

*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: Currently open virtually

Thrift Store Hours: Currently closed

THE KEENE SENIOR CENTER NEWSLETTER

January 2021

## Happy New Year!

*What are you interested in  
cultivating in the new  
year?*

### Post-holiday Inspiration

Now that the holidays are over, and winter is truly upon us, it's easy to start feeling a bit down. We have collected a variety of ideas to help you start the new year off right!



### Music

Music can truly lift your spirits. If you are feeling down, try putting on some of your favorite upbeat tunes and dance (or sway) in your living room! Many rock and roll, country, or spiritual tunes can get your feet tapping and your body moving.

Meg shared an experience with the other Senior Center staff that she has had with music: "Years ago, I was driving my car to work in Brattleboro and was feeling somewhat blah. I put in a CD of classical music (Bach) and found that I instantly became more aware of the beauty all around me. The hills, mountains, trees, and sky are filled with such magnificence that my spirits were lifted immediately. The music seems to operate on my brain in such a way that it makes me notice the loveliness of our surroundings here in the Monadnock region!"

Try taking time to locate and play your favorite music, and see how it makes you feel. We have lots more suggestions later in this article, for music and for other activities.

(Continued on page 5)



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

### A message from Michael French, Chair of the CV@H Steering Committee

Cheshire Village at Home continues to support our members with volunteer services. We have addressed the on-going pandemic with COVID protocols and PPE kits. We will continue to offer transportation for medical and shopping, food and prescription pickup and delivery, and help with chores at home. Our volunteers are also making daily wellness and social calls. We are reaching out to our community with social contact via telephone, an important activity when many of us are staying at home.

We want to introduce our new Office Assistant, Jeanne (Jeannie) Donohoe, RN. Jeannie will work with Pat Field to provide an interface with our members and volunteers. She has more than thirty years experience in health care, primarily with assisted living. She has been appointed by Governor Sununu as a member of the New Hampshire Board of Nursing and serves on several other advisory groups for senior care in New Hampshire. We are fortunate to have Jeannie join us. A big warm welcome from all of us at CV@H.

We also welcome a new volunteer, Susan Kowalczyk. Susan has a background in primary education and recently retired from the staff at Wheelock School. We are so happy to add her to our list of volunteers. Welcome, Sue.

We are in the process of replacing our three-year old banner which has hung on the side porch at the Senior Center. It had been damaged by wind over the years, and the replacement banner will be up soon.

We have finalized and submitted our budget for 2021. We had to build our financial planning around the pandemic, and our prospect is that we will be back in full swing by July 1, 2021. The arrival of the COVID vaccines will be a significant milestone for our health care providers and our senior citizens. Here is hoping that the coming months will see a turn-around in the infection rate. Let's keep our fingers crossed.

The CV@H Steering Committee continues to meet via Zoom every two weeks to work on activities we feel are needed to maintain our presence in Cheshire County, provide services to our members, and ensure the safety of all involved in our programs.

Respectfully,

Michael French, Chair  
CV@H Steering Committee

## Building Improvements Project fundraising updates

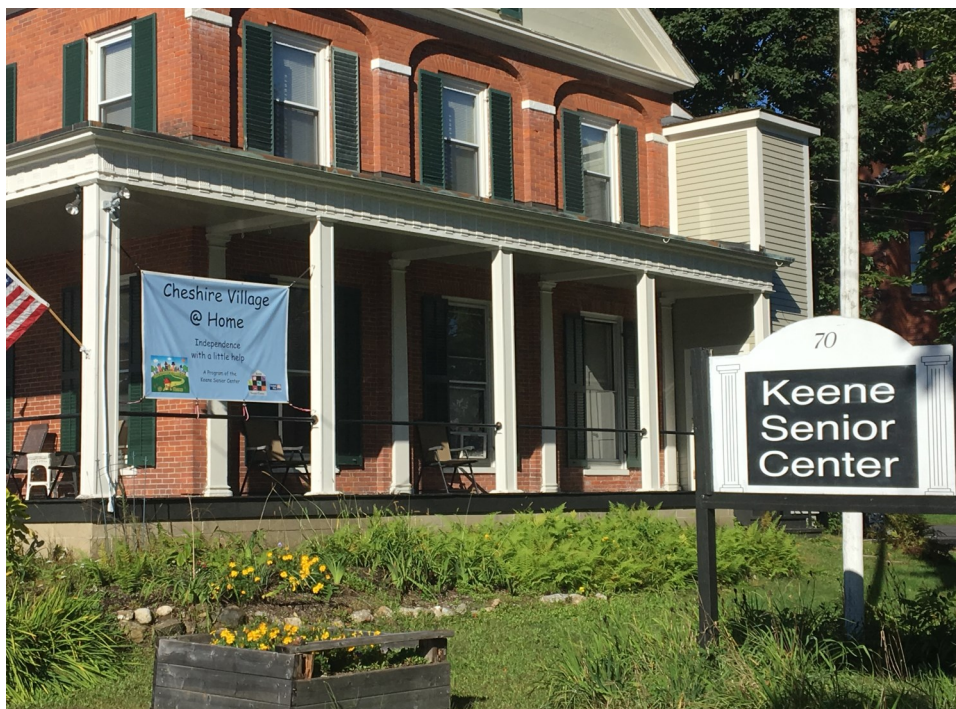
As we shared last month, and announced in the November issue of *Senior Sentinel*, we are planning a building improvements project that is a high priority because of safety issues related to COVID-19.

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 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!

Check out our website at <https://www.thekeeneseniorcenter.org> where you will find a link to the GoFundMe efforts, as well as more information about the planned improvements to the building.

If you have any questions please call Cameron Tease at 603-352-5037.



**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 wish you all a Happy New Year!

When staff met by Zoom to plan the January edition of the Senior Sentinel, we kept coming back to some basic themes which reflect our collective experiences from a very challenging and unpredictable 2020. We have made it through the year by sticking together (including virtually); we drew on inner strength from a multitude of resources, such as the examples of courageous people from our ancestors and history that were instructive and motivational; and we worked on a balance between taking “one day at a time” and looking forward to and cultivating those things that will lead to a better future.

Speaking of the future I have no doubt that the coping mechanisms that saw us through 2020 will continue to serve us well in 2021, as we plan and work on being prepared to re-open The Keene Senior Center better than ever, while preserving our core values that have been our foundation for sixty-three years. We will report more about our plans for 2021 at our Annual Meeting on January 21, at 4:00 pm on Zoom. Please see the calendar on page 11 for details about how to attend any of our programs on Zoom.

There is staffing news to share with you. MaryAnn Hyzer, who has been our Administrative Coordinator since August, left her position in December so that she can devote more time to helping with her grandchildren. We thank MaryAnn for putting her heart and many talents into her work at The Senior Center during a very challenging time. The good news is that MaryAnn plans to come back as a volunteer when things settle down. Also, Jennifer Zakrzewski, our Program Coordinator for the past 18 months

has accepted a full time position at an environmental firm, and will be leaving in January. As you know, Jen has been instrumental in coordinating Saturday programming, re-introducing A Matter of Balance classes, managing our Zoom programs, leading our tablets committee, and creating fun and inspirational email blasts. Jen also plans to stay connected to The Senior Center by leading A Matter of Balance classes as a volunteer. I know that we all appreciate and thank MaryAnn and Jen for their many contributions to The Senior Center especially during difficult times.

A transitional staffing plan which we will announce shortly will assure that we can continue administrative functions and virtual programs until we are ready to open again. With the recent approval of a vaccine for COVID-19 it is our hope that this will be by mid-year or sooner.

As announced in this newsletter, Cheshire Village at Home has hired an Office Assistant, Jeanne Donohoe, who brings with her a wealth of experience working in the health care field. Jeannie is passionate about CV@H's mission to support seniors to remain in their homes and be independent. We would like to welcome Jeannie to CV@H and The Senior Center!

In closing, as we begin a new year, there is much to look forward to. At the same time, we must stay safe, and cultivate those things that will help us to weather the pandemic and beyond. We hope that this issue of the Senior Sentinel provides you with positive food for thought, ideas on how to cope and persevere, and a vision of a better year ahead!

Onward and upward!

Warm Regards,  
Cameron Tease

## Post-holiday Inspiration (continued)

### Music (continued from front page)

The staff members at The Keene Senior Center share their musical favorites below—the sort that each one would want with them if stranded on a desert island!

#### ◇ Cam:

**Top 3 songs:** America – Simon and Garfunkel; You’ve Got A Friend – Carole King; and Blowing in the Wind – Bob Dylan

**Top 4 albums:** From Every Stage – Joan Baez; Hasten Down the Wind – Linda Ronstadt; Harvest – Neil Young; and Pet Sounds – Beach Boys

#### ◇ Jen

**Top 3 (mood-boosting) songs:** All Will be Well—The Gabe Dixon Band; Dragons—Drew Holcomb and the Neighbors; You Make My Dreams Come True—Hall & Oates

**Top 3 albums:** 1—The Beatles; Soundtrack to the movie The Secret Life of Walter Mitty; The Head and the Heart—The Head and the Heart

#### ◇ Meg

**Top 3 songs:** Leonard Cohen's Hallelujah as sung by K.D. Lang; Sounds of Silence—Simon and Garfunkel; Friends—Elton John

**Top 3 albums:** Bach Double Violin Concerto—Itzhak Perlman & Isaac Stern; Dark Side of the Moon—Pink Floyd; Tapestry—Carol King

If you have access to the internet, you can listen to just about anything by going online to Spotify, Pandora, or YouTube and searching for your favorite artists.

There is a decent intro to Spotify here: <https://nnnehasingh15.medium.com/the-beginners-guide-to-spotify-1651af00ab5c>. Pandora is free if you are willing to listen to occasional ads (www.pandora.com.) You can search for your favorite artists and create ‘radio stations’ that play their music plus artists like them. It’s a great way to discover new artists that you didn’t know you liked!

Also, check out your local library for music!

### Reading

Reading a good book can transport you away from your regular life and into an adventure! You can find reading lists on Goodreads.com, Amazon.com, any bookstore site, and, of course, your local library.



(Continued on page 6)

## Post-holiday Inspiration (continued)

### Arts and crafts

Making art can help you get into a flow state, where all of your troubles, and time itself, slips away. Painting, drawing, sculpting, knitting, crocheting, making cards, woodworking, and any number of other artistic pursuits can all contribute to lifting your spirits.

*For an easy craft to try, check out Meg's card-making sessions, January 11th and 25th (card-making is also a way to stay in touch with those you cannot see right now!) See the description on page 12.*

### Exercise/Movement

Breathing fresh air is critical to your mental, physical, and spiritual health. Make time as often as you can, preferably daily, to get outside and walk, run, do Chi Gong, or simply stand and take deep breaths. You can also combine social activity with physical activity by walking together with local friends—masked and at a safe distance, of course!

### Social connection—visit on Zoom or by phone

Staying in touch with loved ones is very important to anyone's well-being. Make a regular practice of checking in by phone or Zoom with family and friends, while maintaining yours and their safety during this time.

### Helping others

It's well-documented in scientific literature that helping others will make you feel better. Consider reaching out to any of the non-profits in the area to see if they need your help, check on neighbors and perhaps make someone a meal or send them a card, donate (if you are able) to a cause you support, write letters to your various state or national representatives and advocate for issues close to your heart.

## Cultivate plants!

As we think about what we want to cultivate in the new year, we wanted to give you an opportunity to cultivate some plant life!

Bring a little joy and beauty into your homes by growing something. We are working with Antioch's Community Garden Connections to offer bulb growing kits.

We are still working out the details and hope to share them with you soon. If you are interested, please call us at 603-352-5037 for more information.

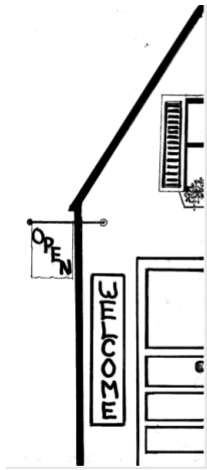


## KEENE SENIOR CENTER FUNDRAISERS

### ***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!



# Kate's Korner

By Kate Forcier

Do you know the first vitamin to be discovered, in the early 1900's?

- ⇒ A deficiency of this vitamin is a major cause of blindness in the world.
- ⇒ It is for normal growth and reproduction, proper development of bones and teeth, preserving healthy skin, and can help resist infection.

Lycopene, the orange-red pigment found in tomatoes and watermelon!

Lycopene is an antioxidant even more potent than beta-carotene. Vitamin A and carotenoids are powerful protectors against cancer and heart disease.

Information found in Nature's Pharmacy.

Vitamin A is found in:

- Sweet potatoes
- Pumpkin
- Beef liver
- Spinach
- Carrots
- Cantaloupe
- Liverwurst
- Apricots
- Beef vegetable stew
- Cabbage
- Broccoli
- Red peppers
- Asparagus
- Tomatoes
- Prunes
- Peaches
- Watermelon

## Orange Carrot Soup with Sweet Potato

Saute together:

- 1/4 cup butter, melted
- 1 onion, chopped

Add and cook

- 4 cups chicken broth
- 5 carrots, sliced, and 1 small sweet potato, cut up—mashed together

Add OJ and milk, heat through, and enjoy!

- 6 oz. frozen orange juice
- 1 can evaporated milk

***There are two things you give your children—  
one is roots, the other is wings.***



## 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](http://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 us at [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org). We'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 us at [info@thekeeneseniorcenter.org](mailto:info@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 us at [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org) or mail them to The Keene Senior Center. The deadline is the second Thursday of each month for the following month's issue.



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Retired Senior Volunteer Program**

**Member Keene Senior Center**

**Active Community Member & Volunteer**



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[www.HillsideVillageKeene.org](http://www.HillsideVillageKeene.org)



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YouTube





## 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](https://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](mailto: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.

# January 2021 Zoom Calendar

| Sun               | Mon   | Tue   | Wed  | Thu   | Fri                          | Sat                                      |
|-------------------|---|---|--|---|------------------------------|--|
|                   |   |   |  |   | <b>1</b><br>Bingo<br>12:00pm | <b>2</b><br>Age in<br>Motion<br>10:30am  |
| <b>3</b>          | <b>4</b><br>Chair Yoga<br>1:00pm  | <b>5</b><br>Age in<br>Motion<br>10:30am<br><br>NH Alliance<br>for Healthy<br>Aging 12pm | <b>6</b><br>Qigong<br>10:30am<br><br>Family<br>Memoir<br>3pm<br><br>Creative<br>Writing 4pm  | <b>7</b><br>Age in<br>Motion<br>10:30am                                     | <b>8</b><br>12:00pm          | <b>9</b><br>Age in<br>Motion<br>10:30am  |
| <b>10</b>         | <b>11</b><br>Chair Yoga<br>1:00pm<br><br>Card-<br>making<br>with Meg<br>10:30 | <b>12</b><br>Age in Motion<br>10:30am   | <b>13</b><br>Qigong<br>10:30am   | <b>14</b><br>Age in<br>Motion<br>10:30am                                    | <b>15</b><br>12:00pm         | <b>16</b><br>Age in<br>Motion<br>10:30am |
| <b>17</b>         | <b>18</b><br><br>Martin<br>Luther<br>King Jr.<br>Holiday                      | <b>19</b><br>Age in<br>Motion<br>10:30am  | <b>20</b><br>Qigong<br>10:30am<br><br>Family<br>Memoir<br>3pm<br><br>Creative<br>Writing 4pm | <b>21</b><br>Age in<br>Motion<br>10:30am<br><br>Annual<br>Meeting<br>4:00pm | <b>22</b><br>12:00pm         | <b>23</b><br>Age in<br>Motion<br>10:30am |
| <b>24/<br/>31</b> | <b>25</b><br>Card-<br>making<br>with Meg<br>10:30<br><br>Chair Yoga<br>1:00pm | <b>26</b><br>Age in<br>Motion<br>10:30am  | <b>27</b><br>Qigong<br>10:30am   | <b>28</b><br>Age in<br>Motion<br>10:30am                                    | <b>29</b><br>12:00pm         | <b>30</b><br>Age in<br>Motion<br>10:30am |



## January 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**—2<sup>nd</sup> & 4<sup>th</sup> 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**—2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 4:00pm  
Led by David Robinson, who has 25 years of experience with book & magazine publishing.
- **NH Alliance for Healthy Aging\***—2<sup>nd</sup> 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**—January  
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.
- **Card-Making with Meg**—January 11, & 25  
Using supplies in a free kit you can pick up at the Senior Center, Meg will lead participants through a one-hour session of making your own greeting cards. Pre-cut cardstock, glue stick, and stamps all included in the kit! Come to one session or both. Limit 10 people per session. Kits available by calling Cam at 603-352-5037 and arranging a time for pickup.

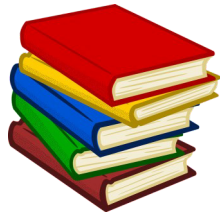
## Love getting lost in a good book?

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 info at [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.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!



## Community Power

Community Power programs use community buying power to meet multiple community goals; defining what those goals should be is up to the community! Come and hear how Keene's Community Power Plan can be designed to benefit your community through competition, choices, local controls, and consumer protections.

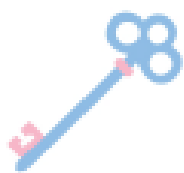


The City is hosting a feedback sessions via Zoom on January 26, with feedback collected during the event via an online survey, and through the Keene Energy Plan website.

For details and the link to join the online meeting, please visit [www.KeeneEnergyPlan.com/CommunityPower](http://www.KeeneEnergyPlan.com/CommunityPower).

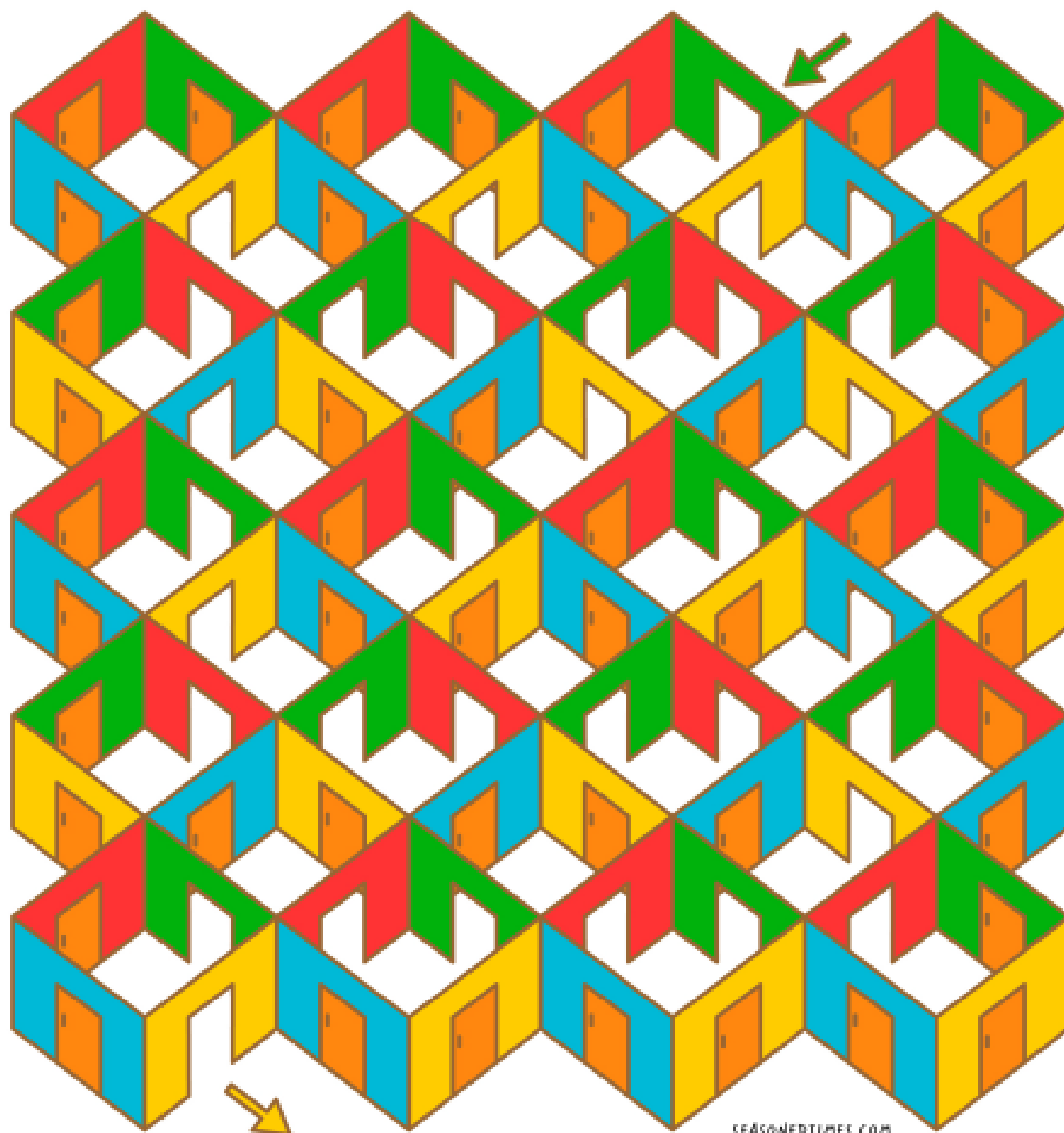
If you would like to speak with a City staff person about this program directly, or if you are interested in setting up a meeting with your organization to learn more about Community Power, please reach out to Mari Brunner, Planner, at 603-352-5440 or email her at [mbrunner@ci.keene.nh.us](mailto:mbrunner@ci.keene.nh.us).

Finally, here is a puzzle to keep your brain active!

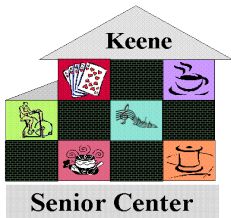


## OPEN DOOR MAZE

Get through the maze by entering open doors only. Closed doors are locked.



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“You are  
**BRAVER**  
than you believe  
**STRONGER**  
than you seem  
**SMARTER**  
than you think  
**AND LOVED**  
more than you’ll ever know.”

— Winnie The Pooh