



The Keene Senior Center

February 2026

SENIOR SENTINEL

INSIDE
Aroma Therapy,
Music Appreciation,
Spring Theme
CVAH Social -
Winter Blues
and more...

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

DRIVE AWAY THE WINTER BLUES!

*** All Are Invited ***

THE KEENE SENIOR CENTER
PRESENTS

Three Ways to Lift Your Mood!

The Center is offering three different approaches to combat feeling down because of the cold weather and shorter days. These workshops all are at the Center.

- Join us on Tuesday, February 3, at 1:15 pm for an **Aroma Therapy & Self-Care Workshop** by Cheryl Vigneault. Details on page 3.
- Cheryl Vigneault will also be leading a second workshop on **The Benefits of Color Therapy**. It takes place on Tuesday, February 10, at 1:15 pm. Details on page 3.
- Cheshire Village at Home (CVAH, a program of the Senior Center) welcomes all Center members and CVAH members to their February social. Richard Nicoletti, LLB, Psychoanalyst C.G. will be giving a talk on **Overcoming the Winter Blues** on Thursday, February 26 at 1:00 pm at the Center. Details on page 5.



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

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

"Feed Your Soul"

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

Let's Welcome February Together!

As we settle into another lively month at the Senior Center, I'm reminded once again of what makes this community so special. It's not just the building, the programs, or the calendar full of activities — it's you. Your energy, curiosity, and willingness to try new things are what keep this place vibrant.

We've packed the coming weeks with opportunities to move, learn, create, and connect. Whether you're looking to stretch your muscles, stretch your mind, or simply enjoy good company, there's something here with your name on it. Our fitness offerings continue to grow thanks to your enthusiasm. YMCA Chair, Gentle and Kripalu yoga plus Age in Motion strength and balance classes, are all in full swing. These sessions are designed for all ability levels, and our instructors are wonderful at helping everyone feel comfortable and confident. If you've been thinking about joining in, this is your sign to give it a try.

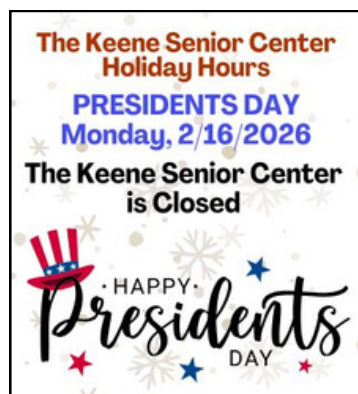
We've also added more arts and crafts sessions — such as a painting workshop, knitting and crochet classes. No experience needed, just bring your imagination!

We understand that Valentine's Day can be hard for some who have lost their loved ones. You are invited to lift your spirits with a free manicure and fingernail polish brought to us by The Women's Collective.

Another good way to wipe away the winter blues is to have a walk outside with other members. Join the Center's Walking Group every Wednesday at 1:00 pm. Don't forget to eat first at the HCS Friendly Meals hot lunch to fuel you to get moving. See you at the Center!

Kimberly Rumrill
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 Social:

- 2/26 at 1:00 pm - "Overcoming the Winter Blues" by Richard Nicoletti, LLB, Psychoanalyst C.G., Jung Institute of New England.



New CVAH Zoom Program "Let's Talk"

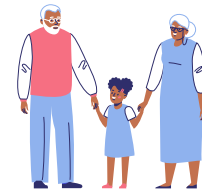
**4:00- 5:00 pm, Weekly on
Wednesdays via Zoom**

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

<https://us02web.zoom.us/j/85180983534?pwd=T2V3L0RGVh8yMGx6WHJlbFFuVjFsQT09#success>



WELCOME FEBRUARY!



Senior Center Book Club

DISCUSSING IN FEBRUARY

ALL ARE WELCOME TO JOIN!

February's book: *Grants Ferry* by David Chase will be discussed on Thursday, 2/5 at 1:00 PM

READING IN MARCH

Read in February to discuss in March!
Free copies of *Walk in the Woods* are available to Senior Center members on loan at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Aroma Therapy & Self-Care Talk

1:15 pm, Tuesday, February 3 at the Center

Learn how different scents affect our mood, health, and wellbeing. Instructor Cheryl Vigneault will discuss how to use essential oils to manage symptoms, reduce anxiety, improve sleep, and boost energy.



Each participant will create their own unique aromatherapy Sugar/Salt Scrub using their choice of scent. A scrub is a great way to exfoliate your skin and keep it looking its best while benefitting from aromatherapy. Materials will be provided.

Cheryl draws on her own experience of how aromas and scents along with colors affect her own moods. She is excited to share her knowledge with our members.

Foster Grandparents Program Presentation

10:30 am, Wednesday, February 4, at the Center

Find out how to become a foster grandparent and work with kids in schools and other settings. The speaker, Loni Thomas, is the Southern Region Coordinator of the Foster Grandparent Program.



The agency is a national service initiative that engages older adults in meaningful volunteer opportunities supporting children in schools, daycares and afterschool programs.

She looks forward to connecting with our members to share more about their program and to let members know how they can get involved.

Happy 69th Birthday to the Senior Center!

12:45 pm, Thursday, February 5, at the Center

Join us at the end of lunch to celebrate the 69th birthday of the center. Kim will give a brief history of the center and a look forward to the 70th birthday on 2/5/2027.

Enjoy birthday cake and ice cream, and share memories with your fellow members.



The Benefits of Color Therapy

1:15 pm, Tuesday, February 10, at the Center

Taught by instructor Cheryl Vigneault, this class is an introduction to color therapy and how color affects your mood and mental health.

What is color therapy? It is all about using the power of color to lift the spirit and support a sense of well-being. Each color is thought to have its own unique "personality" — some feel calming, others energizing — and spending time around certain hues can help create a more balanced mood.

Each participant will receive a color therapy chart and will create a color therapy booklet to take home.



THERE'S SO MUCH TO DO!

TED'S Take the Town: Polar Challenge 2026

**5:30 pm Super Seniors at Ted's
Shoe & Sport, 115 Main St., Keene
Wednesdays, February 4 - March 25**

The Polar Challenge is back for year three, and the team is excited to kick it off with the Center Super Seniors 70+ again! They have an awesome sponsor this year that they'll be revealing soon. They're also planning some fun shoe demo nights, just like they have done in the past!

Here are the key details:

- Wednesdays at 5:30 pm for Super Seniors 70+, everyone else meets at 6:00 pm sharp
- First Wednesday of February through the last Wednesday of March
- 2-mile and 3-mile routes each week
- Run or walk, all are welcome

To earn a sweatshirt:

- You must run or walk at 5:30 or 6:00 pm.
- You must attend 6 out of the 8 weeks.
- No other days or times count toward the sweatshirt.

This year there will be a QR code sign-in each week to track attendance and avoid confusion at the end. If you've never used a QR code before, no worries, they'll help you.

Nail Painting Party! 3:30 pm, Wednesday, February 11 at the Center

Looking for a free manicure? The Women's Collective will provide basic manicures for all members. This includes a fresh coat of nail polish in celebration of Valentine's Day!



What is the Women's Collective? (From their website) The Women's Collective is a vibrant community of women who are dedicated to fostering deep connections, empowerment, mentorship, and unwavering support among its members. Want to learn more or join, visit <https://www.womenscollectivenh.org/>.



**THE KEENE SENIOR CENTER
PRESENTS**

MUSIC APPRECIATION SERIES

**With
Virginia Eskin
Pianist**

The series takes place in February with sounds of spring. The class will explore how composers created wonderful works, from birdsongs to water melting.

**THURSDAYS, FEBRUARY 12 & 19
1:15 PM AT THE CENTER**

American House Friends & Family Night - "From Milan, with Love - That's Amore (Italian Night)"

**5:00-7:00 pm, Thursday, January 12
at American House at 197 Water St.
in Keene**

Join American House Keene for their next Family Night on February 12 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.*



READY TO PLAY?

**LANGDON
TRIVIA**

**WITH
PRIZES!**

THURSDAY - FEBRUARY 19 -AT LUNCH

THRIFT STORE AND MORE...

Funeral Preplanning Presentation

**10:30 am, Wednesday,
February 25 at the Center**

Representatives from Cheshire Family Funeral Home will be here to cover the process of preplanning a memorial service.



Not everyone likes to plan ahead, but pre-planning your funeral arrangements not only gives you peace of mind about your final wishes being honored but alleviates some of the stress and burden your loved ones are going through as they experience the grief associated with the loss.

Community Paint Project

**3:00 pm, Thursday,
February 26 at the Center**



Daniel Andrews of Antioch University will lead participants in creating a group paint project together.

He says "While many people make art, they often do so alone. Making art in collaboration with others invites us to listen, connect, share, and have fun together. Many of us have had an experience where someone says that our drawings, paintings, or sculpture aren't "good," because they don't look a certain way, and we unfortunately tend to internalize the message that we are not "artists." ... Art is less about how something looks, and more about how something feels, especially during the experience of creating it."

All materials included. Come join the fun!



Cheshire Village at Home Social
Overcoming the Winter Blues

All Center and CVAH Members are invited to a talk by
Richard Nicoletti, LLB, Psychoanalyst C.G. Jung Institute of New England

Thursday, February 26, at 1:00 pm at the Center

The Center's "New to You" Thrift Shop Selection is Expanding

Hours: Monday-Friday 8:30-4:00 pm

Tucked into our senior center is a small but mighty treasure trove, the Center's New to You Thrift Shop. If you haven't stopped by yet, you might be surprised by what you find!

We have expanded our selection from focusing on women's clothes and jewelry to offering books for \$5, CDs and DVDs for \$1, a white elephant sale of unique items and handmade items including placemats, throws, potholders, etc. Our beautiful, handcrafted cards are very popular and cost \$2 each for members and \$3 for the public. Also, we are experimenting with a men's section. Currently we have a nice selection of men's shirts.

Proceeds from every shirt, book, and bracelet help fund programs for our seniors. Shopping here turns everyday purchases into acts of kindness.

The Keene Senior Center **VOLUNTEERS NEEDED**

We are looking for teachers who are interested in sharing their tai chi moves or would like to teach members how to lift weights or use their body weight to build stronger bones.

Are you a Snowbird or Planning to Be Away for Awhile?



Please let us know so we don't worry!

We like to ensure the wellbeing of our members and will call to make sure that you are ok. You can email us at admin@thekeeneseniorcenter.org or call 603-352-5037 and give us the dates that you are away. Thank you!

**The Keene
Senior Center**

FEBRUARY • 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p> Lunch</p> <p>Mon - Fri at 12:00 PM</p>	<p>2</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>3</p> <p>9:00 Veterans Coffee 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 Aroma Therapy & Self-Care</p>	<p>4</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:30 Dominos 10:30 Foster Grandparents Program 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 5:30 Super Senior Ted's Polar Challenge Walk 8:30 Yankee Bottle & Collectors' Club - KPL</p>	<p>5</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:45 Happy 69th Birthday to the Senior Center 1:00 Book Club Meeting on: Grunts Ferry Reading: Walk in the Woods</p>	<p>6</p> <p>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>7</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>8</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>9</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge 1:15 The Benefits of Color Therapy</p>	<p>10</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 3:30 Nail Painting Party! 4:00 CVAH Let's Talk via Zoom 5:30 Super Senior Ted's Polar Challenge Walk</p>	<p>11</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Virginia Eskin's Music Appreciation Series: Sounds of Spring I 5:00 AH Family and Friends Night "From Milan, with Love" That's Amore (Italian Night)"**</p>	<p>12</p> <p>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>13</p> <p>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>14</p> <p>VALENTINE'S DAY 10:30 Age in Motion - I (ZOOM from home)</p>
<p>15</p> <p>TKSC CLOSED</p>	<p>16</p> <p> Happy President's Day</p>	<p>17</p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 8:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>18</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 5:30 Super Senior Ted's Polar Challenge Walk</p>	<p>19</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 12:00 Trivia at lunch/prizes 1:15 Virginia Eskin's Music Appreciation Series: Sounds of Spring 2</p>	<p>20</p> <p>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo</p>	<p>21</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>22</p>	<p>23</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Card Making 1:15 YMCA Chair Yoga at the Center 2:30 Super Senior Dance</p>	<p>24</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 8:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>25</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 Funeral Preplanning Presentation** 1:00 TKSC Walking Group 2:00 Mah Jongg 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 5:30 Super Senior Ted's Polar Challenge Walk</p>	<p>26</p> <p>9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 CVAH Social- Overcoming the Winter Blues 3:00 Community Paint Project</p>	<p>27</p> <p>9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo</p>	<p>28</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>

THANKS TO OUR PARTNERS...

Sustainability Tips*

TIP 18 - Install motion sensors, dimmers, and timers for indoor and outdoor lighting.

TIP 19 - Install ceiling or other fans to cut down on air conditioning costs.



TIP 20 - Decide what you want before you open the door - refrigerator gazing can cost \$30-60 per year.

TIP 21 - Put hot food in a cold-water bath or place it outside in cold weather before refrigerating, so less energy is required to keep it cool.

**Courtesy of Blessed Earth, 2009*

*Thinking of Buying or Selling?
I can help!*

SUSAN DOYLE, REALTOR®
Relocations, Residences, Land & Vacation Homes

2026		
JANUARY	FEBRUARY	MARCH
S M T W T F S	S M T W T F S	S M T W T F S
4 5 6 7 8 9 10	1 2 3 4 5 6 7	1 2 3 4 5 6 7
11 12 13 14 15 16 17	8 9 10 11 12 13 14	8 9 10 11 12 13 14
18 19 20 21 22 23 24	15 16 17 18 19 20 21	15 16 17 18 19 20 21
25 26 27 28 29 30 31	22 23 24 25 26 27 28	22 23 24 25 26 27 28
		29 30 31
APRIL	MAY	JUNE
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12 13 14 15 16 17 18	8 9 10 11 12 13 14	7 8 9 10 11 12 13
19 20 21 22 23 24 25	15 16 17 18 19 20 21	14 15 16 17 18 19 20
26 27 28 29 30	22 23 24 25 26 27 28	21 22 23 24 25 26 27
	29 30 31	28 29 30
JULY	AUGUST	SEPTEMBER
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12 13 14 15 16 17 18	8 9 10 11 12 13 14	6 7 8 9 10 11 12
19 20 21 22 23 24 25	15 16 17 18 19 20 21	13 14 15 16 17 18 19
26 27 28 29 30 31	22 23 24 25 26 27 28	20 21 22 23 24 25 26
	29 30 31	27 28 29 30
OCTOBER	NOVEMBER	DECEMBER
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4 5 6 7 8 9 10	1 2 3 4 5 6 7	1 2 3 4 5
11 12 13 14 15 16 17	8 9 10 11 12 13 14	6 7 8 9 10 11 12
18 19 20 21 22 23 24	15 16 17 18 19 20 21	13 14 15 16 17 18 19
25 26 27 28 29 30 31	22 23 24 25 26 27 28	20 21 22 23 24 25 26
	29 30	27 28 29 30 31

✱ THANKS FOR REFERRING YOUR FRIENDS ✱

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Keene, NH 03431



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Return Service Requested

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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!

☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other Amount \$ _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

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

Card Number _____ Exp. Date _____ CVV# _____

Email _____ Home# _____ Cell# _____



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