



The Keene Senior Center

March 2026

SENIOR SENTINEL

INSIDE
Still Life Drawing,
St. Patrick Dinner,
Paint Night,
CVAH Social -
Gardening
and more...

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

MEET OUR INTERNS!

THE KEENE SENIOR CENTER
PRESENTS

Nutrition and Exercise Classes

Our two Keene State Interns have been busy developing classes designed to help seniors stay healthy. They invite our members to learn more about eating well and exercising safely!



- Join Grace Baldwin (left) on Tuesday, March 10, at 3:00 pm for a class on **Heart Health and Nutrition**. See page 2 for more information.
- On Wednesday, March 11 at 10:30 am Giuliana Stolfi (right) will lead a **Band Workout Class**. This resistance band workout class is designed to help everyone move safely. See page 4 for more information.
- In this presentation, **Planning Healthy Meals**, on Tuesday, March 24 at 3:00 pm, Grace Baldwin will explain the benefits of meal planning. See page 4 for more information.



**NEW TO YOU
THRIFT SHOP**

We offer classic ladies' and men's clothes at low prices!

OPEN
WEEKDAYS
9AM-4PM

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 Thrift Shop: M-F, 9:00-4:00pm	“Feed Your Soul” Art Gallery: M-F, 8:30-4:30pm
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Not a member yet? Call to schedule a tour!

email: admin@thekeeneseniorcenter.org

website: <https://thekeeneseniorcenter.org>



DIRECT FROM THE DIRECTOR

Who is Ready for Spring?

I am! The birds have started returning to the shrubs next to the front entrance. Spring flowers are showing up in all the stores and seed catalogs are in the mail. While we wait for the snow to melt though, you can come to the Center for some awesome events.

We have had 2 interns from Keene State College working on their projects. I hope you can come this March on the 10th, 11th and 24th to learn about heart health and nutrition, rubber band exercises and meal planning made simple. Along nutrition lines, we need to find some gardeners to help plan our two raised garden beds that we need to fill in May.

Do you have collections at home gathering dust? Share your collections with others by joining the Yankee Collector's club which meets at the Keene Public Library the 1st Wednesday of each month at 6:30 PM.

Maybe you want to celebrate a milestone birthday, wedding anniversary or retirement party or even just a Spring party with friends and relatives...

...did you know you can rent the Senior Center dining room? We have blue tablecloths, flameless candles, ambience and music for the perfect venue that you won't have to clean your house for. Call our main number, 603-352-5037 for more information and to reserve your date.

To get an idea of how we set up the dining room for events, join us for a St. Patrick's Corned Beef Dinner, Monday March 16th at 5 PM (sign up and purchase tickets at the front desk).

Kim Rumrill

The Keene Senior Center Executive Director

Spring forward - Sunday, March 8th



Turn your clocks ahead 1 hour.
(Note that your cellphone and computer times automatically change at 2:00 am.)

Cheshire Village At Home (CVAH) News



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:

- 3/26 at 1:15 pm - UNH Extension Master Gardeners Talk



Volunteers Needed

For more information, call 603-903-9680.



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=T2V3L0RGVkb8yMGx6WHJlbFFuVjFsQT09#success



WELCOME MARCH!



Senior Center Book Club

DISCUSSING IN MARCH

ALL ARE WELCOME TO JOIN!

March's book:
Walk in the Woods
by Bill Bryson will be discussed on Thursday, 3/5 at 1:00 PM

READING IN MARCH

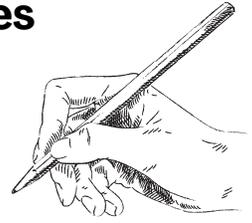
Read in March to discuss in April!
Free copies of *A Long Walk to Water* are available to Senior Center members on loan at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Two Still Life Drawing Classes

10:00 am, Tuesday, March 3 and Tuesday, March 10 at the Center

Bring your own pencils and paper. In this focused series, we'll train the eye and hand through structured sketching drills. Starting with composition, major shapes, and form, we'll progress into contour, value, and contrast.



Using pencils, graphite, or charcoal on large paper, most sessions will be quick studies until the final class, when one sketch will be developed into a finished drawing.

Instructor Kim Wenger Hall is an artist, yoga teacher, and certified health coach specializing in chair yoga and art therapy.

Heart Health and Nutrition Class

3:00 pm, Tuesday, March 10, at the Center

In this presentation, Grace Baldwin, the Center's KSC nutrition intern, will talk about common cardiovascular diseases and the way they are influenced by our eating habits. We will cover conditions like hypertension and atherosclerosis. We will also discuss some dietary changes we can make to reduce our risk.



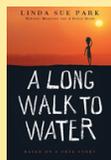
Grace is an intern from Keene State College where she studies nutrition. She has experience working in food service, hospitals, and in food banking. After she graduates in May, she will get her master's degree from Viterbo University and become a Registered Dietitian Nutritionist.

March Book Club Book Description

Reading *A Long Walk to Water*

Based on the true story of Salva, one of some 3,800 Sudanese "Lost Boys" airlifted to the United States beginning in the mid-1990s.

This poignant story of Salva's life is told side-by-side with the story of Nya, a young girl who lives today in one of those villages. Books are available for loan at the Front Desk!



Paint Night with Corin

6:00 pm, Wednesday, March 11, at the Center

Back by popular demand, artist and instructor, Corin Lash-Wheeler, will lead the class in the creation of another spectacular painting. Fee of \$35 includes materials.

The fee is payable at the Front Desk. Register soon, as last fall's class filled up quickly!



Photo on the right from the last Paint Night.

THERE'S SO MUCH TO DO!

Band Workout Exercise Class

**10:30 am, Wednesday,
March 11, at the Center**

This resistance band workout class is designed to help everyone move safely, improve posture, support walking, build strength, and improve flexibility. Giuliana, the Center's Health Science Intern, adds, "During class, I will explain what each exercise works and how it helps with everyday activities. Our goal is to stay active, feel stronger, and have fun moving together!"



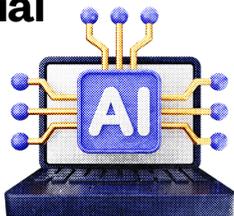
Giuliana Stolfi is a senior at Keene State College majoring in Health Science with minors in Biology and Addiction. She also plays soccer at Keene, so has a strong passion for exercise and staying active, saying: "I'm excited to share some of my knowledge about fitness and movement with you all. I will be interning at the Senior Center for the entire semester, and I can't wait to connect and build relationships with everyone!"

Introduction to Artificial Intelligence

**1:15 pm, Thursday,
March 19, at the Center**

Have lots of questions about Artificial Intelligence? What does it do? How does it work? Can you apply it to your daily tasks?

Presenter Henry Quinlan has given thirty talks on Artificial Intelligence among the more than 300 talks to senior groups and is a member of the MIT Age/Lab – Senior Achiever. He can help with any thoughts or concerns you might have.



Planning Healthy Meals

**3:00 pm, Tuesday,
March 24, at the Center**

In this presentation, Grace Baldwin, the Center's nutrition intern, will explain the benefits of meal planning and how it can help with making healthful dietary choices easier. We will go over tips and tricks to make meal planning easy, realistic, and fun! Meal planning can help us cut down on junk food and increase our intake of fruits and vegetables.



St. Patrick Celebration Dinner

**5:00-7:00 pm, Monday,
March 16, at the Center**

The Center will be serving a traditional boiled dinner including corned beef, carrots, potatoes, cabbage and dessert. Bring your own beverage. Buy your tickets today at the Front Desk, \$15 per person. Seating limited to 40 people.



Looking for volunteers to help prep and serve, and donations of food items:

- 1 lb bag of carrots
- 5 lb bag of yukon gold potatoes
- 5 lbs of corned beef
- 1 head of cabbage

Volunteer/donations signup sheets are at the Front Desk.

American House Friends & Family Night - "Lights, Camera, Action - Hollywood Glam (Oscar)"*

**5:00-7:00 pm, Thursday, March 12
at American House at 197 Water St.
in Keene**

Join American House Keene for their next Family Night on March 12 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.*



HATS, CHAIRS AND MORE...

Hat Stories & Mocktails

3:00 pm, Friday,
March 27 at the Center

Bring your favorite hat and share its story with the group. Hats will be displayed throughout the Center following the event.

Tea and mocktails will be served.



News from the Center's Veterans Coffee Connection

The NH American Legion Committee recently invited our vet group members to be judges for the District 1 Oratorical Competition on February 21st at the Keene American Legion Post #4. Richard "Nick" Nicoletti and David Chase agreed to be judges for the competition.



The American Legion Oratorical Contest is a long-standing tradition designed to foster a deeper understanding and appreciation of the U.S. Constitution among high school students. Participants deliver two prepared orations—one 8-10 minutes in length and a second 3-5 minute speech on a specific constitutional topic. Beyond the academic challenge, students compete for significant scholarships at every level, with the opportunity to represent New Hampshire at the national competition for a chance at \$25,000 in awards.

Are you a veteran? If so, you are invited to join the group Tuesdays at 9:00 am at the Center. Drop ins are welcome, no need to register!

Cheshire Village at Home Social
UNH Extension Master Gardeners' Talk
CVAH welcomes UNH Extension Master Gardeners Monica Brandau and Paulette Fitzgerald who will discuss gardening methods for our area.
Thursday, March 26, at 1:15 pm at the Center

The Keene Senior Center "The Great Chair-ity Fundraiser"

Help save our members' and staff's backs! While the lifting and moving of our heavy chairs in our multipurpose room is a great workout, after multiple times a day it can take its toll.

Since there isn't a carrier to drop the chairs in and move them around, multiple people are needed to switch the chair setup from classes to programs.

Please consider supporting our chair fundraiser and keep our staff and members safe. Our goal is \$3K for 40 chairs and four carriers. Any amount is welcome!



To donate, visit:
<https://thekeeneseniorcenter.org/donate>

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.

Are you a Snowbird or Planning to Be Away for Awhile?

Please let us know so we don't worry!

We like to ensure the wellbeing of our members and will call to make sure that you are ok. You can email us at admin@thekeeneseniorcenter.org or call 603-352-5037 and give us the dates that you are away. Thank you!

The Keene Senior Center



MARCH

• 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>Lunch Mon - Fri at 12:00 PM</p>	<p>2</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Makeup Card Making Session 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>3</p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Still Life Drawing Class 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>4</p> <p>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 5:30 Super Senior Ted's Polar Challenge Walk 6:30 Yankee Bottle & Collectors' Club - KPL*</p>	<p>5</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 Book Club Meeting on: Walk in the Woods Reading: A Long Walk to Water</p>	<p>6</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>7</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>8</p>  <p>Daylight Savings Time Sunday, March 8th Spring Forward 1 hour!</p>	<p>9</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>10</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Still Life Drawing Class 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 3:00 Heart Health and Nutrition</p>	<p>11</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 Band Workout Class 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 5:30 Super Senior Ted's Polar Challenge Walk 6:00 Paint Night with Corin</p>	<p>12</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 5:00 AH Family and Friends Night** Lights, Camera, Action Hollywood Glam (Oscar)***</p>	<p>13</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>14</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>15</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance 5:00 St. Patrick Celebration Dinner at the Center</p>	<p>16</p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>17</p> <p>ST. PATRICK'S DAY 9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>18</p> <p>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 5:30 Super Senior Ted's Polar Challenge Walk</p>	<p>19</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:00 Trivia at lunch/prizes 1:15 Introduction to Artificial Intelligence</p>	<p>20</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>21</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>22</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>23</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 3:00 Planning Healthy Meals</p>	<p>24</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 3:00 Planning Healthy Meals</p>	<p>25</p> <p>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 5:30 Super Senior Ted's Polar Challenge Walk</p>	<p>26</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 CVAH Social - UNH Extension Master Gardeners Talk</p>	<p>27</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo 3:15 Hat Stories & Mocktails</p>	<p>28</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>29</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>30</p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>31</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>				

BOLD Font: Special event, program or time change | (\$) = Fee | *Not sponsored by The Keene Senior Center

THANKS TO OUR PARTNERS...

Sustainability Tips*

TIP 22 - Keep your refrigerator and freezer full. Doing so uses less energy because less cooling is lost each time you open the refrigerator.



TIP 23 - Defrosting food in the refrigerator also keeps the refrigerator cooler.

*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										
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✳️ THANKS FOR REFERRING YOUR FRIENDS ✳️

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



IN MEMORY OF CENTER MEMBERS

Beverly Creamer passed away on Wednesday, December 17, 2025. She was 77 years old.

Leona Pichette passed away on Monday, December 22, 2025. She was 90 years old.

Leo Ling passed away on Saturday, January 3, 2026. He was 93 years old.

Carol Packwood passed away on Thursday, January 15, 2026. She was 85 years old.

Cynthia Georgina passed away on Thursday, January 22, 2026. She was 89 years old.

Ida Morris passed away on Sunday, February 8, 2026. She was 92 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

American House 
SENIOR LIVING COMMUNITIES™

americanhouse.com/keene

(603) 338-9424 keeneassistant@americanhouse.com



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

Visit our website www.fctours.com to view the list of one day and multi day tours departing from Brattleboro.

First Choice Tours, Maria Manouvelos-Baker, 110 North Hillside Road, South Deerfield, MA 01373, 413-665-9090





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



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KEENE, NH 03431
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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