

# 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 8:30am–4:30pm  
and Saturday 10:00am–2:00pm

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

*Staying Active  
Making Friends  
Feeling Welcome*

**THE KEENE SENIOR CENTER NEWSLETTER**

**March 2020**

## ELMM Community Center

Mark your calendars!

Cheshire Active Living Launch Event

**Friday, March 6th, 10am-12pm**

**Ellen Lambert Murphy Memorial (ELMM) Community Center in Winchester**

Learn about The Senior Center's collaboration with the ELM center and let us know what you'd like to see from this partnership. Coffee and refreshments. Free and open to the public.

As part of our collaboration with Winchester's ELMM Center, we are looking for volunteers to lead programs. If you or someone you know could teach a craft, game, class, or other fun activity, let us know! This could be a recurring feature, or a one-time event.

Contact Jen at The Senior Center, 352-5037 or [jzakrzewski@thekeeneseniorcenter.org](mailto:jzakrzewski@thekeeneseniorcenter.org). If you'd prefer to stay in Keene, we are always looking for volunteer leaders at The Keene Senior Center, especially on Saturdays.

## St. Patrick's Day Dinner, Friday, March 13, 2020

**Social:** 4:30pm (snacks & non-alcoholic beer & wine)

**Dinner:** 5:00pm

**Menu:** Corned beef, potatoes, cabbage, carrots & onions, Irish Soda bread. Donated dessert (Key Lime pie, cake & cookies\*)

**Sing-along with pianist Jean Travaqlini.**

**\$10/adult; \$5/child (12 & under)**

Tickets on sale now—ask anyone at the front desk.

Wearing green encouraged!

\*Desserts welcomed! Please deliver yours to The Senior Center, 9am-2pm, Wed, March 11-Fri, March 13.





# *Independence with a little help*

## *Cheshire Village at Home*

### Member Profile: Harriet Beckwith Cheshire Village at Home Charter Member

Harriet Beckwith was born in Brattleboro, VT. and grew up in Hinsdale with 2 older sisters and a brother. She met her husband, who was a local Keene boy, they married, and their daughter was born while he served in the US Air Force.

After his time in the service, they moved to Keene, where they lived for 30 years. She and her family traveled extensively over the years and enjoyed many adventures. Always an avid reader, a trip to Belgium and Holland led to Harriet reading many books about WWII.

Upon moving to Keene, Harriet went to work at MPB (Timken,) working her way up in the company at a time when it was unusual for a woman to be in anything other than a secretarial role. She became the first company woman who traveled around the country for her job. In her quiet, dignified way, Harriet was a woman who, as she says, ‘cracked the glass ceiling’ for women who came afterward. After 30 years she retired from MPB when her husband retired as Postmaster.

Harriet became a Charter member of Cheshire Village at Home in April of 2017. She heard about the Village concept from her neighbors. Harriet says she is “...absolutely happy with CV; it has made it easier for me to stay in my home. I get help with the little things like turning my mattress or computer help. I pay people to plow & cut my grass, but it is hard to find help for the little things.” Harriet has also worked as a volunteer for CV@H, making Wellness Calls on weekends.

### CVAH 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 Keene Senior Center and Cheshire Village at Home are closed.

### Cheshire Village at Home

We now have 3 membership formats:

Trial (3 months); 6-month; and Annual.

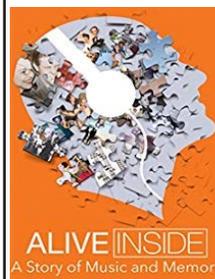
We also have a limited number of partial scholarships for those who qualify.

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

### The Effects of Music on The Brain Especially for Those with Dementia

Cheshire Village at Home March Social  
**Thursday, March 12, 2:00pm**  
Keene Senior Center

Sarah Ames from the Keene State College Music Department will give a presentation about how music has a healing effect on the brain.



Using clips from the documentary “Alive Inside” as a place to begin her discussion, Sarah will explain the incredible effect music has on us all of our lives, and how music allows dementia patients who seem closed off from life to re-engage.

**Sing-along with Dave Chandler and  
Carol Clinton  
Saturday March 14th 10:30am  
at The Senior Center**

Join in on some favorite tunes! All in good fun: no voice too soft or off-key. We will also have some rhythm instruments for anyone who wants to play.



**Incapacity Planning Workshop  
Saturday, March 28th 10:30am  
at The Senior Center**

Presented by:  
Sarah C. Frankel, Esq. and Nathan G. Chaffee, Esq.  
of Ward Legal Group PC

Come and learn about what you can do ahead of an incapacity to make things smoother for you and your loved ones.

We will discuss Advance Health Care Directives and Living Wills, Powers of Attorney, and other issues to keep in mind when planning ahead.

We will also discuss the court process of Guardianship over an Incapacitated Person and what happens when there are no powers of attorney in place.

**Walking Program  
Spring 2020**

Do you enjoy walking outside when the weather is nice? Would you like a group of friends to walk with? The Senior Center will be launching a walking program this spring! We are currently looking for volunteers to lead groups of walkers. You will have staff support for planning and logistics, all you need is enthusiasm and a commitment to one 30-minute walk per week for at least 10 weeks. For questions or to express interest in being a leader, please contact Jen at 352-5037, [jzakrzewski@thekeeneseniorcenter.org](mailto:jzakrzewski@thekeeneseniorcenter.org), or in person at The Keene Senior Center.

**Name tags  
Rolling out on March 2**

Members have long asked for name tags so The Senior Center is rolling out a name tag program. You'll be given a clip-on badge holder, 3" x 4" that holds a white card with your name printed on it. You will be responsible for your name tag as The Senior Center lacks the capability to store it for you.

Staff, front desk, kitchen personnel and volunteers will be asked to wear their name tags at all times. You, as a member, are free to wear your name tag or not. There will be a "name tag lost & found" container at the front desk for name tags we find have been left behind.

Talk to Dori, or email her at [dalmann@thekeeneseniorcenter.org](mailto:dalmann@thekeeneseniorcenter.org) to let her know how you want your name to appear on your name tag. There is also a sheet at the front desk on which you can note how you want your name to appear on your name tag.

## Notes from Cam

Dear Members and Friends,

I hope that you are all enjoying the longer days and signs that Spring is not far away. A great way to celebrate would be to attend our St. Patrick's Day dinner on March 13 details of which appear on the front of this newsletter.

At our Members' Information meeting in January I reported on The Senior Center's many 2019 accomplishments, on which we are building in 2020: unique Saturday programs, four lunches/week (Tuesday, Wednesday, Friday and Saturday), regular offerings of "A Matter of Balance" classes, expanding our technology education using the 25 tablets donated by Charter/Spectrum, introducing a "Neighbor To Neighbor" program to reach seniors who are socially isolated and lonely, and collaborating with the ELMM Community Center in Winchester to introduce more programs for older adults. I want to give special recognition and thanks to Meg Whittle who skillfully and lovingly "puts the Senior Sentinel together" and to Dori Almann and Jen Zakrzewski who provide much of its content.

A major challenge facing us at 70 Court Street is parking capacity. One possible approach to relieving congestion is to spread out our classes to give more time for the parking lot to clear before the next class starts. Both the cribbage and creative writing groups have moved their times to mid-afternoon, a change that has helped mightily—thank you very much! I encourage everyone to find ways to help address our parking challenges, by carpooling and using The Friendly Bus, for instance.

I want to recognize you, our great members and volunteers. Your spirit, energy, dedication and compassion make our tag line meaningful: Staying Active, Making Friends, Feeling Welcome.

Lastly, a big thank you to those of you who helped make our financial position strong last year. The year-end appeal hit our goal of \$7,500 largely because of member donations. Thank you!

Onward and upward in 2020! See you at The Senior Center!

Warm regards,  
Cameron Tease  
Executive Director

## Board of Directors News

The Senior Center announces changes to its Board of Directors. **Mike Forrest** is now President, **Helene Mogridge** is Vice-President and **John Kamphuis** is Treasurer.

**Stephen B. Bragdon** joins as board member. Practicing law in the Keene area for more than 40 years as a general practitioner, Steve's practice has included Real Estate, Zoning & Planning, Wills, Trusts & Estates and Small Business Creation & Planning. Steve is a member Cheshire County Bar Association and a member of the New Hampshire and American Bar Associations. He has served on the boards of many local organizations and recently received the Dennis DiTullio Citizen of Honor Award from Monadnock Development Services.

**Lindsey Austin-Davis** and **Priscilla Brisson** continue in their board positions as Secretary and Assistant Secretary, respectively.

### Call for Advertisers: Help The Senior Center Pay for Printing this Newsletter

If you know of a company that might be willing to help The Keene Senior Center defray printing costs for *The Senior Sentinel* (this newsletter,) plus get a monthly ad in *The Keene Sentinel*, please see Cameron or Dori.

*The Keene Sentinel*, a strong supporter of The Keene Senior Center, prints *The Senior Sentinel* at a reduced rate because of monthly ads. These ads run in the *Keene Sentinel's Weekend Edition* and in *The Senior Sentinel* you are now reading. The Senior Center is responsible for selling these ads. There are now too few organizations (only four) running monthly ads.

Two ad sizes are part of the deal:

- 2"x2" in the *Weekend Edition* (appears on the last Saturday of the month)
- 3.75"x 5" (1/4 page) in this newsletter

Advertisers have two options: 12 months at \$100/month or 24 months at \$90/month.

Thanks for your help.

## 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 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 9:00am-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 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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**ReMax 100% Club For Outstanding Sales**  
**Top Producer For More Than 30 Years**  
**Listing Specialist, Providing Free**  
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**Masters Degree In Organization**  
**& Management, Antioch NE**  
**Former Field Coordinator For The**  
**Retired Senior Volunteer Program**  
**Member Keene Senior Center**  
**Active Community Member & Volunteer**

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RE/MAX  
Town & Country  
117 WEST STREET  
KEENE, NH 03431

cjoyce@ne.rr.com  
**Cell: 603-209-4431**  
603-357-4100 Ext. 130

# RIVERMEAD

*Leading in Lifecare, Lifestyle and Community*

*Find out more about our*  
*Award Winning full service*  
*Lifecare Retirement Community*

*Call for a brochure... better yet, set-up a personal tour!*

**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

\*Carwash coupon  
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

# MARCH 2020

\* Indicates Programs that Require Preregistration

**Italicized** programs indicate they happen monthly or bi-monthly

<b>March 2020</b>					
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Sat</i>
<p><b>Mar 2 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                      2:15 Cribbage</p>	<p><b>Mar 3 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>Mar 4 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*                      1:00 Senior Swingers</p>	<p><b>Mar 5 Thurs</b>                      7:00 Walking/Rec Ctr.                      8:30-4:30 Gym Open                      9:00 Yoga                      10:30 Quilts R'Us                      10:30 Age in Motion 2                      11:00 Creating Your Family Memoir                      11:30 Beginner Tai Chi (self-facilitated)  <b>12:00 Book Club</b>                      12:45 Tai Chi                      Intermediate                      2:00 Billiards                      2:00-3:30 Knitting Circle</p>	<p><b>Mar 6 Fri</b>                      7:00 Walking/Rec Ctr.                      8:30-4:30 Gym Open                      9:00 Bowling/Yankee Lanes                      9:00 Computer Help w/Norman*  <b>10:00 Cheshire Active Living Launch Event, ELMM Community Center, Winchester</b>                      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>Mar 7 Sat</b>                      10:00 am—2:00 pm                      Open gym, ping-pong, pool, games, movie                      Super Saturday lunch*                      thrift shop open.</p>
<p><b>Mar 9 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                      2:15 Cribbage</p>	<p><b>Mar 10 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  <b>1:00 NH Alliance Healthy Aging</b>                      3:00 Learn to Use the Gym                      7:00 pm AA Meeting</p>	<p><b>Mar 11 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*                      1:00 Senior Swingers</p>	<p><b>Mar 12 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  <b>2:00 CVAH March Social: The Effects of Music on the Brain Especially for Those with Dementia</b>                      2:00 Creative Writing                      2:00 Billiards                      2:00-3:30 Knitting Circle  <b>3:00 Super Seniors</b></p>	<p><b>Mar 13 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                      12:30 Bingo                      12:30 Duplicate                      Bridge/Am. House  <b>4:30 Social, 5:00 Dinner St. Patrick's Day Dinner</b>                      1:00 Movie/Living Room  <b>1:00 Handmade Cards</b></p>	<p><b>Mar 14 Sat</b>                      10:00 am—2:00 pm                      Open gym, ping-pong, pool, games, movie                      Super Saturday lunch*                      thrift shop open.  <b>10:30am Sing-along with Dave Chandler and Carol Clinton</b></p>

<p><b>Mar 16 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  2:15 Cribbage</p>	<p><b>Mar 17 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>Mar 18 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*  1:00 Senior Swingers</p>	<p><b>Mar 19 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>4:00 Board Meeting</b></p>	<p><b>Mar 20 Fri</b>  7:00 Walking/Rec Ctr.  8:30-4:30 Gym Open  <b>9:00 – 12:30 AARP Driver Safety Class, Part 1</b>  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>Mar 21 Sat</b>  10:00 am—2:00 pm  Open gym, ping-pong, pool, games, movie  Super Saturday lunch*  thrift shop open.  <b>9:00 – 12:30 AARP Driver Safety Class, Part 2</b></p>
<p><b>Mar 23 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  2:15 Cribbage</p>	<p><b>Mar 24 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>Mar 25 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*  1:00 Senior Swingers</p>	<p><b>Mar 26 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 Creative Writing  2:00 Billiards  2:00-3:30 Knitting Circle</p>	<p><b>Mar 27 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  <b>1:00 Handmade Cards</b></p>	<p><b>Mar 28 Sat</b>  10:00 am—2:00 pm  Open gym, ping-pong, pool, games, movie  Super Saturday lunch*  thrift shop open.  <b>10:30am Incapacity Planning Workshop</b></p>
<p><b>Mar 30 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  2:15 Cribbage</p>	<p><b>Mar 31 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>				

## 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 1:00pm)**

### 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 9:30am)**

## Social Programs

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

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



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

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



**CRIBBAGE**—All levels of experience welcomed!  
**(Mon 2:15pm in The Senior Center Library)**



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

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



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

**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 1:30pm)**



## 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 1:00pm)**

## FITNESS AND HEALTH PROGRAMS

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

**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 3:00–4:00pm)**

**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 10:30am)**
- **Age in Motion 1** is more advanced. **(Mon & Fri 10:00am)**

**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 1:00pm)**

**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 10:00am, \$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 9:00am)**

**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 8:45am)**

## 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 11:30am)**

**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 12:45pm)**



## 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

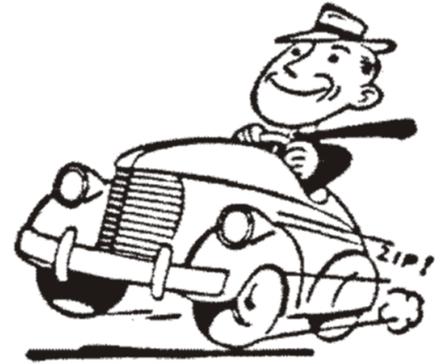
Do you have a story to tell? A life story or family history you'd like to record for your children or friends? If you've wanted to write but never quite got started, or if you would value having an editor to advise and encourage you, this group may be for you. Led by **David Robinson**, who has 25 years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

### CREATIVE WRITING GROUP

Meets in The Senior Center Library. Led by **David Robinson**, who has 25 years of experience with book & magazine publishing. **(2nd & 4th Thurs 2:00pm)**

## March 20 & 21 AARP Driver Safety Class

The Senior Center will be sponsoring a two day Driver Safety Class to be held at the Center on **Friday, March 20 and Saturday, March 21 from 9:00am-12:30pm** in the living room. You must attend both days. The instructor will be Tom Driscoll.



The lessons focus on changes in automobiles and driving, and adjustments we might make in our driving techniques as we get a little older. The class is aimed at drivers of 50 years of age, but any licensed driver may attend. Everyone who takes the course finds themselves changing at least one driving habit or learning something he or she hadn't realized before.

A small fee of \$15 for AARP members, \$20 for non-AARP members, is payable on the first day of class (bring a check made out to AARP.) This includes a course workbook and a New Hampshire Driver Manual. AARP members should also bring their membership number.

Some insurance companies offer discounts on car insurance to those who complete the course. There is a maximum of 12 participants for this course.

**Register by calling The Keene Senior Center  
at 603-352-5037.**

### 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 click on About and scroll down to Newsletters, or go directly to <https://thekeeneseniorcenter.org/newsletter>.)

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



# 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.

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

TUESDAYS TOGETHER \$3	WELCOME WEDNESDAY \$2	GARDEN FRESH FRIDAY \$3	SUPER SATURDAY \$2
<i>Mar 3</i> Lemon chicken w/ noodles Cranberry/orange relish Butternut squash soup Fruit	<i>Mar 4</i> Tuna sandwich Butternut squash soup* Tomato, lettuce, cheese, hummus Fruit salad	<i>Mar 6</i> Tacos Bean soup Tomato, lettuce, cheese, hummus Fruit	<i>Mar 7</i> BLT sandwich Barley-beef soup* Tomato, lettuce, cheese, hummus Fruit salad
<i>Mar 10</i> Bacon, tomato, & spinach quiche Tomato soup Fruit	<i>Mar 11</i> Chicken & cranberry sandwich Tomato soup* Tomato, lettuce, cheese, hummus Fruit salad	<i>Mar 13</i> <b>ST PATRICK'S DAY DINNER</b> Potatoes, carrots, cabbage & onions Assorted desserts	<i>Mar 14</i> Hot dog with bun Broccoli slaw Tomato, lettuce, cheese, hummus Fruit salad
<i>Mar 17</i> Red flannel hash Cabbage soup Bread Fruit	<i>Mar 18</i> Ham & cheese sandwich Cabbage soup* Tomato, lettuce, cheese, hummus Fruit salad	<i>Mar 20</i> Chicken stew Bread Fruit	<i>Mar 21</i> Cream cheese & olive or date sandwich Chicken stew* Tomato, lettuce, cheese, hummus Fruit salad
<i>Mar 24</i> French toast Link sausages or ham Sweet potato soup Fruit	<i>Mar 25</i> Turkey sandwich Sweet potato soup* Tomato, lettuce, cheese, hummus Fruit salad	<i>Mar 27</i> Shepherd's pie Tomato vegetable soup Fruit	<i>Mar 28</i> Tuna sandwich Tomato vegetable soup* Tomato, lettuce, cheese, hummus Fruit salad
<i>Mar 31</i> Pulled pork with bun Coleslaw Tomato soup Fruit	<b>SPECIAL DIETARY REQUESTS</b>		
Kitchen staff do their best to prepare meals meeting different dietary needs. <b>In order to prepare these types of meals, however, The Senior Center asks that you tell us at least two days beforehand.</b> Please note your requirement when you sign up or by phoning us.			

Dessert: We rely on dessert donations. If you bring a dessert to share, your lunch is free that week!

**Preregistration required for meals.** Fee per person: Tuesday & Friday: \$3; Wednesday & Saturday: \$2. Available leftovers can be purchased for 25¢ per item. Menu is subject to change. The 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 can receive a free passport to better health & information, and partake in the Cheshire Medical Center/Dartmouth-Hitchcock Keene's passport meal program. Membership in the Senior Passport Program entitles you to **free nutrition, exercise, and health education lectures, & classes**. Members can also enjoy a "Passport Meal" in our dining room, which include: an entrée with two sides and a beverage (Vitality water, 8oz. milk or a small hot beverage) for \$4.95. **Monday - Friday, 4:30 to 6:30pm. Saturdays & Sundays, 11:30AM to 1:30pm and 4:30 to 6:30pm.**

## Commodity Supplemental Foods Program

Southwestern Community Services (SCS) works with the Commodity Supplemental Foods Program, which provides healthy foods to supplement food budgets of eligible seniors 60+. The value is approx. \$50/month. Call 800-529-0005 x 4234 or 603-719-4240 to apply. Distributions are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale & Jaffrey. Eligibility: \$15,678 annually/singles and \$21,112/couples. SCS works with all social service agencies in Cheshire & Sullivan counties to reach our low income population. SCS is a non-profit Community Action, & United Way Agency, whose mission is to empower low income people with dignity & respect. SCS provides direct assistance, reduces stressors & advocates for such persons and families.

**NEW MEMBER ORIENTATION**  
**March 9, 2020**  
**At 1:30pm**

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.



## Senior Center Gift Certificates

The Senior Center has gift certificates available. You can buy one at the Front Desk for whatever amount you wish.

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

Some of you have enjoyed presentations in the last few months on operettas, canine scent work, and Japanese porcelain, all topics that our members and staff are passionate about.

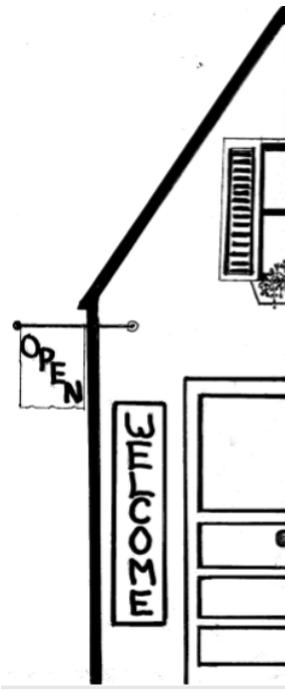
If you are interested in presenting on a topic that's important to you, we'd love to have you!

Contact Jen:

- via email at [jzakrzewski@thekeeneseniorcenter.org](mailto:jzakrzewski@thekeeneseniorcenter.org)
- by calling 603-352-5037
- or in person at The Senior Center

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

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



## March Sale

50% off the following:

- Men's & women's sleepwear
- Men's & women's sports clothing
- Women's slippers

Also we have 50¢ discount bins for select:

- Women's tops
- Men's shirts
- Women's scarves
- Women's handbags

## 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.

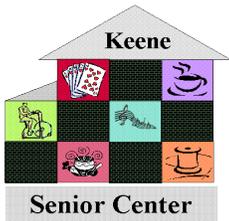
Call 603-352-5037

## 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, 8:00am - 4:00pm.

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!





NON PROFIT  
ORGANIZATION  
USA POSTAGE PAID  
KEENE, NH 03431  
PERMIT #18

70 Court St.  
Keene, NH 03431

Return Service Requested

If one has  
**COURAGE**  
nothing can dim the  
**LIGHT**  
which shines from  
**WITHIN**  
—Maya Angelou