



The Keene Senior Center

July 2026

# SENIOR SENTINEL

**INSIDE**  
Round It Up,  
Estate Planning,  
Grand Prize Raffle  
Drawing, Tai Chi,  
Night of Horror,  
Talk to a Doc,  
and more...

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

## COMMUNITY EVENT

**\* All Are Invited \***

SENIOR SINGERS PRESENT

### *Celebration of the United States 250th Anniversary Concert*

**2:00 pm, Wednesday, July 1, at  
The Keene Senior Center**

The concert commemorates the 250th anniversary of the signing of the Declaration of Independence and celebrates the history, spirit, and resilience of the United States through music and storytelling.

The program will begin with a welcome and presentation of the United States flag, followed by beloved patriotic selections.

A special highlight of the afternoon will be a presentation by noted New Hampshire historian Alan Rumrill, who will share insights into New Hampshire's involvement in the Declaration of Independence and the state's contributions to the founding of our nation.

Refreshments will be served.

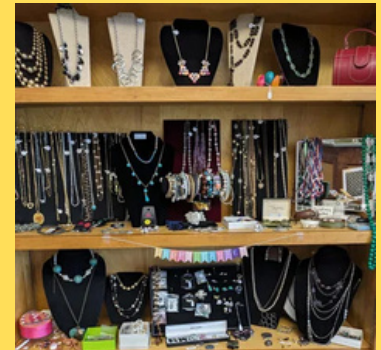


**NEW TO YOU  
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**OPEN  
WEEKDAYS  
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<b>Stop by:</b> 312 Marlboro St. Suite 100 Keene, NH 03431	<b>Senior Center Hours:</b> M-F, 8:30-4:30pm Tel: 603-352-5037 CVAH: 603-903-9680	<b>New to You Thrift Shop:</b> M-F, 9:00-4:00pm	<b>"Feed Your Soul" Art Gallery:</b> M-F, 8:30-4:30pm
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**Not a member yet? Call to schedule a tour!**

email: [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org)

website: <https://thekeeneseniorcenter.org>



# DIRECT FROM THE DIRECTOR

## Fun, Food, History and Games in July at the Center!

Summer has officially arrived, and we have an exciting lineup of activities and events to help you make the most of the season!

Grab a friend and join us for our fun-filled Senior Survivor Games on July 17th, where teamwork, laughter, and friendly competition take center stage. The top three teams will take home prizes!

Don't forget about our July 4th Grand Prize Raffle Drawing during the Monadnock 250th Anniversary Celebration in Railroad Square in Keene. We'll be giving away a \$5,000 grand prize, two \$1,000 prizes, three \$500 prizes, and five \$100 prizes. With only 90 of 300 tickets sold so far, the odds of winning are still excellent!

We are also excited to welcome Tai Chi on Wednesday mornings at 10:30 AM starting July 8th, offering a wonderful way to improve balance, flexibility, and relaxation.

On July 16, local historian Alan Rumrill will join us for a fascinating presentation on the history of our region's covered bridges.

As the sunny days of summer continue, it's the perfect time to gather with friends and enjoy the comfort of our air-conditioned center, whether you're attending a class, sharing a cup of coffee, or browsing for your next great summer read.

And remember—don't keep us a secret! Share the Center with your friends and family and help them discover all the fun, friendship, and opportunities waiting here.

*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:

- No social is scheduled for July.
- 8/20 at Time TBD - Ice Cream at the Piazza
- 9/17 at 1:15 pm - Composting
- 10/15 at 1:15 pm - Cybercrime
- 11/19 at 1:15 pm - Pie Social

**Volunteers  
needed**

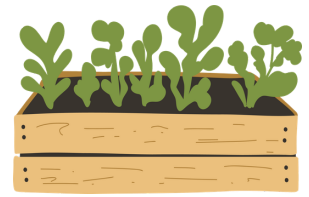
For more information,  
call 603-903-9680.

**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?pwd=T2V3L0RGVk8yMGx6WHJlYjFFuVjFsQT09#success>



# WELCOME JULY!



**Senior Center Book Club**

**DISCUSSING IN JULY**

**ALL ARE WELCOME TO JOIN!**

July's book: *Old Friends* by Tracy Kidder will be discussed on Thursday, 7/2 at 1:00 PM

**READING IN JULY**

Read in July to discuss in August! Free copies of *Dance for the Dead* are available to Senior Center members on loan at the front desk.

**READING + FRIENDSHIP = BOOK CLUB**



**The Monadnock Food Co-op's Round It Up Program Benefits the Senior Center for the Month of July**  
**July 1-July 31 at the Co-op, 34 Cypress St., Keene**  
 Throughout the month of July, the Monadnock Food Co-op's Round It Up Program will benefit the Senior Center.

Each time you shop, you'll have the opportunity to round your purchase up to the nearest dollar, with the difference donated directly to the Center. We're deeply grateful to the Co-op for choosing to support us and our community!

Shop early and often!

**Estate Planning Panel: Legacy Transfers, Wills/Trusts and Taxes, Oh My!**  
**5:00 pm, Wednesday, July 1 at the Center**



Join financial, legal and tax professionals who happen also to be on the Senior Center board!

You will learn how to get your estate plan in order and have an opportunity to get your questions answered. The speakers include:

- Beth Lorenz is a CERTIFIED FINANCIAL PLANNER® professional for Edward Jones and helps with transfer of wealth strategies. She is the Chair of the Development Committee.
- Nancy L. Tomasko, Esq. is from the Law Office of Little & Tomasko, PLLC., where they focus primarily on Estate Planning, Trust and Probate Administration.
- Frank Fromwiller is a Certified Public Accountant with Hogancamp PC and helps with estate tax planning. He is the Treasurer of the board and serves on the Finance Committee.

## July Book Club Book Description

### Reading *Dance for the Dead*

It is a 1996 thriller by Thomas Perry, the second novel in the Jane Whitefield series, featuring the Native American "guide" who helps people disappear. In this installment, Jane must protect an orphaned boy and a woman with a past, finding herself in a deadly contest with a cunning killer who is linked to both cases. **Books will be on loan at the Senior Center front desk for Book Club participants.**

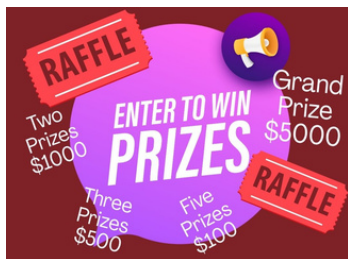
## Thank You for the Garden Tools!

The Turnup Garden Group would like to thank all those who donated tools and garden supplies for our Senior Center gardens.



# THERE'S SO MUCH TO DO!

## Grand Prize Spring/Summer Raffle Drawing at Monadnock 250



**1:00 pm, Saturday, July 4 at Railroad Square, Keene**

Buy your ticket(s) today - Only 95 tickets sold so far! Help The Keene Senior Center by buying Spring/Summer Raffle tickets!

We are selling special raffle tickets with a top prize of \$5,000. Only 300 tickets will be sold for \$100 each. It is an easy way to support the Senior Center, and you may win a little spending cash to use this summer. In addition to the \$5,000 grand prize, we will have two \$1,000, three \$500 and five \$100 prizes.

You can also share the cost of your ticket with family and friends! See Kim, the Executive Director, to buy your tickets and choose your lucky number!

On July 4<sup>th</sup>, grab your friends and enjoy a full day of festivities, including a downtown parade and community festival. Be sure to stop by the Senior Center Table in Railroad Square at 1:00 pm when the prizes will be drawn to see if you are a winner!

## American House Friends & Family Night "Happy 250th Birthday, America! Party Like it's 1776" \*



**5:00-7:00 pm, Thursday, July 9 at American House at 197 Water St. in Keene**

Join American House Keene for their next Family Night 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.*

## A Course in Tai Chi 10:30 – 11:30 am, Wednesdays, July 8 through August 29



Taught by instructor Richard Artese, this 8-session course will progressively introduce students to the basic tai chi movements. Richard's tai chi instruction focuses on a short form adapted from the long form and relates to the movement, balance and flexibility needs of seniors. There is a 10-person limit and the instructor requests that participants commit to attend the full 8-week course.

Richard studied under TT Liang's senior student, Paul Shapiro, in Concord NH and then under Master Liang in Boston, MA. He has practiced tai chi for 52 years and taught for 40 years, both groups and individuals.

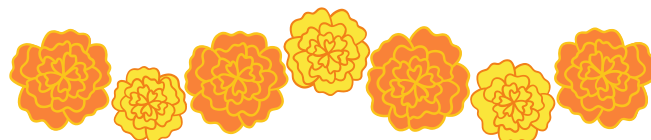


## Margaritaville BBQ Party with the Friends

**4:00 pm, Wednesday, July 15 at the Center**

This fundraiser hosted by the Friends of the Senior Center includes pulled chicken and pulled pork, mac and cheese, baked beans, salad, virgin margarita punch and dessert.

Catered by Keene State College. Tickets cost \$20 per person. Benefits the Center.



# HURRICANE, DOC AND MORE...

## Night of Horror Presented by Alan Rumrill 1:15 pm, Thursday, July 16, at the Center

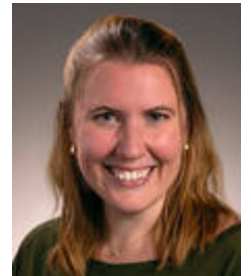


Join us for a fascinating look back at this historic storm as we explore firsthand accounts, photographs, and local stories that reveal how the Hurricane of 1938 transformed our region.

Discover how residents faced the storm's wrath, rallied together in its aftermath, and rebuilt their communities during one of the most challenging moments in local history.

## Talk With a Doc: Nutrition with Dr. Julie Burgett, MPS, MD

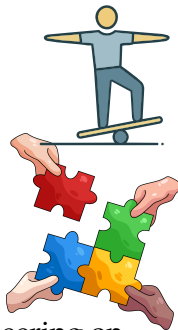
1:15 pm, Monday, July 20, at  
the Center



In the Talk with a Doc series, Dr. Burgett joins us each month to discuss a different topic related to healthy living or the health care system. This is an excellent opportunity to hear directly from a local medical professional, including time for Q&A. Dr. Burgett is a resident physician at the Family Medicine Residency program at Cheshire Medical Center. She is a graduate of the University of Rochester School of Medicine in New York State and a captain in the Air Force.

## Senior Survivor Games 2:00-4:00 pm, Friday, July 17

Get ready for an afternoon of fun and friendly competition! Teams of two will compete in a variety of challenges, from puzzles to games, designed to encourage teamwork, laughter, and active participation.



Whether you're testing your skills, cheering on friends, or simply enjoying the camaraderie, the Survivor Games offer a great opportunity to stay active, meet new people, and create lasting memories.

All ability levels are welcome. Come join the adventure! Friends and family are invited as well. There will be light refreshments and prizes!

## Fuel Assistance Application Help 10:00 am, Tuesday, July 28, at the Center

If you are worried about the upcoming winter and the high cost of utilities, you can apply for help to ease your financial concerns.



Representatives from Southwestern Community Services will be here to guide you through the process. They will answer questions and help you with your application for assistance.

## Wellness Series with Amanda Trask 1:15 pm, Thursday, July 30, at the Center

In this three-session series, Amanda will discuss a variety of wellness topics such as advocating for better care in our health care system, to managing chronic pain, from staying safe in the hospital to understanding advance care directives or simply knowing what to do to prepare for a doctor's appointment.



The subsequent sessions will take place on Thursdays, August 6 and 13. Attendance at all three seminars is encouraged but not required.

Amanda of WellGuide Advocacy, LLC was drawn to patient advocacy because of her history of Epilepsy. Her education includes Masters of Science in Pain Research, Education and Policy, Masters of Science in Chinese Acupuncture.

## July Program Change at the Center

- Super Senior Dance will not meet over the summer. The class will resume in September. Time and day to be announced.

**The Keene Senior Center**



# JULY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Lunch</b> Mon - Fri at 12:00 PM</p>	 July 1-July 31 support the Center!		<p><b>CO-OP JULY ROUND IT UP BEGINS 1</b></p> <p>9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos <b>2:00 Senior Singers US 250th Anniversary Concert</b> 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom <b>5:00 Estate Planning Panel</b> 6:30 Yankee Bottle &amp; Collectors' Club - KPL*</p>	<p><b>2</b></p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I <b>11:30 AH Blood Pressure Clinic</b> <b>1:00 Book Club Meeting</b> <b>on: Old Friends</b> Reading: Stay tuned for the next book selection</p>	<p><b>3</b></p> <p><b>THE KEENE SENIOR CENTER IS CLOSED</b></p>	<p><b>4</b></p> <p><b>JULY 4TH</b> 1:00 Spring/Summer Grand Prize Raffle Drawing Senior Center's Booth Railroad Square <b>RAFFLE</b></p>
<p>5</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 YMCA Chair Yoga</b> at the Center</p>	<p>6</p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:30 Turn-up Garden Group 10:00 Hand &amp; Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>7</p> <p>9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos <b>10:30 A Course in Tai Chi</b> 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom</p>	<p>8</p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I <b>5:00 AH Family and Friends Night "Happy 250th Birthday, America! Party Like it's 1776"</b></p>	<p>9</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm Bowling at Yankee Lanes (\$) <b>1:15 Bingo</b></p>	<p>10</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 Bingo</b></p>	<p>11</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
<p>12</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga</b> at the Center</p>	<p>13</p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Crochet Class 9:30 Turn-up Garden Group 10:00 Hand &amp; Foot Card Game 10:30 Age in Motion - I 1:00 Bridge</p>	<p>14</p> <p>9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos <b>10:30 A Course in Tai Chi</b> 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom <b>4:00 Margaritaville BBQ Party Fundraiser(s)</b></p>	<p>15</p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I <b>12:00 Langdon Trivia at lunch/prizes</b> <b>1:15 Night of Terror with Alan Rummell</b></p>	<p>16</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Jewelry Making</b> <b>2:00 Senior Survivor Games</b></p>	<p>17</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Jewelry Making</b> <b>2:00 Senior Survivor Games</b></p>	<p>18</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>
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<p>26</p> <p>9:00 Kripalu Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga</b> at the Center</p>	<p>27</p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Veterans Coffee Connection 9:00 Crochet Class 9:30 Turn-up Garden Group <b>10:00 Fuel Assistance Help</b> 10:00 Hand &amp; Foot Card Game 10:30 Age in Motion - I <b>12:00 Swamp Bats BBQ</b> 1:00 Bridge</p>	<p>28</p> <p>9:00 Gentle Yoga 9:00 TKSC Walking Group 9:30 Cribbage 10:00 Dominos <b>10:30 A Course in Tai Chi</b> 1:30 Senior Singers 2:00 Mah Jongg 4:00 CVAH "Let's Talk" via Zoom</p>	<p>29</p> <p>8:30 Outdoor Super Sr. Pickleball at JD Courts (No fee) 9:00 Yoga Dance 9:00-12:00 Quilting 9:30 Turn-up Garden Group 10:30 Age in Motion - I <b>1:15 Wellness Series with Amanda Trask</b></p>	<p>30</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 Bingo</b></p>	<p>31</p> <p>9:00 Computer Help 9:00 Video Chair Yoga 10:30 Age in Motion - II 10:00 am &amp; 1:00 pm - Bowling at Yankee Lanes (\$) <b>1:15 Bingo</b></p>	<p>31</p> <p>10:30 Age in Motion - I (ZOOM from home)</p>

**BOLD Font:** Special event, program or time change | (\$) = Fee | \*Not sponsored by The Keene Senior Center

# VETERANS, PARTNERS AND MORE...

## Swamp Bats BBQ with HCS and the Keene Senior Center



12:00-1:00 pm, Tuesday, July 28 at the Center

Join HCS for a special BBQ luncheon with the Swamp Bats.

- Indoor and outdoor seating
- BBQ outdoors
- Ribby will be here and some of the players will be here to help serve and visit with members.

## 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!**

Celebrate America's Semi Sesquicentennial Birthday! Thanks for doing your part.

**Monthly Field Exercise:** Consider visiting The Merrimack Valley Military Vehicle Collectors. MVMVC was formed in the fall of 1986 with a few very basic goals in mind that are still going strong to this day – to make it enjoyable for everyone: spouses, children, relatives, and friends at all events. During the summer, there is something going on almost every other weekend. Visit their website at: <https://mvmvc.org/>

Check out the many scholarship opportunities for veterans and their children at: <https://usveteransmagazine.com/scholarships>

**Thank you, Keene Airport 5K 2026 Sponsor!**



**Proud Supporter of The Keene Senior Center's 3rd Annual Keene Airport 5k**

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*Thinking of Buying or Selling?  
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2026


JANUARY							FEBRUARY							MARCH						
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\* THANKS FOR REFERRING YOUR FRIENDS \*

Cell (603) 313-7426

sdoyle@masiello.com

Office (603) 352-5433





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

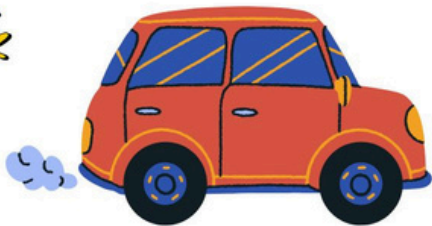


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## DO YOU HAVE A CLUNKER TAKING UP SPACE IN YOUR YARD?

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!

\$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:  
The Keene Senior Center  
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