



The Keene Senior Center

NOVEMBER 2024

SENIOR SENTINEL

INSIDE
• Festival of Trees Trip
• Alzheimer's Research
• and more...

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

COMMUNITY EVENT

*** All Are Invited ***

JOIN US FOR THE
POPULAR HOLIDAY
FAIRE AT KSC!

**9:00 am - 1:00 pm Saturday,
November 30, 2024**

Come check out our new location on Marlboro St. next to HCS. Explore our ladies' boutique while you are here.

- Buy raffle tickets to win amazing gift baskets.
- Don't bake? There will be lots of baked goods for sale, many easy to freeze to keep fresh for the holidays.
- Unique holiday gifts at reasonable prices.
- Book sale

We are looking for donations of lightly used household items. **DO NOT drop off, please call the center first!**



NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP



We offer a curated collection of ladies fashion at low prices!

OPEN WEEKDAYS 9AM-4PM

Located inside **the Keene Senior Center**
312 Marlboro St. #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
Phone: 603-352-5037

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

November is a Time of Giving Thanks and Preparing for the Cold Weather

I know that this time of year is difficult for many people. There's isolation, the loss of loved ones can make the holidays feel blah, and the thought of icy driveways can make people feel like hermits in their own homes. That's where the Keene Senior Center comes into play...on those days when you are cold and lonely or unsure what you want to do....come to the center. We have a hot cup of coffee, cocoa, or tea waiting for you with a little snack. You can visit with others or relax, read, listen to music, play pool, take up a new hobby, or exercise class. Is there something you want to try like Mahjong or another activity?

We are working on bringing in new programs. If you have any ideas, please email me, Leola, or Sharon (our new Marketing Specialist). If you haven't been here for a while or to our Marlboro St. location, consider stopping by.

This fall we will also be preparing for our Autumn Fundraising Appeal. Like all agencies, we face increasing costs of operating the Keene Senior Center, everything from phone service, food prices, rent, and other overhead costs.

We strive to provide as many classes as possible while keeping the membership cost of \$6.25 a month (\$75 a year) low.

We treasure our members and we sincerely hope that you will be able to join us for our November events including our Friday, Nov. 8th luncheon to honor our military veterans.

We have the Keene Chamber Orchestra Quintet concert on the 7th, Trivia lunch on the 14th, a pie social on the 21st, Medicare Open Enrollment on the 22nd, a program for grandparents taking care of their grandchildren on the 7th, Holiday Faire on the 30th, and more.

Check out the calendar or call if you need more details.



Join Your Fellow KSC Members



Special Trip to Gardner, MA Annual Festival of Trees

Sponsored by The Gardner Museum

Wednesday, November 13, 2024

Bus leaves: 12:00 pm
Returns: 4:00 pm



This is an exhibit and RAFFLE of various sized decorated trees and each one with a special theme, along with wreaths, baskets and other items. To participate in the raffle, the festival takes cash or check only.

Transportation only: Members \$35, Non-members \$45
Sign up at KSC front desk.

Tai Chi Fridays (\$)

11/1-11/22 9:00-10:00 am

Improve your Alignment, Balance, Looseness and Awareness through this gentle practice. All are welcome, whether you are comfortable standing or not.

Fee: KSC members: \$5 per class and non-KSC members \$10 per class



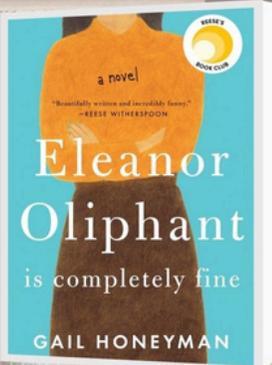


WELCOME NOVEMBER!

KSC Book Club

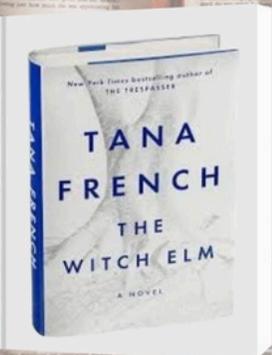
DISCUSSING IN NOVEMBER

NOTE:
The meeting is on
Weds, 11/6/2024
at 1:00 PM



October's book:
Elizabeth Oliphant is Completely Fine
by Gail Honeyman
will be discussed on
Wednesday, 11/6
at 1:00 PM

READING IN NOVEMBER



Read in November to discuss in December!
Free copies of *The Witch Elm* available to KSC members on loan the front office.

READING + FRIENDSHIP = BOOK CLUB

Exercise Your Right to Vote



Election Day is
Tuesday, November 5th.

Visit <https://www.sos.nh.gov/elections> or contact your town or city clerk to learn more about registering to vote, absentee ballots and polling hours.

Keene Chamber Orchestra Concert at KSC

1:00 - 2:30 pm Thursday,
November 7, 2024

"Known as "One of New Hampshire's cultural delights!", the Keene Chamber Orchestra rehearses regularly at KSC.

We are pleased to say the KCO Woodwind Quintet: David Flemming, Flute; Jodie Hoyer, Oboe; Cora Dykens, Clarinet; Joy Flemming, Bassoon and David Miller, Horn; will be playing a festive selection of music on the first Thursday of November at KSC.

Their mission is: "Striving to deliver live performances of orchestral and chamber music repertoire with the highest possible artistic and technical excellence, thus sharing the joy and charisma music inspires across human divides."

This is a concert not to be missed.



THERE'S SO MUCH TO DO!

Healthy Starts at HCS Kinship Navigator for Caregivers Seminar at KCS

3:00 - 4:00 pm, Thursday,
November 7, 2024



There are many children throughout the region who are being cared for by someone other than their biological caregivers and the number of "kinship caregivers" is increasing every year. Grandparents, family members, and friends are stepping into this role to provide safe and nurturing homes for their young family members.

Kinship caregivers play a crucial role in the well-being of children and often face significant challenges taking on their newfound responsibilities.

Kinship Care is a program of Healthy Starts at HCS, partnering with families to help navigate the world of child rearing. The Healthy Starts program is available for all families in southwestern New Hampshire. More information is available at HCSservices.org/services.

If you are a senior caregiver, learn more about what resources Healthy Starts Kinship Navigator Program can offer you.

Alzheimer's Research Presentation at HCS

4:00 - 5:00 pm, Thursday,
November 7, 2024



Join Susan Antkowiak to learn more about:

- Landscape of Alzheimer's and dementia science
- Risk factors for Alzheimer's and all other dementia
- Highlights in early detection and diagnosis
- Latest advances in clinical trials, treatments and lifestyle interventions

Susan Antkowiak is the Vice President of Programs & Services at the Alzheimer's Association.

Join Age in Motion - I and II for a Pizza Lunch



When: Friday, November 8
What time: 11:30 am-12:30 pm
Where: KSC Garden Room

The Age in Motion class participants are inviting members to join them in a pizza lunch to visit with each other and to learn more about the classes.

What is Age in Motion?

Age in Motion - I class uses small weights and elastic bands for resistance while using the chair to keep you steady. Zoom either from home or from the center.



Age in Motion - II class is in person at KSC and is similar to Age in Motion - I but moves at a faster pace.

GREATER MONADNOCK REGION

Death Cafe

cake, coffee & conversation

Tuesday, November 12

5:30 - 7:00 PM

Home Healthcare Hospice & Community Services
312 Marlboro Street, Keene, NH 03431

FACILITATED BY:

Rev. Jessica Johansson, M.Div.
END-OF-LIFE DOULA & DEATH EDUCATOR

SPONSORED BY:



Join us!

<https://bit.ly/deathcafe1112>

LUNCH AND MORE...



Medicare Open Enrollment at KSC

1:00-4:00 pm, Thursday, November 22, 2024
Presented by: Jessica White of Servicelink

Come to KSC if you have questions about Medicare Parts A, B, D.



IMPORTANT!

Items to bring with you in order for them to process your request:

1. All insurance cards
2. List of all your medications including full names, dosage and times administered.
3. Find out if you have a Medicare Advantage Plan before you come
4. Give your name and date of birth if signing up to attend over the phone.

Your health is our priority! Call 603-352-5037 to register today.

KSC and HCS Celebrate Our Veterans

Noon Lunch, Friday, November 8, 2024



Let us know your branch of service and you will be recognized at the lunch.

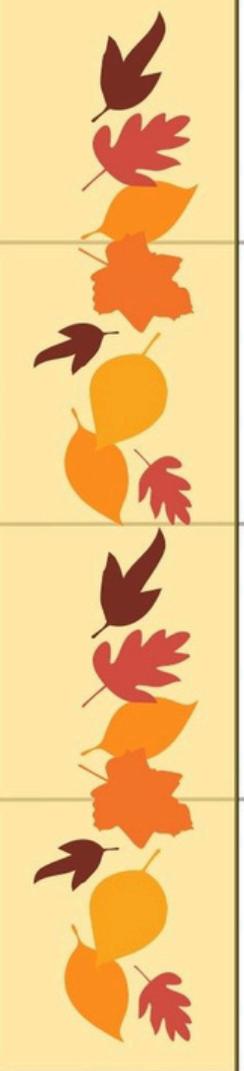
Serving: Roast Pork with Sauce, Mashed Red Potatoes, Butternut Squash, Apple Crisp with Topping

Thank you for your service!

A program of 		<h1>Friendly Meals Menu</h1>			November 2024
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Make Friendly Meals reservations by 10AM two days prior to the meal. RESERVATIONS: 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.					1 Beef Goulash with Marinara Sauce Broccoli Florets Pineapple Tidbits
4	Scalloped Potatoes with Turkey Ham, Cheese & Crumb Topping Mixed Beans Halloween Cookie	5	Chicken Cordon Bleu with Panko & Sauce Mashed Sweet Potatoes Cauliflower Florets Cherry Chiffon with Pears & Cream	6	Salisbury Steak with Brown Sauce Mashed Potatoes Brussels Sprouts Carrot Birthday Cake
7	Chicken, Corn, Potato & Cannellini Bean Stew with a Biscuit Winter Mixed Vegetables Pumpkin Cookie with Craisins & White Chips	8	Roast Pork with Sauce Mashed Red Potatoes Butternut Squash Apple Crisp with Topping	11	 Friendly Meals will be CLOSED in observance of the holiday.
12	Ham & Onion Quiche Stewed Tomatoes Green & Garbanzo Beans Pears	13	Macaroni & Cheese Diced Carrots Winter Mixed Vegetables Red Grapes	14	Chicken-n-Wheat Biscuit Mashed Potatoes Spinach Date & Apple Cookie
15	Chopped Broccoli & Ricotta Pie Peas & Onions Orange	18	Cranberry Sauce Roast Turkey with Gravy Mashed Potatoes Stuffing Sliced Carrots Pumpkin Pie with Cream	19	Baked Meatloaf with Sauce Boiled Parsley Potatoes Mixed Beans Fruit Cocktail
20	Pork & Vegetable Stew with Black Beans Cut Green Beans Mandarin Oranges	21	BBQ Chicken Breast Mashed Potatoes Beets with Orange Sauce Pineapple Chunks	22	Lasagna Roll with Marinara Meat Sauce & Mozzarella Broccoli Florets Fruit
25	Cheese Omelet Vegetable Rice Pilaf with Peas Brussels Sprouts Seasoned Applesauce	26	Beef Steak with Sauce Baked Beans Italian Vegetables Mandarin Oranges with Cream	27	Chicken Fingers with Duck Sauce Home Fries Green Beans Pineapple Tidbits
28	Happy Thanksgiving! Friendly Meals will be CLOSED on Nov. 28 & 29 in observance of the holiday.		29		

Milk & bread are served with meals. Dietetic dessert is available upon request. The menu is subject to change.

NOVEMBER: 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 Mon - Fri at 12:00 PM						9:00 Tai Chi \$ (note bottom of calendar) 9:00 Computer Help 10:30 Age in Motion - II 1:00 Jewelry Making 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
DAVILIGHT SAVINGS ENDS  TURN CLOCKS BACK	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00 Chair Yoga 1:00 Card Making 2:15 Super Senior Dance	 10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Find Me Falling	9:00 Gentle Yoga 1:00 Book Club Meeting (Wednesday this month) <i>Reading >>></i>  1:30 Senior Center Singers	9:00 Quilting 10:30 Age in Motion - I 1:00 - 2:30 pm Keene Chamber Orchestra Concert at KSC 3:00 - 4:00 pm HCS Healing Starts Kinship Navigator Program Seminar at KCS 4:00 - 5:00 pm Alzheimer's Research Presentation at HCS	9:00 Tai Chi \$* 9:00 Computer Help 10:30 Age in Motion - II 11:30-12:30 Age in Motion Luncheon KSC Garden Room 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)	
10 	KSC CLOSED  Thank you for your service!	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Summer Camp 5:30-7:00 pm Death Cafe at HCS	9:00 Gentle Yoga 10:30 Cribbage 12:00 pm Gardner MA Festival of Trees Trip \$* (note bottom of calendar) 1:30 Senior Center Singers	9:00 Quilting 10:30 Age in Motion - I 1:15 Karaoke 12:30 - 1:00 pm Trivia 	9:00 Tai Chi \$* 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00-4:00 pm Medicare Open Enrollment (Garden Room) 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)	
17 	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00 Chair Yoga 2:15 Super Senior Dance	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: La La Land	9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Center Singers	9:00 Quilting 10:30 Age in Motion - I 1:00-3:00 pm CVAH Pie Social 	9:00 Tai Chi \$* 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00-4:00 pm Medicare Open Enrollment (Garden Room) 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)	
24 	9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00 Card Making 1:00 Chair Yoga 1:00 Card Making 2:15 Super Senior Dance	10:30 Age in Motion - I 12:30 Games 1:00 Bridge 2:00 Movie: Thelma	9:00 Gentle Yoga 10:30 Cribbage 1:30 Senior Center Singers	KSC CLOSED 	KSC CLOSED 	9:00 - 1:00 pm KSC Annual Holiday Faire <ul style="list-style-type: none"> • Gift Basket • Raffles • Holiday Gifts • Bake Sale 	

LET'S MEET FOR A MOVIE! **TUESDAYS 2 PM** **WE HAVE AC!**

Nov 5 Find Me Falling
2024 · Comedy/Romance · 1h 34m

Nov 12 Summer Camp
PG-13 · 2024 · Comedy · 1h 36m

Nov 19 La La Land
PG-13 · 2016 · Musical/Romance · 2h 8m

Nov 26 Thelma
PG-13 · 2024 · Comedy/Action · 1h 39m

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117 WEST STREET
KEENE, NH 03431

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

Maintenance-free Senior Living in Downtown Keene

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- Assisted Living
- Respite Stays

 **American House**
SENIOR LIVING COMMUNITIES

americanhouse.com/keene

(603) 338-9424 keeneassistant@americanhouse.com



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

JOIN US!

KSC Members Invited!
CVAH Pie Social
1:00 - 3:00 pm, Thursday, November 21, 2024
Keene Senior Center Dining Room





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



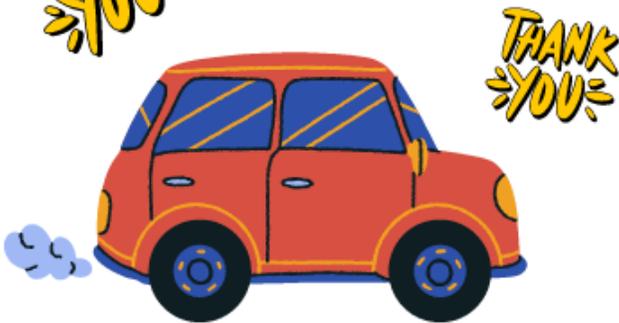
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THANK YOU!



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603-352-5037**

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THANK YOU!