



**SENIOR**

# SENTINEL

The latest news from The Keene Senior Center - October 2022



## **FAB Gals** FOR 50+ WOMEN

### Play and Movement: Burlesque Series

Instructor Sarita Drew teaches play, movement and self-care in this Burlesque Series. Burlesque dancing is a fun way to celebrate our bodies and explore new movements in a nurturing space

**Tuesdays in October, 5:00-6:00 PM**



**Tuesday, Oct. 11:** Learn the history and swing those hips as we learn some basic moves of burlesque

**Tuesday Oct. 18th:** Make a bawdy fascinator hat to add to your sparkle on the dance floor for the Burlesque Dance party!



**Tuesday, Oct. 25th\*:** Come dressed to impress as we spend an evening in playful self expression and celebration of the beautiful artform of burlesque.

\*A photographer from Sentinel will be on hand to take photos and promote the play and movement series!



*Join us for an encore introduction to:*

## **Soul Collage®**

Meg Whittle, Facilitator

Do you want to learn more about yourself?  
SoulCollage® is an excellent method for fun, creative self-exploration!



This soul-tending practice honors one's personal journey, while promoting personal growth and self-acceptance.

**MON. 10/17 .... 1:30-4:30 PM**

**REGISTER BY 10/14**

*\$25 for members, \$30 for non-members*

**This issue of the Senior Sentinel is in memory of David Hughes, of Surry**



### **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

## Welcome to October and the beginning of Fall!

We were busy throughout the month of September with new programming and events. It was a pleasure to partner with **Keene Pride** to offer a workshop on **Aging Queer**. It was also a reminder that all members should have their wills, estate planning and advance directives in order before you need it. If you want your loved ones to do what you want, you need to write it down!

I am always so very thankful for our volunteers, many of them members. Over the summer several volunteers supported the Thursday lunches: Diane B. did a lot of meal planning, shopping and cooking, Dawn B. made delicious desserts almost every week, and Barbara P. has been helping keep the kitchen organized and cleaned. Others have often stepped up to help set the tables, and even set up extra tables when needed. We welcome others to join our Thursday fun! If you have any interest in volunteering, please be in touch.

The side garden was looking a bit wild, as were the Hosta's near the Thrift Store. Karen W. tamed both, while still leaving flowers for the pollinators to enjoy. I see milkweed

stripped of leaves and I am hopeful we fed Monarch caterpillars as they hatched. It's been a pleasure to have members sitting on the porch relaxing and socializing while enjoying the butterflies and moths.

We are gearing up for the **Holiday Faire, Giving Tuesday** and **Solstice Candle** events, and if you are interested in contributing time, handmade craft items or cookies, please let us know. We have been putting aside interesting items for the baskets and hope for a Faire that is even more successful than last year!

In the meantime, check out the calendar for **Create in the Kitchen** events, an evening making **Fabulous Fascinators**, those fun hats worn by royalty, and **local nature walks** with Emily and Jack. Come have fun, socialize and perhaps go home with a treat to eat or wear.

Cheers,

Mary



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

Beth, Maria, Dorothy, David, Kate, Reinhard, Beverly, Jean, Mary, Margaret, Helen, Mary, June, Judith, Jodi, Kathleen, Joyce, Dale, Virginia, Keith, Laura, Joely, Juanita, Sharon, Kenneth, Nancy, Donna, Bianca, Magaret, Toni, Susan, Meryl, Diane, Barbara, Elizabeth, Robert, Judith, David, Donna, Glenn, Lurline, Caroline, Nan, Susan, Patricia, Jacqueline, Madeleine, Daria, Madeline, Robert, Barbara, Marilyn, Edward, Sonjia, Norman, Brenda, Joanie, Geraldine, Marjorie, Lucille, Laurie, Mary, Laura, Bonnie, Sandra, Christine, Kevin, Martha, Carolyn, Lucy, Vincent, Linda, Irene, James, George, Margurite, Mary, Daniel, David, Dale, Lisa, Ronnie, Rebecca, and Francis!



## OTHER REASONS TO CELEBRATE:

- 10/1 International Coffee Day
- 10/5 National Kale Day - it's good for you
- 10/14 National Dessert Day - take an extra helping!
- 10/21 National Pumpkin Cheesecake Day
- 10/25 International Artist Day
- 10/31 Carve a Pumpkin Day - no surprise here

# CLASSIFIEDS

## IN SEARCH OF SOMEONE TO REPAIR A SWEATER

Please contact Rebecca Marshall:  
603-355-7715



## FISHING REELS/SURF REELS FOR SALE

Please contact Mary: 603-352-5037



Want to place an ad in the newsletter?  
Email [admin@thekeeneneseniorcenter.org](mailto:admin@thekeeneneseniorcenter.org)



# Bravo, Sally!



Congratulations to our Board Member,  
Golf Tournament Chair, Generous  
Volunteer, and Dear Friend,

## SALLY RINEHART

on being named a  
2022 Extraordinary Woman!



70 Court St Keene, NH (603) 352-5037

## Heart Medicine mind body therapies



MIND AND BODY

- Massage -  
Swedish relaxation, deep  
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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.

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Questions welcome!

[www.heartmednh.com](http://www.heartmednh.com)  
[rebeccaLmarshall@hotmail.com](mailto:rebeccaLmarshall@hotmail.com)  
(603) 355-7715

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& Management, Antioch NE**

**Former Field Coordinator For The  
Retired Senior Volunteer Program**

**Member Keene Senior Center**

**Active Community Member & Volunteer**



RE/MAX  
Town & Country  
117 WEST STREET  
KEENE, NH 03431

[cjoyce@ne.rr.com](mailto:cjoyce@ne.rr.com)  
**Cell: 603-209-4431**  
603-357-4100 Ext. 130



# CLASSES & ACTIVITIES



## October Movies

Enjoy light snacks while watching new, critically-acclaimed films with friends.

Tuesdays  
2 PM

**10/4- Hustle**

R, 2022, Drama, 1h 58m



**10/11 - Me Time**

R, 2022, Comedy, 1h 44m



**10/18 - Harry Potter:  
Return to Hogwarts**

2022, Documentary/Fantasy, 1h 45m



**10/25 - DC League of  
Super-Pets**

PG, 2022, Kids & family, 1h 46m



## LUNCH



Thursday, 10/6

Shepherd's Pie, salad, dessert

Thursday, 10/13

French Onion soup, tuna and egg sandwiches, dessert

Thursday, 10/20

Fish and chips, cole slaw, dessert

Thursday, 10/27

Macaroni and cheese, vegetable, dessert



Lunch starts at 11:30 AM

Please RSVP by Tuesday!

## TED talks

Thursday, Oct. 13th @ 12:30 PM:

### "Protecting the Wild"

**Tanya Berger-Wolf:** How your nature photos can help protect wild animals

**George Monbiot:** For more wonder, rewild the world



*Fridays at 1 PM*

10/7: Jewelry Class with Gina

10/14: Handmade Cards with Janice

10/21: Jewelry Class with Gina

10/28: Handmade Cards with Janice



## BOOK CLUB

Next meeting will be:

**Thursday, 10/6 at 12:30 PM**

### Those Who Save Us

by Jenna Blum



Next month's book:

### A Visit From the Goon Squad

by Jennifer Egan

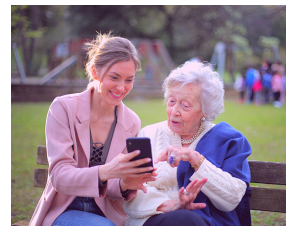
READING + FRIENDSHIP = BOOK CLUB





# Cheshire Village @ 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 @ Home



Join us at our next Social  
**Tuesday, Oct 4th, 2022**  
**11:00 AM – 1:00 PM**

for a guided tour of the  
Keene Walldogs murals and learn  
more local history.

The tour is free. Space is limited.  
You must call to register: 603-903-9680



## Volunteer Profile

**Lizzy Marsden** is one of  
Cheshire Village at Home's  
amazing volunteers.



Lizzie grew up in Connecticut  
and enjoyed her career as a  
Graphic Designer before deciding to change  
careers and open a business called  
**Connecticut Farm Fresh Express.**

Customers ordered products from 40-60  
different farms and businesses and  
*Connecticut Farm Fresh* express delivered the  
orders to their doors.

Lizzy is married; her family includes 4 children  
and 6 grandchildren.

Volunteering has given Lizzy the opportunity  
to meet and interact with many members.  
Since she is new to Keene, volunteering has  
helped her make new friends and learn more  
about the Monadnock Region.

## Cheshire Village @ Home

Join us at our next Social  
**Thursday, Oct 20th at 2PM**  
at the Keene Senior Center



**Steve Farrar presents The  
National Parks of Northern  
California**

Please call to register: 603-903-9680






# VOLUNTEER.

## IT'S GOOD Karma



# OCTOBER 2022



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|---|---|---|--|--|
| <b>LUNCH!</b><br><b>Thursdays</b><br><b>11:30-12:30</b><br><b>\$5 pp</b><br><b>RSVP by TUESDAY</b>   | <b>3</b><br>9:00 Kripalu Yoga<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>1:00 Chair Yoga                                       | <b>4</b><br>10:30 Age in Motion - I<br>11:00 TurnUp Gardeners<br><b>11:00 CV@H EVENT</b><br>1:00 Bridge<br><b>2:00 Movies: Hustle</b>               | <b>5</b><br>9:00 Gentle Yoga<br>10:15 Qijong<br>10:30 Cribbage<br>1:00 Senior Swingers  | <b>6</b><br>9:00 Quilts R Us<br>10:00 Knitting Corner<br>10:30 Age in Motion I<br>12:30 Book Club             | <b>7</b><br>9:00 Computer Help<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>12:30 BINGOI<br>1:00 Jewelry         | <b>1</b><br>10:30 Age in Motion - I<br>(ZOOM from home)  |
|  | <b>10</b><br><br><b>INDIGENOUS PEOPLE DAY</b>          | <b>11</b><br>10:30 Age in Motion - I<br>11:00 TurnUp Gardeners<br>1:00 Bridge<br><b>2:00 Movies: Me Time</b><br><b>5:00 FAB Gals</b>                | <b>12</b><br>9:00 Gentle Yoga<br>10:15 Qijong<br>10:30 Cribbage<br>1:00 Senior Swingers | <b>13</b><br>9:00 Quilts R Us<br>10:00 Knitting Corner<br>10:30 Age in Motion I<br>12:30 Ted Talks            | <b>14</b><br>9:00 Computer Help<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>12:30 BINGOI<br>1:00 Handmade Cards | <b>15</b><br>10:30 Age in Motion - I<br>(ZOOM from home) |
| <br><b>Monday, 10/24</b><br><b>1:30 PM</b><br><b>We're</b><br><b>Making</b><br><b>Cookie Mix</b><br><b>in a Jar</b><br><b>Bring a pint jar</b> | <b>17</b><br>9:00 Kripalu Yoga<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>1:00 Chair Yoga<br><b>1:30 SOUL COLLAGE</b>          | <b>18</b><br>10:30 Age in Motion - I<br>11:00 TurnUp Gardeners<br>1:00 Bridge<br><b>2:00 Movies: Return to Hogwarts</b>                             | <b>19</b><br>9:00 Gentle Yoga<br>10:15 Qijong<br>10:30 Cribbage<br>1:00 Senior Swingers | <b>20</b><br>9:00 Quilts R Us<br>10:00 Knitting Corner<br>10:30 Age in Motion I<br><b>2:00 CV@H EVENT</b>     | <b>21</b><br>9:00 Computer Help<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>12:30 BINGOI<br>1:00 Jewelry Class  | <b>22</b><br>10:30 Age in Motion - I<br>(ZOOM from home) |
|  | <b>24</b><br>9:00 Kripalu Yoga<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>1:00 Chair Yoga<br><b>1:30 CREATE IN THE KITCHEN</b> | <b>25</b><br>10:30 Age in Motion - I<br>11:00 TurnUp Gardeners<br>1:00 Bridge<br><b>2:00 Movies: DC League of SuperPets</b><br><b>5:00 FAB Gals</b> | <b>26</b><br>9:00 Gentle Yoga<br>10:15 Qijong<br>10:30 Cribbage<br>1:00 Senior Swingers | <b>27</b><br>9:00 Quilts R Us<br>10:00 Knitting Corner<br>10:30 Age in Motion I                               | <b>28</b><br>9:00 Computer Help<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>12:30 BINGOI<br>1:00 Handmade Cards | <b>29</b><br>10:30 Age in Motion - I<br>(ZOOM from home) |
| <b>31</b><br>9:00 Kripalu Yoga<br>10:00 Bowling @ YL<br>10:30 Age in Motion - II<br>1:00 Chair Yoga<br>  |  |   |       | <b>Cheshire Village @ Home</b><br><b>10/4 - Walldogs Tour</b><br><b>10/20 - National Parks of Northern CA</b> |  |  |

# FUNDRAISING activities

Fundraisers help keep membership costs low and supports our programs!

## SOLSTICE CANDLE LIGHTING



At the beginning of December, volunteers help reach out to friends, family, and people in the community to purchase candles in honor of their loved ones.

At sunset on **12-21-22**, people gather outside the Center and watch the names of those honored projected onto the side of the building, while basking in the light of hundreds of candle flames symbolizing gratitude, celebration, and remembrance.



Please consider joining a committee to help with these events. You'll meet new people and have a lot of laughs.

*Thank you!*



## Holiday Faire

December 3rd - 10am-3pm

**Come and enjoy good food, good friends and good shopping!**

**Gift Basket raffle** - sign up to create a themed basket.

**Cookie sales** - are you a baker? We need you!

**Publicity** - help distribute fliers and signs in the weeks leading up to the event.

**Raffle Ticket Sales** - presell raffle tickets for the Basket and Quilt Raffle

**Day of Event** - ticket sales, greeters, set-up and clean-up

The Annual Fundraiser that puts the Happy in the holidays!



**GIVING  
TUESDAY**

**Tuesday  
Nov. 29th 2022**

**GivingTuesday is a global generosity movement unleashing the power of radical generosity.**

GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts, and everyone has something to give.





The Keene Senior Center  
70 Court Street  
Keene, NH 03431



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# **Creating in the Kitchen!**

## **Monday, 10/24**

### **1:30 PM**



**We're Making Cookie Mix in a Jar**

**Oatmeal Raisin and Chocolate Chip**

**Please bring two small jars**