

Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: info@thekeeneseniorcenter.org

Website: www.thekeeneseniorcenter.org

Senior Center Hours: Mon–Friday 8:30am–4:30pm
and Saturday 10:00am–2:00pm

Thrift Store Hours: Mon–Friday 9:00am–4:00pm
and Saturday 10:00am–2:00pm

*Staying Active
Making Friends
Feeling Welcome*

THE KEENE SENIOR CENTER NEWSLETTER

May 2020

Special Edition #2: Life during the corona virus pandemic

Here are a few things your Senior Center is doing to help you during this time of Sheltering In Place:

- Volunteers are making calls to members, checking in and saying hello, plus asking if members need anything that The Keene Senior Center can help with. These include:
 - **Groceries**—The Keene Young Professionals, or KYP, has been helping to do grocery shopping and delivering the groceries to people who cannot safely shop themselves. Go to <https://www.keeneypn.com/community> or call 603-355-7997 for more information.
 - **Resources**—please remember to visit our COVID-19 page on the website: <https://thekeeneseniorcenter.org/covid-19-information>. You can find local, state, and federal resources there, including healthy handouts from the CDC.
- **Activities**—Look for Stuart Carswell’s challenge in this newsletter to make art while you are isolating. Once we have reopened, watch for a program to display what we’ve created!
- **Help with Zoom**—If you have a smartphone, tablet, or computer with a camera, Meg Whittle has volunteered to help you get set up with Skype or Zoom so that you can stay in visual touch with friends and relatives. Send an email to megthetech@gmail.com for help.
- **Additionally:**
 - Check out The Senior Center Website: www.thekeeneseniorcenter.org
 - Cheshire Village at Home website: www.thekeeneseniorcenter.org/cvah
 - Facebook: www.facebook.com/pg/The-Keene-Senior-Center-295872914277519
 - Email blasts—watch for regular emails about topics of interest
 - Virtual classes—stay tuned for online classes from our instructors
 - Senior Arts and Crafts Show—Check out page 2 for Stuart Carswell’s challenge!
 - Cameron Tease: ctease@thekeeneseniorcenter.org. Email Cam with questions or comments.

The Art Project Stuart Carswell

What to do now that I have to sit at home alone, while our Senior Center is closed? I've got to get active or I'll get bored and depressed watching the news on TV.

So for two days I tossed out clutter. When I came across an old art canvas, I was inspired, and decided to start painting again after many years. I also was a woodworker, so I made a few bird seed trays from scrap wood and put them outside to feed the newly-arrived migrating song birds now filling my garden.

I thought about encouraging Senior Center members to start up their past creative interests. I wondered about a show where our efforts could be displayed when we're able to get together again. I sent a photo of my painting to Cam, Dori and Jen with a suggestion of holding an arts & crafts show of items made by Senior Center members.

Wow! They got on it—putting a post on Facebook and sending out an encouraging us all to get active and be creative and keep well while at home!

Hope to see you with your creation at our Arts & Crafts Show!

News from The Good News Network

By Andy Corbley, Apr 11, 2020 | www.goodnewsnetwork.org

How to be Happier During COVID: Decades of Science Shows That Gratitude, Love, and Connection Can Save Your Life

With no vaccine or drug that reduces symptoms readily available to help the body combat COVID-19, social distancing and self-isolating is one of the most effective measures of prevention to ensure that hospitals don't become overwhelmed with sick patients.

But the methods most readily available to help reduce the stress and anxiety resulting from seriously difficult times—an embracing hug, seeing friends, or visiting parents or grandparents—are exactly the things we're told not to do.

There are other options, however—and over 50 years of documented research suggests that we can reduce symptoms of anxiety, and even physical pain responses, by doing them.

In a meta-analysis looking at a half-century of research, scientist found that both the act of smiling and seeing smiles can actually make people happier. Try it right now for yourself.

In another pilot study, scientists confirmed that altruistic acts—like charitable actions towards neighbors or strangers, altruistic giving, or donating blood—can actually reduce the physical sensations related to pain.

(Continued on page 13)

Subaru of America and Subaru of Keene Share The Love with The Senior Center

The Keene Senior Center received a \$28,000 check from Subaru of Keene, part of the Fenton Family Dealerships in Keene and Swanzey, from their 2019 Share The Love Event. Bill Fenton, founder and owner of Fenton Family Dealership, presented the check to Cameron.

For 12 years, Subaru of America and its retailers who participate in the Share The Love Event have made donations to charities. People buying or leasing a new car can choose between four national and a hometown charity to receive a Share The Love \$250 donation from Subaru of America Inc. Subaru of Keene selected The Senior Center as this year's local charity.

We are honored that Subaru of Keene chose The Keene Senior Center as its local charity. We are grateful for how enthusiastically Subaru of Keene's employees embraced and promoted The Senior Center's mission and for the support shown by their customers. The donation couldn't have come at a better time as we strive to help our members stay connected to The Center and with each other during these extraordinary times.

Share The Love Event which ran from November 14, 2019 through January 2, 2020, saw more than 630 Subaru retailers taking part nationwide.



Notes from Cam—May 2020

Dear Members and Friends,
As I write this The Senior Center has been closed for a month which is something few of us could have envisioned at the beginning of 2020. I hope that you are all well and finding strength and resilience from family, neighbors, friends, healthcare and other essential workers who unselfishly and courageously continue to provide us services, and community members and leaders who have stepped forward to meet the challenges from COVID-19.

During these extraordinary times, your Senior Center's staff, board, fellow members, and volunteers are committed to stay connected with you, provide useful information and to be ready to open again when it is safe to do so.

The warm calls project, coordinated by Dori, where each of our 400+ members receives a phone call (or two!) This has included volunteer callers, The Greater Keene Rotaract Club members, Savings Bank of Walpole employees, members of a local church, Super Seniors, The Senior Center's Board, and staff.

Meg has done a great job keeping our website current with COVID-19 information and resources and creating our Senior Sentinel newsletter. She will also help members who need Skype or Zoom.

Cheshire Village at Home volunteers have been meeting weekly to coordinate contacting every one of their members, provide urgent services, and keep members informed.

Jen and Dori are sending out email blasts twice a week with useful information and ideas for how to thrive while being cooped up at home.

Some Operation ABLE employees are volunteering while they are home to put helpful information on our Facebook page and coordinate CV@H services.

We are preparing to offer virtual classes whereby members can exercise and socialize with other members in "real time." Some of our class instructors have volunteered to conduct these classes!

The Board's Finance, Development and Long-range Planning Committees are continuing their important work to sustain The Senior Center financially and strategically.

We have been attending Monadnock United Way forums with other non-profits to collaboratively address issues faced by seniors during these times, such as food and physical isolation.

We are also pursuing grant and loan opportunities from foundations and the federal CARES Act.

In a nutshell, your Senior Center is here for you while our doors are closed, and preparing to be here for you better than ever when we can re-open.

In the meantime, please be safe, and stay connected with us and each other through The Senior Center's website, Facebook page, email blasts, virtual classes and of course our Senior Sentinel Newsletter!

Onward and upward!

Warm regards,
Cameron Tease



Independence with a little help *Cheshire Village at Home*



Check out The Keene Senior Center Facebook page!

We need more people to 'Like' and 'Follow' us. Use this address
<https://www.facebook.com/The-Keene-Senior-Center-295872914277519/>
to find our active fb page and 'Like' us!

Cheshire Village at Home Social Events

There will be no social events until the Governor Sununu's Emergency Orders 2020 have been lifted.

We urge all our members and volunteers to use social distancing and self-isolation for the foreseeable future to avoid contact with people who have the active virus as well those who are asymptomatic carriers of the virus.

Call 603-903-9680 for more information.

Cheshire Village at Home Formats

We have 3 membership formats: Trial (3 months); 6-month; and Annual.
We also have a limited number of partial scholarships for those who qualify.

Call for information: 603-903-9680

KEENE SENIOR CENTER FUNDRAISERS

Donate Your Unwanted Car to The Senior Center

It's so easy! Donating your car takes only five minutes. Call 603-352-5037, and talk with Cam. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price to assure the highest tax deduction for you. The Senior Center usually takes your car running or not and does all the paper work including the IRS documentation for your tax deduction. Your donation will make it possible for more people to enjoy The Senior Center.



Thrift Store

The Keene Senior Center's Bargain Box Thrift Store is open Monday-Friday 9:00am-4:00pm and Saturdays 10:00am-2:00pm with a great selection of women's and men's clothing, jewelry and other small decorative items. We are now carrying adult sizes XS-3X. Clothing donations are accepted Monday thru Friday and Saturdays.

Colony Antiques—now located at 48 Emerald Street.

Do you have a collectible object that is 50 years or older? Have an antique piece of furniture, or a work of art? Consider donating it to The Keene Senior Center. These items are consigned at the Colony Antiques, and the majority of the proceeds come back to The Center once the item is sold. Drop off your items at The Senior Center's front desk and we will take care of the rest.

Planet Aid

You will now see a familiar yellow box in the parking lot of The Senior Center. We will be hosting a donation bin for textiles only (clothes and shoes). Planet Aid is a nonprofit organization with a reputation for empowering disadvantaged peoples around the globe. Planet Aid uses the funds that are generated from selling the clothing we collect to support international aid projects in Africa, Asia and the Americas. The Keene Senior Center will receive \$.03 per pound of clothing collected.



Donate to The Keene Senior Center online!

using a credit card or PayPal

It's easy and it's secure!

Just visit <https://thekeeneseniorcenter.org/> and click **Donate** in the top menu bar.

You will be guided through the steps to donate once, or in a monthly fashion.

Help support all of the programs and activities of The Keene Senior Center!

Renew your membership online!

using a credit card or PayPal

It's easy and it's secure!

Just visit <https://thekeeneseniorcenter.org/> and click **Membership** in the top menu bar. Scroll to the bottom to find the renewal link, and you will be guided through the steps.

New members – please stop at the front desk to complete an application.

Craft Corner

YARN WORKERS

Welcome to our wall of yarn, in every color of the rainbow! Please help yourself to yarn, needles, and books, and make hats, scarves, mittens, and blankets of any size. We will accept your knitted items any time. Please label your bag with name, phone, and a list of items.

KNITTING GROUP

A beginner's knitting group. We are making warm items for the needy, so come join us!
(Thurs 2:00 to 3:30pm)



HANDCRAFTED CARDS

Janice Bourassa guides the group in creating beautifully handcrafted cards. Supplies are furnished, and as a member it is free.
(2nd & 4th Fri 1:00pm)

QUILTS R' US

The Quilts R' Us group meets Thursdays in the Craft Room. The group welcomes any interested members who would like to sew together and share ideas about quilting. There are sewing machines available, if bringing your own is tough.
(Thurs 9:30am)

Social Programs

SOCIAL HOUR—Free coffee, tea, and conversation.
(Every Wed 9:00-10:00am)

BILLIARDS/POOL—Let's start playing more billiards/pool! Bring your own cue stick, if you have one. Some are available here. **(Thurs 2:00pm)**



BINGO—There is a minimal cost to play.
(Fri 12:30-3:30pm)

BRIDGE—This card group meets at The Senior Center and at American House.
(Tues 1:00pm/Senior Center, Fri 12:30pm/American House)



CRIBBAGE—All levels of experience welcomed!
(Mon 2:30pm in The Senior Center Library)



PINOCHLE & HEARTS—All experience levels welcome, even those who have never played before, but are interested in learning.
(Mon 11:00am)

MOVIES IN THE LIVING ROOM

Join us in the living room for a movie! Let us know if you have any specific requests and we will work to fulfill them.
(Tues 1:00-3:00pm—after Tuesdays Together meal; Fri 1:00-3:00pm—after Garden Fresh Friday meal; Sat 10:15am)



SENIOR SWINGERS—Senior Swingers is our singing/performing group. They sing at many of The Senior Center functions, other senior centers, nursing homes, community events, and present an annual show in September. They are always welcoming new members. Just show up to sing along. There are no auditions. They are a spirited and fun group.
(Wed 1:00-3:00pm)

PING PONG—The Monday afternoon ping pong players would like to invite anyone interested in playing a fun, competitive game of ping pong on in the gym downstairs. Balls and paddles provided. Contact Charlie Wagar with questions by calling 352-5037 or email chucktheduck99@hotmail.com.
(Mon 1:30pm)



Advocacy Programs

NH ALLIANCE FOR HEALTHY AGING

Discuss a wide array of issues concerning aging in NH, including state initiatives, senior citizen advocacy, and legislative policies that effect all of us as we age. The NH AHA is a statewide coalition of organizations and individuals focused on improving the policies and services that support older adults and their families. Led by **Martha McLeod**.
(2nd Tues 12:00pm)

FITNESS AND HEALTH PROGRAMS

GYM FACILITY OPEN and available for your use. Equipment includes: bikes, treadmills, weights/weight machine and an elliptical. **(Mon–Fri 8:30am–4:30pm)**

LEARN TO USE THE GYM with **Tony Guarino**, long-time physical education instructor. He will help you learn stretching techniques and safety measures while using the machines. Plan to wear comfortable clothes, and if you have any physical limitations let Tony know so he can accommodate your needs.

(Tues 3:00–4:00pm)

AGE IN MOTION—Exercise programs designed especially for seniors who would like to work on strength, balance and prevention of falls. Sessions consist of warm-ups, lifting weights, exercises for balance and flexibility and a cool down period.

- **Age in Motion 2** (group led) recommended intro class. **(Tues & Thurs 10:30am)**
- **Age in Motion 1** is more advanced. **(Mon & Fri 10:00am)**

CHAIR YOGA features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **(Mon 1:00pm)**

QIGONG features slow and simple movements to encourage the smooth flow of Qi (energy) and promotes longevity, decreases pain, alleviates stress and increases balance, strength and flexibility. **(Wed 10:00am, \$3 instructor fee/class)**

YOGA is an exercise program that focuses on breath control, simple meditation and specific body postures while standing or lying on the floor. **(Tues & Thurs 9:00am)**

KRIPALU YOGA—can be a challenging approach to yoga emphasizing meditation and breath work, and encouraging inward focus and spiritual attunement. Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth, and spiritual awakening. **(Mon 8:45am)**

FITNESS AND HEALTH PROGRAMS continued

BEGINNERS TAI CHI will cover the first 18 postures of the Yang style TaiChi form. Each class will include warm up Chi Kung exercises and two to three TaiChi postures. The movement is slow, flowing and focused. TaiChi can improve balance, flexibility and mental focus. A DVD will be available for new students after the third class. Students may continue to attend class even though they have learned the 18 postures as a weekly practice.

(Thurs 11:30am)

INTERMEDIATE TAI CHI will continue beyond the first 18 postures to complete the Yang short form of 80 postures. Chi Kung warm up exercises and push hands practice will also be included. This class will be ongoing.

(Thurs 12:45pm)



PERSONAL ENRICHMENT PROGRAMS

BOOK CLUB

Are you interested in meeting new, interesting people? Do you like reading things you might not otherwise read? Do you like fun discussions? The Keene Senior Center's book club is the perfect program for you. Led by **Laura Stempkowski**. **(1st Thurs, 12:00 noon)**

CREATING YOUR FAMILY MEMOIR

Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. Led by **David Robinson**, who has 25 years of experience with book & magazine publishing. **(Thurs 11:00am)**

CREATIVE WRITING GROUP

Meets in The Senior Center Library. Led by **David Robinson**, who has 25 years of experience with book & magazine publishing. **(2nd & 4th Thurs 2:00pm)**

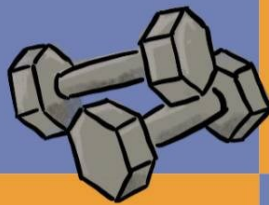
A GUIDE ON

Mental Health & Wellbeing

DURING QUARANTINE & RESTRICTED MOVEMENT

Stay Healthy Physically

...and not just about washing hands! Eat as well as you can, get quality sleep, and stay active (walk around, follow some stretching exercise on YouTube, clean your house even!) - strong body leads to healthy mind.



Routine, Routine

Set up and maintain some routine helps our mind to hold on to some form of normalcy. Try to structure your schedule with a balance of productivity, leisure, and rest, following a fixed time schedule. Don't over-stress yourself by being too strict too!



Try Something New

...or add some twists to what you like to do! Try new skills or hobbies (origami, writing poems, boardgames etc.) which require minimal resources. Sign up for online classes. Set themes for movie night. (90's comedies, cool-car-chase scene etc.). Be creative!



Limit News Consumption

It is normal to want to keep up to date with the on-going situation, statistics, government directives and all. But it's very easy to be overwhelmed with this endless stream of information. Set a limit to what you read and talk about the topic everyday.



Stay Connected

Quarantine and restriction movement order doesn't mean total isolation! Modern technology keeps us connected even when we are physically apart. Perhaps this is a good time to call up a friend whom you've not talked to for some time?



Don't Be Afraid to Get Help

We might be in a situation of heightened tension where many of us have not faced before - it is okay if you are more affected emotionally by this than others. It's a real concern - and you don't have to face this alone!



Additional Reading

- COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine (bit.ly/ADAA-guide)
- The Family Lockdown Guide: How to Emotionally Prepare for Coronavirus Quarantine (bit.ly/THEGUARDIAN-guide)
- How to Care for Your Mental Health During the Coronavirus Lockdown (bit.ly/SLATE-guide)
- 10 Tips For Preparing To Stay At Home Due To The Coronavirus (bit.ly/BUZZFEED-guide)

Stories and a Painting(!) Members Shared While Following the Stay-at-Home Order

Teresa Martin:

Greetings, hoping you and yours are well and enduring this situation as well as can be expected.

We are still at our winter home in Myrtle Beach, SC, and are sheltered at home as everyone else. We had an experience with curbside groceries yesterday and I must say although I've always enjoyed going aisle by aisle in the stores to see what food items prompt a new or even old recipes. But, this was quite an enjoyable process. They certainly make it easy. Maybe...they'll offer it after this virus decides to leave. ☺

Take care.

Thia Zakrzewski:

I have taken up painting again and am half way through this study of Autumn birches. Along with numerous practical home improvement tasks it is helping me not dwell on the situation and puts me in the moment to enjoy the many blessings still in my life.



Arnold Newman:

With all the bad news going around I am amazed at how so many people have come forward to make our lives easier. One of my neighbors is sewing masks for us. Another set up a table outside her apartment with small sealed containers filled with sugar-free and other treats. We are strictly keeping the 6' protocol.

Clerks and cashiers at Target were properly dressed with masks and sanitizers offering help at every turn. Watching young people and others across the country stepping up and doing things to help makes me proud to be an American.

Let the name callers, critics, naysayers and prophets of doom ramble on. They think the virus has brought us to our knees. They don't realize that's how millions of us pray. We will recover and be stronger than ever.

Stay Safe, Stay Well,

Stay Together by staying apart.

Show the young people how it's done

Laura Allen:

I have been doing my aim 2 exercises. I also have been doing a LOT of reading including homework from my sacred circle group at church which had to be abandoned at the church, but I am continuing it on my own. I am also knitting a hat.



Apartment Available for Rent

The Keene Senior Center has an apartment for rent on its second floor.

It has three rooms, one parking space and a great location near downtown.

Rent including utilities is \$850/month.

If you know someone who is interested, please contact Cameron at ctease@thekeeneseniorcenter.org



Daffodils in front of The Keene Senior Center, 4/12/20, C. Tease



Even while staying safe at home, it's important to keep physically active! Now that the weather's getting nicer, there are lots of fun ways to get moving outside. For days when that's not an option, here are some ideas for exercising indoors.

Free YMCA exercise videos, including categories such as Tai Chi and Active Older Adults: <https://ymca360.org/on-demand#/>

Free workout videos designed for older adults from the National Institute on Aging: <https://go4life.nia.nih.gov/workout-videos/>

Some local resources can now be found online as well:

The Keene Family YMCA streams workouts via Facebook Live. They're also available on their page to watch anytime: <https://www.facebook.com/KeeneFamilyYMCA/>

They also have a private Facebook group with lots more workouts: <https://www.facebook.com/groups/2266207993688321>

Keene Yoga Center is offering free classes online: <http://keeneyogacenter.com/offerings/online-yoga/>

If you'd like to support vulnerable local businesses, here are two that allow an optional donation for each online class:

<https://theyogaspacenh.com/>
<https://soulshinyoga.me/classes>

Put on some music that you love and dance! Just choose something with a good beat, and let loose!



The Senior Center staff are also hard at work to bring a few of our programs to you at home! You'll be able to join by computer or phone, more details are coming soon.

How to be Happier During COVID: Decades of Science Shows That Gratitude, Love, and Connection Can Save Your Life

(continued from page 2)

Written in Our Biology

The Washington Post reminds us that before we had tools or the intelligence to invent them, our earliest ancestors had teamwork and social groups. We have evolved over millions of years to be close to the people we love, to hold them, hear their voice, and perform tasks together.

When we are isolated from other humans, hormonal changes, typical of a crouching hunter on the plains of Africa in the dawn of humanity, take over in our brain; mainly to prepare us for danger. Norepinephrine, associated with the fight or flight response, but also inflammation, increases.

Inflammation helps to heal wounds, but has also been shown to exacerbate symptoms of anxiety and depression.

But being alone and isolated doesn't mean you're at the mercy of your biology—it can also work in your favor. Scientists from the University of Arizona found in an examination of 102 people that simply thinking about romantic partners reduced symptoms of stress, anxiety, and general feelings of sadness—as much as if the person were actually in the room!

Being Close Without Being Close

The scope of the COVID-19 impact in the United States, particularly in New York City is being compared with that of World War II, or for younger folks, the September 11th attacks.

But the differences between these tribulations were noted by Tim Dillon, a former NYC tour bus guide turned famous stand-up comedian. On a recent episode of his podcast, The Tim Dillon Show, “You could be together, you could hug each other, kiss people on the cheek; ... You could go out and eat pumpkin muffins and talk about how many bombs we were going to drop on the evil-doers.”

But the pandemic restricts these natural forms of mental fortification at the very moment we most need it. As Sarah Kaplan writing for The Post neatly surmises, “6 feet never felt so far.”

However in almost every case imaginable, positive social interaction, even in distant abstract forms like imagination, proves to have measurable impact on our health and well-being.

If you see something in the mainstream media that gets you down, try just calling a friend and telling them how much they mean to you. Expressing gratitude, either for a person's presence or a gift, as well as receiving expressions of gratitude, however awkward, was found in a study to be enough to trigger beneficial neurological changes that resulted in better mental health for both the senders and recipients of emails.

In a time when the social butterflies within all of us are stagnating, it's never been more important to tell someone that you love and miss them.

Senior Center Gift Certificates

The Senior Center has gift certificates available. You can buy one at the Front Desk for whatever amount you wish.

Have a hobby or interest you'd like to share?

Some of you have enjoyed presentations in the last few months on operettas, canine scent work, and Japanese porcelain, all topics that our members and staff are passionate about.

If you are interested in presenting on a topic that's important to you, we'd love to have you!

Contact Jen:

- via email at jzakrzewski@thekeeneseniorcenter.org
- by calling 603-352-5037
- or in person at The Senior Center

Resources for you

We have built a page on The Keene Senior Center website with links to resources for you to use to get clear, accurate, timely information about the Novel Corona virus and the disease it causes, COVID 19.

Please visit the website at

<https://thekeeneseniorcenter.org/>

to check in and find current information, as well as to see the current status of The Keene Senior Center itself.

Meanwhile, please know that we are thinking of you, our members and friends, while we all journey through this uncharted territory.

Facility Rentals

For meetings, parties, & other special functions: our facilities are available for rent by individuals and organizations. All are handicapped accessible, air conditioned, with on-site parking. Maximum capacity is 124 people.

Multi-Purpose Room

For-profit organizations: \$50 per hour
Non-profit organizations: \$25 per hour

Dining Room

For-profit organizations: \$50 per hour
Non-profit organizations: \$25 per hour

Living Room

For-profit & non-profit organization: \$25 per hour

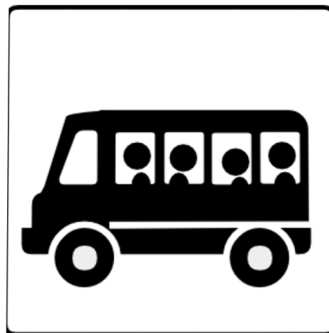
Please consider renting our space for your next big gathering.

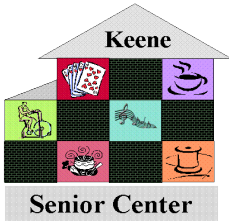
Call 603-352-5037

The Friendly Bus

Friendly Bus passes are available for Keene Senior Center members who need rides to and from The Senior Center Monday through Friday, 8:00am – 4:00pm.

A donation to the Friendly Bus is not necessary as this will be covered by The Senior Center as part of your membership. Please call the folks at the Friendly Bus to register 352-8494. Let them know you are a Senior Center Member!





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Return Service Requested

**Good timber does not
grow with ease.
The stronger the wind
the stronger the trees.**

~ Thomas S. Monson