	<b>25</b> 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>10:30 Hand &amp; Foot Game</b> <b>1:00 Bridge, Hand &amp; Foot</b> <b>Game</b> <b>2:00 Movie: She Taught Love</b> <b>5:30 NAMI NH Annual</b> <b>Conference Keynote</b> <b>Watch Party</b> 	<b>26</b> 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>5:00 Super Senior Ted's</b> <b>Polar Challenge Walk</b> <b>4:00 CVAH 'Let's Talk'</b> <b>via Zoom</b>	<b>27</b> 9:00 Quilting 9:00 Super Senior Pickleball at Keene Rec (\$)           10:30 Age in Motion - I <b>1:15 KCO Woodwind</b> <b>Quintet Concert</b> <b>2:45 SBW Free Fraud Safety</b> <b>Seminar</b> <b>6:30 Intro to Swing Dancing</b>	<b>28</b> 9:00 Computer Help 10:15 Age in Motion - III 11:00 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)           1:15 Bingo	<b>29</b> 10:30 Age in Motion - I (ZOOM from home)



# QUICHE RECIPE AND MORE!

## Kate's Corner *By Kate Forcier*

### Asparagus & Tomato Quiche

- Glass pie plate 10"
- 6 beaten eggs
- 2 tsp of salt
- 1 cup of half & half
- 2 cups of grated cheese on top
- ½ large onion cut up small
- 1 tomato, cut into 6 slices and put on top
- 1 can of asparagus drained and cut up and put on top.
- Bake @375 for 40-50 mins.



### Sustainability Tips\*

**TIP 5** - Turn the thermostat up three degrees in summertime and down three degrees in wintertime - saving \$200 per year!



**TIP 6** - Turn off lights, TVs, stereos, and computers when leaving the room.

**TIP 7** - Hang clothes on the line to dry. (Even once a week helps!)

**TIP 8** - Reduce shower time by at least two minutes.

**TIP 9** - Close curtains at night during the winter and on hot days in the summer.

\* Courtesy of Blessed Earth, 2009

LET'S MEET FOR A MOVIE!		TUESDAYS <b>2 PM</b>	WE HAVE AC!
<b>Mar 4</b>	<b>Speak No Evil</b> R • 2024 • Horror/Drama • 1h 50m		
<b>Mar 11</b>	<b>Rez Bal</b> PG • 2024 • Sport/Drama • 1h 51m		
<b>Mar 18</b>	<b>The Fall Guy</b> PG-13 • 2024 • Action/Comedy • 2h 6m		
<b>Mar 25</b>	<b>She Taught Love</b> R • 2024 • Romance/Drama • 1h 42m		



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**Member Keene Senior Center**  
**Active Community Member & Volunteer**



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KEENE, NH 03431

cjoyce@ne.rr.com  
**Cell: 603-209-4431**  
 603-357-4100 Ext. 130

## 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

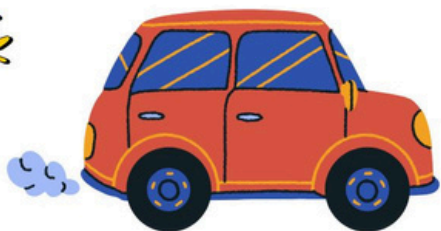


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ORGANIZATION  
USA POSTAGE PAID  
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PERMIT #18

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

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**

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### 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