



The Keene Senior Center

August 2025

SENIOR SENTINEL

INSIDE
Questions
About
Cremation,
Estate
Planning
and more...

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

SPECIAL MEMBER EVENT

*** All Members Are Invited ***

Senior Center Membership Dinner

**5:30 pm, Friday, August 22, at
The Keene Senior Center**

We invite all our senior center members for a membership dinner on Friday night, August 22, at 5:30 pm.

The new 2025 members will be introduced. Visit with your fellow members, enjoy a tasty meal and get to know the new members. Charlene Ledoux will be playing the cello. She has been performing over 20 years and plays cello music for weddings, special occasions and celebrations.

Dinner will be baked ziti, salad, garlic bread and brownies with ice cream, ice tea, lemonade and water. Cost is \$20 per person.

Sign up at the Front Desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.



Join Us for a Fun Night!



NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP

OPEN WEEKDAYS 9AM-4PM

We offer classic ladies' clothes at low prices and jewelry for sale!

Located inside **The Keene Senior Center**
312 Marlboro St., Suite 100, Keene, NH • 603-352-5037



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

Like to Spend Time with People and Engage in Activities?

Hello members and supporters of the Keene Senior Center!

As you may know, we are busily working on our strategic plan. In the midst of this journey of rebranding, seeking new programs and events for you, we need your help. Leola will be leaving the end of August sometime to embark on a new journey in South Carolina. We are in serious need of some individuals that can answer the phone and just take messages along with greeting people who come through the door. You don't need to have answers to questions; you just have to be able to write a message and be a people person. You could volunteer from 9:00-12:00 pm or maybe 1:00 -3:00 pm. You get to pick your time and your days. We are also looking for members to come in and play dominoes on Wednesdays at 11:00 am in the breakroom.

We have a new Monday YMCA Chair Yoga instructor. Lynn is from the YMCA where she has been teaching for years. Rosemary Weidner is stepping down from Chair Yoga.

We encourage members to sign a thank you card for her years of service.

We will be having Apple Hill Quintet playing for the center in September. We hope to raise \$500 for the cost of this event. If you would like to have your name listed for a sponsor for this event, please let us know.

Kim Rumrill
The Keene Senior Center Executive Director

**The Keene Senior Center is Closed
on Monday, September 1st**



JOIN
US!

CVAH Cheshire Village At Home

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.

**For more
information, call
603 903-9680.**



Cheshire Village at Home Social at Wheelock Park 10:00 am, Wednesday, August 20, 101 Park Ave., Keene

Meet Cheshire Village at Home (CVAH) for a social at the Horsehoe Pavilion at Wheelock Park in West Keene. Visit with fellow members and CVAH volunteers while enjoying refreshments courtesy of Cheshire Village at Home.



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=T2V3L0RGVkb8yMGx6WHJlbFFuVjFsQT09#success>





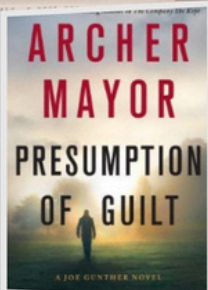
WELCOME AUGUST!



Senior Center Book Club

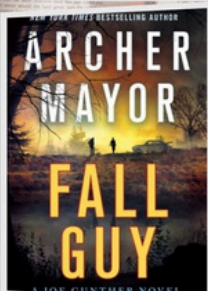
DISCUSSING
IN AUGUST

NOTE:
The meeting is on
Weds, 8/6/2025
at 1:00 PM



AUGUST'S book:
Presumption of Guilt
by Archer Mayor
will be discussed on
Wednesday, 8/6,
at 1:00 PM

READING IN AUGUST



*Read in August
to discuss in
September!*
Free copies of
Fall Guy are
available to senior
center members on
loan at the front
desk.

READING + FRIENDSHIP = BOOK CLUB

New Class -YMCA Chair Yoga 1:15 pm, Mondays at the Center

Lynn Theresa taught her first class at the center on Monday, July 21. The attendees' feedback was very positive. The format is a gentle form of yoga that is practiced by sitting on a chair or by standing while using a chair for support. Like regular yoga, this exercise will improve balance, strength and flexibility. All levels are welcome.



Lynn's interest in yoga began as a P.E. credit in college, many years ago. In 2004, she became a certified Yoga instructor. Lynn had her own fitness/yoga business for over twenty years. Now, semi-retired, she teaches classes at the Keene YMCA and loves it.

Questions About Cremation Seminar

2:00 pm, Thursday, August 7,
at the Center

Michelle Velazquez of DiLuzio Foley and Fletcher Funeral Homes will be presenting a free educational seminar designed specifically for seniors who may have questions or concerns about cremation. This program is informal, informative, and ideal for individuals considering their options or helping a loved one make end-of-life arrangements.



Topics will include:

- How the cremation process works
- Common myths and facts
- Service and memorial options
- Preplanning benefits and costs

There will be light refreshments provided courtesy of DiLuzio Foley and Fletcher. **Sign up at the Front Desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.**



Reminder!

**The Thomas Transportation
Trip to the Winnepesaukee
Playhouse in Meredith -
departure is at 11:15 am from
the Center on Thursday,
August 14! Back by
approximately 7:00 pm!**

Langdon Place 30th Anniversary 2025 Celebration Party 5:00 pm, Thursday, August 7 at Langdon Place, 136 Arch St, Keene



Join the staff, residents, friends and family as they celebrate their 30th Year Anniversary at Langdon Place in Keene. There will be tents and lots of food located in the back parking lot. **Please RSVP to Brenda at Langdon Place, 603-439-3029 so they will know how many people are coming. All are welcome.**

THERE'S SO MUCH TO DO!

COMMUNITY EVENTS

American House Friends & Family Night

Theme: Pixar movie, "Up"

**5:00-7:00 pm, Thursday, August 14,
American House, 197 Water St., Keene**

The theme for American House's August event is the Pixar movie, "Up", which offers a message of hope and resilience. It encourages us to reach out, to embrace new adventures, and to find joy in the connections we make along the way. Some of the AH staff will be dressed up as characters from the movie. AH will provide signature cocktails, delicious hors d'oeuvres, and live entertainment! **Sign up at the Front Desk or call 603-352-5037 or email admin@thekeeneseniorcenter.org.**



Keene Parks and Recreation Adult Swimming and Classes

**Robin Hood Pool at Robin Hood
Park, 55 Reservoir St. in Keene**



**1) Open Adult Swim, 11:00-12:00 pm,
Saturdays, Cost: \$2**

**2) Water Workout Wednesdays, 6:00-6:45
pm, Cost: \$5**

Open to ages 16+, low-impact exercises with music using noodles, kickboards, and body resistance held in shallow / mid-depth areas (3 feet-5.5 feet deep). Instructors, Brooke and Erin, were trained by Jeanne Hearn who runs water aerobics at Keene State. NOTE: The last day of the class is 8/13/2025 and Keene community outdoor pools close on 8/16/2025.

Estate Planning Strategies - How Estate Planning Has Evolved - Documents in an Estate Plan



1:15 pm, Thursday, August 28, at the Center

Carl Bugini, Lawyer and Financial Planner, will discuss general estate planning concepts and go over the typical documents used in an estate plan. Changes in the law, the changing view of lifestyle, privacy, non-traditional families and longevity has made this legal field more interesting in recent years.

This overview may assist you in considering your own estate planning needs and may help you in determining whether you might benefit from working with an attorney and financial planning professional. He will discuss how to start the process and end with how to handle all the documents used in an estate plan.

Attorney Carl Bulgini offers skilled representation and legal counsel to individuals, families and businesses. Attorney Bulgini is an Honors Graduate of Quinnipiac School of Law. He earned his undergraduate degree from Yale University with a B.A. in Ethics, Politics and Economics and earned his MBA from the Yale School of Management. In addition to his training as a lawyer, Attorney Bulgini is also a Certified Financial Planner™. Attorney Bulgini proudly serves Pomfret as a Volunteer Firefighter and spends his free time skiing and riding in the Green Mountains with his wife, Christine.



The Keene Senior Center Presents: AAA Member Choice Vacations Shades of Ireland Tour

*The dates of the trip are from October 25-
November 3, 2025. They are offering two
optional 3-night Tour Extensions. The one
before the tour is to London and the one
after the tour is to Edinburgh.*

For more information or to sign up, call
AAA Keene at 603-358-0460 or visit

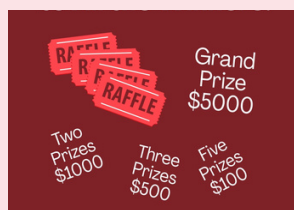
<https://gateway.memberchoicevacations.com/link/1329011>

LUNCH AND MORE...

Congratulations to the Center Spring Raffle Winners

Thank you so much for your support!

\$100 Keith Gustafson	\$500 Sharon Iagulli
\$100 Carrie Guyer	\$500 Laurie Medved
\$100 Joanne McKeown	\$1,000 Lori Chabot
\$100 Pat Patnode	\$1,000 Greg Pollock
\$100 Tim Pipp	\$5,000 Nathan Rumrill
\$500 Robin DeRose	





Friendly Meals Menu

AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Questions? Contact HCS at: 603-352-2253 www.HCSservices.org				Beef goulash w/ parmesan cheese Peas & mushrooms Wheat roll Pineapple 1
Breaded tenderpress pork chop 4 Scalloped potatoes w/ cheddar Green beans Wheat bread Orange	Baked stuffed chicken breast w/ sauce 5 Mashed potatoes Diced carrots Wheat dinner roll Pears	Turkey meatballs marinara w/ parmesan 6 Penne pasta Mixed blend veggies w/ lima beans Wheat bread Pineapple	Italian chicken breast w/ parsley 7 Sweet potatoes California mixed veggies Wheat bread Birthday pound cake w/ icing	Broccoli & onion quiche 8 Home fries Diced carrots Wheat dinner roll Mandarin oranges
Sliced scalloped potatoes w/ chicken strips 11 Green, waxed & black beans Spinach Wheat roll Pumpkin chip cookie	Baked meatloaf 12 Brown sauce Mashed potatoes Brussel sprouts Wheat bread Vanilla pudding w/ peaches	Chicken-n-wheat biscuit 13 Red mashed potatoes Broccoli florets Melon	Shepherd's pie w/ corn 14 Mashed cauliflower Sliced carrots w/ glaze Wheat dinner roll Oatmeal cookie w/ raisins	Chicken tenders w/ sauce 15 Broccoli Baked beans Wheat bread Sliced apples w/ cinnamon
Cheese ravioli w/ beef 18 Sauce w/ parmesan cheese Squash Biscuit Grapes	Roast turkey w/ sauce 19 Potatoes w/ ranch dressing Brussel sprouts Wheat bread Date raisin cookie	Cavatappi w/ sharp cheddar 20 Winter mix Stewed tomatoes Wheat dinner roll Mandarin oranges	Baked penne pasta w/ sausage & mozzarella cheese 21 Green beans & pimentos Wheat bread Pineapple	Meatloaf 22 BBQ SAUCE ON SIDE Mashed potatoes Peas & onions Wheat dinner roll Granny Smith apple
Cheese omelet 25 Diced sweet potato Broccoli florets Potato roll Apricots	Panko pork cutlet w/ white sauce 26 Mashed potatoes Diced carrots w/ parsley Wheat bread Strawberry applesauce	Turkey vegetable burger w/ sauce 27 Rice w/ vegetables Brussel sprouts Wheat bread Peaches	Beef patty w/ bbq sauce 18 Cut red potatoes w/ seasoning Italian vegetables Wheat bread Fruit cookie	Orange ginger chicken 29 Vegetable rice pilaf /peas, onions, celery & carrots Scandinavian blend vegetables Wheat roll Orange

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.
 Make your reservation two days prior by calling 603-352-2253



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri at 12:00 PM					9:00 Computer Help 10:30 Age in Motion - II Bowling at YL 1:00 Jewelry Making 1:15 Bingo	2 10:30 Age in Motion - I (ZOOM from home) 11:00-12:00 Keene Parks & Rec Adult Swim (Robin Hood Pool only)* (\$)
3 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	4 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	5 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	6 9:00 Gentle Yoga 11:00 Cribbage 11:00 Dominos 1:00 Book Club Meeting on: Presumption of Guilt Reading: Fall Guy 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 6:00-6:45 Keene Parks & Rec Adult Water Workout (Robin Hood)* (\$)	7 9:00-12:00 Quilting Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I 2:00 Deluzio Foley/ Fletcher Questions about Cremation Seminar 5:00 Langdon Place 30th Anniversary	8 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	9 10:30 Age in Motion - I (ZOOM from home) 11:00-12:00 Keene Parks & Rec Adult Swim (Robin Hood Pool only)* (\$)
10 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	11 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	12 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	13 9:00 Gentle Yoga 11:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 6:00-6:45 Keene Parks & Rec Adult Water Workout (Robin Hood)* (\$)	14 9:00-12:00 Quilting Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I 11:15 Winnipesaukee Playhouse Trip Departure (Full) 5:00 AH Family and Friends Night*	15 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	16 10:30 Age in Motion - I (ZOOM from home)
17 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	18 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	19 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	20 9:00 Gentle Yoga 10:00 Cribbage 10:00 CVAH Social at Wheelock Park 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom	21 9:00-12:00 Quilting Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I 12:15 Trivia (at lunch)	22 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	23 10:30 Age in Motion - I (ZOOM from home)
24/31 	25 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	26 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:00 Hand & Foot Game 10:30 Age in Motion - I 1:00 Bridge, Hand & Foot Game	27 9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers 3:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom	28 9:00-12:00 Quilting Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I 1:15 Estate Planning Strategies Presentation	29 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$)	30 10:30 Age in Motion - I (ZOOM from home)

THE CENTER IS LOOKING FOR HELP...

*Together,
We make a
Difference*

VOLUNTEER
IT'S GOOD Karma.

**Looking for volunteers
for our thrift shop.**

**Help needed with selecting, sorting,
organizing and tagging!**

Call 603-352-5037 or email
admin@thekeeneseniorcenter.org

Want to Help with Gardening at the Center?



Antioch NE staff and students have set up two 3x8' 2' high raised garden beds at the center with soil and starter plants. We are looking for volunteers to help with weeding, watering, etc. **Sign up at the front desk, or email admin@thekeeneseniorcenter.org or call 603-352-5037.**

HAVE YOU MOVED OR CHANGED YOUR CONTACT INFO?

The Senior Center wants to know if you have changed your address, have a new email address or have a new phone number.

We want to make sure you are receiving our print newsletter every month and enews every week. Then we can be sure you are receiving our notices for change of classes, programs, events or cancellations.

Please call 603-352-5037 or email
admin@thekeeneseniorcenter.org with any
changes to your contact info.

SUSAN DOYLE, REALTOR®

Relocations, Residences, Land & Vacation Homes

2025		
JANUARY	FEBRUARY	MARCH
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8
12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15
19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22
26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29
APRIL	MAY	JUNE
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
27 28 29 30	25 26 27 28 29 30 31	29 30
JULY	AUGUST	SEPTEMBER
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2	1 2 3 4 5 6
6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13
13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20
20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27
27 28 29 30 31	24 25 26 27 28 29 30 31	28 29 30
OCTOBER	NOVEMBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1 2 3 4 5 6
5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31

*** THANKS FOR REFERRING YOUR FRIENDS ***

Cell (603) 313-7426

sdoyle@masiello.com

Office (603) 352-5433



Maintenance-free Senior Living in Downtown Keene

We offer a wide range of lifestyle and care options so you can find your best fit.

- Independent Living
- Assisted Living
- Respite Stays

americanhouse.com/keene

**American
House**
SENIOR LIVING COMMUNITIES

(603) 338-9424 keeneassistant@americanhouse.com



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



Return Service Requested

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ORGANIZATION
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PERMIT #18

DO YOU HAVE A CLUNKER TAKING UP SPACE IN YOUR YARD?

THANK
YOU



THANK
YOU

**You can donate your car
whether it runs or not!**

THANK
YOU

Benefits

The Keene Senior Center

**Call or text Eric Martin at 603-313-9995.
He will help you with towing, appraisal
and sale of your vehicle.**

THANK
YOU

**We will move your vehicle
at no expense to you!**



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

☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1,000 ☐ Other Amount \$_____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Payment Method: ☐ Check ☐ Credit Card: MC / VISA / AmEx

Card Number _____ Exp. Date _____ CCV# _____

Email _____ Home# _____ Cell# _____



Checks Payable to:
The Keene Senior Center
312 Marlboro St., Suite 100
Keene, NH 03431