

*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 10:00 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

January 2020



## Technology and Seniors

What can technology do for you?



- ◆ **Reading**  
Reading on a computer means that you can adjust the font size, and you may not need your reading glasses, and you can even have books read out loud to you.
- ◆ **Visiting**  
Connecting with friends and family all over the world using Skype or social media tools keeps you in touch with those you love.
- ◆ **Medical**  
Make appointments, check your records, ask for a prescription renewal, and much more, any time of day or night.
- ◆ **Entertainment**  
Watch movies and documentaries any time you wish. Play solitaire or word games and keep your brain sharp.
- ◆ **Pay bills/perform tasks**  
Set up your bank account online and pay your bills, register your car, and even pay the parking meter.
- ◆ **Research/find information**  
Quite literally, everything you ever wanted to know is available on the internet if you just ask.

*Toward the end of January 2020,  
Charter/Spectrum Communications  
will be donating a number of tablets  
(lightweight, wireless, portable personal computers with a touchscreen flat surface)  
to the Keene Senior Center!*

Stay tuned for more information in February about how you will be able to use them, the training you will be able to take, and the help you will receive.



# *Independence with a little help* *Cheshire Village at Home*

## Cheshire Village at Home January Social

featuring Larry Benaquist, Professor Emeritus, Film Studies, Keene State College

Professor Benaquist will speak about his research & experience putting together a documentary film on Dr. Albert C Johnston.

Dr. Johnston had been immortalized in a previous film 'Lost Boundaries.' He was fired from his practice at Elliott Hospital (now CMC-DH) in 1953 for passing as white. The Johnston's experience in Keene was a microcosm of the country's changing opinions on race in the 1950's.

The Walldogs painted a mural in Keene commemorating the Johnston's this past summer.

The Social is open to all members of Cheshire Village, the Senior Center, and the public

**January 16 from 2:00-4:00 pm**  
**Huntress Hall, Keene Public Library**  
All are welcome



### Did you know...?

As a member of Cheshire Village at Home our volunteers can install computer hardware or software, help put away boxes of holiday decorations in 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

We now have 3 membership formats: Trial (3 months); 6-month; and Annual

We also have a limited number of partial scholarships for those who qualify.

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

### 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!

## 8 Ways to Save Money on Hearing Aids

Excerpted from AARP <https://www.aarp.org/health/conditions-treatments/info-2019/save-money-on-hearing-aids.html>

Cost is one of the major barriers to hearing aid purchase. The price of one hearing aid can be \$1,500 to thousands of dollars, according to the Mayo Clinic. Accessories and fees charged by hearing care professionals may be extra. Here are eight steps you can take to pay less:

### 1. Get the best hearing aid for you

Get an exam by a hearing care professional. Depending on your loss and lifestyle, you may not need advanced (costly) features.

### 2. Add to your insurance

Although Medicare does not cover hearing aids, many Medicare Advantage plans do. Some private insurers offer discounts on hearing aids if purchased through certain suppliers. Check with your insurance.

### 3. Buy from trusted sources

Although you can get good hearing aids in different stores and locations, it's vital to work with a trusted hearing professional so you don't buy one that doesn't meet your needs, which would be a waste of money rather than a savings.

### 4. Ask about unbundling

Hearing aids are often sold as a bundled package. If you don't want everything, ask if you can pick and choose.

### 5. Take advantage of benefits for veterans

Start the process of testing your hearing through the VA. If the test proves that you are eligible for hearing aids, they may be free.

### 6. Use your HSA (health savings account)

Hearing aids are considered a qualified medical expense.

### 7. Find out whether a cochlear implant could help

Contrary to what many people think, you don't have to be profoundly deaf to use one. Most insurance plans, including Medicare, cover cochlear implants, so it may be worth seeing a cochlear implant-trained audiologist to find out if you would benefit from one.

### 8. Consider an over-the-counter hearing device starting in 2020

Use caution. Drugstores currently sell "personal sound amplification products" (PSAPs) ranging in price from \$10 to \$500. They require no prescription or hearing evaluation, but are simply for hearing enhancement, and may not be what you need.



**HAPPY  
BIRTHDAY**



The Senior Center especially enjoys celebrating birthdays, and wants to celebrate yours. At lunch during the **first Friday** 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.

## Notes from Cam

Dear Members and Friends,

The Keene Senior Center is looking ahead to 2020 with great expectations and confidence based on our direction, accomplishments, and momentum. This was made possible by contributions and support from our board, volunteers, community partners, grantors and donors, and most of all our members.

One of the tools we used last year to create our plans was the annual member survey. Created and conducted with the assistance of Cheshire Medical Center's Center for Population Health, it provided a wealth of information with a terrific response rate of 39%! The results were used in our strategic planning, and programs, as well as being invaluable information for supporting our work with donors and grantors.

Among other things, members were asked a variety of questions about their general well-being due to their involvement with the Senior Center. Eighty-five percent somewhat or strongly agreed that they have close ties to more people, and a sense of belonging, because they are involved with The Senior Center. Eighty-two percent of respondents reported that they somewhat or strongly agree they feel happier and more satisfied with their life due to The Senior Center. Further 79.2% reported that they somewhat or strongly agree that their involvement helps their ability to stay active and healthy.

We need your help again with the 2020 Survey, which will be sent to members with February's newsletter. It will help us to provide you with the best experience that we can. Also, we have made some changes to the survey to help find ways to reach more older adults, especially those who may be socially isolated.

As we start the new year with a sense of anticipation and confidence, we know that we can do better for our members and reach more people with your help. Please complete our annual member survey when you receive February's newsletter. You can trust that we respect your feedback and that it will be well-used.

Happy New Year!

Cameron Tease  
Executive Director

## Year-End Appeal

Membership fees supply 15% of your Senior Center's annual budget. The City of Keene, Monadnock United Way, NH Charitable Foundation, and other foundations, area businesses, and individuals all provide help, but gifts from people such as you are critical to keeping The Keene Senior Center strong.

In early December The Center mailed a year-end appeal to you. Your generosity ensures that the services you value and on which you rely remain available. We are pleased & encouraged at the response so far—thank you to those who have made donations.

## December's Holiday Faire Recap

The Keene Senior Center hosted its 5th annual Holiday Faire on Dec. 7. A lovely early winter day set the stage for a successful event that saw many members and non-members stopping by. At least 135 dozen cookies were sold, the quilt raffle and baskets raffle were great fundraisers and lots of fun, handmade cards and decorations were big hits, and the lunch of Corn Chowder or Chicken with Rice sold out, prompting kitchen personnel to consider making another pot of soup for next year's fair!



## Program Feedback Session Saturday, January 18, 10:30—11:30 am

Do you have feedback, ideas, or wishes about the programs we offer at The Senior Center? Program Coordinator Jen Zakrzewski would like to pick your brain! We want to make sure the classes and events Jen schedules are meeting your needs and wants. Even if you aren't sure you have anything to say, please join the conversation. Relaxed & informal, the discussion will have questions & prompts to get the ideas flowing, plus snacks, coffee, and tea!



## 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

REAL ESTATE BROKER



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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  
**Cell: 603-209-4431**  
603-357-4100 Ext. 130

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*Lifecare Retirement Community*

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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](http://www.HillsideVillageKeene.org/P-W)



# FENTON FAMILY DEALERSHIPS



Senior Discount

## Get 10% OFF

on auto parts & service repairs  
at all our dealerships

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w/ every service  
\*Local shuttle  
\*Cozy waiting areas

Free cable TV,  
WiFi, coffee and  
bagels while you  
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

January 2020					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><i><b>Please note:</b></i> <i>Beginning in January both the <b>Super Seniors</b> and the <b>Book Club</b> are changing their meeting times to ease our parking lot!</i></p>		<p><b>Jan 1 Wed</b></p> <p><b>Senior Center CLOSED</b></p> <p><b>New Year's Day</b></p>	<p><b>Jan 2 Thurs</b></p> <p>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 <b>2:15 Book Club</b></p>	<p><b>Jan 3 Fri</b></p> <p>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 Birthday Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie/Living Room</p>	<p><b>Jan 4 Sat</b></p> <p>10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p><b>10:30 am Surprise Saturday Program</b></p>
<p><b>Jan 6 Mon</b></p> <p>7:00 Walking/Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle &amp; Hearts 12:30 Bowling/Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p>	<p><b>Jan 7 Tues</b></p> <p>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><b>Jan 8 Wed</b></p> <p>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><b>Jan 9 Thurs</b></p> <p>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 <b>3:00 Super Seniors</b></p>	<p><b>Jan 10 Fri</b></p> <p>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 <b>1:00 Handmade Cards</b></p>	<p><b>Jan 11 Sat</b></p> <p>10:00 am—2:00 pm Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>



<p><b>Jan 13 Mon</b>  7:00 Walking/Rec Ctr  8:30-4:30 Gym Open  8:45 Kripalu Yoga  10:00 Age in Motion 1  11:00 Pinochle &amp; Hearts  12:30 Bowling/Yankee Lanes  1:00 Chair Yoga  <b>1:30 New Member Orientation</b>  1:30 Ping-Pong</p>	<p><b>Jan 14 Tues</b>  7:00 Walking/Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>10:15 Renewable Energy Discussion</b>  10:30 Age in Motion 2  12:00 Tuesdays Together*  1:00 Movie/Living Room  1:00 Bridge  <b>1:00 NH Alliance Healthy Aging</b>  3:00 Learn to Use the Gym  7:00 pm AA Meeting</p>	<p><b>Jan 15 Wed</b>  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><b>Jan 16 Thurs</b>  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  <b>2:00 CV@H Social, Documentary about Dr. Johnston, Keene Library Huntress Hall</b>  <b>3:00 Annual Board Meeting—all are welcome!</b></p>	<p><b>Jan 17 Fri</b>  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</p>	<p><b>Jan 18 Sat</b>  10:00 am—2:00 pm  Open gym, ping-pong, pool, games, movie  Super Saturday lunch*  thrift shop open.   <b>10:30 am Program Feedback Session</b>  <b>Snacks, coffee, &amp; tea served</b></p>
<p><b>Jan 20 Mon</b>   <b>Senior Center CLOSED</b>   <b>Martin Luther King Jr. Holiday</b></p>	<p><b>Jan 21 Tues</b>  7:00 Walking/Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>9:30 The Nurse Is In</b>  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><b>Jan 22 Wed</b>  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><b>Jan 23 Thurs</b>  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</p>	<p><b>Jan 25 Fri</b>  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</p>	<p><b>Jan 25 Sat</b>  10:00 am—2:00 pm  Open gym, ping-pong, pool, games, movie  Super Saturday lunch*  thrift shop open.</p>
<p><b>Jan 27 Mon</b>  7:00 Walking/Rec Ctr  8:30-4:30 Gym Open  8:45 Kripalu Yoga  10:00 Age in Motion 1  11:00 Pinochle &amp; Hearts  12:30 Bowling/Yankee Lanes  1:00 Chair Yoga  1:30 Ping-Pong</p>	<p><b>Jan 28 Tues</b>  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><b>Jan 29 Wed</b>  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><b>Jan 30 Thurs</b>  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</p>	<p><b>Jan 31 Fri</b>  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</p>	<p><b>Jan 31 Fri</b>  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</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 & 4<sup>th</sup> 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](mailto: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)**

## FITNESS AND HEALTH PROGRAMS

**GYM FACILITY OPEN** and available for your use. Equipment includes: bikes, treadmills, weights/weight machine and an elliptical.  
**(Mon—Fri 8:30 am—4:30 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.  
**(Tues 3:00—4:00 pm)**

**AGE IN MOTION**—Exercise programs designed especially for seniors who would like to work on strength, balance and prevention of falls. Sessions consist of warm-ups, lifting weights, exercises for balance and flexibility and a cool down period.

- **Age in Motion 2** (group led) recommended intro class. **(Tues & Thurs 10:30 am)**
- **Age in Motion 1** is more advanced. **(Mon & Fri 10:00 am)**

**CHAIR YOGA** features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **(Mon 1:00 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.  
**(Wed 10:00 am, \$3 instructor fee/class)**

**YOGA** is an exercise program that focuses on breath control, simple meditation and specific body postures while standing or lying on the floor. **(Tues & Thurs 9:00 am)**

**KRIPALU YOGA**—can be a challenging approach to yoga emphasizing meditation and breath work, and encouraging inward focus and spiritual attunement. Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth, and spiritual awakening. **(Mon 8:45 am)**

## FITNESS AND HEALTH PROGRAMS continued

**BEGINNERS TAI CHI** will cover the first 18 postures of the Yang style TaiChi form. Each class will include warm up Chi Kung exercises and two to three TaiChi postures. The movement is slow, flowing and focused. TaiChi can improve balance, flexibility and mental focus. A DVD will be available for new students after the third class. Students may continue to attend class even though they have learned the 18 postures as a weekly practice.  
**(Thurs 11:30 am)**

**INTERMEDIATE TAI CHI** will continue beyond the first 18 postures to complete the Yang short form of 80 postures. Chi Kung warm up exercises and push hands practice will also be included. This class will be ongoing.  
**(Thurs 12:45 pm)**



## PERSONAL ENRICHMENT PROGRAMS

### **BOOK CLUB**

Are you interested in meeting new, interesting people? Do you like reading things you might not otherwise read? Do you like fun discussions? The Keene Senior Center's book club is the perfect program for you. Led by **Laura Stempkowski**.  
**(1<sup>st</sup> Thurs, 12:00 noon)**

### **CREATING YOUR FAMILY MEMOIR**

Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. Led by **David Robinson**, who has 25 years of experience with book & magazine publishing.  
**(Thurs 11:00 am)**

### **CREATIVE WRITING GROUP**

Meets in the Senior Center Library.  
**Currently looking for a new facilitator.**  
**Volunteer Now!**

## Annual Member Survey

Be on the lookout for our annual member survey, coming with February's newsletter. It is very important to us, so please fill it out and return it. We base our programming on your responses!

### New Year, New Dance Routine

The Super Senior Dancers (70+) are starting a new routine **January 14** at **MoCo Arts, Tuesdays, 10:30-11:30 am.**

All are welcome—no previous dance experience needed, nor do you need a partner. No street shoes or boots on the dance floor, please.

The men and women in the group focus on movement, creativity, laughter and having fun. Newcomers welcome. Free.

40 Roxbury Street, Keene.

### Getting too much paper mail?

Perhaps you would prefer to read the *Senior Sentinel* newsletter online!

Every month, we post the newsletter on the website. Just go to <https://thekeeneseniorcenter.org/newsletter> (or from the home page, click About, then scroll down to Newsletters)

To stop receiving the **paper** newsletter, call the front desk and leave your name & address with them, along with a request to send the request along to Meg Whittle.

## Looking for ways to stay active this winter?

Of course the Senior Center has many fabulous exercise programs, but here's another idea – walking at the Rec Center! From 7:00-9:00 am, Monday through Friday, the gym is reserved for walkers only. If you'd like to coordinate with other members, we encourage you to use the Buddy Board in the dining room at the Senior Center. There will be a sign-up sheet posted there so you can let other members know when you'll be walking.

To take advantage of this opportunity, you'll need a membership at the Rec Center. If you only want to walk, you can get a senior walking membership. They are \$10 for a year, good from September-August. If you'd like to do more than walking (pickleball maybe?) then a recreation senior membership is \$20.

Scholarships are available, contact the Rec Center!

## Super Seniors and Pickleball

Play Pickleball at the Rec Center every **Tuesday and Thursday morning, 9:00-11:00 am.**

Rackets and balls provided. Pickleball, a paddleball sport combining elements of tennis, badminton and table tennis, is an all-age and -ability sport. For safety, players are advised to avoid wearing jogging/walking shoes with heavy soles.

Sponsored by the Rec Center. Rec Center membership for seniors is \$20/year. Membership scholarships are available; contact Rich Kalich (603 289-2359) for details. First month free, compliments of the Rec Center.

# JANUARY 2020 MEAL MENUS (Vegetarian choice is available each day)

TUESDAYS TOGETHER \$3	WELCOME WEDNESDAY \$2	GARDEN FRESH FRIDAY \$3	SUPER SATURDAY \$2
	<i>Jan 1</i>  <b>CLOSED FOR New Year's Day</b>	<i>Jan 3</i> Tomato Soup Black bean burritos Fruit	<i>Jan 4</i> Cream cheese & olive or date sandwich Chips & pickles Fruit
<i>Jan 7</i> Pulled pork Broccoli/raisin salad Fruit	<i>Jan 8</i> Carrot soup BLT sandwich Chips & pickles Fruit	<i>Jan 10</i> Spinach delight Bread Fruit	<i>Jan 11</i> Chicken salad sandwich Chips & pickles Fruit
<i>Jan 14</i> Minestrone soup Spinach salad w/ craisins Fruit	<i>Jan 15</i> Asparagus soup Turkey sandwich Chips & pickles Fruit	<i>Jan 17</i> Beef stew Tossed salad Fruit	<i>Jan 18</i> Ham sandwich Chips & pickles Fruit
<i>Jan 21</i> Mashed potatoes Chicken a la king Cran/orange relish Fruit	<i>Jan 22</i> Broccoli cheese soup Ham sandwich Chips & pickles Fruit	<i>Jan 24</i> American chop suey Tossed salad Fruit	<i>Jan 25</i> Corned beef sandwich Chips & pickles Fruit
<i>Jan 28</i> Tomato soup Tacos w/chicken Fruit	<i>Jan 29</i> Chicken corn chowder PB & J sandwich Chips & pickles Fruit	<i>Jan 31</i> Hot German salad Kielbasa Sauerkraut 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**  
**January 14, 2020**  
**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 warm up in the 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  
 Commemorative  
 Plate**



The Senior Center has  
 commemorative plates  
 available at \$1 each.

The plates, exclusively for decorative use,  
 are 10-1/4" in diameter. They are white with  
 the red image and text ringed by two gold  
 colored circles. Each is numbered, part of a  
 limited edition of 500.

The Keene Senior Center's history is  
 printed on the back.

Available from Front Desk personnel.

**Membership Rates**

<b>Individual</b>	<b>\$ 60</b>
<b>Couples</b>	<b>\$108</b>
<b>Discounted Individual</b> (income <\$25,000)	<b>\$ 48</b>
<b>Discounted Couples</b> (income <\$30,000)	<b>\$ 84</b>
<b>Day Passes</b>	<b>\$ 6</b>

**Scholarship Please ask for application**

**Volunteer No Cost**  
 (After 50+ hours annually)

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



## Join the (Energy) Conversation!

**Tuesday, January 14th 10:15am  
in the Senior Center library**

Attend a small group discussion, led by a volunteer facilitator, to learn about the Keene's 100% renewable energy goals, and share your thoughts, concerns, and ideas related to Keene's energy future.

The Keene City Council made a commitment: *all electricity consumed in the City will come from renewable energy sources by 2030, and 100% of energy for transportation, heating, & cooling will come from renewable energy sources by 2050 (Resolution R-2018-36).*

This fall/winter, volunteers will facilitate small group discussions called "Community Energy Conversations" to provide you with an opportunity to learn more about the goals, express concerns and hopes, and share ideas.

Each conversation will be limited to ~10 people to ensure that everyone will get an opportunity to fully participate. The volunteer facilitators will take notes and share feedback with City staff. Feedback will be used to inform the vision, goals, and strategies of a community energy plan.

We want to hear from you! Please consider getting involved! RSVPs requested.

**Call us (603-352-5037) or sign up at the Senior Center.**

### Facility Rentals

For meetings, parties, & other special functions: our facilities are available for rent by individuals and organizations. All are handicapped accessible, air conditioned, with on-site parking. Maximum capacity is 124 people.

#### Multi-Purpose Room

For-profit organizations: \$50 per hour  
Non-profit organizations: \$25 per hour

#### Dining Room

For-profit organizations: \$50 per hour  
Non-profit organizations: \$25 per hour

#### Living Room

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

Please consider renting our space for your next big gathering.

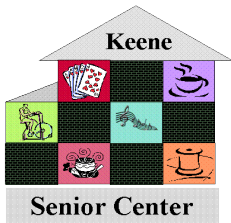
**Call 603-352-5037**

### The Friendly Bus

Friendly Bus passes are available for Keene Senior Center members who need rides to and from the Senior Center Monday through Friday, 8:00 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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Return Service Requested

“What you get by achieving your goals is not as important as what you become by achieving your goals.”

— Zig Ziglar