SENIOR SENTINEL
The latest news from The Keene Senior Center - September 2022

Another Successful Golf Tournament!

After countless volunteer hours and months of planning, the successful **2nd Annual Golf Tournament** was held on Tuesday, August 2nd at Bretwood Golf Course in Keene.

This year's Committee, chaired by Sally Rhinehart-Boyce, included Burt Boyce, Jane and Terry Fecto, Sue and Jim Holley, and Dee and Greg Salonen and many volunteers! The team collected prizes and raffle items from over 100 local businesses and individuals to make it a very exciting event!

The winning teams were: **Women's** - Complete and Putter Madness: Sandra Guptill, Linda Daniel, Gail Taylor & Barbara Patnode; **Men's** - Covenant Living: Gregg Burdett, Aaron Pouliot, Tony Sgueglia & Brian Nadeau. **Mixed** - The Shanks: Art Skoog, Annette Skoog, Glenn Skoog, Lynn Murphy and the **Super Seniors** - Gang of Fore: pictured below, Andy Robinson, Jeff Garland, Tom Stearns & Richard High

Monadnock Digital Literacy and Access Needs Assessment

Through support from the Monadnock United Way, and in response to the COVID-19 pandemic, a group of local social service agencies being led by the Keene Senior Center is undertaking a regional needs assessment focused on digital literacy and access. There are substantial resources in support of broadband, Telehealth and digital equity on the horizon. Planning activities such as this needs assessment can be beneficial in making the most of these opportunities.

As defined by the National Telecommunication and Information Administration:

- ***Access*** considers the availability of high-speed, reliable Internet and related equipment, including having Internet connections and technology at home or in community institutions (e.g., free public Wi-Fi, public computer centers).
- ***Digital Literacy*** measures an individual's ability to use the Internet and modern technologies, such as computers and smartphones.

To conduct the needs assessment, Southwest Region Planning Commission (SWRPC) needs your input. Please consider completing the individual questionnaire which can be found online at www.surveymonkey.com/r/7NRZRDF.

The questionnaire may be completed online or in writing at your convenience. Please contact Henry Underwood at SWRPC at 603-357-0557 or hunderwood@swrpc.org with questions about the project or this questionnaire.

Come Visit Us:

70 Court Street
Keene, NH 03431

Senior Center Hours:

Monday-Friday
8:30-4:30pm
Phone: 603-352-5037

Court St. Thrift:

Monday-Friday
9:00-4:00pm

email: info@thekeeneseniorcenter.org **website: www.thekeeneseniorcenter.org**

FROM THE DIRECTOR

I am sure that sometime in January I will look back at the heat of August 2022 with fond appreciation. In the meantime – it was hot!

Now that we've had a full year of being open it's time to take stock of programs and activities. It still seems too soon to offer trips, with COVID still active in the community, but I'd be happy to hear from people who think otherwise. We have a sign up sheet at the office for anyone interested in helping with an Events Committee – stop by or give us a call to sign up. It would be great to get input from you.

We are starting to look at ways we can offer evening programs. Our first evening event will be a panel discussion on Aging Queer, in collaboration with PRIDE week in Keene. The discussion will include conversations on Social Security and LGBTQ+, things to know about moving into a nursing home or assisted living facility, Medicare and other related concerns. Look for information about health and wellness evening classes in this newsletter and in our weekly e-blasts!

You may already know that our Center is part of a loosely affiliated group called Monadnock Older Adult Collaborative (MOAC). MOAC is comprised of local service agencies that work with, and collaborate on issues relating to, seniors. We are planning discussions with candidates for office to hear directly how they would work towards addressing needs related to seniors such as housing, Medicare, etc. More information to follow, but start thinking about some of the questions you have for our elected leaders.

The Golf Tournament was a big success! Thanks go to the committee who worked incredibly hard soliciting donations from over 70 companies for the raffle and silent auction, hole and lunch sponsors and putting the word out in the community. We had 17 competative teams and lots of smiles!

Thank you to everyone who has helped make the first year back from COVID a success! It's been a pleasure to bea part of this fun, interested and engaged community.

Cheers!

Mary

LOOK WHO'S BLOWING OUT CANDLES THIS MONTH:

Nancy, Martha, Elaine, Marion, David, Susan, Lynn, Scot, Shirley, Kenneth, Janice, Evelyn, Amanda, Judy, Christine, Anthony, Marcia, Jean, Janet, Linda, Carolyn, Alissa, Marjorie, William, Kelly, Cinthia, Paula, Linda, John, Barbara, Linda, Patricia, Sandra, Jo Ann, Richard, Denise, Linda, Robert, Sharon, Donald, Dotty, Harriet, Pamela, Irene, Karen, Richard, Virginia, Brooks, Elena, Charles, Warren, Chuck, Linda, Cynthia, David, Hannah, Gertrude, Kathy, Leslie, Lauren, Dolores, Millicent, Peggy, Leena, Ariel, Cheryl, Betty Jean, Elveene, Richard, Margaret, Bonnie, Karen, Mette, Carol, Nancy, Edna, Carol, Kathleen, Peter, Catherine, Odell, Lois, Jody, and Jean!

OTHER REASONS TO CELEBRATE:

9/2	International Bacon Day
9/17	National Women's Friendship Day
9/19	Talk Like a Pirate Day
9/21	World Gratitude Day
9/26	National Pancake Day
9/28	National Good Neighbor Day

KATE'S CORNER

By: Kate Forcier

Peaches have thought to originated in China more than 8,000 years ago. They are related to plums, apricots, cherries, and almonds. Peaches have many health benefits; they are high in fiber, vitamins, minerals, and antioxidants.

Taken from "What every senior should eat" FC&A Medical Publishing, Peachtree City, Ga

PEACH COBBLER (from Betty Crocker cookbook)
6-8 servings

1. **Mix together and boil one minute, stirring:**
- 2/3-1 cup sugar
- 1 tablespoon cornstarch
- 1 cup water
2. **Add 3 cups peaches, sliced and peeled**
3. **Pour or spoon into a 1 ½ quart baking dish**
4. **Mix together until just blended:**
- 1 cup flour
- 1 tablespoon sugar
- 1 ½ tsp baking powder
- ½ tsp salt
- 3 tablespoons shortening or butter
- ½ cup milk
5. **Drop by tablespoon onto peach mixture**
6. **Dot with butter and a sprinkle of cinnamon.**
7. **Bake 25-30 mins. at 400 degrees**

Enjoy plain or top with whipped cream or ice cream.

Heart Medicine
mind body therapies

MIND AND BODY

- Massage - Swedish relaxation, deep tissue, myofascial, trigger point release, problem focus
- Reiki
- Inner Bodywork - mindfulness-based therapeutic dialogue

Rebecca Marshall, MEd, LMT
1 Elm Street, Keene, NH

Gentle dialogue and bodywork practices for releasing tension and restoring vitality & ease to the mind and body.

To learn more, please visit the website. Questions welcome!

www.heartmednh.com
rebeccaLmarshall@hotmail.com
(603) 355-7715

PERSONAL SERVICE.
PROVEN RESULTS.
Connie Joyce
REAL ESTATE BROKER

ReMax 100% Club For Outstanding Sales
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
RE/MAX Town & Country
117 WEST STREET
KEENE, NH 03431

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

CLASSES & ACTIVITIES

FAB Gals FOR 50+ WOMEN

Research is finally catching up with what we've always known- women receive strength through their ties to other women. They value and trust their women friends, often - in the case, for example, of widowhood, or a spouse's disability - considering them a lifeline. We are social beings. At any age women need women, but particularly as we age and are experiencing new stages in body, mind, and relationship, it is helpful to have support, intergenerational support, to get through changes.

Love the Body You Have: Play, Healing and Self-Care

Instructor Sarita Drew uses play, movement and meditation as a way to reinvigorate the spirit, celebrate our bodies and heal from emotional traumas in a safe and nurturing space.
Thursdays in September, 6:00-7:30 PM.
Register per class. Fee: $10 for Center members, $15 for non-members

- **9/1 Introduction to Embodiment and Self-Care:** Geisha-inspired, facial routine introducing intention to touch, and flowing into gentle self expression through movement. Come prepared with a washed face for this class. We will be using a home-crafted oil blend for the facial; please notify us if you have any skin allergies.
- **9/8 Burlesque:** Shimmy, shake and explore more expressive movements in this body positive burlesque class for FAB women.
- **9/15 Belly Dancing:** Slow down and get intentional with movements isolating hips and torso as a means to connect more deeply with the sensations and emotions which often surface when opening ourselves to dance, and playful expressive movement.
- **9/22 Goddess Dance:** Explore your inner goddess and embodied self through movement and breath work. A safe and nourishing space to integrate body awareness and ignite the divine feminine within.

TED talks

Thursday, Sept. 8th @ 12:30 PM:

"IMPACTING THE PLANET"

Jane Goodall: Every day you live, you impact the planet
Megan Parker: How dogs help with conservation efforts

American House SENIOR LIVING COMMUNITIES

CREATING TOGETHER

Fridays at 1 PM

9/2: Jewelry Class with Gina
9/9: Handmade Cards with Janice
9/16: Jewelry Class with Gina
9/23: Handmade Cards with Janice
9/30: Jewelry Class with Gina

BOOK CLUB

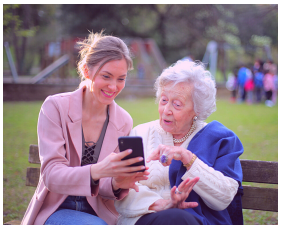
Next meeting will be
Thursday, 9/1 at 12:30 PM
The Memory Keeper's Daughter

Next book:
Those Who Save Us
by Jenna Blum

READING + FRIENDSHIP = BOOK CLUB

Cheshire Village @ Home

One call sets you up with a ride, help at home, social visits, or wellness calls. **If you or anyone you know could use a hand, please call (603) 903-9680**



Cheshire Village @ Home

A volunteer organization whose purpose is to lend a helping hand to seniors living at home.

Learn more at our monthly Social on

Tuesday, September 13th 1:30-3:00 PM

The Horseshoe Pavilion at Wheelock Park

Call for more information: (603) 903-9680

Oct 4th Social

A Guided Tour around downtown Keene to marvel at the beauty of the Walldogs murals and learn more local history.

Tuesday, Oct 4th, 2022
11:00 AM – 1:00 PM
Meet at Railroad Square
Main Street, Keene

The tour is free. Space is limited. You must call CV@H to register: 603-903-9680

VOLUNTEER PROFILE

Katherine "Kate" Forcier was born in Walpole, NH in 1942. Her father was a police officer and became the Sheriff of Cheshire County. Kate graduated from Keene High School with the desire to be a nurse. She trained at Brattleboro Memorial Hospital and has been a nurse for 40 years.

Kate married and went on to have four children. She continues to volunteer at the Community Kitchen and the Senior Center, helping with food preparation and cooking.She is excited about her new involvement with CV@H.

Did you know? You can donate your clunker to us whether it runs or not!

Call 603.352.5037

SEPTEMBER 2022

"All the months are crude experiments, out of which the perfect September is made."
- Virginia Woolf

LUNCH!
Thursdays
11:30-12:30
$5 pp
RSVP by TUESDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Book Club **6:00 FAB Gals**	2 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Jewelry Class	3 10:30 Age in Motion - I (ZOOM from home)
	5 Celebrate LABOR Day	6 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movies: Jurassic World Dominion	7 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	8 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I 12:30 Ted Talks **6:00 FAB Gals**	9 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Handmade Cards	10 10:30 Age in Motion - I (ZOOM from home)
Monday, 9/19 **1:30 PM** **We're Making Corn Salsa!** **Bring two pint or one quart jar.** 	12 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL **5:00 Aging Queer**	13 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Group Walk **1:30 CV@H at Wheelock Park** 2:00 Movies: MLK/FBI **VOTE: NH Primary** VOTE	14 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	15 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I **6:00 FAB Gals**	16 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Jewelry Class	17 10:30 Age in Motion - I (ZOOM from home)
	19 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL **1:30 Create in the Kitchen**	20 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movies: Won't You Be My Neighbor?	21 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers **5:30 FAB Gals**	22 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I **6:00 FAB Gals**	23 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Handmade Cards	24 10:30 Age in Motion - I (ZOOM from home)
	26 9:00 Kripalu Yoga 10:30 Age in Motion - II 1:00 Chair Yoga 1:00 Bowling @ YL	27 10:30 Age in Motion - I 11:00 TurnUp Gardeners 1:00 Bridge 2:00 Movies: Thirteen Lives	28 9:00 Gentle Yoga 10:15 Qijong 10:30 Cribbage 1:00 Senior Swingers	29 9:00 Quilts R'Us 10:00 Knitting Corner 10:30 Age in Motion I	30 9:00 Computer Help 10:30 Age in Motion - II 12:30 BINGO! 1:00 Bowling @ YL 1:00 Jewelry Class **6:00 BEATLES NIGHT!**	

HELLO, DOTTIE!

An interview with Center member, Dottie Cass

Dottie (Eckloff) Cass is an avid Bingo player and her wonderful laugh and bright smile are a highlight of Friday afternoons at the Senior Center. You may not know it, but she is also a veteran, serving 7 ½ years in the Air Force.

Dottie grew up "in the sticks" in the Upper Peninsula of Michigan. As a child, she knew she wanted to see the world. When she was a teenager, her Aunt invited her to Denver Colorado, to help out at the cabins/motel where her Aunt worked. The Aunt drove to Michigan, picked Dottie up and that began a lifelong love of travel. After her stint in Denver, Dottie moved to Detroit where she worked as a long-distance telephone operator. Detroit was not exotic enough, so Dottie decided that the Air Force might offer her better options and she enlisted in 1956.

After basic training at Selfridge Air National Guard Base in Michigan, Airman First Class Dorothy Eckloff was sent to Germany. Her work in Detroit as a long-distance telephone operator helped determine her assignment to Wiesbaden Air Force base, where she supervised the German telephone operators. All of the German operators had to speak and read English fluently.
While she was in Germany, Dottie took advantage of the USO (United Service Organization) to travel widely, rather than coming home on leave. She visited Spain, Portugal, Paris, London, Belgium, and Tunisia, in North Africa, among other places. She loved exploring the world and enjoyed that at each place she felt welcomed, and each place was so different.

Dottie decided that she would like to try the Pacific theater, perhaps a stint in Japan, and intended to re-enlist. Her plans were foiled by a Captain who refused to sign her paperwork. It turned out that he was smitten with her. After receiving permission to date – an enlisted service member cannot date an officer - they ended up getting married. Her new husband was from Peterborough, so they moved to Keene. Mr. Cass worked in a school finance department and they happily settled in, welcoming their three daughters over time. Unfortunately, Mr. Cass died at the age of 39. In addition to raising her daughters, Dottie volunteered for many years at Daniels School in Keene. She has many wonderful memories of her time abroad and she would do it all over again!

FAB Gals

Anti-inflammation Diet and Balancing Hormones

with Ruth Clark RD MPH

Ruth teaches how an anti-inflammatory works to help balance hormones. Join us for an interesting discussion and sample recipes from her book.

Wednesday, 9/21
5:30 PM

AGING QUEER

Monday, 9/12 @ 5 PM

Panel discussion focused on information about social security, medicare and medicaid, nursing homes and assisted living for the LGBTQ+ community

Keene PRIDE

Keene
STATE COLLEGE

Check out Keene State's

CALL

Cheshire Academy for Lifelong Learning.

www.keene.edu/academics/conted/call/

The Keene Senior Center
70 Court Street
Keene, NH 03431

Return Service Requested

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

Friday, Sept. 30
6-8 PM

Rock out to the Beatles

Are you a musician? Bring an instrument and play along. Love the Beatles? Grab the song sheets and sing your heart out. Open to the 50+ community. Let us know if you're coming and if you want to help plan the event.

Free for members, suggested $5 donation for non-members