



The Keene Senior Center

April 2026

# SENIOR SENTINEL

**INSIDE**  
Dig Out, AAA  
Rocky Mt Travel  
Show, Flapjack  
Fundraiser, Senior  
Singer Concert  
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**  
**6:00 pm, Tuesday, April 28 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 Senior Center 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  
THRIFT SHOP**

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

OPEN  
WEEKDAYS  
9AM-4PM

Located inside **The Keene Senior Center**  
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<b>Stop by:</b> 312 Marlboro St. Suite 100 Keene, NH 03431	<b>Senior Center Hours:</b> M-F, 8:30-4:30pm Tel: 603-352-5037 CVAH: 603-903-9680	<b>New to You Thrift Shop:</b> M-F, 9:00-4:00pm	<b>"Feed Your Soul" Art Gallery:</b> M-F, 8:30-4:30pm
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**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 Bring May Flowers

The snow is melting and the snow drop flowers have finally popped up.

We are so excited for springtime and all the events coming up. We hope you can join us for our 2nd annual Center Talent Show being hosted by American House on April 28<sup>th</sup> at 6:00 pm. Let us know if you want to participate by calling or emailing. You can tell jokes, sing, play an instrument, dance, twirl a baton? Come share your talent with us.

Another adventure worth checking out is the Monadnock Region Board of Realtors Cornhole Tournament, April 7<sup>th</sup> from 6:00-8:00 pm. The funds raised at this tournament help support The Keene Senior Center and our Cheshire Village at Home program. Two of us will actually be participating!

## Support The Keene Senior Center by buying raffle tickets!

We are selling special raffle tickets this spring with a top prize of \$5,000. People who buy a ticket before Friday, May 29, will be put in a special raffle for \$1,000 and then their tickets will be put back in the basket for the final raffle prizes to be drawn on July 4<sup>th</sup> at Keene's 250<sup>th</sup> America's Anniversary event.

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

**CORNHOLE TOURNAMENT**  
TUESDAY, APRIL 7TH  
The Fieldhouse (2 Winchester St, Swanzey)  
Registration at 5:30pm, Event from 6:00pm-8:00pm  
Registration Fee: \$25pp or \$50 per team  
Prizes, Food, Music & Fun!  
Grab a partner or come solo-we'll match you up!  
All skill levels welcome. Family friendly event!  
REGISTER @ [HTTPS://WWW.MONADNOCKDREALTORS.COM](https://www.monadnockdrealtors.com)  
MONADNOCK REGION BOARD OF REALTORS  
Proceeds to benefit Keene Senior Center/Cheshire Village at Home

## 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.

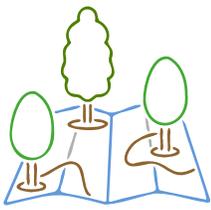
Upcoming CVAH Socials - all are invited - members, family and friends:

- 4/23 at 1:15 pm - Protecting Yourself from Fraud
- 5/24 at 10:00 am - Coffee and Conversation at The Horseshoe Pavilion at Wheelock Park, 95 Park Avenue in Keene

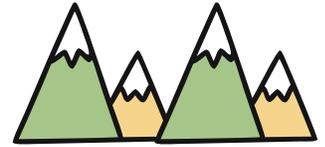
**Volunteers Needed**

For more information, call 603-903-9680.

**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=T2V3L0RGVkb8yMGx6WHJlbFFuVjFsQT09#success



# WELCOME APRIL!



**Senior Center Book Club**

**DISCUSSING IN APRIL**

**ALL ARE WELCOME TO JOIN!**

April's book: *A Long Walk to Water* by Linda Sue Park will be discussed on Thursday, 4/2 at 1:00 PM

**READING IN APRIL**

Read in April to discuss in May! Free copies of *April 1865* are available to Senior Center members on loan at the front desk.

**READING + FRIENDSHIP = BOOK CLUB**

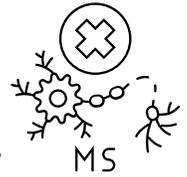
## COMMUNITY NEWS

### MS Lightning Warriors Support Group Meeting\*

10:00 am, First Tuesdays at the Center

This support group provides a chance for individuals with Multiple Sclerosis (MS) to share common experiences and concerns, provide and receive emotional support, and get information on various aspects of living well with MS. The group is led by trained volunteers. Anyone with MS is welcome to join the group. The first meeting at the Center is on April 7, 2026 from 10:00 am to 12:00 pm.

\*Not sponsored by The Keene Senior Center



### “Dig Out” with Lynn

1:15 pm, Wednesday, April 8, at the Center

Presenter Lynn Theresa will offer tips and tricks on decluttering and organizing. Come get inspired and motivated! Does the name sound familiar? She is also the Center’s YMCA Chair Yoga Class teacher!



### AAA Travel and Rocky Mountaineer Travel Show

5:30 pm, Wednesday, April 8, at the Center

Join AAA Travel and John Raiche from Rocky Mountaineer, a world-renowned train tour company, for an evening exploring rail vacations through the wild beauty of the Pacific Northwest and the majestic Canadian Rockies.



On board the train, you'll see panoramic vistas you can't experience through any other mode of travel, all viewed through stunning glass-dome cars. The tours feature stunning views of snow-capped mountains, glacier-fed lakes and fertile river valleys as you relax and enjoy renowned service and delicious cuisine.

## COMMUNITY NEWS Garden Planning Workshop



11:00 am, Tuesday, April 7, at the Keene Public Library, 2 Winter St.

Come plan out your summer garden, get inspired with new ideas and level up your gardening skills at this workshop presented by Antioch University. Meet at Heberton Hall in the Keene Public Library.

READY TO PLAY?

**LANGDON TRIVIA**

WITH PRIZES!

THURSDAY - APRIL 16 - AT LUNCH

# THERE'S SO MUCH TO DO!

## American House Friends & Family Night - "Spring into Joy - Spring Garden Social"\*

**5:00-7:00 pm, Thursday, April 9 at American House at 197 Water St. in Keene**

Join American House Keene for their next Family Night on April 9 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.*



## FREE COMMUNITY EVENT

**\*All are Invited\***

## Senior Singers Concert

**2:00 pm, Wednesday, April 15, at the Center**

Led by director Chuck Anderson, the Senior Singers will once again delight their audience with this seasonal concert titled, "Sing into Spring."

### Who Are the Senior Singers?

Wednesdays at 1:30 pm at the Center, you'll find a group of members sitting in front of the piano holding their sheets of music and singing. Chuck Anderson, their long-time director, leads them in a variety of songs. This spirited group sings at Senior Center functions and other area venues throughout the year - including a recent, raucous Hootenanny that packed the house!

All adults over 50 are invited to join the group - all levels of ability welcome. Soloists encouraged!



## Trivia Night

**6:00 pm, Wednesday, April 22, at the Center**

Dust off your trivia knowledge and come compete for cool prizes and bragging rights! Bring friends! Light refreshments will be provided.



## Applebee's "Spring with the Seniors" Flapjack Fundraiser



**8:00-10:00 am, Saturday, April 11**

Join your fellow members, friends and family at Applebee's Flapjack Fundraiser from 8:00 to 10:00 a.m. at 40 Key Road in Keene. The event, titled "Spring with the Seniors," promises to be a fun and rewarding way to support The Keene Senior Center.

The menu will include:

- 3 pancakes
- 2 pieces of bacon
- Coffee
- Juice



Tickets will be sold at the Center for \$12 each. We must sell a minimum of 100 tickets in order to hold the event so invite your friends and family! Additional tickets will also be available for purchase at the door on April 11.

## Senior Investment Fraud: New Scams and How to Avoid Them

**1:15 pm, Thursday, April 16, at the Center**

Senior Counsel Eric Giroux of the US Securities and Exchange Commission will be here to discuss the topic, "Senior Investment Fraud: New Scams and How to Avoid Them". There will also be an opportunity to ask questions regarding these topics.



## 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.

# EXPO, CONCERT AND MORE...

## 50 & Better Expo

10:00 am - 2:00 pm, Saturday,  
April 25, at HCS, 312 Marlboro  
St./The Keene Senior Center (next  
door at Suite 100)/Keene Parks & Rec  
Center, 312 Washington St.



Join The Keene Senior Center and Home Healthcare, Hospice & Community Services for a day of interactive educational sessions and vendor exhibits.

Attendees can engage with HCS, The Keene Senior Center and other local agencies to support physical health, mental well-being, social connection, and planning for aging and independence.

Entertainment, seminars and presentations include: Fairy Hair by Jess, Zumba, Line Dancing, Cheshiremen's Chorus, Savings Bank of Walpole, History of Monadnock, Planning Ahead for Aging Well, Balance Class, and more...

Admission is free. Visit <https://www.hcsservices.org/50andbetter/> for more information.

## 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!



**April Monthly Field Exercise:** This month the group encourages everyone to visit the New Ipswich Museum of History in New Ipswich, NH. Visitors will view hundreds of original artifacts, dating from Pre History through 1945. The emphasis of the exhibits features collections of artifacts from individual men and women, who served our country from 1600-1945. Each exhibit illustrates world changing events and lead to a better understanding of how average Americans persevered under extraordinary and difficult situations, serving as examples of what it is to be good citizens and Patriots. Learn more at <https://nimuseum.com/>

**Pro tip!** Check out the many discounts available for veterans at <https://news.va.gov/?s=discounts>

**Cheshire Village at Home Social**  
**AARP Presents**  
**Protecting Yourself from Fraud**

AARP representatives will help you identify fraud in its many forms and provide tips for protecting yourself.

**Thursday, April 23, at 1:15 pm at the Center**

SCAM! SCAM! SCAM!

FRAUD ALERT FRAUD ALERT FRAUD ALERT

## The Deep Woods Quartet Concert

1:15 pm, Thursday, April 30, at the Center

A group of four cellists from Keene and Brattleboro will perform a variety of pieces composed specifically for this unusual combination of instruments.

Members of the quartet are Jon Joyce, Mark Meess, Sandy Van de Kauter and David Gruender.

The program at the Center will feature pieces from the 19th to the 21st centuries, from classical sonatas to tango, and will include informal commentary.



## 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](mailto:admin@thekeeneseniorcenter.org) or call 603-352-5037 and give us the dates that you are away. Thank you!

The Keene Senior Center



# APRIL • 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Lunch</b> Mon - Fri at 12:00 PM</p> <p><b>1</b></p>						
<p><b>5</b> <b>EASTER</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>6</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>7</b></p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:00 Hand &amp; Foot Card Game</b> <b>10:30 MS Lightning Warriors*</b> <b>11:00 Garden Planning Workshop at KPL</b> <b>1:00 Bridge</b></p>	<p><b>8</b></p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 Band Workout Class 130 Senior Singers <b>1:00 TKSC Walking Group</b> <b>1:15 "Dig Out" with Lynn</b> <b>2:00 Mah Jongg</b> <b>4:00 CVAH Lets Talk via Zoom</b> <b>5:30 AAA Travel/Stocky Mountaineer Travel Show</b></p>	<p><b>9</b> <b>PASSOVER LAST DAY</b></p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:30 Age in Motion - I</b> <b>5:00 AH Family and Friends Night "Spring into Joy Spring Garden Social"*</b></p>	<p><b>10</b></p> <p>9:00 Computer Help <b>9:00 Video Chair Yoga</b> 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm Bowling at Yankee Lanes (\$) <b>1:15 Bingo</b></p>	<p><b>11</b></p> <p>8:00-10:00 Breakfast at Applebees Fundraiser 10:30 Age in Motion - I <b>(ZOOM from home)</b></p>
<p><b>12</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>13</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>14</b></p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:00 Hand &amp; Foot Card Game</b> <b>10:30 Age in Motion - I</b> <b>1:00 Bridge</b></p>	<p><b>15</b> <b>FED TAX DEADLINE</b></p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 TKSC Walking Group 130 Senior Singers <b>1:00 TKSC Walking Group</b> <b>2:00 Senior Singers Concert</b> <b>2:00 Mah Jongg</b> <b>4:00 CVAH Lets Talk via Zoom</b></p>	<p><b>16</b></p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:30 Age in Motion - I</b> <b>12:00 Trivia at lunch/prizes</b> <b>1:15 Senior Investment Fraud: New Scams and How to Avoid Them</b></p>	<p><b>17</b></p> <p>9:00 Computer Help <b>9:00 Video Chair Yoga</b> 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Jewelry Making</b> <b>1:15 Bingo</b></p>	<p><b>18</b></p> <p>10:30 Age in Motion - I <b>(ZOOM from home)</b></p>
<p><b>19</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>20</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>21</b></p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:00 Hand &amp; Foot Card Game</b> <b>10:30 Age in Motion - I</b> <b>1:00 Bridge</b></p>	<p><b>22</b></p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos <b>1:00 TKSC Walking Group</b> 130 Senior Singers <b>2:00 Mah Jongg</b> <b>4:00 CVAH Lets Talk via Zoom</b> <b>6:00 Trivia Night</b></p>	<p><b>23</b></p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:30 Age in Motion - I</b> <b>1:15 CVAH Social-Protecting Yourself from Fraud</b></p>	<p><b>24</b></p> <p>9:00 Computer Help <b>9:00 Video Chair Yoga</b> 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 Bingo</b></p>	<p><b>25</b></p> <p>10:30 Age in Motion - I <b>(ZOOM from home)</b> 10:00-2:00 Fitty &amp; Better Expo</p>
<p><b>26</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>27</b></p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:30 Super Senior Dance</b></p>	<p><b>28</b></p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:00 Hand &amp; Foot Card Game</b> <b>10:30 Age in Motion - I</b> <b>1:00 Bridge</b> <b>6:00 Talent Show at AH</b></p>	<p><b>29</b></p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos <b>1:00 TKSC Walking Group</b> 130 Senior Singers <b>2:00 Mah Jongg</b> <b>4:00 CVAH Lets Talk via Zoom</b></p>	<p><b>30</b></p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) <b>10:30 Age in Motion - I</b> <b>1:15 The Deep Woods Quartet</b></p>		<p><b>Sign Up Today!</b> <b>KEENE AIRBOAT RACE</b> Keene, New Hampshire MAY 7, 2026</p> <p><a href="https://runsignup.com/Race/NH/Swarazaj/NHRunwaySk">https://runsignup.com/Race/NH/Swarazaj/NHRunwaySk</a></p>

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

# COMING UP IN MAY

## Save the Date for the Keene Airport 5K!



Join us at the Keene Dillant-Hopkins Airport for the 3rd annual Keene Airport 5K on May 17, 2026 at 9:00 am to benefit The Keene Senior Center. The 5K Race Map is different this year. Instead, the race begins at the Airport Terminal and continues on a tree-lined flat, fast paved road that passes through scenic wildlife filled wetlands. This course offers more protection from the wind, great for PRs (personal records). This area is highly acclaimed for its rich and varied bird watching. In addition to being a great route for runners, the race is also walker- and stroller-friendly.

We're also bringing plenty of excitement with great prizes, including a special random drawing for a helicopter ride. Register at <https://runsignup.com/Race/NH/Swanzey/NHRunway5k>



This race is endorsed by the NE65 Plus Runners Club.

## Keene Airport 5K 2026 Sponsor

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Nathan G. Chaffee Sarah C. Frankel

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✳️ THANKS FOR REFERRING YOUR FRIENDS ✳️

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





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



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PERMIT #18

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  
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## 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