



The Keene Senior Center

May 2025

# SENIOR SENTINEL

**INSIDE**  
Shaker  
Village Trip,  
Sound Bath  
Meditation,  
Insurance,  
and more...

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

## COMMUNITY EVENT

**\* All Are Invited \***

THE KEENE  
SENIOR CENTER

### 2<sup>nd</sup> Annual Keene Runway 5K Run/Walk

**9:00 am, Sunday, May 18, at  
Keene Dillant-Hopkins Airport**

The Keene Runway 5K will take place at the Keene Dillant-Hopkins Airport (EEN), 80 Airport Rd., Swanzey, NH at 9:00 am on May 18. It benefits The Keene Senior Center. **REGISTER TODAY!** T-shirts are guaranteed to those who enter by May 5, 2025. Entry fee will increase from \$35 to \$40 after May 11, 2025 at 11:59 pm. There will be prizes for each age category and participants will be entered into a raffle to win one of many prizes (no double winners). Two free flying lessons given by Monadnock Aviation will be awarded to participants by a random drawing.

**PLUS - The Keene Dillant-Hopkins Airport will be hosting an Open House after the 5K.**



*This race is endorsed by the NE65 Plus Runners Club.*

<https://www.ne65plus.org/endorsement-program/current-endorsed-races>

AT THE KEENE DILLANT-HOPKINS AIRPORT - OPEN HOUSE AFTER THE RACE



**SECOND ANNUAL  
KEENE RUNWAY 5K**  
*Benefits The Keene Senior Center  
Keene, New Hampshire*  
**MAY 18, 2025**

Runners/Walkers Register at RunSignUp,  
[https://runsignup.com/Race/NH/Keene/  
NHRunway5k](https://runsignup.com/Race/NH/Keene/NHRunway5k)

**ONLINE REGISTRATION:**  
**[www.runsignup.com](http://www.runsignup.com)**



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PROUD SUPPORTER OF THE KEENE SENIOR CENTER KEENE RUNWAY 5K



Proud Supporter of  
The Keene Senior Center's  
2nd Annual Keene Runway 5k  
*Benefits The Keene Senior Center*

### 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

## April Showers Brought More than May Flowers!

The Star Magnolia is blooming at the end of the Senior Center driveway, the daffodils and hyacinth are in bloom and more birds are returning to the bushes near our entrance. A little cottontail rabbit has been venturing out to nibble on new growth in the HCS Butterfly Garden.

What would you be interested in learning more about? Bird identification, plant identification, mushroom identification or other wildlife? We have plenty of wildlife in the area including on the rail trail behind the Senior Center /HCS.

If you want a chance to explore history and the great outdoors, join us for our trip to the Canterbury Shaker Village on May 19. The grounds include historic buildings, 700 acres to stroll on complete with trails, a garden, a pond and a store with specialty food and other products. Our group will have a private tour. We will be funding a majority of the \$513 transportation cost for the 14-seater van so that guests only need to contribute \$20 for the ride and \$20 for the tour.

Speaking of history...we will be running a series of local history programs presented by retired Historical Society of Cheshire County Director, Alan Rumrill. Stay tuned for dates.

*Kimberly Rumrill*

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 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.**



### CVAH Presents Discover Mongolia

**1:30 -3:00 pm,  
Thursday, May 1**

Journey into Mongolia with Jan Manwaring's son Dan and his wife, Cindy Qu, and learn about Mongolia's rich history, vibrant culture and stunning landscapes.



### CVAH Social - Tour of Wyman Tavern

**1:30 pm, Thursday, May 15, at  
339 Main Street**

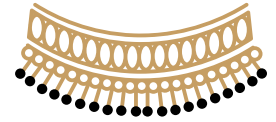
It is Keene's most historic house and has been the site of events that are important to our history. Rest rooms are available, but only the first floor is handicap accessible. Call CVAH at 603-903-9680 to register. Attendees will be limited to 15.







# WELCOME MAY!



## Senior Center Book Club

**DISCUSSING IN MAY**

**NOTE:**  
The meeting is on  
Thurs, 5/1/2025  
at 1:00 PM

**MAY's book:**  
*Faithful Place*  
by Tara Frenc  
will be discussed on  
Thursday, 5/1  
at 1:00 PM

**READING IN APRIL**

**Read in May  
to discuss in June!**  
Free copies of  
*The Orphan's Guilt*  
available to senior  
center members  
on loan at the  
front desk.

**READING + FRIENDSHIP = BOOK CLUB**

## Sound Bath Meditation Experience 1:15 - 2:30 pm, Thursday, May 8, at the Center (\$)

Brandy Lessyk, owner of Home & Hearth Studio of Orange, MA, will be leading the class. She explains that a sound bath is an experience where you are immersed in deep sound vibrations. It uses sound from traditional wind and percussion instruments, such as crystal bowls, gongs, cymbals, chimes, and didgeridoos. The vibrations are believed to have healing effects on the body and can help with stress, fatigue, and depression symptoms.

Wear comfortable clothes and be prepared to lie down for the full experience. **Fee: \$10. Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).**

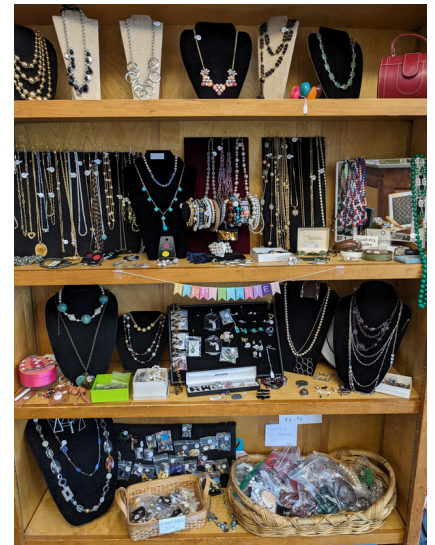


## New to You Jewelry Open M-F 8:30-4:30 pm at the Center

The Center's Thrift Shop jewelry selections range from costume, vintage, modern and sterling silver. (Occasionally we have gold.)

Laurie Boes, our jewelry coordinator, manages our donations and displays. She also donates new items frequently. We love donations of jewelry! They help to support our programs.

Stop in and visit, the selection changes all the time. More pictures are on our website and Facebook page!



## NEW TO YOU

LADIES BOUTIQUE  
**THRIFT SHOP**

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

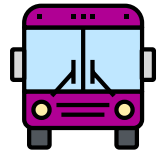
**OPEN  
WEEKDAYS  
9AM-4PM**

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





# THERE'S SO MUCH TO DO!



## Retiring Despite the Cost

**1:15 - 2:30 pm, Wednesday,  
May 14, at the Center**

Elizabeth Newcombe and Janelle Sartorio of the NH Trust Financial Advisors talk about financial planning for retirement.



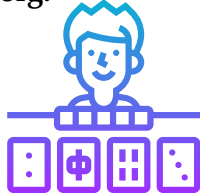
They will be answering these questions and more:

- When should you take Social Security?
- What is the cost of Medicare?
- What should you be thinking about as you approach retirement?
- What will inflation rates be like?

**Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).**

## Mah Jongg Training

**9:00 am - 4:00 pm, Saturday,  
May 17, at the Center, lunch  
provided (\$)**



Adrienne Marshall will be teaching an official class on Mah Jongg. She and a second instructor are trained and experienced. Four members will be playing (already signed up), the rest of the signups will be observers only.

The morning kicks off with the history of Mah Jongg with handouts, strategies, suggestions of which game to buy where, where to get the official Mah Jongg Card for 2025, and tips on how to start your own Mah Jongg group. The four will play Mah Jongg during the second part of the day. The observers are welcome to stay and watch. **Fee: \$5 to cover the training and the lunch. Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).**

## State of NH Free Insurance Help

**1:15 - 2:30 pm, Thursday, May 22, at  
the Center**

Have questions about Auto, Homeowners, Life Insurance and more? A. J. Kierstead, Consumer Outreach Coordinator of the New Hampshire Insurance Department, can help you with:

- Understanding your policy
- Denied medical treatments
- Delayed claim payments
- Unsatisfactory settlement offers
- Missing life policies
- Policy cancellations
- Confusing rate increases



## Langdon Ladies Trivia, Ice Cream and Prizes

**12:15 pm at Lunch at the Center,  
Thursday, May 15**



Join Jen and Jenny from Langdon Place of Keene for a delightful ice cream social in celebration of Older Americans Month!

Get ready to satisfy your sweet tooth and have a blast with us! We're inviting you to a fun-filled afternoon complete with delicious ice cream, engaging trivia and exciting prizes. It's the perfect way to celebrate the amazing older generations in our community, and we can't wait to share the joy with you!

Mark your calendars for May 15 and come enjoy a scoop (or two) while having fun with trivia and lots of laughter. We look forward to seeing you there! **Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).**

*Love, the Langdon Ladies*

## Spaces still available! Trip to Canterbury Shaker Village

**Monday, May 19  
9:30 am Departure  
3:30 pm Return to Senior Center**



Don't miss out on a wonderful opportunity to explore the historic Shaker Village in Canterbury, NH! For just \$40, you can dive into a day filled with discovery and enjoyment. Be sure to pack a lunch and drink to enjoy during the day.

This adventure involves plenty of walking through a historic village in a lovely rural setting. If walking long distances is a challenge for you, please refrain from signing up.

Secure your spot with a nonrefundable deposit of only \$20 to the center and pay \$20 for the fascinating private tour upon arrival. **Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).**



AMERICAN HOUSE  
PRESENTS

## THE KEENE SENIOR CENTER TALENT SHOW



Clockwise from top left:  
Precious and Brian, Ruth  
and Kim, John and Phil, and  
the Super Senior Dancers

## TASTY SALAD IDEAS

### Kate's Corner

**By Kathryn Forcier**

Can a salad make you happy? It might if you use these ingredients, from the Mediterranean Diet, topped off with a desert of fresh fruit.

These choices give you the right nutrients to help fight the blahs and avoid depression.

- Spinach leaves or romaine lettuce- for folic acid
- Salmon for omega 3, fatty acids and vitamin B12
- Chickpeas, sunflower seed or lentils-for folic acid and vitamin B6
- Chopped walnuts for omega 3 fatty acids

- Sweet red peppers, tomatoes, olives, broccoli, asparagus, carrots, or onion- for antioxidants monounsaturated fat and B vitamins
- Olive oil and vinegar dressing, also for monounsaturated fatty acids
- Optional sprinkling of parmesan cheese











**The Keene  
Senior Center**



**MAY**

**2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Lunch</b> <b>Mon - Fri</b> <b>at 12:00 PM</b>				9-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$)	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	10:30 Age in Motion - I (ZOOM from home)
4 	5 <b>CINCO DE MAYO</b> 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	6 9:00 Super Senior Pickleball at Keene Rec (\$)	7 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>4:00 CVAH "Let's Talk"</b> via Zoom	8 9-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$)	9 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	10 10:30 Age in Motion - I (ZOOM from home)
11 	12 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	13 9:00 Super Senior Pickleball at Keene Rec (\$)	14 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>4:00 CVAH "Let's Talk"</b> via Zoom	15 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$)	16 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	17 10:30 Age in Motion - I (ZOOM from home)
18 	19 <b>9:30 Shaker Village Trip</b> 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	20 9:00 Super Senior Pickleball at Keene Rec (\$)	21 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>4:00 CVAH "Let's Talk"</b> via Zoom	22 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$)	23 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	24 10:30 Age in Motion - I (ZOOM from home)
25 	26 <b>MEMORIAL DAY</b> <b>SENIOR CENTER</b> <b>CLOSED</b> 	27 9:00 Super Senior Pickleball at Keene Rec (\$)	28 9:00 Gentle Yoga <b>10:00 Cribbage</b> <b>11:00 Dominos</b> 1:30 Senior Center Singers <b>4:00 CVAH "Let's Talk"</b> via Zoom	29 9:00-12:00 Quilting Class 9:00 Super Senior Pickleball at Keene Rec (\$)	30 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	31 10:30 Age in Motion - I (ZOOM from home)



# SIDE BY SIDE AND MORE!

## NAMI NH Side-by-Side In-Person Presentation

**1:15 - 2:30 pm, Thursday,  
May 29, at the Center**

Side by Side is a NAMI (National Alliance on Mental Illness) educational program designed for older adults and their caregivers. There are six modules in the program. Each module is 1-1 1/2 hours in length. The content includes real life situations, interactive exercises, handouts, and discussions in a relaxed learning atmosphere.



Meredith Kolodze, the Program Manager Specializing in Older Adults at NAMI NH, will be presenting the second module, *Understanding Anxiety in Older Adults* at the Senior Center. Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).

## DeMar Marathon /The Keene Senior Center Walk/Jog Program for Super Seniors 70+ from 5/1-8/27



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 August 27. **Learn more at** <https://thekeeneseniorcenter.org/demar>

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2025		
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 4	1	1
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22
26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29
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 4 5	1 2 3	1 2 3 4 5 6 7
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
27 28 29 30	25 26 27 28 29 30 31	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 4 5	1 2	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27
27 28 29 30 31	24 25 26 27 28 29 30	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
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5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31

**\* THANKS FOR REFERRING YOUR FRIENDS \***

**Cell (603) 313-7426**  
**[sdoyle@masiello.com](mailto:sdoyle@masiello.com)**  
**Office (603) 352-5433**



## LET'S MEET FOR A MOVIE!

**TUESDAYS  
2 PM**

**WE  
HAVE  
AC!**

**May 6 Priscilla**

R · 2023 · Drama · 1h 53m

**May 13 The Spectacular Now**

R · 2013 · Romance/Comedy · 1h 35m

**May 20 Beetlejuice Beetlejuice**

PG-13 · 2023 · Horror/Comedy · 1h 45m

**May 27 Palm Springs**

R · 2020 · Comedy/Romance · 1h 30m



## Maintenance-free Senior Living in Downtown Keene

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

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



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YOU



THANK  
YOU

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whether it runs or not!**

THANK  
YOU

THANK  
YOU

**We will move your car at  
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**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