



The Keene Senior Center

November 2025

SENIOR SENTINEL

INSIDE
Healthy Bones,
AARP Driving
Refresher,
Square Dancing,
Pie Social,
and more...

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

SPECIAL EVENT

*** All Are Invited ***

Monadnock Originals: Local Tales and Characters

**1:15 pm, Thursday, November 13,
at The Keene Senior Center**

Learn more about the history of our region through the eyes of local historian and author Alan F. Rumrill. He will present stories that reveal a region defined by its Yankee character and filled with Yankee characters. The Monadnock Region has often been referred to as New Hampshire's "forgotten corner."

It is a quiet region known for its historic New England villages and beautiful natural landscape. Overlooked tales from the past prove that this has not always been a quiet place.

Noteworthy inventors, outspoken women, military heroes, nationally prominent businessmen and dastardly criminals all called the region home.



Alan F. Rumrill has been a significant figure in the preservation and sharing of the history of the southwestern corner of New Hampshire. As the executive director of the Historical Society of Cheshire County, he led the organization through a period of impressive growth. Currently semi-retired, he stays active as the Senior Historian at HSCC.



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

Come On Down to the Center

We often think of November as a time of thanksgiving. It can be a difficult time of year for many people as they are preparing for the cold weather, icy walkways, and shorter days.

November is also a great month to come into the Senior Center and see what is new, make some new friends, enjoy some music, learn square dancing, learn about local history and have a hot cup of cocoa, tea or coffee!

Come in for a slice of pie on Thursday, Nov. 20th for our pie social provided by our Cheshire Village at Home Program.

Maybe you are in the mood for some Christmas spirit ...we have partnered with First Choice Tours which is providing transportation from Brattleboro to the Mohegan Sun for a Christmas Festival on Saturday Nov. 9th. You can invite your friends, neighbors and relatives to join you. (Sign up and pay for the event at our front desk).

Do you have a talent you could share with others or a favorite recipe you could teach others to make? Let us know.

Are you interested in learning a foreign language, leaning to knit or learn about forensic science? These are some of the topics we are thinking about adding. We would love to have your feedback.

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 Socials:

- 11/20 at 1:30 pm - Annual Pie Social at the center
- 12/11 at 2:00 pm - The Senior Singers salute veterans and celebrate the holidays at the center

JOIN US!

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?](https://us02web.zoom.us/j/85180983534?pwd=T2V3L0RGVkb8yMGx6WHJlbFFuVjFsQT09#success)
[pwd=T2V3L0RGVkb8yMGx6WHJlbFFuVjFsQT09#success](https://us02web.zoom.us/j/85180983534?pwd=T2V3L0RGVkb8yMGx6WHJlbFFuVjFsQT09#success)



WELCOME NOVEMBER!



Senior Center Book Club

DISCUSSING IN NOVEMBER

NOTE:
The meeting is on
Weds, 11/5/2025
at 1:00 PM

November's book:
Bomber's Moon
by Archer
Mayor will be
discussed on
Wednesday, 11/5
at 1:00 PM

READING IN NOVEMBER

**Read in November
to discuss in
December!**

**Free copies of
Watching You
are available to
senior center
members on loan
at the front desk.**

READING + FRIENDSHIP = BOOK CLUB

Play Indoor Super Senior Pickleball

**9:00-11:00 am,
Tuesdays and
Thursdays, Keene
Parks & Recreation,
312 Washington St., Keene**

Pickleball has moved indoors at the Keene rec center. All 70+ members are invited to play. If you are new to the game, there are rackets available for loan. There is a fee for a season's pass. For more information, contact Sally Rinehart at 203-770-3681.

Try Western Style Square Dancing!

**3:00 pm-4:30 pm, Tuesdays,
November 4, 18, 25,
December 2, 9, 16 at the Center**

Join your fellow members in trying Western Style Square Dancing. Couples preferred but singles are welcome. No specific attire required. Open-toed shoes aren't recommended. \$6.00 per class.



The caller is Don Batchelder. Don calls Modern Western Square Dances, Fun Nights and Corporate Events throughout New England, New York, and parts of Canada including Ottawa and Montreal.

With 40 years of experience, Don has hundreds of hours of professional calling behind him. He provides all the music and sound system for the events he calls, using a variety of songs from golden oldies to alternative up-to-date music. Don is a member of CallerLab.

Vote in the Keene Municipal Elections

8:00 am - 7:00 pm, Tuesday, November 4 at the Polls

If you are a Keene resident the election is on Tuesday, November 4. Polls are open in all five wards from 8:00 am-7:00 pm. You will be voting for local election officials, city councilors and the mayor.

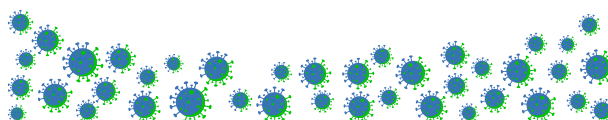
Healthy Bones for Life

**1:00 pm, Thursday, November 6,
via Zoom at the Center**

In this virtual presentation, Dr. Ugis Gruntmanis will cover why one in two women suffer fractures from osteoporosis. He will also explore the role of calcium and Vitamin D, as well as an active lifestyle and screening for osteoporosis.



Endocrinology is the study of how hormones interact with the body. It has seen a tremendous transformation in the last 50 years, according to Dr. Gruntmanis who has been in practice for over 20 years. He is a diabetes and metabolism endocrinologist at Dartmouth Health in Lebanon, NH. Dr. Gruntmanis has extensive experience in Thyroid Disorders and Osteoporosis and Screening.



THERE'S SO MUCH TO DO!

New England Christmas Festival at Mohegan Sun Casino Trip

Sunday, November 9

7:30 am departure from Brattleboro

9:00 pm arrival to Brattleboro

Jumpstart your holiday shopping at the New England Christmas Festival, and/or enjoy all the fun and excitement of Mohegan Sun Casino located in Montville, CT.

Invite your family and friends.

Total cost is \$109. Casino only is \$59. This trip is for those who

have reserved their space by the end of October. Pay with check, cash or card to The Keene Senior Center.



New England Christmas Festival
Crafts and Specialty Foods

NOVEMBER 7 - 9, 2025 ♡ MOHEGAN SUN, CONNECTICUT

American House Friends & Family Night - "Speakeasy" Theme*

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

Join us at American House Keene for our next Family Night on November 13. We will bring it back to the 1920's Chicago and have a "Speakeasy" Theme. Grab a pair of flappers or a Gatsby style suit and join us. 5:00 pm-7:00 pm. Appetizers and Signature Cocktail/Mocktail Options.

We also have special guests the Steve Cady Trio! Local performer and Keene Jazz Orchestra Director, Steve Cady will bring a couple of other guys with him to perform some great Jazz standards and 1920's classics for us to bring back the days of the prohibition era. Hope to see you there!

**Not sponsored by The Keene Senior Center.*



AARP DRIVING REFRESHER COURSE

**Become a Safer
More Confident
Driver**

Sign up at the
Front Desk or email
admin@thekeeneseniorcenter.org

\$20 for AARP
members
\$25 for non-AARP
members

**TWO SESSIONS
TUESDAY NOV 18 & THURSDAY NOV 20**

**1:00-4:00 pm at
The Keene Senior Center**

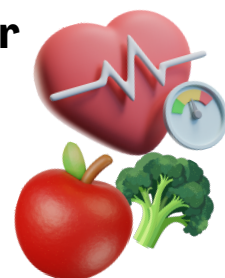
*Defensive driving uses key tactics to
help you stay safer on the road.*

Eating for Blood Sugar Management Presentation

**2:00 pm, Wednesday,
November 19 via Zoom
at the Center**

This online program will discuss healthy foods and specific vitamins and minerals needed to help manage Type 2 Diabetes.

The speaker, Jean M. Copeland, is a Cardiovascular Medicine Dietitian and Nutritionist at DHMC and teaches classes through Dartmouth's Aging Resource Center. The Resource Center conducts research, collaborates with health care professionals and community groups, and provides education for health care professionals.

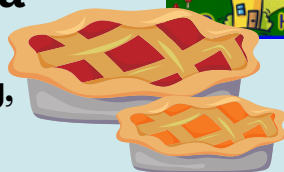


PIES, FAIRE, LUNCH AND MORE...

Cheshire Village at Home Invites All Members for a Pie Social

1:30 pm, Thursday, November 20 at the Center

Come enjoy a variety of pies different from those traditionally seen at Thanksgiving. Feel free to bring a pie to share as well.



The Senior Center's Holiday Faire is on December 6

This fundraiser is a big revenue maker for the center. The baskets we make are created with loving care and take a lot of time and space. As you know we have limited space. We ask your patience while we work to accommodate all the programs that occur in the Garden Room. We are trying to locate an alternate spot, but if not, the Holiday Faire team will start setting up in the Garden Room on Monday, November 2.



Friendly Meals Menu

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef goulash w/ marinara sauce Broccoli florets Biscuit Pineapple tidbits	4 Scalloped potatoes w/ turkey, ham, cheese & crumb topping Mixed beans Wheat roll Halloween cookie	5 Chicken cordon bleu w/ panko & sauce Mashed sweet potatoes. Cauliflower florets Wheat dinner roll Orange jello w/ pears & cream	6 Salisbury steak Brown sauce Mashed potatoes Brussel sprouts Wheat dinner roll Carrot birthday cake	7 Chicken, corn & potato stew w/ cannellini beans Winter mixed vegetables Biscuit Pumpkin cookie w/ raisins & white chip
10 Roast pork w/ sauce Mashed red potatoes Butternut squash Wheat dinner roll Apple crisp w/ topping	11 Beef stroganoff w/ mushroom & onions Whole grain rotini noodles Broccoli florets Wheat roll Apricots	12 Mac & Cheese Diced carrots Winter mixed blend Wheat bread Peaches	13 Chicken-n-wheat biscuit Mashed potatoes Spinach Date & apple cookie	14 Broccoli ricotta pie Peas & onions Wheat bread Orange
17 Cheese omelet Vegetable rice pilaf w/ peas Brussel sprouts Wheat dinner roll Seasoned applesauce	18 Baked meatloaf w/ sauce Boiled potatoes w/ parsley Mixed beans Whole wheat roll Fruit cocktail	19 Pork & vegetable stew w/ black beans Cut green beans Wheat biscuits Peaches	20 BBQ chicken breast Mashed potatoes Beets w/orange sauce Wheat bread Pineapple chunks	21 Lasagna roll w/ marinara, meat sauce & mozzarella cheese Broccoli florets Wheat dinner roll Fruit
24 Roast turkey & gravy Stuffing Cranberry Sauce Mashed potatoes Sliced carrots Wheat dinner roll Pumpkin pie w/ cream	25 Beef steak w/ sauce Baked beans Italian vegetables Wheat bread Mandarin oranges	26 Chicken fingers Duck sauce Home fries Green beans Wheat bread Pineapple tidbits	27 NO MEALS SERVED 	28 NO MEALS SERVED

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

**The Keene
Senior Center**

NOVEMBER • 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri at 12:00 PM						1 10:30 Age in Motion - I (ZOOM from home)
DAYLIGHT 2 SAVINGS ENDS  TURN CLOCKS BACK						8 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$)
9 Trip to Mohegan Sun Casino Christmas Festival 7:30 AM Departure from Brattleboro (\$)	3 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	4 VOTE IN KEENE 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	5 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:00 Book Club Meeting on: <i>Bomber's Moon</i> Reading: Watching You 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	6 9:00-12:00 Quilting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	7 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$)	15 10:30 Age in Motion - I (ZOOM from home)
10 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	10 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	TKSC CLOSED 11  Thank you for your service!	12 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	13 9:00-12:00 Quilting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	14 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	22 10:30 Age in Motion - I (ZOOM from home)
16 	17 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	18 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	19 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	20 9:00-12:00 Quilting Class 9:00-3:00 Senior Center Foot Care Clinic (\$)	21 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	29 10:30 Age in Motion - I (ZOOM from home)
23/30 	24 9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$)	25 9:00 Veterans Coffee Connection 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$)	26 9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 3:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom	TKSC CLOSED 27 	TKSC CLOSED 28 	29 10:30 Age in Motion - I (ZOOM from home)

BOLD Font: Special event, program or time change (\$) = Free | AARP Driving Refresher: \$20 for AARP members, \$25 for non-AARP members. | * Not sponsored by The Keene Senior Center | **The Senior Center does not endorse Benefits Resource Group, NH LLC

THANKS TO OUR PARTNERS...

70+ Members Join the 100 Mile Club

Anytime - Walk Anywhere

Congratulations to all Super Seniors who participated in the Demar! Well done! It's not too late to join the 100 Mile Club. The 26 miles for the Demar makes a great start. Or just log the steps that you walk on your own. We have forms to download [online](#) and at the front desk, if you want to sign up. **You have until December 31 to walk/jog the other 74.** The 100 Mile Club celebration will be in January.

100 MILE CLUB



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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

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2025																							
JANUARY								FEBRUARY								MARCH							
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✱ THANKS FOR REFERRING YOUR FRIENDS ✱

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Phone: (603) 391-4522
fredhuber8@icloud.com

Learn More About Medicare Plans and the 2026 Medicare Plan Changes

**Six sessions at The Keene Senior Center,
312 Marlboro St., Suite 100**

Wednesday, Oct. 15th 3:45 PM - 5:45 PM
Monday, Oct. 20th 3:15 PM - 5:15 PM
Monday Oct. 27th 3:15 PM - 5:15 PM
Monday, Nov. 3rd 3:15 PM - 5:15 PM
Monday, Nov. 10th 3:15 PM - 5:15 PM
Monday, Nov. 17th 3:15 PM - 5:15 PM

This is an advertisement. A licensed sales agent will be present to discuss Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplement products. There is no obligation to enroll. Enrollment in the plan depends on the plan's contract renewal with Medicare. Not affiliated with Medicare or any government agency. I do not offer every plan available in your area. Currently I represent 4 organizations which offer 22 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. For accommodations of persons with special needs at meetings, please call 877-320-1235 (TTY: 711) Hours of operation 8AM-8PM, EST. The Keene Senior Center does not endorse Benefits Resource Group, NH LLC.



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!**

THANK
YOU

Benefits

The Keene Senior Center

**Call or text Eric Martin at 603-313-9995.
He will help you with towing, appraisal
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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 _____ CVV# _____

Email _____ Home# _____ Cell# _____



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