



The Keene Senior Center

DECEMBER 2024

SENIOR SENTINEL

INSIDE
• Giving Tuesday
• CVAH Social Holiday Concert and more...

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

COMMUNITY EVENT

*** All Are Invited ***

THE KEENE CHAMBER ORCHESTRA PRESENTS

Holiday Carols and Music Singalong

**1:15- 2:30 pm Thursday,
December 12, 2024**

Invite your friends and family for the Keene Chamber Orchestra Woodwind Quintet special holiday concert and singalong in the KSC dining room.

Join David Flemming on Flute, Jodie Hoyer on Oboe, Cora Dykens on Clarinet; Joy Flemming on Bassoon and David Miller on Horn. They will be playing some of the most popular Christmas carols such as Hark the Herald Angels Sing, Up on the House Top, Jingle Bells, Silent Night and more. Song sheets will be provided. Refreshments provided by American House.



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
Phone: 603-352-5037

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

Wishing You All Warm and Peaceful Holidays!

The stores are crowded, and people are rushing around, but there is one place where you can escape the wind, rain, and snow: the Keene Senior Center. It's a great spot to relax with a friend or enjoy some quiet time.

Join us for some special events this month, including the Keene Chamber Orchestra Woodwind Quintet performance at 1:15 PM on Thursday, December 12th. Lyrics will be provided to so that you can sing along. American House will be providing refreshments for this event.

Music can soothe the soul and lighten the heaviness many feel during this time of year. We have numerous CDs you can borrow and a wonderful collection of books in our library to relax with. We hope you can make visiting the Senior Center a new tradition in the weeks ahead.

Wishing you peace and joy during this holiday season!

**The Keene Senior Center
Holiday Hours**

Tuesday, 12/24/2024
1:00 pm KSC Closing

Wednesday/ Thursday,
12/25 & 12/26/2024
KSC Closed

Tuesday, 12/31/2024
1:00 pm KSC Closing

Wednesday, 1/1/2025
KSC Closed

The Keene Senior Center

EVERYONE IS INVITED TO PLAY...

GAMES

These games are easy to learn and so much fun!

BRIDGE: Location varies
HAND & FOOT: Check with Front Desk
When: Tuesdays
Time: 10:30 am - 3:00 pm
12/24 and 12/31, the games will end at 1:00 pm when KSC closes.

CRIBBAGE: Location Varies
DOMINOS: Check with Front Desk
When: Wednesdays
Time: 10:30 am

LET'S PLAY

GIVING TUESDAY

Help support the Keene Senior Center's programs and trips

Put a smile on a senior's face!

GIVE FROM THE HEART

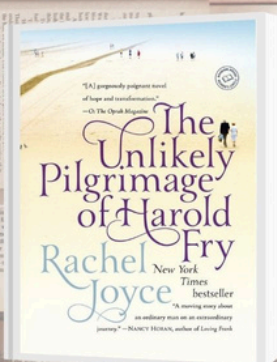
Give from the heart on December 3
<https://thekeeneseniorcenter.org/donate>



WELCOME DECEMBER!

KSC Book Club

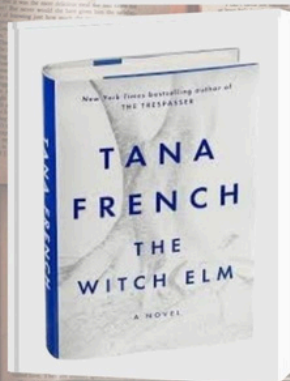
DISCUSSING IN DECEMBER



NOTE:
The meeting is on
Thurs, 12/5/2024
at 1:00 PM

December's book:
The Unlikely Pilgrimage of Harold Fry
by Rachel Joyce
will be discussed on
Thursday, 12/5
at 1:00 PM

READING IN DECEMBER



Read in December to discuss in January!

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

READING + FRIENDSHIP = BOOK CLUB

FREE COMMUNITY EVENT

All are Invited

CVAH Social - Holidays Remembered Concert



Featuring the Senior Center Singers
2:00 pm, Thursday, December 5, 2024
KSC Dining Room

Friends and families of KCS members are invited to attend a holiday concert of Christmas songs, sung by our own Senior Center singers who have been busy practicing every week.

Refreshments will be served.

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 & 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

HCS Presents Changes in Modern Funeral Services

4:00 - 5:00 pm, Thursday, December 5, 2024 at KSC



Sue Simonds, Licensed Funeral Director, will discuss:

- *Best Gift You Can Give Your Family*—Preplanning your funeral
- *My How Times Have Changed*—Funeral arrangements and conversations today
- *So What's This Thing Called a "Green Burial"?*

Sue Simonds is the Managing Director of DiLuzio Foley & Fletcher Funeral Homes.



Bus Trip to NYC With Adventure Limousine & Transportation

Saturday, December 7, 2024
Fee: \$79 per person

5:00 am Coffee, Tea & Donuts
5:30 am Depart Adventure, Rt. 12
10:30 am Arrive Bryant Park, NYC
(8 hours to spend on your own)
6:30 pm Depart Bryant Park, NYC
11:30 pm Arrive Adventure, Rt. 12

Email karissa@advlimo.com or call 603-357-2933 (877-238-5466) to reserve your seats today! (not sponsored by KSC)

THERE'S SO MUCH TO DO!

Caregivers' Common Legal Issues

**4:00 - 5:00 pm, Thursday,
December 12, 2024**

Attorney Susan Abert will discuss common legal issues faced by people providing care for members of their family and will take questions at the end of her presentation.



Susan practices exclusively in the areas of estate planning, estate and trust administration, and elder law with the Keene law firm of Norton, Abert & Jordan, P.C.

What is Kwanzaa?

According to the National Museum of African American History and Culture, "Kwanzaa is a time for families and communities to come together to remember the past and to celebrate African American culture.



Created in 1966 by Maulana Ron Karenga, Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture. The ideas and concepts of Kwanzaa are expressed in the Swahili language, one of the most widely spoken languages in Africa.

Kwanzaa gets its n'ne from the Swahili phrase, 'matunda ya kwanza' and is rooted in first fruit celebrations which are found in cultures throughout Africa both in ancient and modern times.

The seven principles which form its core were drawn from communitarian values found throughout the African continent. "

The celebration lasts 7 days. Each day is focused on a Swahili principle:

- Day One: Umoja (Unity)
- Day Two: Kujichagulia (Self-Determination)
- Day Three: Ujima (Collective Work and Responsibility)
- Day Four: Ujamaa (Cooperative Economics)
- Day Five: Nia (Purpose)
- Day Six: Kuumba (Creativity)
- Day Seven: Imani (Faith)

This year the holiday celebration starts on December 26, the day after Christmas. One candle is lit each day until all seven are lit on the last day.

New Hampshire Kwanzaa celebrations are being held at various NH colleges and community centers around the state.

KSC Program Spotlight: Yoga Classes



CHAIR YOGA
When: Mondays
What time: 1:00 pm
Where: Dining Room

Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. Chair Yoga is great for all bodies.

GENTLE YOGA
When: Wednesdays
What time: 9:00 am
Where: Dining Room

Everyone is welcome is welcome. Bring your own mat or you can borrow one from the Center. Props are used if unable to get on and off the floor.
Instructor: John Wall



KRIPALU YOGA
When: Mondays
What time: 9:00 am
Where: Dining Room

Practicing Kripalu Yoga can initiate a gradual process of physical healing, psychological growth and spiritual awakening. Emphasis on meditation and breath work.
Instructor: John Wall



LUNCH AND MORE...



Special Holiday Brunches

Christmas Eve Noon Brunch, Tuesday, December 24, 2024

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.



A program of
 Home Healthcare
Hospice & Community Services

Friendly Meals Menu

December 2024





Friendly Meals at the Keene Senior Center | 312 Marlboro Street | Mon-Fri at Noon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheese Ravioli with Meat Sauce & Parmesan Cheese Cauliflower Fruit Yogurt Parfait	3 Turkey Meatballs Alfredo with Spinach, Asiago & Parmesan Cheeses Home Fries Peas & Carrots Applesauce	4 Chicken Chow Mein Chow Mein Noodles Vegetable Brown Rice Pilaf Vegetable Blend Diced Pears	5 Shepherd's Pie with Corn & Mashed Potatoes Green Beans Pineapple Tidbits	6 Chicken Breast with Pineapple Sauces Rice Pilaf with Vegetables Spinach Mandarin Oranges
9 Penne Pasta with Meat Sauce & Parmesan Cheese Cauliflower Apple	10 Roast Pork with Applesauce Mashed Potatoes Mixed Vegetables with Lima Beans Chocolate Chip Cookie	11 Scalloped Potatoes with Chicken & Panko Crumbs Wax Beans Whole Beets Chocolate Mousse	12 Mild Chili with Black & Cannellini Beans Vegetable Brown Rice Pilaf Four Blend Vegetables White Birthday Cake with Icing 	13 Beef Stew with a Biscuit Winter Mixed Vegetables Tapioca Pudding with Cream & Peaches
16 Broccoli Quiche Stewed Tomatoes Brussels Sprouts Orange	17 Chicken & Biscuit Mashed Cauliflower Green & Black Beans Oatmeal Craisin Cookie with White Chips	18 Swedish Meatballs with Mushroom Sauce Mashed Potatoes Fruit Cocktail	19 Panko Pork Cutlet with Brown Sauce Spinach Apple Crisp with Cream	20 Holiday Dinner! Stuffed Chicken Breast with Gravy Apple & Cranberry Stuffing Mashed Potatoes Carrots Pumpkin Bar with White Chips & Craisins
23 Macaroni & Cheese Carrots Peas & Mushrooms Mandarin Oranges	24 Special Holiday Brunch!	25 Friendly Meals will be CLOSED on Dec. 25 & 26 in observance of the holiday. 	26	27 Beef Steak with Chili Sauce Vegetable Rice Pilaf Garden Vegetables Pears
30 Breaded Chicken Parm with Asiago Cheese Diced Potatoes Three Bean Mix with Pimentos Vanilla Pudding with Cream & Peaches	31 New Year's Special Brunch!			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.

Milk & bread are served with meals. Dietetic dessert is available upon request. The menu is subject to change.

DECEMBER. 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Mon - Fri at 12:00 PM	1 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	2 10:30 Age in Motion - I 10:30 - 3:00 pm Bridge, Hand & Foot 2:00 Movie: That Christmas	3 9:00 Gentle Yoga 10:30 Cribbage, Dominos 1:30 Senior Center Singers	4 10:30 Age in Motion - I 11:00 Book Club Meeting Reading The Witch Elm 2:00 CVAH Social - Holidays Remembered Concert - Senior Center Singers 4:00 Changes in Modern Funeral Services	5 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	6 5:00 am Bus Trip to NYC with Adventure Limousine & Transportation \$** 10:30 Age in Motion - I (ZOOM from home)
8	9 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	10 10:30 Age in Motion - I 10:30 - 3:00 pm Bridge, Hand & Foot 2:00 Movie: Wolfs	11 9:00 Gentle Yoga 10:30 Cribbage, Dominos 1:30 Senior Center Singers	12 9:00 Quilting 10:30 Age in Motion - I 1:15-2:30 pm Keene Chamber Orchestra Concert at KSC 4:00 Caregivers' Common Legal Issues	13 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	14 10:30 Age in Motion - I (ZOOM from home)
15	16 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	17 10:30 Age in Motion - I 10:30 - 3:00 pm Bridge, Hand & Foot 2:00 Movie: A Sudden Case of Christmas	18 9:00 Gentle Yoga 10:30 Cribbage, Dominos 1:30 Senior Center Singers	19 9:00 Quilting 10:30 Age in Motion - I 12:30 -1:00 pm Trivia 1:15 Karaoke	20 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	21 10:30 Age in Motion - I (ZOOM from home)
22	23 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	24 10:30 Age in Motion - I KSC CLOSING AT 1PM 10:30 Bridge, Hand & Foot 12:00 Holiday Brunch	25 KSC CLOSED  CHRISTMAS EVE HANUKKAH BEGINS AT SUNDOWN	26 KSC CLOSED  CHRISTMAS DAY FIRST DAY OF KWANZAA*	27 9:00 Computer Help 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL 1:15 Bingo	28 10:30 Age in Motion - I (ZOOM from home)
29	30 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	31 KSC CLOSING AT 1PM 10:30 Age in Motion - I 10:30 Bridge, Hand & Foot 12:00 Holiday Brunch				

RECIPE OF THE MONTH – NO BAKE TREAT

Kate's Corner *By Kate Forcier*

Chocolate Drop Quickies

A quick sweet treat. No baking needed. Just cook and drop on wax or parchment paper.

Ingredients

2 cups sugar
½ cup butter
½ cup cocoa
½ cup milk
3 cups quick-cooking
rolled oats
½ cup chopped nuts
1 tsp vanilla extract



Instructions

- Mix sugar, butter, cocoa and milk in a saucepan.
- Bring to boil quickly, reduce heat to medium and boil for 3 or 4 mins.
- Remove from heat, stir in rolled oats, nuts and by teaspoonfuls drop onto waxed or parchment paper.
- Let stand until hardened.
- Store in the refrigerator.

Makes about 3 dozen cookies.

LET'S MEET FOR A MOVIE!		TUESDAYS 2 PM	WE HAVE AC!
Dec 3	That Christmas PG • 2024 • Family/Comedy • 1h 31m		
Dec 10	Wolfs R • 2024 • Comedy/Thriller • 1h 48m		
Dec 17	A Sudden Case of Christmas R • 2024 • Family/Comedy • 1h 31m		
Dec 24/ 31	No Movies KSC closes at 1:00 pm		

IN MEMORY OF A KSC MEMBER

Dolores Most (1929-2024) was 95 and she passed away on 9/6/24.

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Former Field Coordinator For The Retired Senior Volunteer Program
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Active Community Member & Volunteer



RE/MAX
Town & Country
117 WEST STREET
KEENE, NH 03431

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

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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KEENE, NH 03431
PERMIT #18

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YOU!



THANK
YOU!

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whether it runs or not!**

THANK
YOU!

benefitting

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603-352-5037

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no expense to you!**



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YOU!

THANK
YOU!