



**SENIOR**

# SENTINEL

The latest news from The Keene Senior Center - January 2023



**Thank you to everyone who helped with the Holiday Faire!** We had a record **48** gorgeous baskets beautifully wrapped by **Kathy B.**, delicious cookies, breads and Whoopie Pies, plus beautiful cards and crafts for sale, all donated by generous members. Huge thanks go to the classes and individuals who put together baskets or donated basket items, and to **Diane B.** for setting aside unusual donations to the Thrift Store for use in the baskets and for writing many of the descriptions. Member volunteers who helped set up, break down and on the day of the Faire, plus everyone who made treats and crafts to sell, are deeply appreciated. A big thank you also goes to everyone who came out to support the Senior Center.



### Come Visit Us:

70 Court Street  
Keene, NH 03431



### Senior Center Hours:

Monday-Friday  
8:30-4:30pm

Phone: 603-352-5037

### Court St. Thrift:

Monday-Friday  
9:00-4:00pm



email: [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org)

website: [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)



# FROM THE DIRECTOR

Wow! What a year it has been. It's a little mind-bending that we are now in 2023! It's been 60 years since *The Jetsons* first aired on TV. This futuristic show was set in 2062 - now only 40 years away. (Did you know that George Jetson was born on July 31, 2022?). I still have hopes we will have access to jet packs and robot housekeepers in the near future. Hanna and Barbera were certainly trying out new ideas and that has made me reflect on the creative classes, events and activities that have kept the Senior Center buzzing.

I am continually amazed at the inventiveness of our members and volunteers. **Janice B.** and her trusted second **Karen W.** bring cards to life every other week and those cards have been the source of steady fundraising as well. **Alicia D.** supports and encourages fine artists as they work on amazing paintings or have their work kindly critiqued. We were gifted parts and pieces for jewelry and **Gina C.** has seen an active group of new jewelers making gorgeous pieces to wear or for gifts. **Billie J.** not only contributed interesting and whimsical items for the 2021 Holiday Faire, but also led a number of engaging craft classes earlier this year. More recently **Juanita R.** has been crafting with milk week pods, introduced members to some wonderful light up

snow globes and has fun new ideas for 2023! **Diane B.** started the *Create in the Kitchen* series with refrigerator pickles. Spring swing dancing classes led by **Cierra T.** were fun and challenging. **Sarita D.** has been leading the FAB Gals self-care classes and **Meg W.** offered Soul Collage classes - another form of self-care. Finally, **Jack and Emily Coey**, the father/daughter team, led guided walks around Keene throughout the summer. I am grateful that these generous and talented people donate their time and expertise to the Senior Center. Creative pursuits and learning new skills keep the mind young!

We are also always interested in having members show off their skills. Do you have a hobby you would like to share? Are you an expert in a topic you think others might enjoy? Please, let us know! Our marvelous crafters not only offer to teach others, but typically donate some of their work to the Holiday Faire or for sale in the Thrift Store. The Senior Center and members are truly blessed!

Cheers,

Mary

## LOOK WHO'S BLOWING OUT CANDLES THIS MONTH:

Mary Ann, Nick, Sonia, Miriam, Nicholas, Olaf, Susan, Doug, Jay, Alfrieda, Betty, George, Susan, Edith, Dorothy, Lawrence, Arla, Carolann, Dorothy, Rachael, Joan, Joanne, Susy, Katherine, Christopher, Lillian, Mike, Sarah, Richard, Virginia, Carol, Jim, John, Janet, David, Annie, Peter, Theresa, Charlotte, Rosemary, Christine, Richard, Colton, Pat, Nancy, Shirley, Diane, Patricia, Loretta, Elizabeth, Donna, John, Linda, Juanita, Genesis, Patricia, Susan, Edward, Scarlett, Phyllis, Angela, Dawn, Mary, Miriam, Diane, Margaret, Nancy, Gerhard, Carol, Julia, Bennett, Ida, Kendall, Jack, Julia, Paul, Joan, Patricia, Garry, Ruth, Alicia, Linda, James, Gail, Lorraine, Ann, Joan, Harold, Jacqueline, Sheila, Frank, Shannon, Rebecca, Mary, Kimberly, Deborah, Jo-Anne, Lilla, Albert, Arnold, Lynn, JoAnn, Barbara, Rona Lee, Carelle, Vicky, Rusty, Winifred, Lori, Elizabeth, Hilary, Carol, Jacqueline, Pat, Richard, Debra, Marlana, Francoise, Edward, Tony, Bill, Nicole, Robin, Richard, Claire, Roelof, and Nancy!



## OTHER REASONS TO CELEBRATE:

- 1/1 Polar Bear Plunge Day
- 1/4 National Spaghetti Day
- 1/10 National Houseplant Appreciation Day
- 1/11 National Take the Stairs Day
- 1/18 National Thesaurus Day
- 1/24 National Compliment Day
- 1/29 National Puzzle Day



# ANNUAL MEETING

## Come one, come all to the Keene Senior Center Annual Meeting!

**January 19th from 3-4 pm at the Senior Center and offered on Zoom.**

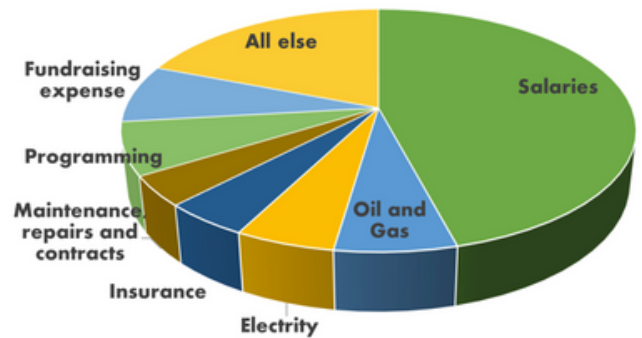
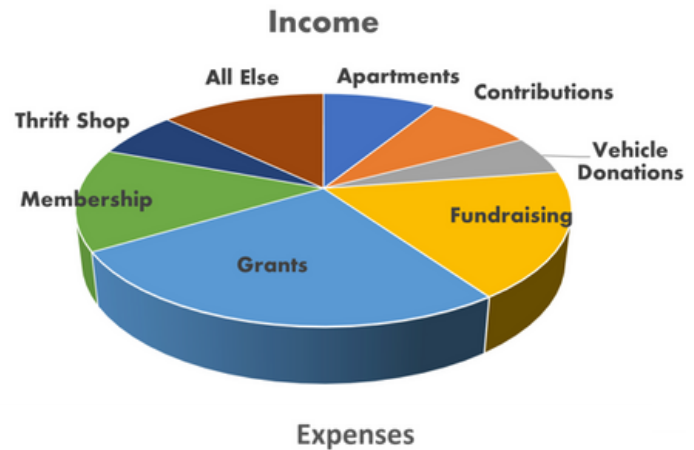
Budget discussion, introductions of new Board Members and heartfelt thanks for excellent service by retiring Board Members. Annual review slideshow of events and programs, drinks and snacks provided. Feel free to stay afterwards for the January Board meeting from 4-5 pm.

### Budget Review:

We have been open for 17 months after being closed for 17 months. We have over 350 members, many returning after the COVID hiatus, and many new members as well. Fiscally we have been frugal, and that has helped us keep us out of the red. In the next few years, we need to increase fundraising and pursuit of grants to avoid dipping into reserves. Our biggest expense is personnel and while volunteers do so much for the Senior Center, there still needs to be paid personnel to keep the train on the tracks and on time.

Everyone, including the Senior Center, has been hit hard by the fuel and electric increases. Our 200-year-old building is expensive to heat, and cool, as lovely as it is. As we are all aware, the lack of parking is a problem that does not have an easy solution. Moving to a new location, preferably to a building with lower overhead costs and more parking, is still a goal that the Board is pursuing. The lack of parking limits everything from

programs to growth in membership and, in the long run, affects the ability to increase revenues. If you would like to know more about the budget, if you are interested in helping to increase revenues, if you have suggestions for a potential new home, please stop by and share your thoughts. Every member is always welcome at Board meetings, and we are particularly looking for new members for the Development and Long-range planning committees. Board membership not required!





# CLASSES & ACTIVITIES

## FAB Gals

FOR 50+  
WOMEN



### Play and Movement Classes



Tuesday, Jan. 17th at 5 PM  
**Happy Dancing**

Learn why all those TikTok Dancers are always smiling!  
Class is free to members; non-members \$5

Tuesday, Jan. 31st at 5 PM  
**Healing Facials**

Learn about the healing powers of self-care by making your own nourishing face serum using natural oils and flower and plant essence. With this magical concoction, you will learn a geisha-inspired detox facial routine designed to nourish and celebrate your body.  
Class is \$5 members; \$10 non-members



### Create in the Kitchen

## Nori Rolls (sushi)

**Monday, Jan 23**

**1:30-2:30 PM**

We will be making Sushi (Nori Rolls) using different fillings: cucumber, roasted red pepper, avocado, carrots and sprouts.



Each participant will leave with a sushi mat, and sushi.

**\$5 for members**  
**\$10 Non-members**

**RSVP by Friday 1/20**

## TED talks

Thursday, Jan 12

@ 12:30 PM:

**TOPIC: "Food & Survival"**

- **Pamela Ronald:** The case for engineering our food
- **Laura Boykin:** How we're using DNA tech to help farmers fight crop diseases



## CREATING TOGETHER

**Fri... 1/6: Jewelry Class with Gina**

**Fri... 1/13 Card-making with Janice**

**Fri... 1/20: Jewelry Class with Gina**

**Fri... 1/2: Card-making with Janice**

## AARP DRIVING REFRESHER COURSE

An 8-hour AARP driving class will be offered over two sessions:

Tues. 1/31 and Thurs. 2/2.

Each class is from 12-4 pm and will be taught at the Senior Center by Driving Safety Instructor Tim McCool.



- \$20 for AARP members
- \$25 for non-members
- Register by January 27





**Remember the Senior Center in your estate planning for 2023!**



# JANUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LUNCH!</b> Thursdays 11:30-12:30 \$5 pp RSVP by TUESDAY</p> 	<p>9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga</p>	<p>10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: <i>Top Gun Maverick</i></p>	<p>9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers</p>	<p>9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Ted Talks <b>1:00 CVAH SOCIAL</b> 11:30-12:30 PM</p>	<p>9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Card-Making Class</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p><b>Monday 1/23</b> <b>CREATE IN THE KITCHEN</b></p>  <p>We're making <b>Nori (sushi) rolls</b> <b>\$5 per person</b></p>	<p>9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga</p>	<p>10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: <i>Magic Mike 2</i></p>	<p>9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers</p>	<p>9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I 11:30-12:30 PM</p>	<p>9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Card-Making Class</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>
<p><b>MLK</b> ***DAY*** CENTER CLOSED</p>	<p>10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: <i>Banshees of Inisherin</i> <b>5:00 FAB Gals: Happy Dance</b></p>	<p>9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers</p>	<p>9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I <b>12:00 TRIVIAL!</b> <b>3:00 ANNUAL MEETING</b> 11:30-12:30 PM</p>	<p>9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Jewelry Class</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>	
<p>9:00 Kripalu Yoga 10:00 Bowling @ YL 10:30 Age in Motion - II 1:00 Chair Yoga</p>	<p>10:30 Age in Motion - I 1:00 Bridge 2:00 Movie: <i>Princess Monoke</i> <b>5:00 FAB Gals: Facial Serum</b></p>	<p>9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers</p>	<p>9:00 Quilts R Us 10:00 Knitting Corner 10:30 Age in Motion I 11:30-12:30 PM</p>	<p>9:00 Computer Help 10:00 Bowling @ YL 10:30 Age in Motion - II 12:30 BINGOI 1:00 Card-Making Class</p>	<p>10:30 Age in Motion - I (ZOOM from home)</p>	
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**January Social**  
**HOME SAFETY PRESENTATION**  
Jan. 12th at 1:00 PM  
hosted by:  
**CHESHIRE VILLAGE AT HOME**







# KATE'S CORNER

By: Kate Forcier

## Reduce your risk for Alzheimer's with diet changes.

- Beneficial foods include: Chicken, fish, nuts, legumes, eggs and olive oil!
- Eat fewer calories: losing excess weight improves brain health. Calorie restriction also lowers insulin, body fat, inflammation and blood pressure- all of which can reduce the risk for cognitive impairments and increase the formation of new brain cells.
- Ketones, another source of fuel created when the body burns fat, are healthier for the brain. A Keto diet may help prevent Alzheimer's (but diabetics should work with their doctor or nutritionist before trying a Keto diet).
- Eat more protein: the Institute of Medicine recommends getting 10-30% of calories from protein. Five ounces of cooked salmon 2x week has about 36 grams of protein for memory and other brain functions.
- Limit saturated fat like those found in rich desserts, red meat and fast foods - and use olive oil when cooking
- Turmeric contains the compound curcumin which is potent antioxidant and has anti-inflammatory effects.
- The flavanols in cocoa improve memory and other cognitive functions, helps reduce blood pressure and can improve insulin resistance.

*Excerpted from: Secrets to Healthy Aging from the Editors of Bottom Line*



### Any ukulele players out there??

If you would like to get together to share music and fun, we would love to hear from you! This is a new group, with interest from a couple of others, so plans are very flexible, depending on your needs.

If interested, please call or text Nancy Pollard at 603-762-7793.

## Heart Medicine mind body therapies



MIND AND BODY

- **Massage -**  
Swedish relaxation, deep tissue, myofascial, trigger point release, problem focus
- **Reiki**
- **Inner Bodywork -**  
mindfulness-based therapeutic dialogue

**Rebecca Marshall, MEd, LMT**

1 Elm Street, Keene, NH

Gentle dialogue and bodywork practices for releasing tension and restoring vitality & ease to the mind and body.

To learn more, please visit the website.  
Questions welcome!

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**Active Community Member & Volunteer**



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[cjoyce@ne.rr.com](mailto:cjoyce@ne.rr.com)

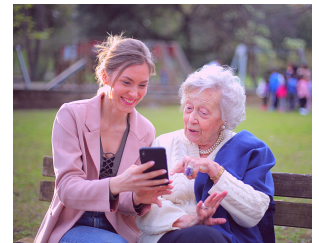
**Cell: 603-209-4431**

603-357-4100 Ext. 130



# Cheshire Village at Home

One call sets you up with a ride, help at home, social visits, or wellness calls. **If you or anyone you know could use a hand, please call (603) 903-9680**



**CHESHIRE VILLAGE AT HOME**

## January Social

January 12th at 1:00 PM at the Senior Center or via **ZOOM**

Home Safety Presentation by Ben Neal from Home Health Hospice and Community Services.

Please RSVP for this event: 603) 903-9680.  
The Zoom link is on the website



## VOLUNTEER PROFILE



Randy Emerson is well acquainted with Cheshire Village at Home both as a volunteer and from the perspective of membership. His mother is a CVAH member. Randy's grandmother lived independently until 6 weeks before she died, just prior to turning 102. Randy feels she could have benefitted from the kind of services that a program such as CVAH provides to help seniors such as his grandmother remain at home with help.

Randy grew up in Greenfield, MA and went to school there through high school. He subsequently received a BS in Civil Engineering from Worcester Polytechnic Institute where he was a member of the Sigma Alpha Epsilon fraternity. His career included 38 years in the property insurance industry; 20 years in fire protection engineering then 18 years doing Catastrophe Modeling and Predictive Analytics. He retired in 2014. He and his wife have been married for 46 years "and counting". They have two adult children. Before retiring to Stoddard in 2015, he and his family had lived in Bedford NH for 32 years. When not volunteering Randy is occupied with golf, fishing and "handyman projects". We welcome him as one of our newer volunteers

### The knitting elves were hard at work last year!

Some elves knitted dozens of lap robes, hats and mittens and other elves brought those items to local schools, nursing homes and shelters. This quiet generosity provides winter warmth to many.



**Thank you elves!**





The Keene Senior Center  
70 Court Street  
Keene, NH 03431



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## 2022 HOLIDAY FAIRE: Quilt and Basket Raffle Winners

### Basket Raffle:

**Sally Rinehart** - It's All About Christmas  
**Melinda Mosier** - Puzzle Challenges  
**Kathy Boilard** - Game Night  
**Kathy Bedaw** - Wine Enthusiast  
**Dale Brown Sr** - Take Me Away Spa  
**Terri Robbits** - Love My Dog  
**Rosalie Mouglin** - Baking Favorites  
**Dawn Buckley** - Quilting  
**Diane Buckley** - Knit or Crochet With Me  
**Anne Havil** - Salsa & Chip Party & Cooking For Two  
**Lois Russo** - Tree Ornaments & More  
**Kim Rumrill** - Quilted Kitchen  
**Priscilla Brisson** - Santa Love  
**Jaime Henry** - Gadgets & German Christmas  
**Elaine Pratt** - Baking With Style  
**Aric LeClair** - Doggy Comfort  
**Anneke** - Crochet With Me & Pressure Cooker



**Cheryl Tolman** - Cross Stitch  
**Marcia Contarino** - Kitchen Basket  
**Dorothy Scully** - Home For Christmas  
**J. Bellamy** - Picnic For Two  
**Pat McDerby** - Let's Quilt  
**Jan Manwaring** - Comfy Cozy  
**Barbara F. Lindsey** - Fit For A Queen  
**Karen McCarthy** - Craft Kits  
**Heather Rocheleau** - Pampered Chef  
**Cathy Buffum** - Snowman Crazy  
**Rebecca E. Todd** - Get Your Flex On  
**Johanna Lourie** - That's Italian  
**Ruth Shepard** - Jerky Maker  
**Nina Williams** - Bread Machine  
**Patti Conway** - Camping/Hiking  
**Janet O'Brien** - A Friend For Bella  
**Linda Price** - Paper Crafts  
**Richard Godek** - Party Girl & Tea And Cookies)

**Ginnette Groome** - Cozy Wrap Up  
**Betty Zinn** - Puzzle Palooza  
**Juanita Ray** - Try Beadwork / Weber Grill  
**Ken Wilder** - Stonewall Kitchen  
**Betty Christiansen** - Advent House  
**Betty Forrest** - Kitty Comfort  
**Karen O'Mara** - Gift Card Basket

### Quilt Raffle:

**Irene Anderson** - Large Green Quilt  
**Elena Acosta** - Medium Blue Lap Robe  
**Diane Gregory** - Small Brown Border Lap Robe

