

*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: Currently open virtually

Thrift Store Hours: Currently closed

THE KEENE SENIOR CENTER NEWSLETTER

December 2020

Welcome Friends
Exercise Light
Social Events
Community
Volunteer
Meals
Music
Active
Connected Fun
Arts
Games
Technology
Health
Advocacy
Opportunities

Virtual Holiday Faire

Covid-19 has struck again, this time affecting our annual Holiday Faire. However, we will prevail! Although we have to be apart this year, we will be having a mini silent auction of beautiful handmade crafts and gifts, including gift certificates, celebrating some of the talented members here at the Center who have generously donated their time and efforts.

In addition, of course, the Quilters have donated yet another stunning work of art (see below.)

Starting December 4th check out
<https://www.biddingowl.com/thekeeneseniorcenter>
to place your bid.

You will be able to see each item, and the bidding process will be easy. Thank you to all who have donated!

Have a wonderful holiday season!

Here are a few of the items you
can bid on during the Virtual
Holiday Faire!



Quilt Detail

Building Improvements Project fundraising has been kicked-off!

It was announced in the November issue of *Senior Sentinel* that we are planning a building improvements project that is a high priority because of safety issues related to COVID-19. Our fundraising plan is to raise \$150,000 through grants, a GoFundMe campaign, approaching business and individual supporters in the community and an appeal letter (sent in November) to our Board and Members.

We are very grateful that our members have continued to support The Senior Center in many ways while we have been closed. If you can, please consider a gift for our building improvements project to help us to re-open safely and better than ever!

If you have any questions please call Cam at 352-5037.

Quilters News

The quilters group met for lunch every Thursday while the weather was good - outside, in lawn chairs, and socially distanced.

In October they were busy organizing the crafts supplies that we distributed from our porch and delivering knitted afghans, scarves and mittens to organizations that could use them.

They are now looking for some place to meet at least for lunch so they can discuss the projects they've been working on. We are looking forward to hearing their cheerful voices and laughter and feel their positive energy at The Senior Center some time in 2021!

Thank you to the Quilters Group!

The Keene Senior Center wishes to extend a big THANK YOU to the intrepid quilters group who used the lovely New England spring, summer and fall weather to continue to safely socially distance meet. They have collected many knitted items for donation to local organizations in need. The knitted items are collected during the year and distributed in October. Thank you for all your talent and work!

The quilters are: Cynthia Johnson, Edna Leclair, Kathy Brown, Barbara Jeffrey, Milly Connolly, Ruth Shepard, Bev Mowbray, Joan Madler, Mary Labrie, and Linda Cook.

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 Facebook page and 'Like' us! Thank you!

Notes from Cam

Dear Members and Friends,

I hope that this finds you well and that you are staying connected to family and friends in these challenging times. It has been a year that we could not have imagined and I have been reflecting on the role that The Keene Senior Center has played to maintain programs and connections while we have been closed. There are many bright spots for us to build on such as re-starting the “warm” telephone calls to members, offering more Zoom classes and programs, and continuing sending informative and fun emails to you weekly. Also, we know that many of you read our Senior Sentinel newsletter from “cover to cover” every month. We have added to its content in the past year with articles about equity, diversity, and inclusion and new features such as Kate’s Korner!

I have also been thinking of how members coped with 2020 and the many examples of your spirit and resiliency. Our gardens were beautifully maintained making a welcoming habitat for the butterflies, members shared ways that they were coping including donating their artwork for a show when we reopen, afghans, mittens and scarves were knitted and distributed throughout the region and a neighborhood yard sale was held with proceeds given to The Senior Center. As was reported last month, 86 Super Seniors walked 25 miles over the summer, and although the DeMar Marathon was canceled, they walked the last 1.2 miles individually or in small groups on race day. Also, we had a team in the Walk to End Alzheimer’s, the *Senior Center Striders*, and our Cheshire Village at Home volunteers continued providing rides for its members for urgent matters!

Looking forward, The Senior Center is working on exciting new programs such as

members sharing their experiences and interests on Cheshire TV and Zoom programs, and we are preparing for how we can reopen The Center (when it is safe) better than ever. Our building improvements project is a top priority to do this!

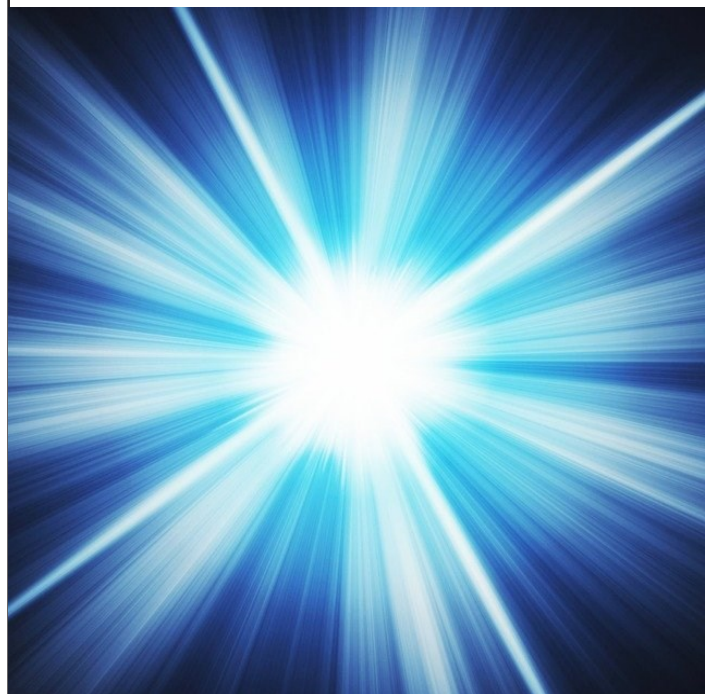
There is every reason to be hopeful that at this time in 2021 we will again be having our Holiday Faire with those fabulous gift baskets for the raffle and hundreds of cookies and The Senior Swingers will be traveling up to Tilton for their annual holiday concert at The New Hampshire Veterans Home!

In closing, The Senior Center’s staff and board wish you all a peaceful and joyful holiday season full of thanks for what we have and hope for the future. Please stay safe.

Onward and upward!

Warm Regards,

Cameron Tease



Senior Center Winter Holiday Celebration

This year's Senior Center winter holiday celebration will be a gift exchange. Whether you celebrate Christmas, Hanukkah, Kwanzaa, Yule, Winter Solstice, or none of the above, we're all searching for light in this dark time of year. Let's share a little light with each other!

We'll have tables set up on the Senior Center porch December 14-18 (Mon-Fri). Drop off a wrapped gift and choose one to take home. Open it whenever you'd like. Tell your friends/family what you got, and call or email us to let us know! Photos are welcome.

Creativity is encouraged, spending money is discouraged. The best gifts are ones that are homemade, or something around your house that could use a new home.

While we wish we could celebrate this season and be there for each other in person, 2020 is not the year for that. This is one way we can still come together as a community. We hope you'll join us! If you have other ideas for ways to celebrate while staying safe, please share.



***Mark your calendars:
December 14-18, drop off your wrapped gift
and take a gift for yourself!***



Resources for you

Visit our COVID-19 page on The Keene Senior Center website for clear, accurate, timely information: <https://thekeeneseniorcenter.org/>, and to see our current status.

In Memory of Rose Tuttolomondo

by Pat Patnode, Director of the Senior Swingers

Rose Tuttolomondo, 92, passed away October 8th, 2020 in Florida where she has resided the last few years.

Rose was a 20 plus year member of the *Keene Senior Swingers*, twice as their director. She was known for her singing, acting and dancing in many Swingers shows. Most notably for her tap dancing and a favorite, one half of the Italian Ladies' skits. She will be missed by many, especially for her quick wit, laugh and bright smile.

There are no local services. She will be buried with her late husband at a military cemetery in New York state. Contributions in her memory may be made to the Keene Senior Center.

Kate's Korner

By Kate Forcier

It's time for pumpkin eating!

Pumpkin is very healthy, with vitamin A, potassium, calcium, zinc, and iron, and canned pumpkin makes it easy. The recipe for a pie is on the can label. Also, use it for breads, cookies, cheesecakes, whoopee pies, and pumpkin-flavored coffee cream. Dunkin Donuts has it. I have even made pumpkin soup and it wasn't half bad!

Whoopie Pie recipe (makes 12)

Mix all ingredients and drop 2 Tbsp. amounts on cookie sheet.

1 1/2 cups flour
1 1/4 cups sugar
2 tsp. baking powder
2 tsp. cinnamon
1 tsp. baking soda
1/2 tsp. powdered ginger
1 15-oz can pumpkin
3/4 or 1 1/2 sticks salted butter, melted
3 beaten eggs

Greased cookie sheet.
375° F oven
Bake for 8-10 minutes
Test with toothpick
Cool completely and then fill with frosting
(recipe below)

Cream cheese frosting

1 8-oz. cream cheese, softened
6 Tbsp. butter
1 cup sifted confectioners sugar
1 tsp. vanilla extract

Pumpkin seeds are very healthy and help to increase serotonin for a mood elevator and feeling of wellbeing. 1/4 cup of pumpkin seeds have

- 6.3 grams of protein
- 272 mg. of potassium
- 41 mg. of magnesium.

Compassion has no limit, kindness has no enemy. ~unknown

Warm Calls!

We will be making warm calls again this December to check in with everyone.

We are looking for volunteers that would be willing to call members to chat.

I don't know about you, but I love to chat! Thank you to those who have signed up so far. I will say I was a bit overwhelmed with all kinds of emails when I first started. If you contacted me by email to let me know you were interested, I would greatly appreciate a quick follow up email so I can make sure you are on the list! If you haven't signed up yet, remember, the more the merrier!

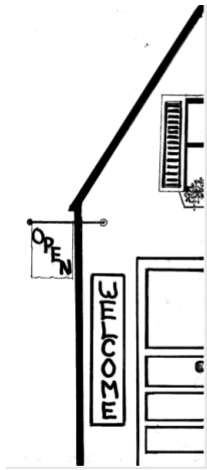
Contact MaryAnn at mhyzer@thekeeneseniorcenter.org or call 603-313-0707

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 Keene 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 Keene Senior Center.



Thrift Store—temporarily closed

The Keene Senior Center's Bargain Box Thrift Store is normally 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 carry adult sizes XS–3X.

Clothing donations will be accepted Monday thru Friday and Saturdays after The Keene Senior Center reopens.

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 Keene Senior Center's front desk when we reopen and we will take care of the rest.

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!

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Extra! Extra! Read all about it... In the electronic version of the newsletter...*in living color!*

Every month The Senior Center sees hefty expenses associated with printing and mailing its 16-page newsletter. There are also costs associated with having staff and volunteers prepare the newsletter for mailing. You can help reduce these costs by reading the newsletter on The Senior Center's website where a PDF of the newsletter is posted every month:

www.thekeeneseniorcenter.org/newsletter

While you will help The Senior Center save money by doing so, there're also advantages to you as a reader when you access the newsletter online, including

- Getting an email that the newsletter is online before the paper version is taken to the post office for mailing
- Seeing the newsletter in color—for cost reasons the newsletter is printed in B&W
- Being able to click on all links and going directly to the site since all links are hot
- Being able to save a copy of the newsletter to your computer

The Senior Center understands that not everyone is prepared to forego paper copies of the newsletter, but if you're willing to read the newsletter online, email MaryAnn at mhyzer@thekeeneseniorcenter.org. She'll remove you from the newsletter mail list and add you to the newsletter email list. Thank you for doing your part in greening the planet, and saving costs for us!

Does The Senior Center Have Your Current Email on File?

One of the main communication methods The Keene Senior Center is using to stay connected to members during the pandemic are eblasts.

Do we have your email on file?

Please email MaryAnn at mhyzer@thekeeneseniorcenter.org to be sure that we do. We want to stay in touch with you!



Call for submissions

We welcome member submissions for our future newsletters. Poems, stories from quarantine, tips and tricks for staying healthy and happy, or anything else on your mind are all welcome!

Please email submissions to Jen at jzakrzewski@thekeeneseniorcenter.org or mail to The Keene Senior Center. The deadline is the second Thursday of each month for the following month's issue.





How to Join Senior Center Programs From Home

You may be at home, but there's no reason you can't take part in Senior Center programs.

We have two ways we're bringing classes and activities to you (*even if you don't use the internet!*).

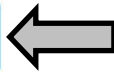
1. Via the internet.

You access your class via Zoom on your computer, tablet or smartphone.

Joining class via Zoom is the best way as you can see your instructor and your classmates. Plus, they'll be able to see you.

Here's the link you use: thekeeneseniorcenter.org/zoom. Scroll down the page to:

CLICK HERE TO JOIN ANY OF OUR ZOOM SESSIONS BELOW
(PASSWORD REQUIRED*)



Click here. Password is **Seniors**

You can also join using the Zoom app on a phone or tablet:

Download the Zoom Cloud Meetings app from the play store. In the app, click *Join meeting*. Enter meeting ID 851 8098 3534; password **Seniors**.

2. Via your telephone.

Dial 1-929-205-6099 when your program starts. Using your keypad type in the

- Meeting ID 851 8098 3534 and
- Password 350040

Need Zoom help?

For questions or troubleshooting, or tips on using Zoom, call (603.352.5037) or email Jen (zakrzewski@thekeeneseniorcenter.org)

Participation in physical activity such as group classes comes with certain inherent risks, including the risk of medical events that could result in personal injury, death or disability. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs and that you can participate safely. Do not start this fitness program if your physician or health care provider advises against it. The Keene Senior Center (legal name Keene Senior Citizens Inc.) disclaims any liability for incidental or consequential damages associated with your participation in this fitness program and assumes no responsibility for loss, injury, or damage suffered by any person participating in this digital fitness program. In choosing to participate, you assume any and all risk associated with your participation and agree to indemnify and hold harmless The Keene Senior Center, its officers, directors, employees, volunteers, agents and representatives against any loss, liability, damage, cause of action, costs or expense of any nature whatsoever.

By accepting the invitation to participate in The Keene Senior Center's virtual classes you are agreeing to the waiver as stated above.

December 2020 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Age in Motion 10:30am	2 Qigong 10:30am	3 Age in Motion 10:30am	4 Bingo 12:00pm	5 Age in Motion 10:30am
6	7 Chair Yoga 1:00pm	8 Age in Motion 10:30am NH Alliance for Healthy Aging 12pm	9 Qigong 10:30am Family Memoir 3pm Creative Writing 4pm	10 Age in Motion 10:30am	11 The Largest & Most Dangerous Forgery in History 12:00pm	12 Age in Motion 10:30am
13	14 Chair Yoga 1:00pm	15 Age in Motion 10:30am	16 Qigong 10:30am	17 Age in Motion 10:30am	18 Eric & Christy of American House present TED Talks 12:00pm	19 Age in Motion 10:30am
20	21 Chair Yoga 1:00pm	22 Age in Motion 10:30am	23 Qigong 10:30am Family Memoir 3pm Creative Writing 4pm	24 Age in Motion 10:30am	25 Christmas Day	26
27	28 Chair Yoga 1:00pm	29 Age in Motion 10:30am	30 Qigong 10:30am	31 Age in Motion 10:30am		

December Programs

All members welcome, programs happen on Zoom. Instructions—page 10, calendar—page 11.

Recurring programs

- **Chair Yoga**—Mondays at 1:00pm
Features gentle movements adapted from traditional yoga poses. Poses are done seated or using a chair for balance.
- **Qigong**—Wednesdays at 10:30am
Features slow and simple movements to encourage the smooth flow of Qi (energy.) Promotes longevity, decreases pain, alleviates stress and increases balance, strength and flexibility.
- **Age in Motion**—Age in Motion 2 (group led) Tues, Thurs & Sat 10:30am
Exercise program 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. **Note:** this is the class suitable for beginners.
- **Creating your Family Memoir**—2nd & 4th Wednesday at 3:00pm
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.
- **Creative Writing Group**—2nd & 4th Wednesday at 4:00pm
Led by David Robinson, who has 25 years of experience with book & magazine publishing.
- **NH Alliance for Healthy Aging***—2nd Tuesday at 12:00pm
Join Martha McLeod from the New Hampshire Alliance for Healthy Aging for a presentation on advocacy for aging in NH.
*Special Zoom information for Martha's presentation only - <https://zoom.us/j/95715139845>
If you prefer to join by telephone, dial: 1 929 205 6099 Meeting ID: 957 1513 984

One-Time Programs

Friday Lunch & Learns, 12:00 noon on Zoom

- **Bingo**—December 4th
Print your own bingo cards online or pick some up from the envelope on the Senior Center porch. No prizes yet, but if this program is popular we'll bring back the prizes! Not sure about Zoom? This is an easy one to join by phone. Details on page 10.
- **The Largest & Most Dangerous Forgery in History**—December 11th
Learn about a WWII plan by the Nazis to undermine and ruin the British war effort— using counterfeit money. 50 minute documentary, 10 minute optional discussion after.
- **TED Talks**—December 18th
Eric Walther and Christy Wendlandt from American House will share another round of video presentations.

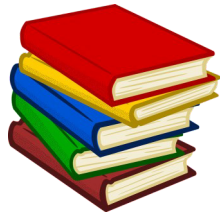
Love getting lost in a good book?

Need something to do during our long winter?

How about joining a Zoom book club?

We are looking for leaders (will be trained on Zoom), members and book suggestions. If interested email MaryAnn at mhyzer@thekeeneneseniorcenter.org or call the Center at 603-352-5037.

Happy reading!



Listen to any great podcasts?

We could do a podcast discussion group if there is interest. Just let us know!

Don't know what a podcast is?

Stay tuned for more information in an upcoming Thursday Eblast!



Holiday Traditions Worldwide

Here are some tidbits about different holiday traditions in the US and around the world:

Advent^[1]

The four Sundays of Advent proclaim aspects of our divine nature—hope and faith, peace, love, and joy.

Bodhi Day^[2]

Celebration of the enlightenment of Buddha, c. 596 B.C.E.

Boxing Day^[3]

Boxing Day takes place on December 26. Only celebrated in a few countries, the holiday originated in the United Kingdom during the Middle Ages. It was the day when the alms box, collection boxes for the poor often kept in churches, were opened and their content distributed, a tradition that still happens in some areas. It was also the day servants were traditionally given the day off to celebrate Christmas with their families.

Christmas Day^[4]

Christmas (or Feast of the Nativity) is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. It is preceded by the season of Advent or the Nativity Fast and initiates the season of Christmastide, which historically in the West lasts twelve days and culminates on Twelfth Night.

(continued on next page)

Holiday Traditions Worldwide (continued)

Hanukkah^[2]

Celebrated in December, Hanukkah is not one of the main Jewish holidays, but because of the variety of Christian holidays in that month, it has taken on a larger significance for many people. Hanukkah is the Festival of lights, an eight-day commemoration of the rededication of the Second Temple in 165 B.C.E. The eight candle Menorah is lighted.

Kwanzaa^[5]

The seven principles of Kwanzaa are unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. Kwanzaa was first celebrated in 1965 and was founded by Maulana Karenga, a major figure in the Black Power movement in the 1960s and 70s, and the chairman of African Studies at California State University, Long Beach. The holiday is derived from the Swahili phrase “matunda ya kwanza,” which means “first fruits of the harvest” and was established to help African-Americans reconnect with their cultural and historical heritage.

Ōmisoka^[3]

Ōmisoka, New Year’s Eve, is considered the second-most important day in Japanese tradition as it is the final day of the old year and the eve of New Year’s Day, the most important day of the year. Families gather on Ōmisoka for one last time in the old year to have a bowl of toshikoshi-soba or toshikoshi-udon, a tradition based on eating the long noodles to cross over from one year to the next.

At midnight, many visit shrines or temples for Hatsumōde. Shinto shrines prepare amazake to pass out to crowds and most Buddhist temples have large cast bells that are struck once for each of the 108 earthly desires believed to cause human suffering.

St. Lucia Day^[6]

Saint Lucy's Day, also called Lucia Day or the feast of Saint Lucy, is Christian and is observed on December 13. It commemorates Lucia of Syracuse, who according to legend brought food and aid to Christians hiding in the Roman catacombs, wearing a candlelit wreath on her head to light her way and leave her hands free to carry as much food as possible. Her feast day, which coincided with the shortest day of the year prior to calendar reforms, is widely celebrated as a festival of light.

Saint Lucy's Day is celebrated most widely in Scandinavia and in Italy, with each emphasizing a different aspect of her story. In Scandinavia, Santa Lucia, or Sankta Lucia, is represented as a lady in a white dress and a red sash with a crown or wreath of candles on her head. Songs are sung, girls dressed as Saint Lucy carry cookies and saffron buns in procession, which symbolizes bringing the Light of Christ into the world's darkness. In both Protestant and Catholic churches, boys participate in the procession as well, playing different roles associated with Christmastide, such as that of Saint Stephen. The celebration of Saint Lucy's Day is said to help one live the winter days with enough light.

(continued on next page)

Holiday Traditions Worldwide (continued)

St. Nicholas Day^[6]

This December holiday is big in many European countries. St. Nicholas' was a man who spent most of his life helping those in need. There are many stories about his secret good deeds, but one seems particularly well known. A very poor man had three daughters, and because they did not have dowries, they faced futures likely including prostitution. To save them from this dark fate, St. Nicholas threw a bag of gold for each daughter through their windows. The treasures are said to have landed in stockings or shoes left by the fire to dry.

Today, children place a shoe outside their door in the hopes that some treasure will be left inside. In some countries, it's believed that St. Nicholas arrives in November and spends several weeks traveling throughout the countryside on a horse or donkey finding out if children have been good (better than an elf on a shelf!).

Winter Solstice (Yule)^[6]

Midwinter, known commonly as Yule, has been recognized as a significant turning point in the yearly cycle since the late Stone Age. The ancient megalithic sites of Newgrange and Stonehenge, carefully aligned with the solstice sunrise and sunset, exemplify this. The reversal of the Sun's ebbing presence in the sky symbolizes the rebirth of the solar god and presages the return of fertile seasons. From Germanic to Roman tradition, this is the most important time of celebration. While practices vary, sacrifice offerings, feasting, and gift giving are common elements of Midwinter festivities. Bringing sprigs and wreaths of evergreen (such as holly, ivy, mistletoe, yew, and pine) into the home, and tree decorating, are also common during this time.

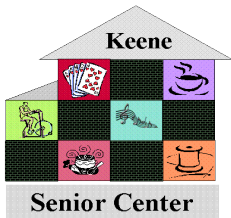
Fictional: Festivus^[6]

Festivus is a secular holiday celebrated on December 23 as an alternative to the pressures and commercialism of the Christmas season. Originally created by author Daniel O'Keefe, Festivus entered popular culture after it was made the focus of the 1997 Seinfeld episode "The Strike", which O'Keefe's son, Dan O'Keefe, co-wrote.

The non-commercial holiday's celebration, as depicted on Seinfeld, occurs on December 23 and includes a Festivus dinner, an unadorned aluminum Festivus pole, practices such as the "Airing of Grievances" and "Feats of Strength", and the labeling of easily explainable events as "Festivus miracles." The episode refers to it as "a Festivus for the rest of us". It has been described both as a parody holiday festival and as a form of playful consumer resistance.



1. <https://www.unity.org/resources/articles/our-deepest-gifts-four-themes-advent>
2. <https://www.nccjtriad.org/wp-content/uploads/2020/02/Interfaith-Calendar-2020.pdf>
3. <https://worldstrides.com/blog/2015/12/december-holidays-around-the-world/>
4. <https://www.unity.org/resources/articles/christmas-season-heart>
5. <https://www.newbernsj.com/20141227/kwanzaa-started-friday-week-long-holiday-about-peace-unity-and-culture/312279956>
6. https://en.wikipedia.org/wiki/List_of_multinational_festivals_and_holidays#December



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**“Too often we underestimate the power
of a touch, a smile, a kind word,
a listening ear, an honest compliment,
or the smallest act of caring,
all of which have the potential
to turn a life around.”**

— Leo Buscaglia, author