



The Keene Senior Center

JANUARY 2025

SENIOR SENTINEL

INSIDE
• CVAH Social
Hospice Q&A
• Super Senior
100 Mile Celeb
and more...

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

COMMUNITY EVENT

*** All Are Invited ***

THE KEENE SENIOR CENTER
PRESENTS

**Virginia Eskin's Winter Concert Series:
Story of Jazz**

1:15- 2:30 pm Thursdays

January 2: Spirituals

January 9: Ragtime Dixieland

January 16: Jazz

Join us for a description of each piece, including the history, and then the performance of jazz piano music. Virginia Eskin, a familiar face at KSC, has played piano and lectured at KSC, offered summer piano camps and more!

A Boston and New Hampshire resident, Virginia is an extremely versatile solo pianist, chamber player and lecturer, known for both standard classical repertoire and ragtime, and is a long-time champion of the works of American and European women composers.



NEW TO YOU
LADIES BOUTIQUE
THRIFT SHOP

We offer a curated collection of ladies fashion at low prices!

OPEN WEEKDAYS
9AM-4PM

Located inside the Keene Senior Center
312 Marlboro St. #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 Thrift Shop: M-F, 9:00-4:00pm	"Feed Your Soul" Art Gallery: M-F, 8:30-4:30pm
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Not a member yet? Call to schedule a tour!

email: admin@thekeeneseniorcenter.org

website: <https://thekeeneseniorcenter.org>



DIRECT FROM THE DIRECTOR

Try a New KSC Activity as Your 2025 New Year's Resolution!

Time to look forward to slowly lengthening daylight as we gain one hour in January. It is a good time to stop by the garden store or the grocery store to pick up something that will bloom.

Remember to check in on your neighbors and friends to make sure they are making it through the cold blasts we have been having. If you want to escape the isolation of being home, come and enjoy our Winter Concert Series on Thursdays at 1:15 with renowned pianist, Virginia Eskin.

Warm up your dance shoes with an introduction to Swing Dancing on January 16th and 30th at 6:30 PM, the instructor is Sarita Friedman.

Maybe you want to learn how to play bridge or the card game Hand & Foot! Hand and Foot games are on Tuesday mornings. If you want to find partners to play with, please call me or Leola, and we will set you up.

It is also a great time of year to take up a new hobby like jewelry or card making, we have the supplies and the experience! We would love to bring Mahjong in for the new year too. Let us know if you are interested.

Best for good health and mobility in the year ahead!

Kimberly Rumrill

Kim Rumrill
KSC Executive Director

Used Quickie QM-710 Jay Fusion Electric Wheelchair for Sale - \$1,000

This chair is in working condition, sold as is.

Features include:

- Tilt-in-Space,
- with Jay Fusion seat, JayJ3 backrest, and Whitmyer adjustable headrest with zippered cover.
- Top speed up to 6 MPH
- And many more!



All proceeds go to KSC, to learn more, email admin@thekeeneseniorcenter.org or call 603-352-5037.

Needed - KSC Event Prize Donations!



Received a holiday gift that you don't need or is a duplicate?

KSC is looking for items that would make great prizes for our 2025 events such as our Veteran's Day Celebration or our Ugly Sweater Contest. Special treats or candy are also welcome.

Bring your items to Leola at the Front Desk or call her at 603-352-5037 for more information. Please don't just drop off at the door.

The Keene Senior Center Holiday Hours



NEW YEAR'S EVE
Tuesday, 12/31/2024
1:00 pm KSC Closing

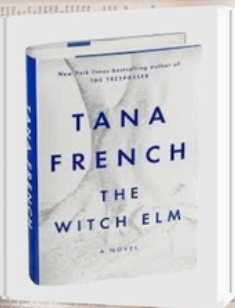
NEW YEAR'S DAY
Wednesday, 1/1/2025
KSC Closed

MARTIN LUTHER KING JR. DAY
Monday, 1/20/2025
KSC Closed

WELCOME JANUARY!

KSC Book Club

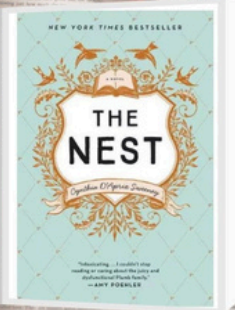
**DISCUSSING IN
JANUARY**



NOTE:
The meeting is on
Thurs, 1/2/2025
at 1:00 PM

January's book:
The Witch Elm
by Tana French
will be discussed on
Thursday, 1/2
at 1:00 PM

READING IN JANUARY



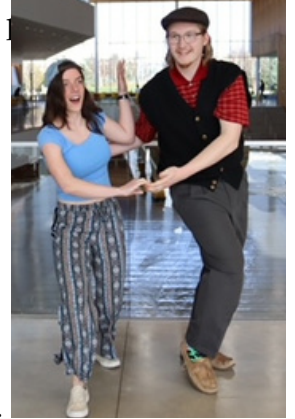
**Read in January
to discuss in
February!**

**Free copies of
The Nest available
to KSC members
on loan the front
office.**

READING + FRIENDSHIP = BOOK CLUB

Intro to Swing Dancing at KSC 6:30 pm, Thursdays, January 16 and January 30

Find play and movement in partner dancing! Katherine Sarita Drew of PEAR Projects and Aaron Buchman (shown on the right with a dance partner). There will be time to have fellowship in combination with dance with a space set aside for tea and talk. Bring a friend to dance with, or make a new one at class!



Aaron started swing dancing in 2018. He has participated in the Cornell University Graduate Swing Dance Club and performed with the Veterinary School Dance Collective. He studied with Hell's Kitchen Kilowatts and focuses on the Lindy Hop style of dancing

Free to members of the Senior Center and \$10 fee for all others. Limited space, sign up at the Front Desk or email admin@thekeeneseniorcenter.org.

GREATER MONADNOCK REGION

**Tuesday, January 14th
5:30 - 7:00 PM**

Death Cafe

cake, coffee & conversation

Monadnock Community Hospital
452 Old Street Rd.
Peterborough, NH

sponsored by:

Home Healthcare
Hospice &
Community Services
HCSservices.org

Calling All Senior Center Members!

**Save the date for The Keene
Senior Center Annual Meeting
3:00 pm Thursday
January 16, 2025**



The meeting will be held at
The Keene Senior Center on
312 Marlboro St., Suite 110



Adventure Limousine Bus Trip to Foxwoods and Mohegan Sun

Saturday, January 18, 2025 Fee: \$59 per person



**We will drop off at Mohegan first and then
Foxwoods. You choose which casino to visit.**
At this time there are no casino bonus plans in effect.
Bingo 18 yrs. Casino 21 yrs.

6:30 am Coffee, Tea & Donuts
7:00 am Depart Adventure Office, 755 Monadnock
Hwy, Swanzey
9:45-10:15 am Arrive Mohegan and then Foxwoods
4:00-4:30 pm Leave Mohegan and then Foxwoods

Mohegan Sun
a world at play



Groups of 11 or more, Group Leader travels for free.



advlimo.com 603-357-2933 info@advlimo.com

THERE'S SO MUCH TO DO!

Celebrate Our 2024 KSC Super Seniors 100 Mile Participants

2:00 pm, Thursday, January 23, 2025
KSC Dining Room



Join us as we honor the incredible Super Seniors who completed their 100 miles of walking in 2024!

What's happening:

- Special Super Senior 100 Mile T-shirts presented to new members.
- 2024 100 Mile recognition pins handed out to returning members.
- Refreshments and entertainment for all!

Don't miss this chance to celebrate and connect! Let's cheer on these inspiring achievers. RSVP to admin@thekeeneseniorcenter.org or call 603-352-5037.

What is the KSC Super Senior 70+ Program?

KSC offers special activities for folks over the age of 70!

1. 100 Mile Club - All Year

The 100 Mile Club, open to all senior members aged 70 and up, is also known as... "I can walk and I can talk!" Walking with others is fun and benefits participants in many other ways as well.



A celebration is held every year in January to recognize the participants. First time registrants who complete the program receive a t-shirt. Subsequent year participants receive a pin!

Registration forms and 100 Mile Logs are available at the Senior Center or online at <https://thekeeneseniorcenter.org/super-seniors>. If you have any questions, call the center at 603-352-5037 or stop in to talk to us!

2. Super Seniors Dancers Program 2:15 pm, Mondays at KSC

With Kristen Leach as the choreographer and instructor, the Super Senior Dancers have been practicing and performing since 2016. Kristen adapts routines to fit age limitations. All are welcome.

3. DeMar Marathon KSC Program for Super Seniors from May 1 to August 27

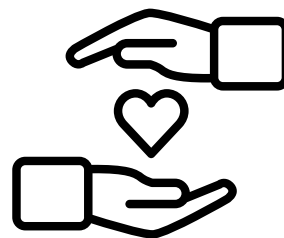
This program starts May 1st and continues to August 27th every year. Walk or jog any distance you choose. Set your own pace. Slow is fine! Your goal is to complete a total of 25 miles on or before August 27. Learn more at

<https://thekeeneseniorcenter.org/demar>

CVAH Social - All About Hospice and Q&A

**Presented by HCS
Hospice**

**1:15 pm, Thursday,
January 23, 2025
KSC Garden Room**



Tasha Palmeri, Care Transition Specialist with Home Healthcare, Hospice and Community Services will be the presenter. She will talk about "Everything that people have always wanted to know about hospice and making it not scary to talk about!"

Topics will include:

- When is the right time to call hospice.
- What does hospice provide in terms of care.
- What does Medicare cover.
- What is the difference between hospice and palliative care.

There will be plenty of time for questions and discussion.

What is 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.

**Volunteers
needed**

LUNCH AND MORE...

Make Functional Resin Cards

1:00 - 3:00 pm, Thursday,
January 30, 2025

Chris Nolan, a KSC member, will have a class to show members how to make functional resin cards. You get to keep what you make. Resin is a clear liquid that hardens with a glossy finish and protects the surface of your card.

\$10 fee for supplies. Limited space (six people), sign up at the Front Desk or email admin@thekeeneseniorcenter.org.



Special Holiday Brunch

**New Year's Eve
Noon Brunch, Tuesday,
December 31, 2024**



Festive tasty brunch dishes will be served at lunch. *Remember to reserve your space two days in advance.*

Note that KSC will close for the day after the brunch.

<div> <div>A program of</div> <div> </div> </div> <div> <h1>Friendly Meals Menu</h1> <p>Friendly Meals at the Keene Senior Center 312 Marlboro Street Mon-Fri at Noon</p> </div> <div> <div>January 2025</div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Make Friendly Meals reservations by 10AM two days prior to the meal. RESERVATIONS: 1) Call 603-352-2253; 2) Sign up with Noelle in the dining room; OR 3) Put your name on the signup sheet at the Keene Senior Center.</p>	<p>Happy New Year</p>	<p>Friendly Meals will be CLOSED in observance of the holiday.</p>		
6	7	8	9	10
Spinach & Onion Quiche California Mixed Vegetables with Black Beans Fruit Cup	Roasted Chicken Breast with Gravy Mashed Potatoes Winter Squash Pumpkin Cookie	Roast Pork with Apple Craisin Gravy Diced Potatoes Harvard Beets Orange	Swedish Steak with Mushroom Sauce Mashed Potatoes with Sour Cream Capri Blend Vegetables Apples with Cinnamon	Glazed Ham Patty Sweet Potatoes Green, Waxed & Black Beans Birthday Cake
13	14	15	16	17
Chicken, Corn & Potato Chowder with Crackers Broccoli Fruit Parfait	Lasagna Rollette with Marinara Sauce & Beef Spinach Pineapple Chunks	Pork Chop with Pineapple Sauce Mashed Sweet Potatoes Green & Black Beans Pears	Diced Chicken Breast with Vegetable Oriental Sauce Vegetable Rice Pilaf Broccoli Florets Tapioca Pudding with Peaches	Roast Pork with Sauce Boiled Potatoes Cabbage & Carrots Apple Raisin Cake
20	21	22	23	24
<p>Friendly Meals will be CLOSED in observance of the holiday.</p>	Oven Fried Chicken Breast Diced Potatoes with Parsley Peas & Onions Orange	Macaroni & Cheese Stewed Tomatoes Green Beans Apple	Meatloaf with Brown Sauce Red Potatoes with Cheddar Winter Mixed Vegetables Date Craisin Bar	Beef Tips with Sauce & Sautéed Onions Mashed Potatoes Beets Fruit Crisp with Cream
27	28	29	30	31
Chicken with Stuffing & Sauce Yams Green Beans & Lentils Apple	Baked American Goulash with Cavatappi & Parmesan Cheese Brussels Sprouts Peaches	Italian Chicken Fingers with Marinara Sauce Rice with Peas, Carrots & Pearl Onions Broccoli Florets Mandarin Oranges & Cream	BBQ Pork Rib Home Fried Potatoes Carrots Applesauce	Sliced Pot Roast with Au Jus Ranch Mashed Potatoes Carrots & Cabbage Apple




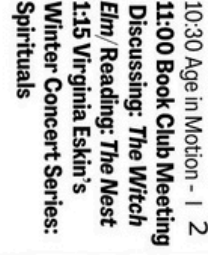
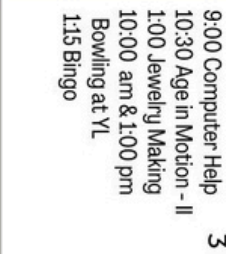
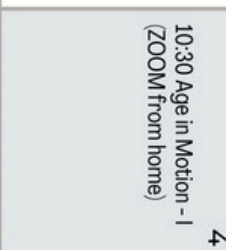

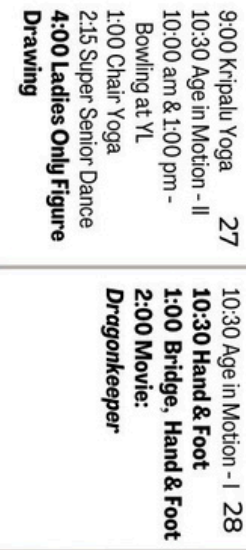
Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.

**The Keene
Senior Center**



JANUARY • 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Lunch Mon - Fri at 12:00 PM</p></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
<div><div>5</div><div>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00 Chair Yoga 1:00 Card Making 2:15 Super Senior Dance</div></div>	<div><div>6</div><div>10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: The Irish Wish</div></div>	<div><div>7</div><div>9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers</div></div>	<div><div>8</div><div>9:00 Quilting 10:30 Age in Motion - I 12:30 - 1:00 pm Trivia 1:15 Virginia Eskin's Winter Concert Series: Ragtime Dixieland</div></div>	<div><div>9</div><div>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo</div></div>	<div><div>10</div><div>10:30 Age in Motion - I (ZOOM from home)</div></div>	
<div><div>12</div><div>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00 Chair Yoga 2:15 Super Senior Dance</div></div>	<div><div>13</div><div>10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: Passing 5:30 HCS Death Cafe/Monadnock Community Hospital</div></div>	<div><div>15</div><div>9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers</div></div>	<div><div>16</div><div>9:00 Computer Help 10:30 Age in Motion - II 1:00 Jewelry Making 10:00 am & 1:00 pm - Bowling at YL 1:15 Bingo</div></div>	<div><div>17</div><div>6:30 am Bus Trip to Foxwoods and Montnegan Sun with Adventure Limousine & Transportation \$** 10:30 Age in Motion - I (ZOOM from home)</div></div>	<div><div>18</div><div>6:30 am Bus Trip to Foxwoods and Montnegan Sun with Adventure Limousine & Transportation \$** 10:30 Age in Motion - I (ZOOM from home)</div></div>	
<div><div>19</div><div></div></div>	<div><div>20</div><div>KSC CLOSED</div></div>	<div><div>21</div><div>10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: Maria</div></div>	<div><div>22</div><div>9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers</div></div>	<div><div>23</div><div>9:00 Quilting 10:30 Age in Motion - I 1:15 CVAH Coffee Social-HCS All About Hospice and Q&A Garden Room 2:00 KSC Super Seniors 100 Mile Club Celebration/Dining Room</div></div>	<div><div>24</div><div>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:15 Bingo</div></div>	<div><div>25</div><div>10:30 Age in Motion - I (ZOOM from home)</div></div>
<div><div>26</div><div></div></div>	<div><div>27</div><div>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:00 Chair Yoga 2:15 Super Senior Dance 4:00 Ladies Only Figure Drawing</div></div>	<div><div>28</div><div>10:30 Age in Motion - I 10:30 Hand & Foot 1:00 Bridge, Hand & Foot 2:00 Movie: Dragonkeeper</div></div>	<div><div>29</div><div>9:00 Gentle Yoga 10:00 Cribbage 11:00 Dominos 1:30 Senior Center Singers</div></div>	<div><div>30</div><div>9:00 Quilting 10:30 Age in Motion - I 1:00 Functional Resin Cards Class 6:30 Intro to Swing Dancing</div></div>	<div><div>31</div><div>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:15 Bingo</div></div>	<div><div>30</div><div></div></div>

BOLD Font: Special event, program or time change **Adventure Bus Trip to Foxwoods and Monhegan Sun: Fee is \$59 per person, choose one or the other (not sponsored by KSC)

FIGURE DRAWING AND MORE!

Ladies Only Figure Drawing

4:00-6:00 pm, Monday, January 27, 2025

Bring your easel (it can be standalone or tabletop) and your favorite medium and materials to the KSC Dining Room. If you choose to use paint, bring drop cloths. There will be tables and chairs provided. All skill levels welcome. Invite your lady friends. This will be an uninstructed drawing session with a live model.

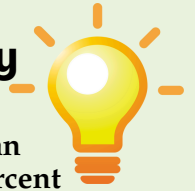
Katherine Sarita Drew is a bookkeeper and arts activist, and the founder of PEAR Projects. PEAR Projects promotes community engagement through events and classes that encourage connection through art, play and movement.

Fee is \$15. Limited space, sign up at the Front Desk or email admin@thekeeneseniorcenter.org.



New Feature

KSC Sustainability Tips



TIP 1 - An energy audit can help you save up to 30 percent on your energy bills. You can halve your costs by changing a few simple behaviors.*

If you are a NH resident, you can take advantage of the NHsaves program, visit <https://nhsaves.com/residential/weatherization/> to learn more about weatherization and energy audits.

* Courtesy of Blessed Earth, 2009

LET'S MEET FOR A MOVIE!

TUESDAYS 2 PM

WE HAVE AC!

Jan 7	Irish Wish PC • 2024 • Comedy/Romance • 1h 34m
Jan 14	Passing PC-13 • 2021 • Thriller/Drama • 1h 38m
Jan 21	Maria R • 2024 • Musical/Drama • 2h 3m
Jan 28	Dragonkeeper PC • 2024 • Adventure/Family • 1h 40m

IN MEMORY OF A KSC MEMBER

Ethel Reese (1946-2024) was 78 and she passed away on December 8, 2024.

PERSONAL SERVICE. PROVEN RESULTS. Connie Joyce

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Active Community Member & Volunteer



RE/MAX
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KEENE, NH 03431

cjoyce@ne.rr.com
Cell: 603-209-4431
603-357-4100 Ext. 130

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

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- Assisted Living
- Respite Stays

americanhouse.com/keene

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



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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!**

benefitting

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603-352-5037

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