

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

September 2019

Two major events in September!

Say It with Music



49th Year!



Keene Senior Swingers

35 Members of

The Keene Senior
Center

Perform

Musical Skits &

Choral Arrangements -
1930's Through Today

\$10: Advance tickets. \$12: At the door.

Purchase from Keene Senior Center (70 Court Street,
Keene; 603-352-5037) or a Swingers member.

*Home-made baked goodies and iced tea & lemonade
served during intermission*

Sunday, Sept. 15, 2019—2:00 pm

Monadnock Regional High School's Auditorium

600 Old Homestead Hwy, Swanzey, NH



Super Seniors DeMar

September 29, 2019

A marathon for ages 70+ who
walked (or jogged) over the summer

Info for the 120 + who have registered:

**September 3 – LAST DAY TO TURN IN LOG
SHEETS AND QUALIFY FOR THE DEMAR!!**

September 20 – last day to sign up at senior center
for pre-race dinner

September 27 and 28 – Packets with tee shirts, bib
numbers, and race info can be picked up at the Keene
Senior Center: Friday 9 AM to 5 PM, Saturday 9
AM to 12 PM or at the pre-race dinner.

September 29 – RACE DAY!! Wear your 2019
Super Seniors 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 AM to 7:55 AM. (Info on parking, race
route, etc. will be in your race packet.)

**Start time for the Super Seniors
DeMar is 8 AM SHARP! Have fun!**



Independence with a little help

Cheshire Village at Home

Member Profile: Pat Haley

Pat Haley was born and raised in Kenmore, NY, just outside of Buffalo, one of six children in her family. As a child she was drawn to New England, thinking it would be a wonderful place to live. After attending schools in the Buffalo area and graduating Cum Laude from SUNY Buffalo, Pat taught Home Ec in Buffalo. Later she worked in Washington as an editor for an NGO. While there, Pat met her future husband, who, incidentally, was from New Hampshire!

The Haleys moved to NH and began commuting to New York City, where they both worked for advertising agencies. Pat worked for United Airlines from '62-'66, when United Airlines had a 'no marriage rule.' Pat was fired for getting married. Her union took her case of sex discrimination all the way to the Supreme Court, where it was settled in their favor 21 years later.

For one year, the Haleys lived in Jerusalem, where they wrote about the experiences and conditions of the Palestinian refugees living in camps along the West Bank. Pat found this to be a life changing experience. After returning to NH, they found an old farmhouse in Spofford that had been abandoned for 12 years, and fell in love with it. With the help of some good craftsmen, they labored to bring the 1815 house into the 21st century. They added an addition, 2 bathrooms, and restored the farmhouse from top to bottom.

Pat worked for the Keene Sentinel for 15 years, earning several National & International awards. She also managed to write two books along the way, and is writing her third, a compilation of essays on living in the country. Pat has been an enthusiastic member of Cheshire Village at Home since November 2018.



Coffee
&
Conversation

Cheshire Village at Home
September Social

Coffee & Conversation
at Panera Bread
September 17, 10:00-11:30 am

CVAH Members needing a ride can call
903-9680 3-5 business days prior to the
event.

WE LOVE
OUR VOLUNTEERS

Cheshire Village at Home welcomes three
new volunteers, **Linda Cornish** from
Marlborough and **Karoline &
Donald Ladd** from Keene.

Did you know?

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



50 and Better Expo

Sponsored by Keene Senior Center
Saturday, October 26, 2019
at the Keene Rec Center from 8:30 am to 2:00 pm

This event's purpose is to inform older adults about the array of services and opportunities available to them in the Monadnock Region. There is no cost to the public, and it will feature vendors, workshops on subjects of interest, plus entertainment & socialization opportunities.



Super Seniors Pre-Race Dinner Sign-Up
Sign up now for the Saturday, Sept. 28 Super Seniors Pre-Race Dinner at the Front Desk. The cost is \$5/person.

Anyone at the Front Desk can sign you up.

Baked Goods Needed
If you'd like to donate a baked goodie to serve at intermission during the Senior Swingers' concert, please bring it to the Senior Center on **Saturday, Sept. 14, 10am-2pm.**
Please let Dori know what you'll bring.

 **PLEASE HELP!** 
Senior Swingers Flyer & Program

Finishing touches are being put on the Senior Swingers' flyer and an ad sheet is being developed listing ad sizes and costs. In addition to advertising the Sunday, Sept. 15 performance when you post the flyer around town, you can also use the flyer in your effort to help sell ads in the program.

See Dori for copies of the flyer and the ad sheet. To avoid duplication of effort, please let her know where you'll be posting the flyer and the advertisers you'll be contacting.



Dancing at MoCo

Super Seniors (70+) will begin a new session of weekly dance, beginning **Tuesday, Sept. 10, at 10:30 AM, at MoCo, 40 Roxbury St., Keene.** Kristen Leach, our very talented instructor keeps the dance she's planned a secret. What's not a secret is that Kristen can adapt the dance to any disability or vulnerable body part.

Super Seniors welcome dancers any time, but it is preferable to start on Sept. 10, as optional performances are planned for late October. Both men and women are encouraged to attend, and partners are not necessary. Bring clean shoes for the dance floor and wear comfortable clothing.

Research shows that dancing is one of the most beneficial things you can do as you age. What research hasn't reported is that dancing is the most fun, especially the mistakes that we all make. Please call Sally Rinehart at 203 770-3681 with any questions.



Notes from Cam

Dear Members and Friends,

Happy September! This is the month of two senior center major events, The Senior Swingers 49th Annual Show on September 15, and the 7th Super Seniors DeMar on September 29th. With our first “50 and Better Expo” being planned for October, there is a lot of excitement and energy in the late summer air!

I am pleased to announce that we have hired two employees who started (in part-time positions) in August. Dorianne Almann is our Administrative Coordinator. Dori most recently worked at Keene Family Y in their development department. She has extensive marketing and communications experience in non-profits, business and education. Jennifer Zakrzewski is our Program Coordinator and “Matter of Balance” master trainer. Jen is a community volunteer and is working towards her Master of Science in Resilient and Sustainable Communities. She has experience as a program supervisor with AmeriCorps. Dori and Jen are great additions to the KSC team and I know that you will enjoy and appreciate working with them.

In future editions of our newsletter I will highlight some of the great programs here at Keene Senior Center and the volunteers, members and employees who make them such a success. Behind our fitness, nutrition, socialization, thrift store and Cheshire Village at Home programs are over two hundred dedicated and talented people who are motivated by making a difference for the members of Keene Senior Center. It is a great pleasure and honor to be working with them for you.

Onward and upward!

Cameron Tease
Executive Director

Music program: Kendall Row
Sept. 21st 11am - noon



Kendall Row is coming back to the Senior Center by popular demand!



Keene High School musicians Gavin Key, Sam Howard, Alex Rodier, and Jack Howard will play Grateful Dead, Beatles, Bob Dylan, and other classic rock tunes.

Join us for this musical walk down memory lane.



Adult Coloring
Sept. 7th 11am - noon



Join us as we explore the adult coloring phenomenon! You don't need to be artistic!

What once was an activity that kept so many of us entertained as children, is now resurfacing as a trend adults are coming to love. It's a great way to focus on the present and reduce stress and anxiety. Just bring yourself.

Coloring templates and writing implements will be provided.

Coming in October:
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!



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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& Management, Antioch NE
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Retired Senior Volunteer Program
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Active Community Member & Volunteer



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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



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on auto parts & service repairs
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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

SEPTEMBER 2019

* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
September 2019					
<p>Sept 2 Mon</p> <p>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 How to Use the Gym 7:00pm AA Meeting</p> <p>Labor Day</p> <p>Senior Center Closed</p>	<p>Sept 3 Tues</p> <p>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 How to Use the Gym 7:00pm AA Meeting</p>	<p>Sept 4 Wed</p> <p>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 2:00-3:30 Knitting Circle</p>	<p>Sept 5 Thurs</p> <p>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 1:30 Creative Writing 2:00 Billiards</p>	<p>Sept 6 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at 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 at American House 1:00 Movie in the Living Room</p>	<p>Sept 7 Sat</p> <p>Senior Center Open 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p>Adult Coloring 11:00 am – 12:00 noon</p>
<p>Sept 9 Mon</p> <p>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 at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p>	<p>Sept 10 Tues</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 10:30 Dancing at MoCo 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p>Sept 11 Wed</p> <p>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 2:00-3:30 Knitting Circle</p>	<p>Sept 12 Thurs</p> <p>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</p>	<p>Sept 13 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at 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 at American House 1:00 Movie in the Living Room</p>	<p>Sept 14 Sat</p> <p>Senior Center Open 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open.</p> <p>10:30 Balance Day</p> <p>Baked goods due today, SENIOR SWINGERS CONCERT TOMORROW</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Sept 16 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 at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong 1:30 New Member Orientation	Sept 17 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30- 10:30 Nurse Is In 10:00-11:30 Cheshire Village at Home Coffee & Conversation at Panera Bread. Free & open to all. 10:30 Age in Motion 2 10:30 Dancing at MoCo 11:00 Turn Up Gardeners 12:00 Tuesdays Together* 1:00 NH Alliance for Healthy Aging 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn to Use the Gym 7:00 pm AA Meeting	Sept 18 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 2:00-3:30 Knitting Circle	Sept 19 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 4:00 Board Meeting	Sept 20 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer Help w/Norman* 10:00 Age in Motion 1 11:00 Turn Up Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room 5:00 BBQ dinner	Sept 21 Sat Senior Center Open 10AM to 2PM Open gym, ping-pong, pool, games, movie Super Saturday lunch* thrift shop open. Music Program: Kendall Row 11:00 am – 12:00 noon
Sept 23 Mon /Sept 30 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 at Yankee Lanes 1:00 Chair Yoga 1:30 Ping-Pong	Sept 24 Tues 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 10:30 Age in Motion 2 10:30 Dancing at MoCo 11:00 TurnUp Gardeners 12:00 Tuesdays Together* 1:00 Movie in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	Sept 25 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 2:00-3:30 Knitting Circle	Sept 26 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	Sept 27 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9:00 Computer w/Norman* 10:00 Age in Motion 1 11:00 TurnUp Gardeners 12:00 Garden Fresh Friday* 12:30 Bingo 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room 1:00 Handmade Cards	Sept 28 Sat Senior Center CLOSED Super Seniors Pre-race Dinner 5:00pm RACE IS TOMORROW!

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 meets on selected Thursdays from 2:00 to 3:30 PM. Check the calendar for dates.

Note: in September, we will start making warm items for the needy, so come join us!

HANDCRAFTED CARDS

Join us every 2nd and 4th Friday at 1:00 PM while Janice Bourassa guides the creation of beautifully handcrafted cards. Supplies are furnished, and as a member it is free.

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. The group meets on Thursdays at 9:30 AM.

Social Programs

SOCIAL HOUR—**New!** Every Wednesday from 9:00-10:00 AM. Free coffee, tea, and conversation.

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



BINGO—There is a minimal costs to play. Fridays from 12:30-3:30 PM.

BRIDGE—This card group meets Tuesdays at 1:00 PM at The Senior Center and Fridays at 12:30 PM at American House.



CRIBBAGE—Wednesdays at 12:30 PM in The Senior Center Craft Room.



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

MOVIES IN THE LIVING ROOM

Tuesdays, Fridays and Saturdays!

Join us in the living room for a movie on **Tuesday** afternoons from 1:00-3:00 PM—after *Tuesdays Together* meal. Also **Fridays** from 1:00-3:00 PM—after *Garden Fresh Friday* meal and **Saturday** mornings at 10:15 AM. Let us know if you have any specific requests and we will work to fulfill them.



SENIOR SWINGERS—Senior Swingers is our singing group that meets on Wednesday from 1:00—3:00 PM. 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.

PING PONG—The Monday afternoon ping pong players would like to invite anyone interested in playing a fun, competitive game of ping pong on Mondays at 1:30 PM in the gym downstairs. Balls and paddles provided.



Contact Charlie Wagar with questions by calling 352-5037 or email chucktheduck99@hotmail.com.

FITNESS AND HEALTH PROGRAMS

GYM FACILITY OPEN and available for your use. Equipment includes: treadmills, bikes, weights/weight machine and an elliptical.

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

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 (Tuesdays & Thursdays at 10:30 AM), (group led) recommended intro class.

Age in Motion 1 (Mondays & Fridays 10 AM) is more advanced

CHAIR YOGA—Features gentle movements adapted from traditional yoga poses. The poses are done seated in a chair or using a chair for balance. **Mondays at 1 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. **Wednesdays at 10 AM. \$3 instructor fee per class.**

YOGA—is an exercise program that focuses on breath control, simple meditation and specific body postures while standing or lying on the floor. **Tuesdays at 9 AM & Thursdays at 9 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. **Mondays at 8:45 AM.**



that
and

FITNESS AND HEALTH PROGRAMS continued

BEGINNERS TAI CHI—Thursdays 11:30–2:30 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.

INTERMEDIATE TAI CHI—Thursdays 12:45–1:45 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.



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.

We meet the **1st Thursday of the month at noon.** Lead by member **Laura Stempkowski.**

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. This program is lead by **David Robinson** who has 25 years of experience with book and magazine publishing.

The group meets **every Thursday at 11AM,** beginning again **September 5.**

CREATIVE WRITING GROUP

Meets **every other Thursday at 1:30PM** in the Senior Center Library. Marylou DiPietro is the group leader.



The *TurnUp* Gardeners

Our Happy TurnUps Garden

Fluffy green veggies row on row
among carrots, lettuce, and lavender
New onions, chard, and beets grow
enjoying our TurnUps' endeavors.
Come and join our fun!

~ Stuart Carswell, a TurnUp ~

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

A Big Welcome & Thank You to Our Senior Center Kitchen Volunteers!

The Senior Center has expanded its meal program to 4 days a week. As a result, we have added more kitchen volunteers to help with prep, serving, and clean up. Our new volunteers are:

Betsy Zimmerli on Tuesdays, Barbara Johnson and Dixie Gurian on Wednesdays,
and Lynn Hazelwood on Fridays.

We'd also like to recognize the following kitchen volunteers who have been with us for a while:

Janet Jenatt, Tim Weeks, and Roger Bean!

THANK YOU ALL!

Yarn Workers Unite!

In September, the knitting/crocheting club is going to start making warm items for the needy, in addition to any projects you have in mind for yourself or to give as gifts. We have a good supply of yarn, an array of needles, and instructions for all kinds of projects, from baby blankets to socks, hats, mufflers, even sweaters if you are ambitious!

KNITTING CIRCLE SCHEDULE
2:00-3:30 PM
SEPTEMBER 4, 11, 18, 25

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.*

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

TUESDAYS TOGETHER \$3	WELCOME WEDNESDAY \$2	GARDEN FRESH FRIDAY \$3	SUPER SATURDAY \$2
<i>Sept 3</i> Beef Stew Rolls Fruit	<i>Sept 4</i> Chicken salad sandwich Chips & pickles Dessert	<i>Sept 6</i> Scallop potatoes with ham Broccoli Fruit	<i>Sept 7</i> Tuna salad sandwich Chips & pickles Dessert
<i>Sept 10</i> Chicken á la king Mashed potatoes Butternut squash	<i>Sept 11</i> Tuna salad sandwich Chips & pickles Dessert	<i>Sept 13</i> Mac & cheese Stir-fry veggies Fruit	<i>Sept 14</i> Ham & cheese sandwich Chips & pickles Dessert
<i>Sept 17</i> Ham-asparagus Strata Tossed salad Fruit	<i>Sept 18</i> Egg salad sandwich Chips & pickles Dessert	<i>Sept 20</i> Pulled pork with coleslaw on a roll Fruit	<i>Sept 21</i> Chicken salad sandwich Chips & pickles Dessert
<i>Sept 24</i> Tacos Bean salad Fruit	<i>Sept 25</i> Turkey salad sandwich Chips & pickles Dessert	<i>Sept 27</i> Corn chowder Bread Fruit	<i>Sept 28</i> Corned beef 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 approximately \$50 per month. To apply for CSF, call 800-529-0005 x 4234 or 603-719-4240. Distributions for CSF are scheduled in Keene, Claremont, Newport, Charlestown, Winchester, Hinsdale and Jaffrey. The eligibility requirement for the Elderly CSF Program are \$15,678 annually for a single person and \$21,112 for two.

Southwestern Community Services (SCS) has been working 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, give us your name and phone number, and tell us the day and time you wish to come. We will send word to our drivers, and let you know who will pick you up.

Call for rides: 603-903-9680

Do you like to cook?

Would you like to volunteer some time for Cheshire Village at Home?

Cheshire Village at Home would like to offer meal preparation services to our members. This could involve you going to a member's house once or twice a month, and cooking up a batch of meals for them to freeze and use later, or going to cook a single meal and eating it with them.



Some seniors can become very isolated, especially those living alone, and nutrition can be an issue for anyone. Enjoying a simple meal together is a great way to reconnect with others, and a wonderful opportunity for our volunteers.

Interested cooks should contact us by phone at 603-903-9680, or via email at cheshirevillageah@gmail.com.

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.



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



September Bargain
Box Sale Items

*Men's/Women's shorts
50¢ ea.*

Women's capris \$1.00 ea.

50% off:

*Men's short-sleeve shirts
Dishes and dishware*

*We also have a basket of
marked-down jewelry!*

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

Balance Day information session Saturday, September 14, 10:30—11:30 am

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A **Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-12 participants led by a trained facilitator. This nationally recognized program was developed at the Royal Center at Boston University.

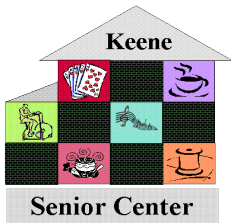
The **Balance Day** information session will be conducted by Jennifer Zakrzewski, Program Coordinator at Keene Senior Center and a Matter of Balance Master Trainer. This is in preparation for Matter of Balance class which is planned to start in October.

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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**When you
can't find the sunshine,
be the sunshine!**