



The Keene Senior Center

August 2026

SENIOR SENTINEL

INSIDE
Game Toss
Class, CVAH Social,
Silver Shield,
"Veterans Count",
Talk to a Doc,
Pasta Night,
and more...

Breaking News from the Place to Be in the Monadnock Region for 50 and up!

*** Calling All Members ***

THE KEENE SENIOR CENTER PRESENTS TWO SPECIAL EVENTS

"As Fair as You Were"

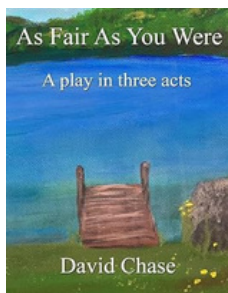
**1:15 pm, Tuesday, August 4, at
The Keene Senior Center**

A video screening of local author David Chase's comedy-drama, as staged by the Vermont Theatre Company under the direction of Eric Morgan Cutler.

The play takes place over a weekend at a summer camp in Vermont where Maggie and Walt are about to be married.

It is a sweet and sentimental look at the vagaries of family life, with all its ups and downs, and the essence of what makes up our own human comedy.

David Chase is a veteran and a native Vermonter. Over the years he has raised a family, worked as a carpenter, a truck driver, in wine sales, as a bank courier, and a bus driver. He also performed in more than 30 community theater productions.



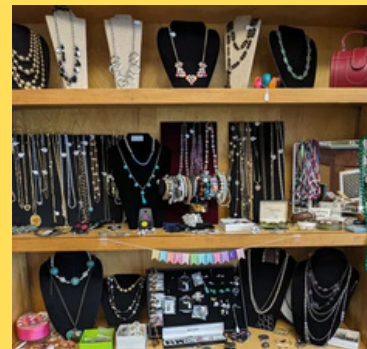
"Wild America Coast to Coast"

**5:00 pm, Tuesday, August 11, at
The Keene Senior Center**

Andy and Beth Greenwood, Keene NH residents, have dedicated much of their lives to capturing digital wildlife images.

This passion involves local and distant opportunities to respectfully photograph nature. They have been successful at capturing a variety of wildlife images and this year marks twenty-four years of enjoying the best hobby in the world.

Andy's favorite photo subjects are brown or black bear. Beth loves to photograph foxes and any baby animals. Andy is a former president of the Monadnock chapter of the New Hampshire Audubon Society and is a published freelance photographer. Beth is a ballet choreographer and a published author/photographer.



Stop by:

312 Marlboro St.
Suite 100
Keene, NH 03431

Senior Center Hours:

M-F, 8:30-4:30pm
Tel: 603-352-5037
CVAH: 603-903-9680

New to You "Feed Your Soul"

Thrift Shop:

M-F,
9:00-4:00pm

Art Gallery:

M-F,
8:30-4:30pm

Not a member yet? Call to schedule a tour!

email: admin@thekeeneseniorcenter.org

website: <https://thekeeneseniorcenter.org>



DIRECT FROM THE DIRECTOR

August Always Feels Like the Perfect Month to Try Something New!

Whether you're looking to learn a new skill, meet new friends, or simply have a little fun, there's something happening at the Center just for you.

If you've ever wanted to knit or crochet, now is the time to join us. Our Knitting Group meets on the 1st and 3rd Tuesdays at 9:00 a.m., while our Crocheting Group gathers on the 2nd and 4th Tuesdays at 10:30 a.m. Both groups are welcoming to beginners and experienced crafters alike, so come share ideas, learn something new, and enjoy great conversation.

We're also fortunate to have Dr. Julie Burgett back with us each month. Now in her third year of residency as a local physician, Dr. Burgett has become one of our members' favorite presenters. She selects a different health topic each month and always sets aside time afterward to answer your individual questions. It's an excellent opportunity to learn from a trusted medical professional in a relaxed and friendly setting.

Have you ever thought about singing with our chorus? We'd love to have you! Our Wednesday Chorus meets from 1:30–3:30 p.m., with a snack break in the middle. No auditions, no pressure—just people who enjoy making music together. Don't be shy! Bring suggestions for songs you'd like us to sing.

Looking for an evening of laughter and good company? Be sure to join us for our Friends & Family Night at American House. Food and beverages are provided, and this month's theme is Gilligan's Island! It's always a wonderful evening filled with fun, fellowship, and plenty of smiles.

Finally, I'd love to hear from you. What would you like to see offered at the Center? One member recently suggested creating a French Conversation Group for those who speak—or are learning—French, along with a similar group for Spanish. Is that something you'd enjoy? Or do you have another idea that would bring people together?

Please share your thoughts and suggestions by emailing me at director@thekeeneseniorcenter.org. Many of our best programs began with a simple idea from a member, and yours could be next! I hope to see you at one (or several!) of our August activities. Here's to trying something new, making new friends, and continuing to build a vibrant community together.

Kim Rumrill

The Keene Senior Center Executive Director

Cheshire Village At Home (CVAH) News



**Volunteers
needed**

For more
information,
call 603-903-9680.

CVAH is a membership organization for people over 50, providing a single point of access to a network of trained volunteers.

One call sets members up with a ride, help at home, social visits, or social and wellness calls, as often as needed.

There are also free social events such as coffees, ice cream socials, and presentations by local experts.

Upcoming CVAH Socials - all are invited - members, family and friends:

- 8/13 at 1:15 pm - Ice Cream at the Piazza, 830 Park Ave.
- 9/17 at 1:15 pm - Composting
- 10/15 at 1:15 pm - Cybercrime
- 11/19 at 1:15 pm - Pie Social



New CVAH Zoom Program "Let's Talk"

**4:00- 5:00 pm, Weekly on
Wednesdays via Zoom**

**An opportunity to share concerns and
challenges of aging or any other areas
of interest. Zoom link:**

[https://us02web.zoom.us/
j/85180983534?
pwd=T2V3L0RGVnk8yMGx6WHJlYjFFuVjFs
QT09#success](https://us02web.zoom.us/j/85180983534?pwd=T2V3L0RGVnk8yMGx6WHJlYjFFuVjFsQT09#success)



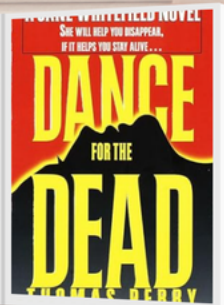
WELCOME AUGUST!



Senior Center Book Club

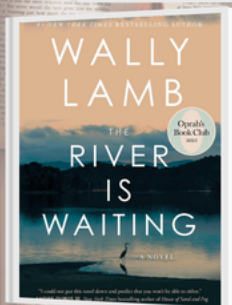
DISCUSSING
IN AUGUST

ALL ARE
WELCOME
TO JOIN!



August's book:
Dance for the Dead
by Thomas Perry
will be discussed on
Thursday, 8/6
at 1:00 PM

READING IN AUGUST



Read in August
to discuss in
September!
Free copies of
The River is Waiting
are available to
Senior Center
members on loan
at the front desk.

READING + FRIENDSHIP = BOOK CLUB

August Book Club Book Description

Reading *Dance for the Dead*

From *New York Times* bestselling author Wally Lamb comes the story of Corby, a young father whose job loss and secret addiction strain his marriage to his beloved Emily. After a tragedy that tears his family apart, Corby is sentenced to prison, where he witnesses brutality but also finds kindness, connection, and kinship with fellow inmates and hope that mercy and reconciliation might still be possible. **Books will be on loan at the Senior Center front desk for Book Club participants.**

Wellness Series with Amanda Trask

1:15 pm, Thursdays,
August 6 & 13, at the Center

This series continues in August. Amanda will discuss a variety of wellness topics such as advocating for better care in our health care system, to managing chronic pain, from staying safe in the hospital to understanding advance care directives or simply knowing what to do to prepare for a doctor's appointment. Attendance at all the seminars is encouraged but not required.

Amanda of WellGuide Advocacy, LLC was drawn to patient advocacy because of her history of Epilepsy. Her education includes Masters of Science in Pain Research, Education and Policy, Masters of Science in Chinese Acupuncture.



Beginner Cornhole & Washer Game Toss Class for Seniors

1:15 pm, Tuesday, August 11 at the Center

Looking for a fun way to stay active and socialize? Join our Beginner Cornhole & Washer Toss Class designed especially for seniors! Participants will learn the basic rules, techniques, and strategies of these popular backyard games in a relaxed and supportive environment.

No experience is necessary. Whether you're trying these games for the first time or looking to improve your skills, this class offers a great opportunity to enjoy light physical activity, improve hand-eye coordination, and make new friends. All equipment is provided, and friendly practice games lead by the Center staff will help build confidence and encourage plenty of laughter along the way.

Come toss, score, and have fun while enjoying a little friendly competition! Everyone is welcome. It takes place in the Center Garden. **Weather permitting.**

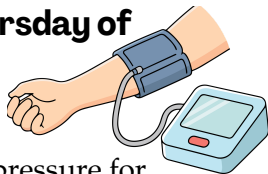


Roxanne Leslie, a member and a volunteer of the Center, demonstrates cornhole toss on left and washer toss on the right in the Center Garden

THERE'S SO MUCH TO DO!

An Easy Way to Stay Healthy! American House Blood Pressure Clinic 11:30 - Noon the First Thursday of the Month at the Center

Reminder: Christy and Jackie from our neighbor, American House, will check your blood pressure for free. Easy, quick and accurate! Stop by to make sure your blood pressure is where it should be.



American House Friends & Family Night "Life's a Beach! Gilligan's Island Getaway" *

5:00-7:00 pm, Thursday,
August 13 at American House at 197
Water St. in Keene

Join American House Keene for their next Family Night with appetizers and Signature Cocktail/ Mocktails. All Center members and friends are invited. Hope to see you there!

**Not sponsored by The Keene Senior Center.*



**Cheshire Village at Home Invites
All Center and CVAH Members
for Their August Social**

**Gather at the Piazza for
ice cream and conversation
at 830 Park Ave in Keene**

Thursday, August 13, at 1:15 pm

The Silver Shield 2:30 pm, Monday, August 17 at the Center

Developed and led by Professional Coach Lesley Tolman, this workshop is geared toward maintaining resilience as we age by leveraging the power of community, speaking one's mind freely, and taking action.

In Lesley's words, "Resilience isn't just about bouncing back, it's about finding meaning, maintaining autonomy, and navigating transitions with grace."

Lesley Tolman is a Certified Coach with a background in higher ed IT, fundraising and small business consulting



August Program Change at the Center

- 2:00 pm Mah Jongg has moved to Thursdays in the Garden Room.

News from the Center's Veterans Coffee Connection

The Keene Senior Center Veterans Coffee Connection group meets every Tuesday at 9:00 am in the Senior Center Dining Room. All veterans are invited to attend! Drop ins are welcome, no need to register!



Garrison Detail: New England Honor Flight is a non-profit organization dedicated to honoring America's most senior veterans. Through generous donations, they transport our heroes to Washington, D.C., to visit and reflect at their memorials AT NO COST TO THE VETERAN. Free and open to WWII, Korea and Vietnam vets. For more information, visit: <https://honorflightnewengland.org/>

Monthly Field Exercise: Consider visiting The Aviation Museum of New Hampshire in Londonderry NH, which features an authentic skin fragment from the WWII B-17 bomber flown by Portsmouth native and Medal of Honor recipient Capt. Harl Pease Jr. The museum's mission is to preserve New Hampshire's rich aviation heritage and inspire today's youth to become tomorrow's aerospace pioneers. Learn more at their website: <https://aviationmuseumofnh.org/>

Check out the many scholarship opportunities for veterans and their children at: <https://usveteransmagazine.com/scholarships>

VETERANS, DOC AND MORE...

The Center's Veterans Coffee Connection Presents "Veterans Count"

9:00 am, Tuesday, August 18
at the Center



Special guest Courtney Stairs, Community Liaison with Veterans Count, a program of Easterseals NH, will join the group at their meeting on Tuesday, August 18 to provide information on the many resources available to vets.

These include emergency financial assistance, housing stability, clinical services, case management, and resource connections for vets, service members, and their families across New Hampshire.

All veterans are welcome to attend!

Talk With a Doc: "High Blood Pressure" with Dr. Julie Burgett, MPS, MD

1:15 pm, Wednesday, August 19, at the Center



In the Talk with a Doc series, Dr. Burgett joins us each month to discuss a different topic related to healthy living or the health care system. This is an excellent opportunity to hear directly from a local medical professional, including time for Q&A. Dr. Burgett is a resident physician at the Family Medicine Residency program at Cheshire Medical Center.

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The Bragging Club 1:15 pm, Thursday, August 20 at the Center

Are you proud of something you want to brag about but hesitant to share with others?



Come to the Bragging Club and join local author David Chase in this rare opportunity to brag about yourself, your accomplishments, drop names, or share your tallest tales.

All we'll do is brag. No brag is too big; no brag is too small. Meet other braggarts and share your brags!

Pasta cooked to order!

\$16 per person* includes:

- Pasta
- Salad
- Soup
- Dessert

RESERVATIONS REQUIRED.
Call The Grove at 603-532-9505 to reserve your space. *Partial proceeds go to The Keene Senior Center.*
*PLUS TAX AND TIP



AUGUST • 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri at 12:00 PM			<i>Pasta cooked to order!</i> \$16 per person includes: • Pasta • Salad • Soup • Dessert  RESERVATIONS REQUIRED. Call The Grove at 603-532-9505 to reserve your space. <i>Partial proceeds go to The Keene Senior Center.</i>			1 10:30 Age in Motion - I (ZOOM from home)
2 	3 9:00 Kripalu Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	4 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Knitting Class 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 "As Fair as You Were" Screening	5 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom 6:30 Yankee Bottle & Collectors' Club - KPL*	6 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 11:30 AH Blood Pressure Clinic 1:00 Book Club Meeting on: Dance for the Dead Reading: The River is Waiting 1:15 Wellness Series with Amanda Trask 2:00 Mah Jongg	7 9:00 Computer Help 10:00 Video Chair Yoga 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$)	8 10:30 Age in Motion - I (ZOOM from home)
9 	10 9:00 Kripalu Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	11 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Crochet Class 10:30 Age in Motion - I 1:00 Bridge 5:00 Wild America Coast to Coast 1:15 Beginner Cornhole & Washer Game Toss Class for Seniors	12 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom	13 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 Wellness Series with Amanda Trask 1:15 CVAH Social at Piazza Ice Cream, 830 Park Ave 2:00 Mah Jongg 5:00 AH Family and Friends Night: "Life's a Beach! Gilligan's Island Getaway!"	14 9:00 Computer Help 10:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	15 10:30 Age in Motion - I (ZOOM from home)
16 	17 9:00 Kripalu Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	18 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection - "Veterans Count" Presentation 9:00 Knitting Class 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge	19 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:15 Talk with a Doc on "High Blood Pressure" 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom Serving from 5-8, Pasta Night Fundraiser, The Grove, Rindge, \$**	20 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 12:00 Langdon Trivia at lunch/prizes 1:15 The Bragging Club 2:00 Mah Jongg	21 9:00 Computer Help 10:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	22 10:30 Age in Motion - I (ZOOM from home)
23/30 	24/31 9:00 Kripalu Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	25 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Crochet Class 10:30 Age in Motion - I 1:00 Bridge	26 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 A Course in Tai Chi 1:30 Senior Singers 4:00 CVAH "Let's Talk" via Zoom Serving from 5-8, Pasta Night Fundraiser, The Grove, Rindge, \$** 	27 8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 Trivia Throwdown 2:00 Mah Jongg	28 9:00 Computer Help 10:00 Video Chair Yoga 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	29 10:30 Age in Motion - I (ZOOM from home)

TRIVIA, PARTNERS AND MORE...

Trivia Throwdown

**1:15 pm, Thursday,
August 27 at the Center**

Dust off your trivia knowledge and come compete in this fun-filled challenge for players of all skill levels.



Answer questions across a variety of topics and see who emerges a true trivia titan! Win cool prizes! Bring friends!

Day Trip to Boston, MA

Tuesday, September 22, 2026

Package Price: \$160.00/pp

Non-refundable.

Package Includes:

- Deluxe Roundtrip
- Motorcoach Transportation
- Lunch at a Fine Local Restaurant
- Admission and Tour on the Boston Ducks
- Visit to Faneuil Hall & Quincy Marker
- All Taxes & Meal Gratuities



Payment due in full to reserve a seat by August 19th. Only 40 seats available so register ASAP.

News from the Friends of the Center!

The Margaritaville BBQ Party fundraiser was a wonderful success! After expenses, the Center received more than \$400. We would like to thank everyone for their support, whether through attending, donating, or helping make the event possible. We gathered at the Center for a fun night that was a great opportunity to visit with friends and meet new ones in a fun and relaxed setting.

The BBQ dinner from Keene State College Catering was served by the Friends who also made salads and the delicious dessert of brownie sundaes.

Thank you again for your continued support!



From left to right: Janice Manwaring, Ann Anderson, Kim Rumrill, Paula Trombly, Susan Armstrong, Susan Holley, Phyllis Custer, Irene Seay, Margie Doody, not shown: Sally Rinehart



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*** THANKS FOR REFERRING YOUR FRIENDS ***

Cell (603) 313-7426
sdoyle@masiello.com
Office (603) 352-5433





The Keene Senior Center
312 Marlboro St., Ste. 100
Keene, NH 03431



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THANK
YOU

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YOU

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Yes, I wish to contribute to The Keene Senior Center!

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312 Marlboro St., Suite 100
Keene, NH 03431