



Keene

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: Mon-Friday 8:30 AM-4:30 PM
and Saturday 10:00AM-2:00PM

Thrift Store Hours: Mon-Friday 9:00 AM-4:00 PM
and Saturday 10:00AM-2:00PM

KEENE SENIOR CENTER NEWSLETTER

October 2019

50 & BETTER EXPO



**SATURDAY, OCT 26
8:30AM-2:00PM**

Learn about the array of services and opportunities for older adults in the Monadnock Region. Brought to you by the Keene Senior Center.

**NO COST
NO PRE-REGISTRATION**

LOCATION

Keene Recreation Center
312 Washington St., Keene

FOR MORE INFO

Keene Senior Center
603-352-5037
www.thekeeneseniorcenter.org



VENDORS

- ◆ Healthcare, Nutrition & Fitness
- ◆ Housing
- ◆ Transportation
- ◆ Financial Planning
- ◆ Social & Volunteer Opportunities
- ◆ Lifelong Learning & Independence

BREAKOUT SESSIONS



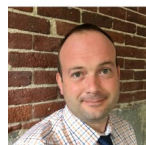
Brandie Wells
9:30 AM
Compassionate Clairvoyant
Psychic Medium



Monadnock Family Services
10:30 AM
Strategies to reach older adults
dealing with isolation &
loneliness



Monadnock Aging Resource
Collaborative
11:30 AM
Education & support for our
aging population & their families



Dan Hobbs—NH Alliance for
Healthy Aging
12:30 PM
Advocacy tips for older adults.

ALSO: FREE RAFFLES
MUSICAL ENTERTAINMENT
SALT & LIME FOOD TRUCK
(11:00 AM—2:00 PM)



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

There's a New and
Exciting Program
Coming to the Keene
Senior Center!

Many older adults
experience concerns about
falling and restrict their
activities.

A MATTER OF
BALANCE is an award-
winning program
designed to manage falls
and increase activity
levels by emphasizing
practical strategies.

Jen Zakrzewski, our
new Program
Coordinator, is a Matter
of Balance Master Trainer
and eager to bring this
program back to the
Senior Center.

Read the full article on
Page 3 of this newsletter.



Independence with a little help

Cheshire Village at Home

Member Profile: Norman Potvin

Cheshire Village at Home Member, Volunteer, and Committee Member,
and Senior Center Volunteer

Norman was born within the shadow of Jay Peak in Montgomery, Vermont. He was one of seven children and grew up on the family farm. He later moved to Brattleboro, Vermont, where he lived for many years.

He spent 6 years in the Navy learning about electronics. After discharge he went to work for Hewlett Packard (which later became Phillips) in Andover, Massachusetts. He spent 38 years living and working in Andover, specializing in medical electronics, and working on machines such as patient telemetry machines and defibrillators.

Upon his retirement, Norman was looking for a place to settle where life wasn't as rushed and chaotic as it was in Massachusetts. He chose Keene, New Hampshire. Norman said his first stop once he moved to Keene was the library; his second was the Senior Center. Norman became a Senior Center volunteer, helping members with their computer questions. He is now a member of Cheshire Village at Home, as well as a driver, and he also sits on the Outreach Committee.

Norman says he likes volunteering for both The Keene Senior Center and Cheshire Village at Home, as it keeps him busy, chases away his boredom, and allows him to feel useful, which he likes.

Cheshire Village at Home invites you to the
return of Steve Farrar as he presents

National Parks of the East Coast

Thursday October 17
2:00-4:00 pm
at **The Keene Public Library**

Steve has explored, hiked and photographed most of our nation's national parks, monuments, historic sites, battlefield parks, preserves, recreation areas, cemeteries, and seashores. This pictorial tour will include Acadia National Park (Maine), Shenandoah National Park (Virginia), Smoky Mountains National Park (Kentucky & North Carolina), Congaree (South Carolina), Biscayne National Park (Florida), and Dry Tortugas in Key West (Florida).

Free and open to the public

Cheshire Village at Home members may call 3-5
days in advance to arrange a ride.
603-903-9680

Interested in Volunteering?

We often need volunteers to provide:

- Companionship
- Computer Help
- Errands
- Health/Wellness Assistance
- Small Repairs Inside Home
- Small Repairs Outside Home
- Office Work
- Pet Care
- Transportation

Call 603-903-9680 for information

Cheshire Village at Home now has 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



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

THERE'S A NEW AND EXCITING PROGRAM COMING TO THE KEENE SENIOR CENTER!

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels by emphasizing practical strategies. Our new Program Coordinator is a Matter of Balance Master Trainer and eager to bring this program back to the Senior Center.

What is it?

A discussion and exercise class to learn to:

- view falls as controllable
- set goals for increasing activity
- make changes at home to reduce fall risks
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

When is it?

- Mondays from 2:30 – 4:30 PM (includes a snack break)
- Oct. 7 to Dec. 2 (8 weeks, no class on Veterans' Day)

How can I sign up?

- Stop by the Keene Senior Center
- OR give us a call at 603-352-5037
- OR email Program Coordinator Jen Zakrzewski at jzakrzewski@thekeeneseniorcenter.org
(she will also gladly answer any questions you have about the class!)



The TurnUp Gardeners

Our Grand Butterfly Garden
Bright yellow Monarchs fill the sky
dancing among the tall milkweeds
as the TurnUps enjoy their fly-by
and our Bluebirds nibble the seeds,
Come have garden fun!

~Stuart Carswell ...a TurnUp Gardener~

TurnUp gardeners
gather on
Tuesdays & Fridays
at 11:00 AM

Notes from Cam

Dear Members and Friends,
Recently I had the opportunity to give a tour of our center to a couple who were considering joining. They had served in churches throughout New England and out west, had worked with AARP, and been members of another senior center as well. I wanted to put our best foot forward with them, but felt a little intimidated as we walked around our less than modern facility.

I soon realized that they were seeing things that represented the true beauty of our home. As we walked through the dining room, members waved and called hello from the chair yoga session in progress. Kate and one of our Keene State nutrition interns were in the kitchen preparing for Tuesday's lunch. The couple noted the beauty of our library, and its computers. In the living room, there was a discussion in progress about Cheshire Village at Home, a program of interest to them.

When we went downstairs, a ping pong match was in progress, and they were impressed by the exercise equipment. In the craft room, I proudly spoke about what our quilters and knitters made for others, and the beautiful hand-crafted cards that were made there. I also spoke about our upcoming Senior Swingers show, the Super Seniors participating in the DeMar Marathon, and our Turn-up Gardeners. They asked about our book club, and I also mentioned our creative writing group and family memoir writing group.

You might be thinking about all that I have left out, such as our Saturday programs, four meals a week, and the inter-generational program. They mentioned that they had read our terrific newsletter, so I think that they must have seen all of that and more, such as our soon to be introduced "A Matter of Balance" program.

The tour was a very rewarding and enjoyable experience for me, especially when I saw that the couple was joining us. It reminded me of another golden moment that occurred some months ago. I was speaking with a member about why she came to the senior center and she said "I feel safe here". That to me is the foundation under all of the good things that our new members noticed and appreciated on the tour.

Onward and upward!
Cameron Tease
Executive Director

The Mikado - as illustrated through a vintage button collection
October 5th 10:30 - 11:45am

Senior Center member, Susan Segal, will present a program on the well known operetta, **The Mikado**. She will use her vintage buttons to illustrate some of the operetta's highlights.

Yum Yum and her sisters will be there, and other cast members! Enjoy music, a short quiz, and fortune cookies.

We hope you'll join us!

Getting to Know Canine Scent Work

Saturday, Oct. 19
10:30 - 11:30am



Canine Scent Work is a sport for dogs and people that's fun and growing in popularity. Learn why and how you and your dog can play this game.

Two demos show you

1. a dog doing an actual search
2. how you can teach your dog to do searches

Learn

- ✓ why dogs love scent work
- ✓ the sport's basics
- ✓ what items you'll need & where to find them

Presenters:

Taika, Dorianne Almann's 4-year-old Rottweiler, who has earned many advanced titles and 1st-4th placements in the sport.

Dori is a scent work judge.

Please leave your pets at home



KEENE SENIOR CENTER FUNDRAISERS

Donate Your Unwanted Car to The Senior Center

It's so easy!

Making a donation takes only five minutes. Call 352-5037, and talk with Cam. 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 AM—4 PM 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 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!

1. Just visit <https://thekeeneseniorcenter.org/>
2. click **Membership** in the top menu bar
3. scroll to the bottom to find the renewal link.
4. you will be guided through the steps from there.

New members please stop at the front desk and complete an application.

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PROVEN RESULTS.

Connie Joyce

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Top Producer For More Than 30 Years
Listing Specialist, Providing Free
Documented Market Analysis
Masters Degree In Organization
& Management, Antioch NE
Former Field Coordinator For The
Retired Senior Volunteer Program
Member Keene Senior Center
Active Community Member & Volunteer



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

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

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Find out more about our
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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



Live well with peace of mind

The Prospect-Woodward Health Center at Hillside Village opens in August! Our beautiful new health center will offer 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



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

OCTOBER 2019

* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

October 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Oct 7 Mon 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Ln 1:00 Chair Yoga 1:30 Ping Pong 2:30 A Matter of Balance</p>	<p>Oct 1 Tues 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00pm AA Meeting</p>	<p>Oct 2 Wed 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p>Oct 3 Thurs 7:00-9:00 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 Tai Chi Beginners 12:00 Book Club 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Oct 4 Fri 7:00-9:00 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie in the Living Room</p>	<p>Oct 5 Sat 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open. The Mikado as illustrated through a vintage button collection 10:30 - 11:45am</p>
<p>Oct 7 Mon 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Ln 1:00 Chair Yoga 1:30 Ping Pong 2:30 A Matter of Balance</p>	<p>Oct 8 Tues 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 NH Alliance Healthy Aging 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00pm AA Meeting</p>	<p>Oct 9 Wed 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p>Oct 10 Thurs 7:00-9:00 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 Tai Chi Beginners 12:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Oct 11 Fri 7:00-9:00 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Friday 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>Oct 12 Sat 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p>
<p>Oct 14 Mon 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Ln 1:00 Chair Yoga 1:30 Ping Pong 1:30 New Member Orientation 2:30 A Matter of Balance</p>	<p>Oct 15 Tues 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30- 10:30 Nurse Is In 10:30 Age in Motion 2 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Oct 16 Wed 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p>Oct 17 Thurs 7:00-9:00 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 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Oct 18 Fri 7:00-9:00 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie in the Living Room</p>	<p>Oct 19 Sat 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open. Getting to Know Canine Scent Work 10:30 - 11:30am</p>

<p>Oct 21 Mon 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Ln 1:00 Chair Yoga 1:30 Ping-Pong 2:30 A Matter of Balance</p>	<p>Oct 22 Tues 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Oct 23 Wed 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p>Oct 24 Thurs 7:00-9:00 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 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Oct 25 Fri 7:00-9:00 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Birthday Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>Oct 26 Sat SENIOR CENTER CLOSED 50 & Better Expo Rec Center 8:30am-2:00pm FREE</p>
<p>Oct 28 Mon 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 8:45 Kripalu Yoga 10:00 Age in Motion 1 11:00 Pinochle & Hearts 12:30 Bowling/Yankee Ln 1:00 Chair Yoga 1:30 Ping-Pong 2:30 A Matter of Balance</p>	<p>Oct 29 Tues 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting</p>	<p>Oct 30 Wed 7:00-9:00 Walking/Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour! Coffee, tea, and conversation 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p>Oct 31 Thurs HALLOWEEN 7:00-9:00 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 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle</p>	<p>Oct 25 Fri 7:00-9:00 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Birthday Friday* 12:30 Bingo 12:30 Duplicate Bridge/Am. House 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>Oct 26 Sat SENIOR CENTER CLOSED 50 & Better Expo Rec Center 8:30am-2:00pm FREE</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 anytime. Please label your bag with name, phone, and a list of items. We will distribute them in the area in October.

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 & 4th Fri 1:00 PM)

QUILTS R' US

The Quilts R' Us group meets Thursdays in the Craft Room. The group welcomes any interested members who would like to sew together and share ideas about quilting. There are sewing machines available, if bringing your own is tough.
(Thurs 9:30 AM.)

Social Programs

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

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



BINGO—There is a minimal costs to play.
(Fri 12:30-3:30 PM)

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



CRIBBAGE—All levels of experience welcomed!
(Wed 12:30 PM in the Senior Center Library)



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

MOVIES IN THE LIVING ROOM

Join us in the living room for a movie! Let us know if you have any specific requests and we will work to fulfill them.
(Tues 1:00-3:00 PM—after Tuesdays Together meal.
Fri 1:00-3:00 PM—after Garden Fresh Friday meal
Saturday 10:15 AM)



SENIOR SWINGERS—Senior Swingers is our singing/performing. They sing at many of The Senior Center functions, other senior centers, nursing homes, community events, and present an annual show in September. They are always welcoming new members. Just show up to sing along. There are no auditions. They are a spirited and fun group.
(Wed 1:00-3:00 PM)

PING PONG—The Monday afternoon ping pong players would like to invite anyone interested in playing a fun, competitive game of ping pong on in the gym downstairs. Balls and paddles provided. Contact Charlie Wagar with questions by calling 352-5037 or email chucktheduck99@hotmail.com.
(Mon 1:30 PM)



Advocacy Programs

NH ALLIANCE FOR HEALTHY AGING

Discuss a wide array of issues concerning aging in NH, including state initiatives, senior citizen advocacy, and legislative policies that effect all of us as we age. The NH AHA is a statewide coalition of organizations and individuals focused on improving the policies and services that support older adults and their families. Led by **Dan Hobbs**.
(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 8:30-4:30)**

LEARN TO USE THE GYM with Tony Guarino, long-time physical education instructor. He will help you learn stretching techniques and safety measures while using the machines. Plan to wear comfortable clothes, and if you have any physical limitations let Tony know so he can accommodate your needs. **(Tues 3:00-4:00 PM)**

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

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

CHAIR YOGA features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **(Mon 1:00 PM)**

QIGONG features slow and simple movements to encourage the smooth flow of Qi (energy) and promotes longevity, decreases pain, alleviates stress and increases balance, strength and flexibility. **(Wed 10:00 AM, \$3 instructor fee/class)**

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

KRIPALU YOGA—can be a challenging approach to yoga practice that emphasizes meditation and breath work and encourages inward focus and spiritual attunement. Basic Premise: Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth and spiritual awakening. **(Mon 8:45 AM)**



FITNESS AND HEALTH PROGRAMS continued

BEGINNERS TAI CHI will cover the first 18 postures of the Yang style TaiChi form. Each class will include warm up Chi Kung exercises and two to three TaiChi postures.

The movement is slow, flowing and focused. TaiChi can improve balance, flexibility and mental focus. A DVD will be available for new students after the third class. Students may continue to attend class even though they have learned the 18 postures as a weekly practice. **(Thurs 11:30 AM)**

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



PERSONAL ENRICHMENT PROGRAMS

BOOK CLUB

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

CREATING YOUR FAMILY MEMOIR

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

CREATIVE WRITING GROUP

Meets in the Senior Center Library. Check the calendar for exact dates. Led by **Marylou DiPietro**. **(Thurs, October 10 at 1:30 PM)**

Introduction to Jennifer Zakrzewski, Program Coordinator

Hello everyone!

I'm Jen/Jennifer, the new Program Coordinator at the Senior Center. By now I have met many of you, and I'm working on learning as many names as I can. I wanted to take this opportunity to share a bit more about myself and my work and encourage you all to come up and introduce yourselves next time you see me.

I am a graduate student, earning my master's degree in **Resilient and Sustainable Communities** from Prescott College. I found my way to this job through my interest in the social aspects of community resilience, and an appreciation for the role the Keene Senior Center plays in resilience here in my own community—I was born in Keene and grew up in Marlborough. I see a lot of potential for the role of the Center to develop and increase in the near future, and I'm looking forward to being a part of the process!

As Program Coordinator, I am focused on all things programming! Right now that means planning **Saturday programs**, running my first **Matter of Balance** class starting this month, and thinking about what else we might be offer. I am very interested in hearing about how the Center can best serve you, its members. **If you have ideas for new programs you'd like to see, or ways we could improve the ones we have, please chat, call, or email me!** I can't promise to do it all, but I can promise to take all your suggestions into account.

Keep an eye out for a "**Question of the Week**" board, soon to make its debut in the dining room. This is one way I hope to create an interactive process where you share your thoughts with me, the rest of the staff, and each other.

Thank you so much for the warm welcome I've received so far. I'm very excited to keep exploring what the Senior Center and I can offer each other!

Did you know...

There are many services & programs available in the region,
based on income and household size?

Southwestern Community Services provides:

- Affordable Housing for seniors. Call 719-4288
- Fuel Assistance. Call 719-4125
- Weatherization Assistance. Call 719-4286
- Housing Rehab Programs. Call 719-4281
- Commodity Supplemental Foods for seniors age 60+. Call 719-4243
- Emergency Food Assistance. Call 719-4243

Service Link helps make connections to services for people of all ages, income levels, and needs. Call toll free 1-866-634-9412 to find services such as:

OCTOBER 2019 MEAL MENUS (Vegetarian choice is available each day)

TUESDAYS TOGETHER \$3	WELCOME WEDNESDAY \$2	GARDEN FRESH FRIDAY \$3	SUPER SATURDAY \$2
<i>Oct 1</i> Chili Corn bread Fruit	<i>Oct 2</i> BLT sandwich Chips & pickles Dessert	<i>Oct 4</i> Chicken vegetable soup Bread Fruit	<i>Oct 5</i> Chicken salad sandwich Chips & pickles Dessert
<i>Oct 8</i> Lasagna Tossed salad Garlic bread Fruit	<i>Oct 9</i> Ham & cheese sandwich Chips & pickles Dessert	<i>Oct 11</i> Shepherd's pie Tossed salad Fruit	<i>Oct 12</i> Tuna salad sandwich Chips & pickles Dessert
<i>Oct 15</i> Tacos with ground beef Fruit	<i>Oct 16</i> Chicken salad sandwich Chips & pickles Dessert	<i>Oct 18</i> Chicken with stir-fry vegetables Bread Fruit	<i>Oct 19</i> Cream cheese w/olives or w/dates sandwich Chips & pickles Dessert
<i>Oct 22</i> Chicken & squash (butternut) soup Bean salad Fruit	<i>Oct 23</i> Tuna salad sandwich Chips & pickles Dessert	<i>Oct 25—Birthday Lunch!</i> Spaghetti w/Alfredo sauce Tossed salad Fruit	<i>Oct 26</i> Ham & cheese sandwich Chips & pickles Dessert
<i>Oct 29</i> Corn chowder Tossed salad Rolls Fruit	<i>Oct 30</i> Corned beef & cheese sandwich Chips & pickles Dessert		

PLEASE LET US KNOW AT LEAST TWO DAYS IN ADVANCE OF ANY SPECIAL DIETARY NEEDS.

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

Preregistration is required for meals. Fee: Tuesday & Friday: \$3 per person; Wednesday & Saturday: \$2 per person.

Available leftovers can be purchased for \$0.25 cents per item. Menu is subject to change. Keene Senior Center 603-352-5037



Senior Passport Program

Eating well, exercising, and staying apprised of health-related information is important at any age. Senior Citizens 60 years and older can receive a free passport to better health and information and at the same time, have an opportunity to partake in the Cheshire Medical Center/Dartmouth-Hitchcock Keene's passport meal program. Membership in the Senior Passport Program entitles participants to **free nutrition, exercise, and health education lectures, and classes.** Members can also enjoy a "Passport Meal" in our dining room. Our passport meals include the following: an entrée with two sides and a beverage (Vitality water, 8oz. milk or a small hot beverage) for \$4.95. Meals are available:

Monday through Friday, 4:30 to 6:30 PM. Saturdays & Sundays, 11:30AM to 1:30 PM and 4:30 to 6:30 PM

Commodity Supplemental Foods Program

Southwestern Community Services works with the Commodity Supplemental Foods Program (CSF) which provides healthy foods to supplement the food budget of eligible seniors over 60. The value of the food is approx. \$50 per month. To apply call 800-529-0005 x 4234 or 603-719-4240. Distributions are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale and Jaffrey. Eligibility requirement: \$15,678 annually for a single person and \$21,112 for two.

Southwestern Community Services (SCS) works with all social service agencies in Cheshire and Sullivan Counties to reach our low income population. It is a non-profit Community Action Agency as well as a United Way Agency. Their mission is to empower low income people and families with dignity and respect. SCS will provide direct assistance, reduce stressors and advocate for such persons and families.

NEW MEMBER ORIENTATION
SECOND Monday of the Month
At 1:30 PM

Welcome all new members!!!!
 You are invited to join The Keene Senior Center's Executive Director Cameron Tease and member Marilyn Robbins to learn all that your new membership has to offer you, ask questions, meet fellow new members, and get a tour of the facility.



Need a ride to the Keene Senior Center? We can help!

If you live in any of the towns around Keene, and you cannot get yourself 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 available at the Keene Senior Center!

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

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 cool off in the air-conditioned 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.

Membership Rates

Individual	\$60
Couples	\$108
Discounted Individual (income <\$25,000)	\$48
Discounted Couples (income <\$30,000)	\$84
Day Passes	\$6
Scholarship	Please ask for application
Volunteer (After 50+ hours annually)	No Cost

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

We hope this is helpful.



Got Old Documents?
Shred them!

One way to combat fraud and identity theft is to shred any documents with personally identifiable information on them. This includes (but is not limited to) old bank statements, canceled checks, or pay stubs. While these are still intact, they can leave you vulnerable to identity theft.

Last year 14.4 million Americans were victims of identity fraud. To protect your personal information, shred your sensitive documents before throwing them away, or burn them. See aarp.com/fraud for info.

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

*Don't forget to include a visit to our thrift store, **The Bargain Box**, when you are in the neighborhood!*

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



October Bargain Box
Sale Items

50% OFF all:

Linens

Hats

Sports Clothing

Dresses & Skirts

Because we are staffed only by volunteers, you may need to ask someone at the front desk to open the shop for you.



**HAPPY
BIRTHDAY**



The Senior Center enjoys celebrations. We especially enjoy celebrating birthdays and want to celebrate yours. At lunch during the last Friday of the month, it's

HAPPY BIRTHDAY!

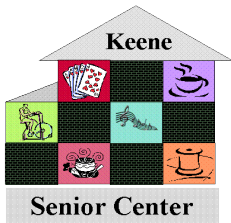
to everyone who had a birthday that month. We celebrate with cake and song. Lunch for birthday celebrants is complimentary—a gift of the Senior Center to you.

The Friendly Bus

Friendly Bus passes are available for Keene Senior Center members who need rides to and from the Senior Center Monday through Friday, 8:00 am – 4:00 pm.

A donation to the Friendly Bus is not necessary as this will be covered by the Senior Center as part of your membership. Please call the folks at the Friendly Bus to register 352-8494. Let them know you are a Senior Center Member!





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**Whether you think you can
or think you can't
You are right.**