



SENIOR

SENTINEL

The latest news from The Keene Senior Center - November 2022



WHAT DO YOU LOVE MOST ABOUT THE SENIOR CENTER?

GIVING TUESDAY

is a Global Day of generosity and an opportunity to support our valuable programs in a direct way:

- \$500 pays the electricity bill for one month
- \$250 supports a month of Thursday lunches
- \$100 pays for ten weeks of craft supplies
- \$75 pays for a one year membership for a senior with financial hardship
- \$50 buys materials for a cooking class

**TUESDAY,
NOV. 29TH**

Donations can be made on our website:
thekeeneseniorcenter.org or you can
donate by check at the Center.



CAN YOU HELP?

Holiday Faire

**Saturday, Dec. 3rd
9am to 3pm**

- Gift Basket raffle** - sign up to create a themed basket
- Cookie sales** - if you're a baker, we need you!
- Publicity** - help distribute fliers and signs in the weeks leading up to the event
- Raffle Ticket Sales** - pre-sell raffle tickets for the raffles
- Day of Event** - ticket sales, greeters, set-up and clean-up

**The Annual Fundraiser that
puts the *Happy* in the *Holidays*!**



Solstice Candle-Lighting December 21, 2022

Honor your loved ones this holiday season and support the Keene Senior Center!

Beginning in December, people can purchase celebration candles for \$5 to honor those most important to them. At sunset on **the 21st**, join us outside as we watch the names of those honored projected onto the side of the building amidst the light of hundreds of candle flames symbolizing gratitude, celebration, and remembrance.

If you would like to help with this event, please talk to Mary.



This issue of the Senior Sentinel is in memory Dorothy Stuart Arwe 

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

website: www.thekeeneseniorcenter.org



FROM THE DIRECTOR

It's been hard to think about the upcoming holidays with the beautiful warm weather October gifted us! Nevertheless the Holiday Faire, Solstice Candles and Giving Tuesday are all upcoming fundraisers and annual markers of another year coming to a close. I hope members will stop by and pick up a Holiday Faire basket starter kit – we have an amazing collection of items that can get you started – and a limited supply of baskets as well. The Solstice candles will be featured on December 21 outside of the Senior Center, along with a slide show of those being honored/remembered. Candles are \$5 each. We are pleased to be a part of Giving Tuesday, an on-line fundraiser that includes non-profits that are local and from across the globe.

We have upcoming workshops where you can make gifts of jewelry, interesting ornaments, and soup-mix-in-a-jar. You can let your imagination and talents take flight in our craft room where we have an abundance of beads, buttons, fabrics, paints, paper and other potential craft supplies if you have something in mind you'd like to make.

Have you stopped by the Thrift Store lately? There are interesting gift ideas or something new for your wardrobe. Our amazing new volunteers include Bonnie B., Gerry F.,

Valerie C., Theresa L., Lindsey B., and Cathy who have been hard at work organizing and managing donations. Board member and volunteer Diane B. has been a steady presence supporting all of the volunteers, sorting through donations and looking for gems that can be a part of a Holiday Faire basket, or are unusual enough to be highlighted in the store. Volunteers who were here in the "before COVID" times have returned: Gail P., is able to put her previous clothing store experience to good use, Gail B. has a knack for jewelry displays and Brian B. is always friendly and outgoing - and we are so happy to have them back. The Thrift Store is an important fundraiser for the Senior Center and we rely on volunteers and donations from the community to make it a success. Thank you to all of our volunteers and supporters!

Wishing you and yours happiness and delicious food – and I hope we see you soon!

Cheers,

Mary



LOOK WHO'S BLOWING OUT CANDLES THIS MONTH:

Elizabeth, Mary, Roberta, Linda, Jean, John, Timothy, Bill, Hasu, Karen, Pamela, Alvah, Gary, Margaret, Elizabeth, Ann, Dennis, Bonnie, Lyndsey, Marjorie, Carole, Geary, Kathleen, Sharon, Marilou, Sue, Warren, Francis, Theresa, Kathryn, Betty, Ann, Virginia, Marion, Tammy, Patricia, John, Jacqueline, Mike, Anne, Jennifer, Stephanie, Barbara, Sarah, James, Janice, Griselda, Mary Louise, Cindy, Janet, Alex, Adam, Vincent, Janet, Kathy, Allen, Janice, Louise, Ken, Nan, Marian, Roger, James, Angela, D'Vorah, Teresa, Susan, Kenneth, Cheryl, David, Marilyn, Jean, Jacqueline, Tom, Ellery, Brigida, Nancy, Claudette, Dorothy, Susan, Karen, John, Constance, Miriam, and Mark!



OTHER REASONS TO CELEBRATE:

- 11/1 National Vinegar Day
- 11/8 National Cappuccino Day
- 11/13 World Kindness Day
- 11/16 International Check Your Wipers Day
- 11/19 National Play Monopoly Day
- 11/21 National Gingerbread Cookie Day
- 11/28 National French Toast Day

CLASSES & ACTIVITIES



FAB Gals for women age fifty and better!
Anti-Inflammatory Diet and Balancing Hormones
with Ruth Clark, RD, MPH

Monday
11/14
5:30 PM

COOL THE FIRE
CURB INFLAMMATION AND
BALANCE HORMONES
28 DAYS TO RENEWED VITALITY

Lecture and food-tasting!

RSVP to the Keene Senior Center - 70 Court St. Keene, NH (603) 352-5037

Create in the Kitchen

Soup Mix in a Jar 

Monday, Nov. 14
1:30-2:30 PM

Choice of two soups: Chicken Noodle, Coconut Curry, or Italian Barley



Bring pint jars with lids

Free for members;
non-members \$3

RSVP by Friday 11/11

OPPORTUNITIES TO GET MOVING:

INDOOR WALKING
Monday-Friday - 7-9 AM

SUPER SENIOR PICKLEBALL
Tues & Thurs - 9-11 AM





THE KEENE REC CENTER
ACTIVITIES FOR SENIORS

312 WASHINGTON ST., KEENE, NH (603) 357-9829

NOVEMBER LUNCH MENU

Thursday, 11/3
Chicken Noodle or Red Lentil soup with cheesy biscuits, and dessert

Thursday, 11/10
American Chop Suey, green beans, dessert

Thursday, 11/17
Tomato Vegetable Bean soup, Tuna Melt or Grilled Cheese, and dessert

Thursday, 11/24
Happy Thanksgiving!
(the Center is closed)





CLASSES & ACTIVITIES

TED talks

Thursday, Nov. 10th @ 12:30 PM:

This will be a LIVE Ted talks with Eric as he discusses the Mid-West National Parks with some history, photos, & video to see his most recent excursion to Badlands, Wind Cave, Theodore Roosevelt & Voyageurs National Parks.



Fri... 11/4: Jewelry Class with Gina

Mon... 11/14 Card-making with Janice

Fri... 11/18: Jewelry Class with Gina

Mon... 11/21: Card-making with Janice



BOOK CLUB

Thursday, 11/3 at 12:30 PM

A Visit From the Goon Squad

by Jennifer Egan



Thursday, 12/1 at 12:30 PM

The Memory Of Running

by Ron McLarty

READING + FRIENDSHIP = BOOK CLUB



SANTA CRAFT

using Milkweed Pods!

This class will be taught in two sessions:

Monday, Nov. 7th at 1:00 PM

Wednesday, Nov. 9th at 1:00 PM



Free for members; \$3 for guests

FAB Gals

for women Fifty and Better

Play & Embodiment Classes

Tuesday, Nov. 15th:

FAB Gals Dance class

Explore self expression through movement with this modern inspired dance class

Class is free to members; non-members \$5

Tuesday, Nov. 29th:

DIY Self-Care

Make your own gentle toner with witch hazel and plant extracts! Take one home for yourself or make one for a gift!

Class is \$5 for members; non-members \$10

Tuesday Movie Club

Like a Book Club, but with popcorn!



11/1 - *The Witch* R, 2015, Horror/History, 1h 32m

11/8 - *Elvis* PG-13, 2022, Biography/Drama, 2h 39m

11/15 - *Nope* R, 2022, Horror/Mystery & Thriller, 2h 15m

11/22 - *Everything Everywhere All at Once* R, 2022, Comedy/Adventure, 2h 12m

11/29 - *The Green Knight* R, 2021, Fantasy/Adventure, 2h 5m



Instructor Sarita Drew, featured with four FAB Gals modeling their hand-made fascinators.



A vertical arrangement of autumn vegetables including an eggplant, sunflower, pumpkin, grapes, and a roasted turkey leg.

Holiday Faire
9-3pm

KATE'S CORNER

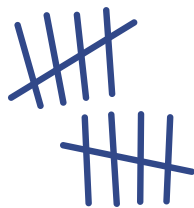
By: Kate Forcier

Blues buster for winter!

From Super Foods for Seniors by the Editors of FC&A Medical Publishing

Ten foods to lift your spirits!

1. Feel good from the folate in pinto beans!
2. Test tasty tips of asparagus!
3. Snack on sardines for a clear mind!
4. Boost your brain with a baked potato!
5. Live happy with liver!
6. Grill salmon to balance your brain!
7. See a brighter future with beets!
8. Eat clams and be "Happy as a Clam"!
9. Pep up with sweet red peppers!
10. **Beat your blues in a bowl of Gumbo!**



Chicken Gumbo Soup

From: The Betty Crocker Cookbook

Use a 2-quart pot

- 1 cup chopped onion
- ½ cup chopped green peppers
- ½ cup chopped celery
- (sauté this mixture first if desired)



Add:

- 2 cups Okra, fresh or frozen, cut small (boil by itself for 30 minutes if desired)
- 4 cloves garlic, minced

Add:

- 4 cups water
- ½ cup uncooked rice
- ½ teas salt
- ¼ teas pepper
- Cover and cook until rice is cooked.

Then add, and cook until heated through:

- 1 ½ cups cooked chicken cut small

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!

www.heartmednh.com

rebeccaLmarshall@hotmail.com

(603) 355-7715

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Active Community Member & Volunteer



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cjoyce@ne.rr.com

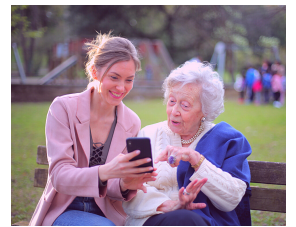
Cell: 603-209-4431

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**



Join us for a Pie Social:
Thurs., Nov. 17th
at 2:00 PM
at the Senior Center

RSVP to CVAH 603 903-9680 if you plan to attend to taste some homemade pies. Bringing a pie is optional.

VOLUNTEER RECOGNITION

Please join us for
Cider and Donuts
from 10-12 PM
Saturday, November 19th



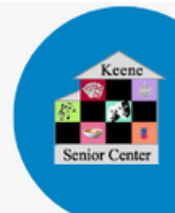
as we honor all of the wonderful people who make CVAH possible!

As you know, CVAH is in desperate need of volunteers. We encourage you to invite friends and neighbors who might be interested in volunteering to join us for this celebration.

Keene Senior Center, 70 Court Street, Keene.
Call 603.903.9680 for more information.


RSVP

Plan to visit with Nursing Students from Keene State:



Mondays and Wednesdays from 10 AM-1 PM
October 12 - November 23

- Blood Pressure Checks
- Conversations About Health
- Medication Checks



info@thekeeneseniorcenter.org

CVAH Volunteers After Hurricane Ian



Our own David Lesser is currently in Florida along with numerous other volunteers helping to meet the needs of Floridians who have been traumatized by the destruction caused by Hurricane Ian.

David has been there 12 days already, working for Mercy Chefs and the Community Cooperative of Fort Meyers. He does whatever is needed. Thus far that has meant driving a truck to deliver food, kitchen work such as serving meals, cleaning kitchen equipment, etc.

This is not David's first disaster experience, since he is registered with the Red Cross as a disaster volunteer. Our congratulations to David for his contribution to humanity.



The Keene Senior Center
70 Court Street
Keene, NH 03431



Return Service Requested

NON PROFIT
ORGANIZATION
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KEENE, NH 03431
PERMIT #18

KEENE CHAMBER ORCHESTRA



Selections will include:

a Beethoven Flute Trio and the Debussy
Petite Suite for Woodwind Quintet.

**November 17th, 2022
1:00-2:00 PM**

**The Keene Senior Center
70 Court St., Keene, NH**

**PLEASE RSVP:
(603) 352-5037**



Open to the Community!

