



**Senior Center**

*Staying Active,  
Making Friends,  
Feeling Welcome*

# Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

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

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

**Senior Center Hours:** Mon-Friday 8:30 AM-4:30 PM  
and Saturday 10:00AM-2:00PM

**Thrift Store Hours:** Mon-Friday 9:00 AM-4:00 PM  
and Saturday 10:00AM-2:00PM

**KEENE SENIOR CENTER NEWSLETTER**

**August 2019**

## August 8th SUMMER DAY TRIP

**On Thursday, August 8th, we are offering a day trip to Cornish, NH to see the studios and gardens of Augustus Saint-Gaudens.**

A 14-passenger van will leave the Senior Center parking lot at 9:00 am and return to Keene around 2:00 pm that day. We will take bag lunches with us to have a picnic on the grounds.

The cost of the trip is \$40 per person, which includes travel to and from Saint-Gaudens, admission, and lunch.

Sign-ups are at the Senior Center front desk. We hope you'll consider joining us for a fun day out!



**SAVE THE DATE!**

## **50 and Better Expo**

Sponsored by Keene Senior Center

**Saturday, October 26, 2019**

at the Keene Rec Center

8:30 am to 2:00 pm

Vendors, Information, Food, Seminars, and Music  
all focused on folks 50 and over





# *Independence with a little help*

## *Cheshire Village at Home*

### Member Profile: Linda Piekarski

Linda has been a member of CV@H since January, 2018. She was born in Pennsylvania where she loved being outdoors, riding her bike, and being an avid reader. After attending college at LeMoyne College in Central NY, where she obtained a BA in Honors English, Linda went to work as an IBM mainframe systems programmer. She has lived in PA, NY, CA, TN, and lastly NH for the past 18 years.

Linda still loves books, although these days she listens to them. She enjoys sewing, gardening, and singing, and is learning to play the piano. Linda is extremely active in the community, and sings with the Senior Swingers, as well as being their treasurer. She has chaired and fundraised for the DogSight Project of the Lions Health Services of NH, and has been the Secretary/Treasurer of the Monadnock Lions Club.

Some members may remember Linda from her presentation last year: “Tips & Tricks for Living With Low Vision”. She has lived a full life even though visually challenged from birth. She takes pride in her common sense approach to making her day to day life and environment work for her, allowing her many years of experience functioning as though she was fully sighted. She loves to share her experiences with low vision with others.

Linda has two children. Her son works for Microsoft in cybersecurity, and her daughter is getting her masters in History from SUNY Brockport. Linda lives in Keene with her guide dog, Rosie.

Cheshire Village at Home has a limited number of partial scholarships for those who qualify financially.

### Did you know?

Cheshire Village at Home now has 3 different formats to suit different needs:

- **Trial Membership**—join for 3 months and try us out!
- **6-month Membership**—going away for the winter? Join us for 6 months and then again the following year!
- **Annual Membership**—this is our regular, full-year membership

For a fee, you or a loved one can have access to wellness calls, rides, help with decluttering, performing tasks that have become harder (such as seasonal chores,) plus social events and informative presentations.

**Call for information: 603-903-9680**

### From Gas Guzzlers to Tesla: How design affects fuel use

**Thurs, Aug 22, 2:00-4:00 pm**  
**The Keene Senior Center**

Nelson resident Mike French will speak about how automobile design impacts fuel use. Mike has a passion for cars and fuel economy. In addition to working as a mechanical engineer in the aerospace industry, he spent 35 years building and racing sports cars at major tracks throughout the Northeast.

Mike’s presentation will cover a historical overview of fuel economy from the 1930’s to the present, a look at how aerodynamic design has impacted fuel use, and an overview of hybrid and electrical power systems.

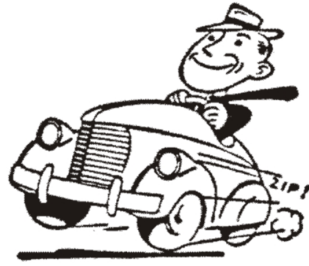
If we are lucky, we may be able to check out a Tesla Model 3 ‘up close and personal.’

CVAH members may call 3-5 business days ahead for a ride, if needed



## August 5th and 6th AARP Driver Safety Class

The Senior Center will be sponsoring a two day Driver Safety Class to be held at the Center on **Monday, Aug. 5th and Tuesday, Aug. 6th from 9:00am-12:30pm** in the living room. You must attend both days. The instructor will be Tom Driscoll.



The lessons focus on changes in automobiles and driving, and adjustments we might make in our driving techniques as we get a little older. The class is aimed at drivers of 50 years of age, but any licensed driver may attend. Everyone who takes the course finds themselves changing at least one driving habit or learning something he or she hadn't realized before.

A small fee of \$15 for AARP members, \$20 for non-AARP members, is payable on the first day of class (bring a check made out to AARP.) This includes a course workbook and a New Hampshire Driver Manual. AARP members should also bring their membership number.

Some insurance companies offer discounts on car insurance to those who complete the course.

There is a maximum of 12 participants for this course.

**Register by calling the Keene Senior Center at 603-352-5037.**

## August 13th NH ALLIANCE FOR HEALTHY AGING

Dan Hobbs from the New Hampshire Alliance for Healthy Aging (NH AHA) will be at the Senior Center on **August 13th from 1:00PM – 2:00PM** to discuss a wide array of issues concerning Aging in New Hampshire 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.

## Kitchen help needed!

### Volunteer Cook

We are offering more meals than in the past, and need more cooks in the kitchen!

Become a part of a dynamic kitchen crew. If you like cooking, smiling, helping others, camaraderie, and working together with a great group of people, please get in touch with us right away!

Also needed:

### Kitchen Assistant *Get a free meal*

Clean pots and pans, wash dishes and silverware, and use the sanitizer machine.

**Call 603-352-5037  
and ask for Kate Forcier.**



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## Notes from Cam

Dear Members and Friends,

I hope that everyone is enjoying the summer. Please remember that your Senior Center is open six days a week and is here for you even just to come in and be cool and say hello while you enjoy a glass of lemonade, iced tea or ice coffee. We have even designated a social hour on Wednesday mornings at 9:00 am.

It may be summertime, but things have not slowed down at The Keene Senior Center. You will see in this newsletter information about a trip to the studios and gardens of Augustus Saint-Gaudens on August 8, meals four days a week, the August Book Sale at Hannaford's, and special Saturday programs on August 17th and 24th. We are also busy planning for the fall, including our Keene Senior Swinger's Annual concert on September 15th and the Super Seniors DeMar Marathon on September 29th! Looking into October, the Senior Center is very excited about sponsoring a "50 and Better Expo" on Saturday, October 26 at the Rec Center.

I look forward to introducing two new staff to members soon, a part time administrative coordinator and part time program coordinator. Over the past two months, everyone has chipped in to keep things moving forward at the Senior Center, including Operation ABLE staff, volunteers, and members. I thank you all!

Onward and upward!

Cameron Tease  
Executive Director

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### August 17th SATURDAY MUSIC PROGRAM



Please join us during lunch on Saturday, August 17th from 11:45am – 12:45pm, as we listen to Dave Chandler play "Old Favorites."

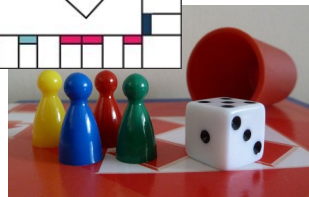
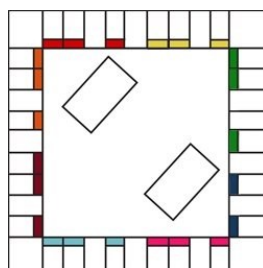
Dave is a retired engineer and has been an amateur musician since the age of five. Dave's music program will feature folk songs on the ukulele, a few piano classics, and a few recorder solos.

### August 24th SATURDAY "GAMES DAY" with GREATER KEENE ROTARACT CLUB

Saturday, August 24th is "Games Day" at the Senior Center!

Join us from 11am – noon when we will offer organized board games and a few games to get participants moving. Our special guest, The Greater Keene Rotaract Club, will run a summer lawn game favorite, Corn hole!

We hope to see you there!







## **KEENE SENIOR CENTER FUNDRAISERS**

### ***Donate Your Unwanted Car to The Senior Center***

It's so easy!

Making a donation takes only five minutes. Call 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 AM—4 PM 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 Senior Center will receive .03 per pound of clothing collected.



### **Don't forget!**

***You can now donate online using a credit card or PayPal!***

**It's easy and it's secure!**

Just visit our website and click Donate in the top menu bar. You will be guided through the steps to donate once, or in a monthly fashion. You will be helping to support all of the programs and activities of the Keene Senior Center!

<https://thekeeneseniorcenter.org/>

PERSONAL SERVICE.  
PROVEN RESULTS.

# Connie Joyce

REAL ESTATE BROKER



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**Retired Senior Volunteer Program**  
**Member Keene Senior Center**  
**Active Community Member & Volunteer**

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KEENE, NH 03431

cjoyce@ne.rr.com  
**Cell: 603-209-4431**  
603-357-4100 Ext. 130

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**1-800-200-5433**

*For a list of upcoming events and more:*  
***www.rivermead.org***



# Live well with peace of mind

The Prospect-Woodward Health Center at Hillside Village opens in August! Our beautiful new health center will offer private assisted living apartments and memory care to help bring peace of mind for you and your family. Call and schedule a tour!

*Assisted Living & Memory Care*



PROSPECT-WOODWARD  
*at Hillside Village Keene*

100 Wyman Road • Keene, N.H. 03431 • 603-352-3235  
pwinfo@hsvk.org • [www.HillsideVillageKeene.org/P-W](http://www.HillsideVillageKeene.org/P-W)



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wait!

\*Must be 65+. \$200 max discount per customer per visit.

## 603-354-5100

Schedule service today!

KEENE SENIOR CENTER PROGRAM CALENDAR

# AUGUST 2019

\* Indicates Programs that Require Preregistration

**Bolded programs indicate they happen monthly or bi-monthly**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>August 2019</b>					
<p><b>August is National Happiness Happens Month!</b>                      Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit.                      ~ <a href="https://nationaldaycalendar.com/happiness-happens-month-august/">https://nationaldaycalendar.com/happiness-happens-month-august/</a>                      [HANNAFORD'S BOOK SALE to benefit the Center <b>beginning Aug 1st</b>. Drop off your hard/soft cover books at their Service Counter and they will do the rest.]</p>					
<p><b>Aug 5 Mon</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      8:45 Kripalu Yoga  <b>9:00 am-12:30 pm AARP Driver Safety Class</b>                      10:30 Age in Motion 2                      11:00 Pinochle &amp; Hearts                      12:30 Bowling at Yankee Lanes                      1:00 Chair Yoga                      1:30 Ping Pong</p>	<p><b>Aug 6 Tues</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Yoga  <b>9:00 am-12:30 pm AARP Driver Safety Class</b>                      10:30 Age in Motion 2                      11:00 TurnUp Gardeners                      12:00 Tuesdays Together*                      1:00 Movie in the Living Room                      1:00 Bridge                      3:00 Learn How to Use the Gym                      7:00pm AA Meeting</p>	<p><b>Aug 7 Wed</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Social Hour! Coffee, tea, and conversation                      10:00 Qigong                      12:00 Welcome Wednesday*                      12:30 Cribbage                      1:00 Senior Swingers</p>	<p><b>Aug 1 Thurs</b>                      8:30-4:30 Gym Open                      9:00 Yoga                      9:30 Quilts R'Us                      10:30 Age in Motion 2                      11:30 Tai Chi Beginners                      12:00 Book Club                      12:45 Tai Chi Intermediate                      2:00 Billiards  <b>2:00-3:30 Knitting Circle</b>  <b>Beginning today: drop off books at Hannaford's</b></p>	<p><b>Aug 2 Fri</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Bowling at Yankee Lanes                      9:00 Computer Help w/Norman*                      10:00 Age in Motion 1                      11:00 TurnUp Gardeners                      12:00 Garden Fresh Friday*                      12:30 Bingo                      12:30 Duplicate Bridge at American House                      1:00 Movie in the Living Room</p>	<p><b>Aug 3 Sat</b>  <b>Senior Center Open</b>                      10AM to 2PM                      Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p>
<p><b>Aug 5 Mon</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      8:45 Kripalu Yoga  <b>9:00 am-12:30 pm AARP Driver Safety Class</b>                      10:30 Age in Motion 1                      11:00 Pinochle &amp; Hearts                      12:30 Bowling at Yankee Lanes                      1:00 Chair Yoga                      1:30 Ping Pong</p>	<p><b>Aug 6 Tues</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Yoga  <b>9:00 am-12:30 pm AARP Driver Safety Class</b>                      10:30 Age in Motion 2                      11:00 TurnUp Gardeners                      12:00 Tuesdays Together*                      1:00 Movie in the Living Room                      1:00 Bridge                      3:00 Learn How to Use the Gym                      7:00pm AA Meeting</p>	<p><b>Aug 7 Wed</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Social Hour! Coffee, tea, and conversation                      10:00 Qigong                      12:00 Welcome Wednesday*                      12:30 Cribbage                      1:00 Senior Swingers</p>	<p><b>Aug 8 Thurs</b>                      8:30-4:30 Gym Open  <b>9:00 am-2:00 pm Day trip to Augustus Saint-Gaudens, Cornish, NH</b>                      9:00 Yoga                      9:30 Quilts R'Us                      10:30 Age in Motion 2                      11:30 Tai Chi Beginners                      12:45 Tai Chi Intermediate                      2:00 Billiards</p>	<p><b>Aug 9 Fri</b>                      7:00-9:00 Walking / Rec Ctr                      8:30-4:30 Gym Open                      9:00 Bowling at Yankee Lanes                      9-10 Computer Help w/Norman*                      10:00 Age in Motion 1                      11:00 TurnUp Gardeners                      12:00 Garden Fresh Friday                      12:30 Bingo                      12:30 Duplicate Bridge at American House                      1:00 Movie in the Living Room  <b>1:00 Handmade Cards</b></p>	<p><b>Aug 10 Sat</b>  <b>Senior Center Open</b>                      10AM to 2PM                      Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.</p>



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<b>Aug 12 Mon</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong <b>1:30 New Member Orientation</b>	<b>Aug 13 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga <b>9:30- 10:30 Nurse Is In</b> 10:30 Age in Motion 2 11:00 Turn Up Gardeners 12:00 Tuesdays Together* <b>1:00 NH Alliance for Healthy Aging</b> 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting	<b>Aug 14 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers  <i>Don't forget: drop off books at Hannaford's during August!</i>	<b>Aug 15 Thurs</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards <b>2:00-3:30 Knitting Circle</b> <b>4:00 Board Meeting</b>	<b>Aug 16 Fri</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 11:00 Turn Up Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room 5:00 BBQ dinner	<b>Aug 17 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.  <b>Music:</b> <b>11:45am – 12:45pm</b> <b>Dave Chandler will play "Old Favorites"</b>
<b>Aug 19 Mon</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping-Pong	<b>Aug 20 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:00 Turn Up Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	<b>Aug 21 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers	<b>Aug 22 Thurs</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards <b>2:00 – 4:00 Cheshire Village at Home presents "From Gas Guzzlers to Tesla: How design affects fuel use"</b>	<b>Aug 23 Fri</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 11:00 Turn Up Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room <b>1:00 Handmade Cards</b>	<b>Aug 24 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.  <b>Senior Center "Games Day" 11am-noon</b> <b>Collaborative program with The Greater Keene Rotaract Club</b>
<b>Aug 26 Mon</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong	<b>Aug 27 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:00 Turn Up Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	<b>Aug 28 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers	<b>Aug 29 Thurs</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards <b>2:00-3:30 Knitting Circle</b>	<b>Aug 30 Fri</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 11:00 Turn Up Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room <b>1:00 Handmade Cards</b>	<b>Aug 31 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$2), thrift shop open.  <b>Last day to drop off books at Hannaford's to benefit the Senior Center</b>

## 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 anytime. Please label your bag with name, phone, and a list of items. We will distribute them in the area in October.



### KNITTING GROUP

A beginner's knitting group meets on selected Thursdays from 2:00 to 3:30PM.

Summer Knitting Schedule	
Aug 1	ON
Aug 15	ON
Aug 29	ON

### HANDCRAFTED CARDS

Join us every 2nd and 4<sup>th</sup> Friday at 1:00 PM while Janice Bourassa guides the creation of beautifully handcrafted cards. Supplies are furnished, and as a member it is free.

### 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. The group meets on Thursdays at 9:30 AM.

## Social Programs

**SOCIAL HOUR**—**New!** Every Wednesday from 9:00-10:00 AM. Free coffee, tea, and conversation.

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



**BINGO**—There is a minimal costs to play. Fridays from 12:30-3:30 PM.

**BRIDGE**—This card group meets Tuesdays at 1:00 PM at The Senior Center and Fridays at 12:30 PM at American House.



**CRIBBAGE**—Wednesdays at 12:30 PM in The Senior Center Craft Room.



**PINOCHLE & HEARTS**—All experience levels welcome, even those who have never played before, but are interested in learning. Mondays at 11:00 AM.

### MOVIES IN THE LIVING ROOM

*Tuesdays, Fridays and Saturdays!*

Join us in the living room for a movie on **Tuesday** afternoons from 1:00-3:00 PM—after *Tuesdays Together* meal. Also **Fridays** from 1:00-3:00 PM—after *Garden Fresh Friday* meal and **Saturday** mornings at 10:15 AM. Let us know if you have any specific requests and we will work to fulfill them.



**SENIOR SWINGERS**—Senior Swingers is our singing group that meets on Wednesday from 1:00—3:00 PM. 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.

**PING PONG**—The Monday afternoon ping pong players would like to invite anyone interested in playing a fun, competitive game of ping pong on Mondays at 1:30 PM in the gym downstairs. Balls and paddles provided.



Contact Charlie Wagar with questions by calling 352-5037 or email [chucktheduck99@hotmail.com](mailto:chucktheduck99@hotmail.com).

## FITNESS AND HEALTH PROGRAMS

**GYM FACILITY OPEN** and available for your use. Equipment includes: treadmills, bikes, weights/weight machine and an elliptical.

**On Tuesdays from 3-4 PM: 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.

**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 (Tuesdays & Thursdays at 10:30 AM)**, (group led) recommended intro class.

**Age in Motion 1 (Mondays & Fridays 10 AM)** is more advanced

**CHAIR YOGA**—Features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **Mondays at 1 PM.**

**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. **Wednesdays at 10 AM. \$3 instructor fee per class.**

**YOGA**—is an exercise program that focuses on breath control, simple meditation and specific body postures while standing or lying on the floor. **Tuesdays at 9 AM & Thursdays at 9 AM**

**KRIPALU YOGA**—can be a challenging approach to yoga practice that emphasizes meditation and breath work and encourages inward focus and spiritual attunement. Basic Premise: Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth and spiritual awakening. **Mondays at 8:45 AM.**



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and

## FITNESS AND HEALTH PROGRAMS continued

**BEGINNERS TAI CHI**—Thursdays 11:30–2:30 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.

**INTERMEDIATE TAI CHI**—Thursdays 12:45–1:45 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.

## PERSONAL ENRICHMENT PROGRAMS AT THE SENIOR CENTER

### 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. We meet the **1<sup>st</sup> Thursday of the month at noon.** Lead by member **Laura Stempkowski.**

### 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. This program is lead by **David Robinson** who has 25 years of experience with book and magazine publishing. The group meets **every Thursday at 11AM, beginning again September 5.**

### CREATIVE WRITING GROUP

Meets **every other Thursday at 1:30PM** in the Senior Center Library. Marylou DiPietro is the group leader.

### IMPORTANT NOTE:

*The creative writing and memoir writing groups are taking a break for the summer. See you in the fall (Sept. 5 for the memoir writers) and new members are welcome to join us!*

# The **TurnUp Gardeners**

*Interested in gardening?*

We encourage you to come help with the Keene Senior Center gardens! TurnUp gardeners gather on Tuesdays and Fridays at 11:00 AM



## Book Sale

at Hannaford's  
481 West Street, Keene, NH  
**Aug 1, 2019 through Aug 31, 2019**



Donate your good, hardcover and paperback books to the Hannaford Book Sale in August. The Senior Center will receive all proceeds from the sale.

**Beginning on August 1st**, bring your hardcover and paperback books to the Service Counter at the Hannaford's on West Street in Keene. The staff of Hannaford's will deposit your books in the bin.

Tell your friends, neighbors, and family members to consider cleaning out their book stash, and make an easy donation to a good cause... THE KEENE SENIOR CENTER!

## Want to renew your membership?

**You can 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. You will be guided through the steps from there.

## Come to lunch with us!

Come to the Center **Wednesdays and Saturdays at noon**, for a light lunch costing **just \$2 per person!** (This is in addition to our regular Tuesday and Friday hot lunches for \$3.)



Enjoy the companionship and conversation with your peers, and cool off in the air-conditioned dining room of the Center.

*Please call 352-5037 or stop by to sign up in advance for any of the lunches at the Center.*

## AUGUST 2019 MEAL MENUS (Vegetarian choice is available each day)

TUESDAYS TOGETHER \$3	WELCOME WEDNESDAY \$2	GARDEN FRESH FRIDAY \$3	SATURDAY \$2
		<i>Aug 2</i> Gazpacho soup Bread Fruit	<i>Aug 3</i> Chicken salad sandwich Chips Pickles Dessert
<i>Aug 6</i> German potato salad w/bacon Mixed vegetables Fruit	<i>Aug 7</i> BLT sandwich Chips Pickles Dessert	<i>Aug 9</i> Butter bean salad Broccoli/raisin salad Fruit	<i>Aug 10</i> Tuna salad sandwich Chips Pickles Dessert
<i>Aug 13</i> Soft Tacos with hamburger and veggies Fruit	<i>Aug 14</i> Chicken salad sandwich Chips Pickles Dessert	<i>Aug 16</i> Chicken Hawaiian pasta salad Tossed salad Fruit	<i>Aug 17</i> Ham & cheese sandwich Chips Pickles Dessert
<i>Aug 20</i> Italian pasta Vegetables Salad Fruit	<i>Aug 21</i> Tuna salad sandwich Chips Pickles Dessert	<i>Aug 23</i> Turkey roll-ups Tossed salad Corn on the cob Fruit	<i>Aug 24</i> PB & J or honey on raisin bread sandwich Chips Pickles Dessert
<i>Aug 27</i> Chicken Broccoli Apricot pasta salad Bread Fruit	<i>Aug 28</i> Egg salad sandwich Chips Pickles Dessert	<i>Aug 30</i> Bacon spinach quiche Tossed salad Bread Fruit	<i>Aug 31</i> Corned beef sandwich Chips Pickles Dessert

PLEASE LET US KNOW AT LEAST TWO DAYS IN ADVANCE OF ANY SPECIAL DIETARY NEEDS.

Dessert: We rely on dessert donations each week. If you bring a dessert to share, your lunch is free that week!

Preregistration is required for meals. Fee: Tuesday & Friday: \$3 per person; Wednesday & Saturday: \$2 per person.

Available leftovers can be purchased for \$0.25 cents per item.

Menu is subject to change. Keene Senior Center 603-352-5037



### Senior Passport Program

Eating well, exercising, and staying apprised of health-related information is important at any age.

Senior Citizens 60 years and older can receive a free passport to better health and information and at the same time, have an opportunity to partake in the Cheshire Medical Center/Dartmouth-Hitchcock Keene's passport meal program. Membership in the Senior Passport Program entitles participants to **free nutrition, exercise, and health education lectures, and classes**. Members can also enjoy a "Passport Meal" in our dining room. Our passport meals include the following: an entrée with two sides and a beverage (Vitality water, 8oz. milk or a small hot beverage) for \$4.95.

Meals are available **Monday through Friday, 4:30 to 6:30 PM. Saturdays & Sundays, 11:30AM to 1:30 PM and 4:30 to 6:30 PM**

### Commodity Supplemental Foods Program

Southwestern Community Services works with the Commodity Supplemental Foods Program (CSF) which provides healthy foods to supplement the food budget of eligible seniors over 60. The value of the food is approximately \$50 per month. To apply for CSF, call 800-529-0005 x 4234 or 603-719-4240. Distributions for CSF are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale and Jaffrey. The eligibility requirement for the Elderly CSF Program are \$15,678 annually for a single person and \$21,112 for two.

Southwestern Community Services (SCS) has been working with all social service agencies in Cheshire and Sullivan Counties to reach our low income population. It is a non-profit Community Action Agency as well as a United Way Agency. Their mission is to empower low income people and families with dignity and respect. SCS will provide direct assistance, reduce stressors and advocate for such persons and families.



**NEW MEMBER ORIENTATION**  
**SECOND Monday of the Month**  
**At 1:30 PM**

Welcome all new members!!!!  
 You are invited to join The Keene Senior Center's Executive Director Cameron Tease and member Marilyn Robbins to learn all that your new membership has to offer you, ask questions, meet fellow new members, and get a tour of the facility.



Available at the front desk

**Do you like to cook?**

Would you like to volunteer some time for Cheshire Village at Home?

Cheshire Village at Home would like to offer meal preparation services to our members. This could involve you going to a member's house once or twice a month, and cooking up a batch of meals for them to freeze and use later, or going to cook a single meal and eating it with them.



Some seniors can become very isolated, especially those living alone, and nutrition can be an issue for anyone. Enjoying a simple meal together is a great way to reconnect with others, and a wonderful opportunity for our volunteers.

Interested cooks should contact us by phone at 603-903-9680, or via email at [cheshirevillageah@gmail.com](mailto:cheshirevillageah@gmail.com).

**Membership Rates**

Individual	\$60
Couples	\$108
Discounted Individual (income <\$25,000)	\$48
Discounted Couples (income <\$30,000)	\$84
Day Passes	\$6
Scholarship	Please ask for application
Volunteer (After 50+ hours annually)	No Cost

The option to pay your annual fee in two consecutive month installments if necessary, is now available.

We hope this is helpful.



## 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

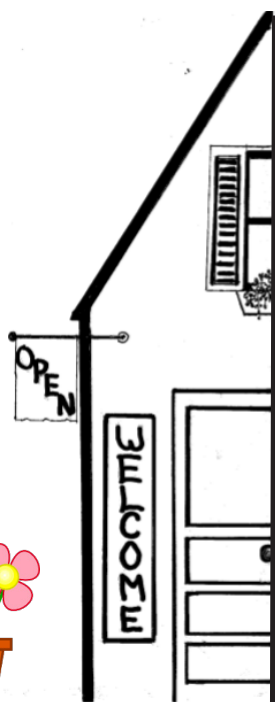
### Living Room

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

Please consider renting our space for your next big gathering.

*Don't forget to include a visit to our thrift store, The Bargain Box, at the Keene Senior Center when you are in the neighborhood!*

Open Monday thru Friday 9am—4pm and Saturdays 10am—2pm



### August Bargain Box Sale Items

All handbags \$1.00



All books 25¢



### 50% off any of the following:



Outerwear

Women's tops



Men's pants

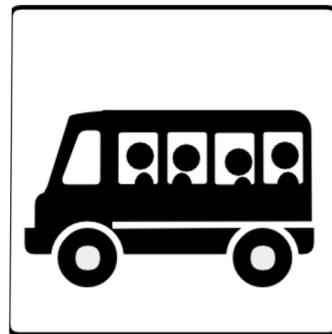


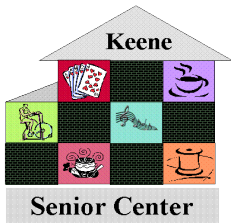
*Because we are staffed only by volunteers, you may need to ask someone at the front desk to open the shop for you.*

## 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, 8:00 am – 4:00 pm.

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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ORGANIZATION  
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70 Court St.  
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Return Service Requested

**To succeed in life,  
you need three things:  
a wishbone, a backbone,  
and a funny bone.**