



Senior Center

*Staying Active
Making Friends
Feeling Welcome*

Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: info@thekeeneseniorcenter.org

Website: www.thekeeneseniorcenter.org

Senior Center Hours: Currently open virtually

Thrift Store Hours: Currently closed

THE KEENE SENIOR CENTER NEWSLETTER

JULY 2021



We are re-opening August 2, 2021!



We are very excited to announce that we are planning to re-open on **Monday, August 2, 2021!** We will be offering some classes, and the crafts, exercise and game rooms will be open. Congregate meals will not be available until later this year, as we work out the details of safe meal preparation and dining.

We are requesting that everyone wear masks when moving around the facility, and at all times if you are not vaccinated. Those participating in exercise classes or using the gym area can take their masks off when on the equipment, or on their mats.

We do have room air purifiers set up in the various rooms, but safety will be a concern as people reconnect inside. Our plans may be disrupted by events, so please do check the website and Facebook pages for the most current information.



Newly renovated check-in area (view from front room)

Welcome to Our New Administrative Assistant



We are pleased to announce that Leah Garrapy has been hired as the new administrative assistant. She has already made huge inroads in re-organizing everything that had to move for the renovation. A NH native, she has lived in other parts of the country but came back here to raise her family. We are so happy to welcome Leah to the Senior Center!

Thank you to our generous donors!

In addition to businesses and groups such as 100+ Women Who Care and the Super Seniors, the following people made donations to support our programming and our capital campaign:

Carolyn Allen	Rachel Elkins
Laura Allen	Peter S. Espieffs
Chuck Anderson	Caroline and Tom Ewing
Allen T. Ansevin	Joely Fanning
Ann Acheson	Patty Farmer
Lindsey Austin-Davis	Terry and Jane Fecto
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Steven Bergeron	Deborah H. Frock
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Steven and Kathleen Bill	Charles and Elizabeth Gamerl-Anderson
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Cindy Brown	Dixie Gurian
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Norman and Lorraine Dumais	Ron Key
Shirley W. Dunn	Dorothy LaBar
Dale Dustin	Mary Labrie
Marion Eckhard	Dorothy Ledwith

(continued on next page)



The June NH Gives campaign raised almost \$1700!

Thank you to our generous donors! *(continued)*

Theresa Lehnen	Benjamin and Tammy Rich
Liz Leinau	Judith E Bischoff
Charlotte and David Lesser	Richard Artese
Jaqueline Lindberg	Sally Rinehart
Lucy Little	Sandra and Timothy Roberts
Karen and Rob Lyle	David Robinson
Mary Mackey	Ann and James Robinson
Cynthia Macmillin	Robert and Mary Rooney
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Mary Ann Marino	Eileen Sarson
Ida Marrone	Paul and Melody Scheuring
Betsy Marshall	Karl Schurman
Brian and Ginger Mattson	Celine Gendron-Schurman
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Alvah Niemela	Linda Taylor
Harriett H. Norris	Cameron Tease
Susan North	Jean Travaglini
Nancy O'Grady	Esther Vermouth
Penny V. Ojala	Charles Wagar
Barbara O'Neill	Sally and Michael Washington
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Jean Paquette	Doug Watson
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Wendall Pollack	Elizabeth Williams
Bonnie Pollack	Karen Wilson
Nancy Pollard	Cheryl Woods
Thomas Powers	Yvette Yeager
Glenn and Mary Priest	Louise Zerba
Jean Proulx	Betsy Zimmerli
Piper Reason	Elizabeth Zinn



The June NH Gives campaign raised almost \$1700!

From Mary Jensen, Executive Director:

It has been a whirlwind first few weeks as the new Executive Director.

Cameron has been incredibly supportive and helpful in the transition. He has introduced me to funders, community partners, state organizations, and individuals that make up the part of the fabric of the community. I am slowly meeting members and volunteers who complete the fabric weave. Cam tells me that he can usually hear laughter and conversation throughout the building. I look forward to classes, ping pong, crafts, games, movies and all of you enjoying each other's company.

Here is a picture of Cameron on his last day, wearing his gift from the Super Seniors. He isn't leaving the area though, so we'll see him again!



Walk to End Alzheimer's

The Keene Senior Center will again have a team for this year's Walk to End Alzheimer's which is planned for October 2, 2021. The Walk to End Alzheimer's raises awareness and funds for Alzheimer's care, support, and research.

This year, *The Keene Senior Center Striders* are hoping to walk in person! We are thrilled to be part of such a powerful event for a worthy cause and are seeking team members to walk and help fundraise.

Please consider joining our Team! Contact The Senior Center at 603-352-5037 to join!



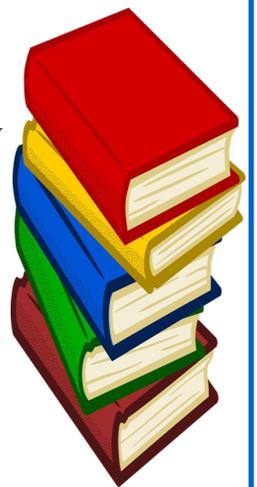
Hannaford Book Sale

Please note:

Hannaford's has **moved us from August to November**. If you find you have books you wish to get rid of, please **save them until November**, so that they may benefit The Keene Senior Center!

In November, take your books to Hannaford, tell them they are to benefit The Keene Senior Center, and while you are there, buy a few from the box in the lobby area!

More details will be coming later, but for now, please start your collection!



SENTINEL SWAPS

Decluttering?

Downsizing?

Dividing plants?



Consider posting a FREE AD here!

This listing reaches several hundred people, and as a Keene Senior Center member, it's free to you! Take advantage of the opportunity and post your ad now!

For Sale: Men's Black GMC Denali Road Bike. Great condition. \$65.
Please call or text Jane (for photos for additional info.) 603-313-8776.

To post a swap, please send your ad to info@thekeeneseniorcenter.org
Ads are free to The Keene Senior Center members, volunteers, employees, and Board

The deadline for the August newsletter is July 8

Guidelines:

1. Your ad is limited to two lines:

- Buyer/seller name and contact information (e.g. e-mail, cell #) must be included
- All discussions and negotiations should take place between members only
- Due to limited space in the newsletter, no photos will be accepted

2. The Center reserves the right to decline any submissions which they consider questionable (e.g. political, dating ads, etc.) You will be advised if your ad is declined.

3. Your ad will be included in the following month's newsletter, unless:

- your ad request reaches us after the deadline. 2021 deadlines are always the 2nd Thursday of each month. **Deadline for the August newsletter is *July 8***
- we have accepted our maximum ad capacity for that month due to newsletter spacing constraints

(In either of the above situations, your ad will be moved to the next available month's newsletter.)

Your ad will run in 2 consecutive newsletters, unless you have advised us that the item you posted should be removed. If your ad has expired, you may renew using the guidelines above.

Golf Tournament

The Keene Senior Center is excited to announce that it is hosting its *first annual golf tournament* to benefit The Senior Center, at *Bretwood Golf Course (North Course) Wednesday, September 8th.*



This scrambles tournament is open to all ages. Shotgun start is 9:00am. The \$100 entry fee includes your round of golf, a golf cart, and lunch.

Prizes will be awarded for 4 categories: Men, Women, Mixed (2 men and 2 women), and Super Senior 70+. Men, women, and mixed will play from the normal tees. Super Senior men will play from the red tees and Super Senior women will play from front edge of red tees.

To register, please send your check made payable to *The Keene Senior Center*, along with the names of each of the players on your team, to: Sally Rinehart-Boyce, 24 School St., Keene, NH 03431. If you would like additional information (or if you have any questions), please reach out to Sally at 203-770-3681.

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!

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 Mary. Our partner, Leon's Auto Center/J&L Auto Body will haul, appraise, and sell your vehicle for the best possible price, which we will document for your tax considerations. The Keene Senior Center usually takes your car running or not and does all the paper work. Your donation will make it possible for more people to enjoy The Keene Senior Center.



Thrift Store—now open on a limited basis

The Keene Senior Center's Bargain Box Thrift Store will be open on request. Simply stop at the new front check-in area in the main building and ask to have it opened for you. We have a great selection of women's and men's clothing in adult sizes XS-3X, plus jewelry and other small decorative items.

Monday thru Saturday





2021 Super Senior DeMar Marathon* IMPORTANT DATES! *It's not too late to sign up and walk*

If you are at least 70 years old you're invited to take part as a Super Senior in the 2021 Clarence DeMar Marathon! Just complete a total of 25 miles on or before August 27.

If you have taken part in previous races, you will automatically receive your registration information. If you are new or did not receive registration info, please contact Mary Jensen at (603) 352-5037 or Sally Rinehart at (203) 770-3681.

- Start right now! Walk or jog any distance you choose. Set your own pace. Slow is fine!
- Your goal is to complete a total of 25 miles on or before August 27.
- Fill in the boxes on your log sheet** to keep track of your miles. Each box equals 1 mile, divided in 1/2 miles. It's fine if you do less than a 1/2 mile. Just keep adding up the distance you cover, filling in your log until you reach 25 miles.
- When you complete 25 miles, turn in your registration form AND mileage log to The Keene Senior Center, or mail it to The Keene Senior Center, 70 Court Street, Keene, NH, 03431.
- Information about the pre-race dinner will be sent to you this summer.

AUGUST 27—LAST DAY TO TURN IN REGISTRATION AND LOG SHEET

SEPTEMBER 24 AND 25

Packets with tee-shirts, bib numbers and race info can be picked up at The Keene Senior Center: Friday 9:00am—5:00pm or Saturday 9:00am—noon. Out-of-town participants can pick up their packets the day of the race at the start.

SEPTEMBER 26-RACE DAY!

Wear your 2021 Super Senior tee-shirt. Join a great group of Super Seniors to walk or jog the final 1.2 miles of the DeMar Marathon course at your own pace. Check-in is from 7:00—7:55am. The race begins on Optical Avenue. (Info on parking, race route, etc. will be in your race packet.)

* Changes may result due to the coronavirus

** You can get a log form by calling The Keene Senior Center at 603-352-5037 or by downloading a form from our website at <https://thekeeneseniorcenter.org/newsletter>

Building Improvement Update

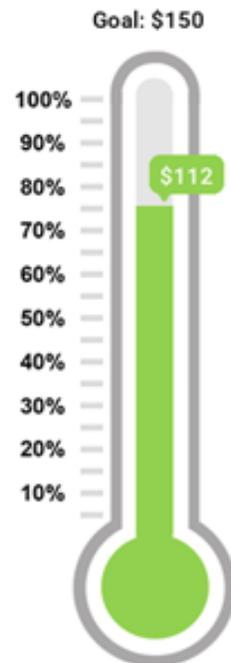
We continue to be humbled and grateful for the donations we have received (and continue to receive) for our building improvement project. As of early June, we have raised \$112,000 (which includes member, friend, community and business donations as well as \$20,000 grants from both the Kingsbury Fund and Timken Foundation,) which puts us at 75% of our goal!

Our goal of \$150,000 includes the following improvements to our building:

- adding 60 percent more space in the multi-purpose room for social distancing during programs and exercise classes. This will be accomplished by moving the entrance and reception areas to their original places in the front of the building.
- Ensuring one-way flow of people through our building.
- Providing safer accessibility for those who have difficulty using the current ramp.
- Reconfiguring a hallway directly into the dining and multipurpose rooms.
- Adding new flooring in the front entrance, the hallway and one of the restrooms.

We are excited to share that our dream is becoming a reality! Please see the photos below showing the interior transformation and be sure to watch for updates and more photos in the August newsletter! We are hoping to have inside work completed by early August!

(Donate at <https://thekeeneseniorcenter.org/>)



DONATE TO THE BUILDING IMPROVEMENTS PROJECT



Newly renovated check-in area (view from front room)



Hallway – Dining area to front room

Kate's Korner

By Kate Forcier

This year has been very different from last year with saying home and not able to be with your friends. I hope you were able to find things to do to keep busy. One that I did was to make a chart of the foods and beverages for a healthy diet that I ate:

Date: 7.01.2021	3 Meals		
Liquids	Fruits and Vegetables	Protein	Cereals and Breads
Tea III Coffee I Milk I Juice I	Prunes Blueberries Carrots Onion Celery Tomatoes	Chicken Peanut Butter Nuts Yogurt Eggs Cheese	Cold Cereal Toast Pancakes Breads

Homemade soups are a good way to eat lots of vegetables with a variety of beans as well. Green tea is very healthy and you can have 2-4 cups a day. Drink half your weight in ounces. If your weight is 120, drink 60 ounces of liquids. Use Stevia in your tea or coffee for better health.

Read labels for fat, sugars, carbohydrates, fats, and preservatives before you buy the product.

Eat like a King for breakfast!

Eat like a Queen for lunch!

Eat like a Prince for supper.

Advertisers Still Needed

Members and Friends: **We need your help!**

**Do you know of any potential advertisers
for *The Senior Sentinel* and *The Keene Sentinel*?**

For their generosity of \$100/month for 12 months or \$90/month for 24 months, the advertiser will receive a thank you in the form of two monthly ads, one reaching 400 Keene Senior Center members via the mailed newsletter, *The Senior Sentinel*, and the other reaching 8,000 Keene Sentinel readers via *The Keene Sentinel Weekend Edition*.

One ad is 2"x2" and runs in *The Keene Sentinel's Weekend Edition* on the last Saturday of the month. The second ad, 3.75"x 5" (1/4 page), runs in our monthly newsletter. An Advertiser's support represents a community partnership: they will help us to cover printing costs *The Keene Sentinel* charges us to print our newsletter.

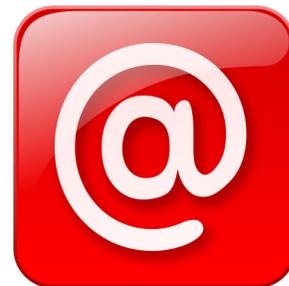
Please contact Mary Jensen at 603-352-5037 for details of the program.

Do We Have Your Email on File?

One of the **main** communication methods The Keene Senior Center uses to stay connected to members during the pandemic are eblasts. Do we have your email on file?

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

Keep in mind that even if you prefer to receive your newsletter via USPS, we send out many other communications to members that are via e-mail **only**. If we do not have your current email address, you are missing out on those communications. (If you provide us your email address but still prefer to receive your newsletter in the mail, we can do that!)



Call for submissions

We welcome member submissions for our future newsletters. Poems, stories, 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 or mail them to The Keene Senior Center. The deadline is the second Thursday of each month for the following month's issue.



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 us at 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!

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Connie Joyce

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Member Keene Senior Center
Active Community Member & Volunteer



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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. 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 The Senior Center at info@thekeeneseniorcenter.org and someone will help you.

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.

July 2021 Zoom Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Age in Motion 10:30am	2	3 Age in Motion 10:30am
4 <i>Independence Day</i>	5 <i>Independence Day (observed)</i>	6 Age in Motion 10:30am	7 Qigong 10:30am	8 Age in Motion 10:30am	9	10 Age in Motion 10:30am
11	12 Chair Yoga 1:00pm	13 Age in Motion 10:30am NH Alliance for Healthy Aging 12:00pm	14 Qigong 10:30am	15 Age in Motion 10:30am TED Talks Birds and Sloths 12:30pm email keeneassistant@americanhouse.com for login info	16	17 Age in Motion 10:30am
18	19 Chair Yoga 1:00pm	20 Age in Motion 10:30am	21 Qigong 10:30am	22 Age in Motion 10:30am	23	24 Age in Motion 10:30am
25	26 Chair Yoga 1:00pm	27 Age in Motion 10:30am	28 Qigong 10:30am	29 Age in Motion 10:30am	30	31 Age in Motion 10:30am

July Programs

All members welcome, programs happen on Zoom. Instructions–page 12, calendar–page 13.

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.
- **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

Ted Talks hosted by American House will continue monthly on the 3rd Thursday at 12:30 pm

These sessions will now be on American House’s Zoom

July 15 at 12:30 pm Ted Talks
(RSVP to American House now required)

Birds and Sloths

- 1) Lucy Cooke: Sloths! The strange life of the world's slowest mammal
- 2) Washington Wachira: For the love of birds

Please RSVP to Christy **Wendlandt**, American House,
at keeneassistant@americanhouse.com
in order to receive the Zoom invitation.

2021 Membership Dues

We reactivated our membership dues in April. Have you seen your invoice? Look for it in the mail. Dues are remaining the same in 2021. We truly appreciate everyone who has responded. As you know, we have had fixed operating costs of heating, taxes, electricity, etc. even while closed. Cam and the Board squeaked us through. We sure are happy to be reopening in August!

Thank you for your understanding and support!

Annual Membership Rates	
Individual	\$60
Couples	\$108
Discounted Individual (income < \$25K)	\$48
Discounted Couples (income < \$30K)	\$84
Scholarship	Please ask for application
Volunteer (after 50+ hours)	No cost

Container Garden Kits are still available



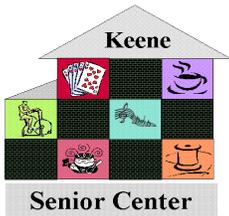
Community Garden Connection would be happy to distribute them to your homes . Contact Mary Jensen at 603-352-5037 or mjensen@thekeeneseniorcenter.org and she'll connect you to the CGC.

Ghost Army Exhibit at The Historical Society of Cheshire County

The Historical Society of Cheshire County, Main Street, Keene, has an excellent exhibit on the “Ghost Army” through September. Check out all their events at hsccnh.org.

VISIT OUR WEBSITE FOR TICKETS
WWW.HSCCNH.ORG
 603.352.1895 | 246 MAIN STREET KEENE NH

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