



Senior SENTINEL

The latest news from **The Keene Senior Center**

IN THIS ISSUE

**GOLF TOURNAMENT
FUNDRAISER**

FROM THE DIRECTOR

CALENDAR OF EVENTS

**DEMAR TRAINING FOR
SUPER SENIORS**

ICE CREAM SOCIAL

KATE'S CORNER

**Come Visit Us:
70 Court Street
Keene, NH 03431
Phone: 603-352-5037**

**Senior Center Hours:
Monday-Friday, 8:30-4:30pm**

**Thrift Store Hours:
Monday-Friday, 9:00-4:00pm**



DID SOMEONE SAY GOLF TOURNAMENT?

It's time to secure your teams of four and register for the Keene Senior Center's first ever **Golf Tournament!**

Wednesday, September 8th at the Bretwood Golf Course. The tourney is open to all ages and proceeds benefit the Senior Center.

Over 100 prizes have already been donated (see page 9) including a NEW CAR donated by Walier Chevrolet.

To register, please send a \$100 check **made payable to The Keene Senior Center** along with the names of each of the players on your team to:

Sally Rinehart-Boyce: 24 School St., Keene, NH 03431.

Questions? Email: sallycountryfarm@gmail.com

(There are additional details on the bottom of page 2).

FROM THE DIRECTOR

Welcome back!

We are so happy to have people coming and going from the Senior Center. It was a long, hard 2020 but I believe it helped us appreciate the simple things in life, like a walk with friends, a game of cribbage, ping pong or a shared meal.

While technology helped many people keep in touch, others were more isolated. In conversations I am having with other local organizations, this is a common theme. We are currently working with many organization in the Monadnock Region on a grant to assess access to broadband and technology for seniors. Even though we can now meet in person, COVID made telehealth and other similar services available. It would be great to expand access to those conveniences.

We do still have tablets we would like to lend to members. Please get in touch if you are interested.

The renovations are nearing completion – on the inside. In preparation for the ramp installation, a group of *Upward Bound* students are helping to move plants from the ramp area to the front gardens. We'll be keeping bee and pollinator friendly plants, but we'll also be adding some perennial color to the front beds. A nasty infestation of knotweed in the back gardens is being suppressed with help from Honda of Keene volunteers. It's going to take a few years but here's hoping we can eradicate it!

If you haven't already, stop by and say Hi!

Mary Jensen

Golf Tournament Details - Wednesday, September 8th

- This scrambles tournament is open to ALL AGES
- Shotgun start is 9:00 AM
- The entry fee is \$100 which includes your round of golf, a golf cart, and lunch.
- Prizes will be awarded for four categories: Men, Women, Mixed (2 men and 2 women), and Super Senior 70+.
- Men, women, and mixed will play from the normal tees. Super Senior men will play from the red tees and Super Senior women will play from the front edge of red tees.



Thank you to our wonderful volunteers Terry and Jane Fecto! You guys are TEE-rific!

AUGUST ACTIVITIES

GETTING TOGETHER

Wow, have we missed this! Consistent socializing helps us stay emotionally, mentally and physically healthy. Spending time with others reduces social isolation and the resulting symptoms of depression, cognitive decline and disease. We offer the following social activities to keep you busy:

- **Social Hour** – Free coffee, tea, and conversation. **Tuesdays & Thursdays**, no meeting on 8/31
- **Movies & Popcorn -Tuesdays**
 - August 3 – African Queen
 - August 10 - Young Frankenstein
 - August 17 - Key Largo
 - August 24 - Blazing Saddles
 - August 31 - Bedknobs and Broomsticks
- **Senior Swingers** - For anyone who loves to sing! This spirited group sings at many Senior Center functions, as well as other venues in the area. Just show up to sing along. **Wednesdays**



FEELING CREATIVE

Making crafts is a great way to keep your brain stimulated and enhance your cognitive abilities. We offer the following creative opportunities to keep you busy:



- **Quilts R Us** - For anyone interested in quilting who would like to sew together and share ideas about quilting. There are sewing machines available if bringing your own is tough. **Thursdays**
- **Knitting** - A beginners knitting group. **Thursday 8/19**
- **Turn up Gardeners** – Help make the Senior Center garden healthy and beautiful. **Tuesday & Fridays**
- **Handmade Cards** – Janice Bourassa guides the group in creating beautifully handcrafted cards. Supplies are furnished. **Fridays , 8/13 and 8/27 only**

List continues on next page

HEALTH & WELLNESS

Everyone knows exercise is good for you - it helps prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. To help you incorporate exercise into your life, we offer the following ongoing activities:

- **Open Gym** – The gym facility, including bikes, treadmills, free weights, weight machines, and an elliptical is available for use. **Mondays-Fridays**
- **Kripalu Yoga** – Kripalu Yoga offers a gradual process of physical healing, psychological growth, and spiritual awakening by emphasizing meditation, breath work and inward focus. **Mondays**
- **Age in Motion** – This class includes warm-up, exercises for strength, balance and flexibility and a cool down period. **Mondays & Thursdays**
- **Chair Yoga** – Features gentle movements adapted from traditional yoga poses. Poses are done seated in a chair or using a chair for balance. **Mondays**, 8/2, 8/9, 8/16 only
- **Gentle Yoga** – Focuses on breath control, simple meditation and specific body postures while standing or lying on the floor. **Wednesdays**



FUN & GAMES

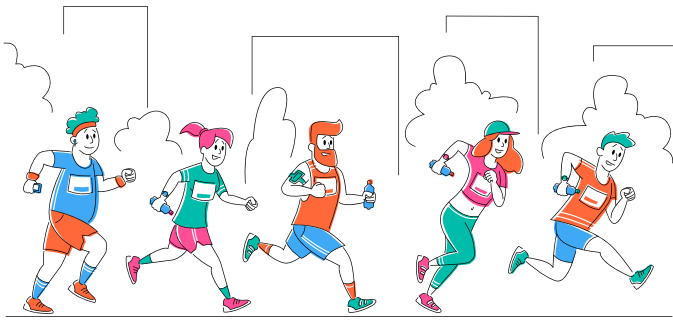
There's more to playing games than the thrill of victory. Keeping our brains active is important for overall health. Games stimulate the immune system and can trigger the use of visualization, memory and sequencing skills. To help you incorporate fun and games into your life, we offer the following ongoing activities:



- **Ping Pong** – Balls and paddles provided. Contact Charlie Wagar with questions by calling 352-5037 or email chucktheduck99@hotmail.com. **Mondays**
- **Parlor Games** - Enjoy activities like adult coloring, puzzles, board games & brainteasers. **Tuesdays & Fridays**
- **Cribbage** – All levels of experience welcome. **Wednesdays**
- **Billiards/Pool** - Bring your own cue stick if you have one. Some are available here. **Thursdays**
- **Bridge** – looking for players. **Fridays**

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
9:00-4:00 Open Gym 9:00 Kripalu Yoga 10:30 Age in Motion 1:00 Chair Yoga 2:00 Ping Pong	9:00-4:00 Open Gym 9:00 Social Hour 11:00 Turn Up Gardeners 1:00 Movies 1:00 Parlor Games	9:00-4:00 Open Gym 9:00 Gentle Yoga 1:00 Cribbage 1:00 Singer Swingers	8:30 Quilts R'Us 9:00-4:00 Open Gym 9:00 Social Hour 10:30 Age in Motion 2:00 Billiards/Pool	9:00-4:00 Open Gym 10:00 Bridge 1:00 Turn Up Gardeners 1:00 Parlor Games 2:00 Handmade Cards		
8	9	10	11	12	13	14
9:00-4:00 Open Gym 9:00 Kripalu Yoga 10:30 Age in Motion 1:00 Chair Yoga 2:00 Ping Pong	9:00-4:00 Open Gym 9:00 Social Hour 11:00 Turn Up Gardeners 1:00 Movies 1:00 Parlor Games	9:00-4:00 Open Gym 9:00 Gentle Yoga 1:00 Cribbage 1:00 Singer Swingers	8:30 Quilts R'Us 9:00-4:00 Open Gym 9:00 Social Hour 10:30 Age in Motion 2:00 Billiards/Pool	9:00-4:00 Open Gym 10:00 Bridge 1:00 Turn Up Gardeners 1:00 Parlor Games 2:00 Handmade Cards		
15	16	17	18	19	20	21
9:00-4:00 Open Gym 9:00 Kripalu Yoga 10:30 Age in Motion 1:00 Chair Yoga 2:00 Ping Pong	9:00-4:00 Open Gym 9:00 Social Hour 11:00 Turn Up Gardeners 1:00 Movies 1:00 Parlor Games	9:00-4:00 Open Gym 9:00 Gentle Yoga 1:00 Cribbage 1:00 Singer Swingers	8:30 Quilts R'Us 9:00-4:00 Open Gym 9:00 Social Hour 10:30 Age in Motion 2:00 Billiards/Pool	9:00-4:00 Open Gym 10:00 Bridge 1:00 Turn Up Gardeners 1:00 Parlor Games		
22	23	24	25	26	27	28
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29	30	31	1	2	3	4
9:00-4:00 Open Gym 9:00 Kripalu Yoga 10:30 Age in Motion 2:00 Ping Pong	9:00-4:00 Open Gym 9:00 Social Hour 11:00 Turn Up Gardeners 1:00 Movies 1:00 Parlor Games	9:00-4:00 Open Gym 9:00 Gentle Yoga 1:00 Cribbage 1:00 Singer Swingers	8:30 Quilts R'Us 9:00-4:00 Open Gym 9:00 Social Hour 10:30 Age in Motion 2:00 Billiards/Pool	9:00-4:00 Open Gym 10:00 Bridge 1:00 Turn Up Gardeners 1:00 Parlor Games 2:00 Handmade Cards		



FREE DeMar Training Sessions for 70+ Super Seniors

- Super Seniors who plan to participate in the DeMar Marathon can take advantage of FREE group training sessions at the YMCA.
- Training will be **Mondays at 10 AM**, either outdoors or on the indoor track, depending on weather.
- Participants will meet in the lobby. Tell the staff person at the desk that you are a Super Senior.
- You will need to sign a standard visitors waiver.
- Sessions include a warm-up, a mile walk on the track or outdoors, and then a brief cool down. Y trainers will also share tips for reaching your personal fitness goals.
- Joggers and runners are also welcome, but the primary focus will be on walkers.
- 10 AM on the following dates:
August 9, 16, 23, 30
Sept 13, 20 (no session 9/6)
- The race is on Sunday, Sept. 26, 2021

CHESHIRE VILLAGE AT HOME

Cheshire Village at Home's Summer Ice Cream Social, a safe & physically distanced event. All CV@H members, volunteers, Keene Senior Center members and community members interested in what we do are invited!

Thursday, August 5 from 1:30-3:00 pm

at the West Keene's Piazza Ice Cream (formerly Cowlick's), at the corner of Maple Avenue and Park Avenue.

Come & get out of the house, celebrate summer, friendship, ice cream, & getting together with others!

Cheshire Village at Home and Keene Senior Center members can call 603-903-9680 to request a ride.



KATE'S CORNER

by Kate Forcier

MEMORY... Better Brains with B's!

The B vitamins- especially B6 and B1 - plus folate and thiamin are all key players in better brain function. Also, dehydration can cause memory problems. These are some foods that may help with your memory:

Asparagus - B vitamins

Yellow mustard (curcumin) - may block the plaques from forming in your brain

Almonds and almond butter - Omega 3

Apricots - beta carotene

Cantaloupe - vitamin C

Apples, blueberries and prunes, peas, carrots, squash and broccoli - are antioxidants

SUPER FOODS FOR SENIORS

Fish (2xweek), olive oil, bananas, raisins, spinach and turnip greens, cabbage, green tea, guava and Ginko Biloba. Calcium also plays an important role in the connections between brain cells.

FOR A SNACK

Raisins, peanut butter and sliced banana on a graham cracker

FOR BREAKFAST OR FOR DESSERT

Ricotta (with part skim milk) with blueberries, cantaloupe, apricots - with a few shakes of ground cinnamon for heart health



BE INVENTIVE - MAKE A SMOOTHY!!

Taken from Super Foods for Seniors, by the Editors of FC&A medical publishing.



Senior Center Reopening policy:

If you are fully vaccinated, masks are not required. If not please wear a mask. If you have any questions call mary@thekeeneseniorcenter.org

This policy is based on current information about COVID in our community and subject to change if circumstances change.

As a reminder, guests are always welcome to Senior Center activities! Inviting non-members to the Center is a great way to grow our membership, which in turn allows us to offer more programs. Please introduce your guest to Center staff so we can welcome them personally.

For classes with outside instructors, we ask for a small donation from non-members.



- STANDING DESK FOR LEAH
- NEW PING PONG BALLS
- EITHER RESURFACED OR NEW PING PONG PADDLES
- POOL CUES
- STEREO WITH DVD PLAYER WITH USB PORTS AND SPEAKERS.

In honor of NATIONAL TELL A JOKE DAY on August 16th...

WHY DO MELONS HAVE WEDDINGS?

Because they cantaloupe

WHAT DO YOU CALL A FAKE NOODLE?

Impasta!

WHAT DID THE DRUMMER CALL HIS TWIN
DAUGHTERS?

Anna one, Anna two

WHAT HAPPENS WHEN YOU
PARK ILLEGALLY?

You get toad



HERE ARE OVER 100 REASONS TO JOIN US FOR THE SENIOR CENTER GOLF TOURNAMENT ON SEPTEMBER 8TH, 2021

PRIZES DONATED TO DATE:

Paws to Groom, The Inn at East Hill Farm, Midas, Copper Cannon Distillery, Chesterfield Inn, Keene Cinemas 6, Twinkletown, MJD & Company, Little Zoe's Pizza, Pine Grove Springs Country Club, Hooper Country Club, Sherwin-Williams, Kimball Farms, Northeast Mountain Footwear, Douglas Toy, Tractor Supply, The Village Blooms, Diamond Pizza, Sam's Outdoor Outfitters, A-1 Pizza, Area 51, Peterborough Basket, Stuart & John's , Peterborough Diner, Shaw's Supermarket - Walpole, Hubert's Family Outfitters, Runnings , Saxtons River Distillery, Keene Country Club, Pappagallos, Karl Roberts "Cuts for Men", Keene Beauty Academy, United Natural Foods, Monadnock Ford, Friendly Farm, Tempesta's Restaurant, The Black Swan, Northfield Golf Club, Newport Golf Club, Manhatten East , Rick's Gourmet Ice Cream, The Marina Restaurant , Brattleboro Country Club, Toy City, Monadnock Harley-Davidson, Branch and Blade Brewing, Five Guys, Shattuck Golf Course, The Toadstool, Bookshop, Howard's Leather Stores, Putney Winery, Dick's Sporting Goods, Pizza Pie, Longhorn Steakhouse, Chili's, Price Chopper, Classie Clip Grooming, Peterborough Players, Eat More Cake, Heaven Hair Gallery Salon, Dinner Table, Target, Nissan of Keene, Aubuchon Hardware, Maurice's, Mama McDonough's Irish Pub, Ground Up Landscaping, The Big Deal, Chebaco Kennel, Monadnock Ford, Aldworth-Long Estate LLC, Andy's & The Oake Shoppe, Walier Chevrolet, Edward Jones, JBI Helicopter, Dunkin Donuts, Peoples United Bank

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YouTube



HANNAFORD is asking all participating non-profits to collect the books and bring them to the store .

We are going to be featured in November and would be happy to add your books to our collection!



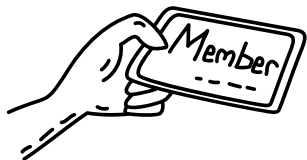
Membership Matters!

Keene Senior Center dues are remaining the same for 2021. If you are able, please consider adding an additional donation for the Building Fund.

Individual Membership = \$60
(Income < \$25k = \$48)

Couples Membership = \$108
(Income < \$30k = \$84)

Scholarships are available - please ask for an application.



ONGOING FUNDRAISERS

You can donate your unwanted car **whether it runs or not**. Call us at 603-352-5037 and our partner, Leon's Auto Center/J&L Auto Body will appraise, haul and sell your car at the best possible price to assure the highest tax deduction for you.



The **Thrift Store** is open Monday-Friday from 9:00-4:00 pm with a great selection of men's and women's clothes, jewelry, and home decor. Donations are accepted Monday-Friday.



Volunteers!

Are you interested in volunteering? We could use help with the Thrift Store, front desk tasks, and activities.

Third Thursday Zoom event

TED talks

hosted by **America House**

RSVP to Christy at
keeneassistant@americanhouse.com
to get the Zoom link

August 19th at 12:30pm
Topic: **UNIQUE HOUSING**

- 1) Dan Phillips: Creative Houses from Reclaimed Stuff
- 2) Elora Hardy: Magical Houses, Made of Bamboo



Here's an excellent calendar of events for the Keene area:
<https://explorekeene.org>



THE KEENE SENIOR CENTER
70 COURT STREET
KEENE, NH 03431



NON PROFIT
ORGANIZATION
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PERMIT #18

IT'S TIME TO GET YOUR TEAM TOGETHER!



The Keene Senior Center's

first EVER!

Golf Tournament

September 8th

All ages welcome!

Entry fee includes your round of golf,
a golf cart, and lunch.

