



Senior Center

*Staying Active,
Making Friends,
Feeling Welcome*

Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: cwoods@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

April 2019

April Showers bring..... a lot of fun Saturday Activities to the Senior Center.

Our Saturday events schedule during the month of April will give you plenty of opportunities to run between the raindrops and get yourself to the Senior Center.

April 6th—Our Vision as We Age ~ 10:30AM

April 13th—Dance Movement ~ 10:30AM

April 20th—The Kendall Row Band ~ 11:45AM

April 27th—Keene State Student Nutrition
—Bone Health ~ 11:00AM

The Center is open on Saturdays from 10:00AM until 2:00PM. A “bag lunch “ is served at noon for a \$1. (We ask that you sign-up beforehand so we know how many sandwiches to make!)

Our Thrift Shop—*The Bargain Box*—is also opened on Saturdays from 10:00 AM—2:00PM.





VOLUNTEER PROFILE

Janis Manwaring

Jan's family moved to Keene when she was three years old from Hanover. She graduated from Keene HS and left for Bryn Mawr College after graduation. She thought that she wanted to be an anthropologist until one of her professors talked about eating a fuzzy caterpillar, not wanting to offend a native person that offered it to her. She knew then that Anthropology was not for her. Jan switched to psychology, wanting to be a social worker, and graduated from Columbia University. She went on for her MSW. She worked over 30 years as a therapist and Social Worker in Keene, with specialties in addiction and aging. Social Workers are committed to change in the environment and community as well as within individuals. Jan became involved in the AIDS epidemic, the criminal justice system around recovery from addiction and senior issues.

Jan has belonged to the SouthEast Keene Neighborhood Group for the past ten years. This group looks at single family housing, not just rentals. Her passion is to introduce cottage housing in Keene as an alternative to an assisted living facility as an option for seniors. It is one of the reasons that she is a City Councilor for Ward One. Her current concerns with seniors are related to housing and medical issues.

Jan has met many interesting folks as a volunteer for Cheshire Village. She finds it rewarding to be part of a program that supports an individual or couple living in their home. The coolest thing she finds about seniors is that everyone has had many fascinating adventures in their lives. A new volunteer will never be bored!



Cheshire Village at Home April Social Presentation

Wednesday, April 10 1:30-3:00 PM

Safety at Home

Join us to listen to Ben Neal, DPT, as he speaks about reducing the risk of falls in the home and home safety tips.

Held at the Castle Center Cafe

HCS (Home Health & Community Services)

312 Marlboro St, Keene, NH

Refreshments will be served.

REMINDERS!!!!!!

New online payment options:

- ~ you can renew your membership online—www.thekeeneseniorcenter.org
- ~ you can make a donation online— www.thekeeneseniorcenter.org

Also—

~Cheshire Village at Home is now offering a **3-month trial membership** for eligible applicants. If you are not certain the program is right for you or for a loved one, a trial membership will help you see if it is the right fit. The fee for a trial membership is \$100 plus an administrative fee of \$25.
Call: 903-9680 for more information.



Planning for What Matters Most Advanced Care Planning

What if a sudden illness or injury left you unable to speak for yourself?

Who would you want to speak for you?

What would you want them to know about your values and wishes?

Advance care planning is a process for any adult at any stage of health. It helps you:

think about your health care values and goals;

consider health care choices you may have to make in the future;

talk about your choices with your doctor and your loved ones; and

make or update a written plan for the future (advance directive).

Join us for a two-part event to help you reflect, understand and discuss what matters most to you about the life you're living right now and how that informs your healthcare decision-making. Sign-up at the Senior Center to reserve your spot. #603-352-5037

The event features the following:

On Thursday, **April 4**, 2:30-4:00p: We'll watch and discuss PBS Frontline's *Being Mortal* documentary: based on the best-selling book and featuring its author, Dr. Atul Gawande

On Thursday, **April 11**, 2:00-3:30p: We'll have *Pizza & Planning*, sponsored by Honoring Choices Massachusetts. There'll be group facilitated advance care planning to help you prepare to document your values and wishes (or update an existing document) in an advance healthcare directive and ensure your chosen Healthcare Agent is well-informed and ready, willing and able to take on that role.

Notes from Cam

Dear Keene Senior Center Members and Friends, I hope that everyone is enjoying the signs of Spring which are abounding. It won't be long until the Turn-up Gardeners are sprucing up our gardens and we are planning our summer cookouts! You may have noticed that The Keene Senior Center has been in the news lately. Our Development Committee has been leading the efforts to make sure that the community knows about all of the great things happening here, whether it be welcoming our new Board members, Russ Flemming, Beth Healy and John Kamphuis, or announcing that we recently received a \$30,000 operating grant, to be used over three years, from the New Hampshire Charitable Foundation. Also, we were in the headlines of the March 4 edition of The Keene Sentinel which read "What now for Keene Senior Center? Nonprofit's future in limbo with recreation center option stalled." Although the headline may have raised some eyebrows, the article itself accurately covered the fact that our Board, staff and members are working to find creative solutions that will allow the senior center to thrive and grow in our existing home at 70 Court Street as we work on a long-term and sustainable strategic planning. All viable options will be considered. The Board has created four working groups that are considering opportunities for community partnerships, financial stability and revenue enhancement opportunities, member and community communications, and short-term and long-term facilities and capital planning. It is an exciting time to be part of the Keene Senior Center. Our wellness programs, social activities, and new offerings (such as being open on Saturdays) are attracting over ten new members a month! As we strive to make The Keene Senior Center the best that we can be, plan for sustaining it for the next 60 years, and make the most of every day, words that my mother spoke to me, and that I hear often around the senior center, come to my mind: "Onward and Upward!"

Happy Spring Everyone!

Cameron Tease
Executive Director

NH Charitable Fund Press Release



Keene Senior Center Receives New Hampshire Charitable Foundation Grant

The Keene Senior Center recently received a \$30,000 operating grant, to be used over three years, from the New Hampshire Charitable Foundation. The grant will help further the Senior Center's mission by expanding its programming where the needs are greatest, increasing the number of seniors served, and strengthening its community partnerships.

"Over the next three years, in addition to serving current members, we will especially focus on those who are socially isolated and lonely, meeting their needs to continue as productive, contributing members of our community. We want to insure the Senior Center is accessible and affordable to all, while securing the financial sustainability of the Center," says Cameron Tease, Executive Director.

The Keene Senior Center has 500 members from Keene and surrounding towns. Its mission is "to act as a community focal point for persons aged 50 and over where they may come together as individuals or in groups for recreation, events, and activities which enhance dignity, support independence, and encourage involvement in and with the community." For information visit www.thekeeneseniorcenter.org or call 603-352-5037.



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 Cheryl or 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 Antiques at the Colony Mill, 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.

The Super Seniors Want Your Stories!!!!

If there is one thing Super Seniors have in abundance is stories---- all 70+ years of them. The Senior Center wants to hear those stories, particularly involving physical fitness. It can be inspiring or humorous or just how your life has improved. It can be long or short, regarding the Demar, pickle ball, walking, yoga, or anything else physical. If possible, submit your story by April 25th. You can email: cwoods@thekeeneseniorcenter.org or you can drop your written story off at the front desk of the Senior Center.

Thank you!

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Connie Joyce

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Live well with peace of mind

The Prospect-Woodward Health Center at Hillside Village opens in April! 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. Join us for an Open House on April 29 from 4 to 7 p.m.!

Assisted Living & Memory Care



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Schedule service today!


KEENE SENIOR CENTER PROGRAM CALENDAR

APRIL 2019

* Indicates Programs that Require Preregistration


Bolded programs indicate they happen monthly or bi-monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>April 1 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>April 2 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 11:30 Special Speaker: Veteran's Outreach- Anne Kuster's office 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>April 3 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage</p>	<p>April 4 Thurs</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Super Seniors 9:30 Quilts R'Us 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 11:00 Family Memoir 12:00 Book Club 12:45-1:45 Tai Chi Intermediate 2:30- 4:00 Advanced Care Planning Speaker 2:00 Billiards 2:00 -3:30 Knitting Circle</p>	<p>April 5 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>April 6 Sat</p> <p>Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p> <p>Our Vision as We Age 10:30 – 11:30 Jude Bischoff</p>
<p>April 8 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 1:30 – New Member Orientation</p>	<p>April 9 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 12:00 Tuesdays Together * 1:00 Movie in the Living Room 1:00 Bridge 7:00pm AA Meeting</p>	<p>April 10 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage 1:30 – CV@H Safety at Home (Castle Center, Keene)</p>	<p>April 11 Thurs</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:10-10:55 Kids from the Y 10:30 Age in Motion 2 11:00 Family Memoir 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 2:00 -3:30 Knitting Circle 2:30 -3:30 Advanced Care Planning "Pizza and Planning"</p>	<p>April 12 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room</p>	<p>April 13 Sat</p> <p>Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p> <p>Dance Movement 10:30-11:30 Kara Serasis</p>
<p>April 15 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>April 16 Tues</p> <p>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 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>April 17 Wed</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage</p>	<p>April 18 Thurs</p> <p>8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 – 12:30 Tai Chi Beginners 12:45 – 1:45 Tai Chi Intermediate 1:30 Creative Writing 2:00 Billiards 2:00- 3:30 Knitting Circle 4:00 Board Meeting</p>	<p>April 19 Fri</p> <p>7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room 1:00 Handmade Cards</p>	<p>April 20 Sat</p> <p>Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open.</p> <p>Kendall Row Band 11:45AM – 12:45 PM</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 22 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	April 23 Tues 7:00-9:00 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 in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	April 24 Wed 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 1:00 Senior Swingers 1:00 Cribbage	April 25 Thurs 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00-10 Yoga 9:30 Quilts R'Us 10:10 - 10:55- Kids from the Y 11:00 Family Memoir 10:30 Age in Motion 2 11:30-12:30 Tai Chi Beginners 12:45-1:45 Tai Chi Intermediate 2:00 Billiards 2:00-3:30 Knitting Circle	April 26 Fri 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Bowling at Yankee Lanes 9-10 Computer Help w/Norman 10:00 Age in Motion 1 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room Cards	April 27 Sat Senior Center Open 10am to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), music, thrift shop open. Keene State Nutrition Association Program 11AM
April 29 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	April 30 Tues 7:00-9:00 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 in the Living Room 1:00 Bridge 3:00 Learn How to Use the Gym 7:00 pm AA Meeting	SAVE THE DATE: SUNDAY APRIL 14th GARDEN PROJECT AT ASHUELOT PARK with ROTARACT 11:00 AM to 1:00PM Rain Date: Sunday April 28th. 			

The Community Kitchen is looking for specific items and would be grateful for donations of:

INDIVIDUAL FRUIT CUPS
CEREAL
CANNED & BOXED DINNERS
GRANOLA BARS



These donations will be used for the Kids Food Program, which offers extra food for families with school age children.

THE BARGAIN BOX at The Keene Senior Center is looking for specific items and would be grateful for donations of:

Clean and like-new Clothing of all sorts:
Coats, Jackets, Sweaters, Vests
Women's and Men's Suits, Scarves, Ties
Shirts, Pants, Shorts, Skirts of all adult sizes

Donations of jewelry—costume and quality—will also be well-received.

We are unable to take donations of household goods, toys or decorative items.





Craft Corner KNITTERS & CROCHETERS

Welcome to our wall of yarn, in every color of the rainbow, for you to choose from; needles and books available free of charge too. Please help yourself to yarn and make some hats, scarves, mittens and blankets of any size. We will accept your donations anytime throughout the year—please label your bag with your name and phone number as well as a list of what you have brought. We will distribute these items throughout the area in October.

NOTE!!!!

A beginner's knitting group now meets on Thursday's from 2:00PM to 3:30PM.

HANDCRAFTED CARDS

Join us on the 2nd and 4th Fridays at 1:00 PM while Janice Bourassa guides the creation of beautifully handcrafted cards. Supplies are furnished. As a member it is free. It is amazing how easily a beautiful card can be created and so much appreciated by the recipients!

QUILTS R' US

The Quilts R' Us group meets Thursdays in the Craft Room here at The Senior Center. 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 9:30AM.

Social Programs



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. We would like to extend a big thank you to Colleen DiLuzio for all that you do!

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



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



PINOCHLE & HEARTS

All experience levels welcome, even those who have never played before, but are interested in learning this card game. 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. 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—3:00PM. 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. Ping pong balls and paddles are provided. For questions, contact program leader, Charlie Wagar by calling the Center at 352-5037 or e-mailing 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.**



FITNESS AND HEALTH PROGRAMS *continued*

~Beginners Tai Chi: Thursdays 11:30 ~ 2:30 will cover the first 18 postures of the Yang style Tai Chi form. Each class will include warm up Chi Kung exercises and two to three Tai Chi 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 at The Senior Center

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.

NEW!!!!!!

Knitting Circle - On Thursdays from 2:00PM-3:30PM
a group of knitters and crocheters are meeting to share their skills and learn new ones. We welcome everyone—even men! Whether you used to knit and haven't for a long time, are an expert who would like to have a pleasant group to sit-and-knit with, or a beginner with no experience, you are welcome! Brenda Dunn will be teaching and/or coaching, and there are needles, patterns and yarn available for you.

Our Vision as We Age ~ Saturday, April 6th 10:30AM

This one hour presentation will provide a general overview to common themes of aging involving loss of or declining vision. As the senior population continues to increase, it will be important to be knowledgeable about those steps one can take to regain or maintain functionality in everyday life. Topics will include basic eye anatomy and common eye diseases found in seniors. Low tech adaptations and strategies as well as some advances in computer technology solutions will be demonstrated. Finally, an overview of services and agencies available at the local, state and national level will be discussed along with a review of the types of service personnel trained in the field of visual impairments and how to access them.

As part of this presentation Judith will demonstrate the use of an Optelec Reading Machine. The reading machine is on loan to the Senior Center from the Lions Club and can be used by our members.

Judith E. Bischoff, M.Ed. Is a NH Certified Teacher for the Visually Impaired who taught area visually impaired students for 40 years prior to her retirement last year.



BONE HEALTH

Saturday April 27th—11:00AM

Bone health is critical to healthy aging! Join us for a program on Saturday, April 27th at 11:00AM. that promises to be both informative and interactive. Students from the Student Nutrition Association at Keene State College will discuss how good nutrition relates to healthy and strong bones. Following the presentation, participants will get up and get moving! We look forward to seeing you!

**Dance Movement
Program Celebrating
Spring!!!
Saturday April 13th
10:30AM—11:30AM**



Join Kara Serasis, Dance/Movement Therapist for a wonderfully creative, active, engaging hour of movement that engages the body, mind and creative spirit of the participant. The hour will consist of guided warm-up, gentle seated stretches, deep breathing, exploration of various qualities of movement all to music from the 40's thru the 60's. A balance of high energy and gentle relaxing music will be used.

**The Kendall Row Band
Saturday April 20th 11:45AM**



The Kendall Row Band features KHS students Gavin Key on lead guitar and vocals, Sam Howard on rhythm guitar and vocals, Alex Rodier on bass, and Jack Howard on drums. The band plays the Grateful Dead, Beatles, Bob Dylan, and other classic rock.

They are also writing original songs for an album they hope to release in late summer/early fall.

(V) Vegetarian choice is available each day
Tuesdays Together

**April 2nd: Broccoli with cheese soup
CROUTONS
Fruit**

**April 9th: Vegetable Lasagna
Garlic Bread
Tossed Salad**

**April 16th: Chicken A La King
Cranberry/orange relish
Mashed potato
Green vegetable**

**April 23rd: Eggs Florentine
Vegetable
Tossed Salad**

**April 30: Stuffed Peppers
Butternut Squash
Fruit**



Garden Fresh Friday

**April 5th: Bean and Rice dish (Emma—KSC student)
Broccoli
Fruit**

**April 12th: Baked French Toast Casserole
(Sam-KSC Student)
Sausage
Fruit**

**April 19th: Beef Stew
Bread
Fruit**

**April 26th: Chicken Brunswick Stew
Bread
Fruit**



**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. Fee: \$3 per person. Available leftovers can be purchased for \$0.25 cents per item. Menu is subject to change.*

*Friendly Meals ~ Wednesdays at Noon
Every Wednesday Home Healthcare Hospice &
Community Services (HCS) provides a noon meal.
Pre-registration is required, call Mon. by 10:00AM.
The 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 and 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 your new membership has to offer you, ask questions, meet fellow new members, and get a tour of the facility.



Keene Family Y
pre-school kids
visit from
10:10AM to
10:55AM on
Thursday April
11th and 25th.
Enjoy games,
crafts, music,
activities with
the younger
generation.



Age-Focused Planning For Southwest New Hampshire

The Southwest Region Planning Commission is conducting a survey to collect information as part of an age-focused planning study for Southwest New Hampshire. Current trends indicate a rapid increase in older population combined with a decline among younger residents. A balance of all ages is important to be able to maintain a healthy and vibrant community. Your participation in this survey will provide the important information we need.

The link to the survey is: <https://surveymonkey.com/r/SWRPCAge-focused>. There are also paper copies of the survey at the front desk of the Senior Center.

TUESDAY APRIL 2, at 11:30AM

Representatives from

Congresswoman Ann McLane Kuster's Office (NH-02) will be available to discuss the issues that are important to Seniors on Tuesday, April 2nd at 11:45AM. Our office is here to help in any way possible. We can provide assistance with issues involving federal agencies, like the Social Security Administration, the Centers for Medicare and Medicaid Services and the Veterans Administration, as well as school internships, flag requests and Congressional recognitions for outstanding public achievements. If our office may be of assistance to you, please do not hesitate to reach out to me at erin.cotton@mail.house.gov, or (603) 226-1002.

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 and non-profit organization: \$25 per hour
Please consider renting our space for your next big gathering.

***Don't forget to include a visit to The Bargain Box
at the Keene Senior Center when you are in the neighborhood!!***

The Bargain Box carries all types of adult sized clothing, accessories, handbags, jewelry and gifts. Plus, household and decorative items, sewing and craft items and of course puzzles and games. Open Monday thru Friday 9am-4pm and Saturdays 10am-2pm

April Bargain Box Sale Items

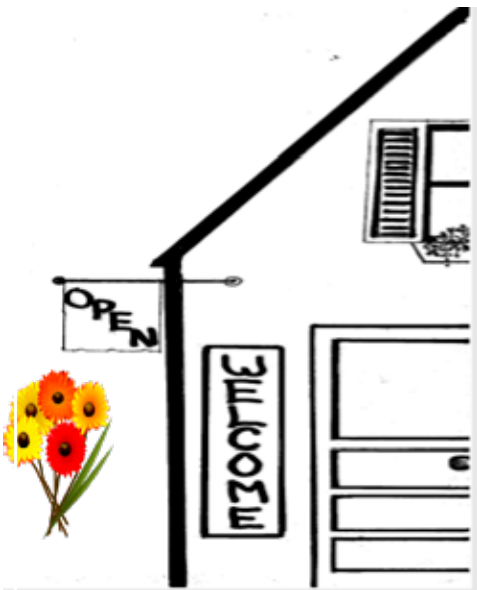
**50% OFF:
Men's and woman's pants**

Men's suits ~ \$1 each

Men's and woman's jeans~\$1 each

Dresses and Shirts-\$1 each

Baskets—50% off



Friendly Bus News!!!!

Friendly Bus passes will be 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. This pass is available if you live in Keene and are age 60 or older. Please let Cheryl or Cam know if you would like a Friendly Bus pass as we are trying to get an idea of how many to have printed.

#603-352-5037





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Keene, NH 03431

Return Service Requested

*If you want something you've never had,
you'll have to do something you've never done. unknown*

