

Senior Sentinel

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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

April 2020

Special Edition: Life during the corona virus pandemic

EFFECTIVE SATURDAY, MARCH 14, 2020, THE KEENE SENIOR CENTER IS CLOSED TO THE PUBLIC: LUNCHESES, PROGRAMS, AND ACTIVITIES HELD AT THE KEENE SENIOR CENTER WILL BE SUSPENDED TEMPORARILY.

As we create this newsletter, Americans, and citizens of almost every country on the planet, are finding themselves in a new reality. It is challenging to separate fact from fiction, and figure out exactly what steps to take to stay safe. We hope this newsletter will provide you with guidelines, trusted resources, and perhaps a touch of optimism and light.

How to Protect Yourself from the corona virus (courtesy of the CDC)

Know how it spreads:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths/noses of people who are nearby or be inhaled into the lungs.

Clean your hands often

- **Wash your hands often with soap and water for at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick
- **Put distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

(continued on page 2)

Guidelines & information (courtesy of the CDC) (continued from front page)

Take steps to protect others

Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues in a lined trash can.**
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

What to do if you are sick

- **Call your doctor:** If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.
- **Stay home: People who are mildly ill** with COVID-19 are able to isolate at home during their illness. You should restrict activities outside the home, except getting medical care.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

- **Stay away from others:** As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick. Although there have not been reports of pets getting COVID-19, you should limit contact with animals until more information is known about the virus.
- When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. (continued on page 3)

Guidelines & information (courtesy of the CDC) (continued from page 2)

Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.

Cover your coughs and sneezes

Clean your hands often

Avoid sharing personal household items

Clean all 'high-touch' surfaces every day

Monitor your symptoms

- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- **Call your doctor:** Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- **Wear a facemask when sick:** Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.
- **Alert health department:** Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

Discontinuing home isolation

- **Stay at home until instructed to leave:** Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.
- **Talk to your healthcare provider:** The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Shared on a blog out of Philadelphia, for people who live in apartment buildings, written by Gwen Snyder:

"One concrete thing you can do is spearhead setting up a #COVID19 support group text/email list for your neighbors. Put up a flyer, ask folks to text you to be added.

Also have a phone list/tree alternative for non-digital elders. This can be for support for when folks get sick, a way to let folks know if there's a #COVID19 case in the building, and to coordinate turn-taking on grocery shopping by people with cars (or putting in shared online orders) for well folks looking to limit exposure and preparedness to have a localized community support and mutual system in place proactively in general.

Pay special attention to community elders who may not have family in town to help them. We did this yesterday in my building and it's surprisingly reassuring just knowing we're all connected if/when something happens."

Notes from Cam
April 2020

Dear Members and Friends,

I am writing this note at the same time that The Senior Center has just begun a temporary closure due to the coronavirus threat. We know that social distancing at this time is of paramount importance in preventing the coronavirus' spread. The safety of all of our members and taking united community action to combat the coronavirus is first and foremost in our thinking, however we are also dedicated to finding ways to stay connected with you during this time by emails, social media, mail, and perhaps even phone calls. We are working on communications strategies to do this as you will note in other features of this newsletter.

One of the best lessons in my life came from my mother. In a challenging situation she would have me make a list of actions I would take. This helped me to be focused on what was most important to do and made the challenge more manageable. Her lesson has stuck with me and I have made a high-level list of actions concerning coronavirus which I think will serve as a guide for the near future:

1. Stay current with the latest information about coronavirus from trusted sources such as the Centers for Disease Control and Prevention (CDC), NH Department of Health and Human Services (NH DHHS), the World Health Organization (WHO), Johns Hopkins Coronavirus Resource Center, and The City of Keene.
2. Increase communications with members and volunteers through a variety of methods to keep everyone connected with The Senior Center and each other.
3. Work closely with our Board and community partners to continue our strategic planning and development (cont.)

Notes from Cam (continued)

3. ...work to assure a meaningful and sustainable future for The Keene Senior Center and satellite locations such as ELMM Community Center in Winchester.
4. Support Cheshire Village at Home's commitment to its members during unusual times.
5. Have The Senior Center ready to re-open when it is safe to do so!

Lastly, I want to thank those members who have sent messages of support and solidarity following the announcement that The Senior Center would close temporarily. I know that this has a huge impact on many of you, and that the thing that you will miss the most is seeing each other.

Let us all commit to staying in touch during this period in whatever ways that we can. As I have often observed, the foundation of all that The Senior Center does is the socialization that occurs before, during and after programs. A phone call to a friend is not the same as being together I know, but it still can make a world of difference!

There will be more communications shortly but for now "Onward and Upward!"

Warm regards,

Cameron Tease
Executive Director



Independence with a little help *Cheshire Village at Home*

Member Profile: Casper Bemis, CV@H Volunteer

Casper Bemis is the third generation of his family who was born, bred, and lives in Chesham, NH. Casper's grandfather moved to Chesham in the late 1800's, built and ran a livery stable across from the train station, and lived with his wife, who was the Post Mistress for Chesham for many years.

The oldest of two children, Casper graduated from Keene High School, and went to Dennison University in Ohio to study Theater. Upon returning to Chesham he began working for Sterling Quality Cleaners where he worked for 22 years until his retirement 3 years ago. Casper has been married for 41 years and has two daughters.

Singing is a passion for Casper. He has sung with the Cheshiremen for 35 years. This past year he won the "Barbershopper of the Year" award. In addition to singing with the Cheshiremen, he sings in a quartet called Junction 1-3-5. These same four men have been together for 20 years, which is an unprecedented achievement.

In addition to singing, he enjoys traveling and hiking. You may have seen him as an extra in the Lion's Club performance of *Mamma Mia!* this spring. Since retiring he has kept busy working for Cheshire Village at Home as a volunteer, as well as sitting on the Marlborough Planning and School Boards.

Cheshire Village at Home April Social

There will be no social during the month of April due to the evolving situation with the CoVid19 outbreak.

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.

We hope to resume Socials on May 6 with a slide presentation on the National Parks by Steve

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

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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)**

Managing Anxiety & Stress

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you live alone, or with a partner

- Consider making a list of your friends and relatives, and calling, or emailing them daily or weekly. Use this time to develop closer relationships with those you love. Make it a game to speak only about non-virus-related topics during these calls, with a joke penalty for those who slip up (perhaps they have to sing a silly song, or mail you a card, do a book report on a book they are reading, or anything else you can dream up!)
- Make a list of funny movies or YouTube videos that you can watch on tv, and share the list with these loved ones. Have them make suggestions of their own.
- Find jokes and cartoons on the internet and share them.
- Make notes or take photos of interesting things you find while walking outside in nature, and share them via email, texts, or simply talking about them when you make your regular calls.

If you live in an apartment building

- Post a flyer in the lobby and suggest making a phone tree of everyone who lives in the building, with the name, phone number, and apartment number. Sign up to call 1-3 people daily or weekly to simply say hello and to check on them.
- Make a list of funny movies or YouTube videos that you can watch on tv, and share the list with loved ones (and your phone tree buddies.) Have them make suggestions of their own.
- Find jokes and cartoons on the internet and share them.
- If someone finds a source for products such as toilet paper (!) have them share it on a poster in the lobby.

For everyone

Read materials online at:

- The US Department of Health and Human Services (www.hhs.gov)
- The Center for Disease Control (CDC) (www.cdc.gov)
- Cheshire Medical Center
- Johns Hopkins Corona Virus real-time map (<https://coronavirus.jhu.edu/map.html>)
zoom in by using the plus sign (+) to enlarge any portion of the map. Drag it as you wish on the screen.

Jokes to lighten your spirits—from Readers Digest

Q: Why should you never date tennis players?

A: Love means nothing to them.

Q. What did Neil Armstrong say when no one laughed at his moon jokes?

A. "I guess you had to be there."

Hal: How did you get hit on the head with a book?

Sal: I only have my shelf to blame.

Q. How do dog catchers get paid?

By the pound!

Q. Why aren't dogs good dancers?

Because they have two left feet!

Q: What is a well-read cat's favorite book?

A: Of Mice and Men

Q. What does a cat have that no other animal has?

Kittens.

Knock! Knock!

Who's there?

Voodoo.

Voodoo who?

Voodoo you think you are, asking all these questions?

What did the pirate say when he turned 80?

Aye Matey.

I admit it—I have a tendency to exaggerate, and I was afraid when I joined the Navy that my "creativity" might get me in trouble. But my fears were put to rest one day while getting into formation, which was determined by height. Now, I was shy of six feet tall, but when our drill sergeant called for all six-footers to line up, I stepped forward anyway. I instantly knew I was in the right outfit when I looked around. I was the tallest guy in line.

In his late 80s, my father-in-law went to the DMV to renew his driver's license. At one point during the road test, he approached a four-way stop, looked to his left, and cruised straight through the stop sign. "Sir! You didn't look to your right," yelled the frightened inspector. My father-in-law calmly shook his head. "That's Mum's side."

On a fishing trip to a remote lake in Northern Quebec, I asked the outfitter, "Do you stay here during the winter?"

"No," he said. "The snow gets too deep. We can't get supplies in. Like many Canadians, I go south for the winter."

"Oh," I said. "Where do you go?"

"Vermont."

While taking a clinical history from an elderly patient, I asked, "How's your love life?"

"I don't know," he said. "I'll ask my wife." He got up, walked into the hallway where his wife was sitting, and shouted, "Hey, the doctor wants to know if we still have sex."

His wife shouted back, "No, the only thing we have is Medicare and Blue Cross."

Once there was a guy named Bill who wanted a horse. On Craigslist, Bill saw a Christian horse so he went to check it out. When Bill got to the ranch, the horse's owner said "It's easy to ride him. Just say 'praise the Lord' to make him go, and 'amen' to make him stop."

Bill got on the horse and said "praise the Lord." the horse started to walk. "Praise the Lord, praise the Lord, praise the Lord" and the horse is running. Now Bill sees the cliff and says: "AMEN." The horse stops and Bill says: "Whew! Praise the lord!"

Good memories and looking forward to more to follow!



Good memories and looking forward to more to follow!



Good memories and looking forward to more to follow!



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 will be building a new 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.

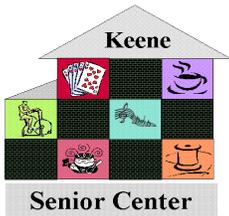
Call 603-352-5037

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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**Be strong
because things will get better.
It may be stormy now,
but it never rains forever.**

—My Dear Valentine