

Keene

Senior Center

*Staying Active,
Making Friends,
Feeling Welcome*

Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: info@thekeeneseniorcenter.org

Website: www.thekeeneseniorcenter.org

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

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

THE KEENE SENIOR CENTER NEWSLETTER

December 2019

Welcome

Friends

Arts

Exercise

Light

Social Events

Community

Volunteer

Meals

Music

Crafting

Games

Technology

Health

Advocacy

Opportunities

Active

Connected

Fun



Independence with a little help

Cheshire Village at Home

Nancy Pollard, Volunteer Profile

Nancy was born, grew up, and went to school in Newport, NH, one of four children in her family. After graduating from HS she attended the University of NH for Music until she could no longer afford tuition.

Nancy then worked at the NH State Hospital in Concord. Wanting to see a different part of the country, she moved to Colorado where she worked at a job in Loveland, CO in Elder Services. She married, had 2 daughters, and eventually earned a degree in Rehabilitation at the University of Northern Colorado.

Nancy returned with her family to NH in 1976 so her children could be closer to their grandparents. She worked for various not for profits healthcare agencies including being a Friendly Bus driver while she earned her LPN. She retired when she turned 72.

Nancy loves being outdoors, being involved with Monadnock Time Exchange, music and animal issues, reading good mysteries, and continuing to learn wherever possible - especially new instruments - the latest being steel drums and ukulele.

Nancy says of her experience with CV@H: "Volunteering with Cheshire Village At Home is a wonderful opportunity [for me] to make new friends, while helping people stay in their homes. It enriches everyone's lives, and I'm confident it will continue to grow and thrive."

Cheshire Village at Home wishes everyone a safe and Happy Holiday Season!

There will be no Social for the month of December.

We resume in January with a presentation by Larry Benaquist on the making of the film, 'Lost Boundaries'.

Did you know...

As a member of Cheshire Village at Home our volunteers can install computer hardware or software, help bring down boxes of Holiday decorations from the attic or closet shelf, or take you for medical lab tests or day procedures?

Cheshire Village Members & Volunteers

Remember that no services will be provided on days when the Senior Center is closed for snow. If the Keene School system is closed, the Senior Center is closed.

Cheshire Village at Home now has 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

Check out The Keene Senior Center Facebook page!

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



Meet The Keene Senior Center Card-makers

The Keene Senior Center card makers working on holiday cards: (left to right around the table) Jeanett Miller; Janice Bourassa, Group Leader for past several years; Bev Mowbary; Ida Morris; Val Buchan (standing). Not pictured: Dot DuGray, Esther Vermouth and Karen Wilson.



American Red Cross

Blood Donation, December 24

As we spend holidays with family and friends, please consider that many hospital patients who need transfusions are unable to fully enjoy this same luxury.

Please consider giving the gift of life.

On **Tuesday, December 24, 10:00 am—3:00 pm**, donate blood at The Keene Senior Center.

You can make your blood donation appointment via the organization's site or blood donor app (www.redcrossblood.org) or by telephoning (800) REDCROSS.

Walk-ins are also welcome.

Writers, take note!

The Keene Senior Center Creative Writing Group, which has been ably facilitated by Marylou DiPietro, is **searching for a new facilitator** as Marylou's play writing career increasingly takes her to New Jersey, New York and Boston. Many will remember that this talented and inspired group published an anthology of poems, stories, and essays titled Four Seasons in 2017. We thank Marylou for her leadership and contributions to the creative writing group and Senior Center, and congratulate her for her professional accomplishments.

If anyone is interested in facilitating the group, please let Cameron know.



Many knitted items were provided by our (mostly anonymous) members and distributed by our Quilts R Us group in November!

Notes from Cam

Dear Members and Friends,

Writing this note for our December newsletter has caused me to “take stock” of all that we have accomplished in 2019, and the flurry of major events that accent the end of the year:

- * **The Senior Swinger’s Show** in September was another smashing success, and last week a group of them were at the State House in Concord to sing for the Governor and Executive Council!
- * **The Super Seniors** had over 100 runners/walkers participate in the DeMar Marathon, and the spirited pre-race dinner helped to set the pace.
- * Our “**50 and Better Expo**” in late October was attended by over 125 people and the vendors, entertainment and break-out sessions made for a very worthwhile and social venue.
- * Our **Holiday Faire** on December 7 is shaping up to be our best yet, with distinctive baskets and quilt raffles, cookies galore, great food and hand-made holiday cards and decorations for sale.

I want to thank all of the volunteers and staff that work so hard to make these events great while raising critical funds for The Senior Center!

Our event statistics through early November show that 414 members have participated in 16,440 activities.

Saturday programs are increasingly popular. These have included:

- * a ballroom dancing presentation
- * a special informational event about the Walldogs mural painting project
- * recognition of members over 90 years old
- * high school musicians, folk music
- * showing the film "An American Nurse at War" with a distinguished panel from Keene State
- * a demonstration of canine scent work, and
- * The Mikado as illustrated through a vintage button collection.

Two expansions of services were effective July 1:

- * Adding our **Wednesday lunch** (so that we now have 4 meals/per week: Tue, Wed, Fri & Sat)
- * participation in a **NH DOT transportation grant** through the Monadnock Regional Coordinating Council so that volunteers can provide rides to members who live outside of Keene.

We are committed to serving more older adults, and the senior center is part of collaboration with **Monadnock Family Services** and **ServiceLink** that has received **Monadnock United Way** funding to develop a program to identify socially isolated older adults and offer them meaningful, enriching and accessible programs.

With 38% of our members living in towns other than Keene we are also planning to support satellite locations such as in Winchester to provide more options for socialization, exercise, and nutrition closer to their home. **Cheshire Village at Home**, a major program, continues to grow and expand its services as a dedicated network of volunteers enable its members to be independent and to live in their homes longer.

As an independent non-profit, our funding is a challenge. It is a priority of The Keene Senior Center to keep our memberships affordable. At \$60 a year for an individual, and \$108 for couples, membership fees account for just 15% of what is needed to meet our budget. The rest comes from a variety of sources, including our three fund raising appeals, the **Monadnock United Way**, and grants from various source such as **The City of Keene**, **New Hampshire Charitable Foundation** and **More Than A Thrift Store**, car donations, events such as the **Senior Swingers’ Show**, **50 and Better Expo** and the **Holiday Faire**, and our **thrift shop**.

I wish you all Happy Holidays and peace. It is an honor and great pleasure to work with you. Please remember that we are here for you.

Cameron Tease
Executive Director



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. 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 10:00 am—2:00 pm 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.

PERSONAL SERVICE.
PROVEN RESULTS.

Connie Joyce

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Top Producer For More Than 30 Years
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& Management, Antioch NE
Former Field Coordinator For The
Retired Senior Volunteer Program
Member Keene Senior Center
Active Community Member & Volunteer



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cjoyce@ne.rr.com
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1-800-200-5433

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





We have assisted living openings

The Prospect-Woodward Health Center at Hillside Village is open! Our beautiful new health center offers 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



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Free cable TV,
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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

DECEMBER 2019

* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

December 2019					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
<p>Dec 2 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong 2:30 A Matter of Balance</p>	<p>Dec 3 Tue 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Dec 4 Wed 7:00 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>Dec 5 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 9:30 Super Seniors 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:00 Book Club 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Dec 6 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 11:00 TurnUp Gardeners 12:00 Garden Fresh Birthday Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room</p>	<p>Dec 7 Sat HOLIDAY FAIRE 9:00 am—2:00 pm Santa 11:00 am—1:00 pm Quilt raffle, Cookie Walk, 20 raffle baskets of goodies, Lunch: Corn Chowder, Holiday greens, Hand-crafted items including jewelry, Hand-made cards</p>
<p>Dec 9 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 New Member Orientation 1:30 Ping Pong 2:30 A Matter of Balance</p>	<p>Dec 10 Tues 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 1:00 NH Alliance Healthy Aging 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Dec 11 Wed 7:00 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>Dec 12 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:00 Book Club 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Dec 13 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/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/Am. House 1:00 Movie/Living Room 1:00 Handmade Cards</p>	<p>Dec 14 Sat 10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>

<p>Dec 16 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 Ping-Pong 2:30 A Matter of Balance</p>	<p>Dec 17 Tues 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 The Nurse Is In 10:30 Age in Motion 2 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Dec 18 Wed 7:00 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>Dec 19 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle 4:00 Board Meeting</p>	<p>Dec 20 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/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/Am. House 1:00 Movie/Living Room</p>	<p>Dec 21 Sat 10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open. Holiday Party 11:00 am—1:00 pm Fun and festivities Optional Yankee Swap with \$10 limit</p>
<p>Dec 23 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 New Member Orientation 1:30 Ping-Pong 2:30 A Matter of Balance</p>	<p>Dec 24 Tues 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open No yoga today 10:00 Blood Drive No Age In Motion today 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie/Living Room 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Dec 25 Wed CLOSED Christmas Day </p>	<p>Dec 26 Thurs 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 10:30 Age in Motion 2 11:00 Creating Your Family Memoir 11:30 Beginner Tai Chi (self-facilitated) 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Dec 27 Fri 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling/Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room 1:00 Handmade Cards</p>	<p>Dec 29 Sat 10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>
<p>Dec 30 Mon 7:00 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/Yankee Lanes 1:00 Chair Yoga 1:30 Ping-Pong 2:30 A Matter of Balance</p>	<p>Dec 31 Tues 7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 12:00 Tuesdays Together* 1:00 Movie/Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>				

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 1:00 pm)

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 9:30 am)

Social Programs

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

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



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

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



CRIBBAGE—All levels of experience welcomed!
(Wed 12:30 pm in the Senior Center Library)



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

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 1:00-3:00 pm—after Tuesdays Together meal. Fri 1:00-3:00 pm—after Garden Fresh Friday meal Saturday 10:15 am)



SENIOR SWINGERS—Senior Swingers is our singing/performing. 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 1:00-3:00 pm)

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 1:30 pm)



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 1:00 pm)

Saturday Programs

Wood Carving

December 14th, 10:30 am – 11:30 am

Senior Center member Kevin Macauley will show us some of the fish he's carved and offer tips and tricks for anyone interested in learning more about this art.

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

Some of you have enjoyed presentations in the last few weeks 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
at jzakrzewski@thekeeneseniorcenter.org or
at the Senior Center.

Holiday Party!

December 21st, 10:00 am – 2:00 pm

Christmas, Hanukkah, Kwanzaa, Winter Solstice... whatever you choose to celebrate, come join us in finding light in this dark season! All are welcome, bring your friends and family!

There will be food, music, and plenty of fun, including an **optional** Yankee Swap at 11:00 am. Price limit is \$10, and homemade gifts are encouraged. Need an idea? How about a candle to share the light!

Feel free to wear your finest festive outfit!

Have a favorite holiday tradition you'd like to share?

Email Jen at
jzakrzewski@thekeeneseniorcenter.org



Holiday Faire at The Keene Senior Center Saturday, December 7 9:00 am—2:00 pm Santa visits 11:00 am—1:00 pm

You'll find:

- ◆ Quilt raffle—3 chances to win
- ◆ The Cookie Walk—fill a bag!
- ◆ 20 raffle baskets of goodies
- ◆ Lunch: Home-made corn chowder, bread, cookies, coffee/tea @ \$3
- ◆ Holiday greens for sale
- ◆ Hand-crafted items including jewelry for sale
- ◆ Hand-made cards for sale



Looking for a holiday gift for family, friends, & neighbors?

The Keene Senior Center is offering
*6-month trial membership
gift certificates*
\$25

through Dec. 31, 2019

DECEMBER 2019 MEAL MENUS (Vegetarian choice is available each day)

TUESDAYS TOGETHER \$3	WELCOME WEDNESDAY \$2	GARDEN FRESH FRIDAY \$3	SUPER SATURDAY \$2
<i>Dec 3</i> Calico beans Spinach salad Fruit	<i>Dec 4</i> Chicken salad sandwich Chips & pickles Lettuce, tomato, hummus Fruit salad	<i>Dec 6</i> Mediterranean frittata Tossed salad Fruit	<i>Dec 7</i> Cream cheese & olive or dates sandwich Chips & pickles Lettuce, tomato, hummus Fruit salad
<i>Dec 10</i> Chicken cacciatore Tossed salad Fruit	<i>Dec 11</i> Ham & cheese sandwich Chips & pickles Lettuce, tomato, hummus Fruit salad	<i>Dec 13</i> Shepard's pie with mixed vegetables Fruit	<i>Dec 14</i> Chicken salad sandwich Chips & pickles Lettuce, tomato, hummus Fruit salad
<i>Dec 17</i> Bacon & spinach quiche Fruit	<i>Dec 18</i> Cream cheese & olives or dates sandwich Chips & pickles Lettuce, tomato, hummus Fruit salad	<i>Dec 20</i> Chicken dumplings Cranberry/orange relish Fruit	<i>Dec 21</i> Christmas hors d'oeuvres Yankee swap \$10
<i>Dec 24</i> Beef stroganoff with noodles Broccoli Fruit	<i>Dec 25</i> Closed for Christmas Day	<i>Dec 27</i> Tacos with hamburg and vegetables Fruit	<i>Dec 28</i> Sliced turkey & cheese sandwich Chips & pickles Lettuce, tomato, hummus Fruit salad
<i>Dec 31</i> Lemon chicken w/ orzo Green/yellow vegetable Fruit			

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 having health-related information is important at any age. Seniors 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 approx. \$50 per month. To apply call 800-529-0005 x 4234 or 603-719-4240. Distributions are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale and Jaffrey. Eligibility requirement: \$15,678 annually for a single person and \$21,112 for two. Southwestern Community Services (SCS) works 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
December 8, 2019
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.



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.*

**Need a ride to The Keene
 Senior Center? We can help!**

If you live outside Keene, and you cannot get to
 The Keene Senior Center, we can help. We have
 friendly, highly trained drivers who can pick you
 up, bring you to the Center, and take you home
 again. Don't miss out! Come enjoy the meals,
 classes, crafts, or social activities!

To arrange a ride, simply call Cheshire Village at
 Home 3-5 business days ahead, identify yourself as
 a Senior Center member, tell us your name and
 phone number, plus the day and time you wish to
 come. We will send word to our drivers, and one of
 them will be in touch!

Call for rides: 603-903-9680

The Keene
 Senior Center is
 very happy to
 have been
 selected by

**Subaru of
 Keene**

as their
 hometown
 charity to
 support during
 their annual



Share The Love Event.

For every new Subaru that they sell through
 December 15th, the customer will get to
 choose to donate \$250
 to one of four national charities or
 to The Keene Senior Center!

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.



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

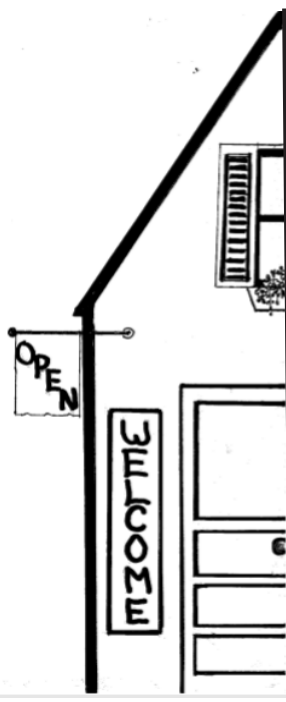
For-profit & non-profit organization: \$25 per hour

Please consider renting our space for your next big gathering.

Call 603-352-5037

Visit *The Bargain Box* when you are in the neighborhood!

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



As always, the Bargain Box is brimming with gently-used clothing, jewelery, yarn, and puzzles.



**HAPPY
BIRTHDAY**



The Senior Center enjoys celebrations. We especially enjoy celebrating birthdays and want to celebrate yours. At lunch during the **first Friday** (*please note this change*) of the month, it's

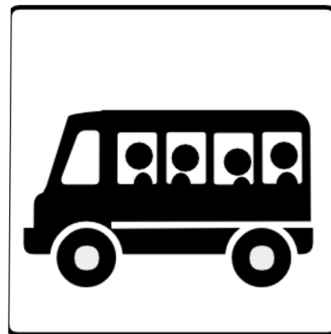
HAPPY BIRTHDAY!

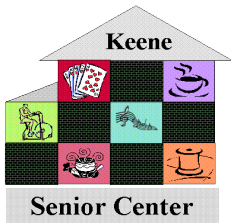
to everyone who had a birthday that month. We celebrate with cake and song. Lunch for birthday celebrants is complimentary—a gift of the Senior Center to you.

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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"Act as if what you do
makes a difference.
IT DOES."

- William James