



The Keene Senior Center

September 2026

SENIOR SENTINEL

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

INSIDE
New Name
Unveiling, When to
Trust Online
Interactions, Talk to
a Doc, Guided
Meditation Friday,
and more...

* Calling All Members *

THE KEENE SENIOR CENTER
PRESENTS A HANDS-ON EVENT

"Cooking for One (or Two)"

**1:15 pm, Tuesday, September 8, at
The Keene Senior Center**

Join Hannaford Dietitian Sydney Morgan for a hands-on cooking demonstration at the Center's kitchen that is designed to take the stress out of solo meal prep.

You will learn smart grocery shopping strategies, techniques for scaling down your favorite recipes, and clever meal-planning hacks to maximize your ingredients.

Discover how to cook nutritious, budget-friendly meals tailored perfectly to your household size without sacrificing flavor or variety!

Sydney Colburn MS, RD, LDN is a Registered Dietitian at Hannaford Supermarkets. She has experience working in a variety of settings, including a sports center and a Massachusetts's hospital.

Class limited to 12 – sign up at the Center's front desk.



**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

Not a member yet? Call to schedule a tour!

email: admin@thekeeneseniorcenter.org

website: <https://thekeeneseniorcenter.org>



DIRECT FROM THE DIRECTOR

It is Hard to Believe That Summer is Over and the School Year is Here

This is the time of year when nonprofit organizations begin looking ahead to the coming year while also taking a moment to reflect on the wins and challenges of the year behind us—both financially and personally. This year, we are squirreling away funds much like chipmunks stockpile acorns, carefully preparing for the months ahead and making the most of every resource we have.

So, what else is new this month? Quite a lot! We are continuing our exciting rebranding efforts, welcoming a growing number of people to our Veterans Coffee Hour, heading to Boston aboard a beautiful motor coach, and preparing for the Clarence DeMar Marathon. It promises to be a very busy and exciting month at the Center, and we hope you will join us for as many activities and events as possible.

And remember, this is your hub. If there is something you would like us to host, please let us know! Maybe it's a comedy show, another talent show, or an activity we haven't thought of yet. We are always looking for new ways to bring people together, create connections, and have a little fun along the way.

This year, we have also said goodbye to several people who were an important part of the Senior Center community.

We lost two icons of our Center, Betty Zinn and Barbara Powers. Betty was an active member of the Senior Center Singers, participating in numerous performances throughout the years.

Barbara generously helped with meals at 70 Court Street and could often be found enjoying a game of pool. She was also an accomplished quilter and painter.

We also lost Allan Whatley, an avid bridge player who continued playing at the remarkable age of 94. Each of these individuals brought something special to our community, and their absence will certainly be felt. We are grateful for the memories they created and the connections they made with so many of us.

As we move into September, let's embrace the changing season, look forward to what's ahead, and continue making the hub a place where people can Engage. Connect. Explore.

Kim Rumrill

The Keene Senior Center Executive Director

Cheshire Village At Home (CVAH) News



**Volunteers
needed**

For more
information,
call 603-903-9680.

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 Socials at the Center - all are invited - members, family and friends:

- 9/17 at 1:15 pm - Composting
- 10/15 at 1:15 pm - Cybercrime
- 11/19 at 1:15 pm - Pie Social

JOIN
US!



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=T2V3L0RGVhYk8yMGx6WHJlYjFFuVJFsQT09#success>



WELCOME SEPTEMBER!



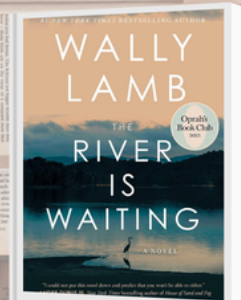
The Keene Senior Center is Closed
on Monday, September 7th

**HAPPY
LABOR
DAY**

Senior Center Book Club

DISCUSSING
IN SEPTEMBER

ALL ARE
WELCOME
TO JOIN!



September's book:
The River is Waiting
by Wally Lamb will
be discussed on
Thursday, 9/3
at 1:00 PM

READING IN SEPTEMBER



Read in September
to discuss in
October!
Free copies of
**Woven Through the
Sweetgrass** are
available to Senior
Center members
at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Guided Meditation Friday 11:30-Noon, Starts September 11

Take a comfortable seat in our Garden Room and relax as you listen to this guided meditation. Meditation is well-known as a technique to reduce stress and anxiety, promote healthy sleep patterns, and boost cognitive skills.

Crochet and More...

**10:30 am, 2nd and 4th Tuesdays,
September 8 and 22, at the Center**

The Center's Crochet class is now
"Crochet and More".



Instructor Bonnie Bissel welcomes those who like to do a variety of crafts to join her group, such as diamond art or any craft.

She will also continue to provide crochet instruction to anyone who might be interested.

Senior Center "New Name, Same Mission" Unveiling 1:15 pm, Thursday, September 3 at the Center

Exciting news! You are invited to join the Senior Center board members and staff as Kim walks us through how the new name and brand of the Senior Center were developed and why. Light snacks will be provided.



**IMPORTANT: AFTER THE MEETING AT 3:00 PM THE CENTER
WILL BE CLOSED FOR A STAFF TRAINING.**

Exercise Your Right to Vote Tuesday, September 8

If you are a New Hampshire resident, the primary for Governor, State and Federal Representatives is taking place on Tuesday, September 8. The election is on Tuesday, November 3. 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.



The NH Secretary of State has published a New Hampshire Senior Pocket Voter Guide to help you. Download a copy here:

<https://www.sos.nh.gov/sites/g/files/ehbemt561/files/inline-documents/sonh/jun-2026-senior-pocket-guide-full-page.pdf>

For people aged 65+, an expired driver's license is a permissible form of ID.

THERE'S SO MUCH TO DO!

Knowing When to Trust Online Interactions

11:00 am, Wednesday, September 9 at the Center



Learn how to tell the signs of a trustworthy site, along with simple habits to keep personal and health information safe. This online class presented by Cyber-Seniors will go over how to tell when it's safe to enter information into an online form or guided prompt, and how legitimate sites outline what they collect, and how they protect it.

Cyber-Seniors was founded in 2015 by the creators of the award-winning documentary film CYBER-SENIORS. This non-profit organization provides older adults with tech-training using an inter-generational, volunteer model.

American House Friends & Family Night

"Cruisin' Through the Fifties-Greased Lightnin'"

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

Join American House Keene for their next Family Night 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.*



Cheshire Village at Home (CVAH) September Social

1:15 pm, Thursday, September 17, at the Center

Beth McGuinn, a Master Gardener from the UNH Master Gardeners' Speakers Bureau, will present on composting. Her presentation is designed for beginners and experienced gardeners. She will cover getting started composting, as well as tips and tricks for experienced gardeners. There will be time for questions. All CVAH and Senior Center members are welcome to attend!



2nd Annual Keene Sentinel ELF Autumn Fest

11:00 am to 4:00 pm, Saturday, September 12 at the Cheshire Fairgrounds

Celebrate the best of fall at the 2nd Annual ELF Autumn Fest. Stop by the Senior Center's booth to say hi and learn more about what's new at the Center. Bring the whole family for an afternoon packed with fun, food, and entertainment. Enjoy live music from The Lake Effect Band, explore a variety of delicious food trucks, and more...



2026 Cheshire County Veterans Expo

10:00 am-1:00 pm, Saturday, September 12, at the Keene Family YMCA

Veterans and their families are invited to attend and take advantage of the many valuable resources available at the event, while enjoying a day of recognition and camaraderie.

Representatives from several agencies will be on hand to share information and resources, and all veterans in attendance are invited to enjoy a free lunch, which will be served from 11:00 am-1:00 pm. Veterans can also get a free haircut while they're at the expo, courtesy of Foundry Barbershop.

There will be several raffle prizes, thanks to the generosity of local businesses who donated to the event. This free event will take place rain or shine.



Local Farmers' Veteran Appreciation Month

Each weekend in September, Cheshire County veterans receive a \$20 voucher at a local participating farmers' market of their choice! The goal of this program is to show gratitude and appreciation to service members for protecting our freedom. Learn more at

<https://www.cheshireconservation.org/veterans>



VETERANS, DOC AND MORE...

Day Trip to Boston, MA

Tuesday, September 22, 2026

Bus departs from the Center at 7:30 am, returns at 7:00 pm.

Package Price: \$160.00/pp



Package Includes:

- Deluxe Roundtrip Motorcoach Transportation
- Lunch at a Fine Local Restaurant
- Admission and Tour on the Boston Ducks
- Visit to Faneuil Hall and Quincy Marker
- All Taxes and Meal Gratuities

Seats are still available. Invite your friends, neighbors, and family. They don't have to be seniors to join us. Checks, cash or credit cards accepted. Payment due in full to reserve your seat. *Not refundable if you can't go.*

Talk With a Doc: "Diabetes" with Dr. Julie Burgett, MPS, MD



**1:15 pm, Friday,
September 18, at the Center**

In the Talk with a Doc series, Dr. Burgett joins us each month to discuss a different topic related to healthy living or the health care system. This is an excellent opportunity to hear directly from a local medical professional, including time for Q&A. Dr. Burgett is a resident physician at the Family Medicine Residency program at Cheshire Medical Center.

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News from the Center's Veterans Coffee Connection

The Keene Senior Center Veterans Coffee Connection group meets every Tuesday at 9:00 am in the Senior Center Dining Room. All veterans are invited to attend! **Drop ins are welcome, no need to register!**



Garrison Detail: It is Veteran Appreciation Month at Cheshire County Farmers Markets. Each September, the Cheshire County Conservation District (CCCD) partners with local farmers' markets to celebrate Cheshire County veterans! *See the article on page 4 for details.*

Monthly Field Exercise: View Monadnock Region foliage from the air with Veteran-owned Monadnock Aviation. Call: 603-357-7600 or visit monadnockaviation.com

Check out the many scholarship opportunities for veterans and their children at:
<https://usveteransmagazine.com/scholarships>

The "New Name" Open House 5:30 pm, Friday, September 18, at the Center

Members, their families and friends, and the community are invited. Stay tuned for more details...

The Keene Senior Center

SEPTEMBER • 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Lunch Mon - Fri at 12:00 PM		 8:30 Outdoor Super Sr. 1 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Knitting Class 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 2 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom 6:30 Yankee Bottle & Collectors' Club - KPL*	8:30 Outdoor Super Sr. 3 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 11:30 Art Blood Pressure Clinic 1:00 Book Club Meeting on: "The River is Waiting" - Reading: Women Through the Years 1:15 Senior Center - New Name Same Mission - Building 2:00 Mah Jongg 3:00 SENIOR CENTER CLOSED FOR STAFF TRAINING	9:00 Computer Help 4 9:00 Video Chair Yoga 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Jewelry Making 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home) 10:00 - 1:00 pm Veterans Expo at the Keene YMCA 11:00 - 4:00 pm Elf Autumn Festival at Cheshire Fairgrounds
 GROWTH BY GIVING MUSIC FEST 11:00 - 7:00 pm	LABOR DAY SENIOR CENTER CLOSED 	NH PRIMARY 8 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Crochet and More 1:00 Bridge 1:15 Cooking for One (or Two) 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 9 9:30 Cribbage 10:00 Dominos 11:00 Knowing When to Trust Online Interactions 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 10 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 2:00 Mah Jongg 5:00 AH Family and Friends Night - "Cruisin' Through the Fifties - Greased Lightnin' (Grease Movie)"**	9:00 Computer Help 11 9:00 Video Chair Yoga 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 11:30 Guided Meditation Friday 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home) 10:00 - 1:00 pm Veterans Expo at the Keene YMCA 11:00 - 4:00 pm Elf Autumn Festival at Cheshire Fairgrounds
 HAPPY Grand Patents DAY	9:00 Kripalu Yoga 14 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior 70+ Dance Class	8:30 Outdoor Super Sr. 15 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 9:00 Knitting Class 1:00 Bridge 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 16 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 17 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 12:00 Langdon Trivia at lunch/prizes 1:15 CVAH Social - Composting Presentation 2:00 Mah Jongg	9:00 Computer Help 18 9:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 11:30 Guided Meditation Friday 1:15 Talk with a Doc "Diabetes" 1:15 Bingo 1:00 Jewelry Making 5:30 "New Name" Open House	10:30 Age in Motion - I (ZOOM from home)
	9:00 Kripalu Yoga 21 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior 70+ Dance Class	8:30 Outdoor Super Sr. 22 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 10:30 Crochet and More 1:00 Bridge 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 23 9:30 Cribbage 10:00 Dominos 11:00-1:00 Bagada Hospice Volunteer Information Drop In 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	8:30 Outdoor Super Sr. 24 Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 10:30 Age in Motion - I 2:00 Mah Jongg	9:00 Computer Help 25 9:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 11:30 Guided Meditation Friday 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home)
	9:00 Kripalu Yoga 28 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 10:30 Age in Motion - II 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior 70+ Dance Class	8:30 Outdoor Super Sr. 29 Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 The Request Room: Live Karaoke with Josh 1:15 Cornhole & Washer Toss Games for Seniors	9:00 Gentle Yoga 30 9:30 Cribbage 10:00 Dominos 10:30 SBW Fraud Safety Seminar 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	 September is National Senior Center Month Happier Birthdays Happen Here!		

KARAOKE, PARTNERS AND MORE...

Bayada Hospice Volunteer Information Opportunities

Drop-in 11:00 am-1:00 pm,
Wednesday, September 23 at the Center

Elizabeth Peacock of Bayada Hospice* will be at the Center lobby to share information on volunteering opportunities with those in hospice care in the Keene area, including social visits and other forms of support.

*The Keene Senior Center doesn't endorse Bayada Hospice or their services.



The Request Room: Live Karaoke with Josh

1:15 pm, Tuesday,
September 29 at the Center (\$5 donation)

Back by popular demand! THE REQUEST ROOM is a rockin' piano and singing party led by musician Josh Sitron. You show up. You request a song — any song, literally any genre or style. Josh plays it live on the piano, lyrics go on the wall, and you sing at the mic or just sing along with the crowd. No lists. No waiting. No judgment. That's it!



Fraud Safety Seminar

10:30 am, Wednesday,
September 30 at the Center

Savings Bank of Walpole representatives will present information on types of fraud, such as Phishing emails and fake bank texts or calls, ways to protect yourself, your loved ones and your money, and what to do if fraud happens.



Senior Center Month Sponsored by the National Alliance on Aging

Powering Possibilities: Flip the Script

NCOA's September 2026 theme "celebrates the moments, connections, and opportunities that help people not just live longer—but live well. Happier birthdays don't start with candles or cake. They start with connection, purpose, support, and community.

Every day, people walk through [The Keene Senior Center] doors and find exactly that—friendships that matter, programs that energize, and resources that make each year stronger than the last." Learn more: <https://www.ncoa.org/page/national-senior-center-month/>



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2026		
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	1 2 3 4 5 6 7	1 2 3 4 5 6 7
4 5 6 7 8 9 10	8 9 10 11 12 13 14	8 9 10 11 12 13 14
11 12 13 14 15 16 17	15 16 17 18 19 20 21	15 16 17 18 19 20 21
18 19 20 21 22 23 24	22 23 24 25 26 27 28	22 23 24 25 26 27 28
25 26 27 28 29 30 31		29 30 31
APRIL	MAY	JUNE
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12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20
19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27
26 27 28 29 30	24 31 25 26 27 28 29 30	28 29 30
JULY	AUGUST	SEPTEMBER
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OCTOBER	NOVEMBER	DECEMBER
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18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26
25 26 27 28 29 30 31	29 30	27 28 29 30 31

* THANKS FOR REFERRING YOUR FRIENDS *

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





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



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YOU

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YOU

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YOU

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Keene, NH 03431