



The Keene Senior Center

SENIOR SENTINEL

April 2025

INSIDE
Ireland Trip,
Hearing Help,
Teacup
Frames Class,
and more...

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

COMMUNITY EVENT

*** All Are Invited ***

AMERICAN HOUSE
HOSTS

The Keene Senior Center's Talent Show
6:30 pm, Wednesday, April 23 at American House

TALENT NEEDED!

Do you like to dance, sing, play an instrument or tell jokes? If so, we'd like to invite you to participate in our talent show held at American House. If not, maybe you have friends who like to perform for a receptive audience. Groups are also welcome if you want to do a dance or perform a skit and more. No audition necessary, all are welcome. Sign up at the front desk or call 603-352-5037.

Everyone can partake in the delicious variety of food courtesy of American House.

It will be a night not to be missed. Fun for all and benefits The Keene Senior Center. Donations welcome.



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



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

Welcome to Spring, “In like a lamb, out like a lion”

In just one week we have seen the crocus blooming, the snow-falling temps in the high 50s and low 20s, and the maple syrup boiling! That is NH weather for you.

We have been working on some fun opportunities for you.

- We will have a private tour at Canterbury Shaker Village in May.
- We are also collaborating with the Keene Swamp Bats to bring you some wonderful baseball-related surprises this spring and summer!
- We have a handful of people interested in learning Mahjong so we hope to get that rolling in April or May.

Support The Keene Senior Center by buying raffle tickets!

- We will be selling special raffle tickets this spring with a top prize of \$5,000. People who buy a ticket before Friday, May 30, will be put in a special raffle for \$1,000 and then their tickets will be put back in the basket for the final prizes to be drawn at the end of June.
- We will be selling just 300 tickets for \$100 each. It is an easy way to support the senior center and you may win a little spending cash to use this summer.
- Besides the \$5,000 final prize, we will have two \$1,000, three \$500 and five \$100 prizes.

Kim Rumrill

The Keene Senior Center Executive Director



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.

For more information call 603 903-9680.

Senior Center Members Invited!

CVAH Coffee Social

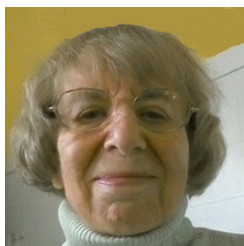
**1:30 pm, Thursday,
April 24, at the center**

**Holidays to remember,
refreshments and reminisce**

**JOIN
US!**

CVAH Volunteer Profile

Joan Roelofs grew up in Queens, NY in a Jewish family that was atheist and concerned with social justice. Her summers at Camp Woodland in Phoenicia, NY were a great influence on her outlook, hobbies and even her teaching methods.



She began college as a chemistry major but moved into political science and obtained a PhD. In 1979 she joined the faculty of Keene State College and taught a great variety of political science courses. Surprisingly one of her most successful and enjoyable courses was local public administration. She appreciated the faculty union which supported academic freedom as well as the benefits. She retired after 24 yrs and became an instructor for the Cheshire Academy for Lifelong Learning for 24 years.

She feels she learned a lot from the CALL participants. In Keene many of her friends were fellow peace and justice advocates, active in the Clamshell Alliance, Monadnock Greens or the Keene Unitarian Universalist Church. She has many articles in scholarly and political publications and 5 published books. The most recent book is “The Trillion Dollar Silencer” which is about the enormous scope of the military-industrial complex. More information is on her website <https://www.joanroelofs.wordpress.com>.

She lives with a partner in Keene, has 2 children, a grandson and several generations of stepchildren in England. Being single for many years gave her time for travel and hobbies. These included folk dancing, tennis, graphic design, watercolor painting and bookbinding. She enjoys gardening and sharing indoor and outdoor plants.



WELCOME APRIL!



DON'T MISS OUT!

****TRIP OF A LIFETIME****

**The Keene Senior Center Presents:
AAA Member Choice Vacations**

Shades of Ireland

*Presentation by Collette's
Andrew Leighton*

**3:30 pm, Tuesday, April 1, at the
Center**

RSVP to Kim at 603-352-5037 or email
director@thekeenseniocenter.org



For the Health of It!

A health fair for Monadnock Region residents

For the Health of It! Keene Sentinel Health Fair 2:00-7:00 pm, Thursday, April 10 at the Best Western



Visit Kim at The Keene Senior Center/Cheshire Village at Home table. Spin the wheel to win a squeeze ball and pick up some candy.

The Keene Sentinel and the Monadnock Region Health Reporting Lab present this free health fair to the community.

"For the Health of It," brings together experts and vendors from local agencies to meet with attendees and provide screenings, guidance, helpful advice and insights that can make attendees healthier.

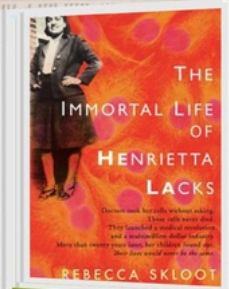
Keynote speakers along with one-on-one interviews between the *Sentinel* health solutions reporter and health care newsmakers are part of the program.

Learn more about how local organizations can help you and your family feel better!

Senior Center Book Club

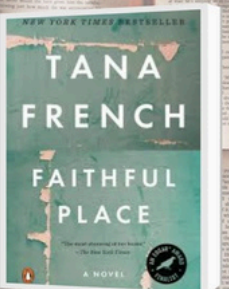
**DISCUSSING IN
APRIL**

NOTE:
The meeting is on
Thurs, 4/3/2025
at 1:00 PM



March's book:
*The Immortal Life of
Henrietta Lacks*
by Rebecca
Skloot
will be discussed on
**Thursday, 4/3
at 1:00 PM**

READING IN APRIL



**Read in April
to discuss in May!**
**Free copies of
Faithful Place
available to senior
center members
on loan at the
front desk.**

READING + FRIENDSHIP = BOOK CLUB

711 Relay NH Presentation on the Free IP Relay App for Smart Phones 1:15 pm, Thursday, April 10, at the Senior Center

Learn more about the IP Relay App for smartphones for the hard of hearing. IP Relay connects telephone conversations between people who are Deaf, Hard of Hearing, DeafBlind or have a Speech Disability using an internet-connected device and the IP Relay application.

Once connected, all you need to do is type what you want to say to the IP Relay operator. The IP Relay operator then reads your message aloud to your caller and types your caller's response back to you.





THERE'S SO MUCH TO DO!



COMMUNITY NEWS Goings On in Our Region

Herb Your Enthusiasm!

A Kitchen Herb Garden

Workshop In-Person

6:00 pm - 7:00 pm,

Tuesday, April 15,

Heberton Hall, Keene Public Library

Join Community Garden Connections and the Keene Public Library for a free make-and-take workshop to learn how to grow herbs in a container and leave with your very own kitchen herb garden ready to go! Light refreshments will be provided. Free and open to all! Event is full. Call 603-352-0157 for more information.



Spring Garden Kick-off Party

10:00 am - 4:00 pm, Saturday,

April 26, 193 River Rd.,

Westmoreland, NH

Antioch NE's Community Garden Connections and the Keene Public Library invite the community to welcome spring at the annual spring garden kick-off party! Learn more about the Westmoreland Garden Project, run through Antioch NE's Community Garden Connections. One of their initiatives is the donation of the produce grown on its 1-acre plot to The Community Kitchen. Call 603-352-0157 for more information.



2025 Monadnock Region Earth Festival

12:00 pm - 4:00 pm

Saturday, April 26

Monadnock Food Co-op

34 Cypress St. in Keene

Earth Day is Tuesday, April 22, 2025. In celebration, the Monadnock Food Co-op invites the community to their annual Monadnock Region Earth Festival. Buy delicious food, learn something new, enjoy performers and activities. The Monadnock Sustainability Hub in partnership with DriveElectricNH is showcasing a wide variety of electric vehicles by their owners next door to the festival to promote their use in our region.



Wicked Glass Art Teacup Frames

With Real Flowers Workshop

**1:15 pm, Thursday, April 17, at
the Senior Center**

Come make a 5x7" glass art picture with a teacup and real or dried flowers. This class is designed for beginners. Judy Bosies of Wicked Glass Art runs an art studio on Roxbury St. in Keene. Fee: \$10 for the materials. **Sign up at the front desk or call 603-352-5037.**



SUSAN DOYLE, REALTOR®

Relocations, Residences, Land & Vacation Homes

| 2025 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------|----|----|----|----|----|----|----|----|----|----------|----|----|----|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| JANUARY | | | | | | | | | | FEBRUARY | | | | | | | | | | MARCH | | | | | | | | | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | | |
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| APRIL | | | | | | | | | | MAY | | | | | | | | | | JUNE | | | | | | | | | | | | | | |
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| JULY | | | | | | | | | | AUGUST | | | | | | | | | | SEPTEMBER | | | | | | | | | | | | | | |
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| OCTOBER | | | | | | | | | | NOVEMBER | | | | | | | | | | DECEMBER | | | | | | | | | | | | | | |
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*** THANKS FOR REFERRING YOUR FRIENDS ***

Cell (603) 313-7426

sdoyle@masiello.com

Office (603) 352-5433



COMING UP IN MAY

Save the Date for the Keene Runway 5K!



The second annual Keene Runway 5K will take place at the Keene Dillant-Hopkins Airport at 9:00 am on May 18. It benefits The Keene Senior Center. **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).

Register to run or walk at [RunSignUp](https://runsignup.com/Race/NH/Keene/NHRunway5k):
<https://runsignup.com/Race/NH/Keene/NHRunway5k>



This race is endorsed by the NE65 Plus Runners Club.

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






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



Friendly Meals Menu

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

April
2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
|  | 1 Pork Loin with Apple Cider Sauce Diced Home Fries Green Beans Carrot Raisin Cookie | 2 Spinach & Onion Quiche Breakfast Sausage Corn Banana Bread | 3 Chicken-n-Biscuit Mashed Cauliflower Diced Carrots Applesauce | 4 Pot Roast with Vegetable Sauce Boiled Parsley Potatoes Brussels Sprouts Fruit Crisp with Cream |
| 7 Vegetarian Minestrone Soup with Plant-based Beef & Crackers Peas & Onions Strawberry Yogurt Parfait | 8 Turkey a la King Mashed Potatoes Harvard Beets Pumpkin Cookie with Craisins | 9 Baked Ham with Raisin Sauce Sweet Potatoes Capri Blend Vegetables Easter Cake with Icing  | 10 BBQ Pork Loin Mashed Potatoes Brussels Sprouts Chocolate Chip & Date Cookie | 11 Au Gratin Potatoes with Diced Turkey & Cheddar Vegetable Blend with Lentils Apricots |
| 14 Cheese Omelet Home Fries Green Beans & Carrots Orange | 15 Baked Penne Pasta with Mozzarella & Ricotta & Beef Winter Blend Vegetables Fruit Cocktail | 16 Chicken Fingers with Sauce Home Fries Diced Carrots Apple Pie | 17 Beef with BBQ Sauce Baked Beans Broccoli Florets Peaches | 18 Chicken Tarragon Vegetable Brown Rice Pilaf Chopped Spinach Mandarin Oranges |
| 21 Three Cheese Rollette Green & Waxed Beans Winter Squash Fruit Salad | 22 Hungarian Goulash with Onions & Parsley Potatoes Brussels Sprouts Apple Crisp with Topping | 23 Meatloaf with Brown Sauce Garlic Home Fries Green Beans Ice Cream | 24 Homestyle Chicken Thigh with Gravy Mashed Potatoes Sliced Carrots with Parsley Pumpkin Custard with Cream | 25 Swedish Steak with Mushroom Sauce Vegetable Brown Rice Pilaf California Mixed Veggies Grapes |
| 28 Oven Roasted Pork Cutlet with Panko Crumbs & Apple Tidbit Sauce Sweet Potatoes Vegetable Blend Vanilla Pudding & Peaches | 29 Beef, Vegetable & Potato Stew with Beans & a Biscuit Broccoli Florets Pears | 30 Chicken with Mushrooms & Marsala Sauce Mashed Potatoes, Carrots Blueberries & Strawberries in Yogurt Pound Cake | <p>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.</p>  | |

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

The Keene Senior Center

APRIL 2025



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|--|--|
| <div><p>Lunch Mon - Fri at 12:00 PM</p></div> | <div></div> | <div>9:00 Super Senior Pickleball at Keene Rec (\$) ¹ 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: Blitz 3:30 AAA Ireland Trip Presentation</div> | <div>9:00 Gentle Yoga ² 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</div> | <div>9-12:00 Quilting Class ³ 9:00 Super Senior Pickleball at Keene Rec (\$) ³ 10:30 Age in Motion - I 1:00 Book Club Meeting: Discussing: <i>The Immortal Life of Henrietta Lacks</i> Reading: <i>Faithful Place</i></div> | <div>9:00 Computer Help ⁴ 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:00 Jewelry Making 1:15 Bingo</div> | <div>10:30 Age in Motion - I ⁵ (ZOOM from home)</div> |
| <div>6 9:00 Kripalu Yoga ⁷ 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) ⁷ 1:15 Chair Yoga 2:15 Super Senior Dance</div> | <div>7 9:00 Super Senior Pickleball at Keene Rec (\$) ⁸ 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: Flow</div> | <div>9:00 Gentle Yoga ⁹ 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</div> | <div>9-12:00 Quilting Class ¹⁰ 9:00 Super Senior Pickleball at Keene Rec (\$) ¹⁰ 10:30 Age in Motion - I 1:15 711 Relay NH IP Relay App Presentation 2:00 For the Health of It Fair at Best Western* 5:00 AH Friends & Family Night* 6:30 Intro to Swing Dancing</div> | <div>9:00 Computer Help ¹¹ 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo</div> | <div>10:30 Age in Motion - I ¹² (ZOOM from home)</div> | |
| <div>PASSOVER BEGINS ¹³ 9:00 Kripalu Yoga ¹⁴ 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) ¹⁴ 1:00 Card Making 1:15 Chair Yoga 2:15 Super Senior Dance</div> | <div>FED TAX DEADLINE ¹⁵ 9:00 Super Senior Pickleball at Keene Rec (\$) ¹⁵ 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot 2:00 Movie: We Grown Now 6:00 Herb Your Enthusiasm! at KPL*</div> | <div>9:00 Gentle Yoga ¹⁶ 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</div> | <div>9:00-12:00 Quilting Class ¹⁷ 9:00 Super Senior Pickleball at Keene Rec (\$) ¹⁷ 10:30 Age in Motion - I 1:15 Wicked Glass Art Teacup Frames Workshop (\$)</div> | <div>9:00 Computer Help ¹⁸ 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) ¹⁸ 1:00 Jewelry Making 1:15 Bingo</div> | <div>10:30 Age in Motion - I ¹⁹ (ZOOM from home)</div> | |
| <div>PASSOVER LAST DAY ²⁰ 9:00 Kripalu Yoga ²¹ 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) ²¹ 1:15 Chair Yoga 2:15 Super Senior Dance</div> | <div>2:00 Movie: HitPig! 9:00 Super Senior Pickleball at Keene Rec (\$) ²² 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: HitPig!</div> | <div>9:00 Gentle Yoga ²³ 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom 6:30 American House Talent Show at AH</div> | <div>9:00-12:00 Quilting Class ²⁴ 9:00 Super Senior Pickleball at Keene Rec (\$) ²⁴ 10:30 Age in Motion - I 1:30 CVAH Coffee Social- Reminiscence About Holiday Memories 6:30 Intro to Swing Dancing</div> | <div>9:00 Computer Help ²⁵ 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) ²⁵ 1:15 Bingo</div> | <div>EARTH DAY ²⁶ 10:00 Spring Garden Kick-off Party Westmoreland* 10:30 Age in Motion - I (ZOOM from home) 12:00 noon Earth Festival Downtown Keene* 12:00 noon Caregiver's Lunch at St. James Church*</div> | |
| <div>27 9:00 Kripalu Yoga ²⁸ 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) ²⁸ 1:00 Card Making 1:15 Chair Yoga 2:15 Super Senior Dance</div> | <div>29 9:00 Super Senior Pickleball at Keene Rec (\$) ²⁹ 10:30 Age in Motion - I 10:30 Hand & Foot Game 1:00 Bridge, Hand & Foot Game 2:00 Movie: La Dolce Villa</div> | <div>9:00 Gentle Yoga ³⁰ 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 4:00 CVAH "Let's Talk" via Zoom</div> | | | | |

JAPAN & JAZZ, SPECIAL TRIP AND MORE!

American House Friends & Family Night

5:00-7:00 pm, Thursday,
April 10, American House,
197 Water St., Keene

Each month, American House hosts a Friends & Family Night. The theme for 2025 is World's Fair and the April 10th event will focus on Japan & Jazz.



We will have complimentary heavy appetizers, a signature cocktail, and a 6-piece live jazz band! We will also be raffling off a Japanese-inspired basket to all non-resident senior guests (including Saki, snacks and a \$100 gift card to Kurama Omakase)! **Sign up at the front desk or call 603-352-5037.**

IN MEMORY OF A CENTER MEMBER

Alvah W. Niemela passed away on Tuesday, February 18, 2025. He was 91 years old.

Sustainability Tips*

TIP 10 - Only do full loads when using the dishwasher, clothes washer and dryer!

TIP 11 - Consider downsizing. Twenty-three percent of the new homes in America are more than 3,000 square feet. The bigger the house, the more resources it consumes.

* Courtesy of Blessed Earth, 2009



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



(603) 338-9424 keeneassistant@americanhouse.com

Save the Date! Trip to Canterbury, NH 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.**



| LET'S MEET FOR A MOVIE! | | TUESDAYS 2 PM | WE HAVE AC! |
|-------------------------|---|---|-------------|
| Apr 1 | Blitz PG-13 · 2024 · War/Drama · 2 hrs |  | |
| Apr 8 | Flow PG · 2024 · Adventure/Family · 1h 24m | | |
| Apr 15 | We Grown Now PG · 2023 · Drama · 1h 33m | | |
| Apr 22 | HitPig! PG · 2024 · Family/Comedy · 1h 26m | | |
| Apr 29 | La Dolce Villa TV-14 · 2025 · Comedy/Romance · 1h 39m | | |



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

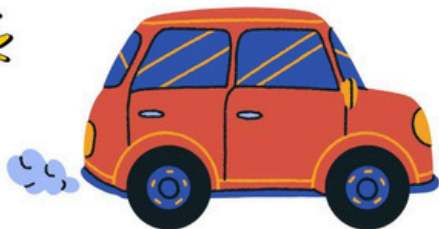


Return Service Requested

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

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

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