

*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**

**June 2019**

## **COME ONE, COME ALL To Super Senior Saturday Information Session June 1, 2019 at 10:30**



- Hear the story of Clarence DeMar, Instructor at Keene Normal School (now Keene State College)
- Watch a 15-minute film about all aspects of the DeMar
- Learn how you can join in the fun!
- Be entertained by the Super Senior Dancers
- Get your questions answered, and enjoy refreshments

It's time to register for the **DeMar Marathon, to be held on Sunday, September 29, 2019**. Come to the Senior Center and pick up your registration form and log sheet, on which you will track at least 25 miles of walking or jogging over the summer.

Complete the sheet and return it to the Keene Senior Center before September 1, 2019. You will then be able to complete the last 1.2 miles of the official Clarence DeMar Marathon course on race day. Participating Seniors will receive a t-shirt and finisher's medal.

Plan to come to the pre-race dinner on Saturday, September 28 as well. For \$5, you will get a wonderful dinner with other DeMar Super Seniors. Tickets for the dinner go on sale August 1st at the Senior Center.

Call the Senior Center with questions: 603-352-5037



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## *Cheshire Village at Home*

### *Member Profile*

### *Dr. Jim Robinson*

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Jim Robinson was born in NYC and grew up in Mt Vernon, NY. He attended Wesleyan College in Connecticut for his undergraduate work. He married his wife, Ann, in 1959. He attended Columbia Presbyterian Medical School and graduated in 1961. He did his medical Internship at the University of Rochester Strong Memorial Hospital. In 1963 Jim joined the Air Force Medical Corp, based out of Murfreesboro, Tennessee. In 1965 he returned to Strong Memorial to complete his residency and a 2-year Fellowship in Immunology.

In 1967 Jim and Ann moved to Swanzey, NH, where they lived and raised three daughters. Jim worked at the Cheshire Medical Center as a Rheumatologist until his retirement in 1998. Jim states that it was very important to him to retire 'to' something.

For Jim, that something was music. He began violin lessons in 1998, practicing several hours a day. In 1999 he and two other doctors started playing in a Piano Trio (piano, violin, and cello). "Music made my retirement."

In addition to his music, Jim enjoys traveling, tennis, concerts & events, opera, and the Boston Ballet. His daughters have given him 6 grandchildren, living in New York, New Hampshire, and Texas.

Jim and Ann moved to Keene in 2006. They became members of Cheshire Village at Home in 2017.

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

**Worried about  
scams?  
Want to learn how to  
avoid them?**



All are invited to  
Cheshire Village at Home's  
**June Social Event**  
Detective Steve Lamears will present:  
**Avoiding Scams**  
**Thurs, June 27 from 2:00–4:00 pm**  
**at the Keene Senior Center**  
Come and learn how to protect yourself,  
and bring a friend!

Cheshire Village at Home members should call  
903-9680 for rides.

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## **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**

## The Vaughan Awards

Congratulations to Keene Senior Center member Chuck Anderson! Chuck was nominated for and won the Vaughan Award.

The Joseph D. Vaughan Award was initiated in 1962 to memorialize the Honorable Joseph D. Vaughan, a New Hampshire legislator. Representative Vaughan was an early advocate for older residents of the State and was instrumental in creating a State Agency dedicated to the well being of older people.



Cameron Tease, Liz Anderson, Chuck Anderson, Owen Madden, Marguerite Castor, Betty Hebert, Dale Dustin, Pat Patnode, and Governor Sununu.

The Joseph D. Vaughan Award is presented each year to individuals or couples, over the age of 60, who have shown outstanding leadership or demonstrated meritorious achievement as a volunteer, on behalf of older citizens in New Hampshire. One award, for a person or couple, is made for each of New Hampshire's ten counties.



### Oak & Ivy Folk Music

**Saturday, June 8  
11:00 am—12:00 noon**



The duo **Oak & Ivy** features Jeanne Sable and Jim Rodger of Fitzwilliam. Jeanne plays finger-style acoustic guitar, accompanied by Jim on harmonica.

Together they offer rich vocal harmonies and unique arrangements of traditional and original songs from America and the British Isles. They have performed at various events and venues throughout the Monadnock region and will be featured this summer at the Cheshire Fair and other festivals.

### Emergency Preparedness Individual and Family Training by the Public Health Network Monday, June 24th, 3:00 PM

Severe precipitation is the most likely effect of climate change to occur in New England. The focus of this training is on the impact of rain, ice, and snow on individuals, and how they can be prepared. Come and learn how to:

- ◆ Prepare for evacuating your home—when to leave, what to take, whom do you need to inform
- ◆ Prepare for defending in place—when and why would you remain in your home during flooding events
- ◆ Register for systems that can provide advanced notification of such events

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## Notes from Cam

I have been reflecting on the past year at Keene Senior Center. It seems natural to do this now as it has been exactly one year since I returned from my medical leave, and I am very grateful for the support from our members, volunteers, staff and board which have made such a positive difference in my journey. This also leads me to think about all that I have been privileged to share with you over the year, from 90th birthdays to challenges and loss. It all blends into a feeling of warmth as I think of the countless acts of kindness, support and smiles for one another, most of which I do not see but I know are happening by the “good vibrations” that can be felt throughout the Center.

I would also like to mention my deep appreciation and thankfulness for the dedication, skills and energy that our Assistant Director, Cheryl Woods, has given to the senior center and all of us here over the past year and a half. She has contributed in countless ways to keeping things on track and moving forward. I am sure that my reflections are flavored greatly by Cheryl’s having been here during this time. We all wish her the best as she follows her dreams and strives for balance in her life at work and home.

As I have been writing this I have seen a hummingbird outside my window. As Spring blossoms and we look forward to the summer months ahead I wish you all many such moments.

Cameron Tease, Executive Director

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## About June

### Holidays in June:

- Flag Day
- Fathers Day
- Juneteenth
- Paul Bunyan Day
- National Rose Month
- National Dairy Month
- African-American Music Month
- National Ice Tea Month
- National Candy Month

### Symbols of June

- ◇ Birthstone: Pearl
- ◇ Flower: Rose
- ◇ Zodiac signs: Gemini and Cancer

### History:

The month of June comes from the Roman, or Julian, calendar. June was initially named Iunius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word "iuniores", the Latin word for "younger ones". In the early Roman calendar June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days.

### June in Other Languages

- ⇒ Chinese (Mandarin) - liùyuè
- ⇒ Danish - juni
- ⇒ French - juin
- ⇒ Italian - giugno
- ⇒ Latin - Iunius
- ⇒ Spanish - junio

### Fun Facts about June

- \* June in the Northern Hemisphere is similar to the month of December in the Southern Hemisphere.
- \* The longest day of the year occurs on either June 21st or 22nd.
- \* Several countries celebrate their flag days during this month including the United States, Sweden, Denmark, Romania, and Argentina.





## **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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Retired Senior Volunteer Program**

**Member Keene Senior Center**

**Active Community Member & Volunteer**



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# KEENE SENIOR CENTER PROGRAM CALENDAR

# JUNE 2019

\* Indicates Programs that Require Preregistration

Bolded programs indicate they happen monthly or bi-monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p><b>June 2019</b></p> <p><b>June is Alzheimer's and brain awareness month.</b></p> <p>Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes, including participating in regular physical activity, staying socially engaged, and maintaining good heart health.</p> <p>The Alzheimer's Association website (<a href="https://www.alz.org/help-support/brain_health">https://www.alz.org/help-support/brain_health</a>)</p>					
<p><b>June 3 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    National Gardening Week!</p>	<p><b>June 4 Tues</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>10:00-Noon- Future in Sight Support Group - (Rec Center)</b>  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><b>June 5 Wed</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  10:00 Qigong  12:00 Friendly Meal *  12:30 Cribbage  1:00 Senior Swingers</p>	<p><b>June 6 Thurs</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  9:00 Yoga  <b>9:30 Super Seniors</b>  9:30 Quilts R'Us  10:30 Age in Motion 2  11:00 Family Memoir  11:30 Tai Chi Beginners  <b>12:00 Book Club</b>  12:45 Tai Chi Intermediate  1:30 Creative Writing  2:00 Billiards  2:00 -3:30 Knitting Circle</p>	<p><b>June 7 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  10:00 TurnUp Gardeners  12:00 Garden Fresh Friday *  12:30 Bingo  12:30 Duplicate Bridge at Bentley Commons  1:00 Movie in the Living Room</p>	<p><b>June 8 Sat</b>    <b>Senior Center Open</b>  10AM to 2PM  Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.    <b>10:30 DeMar/Super Seniors Program</b></p>
<p><b>June 10 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>June 11 Tues</b>  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  7:00pm AA Meeting</p>	<p><b>June 12 Wed</b>  7:00-9:00 Walking / Rec Ctr  8:30-4:30 Gym Open  10:00 Qigong  12:00 Friendly Meal *  12:30 Cribbage  1:00 Senior Swingers</p>	<p><b>June 13 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  1:30 Creative Writing  2:00 Billiards  2:00- 3:30 Knitting Circle</p>	<p><b>June 14 Fri FLAG DAY</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  10:00 TurnUp Gardeners  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><b>June 15 Sat</b>    <b>Senior Center Open</b>  10AM to 2PM  Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.</p>




<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>June 17 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>June 18 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 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>June 19 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers	<b>June 20 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 1:30 Creative Writing 2:00 Billiards 2:00-3:30 Knitting Circle @ The Rec Center <b>4:00 Board Meeting</b>	<b>June 21 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 10:00 TurnUp Gardeners 12:00 Garden Fresh Friday * 12:30 Bingo 12:30 Duplicate Bridge at Bentley Commons 1:00 Movie in the Living Room	<b>June 22 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.
<b>June 24 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>3:00 Emergency Preparedness Individual and Family Training</b>	<b>June 25 Tues</b> 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	<b>June 26 Wed</b> 7:00-9:00 Walking / Rec Ctr 8:30-4:30 Gym Open 10:00 Qigong 12:00 Friendly Meal * 12:30 Cribbage 1:00 Senior Swingers	<b>June 27 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 <b>2:00-4:00 Cheshire Village at Home Social: Avoiding Scams By Detective Steve LaMears</b> 2:00 Billiards 2:00-3:30 Knitting Circle	<b>June 28 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 10:00 TurnUp Gardeners 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	<b>June 29 Sat</b>  <b>Senior Center Open</b> 10AM to 2PM Open gym, ping pong, pool, games, movie, bag lunch (\$1), thrift shop open.

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 4<sup>th</sup> 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](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!*

## ***Happy National Gardening Week! June 3–8***



The *TurnUp Gardeners* meet *every Friday in June at 10am* to plant flower and vegetable seeds, rake, and tend the plants already in the garden. They are always looking for volunteers to help—stop by a time or two, or come every Friday! Also, if you have seeds you wish to contribute, they would be happy to have them.

The Keene Senior Center kitchen uses the vegetables and herbs that come from our gardens in the meals they prepare. These have included radishes, carrots, lettuce, turnips, onions, Swiss Chard, and many different herbs.

### ***A Church Garden***

#### *Three Rows of Squash*

1. Squash indifference
2. Squash criticism
3. Squash gossip

#### *Four Rows of Turnips*

1. Turnup for meetings
2. Turnup with a smile
3. Turnup with a visitor
4. Turnup with a Bible

#### *Five Rows of Lettuce*

1. Letus love one another
2. Letus welcome strangers
3. Letus be faithful to duty
4. Letus truly worship God
5. Letus give liberally

## ***Kitchen help needed on Fridays!***

### ***Get a free meal***

Clean pots and pans, wash dishes and silverware,  
and use the sanitizer machine.

Call 603-352-5037 and ask for Kate Forcier.

## ***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 our website and click **Membership** in the top menu bar. Scroll to the bottom of the screen to find the renewal link. You will be guided through the steps from there.

<https://thekeeneseniorcenter.org/>



(V) Vegetarian choice is available each day

### **Tuesdays Together**

June 4th: Chicken Salad Rolls  
Chips  
Pineapple-Lime Salad



June 11th: Meatloaf  
Spinach Delight  
Fruit

June 18th: Chicken Pasta Salad  
Dilled Cukes & Tomatoes  
Bread

June 25th: Lasagna Roll-ups  
Tossed Salad  
Fruit

### **Garden Fresh Friday**

June 7th: 3-Bean Salad  
Potato Salad  
Fruit



June 13th: Stir-fry Veg. w/Chicken  
Tossed Salad  
Bread

June 20th: American Chop Suey  
Broccoli/Raisin Salad  
Fruit

June 25th: Chicken Supreme  
Green/Yellow Veg.  
Cranberry/Orange Relish

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

Cheshire Medical Center  
Dartmouth-Hitchcock Keene

### **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.



Available at the front desk

**The Keene Senior Center  
is looking for a  
Volunteer Jewelry teacher**

We have plenty of beads & bangles  
that can be used to make jewelry.

If you have the knowledge, skill or interest  
please contact us at 352-5037.

**We would love to have you join us!**



**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>\$6</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

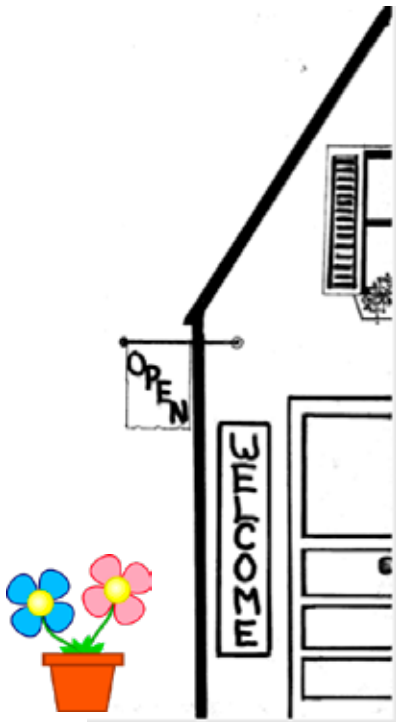
### Living Room

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



## **June Bargain Box Sale Items**

**50% OFF:**

**Books**

**Linens**

**Men's dress shirts**

**Women's formal  
and party dresses**

**Women's suits - pant suits**

## ***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. Please call the folks at the Friendly Bus to register 352-8494.

Let them know you are a Senior Center Member!

This program begins May 1, 2019





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

70 Court St.  
Keene, NH 03431

Return Service Requested

