



The Keene Senior Center

May 2026

SENIOR SENTINEL

INSIDE
Funeral Pre-Planning, Hats Off to the Derby, Music for Strings Trio, Kingsbury Toys and more...

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

COMMUNITY EVENT * All Are Invited *

3rd Annual Keene Airport 5K Run/Walk

9:00 am, Sunday, May 17, at
Keene Dillant-Hopkins Airport

The Keene Airport 5K will take place at the Keene Dillant-Hopkins Airport (EEN), 80 Airport Rd., Swanzey, NH on the Airport Rd at 9:00 am on May 17. It benefits The Keene Senior Center.

REGISTER TODAY! T-shirts are guaranteed to those who enter by May 1, 2026. Entry fee will increase from \$35 to \$40 after May 8, 2026 at 11:59 pm.

There are more than 10 random prizes for participants worth over \$1,000, including a free flying lesson and helicopter ride.

In addition to the race, there is a raffle with the best odds ever! This is because chances are limited to participants, spectators and Senior Center Members. The cost for 15 tickets is \$10 and 30 tickets for \$20. There are many prizes ranging in value from value of at least \$100 to \$1,500.



This race is endorsed by the NE65 Plus Runners Club.

<https://www.ne65plus.org/endorsement-program/current-endorsed-races>

Sign up Today!

**THIRD ANNUAL
KEENE AIRPORT 5K**
Benefits The Keene Senior Center
Keene, New Hampshire
MAY 17, 2026

ONLINE REGISTRATION:
www.runsignup.com



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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

Bring Spring Back to Your Steps with May Activities at the Center

As we step into May, we are energized by the many exciting opportunities ahead to connect, stay active, and support our programs together.

One of the highlights this season is our annual fundraiser raffle. This is always a favorite, and this year brings even more excitement. On May 29th, one lucky winner will take home \$1,000—and the fun doesn't stop there. That same winning ticket will be placed back into the drawing for our July 4th celebration, where an additional \$9,000 in prizes will be awarded. It's a wonderful way to support our mission while giving yourself a chance to win big.

We're also introducing something new to our wellness lineup. Beginning this month, join us for Dance Yoga every Thursday morning at 9:00 AM, led by a certified instructor. This class is designed to energize your body and lift your spirits, and we're excited to see it become a vibrant part of our weekly offerings.

Be sure to mark your calendar for May 17th for our Airport 5K—our biggest fundraiser of the year!



And looking ahead, summer promises even more fun and friendly competition. In June, we'll be hosting our Senior Survivor competition, so now is the time to start forming your teams and preparing for the challenge.

Thank you for your continued support and enthusiasm. We look forward to seeing you at these events and sharing an exciting season ahead.

Kimberly Rumrill

Kim Rumrill

The Keene Senior Center Executive Director



Cheshire Village At Home (CVAH) News



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 - all are invited - members, family and friends:

- 5/24 at 10:00 am - Coffee and Conversation at The Horseshoe Pavilion at Wheelock Park, 95 Park Avenue in Keene

**Volunteers
needed**

For more information,
call 603-903-9680.

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=T2V3L0RGVv8yMGx6WHJlbFFuVjFsQT09#success



WELCOME MAY!



Senior Center Book Club

DISCUSSING IN MAY

ALL ARE WELCOME TO JOIN!

May's book:
April 1865 by Jay Winik will be discussed on Thursday, 5/7 at 1:00 PM

READING IN MAY

Read in May to discuss in June!
Free copies of *Vanishing Act* are available to Senior Center members on loan at the front desk.

READING + FRIENDSHIP = BOOK CLUB

Funeral Preplanning Presentation*

1:15 pm, Friday, May 1 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.

**The Senior Center does not endorse Cheshire Family Funeral Home.*

Hats Off to the Derby: Sips & Stories

3:30 pm, Friday, May 1, at the Center



In honor of the 152nd Kentucky Derby, join us for a festive afternoon of hat stories, mocktails, Derby videos, and more! Study up for a TRIVIA contest with Kentucky Derby questions and great prizes! Bring your favorite glass to enjoy mocktails – and a decorated hat or two, use ribbons, pins, emblems, badges, flowers, whatever. (Don't have a hat? Ask at the Front Desk)

NEW PROGRAM

Yoga Dance: Movement for All Bodies

9:00 am, Thursdays starting May 7 at the Center

Taught by Jen Gadbois, a certified instructor in yoga dance and Senior Center member, this class will be a four-week series designed for all bodies and abilities.

This practice is a unique combination of dance, yoga, breathwork, and mindfulness to release and align your body's Chakras (energy centers). Unlike a typical yoga class, participants are encouraged to move away from their own space and express themselves through playfulness, discovering their own unique dance and connecting to their body in a joy-filled practice.



May Book Club Book Description

Reading *Vanishing Act*

This is the first book of the Jane Whitefield series - a suspense, thriller, and mystery series by Thomas Perry. Jane Whitefield is a Native American guide who leads people out of the wilderness - not the tree-filled variety but the kind created by enemies who want you dead. **Books will be on loan at the Senior Center front desk for Book Club participants.**

THERE'S SO MUCH TO DO!

Kingsbury Toys for Girls and Boys with Alan Rumrill 1:15 pm, Thursday, May 14, at the Center



For more than half a century the Kingsbury Toy Company produced a wide variety of toys for the American public. Between 1890 and 1942 the company produced millions of toys, especially transportation toys, and became a world leader in the toy industry.



Alan F. Rumrill, a long-time historian and the former executive director of the Historical Society of Cheshire County, will tell the story and share the toys of this innovative Keene manufacturing firm.

American House Friends & Family Night "Sentimental Journey - Under the Stars Senior Prom" * 5:00-7:00 pm, Thursday, May 13 at American House at 197 Water St. in Keene



Join American House Keene for their next Family Night on May 14 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.*

NEW PROGRAM

Turn-up Garden Group 9:30-10:30 am, Tuesdays and Thursdays starting May 19 at the Center



Get sunshine and fresh air in the Senior Center garden while helping grow veggies in the raised garden boxes and keeping the gardens healthy and beautiful. No gardening experience needed!

Music for String Trio

1:15 pm, Thursday, May 7 at the Center

David Gruender back in a concert at the Center. This time he will play his cello in a string trio! Dave will join Ron Levy on violin and Ruth Rosenberg on viola.

They will play a lively selection of music to delight your ears. Not to be missed.



Diamond Art Class

1:15-2:30 pm, Thursday, May 21, at the Center (\$)

Instructor Barbara Durham Goodwin will teach the class how to create beautiful diamond art designs. The class has a \$10 fee that covers all materials. Space is limited to 12 participants, so register soon!



Trivia Night

6:00 pm, Wednesday, May 27, at the Center

Dust off your trivia knowledge and come compete for cool prizes and bragging rights! Bring friends! Light refreshments will be provided.



VETERANS, CVAH AND MORE...

Thanks to Our Cheshire Village at Home Volunteers

On April 22, 2026, a reception was held at the Keene Senior Center for the Cheshire Village at Home (CVAH) volunteers. These are the important people who make the services provided by CVAH possible.

The event was well attended and no one left hungry as there were plenty of appetizers, pizza and desserts!

CVAH completed over 1,000 service requests in 2025. That pace has been exceeded so far in 2026 with over 300 service requests completed in the first quarter. We hope to continue to grow. The volunteers make that happen because without them the program cannot exist.

Special recognition was given to Jan Manwaring, Laurie Derby and Joyce Lehman for their extraordinary contributions to the program.

-Randy Emerson, The Keene Senior Center Board Member and Chair of the CVAH Steering Committee

News from the Center's Veterans Coffee Connection

The Keene Senior Center Veterans Coffee Connection group meets every Tuesday at 9:00 am in the Senior Center Dining Room. All veterans are invited to attend! **Drop ins are welcome, no need to register!**

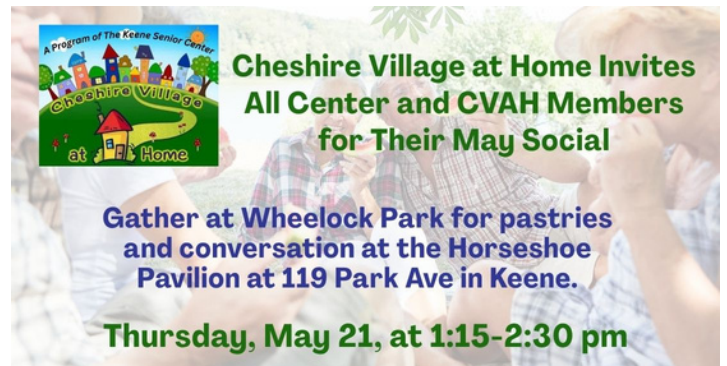


Check out the many scholarship opportunities for veterans and their children at:

<https://usveteransmagazine.com/scholarships>

Monthly Field Exercise: Consider visiting Cathedral of the Pines, Rindge - Founded at the end of World War II in memory of Sanderson Sloane and to honor the military service and sacrifice of American men and women, Cathedral of the Pines is situated on a hilltop with a panoramic, breathtaking view of Grand Monadnock Mountain. This open-air, non-denominational sanctuary offers access to a variety of lasting experiences.

Pro tip! Veterans, don't get caught being "known only to God." Download VA FORM 40-1330 and start the engraving.



The Request Room Music Program

1:15- 2:45 pm, Thursday, May 28, at the Center



The Request Room is a rockin' piano and singing party led by musician Josh Sitron. You show up. You request a song — any song, literally any genre or style. Josh plays it live on the piano, lyrics go on the wall, and you sing at the mic or just sing along with the crowd. No lists. No waiting. No judgment. That's it!

Friends' First Fundraiser a Great Success!

The Friends of the Senior Center would like to thank everyone for their support, whether through attending, donating, or helping make the event possible. The gathering at Applebee's on April 11 was a great opportunity to visit with friends and meet new ones in a fun and relaxed setting. What made the event even more special was the delicious New Hampshire maple syrup, produced by the Hurd Family Farm and generously donated by Susan Doyle. The Friends welcome other members to join them! Many hands make light work!

-Friends of the Center, left to right, Phyllis Custer, Sue Holley, Sue Armstrong, Janice Manwaring, Sally Rinehart, Paula Trombley, Anne Anderson, Eric Anderson, Irene Seay





MAY • 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lunch Mon - Fri at 12:00 PM</p> <p>1</p>	<p>SAVE THE DATE! NH June 9-10, 2026 24 hours to give: 5 PM on the 10th and 5 PM on the 11th Support The Keene Senior Center & Cheshire Village at Home</p>					<p>9:00 Computer Help 8:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:00 Jewelry Making 1:15 Bingo 1:15 Funeral Pre-Planning Workshop 3:30 Hats Off to the Derby</p> <p>1</p> <p>10:30 Age in Motion - I (ZOOM from home)</p> <p>2</p>
<p>3</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>4</p> <p>8:00 Veterans Coffee Connection 9:00 Knitting Class 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:00 MS/ Lightning Warriors* 10:30 Age in Motion - I 1:00 Bridge</p> <p>5</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 6:30 Yankee Bottle & Collectors' Club - KPL*</p> <p>6</p> <p>9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:00 Book Club Meeting on April 1965 Reading: Vanishing Act 1:15 pm Music for String Trio</p> <p>7</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at Yankee Lanes (\$) 1:15 Bingo</p> <p>8</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - I (ZOOM from home)</p> <p>9</p>	<p>10</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>11</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</p> <p>12</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:30 Senior Singers 1:00 TKSC Walking Group 2:00 Senior Singers Concert 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom</p> <p>13</p> <p>9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:30 Age in Motion - I 1:15 Kingsbury Toys for Girls and Boys 5:00 AH Family and Friends Night - "Sentimental Journey - A Night Under the Stars Senior Prom"</p> <p>14</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 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>15</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - I (ZOOM from home)</p> <p>16</p>	<p>17</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>18</p> <p>9:00 Veterans Coffee Connection 9:00 Knitting Class 9:30 Turn-up Garden Group 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p> <p>19</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 10:30 Band Workout Class 1:00 TKSC Walking Group 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom</p> <p>20</p> <p>9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 9:30 Turn-up Garden Group 10:30 Age in Motion - I 12:00 Trivia at lunch (prizes 1:15 Diamond Art Class S) 1:15 CVAH Social - Coffee, Pastries and Conversation, Wine/cock Park, Keene</p> <p>21</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo</p> <p>22</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - I (ZOOM from home)</p> <p>23</p>	<p>24/31</p> <p>MEMORIAL DAY 25 SENIOR CENTER IS CLOSED</p> <p>26</p> <p>9:00 Veterans Coffee Connection 9:00 Crochet Class 9:00 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:30 Turn-up Garden Group 10:00 Hand & Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p> <p>27</p> <p>9:00 Gentle Yoga 9:30 Cribbage 10:00 Dominos 1:00 TKSC Walking Group 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH Let's Talk via Zoom 6:00 Trivia Night</p> <p>28</p> <p>9:00 Yoga Dance: Movement for All Bodies 9:00-12:00 Quilting 9:00 Indoor Super Sr. Pickleball at Keene Rec (\$) 9:30 Turn-up Garden Group 10:30 Age in Motion - I 1:15 The Request Room Music Program</p> <p>29</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at Yankee Lanes (\$) 1:15 Bingo 4:00 Spring/ Summer \$1,000 Raffle Drawing</p> <p>30</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>			



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

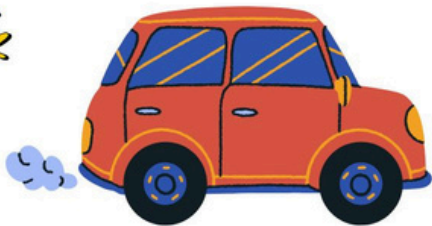


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