

*Staying Active,  
Making Friends,  
Feeling Welcome*

# Senior Sentinel

70 Court St, Keene, NH 03431

Phone: 603-352-5037

Email: [info@thekeeneseniorcenter.org](mailto:info@thekeeneseniorcenter.org)

Website: [www.thekeeneseniorcenter.org](http://www.thekeeneseniorcenter.org)

**Senior Center Hours:** Mon-Friday 8:30 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

July 2019

## Beat the Heat! Stay Cool this Summer!



Come to The Keene Senior Center in July, hang out in our cool, air-conditioned space, and enjoy any of the following:

- Our July Barbeque dinner, July 19 at 5:00 pm (no lunch that day)  
(Hot dogs, rolls, baked beans coleslaw, donated desserts)
- Coffee any time
- Saturday events (activities, music, lunch, social time)
- Bring a friend! (guest passes are waived for all of July!)
- Movies on Tuesday, Friday, and Saturday (in the living room)
- Lunch served on Tuesdays, Wednesdays\*, Fridays, and Saturdays!  
(\**Welcome Wednesday lunch* starting in July)
- Sit on the veranda out front and watch people go by
- Make crafts in our cool basement room (quilting, handmade cards)

See the article on page 3 of this newsletter about staying safe when the temperature rises.

**Starting in July:** Members who live outside of Keene and who **need a ride to the Senior Center** can call us at 603-352-5037 and we will try to arrange it! Keene members can take the Friendly Bus—we have free passes. Just call HCS at 352-8494 to register.





## *Independence with a little help Cheshire Village at Home*



Cheshire Village at Home welcomes our new volunteers, Jean Dobson and Joanne Matthews. Thank you for joining us!

And thank you to all the volunteers who have helped us reach our second full year in business! You are simply the best!

### **WOOD FIRED PIZZA NIGHT Tuesday, July 16**

5:00-7:30 pm

**Orchard Hill Breadworks**  
121 Old Settlers Road, Alstead

**To benefit Cheshire Village at Home**

For \$9, OHB provides a crust, sauce, and cheese, plus paper plates and cups for water. And, of course, the wood fired pizza oven!

You bring your favorite toppings, silverware if desired, and a picnic blanket/lawn chair. BYOB

**This is an all weather event!**

*Cheshire Village at Home has a limited number of partial scholarships for those who qualify financially. Call us at 603-903-9680 to inquire.*



Cheshire Village at Home is having its second summer  
**Ice Cream Social**  
on **Thursday, July 25 from 2-4 pm**  
at the **Keene United Church of Christ**,  
at the head of the square.  
Park and enter at the back.

This event is open to all.

Cheshire Village at Home members  
call 903-9680 for a ride.

### **Interested in Cheshire Village at Home?**

Not sure if it's for you?

### **Try our Trial Membership!**

You can join Cheshire Village at Home and get all the services you need for a 3-month trial period, no strings attached.

If you like being a member, you can roll the trial over into a full year. If not, your membership will expire in 3 months.

It's a great way to dip a toe in the water!

**Call for more info: 603-903-9680**

# Summertime Safety

The summertime is a time of fun and relaxation, but for seniors, the heat and sun can be dangerous. Here are some great tips to stay safe this summer:

## ◇ **Stay Hydrated**

Remember to drink water often, and drinking products that contain salt and potassium can replace water lost during the summer heat.

## ◇ **Talk to Your Doctor**

Check to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning.

## ◇ **Keep Your Cool**

The Senior Center, movie theaters, and libraries provide cool spaces to hang out.

## ◇ **Stay in Touch**

Let friends and family know if you'll be spending time outdoors, even if you're only gardening. Caregivers should check on loved ones at least twice a day.

## ◇ **Meet Your Neighbors**

See if a younger neighbor can check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

## ◇ **Know Who to Call**

Prepare a list of emergency phone numbers and place them in an easy-to-access area.

## ◇ **Wear the Right Stuff**

Stock your summer wardrobe with light-colored and loose-fitting clothes.

## ◇ **Protect Your Eyes**

Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

## ◇ **Know the Risks of Hyperthermia**

Hyperthermia is an abnormally high body temperature. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Get medical help immediately for any of these symptoms:

- ◇ Body temperature greater than 104 degrees
- ◇ A change in behavior, such as acting confused, agitated or grouchy
- ◇ Dry, flushed skin
- ◇ Nausea and vomiting
- ◇ Headache
- ◇ Heavy breathing or a rapid pulse
- ◇ Not sweating, even if it's hot out
- ◇ Fainting

If you, or an elderly loved one, start to feel any of these symptoms, ask for medical help and get out of the heat, lie down and place ice packs on your body.

## ◇ **Put on Sunscreen and Wear Hats**

Seniors especially need extra sun protection. Keep sunscreen by the door and apply it liberally. Hats are great, especially for those with light hair and those with only distant memories of a full head of hair.

## ◇ **Apply Bug Spray**

Seniors are particularly prone to West Nile Virus and encephalitis, so if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce your risk of getting a virus.

## ◇ **Exercise Smart**

If you enjoy outdoor activities, such as walking or gardening, make sure to wear proper clothing and protective gear. Keep track of time, don't stay out for long periods, and drink even more water than usual. Also, consider getting outdoor exercise when it's cooler—early morning or later in the evening.

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## Notes from Cam

Dear Members and Friends,

With nearly 19% of the people in Cheshire County age 65 or older, and that percentage estimated to grow to 30% by 2030, many in our community are socially isolated, and often lonely.

Keene Senior Center is committed to expanding our programs and opportunities for these seniors; and we are striving to reach people who may not know about what we have to offer, or because of constraints such as financial or transportation have not been able to attend. Examples of this commitment include expanding our hours to Saturday, providing rides from volunteers to the senior center to members from outside of Keene (starting this summer), and working with community partners to broaden our programs and make them more accessible to seniors throughout Cheshire County.

Members can help us to reach people who may be interested in joining the senior center by inviting a neighbor or friend to attend lunch here or to have a tour. I would also welcome the opportunity to answer any of their questions, or help overcome any obstacles to joining.

You may have noticed our new slogan on Keene Senior Center's brochure: **Staying Active-Making Friends-Feeling Welcome**. This is part of the long-term culture of our senior center, and a lot of it originates and is sustained by you, our members. Let's increase the impact of this proud tradition and spirit by inviting others to visit and share in it!

Cameron Tease  
Executive Director

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Please join us  
on **Saturday, July 27<sup>th</sup>**  
from **11:45am – 12:45pm**  
as we listen to the musical trio  
**"Kota"**  
during lunch.



Kota, which means "friend" in the Lakota language, includes musicians Laurie Donohue, Suzi Brumaghim and Paul Belanger. The trio plays acoustic favorites from many different eras (1940s to the 2000's) and shares originals as well.

## NH Alliance for Healthy Aging

Once again, Dan Hobbs will be at the Senior Center on **Tuesday, July 9, from 1:00-2:00 pm**, to discuss a wide array of issues concerning aging in New Hampshire. Topics will include state initiatives, senior citizen advocacy, and legislative policies that affect 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.

These monthly gatherings will give attendees the opportunity to better understand the legislative process, as well as how best to participate in the process as a private citizen.

**Please join us this once, or regularly, as we meet to discuss these important issues.**



## **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.



## **Don't forget!**

***You can now donate online using a credit card or PayPal!***

***It's easy and it's secure!***

Just visit our website and click Donate in the top menu bar. You will be guided through the steps to donate once, or in a monthly fashion. You will be helping to support all of the programs and activities of the Keene Senior Center!

<https://thekeeneseniorcenter.org/>

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PROVEN RESULTS.**

# Connie Joyce

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**Opening's just around the corner!**  
**Prospect Woodward Health Center**  
**at Hillside Village**

**Assisted Living & Memory Care**



Opening in a little more than a month



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*at Hillside Village Center*

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**603-354-5100**  
Schedule service today!

KEENE SENIOR CENTER PROGRAM CALENDAR

# JULY 2019

\* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<h2>July 2019</h2>					
<h3>July is National Anti-Boredom Month!</h3> <p>So get out there and play, get physical, learn something new, de-clutter, be creative, volunteer, or get social! You can do ALL of these at The Keene Senior Center!</p>					
<p><b>July 1 Mon</b> 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 &amp; Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong</p>	<p><b>July 2 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga <b>10:00-Noon- Future In (Rec Center)</b> <b>Sight Support Group - (Rec Center)</b> 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><b>July 3 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p><b>July 4 Thurs</b>  <b>Independence Day Holiday</b>  <b>Senior Center CLOSED</b></p>	<p><b>July 5 Fri</b> 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><b>July 6 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>
<p><b>July 8 Mon</b> 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 &amp; Hearts 12:30 Bowling at Yankee Lanes 1:00 Chair Yoga 1:30 Ping Pong <b>1:30 New Member Orientation</b></p>	<p><b>July 9 Tues</b> 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 <b>1:00 NH Alliance for Healthy Aging</b> 3:00 Learn How to Use the Gym 7:00pm AA Meeting</p>	<p><b>July 10 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers</p>	<p><b>July 11 Thurs</b> 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards</p>	<p><b>July 12 Fri</b> 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 11:00 TurnUp Gardeners 12:00 Garden Fresh Friday <b>12:00 Blood Drive</b> (Note: no BINGO today) 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room <b>1:00 Handmade Cards</b></p>	<p><b>July 13 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$1), thrift shop open.  <b>11:00 am</b> <b>Waltzing Into Summer</b> by Gerhard Bedding</p>



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat</b>
<b>July 15 Mon</b> 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	<b>July 16 Tues</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga <b>9:30- 10:30 Nurse Is In</b> 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 7:00 pm AA Meeting	<b>July 17 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers	<b>July 18 Thurs</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards <b>2:00-3:30 Knitting Circle</b> <b>4:00 Board Meeting</b>	<b>July 19 Fri</b> 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 NO LUNCH TODAY 12:30 Bingo 12:30 Duplicate Bridge at American House 1:00 Movie in the Living Room 5:00 BBQ dinner	<b>July 20 Sat</b> <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$1), thrift shop open.
<b>July 22 Mon</b> 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	<b>July 23 Tues</b> 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 7:00 pm AA Meeting	<b>July 24 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Social Hour 10:00 Qigong 12:00 Welcome Wednesday* 12:30 Cribbage 1:00 Senior Swingers	<b>July 25 Thurs</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 9:00 Yoga 9:30 Quilts R'Us 11:00 Family Memoir 10:30 Age in Motion 2 11:30 Tai Chi Beginners 12:45 Tai Chi Intermediate 2:00 Billiards <b>2:00-4:00 Cheshire Village at Home</b> <b>Ice Cream Social, United Church of Christ,</b> at the head of the square park & enter at the back	<b>July 26 Fri</b> 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 <b>1:00 Handmade Cards</b>	<b>July 27 Sat</b> <b>Senior Center Open</b> 10AM to 2PM Open gym, ping-pong, pool, games, movie, bag lunch (\$1), thrift shop open. <b>Music: 11:45-12:45</b> <b>Kota</b> Come listen to oldies from the 50s and 60s

**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.**

**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.**



## 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 Thursday's from 2:00PM to 3:30PM.

#### Summer Knitting Schedule

July 4	OFF
July 11	OFF
<b>July 18</b>	ON
July 25	OFF
<b>Aug 1</b>	ON
Aug 8	OFF
<b>Aug 15</b>	ON
Aug 22	OFF
<b>Aug 29</b>	ON

### HANDCRAFTED CARDS

Join us every 2nd and 4<sup>th</sup> 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 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 9:30 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. 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 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](mailto: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 TaiChi: 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 TaiChi: 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 **1<sup>st</sup> 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.

#### **CREATIVE WRITING GROUP**

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

*The creative writing  
group is taking a break  
for the summer.  
See you in the fall!*

## The **TurnUp Gardeners**



*Our TurnUp Senior Garden  
sparkles in the Summer sun,  
Flowers blossom bright golden  
new veggie sprouts have begun,  
as butterflies and bees hum  
a happy TurnUp garden song!*

*~ Stuart Carswell...a TurnUp*

### ***Interested in gardening?***

We encourage you to come help with the Keene Senior Center gardens!  
TurnUp gardeners gather on Tuesdays and Fridays at 11:00 AM

## Waltzing Into Summer

Ballroom dancing, and especially the waltz, will be the topic of the **Saturday morning Senior Center program on July 13th, 11 am**. Video clips will be shown of international ballroom competition and special events, such as an Andre Rieu show with 150 couples waltzing. Gerhard Bedding will share some memories of his dancing days, starting in Nazi-occupied Netherlands in 1941 and continuing after the war. Everyone will be encouraged to take part in sensing the elegant motion that can be felt in waltz music, even if you decide to remain seated. All you need is your arms. We will end with some dancing for those who feel up to it, followed by a lunch.



Gerhard Bedding is a retired teacher, science writer, and activist. He has taught on all grade levels from 1st grade to university graduate courses in elementary science education. He was born in the Dutch East Indies (now Indonesia) on the island of Java, moved to the Netherlands in 1938, and to the U.S. in 1955. He served most of his life as a Waldorf and public school teacher, and as a science writer for Xerox Education Publications for 4 years.

## **Want to renew your membership?**

***You can RENEW YOUR MEMBERSHIP online  
using a credit card or PayPal!***

***It's easy and it's secure!***

Just visit <https://thekeeneseniorcenter.org/> and click **Membership** in the top menu bar. Scroll to the bottom to find the renewal link. You will be guided through the steps from there.

(V) Vegetarian choice is available each day



**Tuesdays Together**

- July 2nd: Southwestern Black Beans  
Tossed Salad  
Coffee Cake
- July 9th: Grilled Chicken Tacos  
Strawberry Salsa  
Fruit
- July 16th: Raspberry Mango Salad with  
Cubed Cheese  
Bread  
Fruit
- July 23rd: German Potato Salad with  
Bacon  
Tossed Salad  
Fruit
- July 29th: Watermelon Gazpacho  
Broccoli Raisin Garbanzo  
Salad  
Coffee Cake

**Garden Fresh Friday**



- July 5th: Grilled Chicken  
Broccoli Pasta Salad  
Cranberry Orange Relish  
Bread
- July 12th: Greek Salad with Feta Cheese  
Bread  
Fruit
- July 19th: ***No lunch today. Join us for a  
BBQ dinner at 5:00 pm***  
  
Hot Dogs with rolls  
Baked Beans  
Coleslaw  
Donated Desserts
- July 26th: Chicken Salad Plate  
Cranberry Orange Relish  
Bread

*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: \$3 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 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 that your new membership has to offer you, ask questions, meet fellow new members, and get a tour of the facility.



**Keene Senior Center**  
**T-shirts for sale!**

**Just \$5 each**

**Available at the front desk**

**Please note: No BINGO 7/12/2019.**

*Give blood.*

Every 2 seconds someone  
 in the U.S. needs blood.

**American Red Cross**



**Blood Drive**

**Keene Community**  
**The Keene Senior Center**  
 Main Hall, 70 Court Street  
 Keene, NH 03431  
**Friday, July 12, 2019**  
**12:00 pm—5:00 pm**

Please call 1-800-RED CROSS  
 (1-800-733-2767) to schedule an  
 appointment.

Streamline your donation experience and save  
 up to 15 minutes by visiting  
[RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete  
 your pre-donation reading and health history  
 questions on the day of your appointment.

1-800-RED CROSS | 1-800-733-2767 |  
[redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

**Membership Rates**

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

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

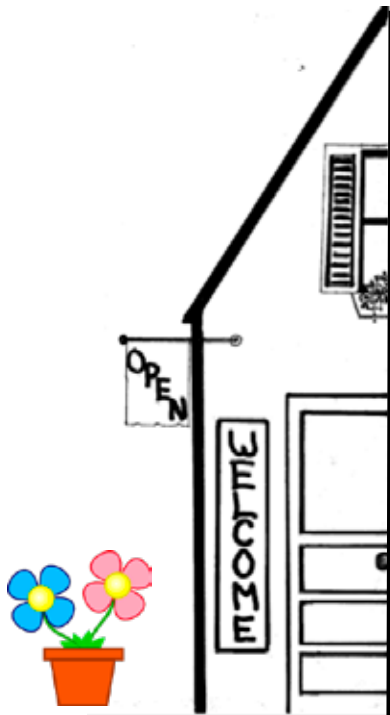
For-profit organizations: \$50 per hour  
Non-profit organizations: \$25 per hour

### 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 our thrift store, The Bargain Box, at the Keene Senior Center when you are in the neighborhood!*

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



## July Bargain Box Sale Items

**Just \$1.00 each!**

Long pants  
Jeans  
Sweaters



**50% off:**

Mugs  
Dishes  
Books



## *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!





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

70 Court St.  
Keene, NH 03431

Return Service Requested

**I want to be like a  
caterpillar.  
Eat a lot.  
Sleep for a while.  
Wake up beautiful.**