



The Keene Senior Center

September 2025

# SENIOR SENTINEL

**INSIDE**  
Book Talk,  
Loneliness  
Seminar,  
Music Fest,  
Fuel Assist.  
and more...

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

## SPECIAL EVENT

**\* All Are Invited \***

### *Saxy Seniors Fashion Show*

**2:00-4:00 pm, Friday, September 19,**

**at The Keene Senior Center**

Step into style at The Keene Senior Center, where everyone is invited to strut their stuff in fabulous fashion. Men and women are encouraged to participate. Enjoy lively music as you take your turn on the catwalk.

Wear your favorite outfit or discover a hidden gem from our New to You Thrift Store (ladies' clothes) to showcase your unique flair. Come join us for an afternoon of style, fun, and community.

All are welcome! There will be music, snacks and refreshments. **To register as a participant in the show, sign up at the Front Desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).**



**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 "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](mailto:admin@thekeeneseniorcenter.org)

website: <https://thekeeneseniorcenter.org>



# DIRECT FROM THE DIRECTOR

## Ushering in Fall with Fun Activities at the Center

This year has been hustling and bustling. The temperatures were 90+ for 24 days in the past three months. The Keene Senior Center truly was a cool place to hang out! Many came in to enjoy our air conditioning while participating in our new YMCA Chair yoga class led by Lynn Theresa, playing Mah Jong, or learning a new board game or veterans meeting with veterans at our Tuesday morning Veterans Coffee Connection.

What are we looking forward too? The Saxy Senior Fashion Show is sure to be an afternoon of humor and entertainment. We are in the process of collaborating with Cheshire Medical Center, Moco Arts, and the Peterborough Recreation Department to help us bring you more services and more events.

We would love to add more singers to our choral group, the Senior Singers. They practice on Wednesdays from 1:15-3:30 pm with a refreshment break in the middle. Do you have favorite songs to sing? They are open to trying new songs.

We are looking at collaborating with Moco Arts to possibly do a music revue show with the singers! Now is your chance to be part of something exciting 😊.

We are still looking for some friendly volunteers to float around the center, answer the phone, introduce new people to the center. You get to pick the days and hours that work for you. Let us know if you can spare us some of your free time.

Kim Rumrill  
The Keene Senior Center Executive Director

**The Keene Senior Center is Closed  
on Monday, September 1st**



## 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 and 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.**



### CVAH Social "The Loyalist Stroll"

**1:30 pm, Thursday, September 11,  
339 Main St., Keene**

"The Loyalist Stroll" begins behind the Wyman Tavern. It is a short leisurely informational walk to see the houses where three Keene citizens lived at the time of the Revolutionary War and maintained loyalty to England. **People interested will need to call CVAH, 603-903-9680, to register. Participation is limited to 15.**



### 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=T2V3L0RGVks8yMGx6WHJlbFFuVjFsQT09#success>







# WELCOME SEPTEMBER!

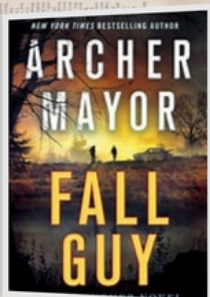


## Senior Center Book Club

DISCUSSING  
IN SEPTEMBER

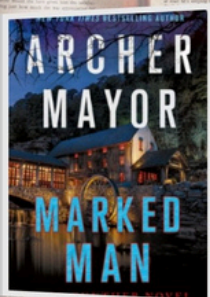
**NOTE:**

The meeting is on  
Weds, 9/3/2025  
at 1:00 PM



September's book:  
*Fall Guy*  
by Archer  
Mayor will be  
discussed on  
Wednesday, 9/3  
at 1:00 PM

READING IN SEPTEMBER



Read in September  
to discuss in  
October!

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

READING + FRIENDSHIP = BOOK CLUB

## Book Presentation on *The Untold Truth of Club Menshen: The Mission* (Book 1 of 4) 3:00 pm, Tuesday, September 2, at the Center

The author, a teenager Hemie Yao, will be here to talk about her book and herself. The story is about the character, Cassidy Giordano, and her new school which is anything but ordinary. When she finds out a secret that her whole school tried to keep from her, she learns about a world she never knew existed. Pushed to her limits, this new life challenges Cassidy every way possible, as if being the only Italian in her Chinese school wasn't enough. When disaster strikes, will Cassidy be able to help save a friend, experiencing events only said to be possible in Chinese Mythology? Learn more during this presentation.



## NAMI NH Side-by-Side In-Person Presentation - Rescheduled 1:15 pm, Thursday, September 4, at the Center



Side by Side is a NAMI (National Alliance on Mental Illness) educational program designed for older adults and their caregivers. There are six modules in the program. Each module is 1-1 ½ hours in length. The content includes real life situations, interactive exercises, handouts, and discussions in a relaxed learning atmosphere.

Meredith Kolodze, the Program Manager Specializing in Older Adults at NAMI NH, will be presenting the first module, *Self-Care* and how it relates to loneliness at the Senior Center. Sign up at the front desk or call 603-352-5037 or email [admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).

## SBW Dropping Off Flowers in Appreciation of Grandparents

Friday, September 5, at the Center

National Grandparents Day is celebrated to honor the special bond between grandparents and grandchildren. Stop by the center and pick up a flower courtesy of Savings Bank of Walpole.

## Super Seniors 70+ Dancers Are Back

2:15 pm, Mondays at the Center

After a summer hiatus, the super seniors dancers begin dancing starting Monday, September 8. Kristen Leach is the choreographer and instructor, the Super Senior Dancers have been practicing and performing since 2016. She is a master at adapting routines to fit age limitations from shoulder to hip and everything in-between! **No experience required - just come and have fun!**



# THERE'S SO MUCH TO DO!

## 2025 Cheshire County Veterans Expo

10:00 am-1:00 pm,  
Saturday, September 13,  
at the Keene Family YMCA

Veterans and their families are invited to attend and take advantage of the many valuable resources available at the event. Representatives from several agencies will be on hand to share information and resources. All veterans in attendance are invited to enjoy a free lunch, which will be served from 11:00 am-1:00 pm. Free haircuts will be offered to veterans while they're at the expo, courtesy of Jed's Barber Shop. There will be several raffle prizes, thanks to local businesses.



## Buy Tickets or Volunteer for the Growth by Giving Music Festival

12:00-7:00 pm Sunday,  
September 14 at Tempesta's

The center is one of the nonprofits benefiting from this music festival. Guyer and Son roofing is our sponsor. For one ticket, you get to see three great bands. Strangers is a local band. A Led Zeppelin tribute band is called. The Breakers is a Tom Petty tribute band. Plus—amazing food and drink available for purchase from Tempesta's, community raffles, and more.



Be part of something BIG! Volunteer on Saturday, September 13 and/or Sunday, September 14, 2025, at Tempesta's. All volunteers (18+) get a free festival T-shirt, free entry to the event (\$30 value), and the chance to help local nonprofits while having a blast. Multiple shifts available—sign up now and join the fun! To learn more visit

<https://growthbygivingmusicfest.org/>

## 2025/26 Fuel and Electric Assistance Programs Presentation

2:00-3:30 pm, Monday,  
September 29 at the Center

Jen Plummer and Angela Pomasko of Southwestern Community Services will explain the program, answer your questions, and assist with your application, which has been revised for this year. Effective for 2025-2026 are new guidelines and changes. You must show your social security card which is a new requirement from the government. They will provide proof of this requirement to show anyone who might have questions about it. **Sign up at the Front Desk or call 603-352-5037 or email**

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



## Local Farmers' Veteran Appreciation Month

Each weekend in September, Cheshire County veterans receive a \$20 voucher at a farmers' market of their choice! The goal of this program is to show gratitude and appreciation to service members for protecting our freedoms. Learn more at <https://www.cheshireconservation.org/veterans>



## Come Celebrate Our Community at the Cheshire Fairgrounds

11:00 am to 5:00 pm, Saturday,  
September 13

Stop by the Senior Center's booth at The Keene Sentinel ELF Autumn Festival. Enjoy live music, beer tasting, game zone, disc dog show, animals, classic car show, and food! The Autumn Festival promises to deliver a delightful experience for the whole family!



## Hearing Life of Keene Hearing Assessment Review and Care Planning\*

1:15-3:00 pm, Thursday,  
September 18 at the Center

They will be giving hearing tests in the Garden Room for free and then they will let you know what to do from there. **To sign up call 603-352-5037 or sign up at the Front Desk or email**

[admin@thekeeneseniorcenter.org](mailto:admin@thekeeneseniorcenter.org).  
*\*The Senior Center does not endorse Hearing Life or their products.*



# COFFEE, LUNCH AND MORE...

## Veterans Coffee Connection

9:00 am Tuesdays at the Center

*Thank you for your service. Are you looking for an opportunity to visit with other members who are also veterans?*

We'd like to invite you to the center's Veterans Coffee Connection in the dining room. All military branches are welcome. Enjoy coffee and snacks and visit with other veterans. **Just drop in, no need to sign up.** Contact the center with any questions at 603-352-5037 or email Kim at [director@thekeeneseniorcenter.org](mailto:director@thekeeneseniorcenter.org).



## IN MEMORY OF CENTER MEMBERS

Carol McGrath passed away on Sunday, June 22, 2025. She was 73 years old.

Christine Brunner, passed away on Tuesday, June 24, 2025. She was 86 years old.

Jackie Cleary passed away on Wednesday, July 23, 2025. She was 77 years old.

Evelyn Callahan passed away on Thursday, August 14, 2025. She was 96 years old.



## Friendly Meals Menu

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOLIDAY NO MEALS SERVED</b>	<sup>1</sup> Pork loin w/ sauce Mashed potatoes Spinach Wheat biscuits Pears	<sup>2</sup> Chicken breast cacciatore Rotini Noodles Oregon blend vegetables w/ beans Wheat bread Applesauce	<sup>3</sup> Shepard's pie w/ ground turkey & corn Carrots & cabbage Wheat bread Applesauce	<sup>4</sup> Chicken marsala w/ mushroom sauce Diced potatoes Marsala sauce Peas & onions Potato roll Fruit cocktail
<sup>5</sup> Spaghetti & meatballs in marinara sauce Winter mixed vegetables Wheat bread Red grapes	<sup>6</sup> Vegetable southwest egg bake Green beans w/ black beans Cauliflower Wheat bread Pumpkin raisin cookie	<sup>7</sup> Chicken, corn & potato stew Crackers Oregon blend Wheat roll Apple birthday cake	<sup>8</sup> Cavatappi w/ cheese Brussel sprouts Diced carrots Wheat bread Mandarin oranges	<sup>9</sup> Cold sliced turkey Cheddar cheese Three bean salad Coleslaw w/ pineapple Wheat hamburger roll Pears
<sup>10</sup> Stuffed Chicken breast w/ sauce Mashed potatoes Glazed beets Wheat roll Vanilla fluff w/ blueberries & strawberries	<sup>11</sup> Swedish steak w/ mushroom sauce Seasoned penne pasta Broccoli Wheat bread Peaches	<sup>12</sup> Turkey tetrazzini Scandinavian vegetables Wheat roll Pineapple tidbits	<sup>13</sup> Chicken n' wheat biscuit Mashed cauliflower Peas & carrots Apple & berry crisp	<sup>14</sup> Minestrone Soup w/ beef Crackers Broccoli florets Wheat roll Peaches w/ yogurt
<sup>15</sup> Meatloaf w/ gravy Mashed potatoes Diced carrots w/ dill Wheat roll Pears	<sup>16</sup> Pork stew w/ vegetables Brussel sprouts Wheat biscuit Fruit cookies	<sup>17</sup> BBQ beef steak Baked beans Chopped broccoli w/ diced carrots Wheat roll Vanilla pudding & peaches	<sup>18</sup> Roast pork w/ gravy Boiled potatoes w/ parsley Butternut squash Wheat bread Cookie bar w/ dates & raisins	<sup>19</sup> Beef burgundy w/ mushrooms & onions Rotini noodles Whole beets Wheat bread Melon
<sup>20</sup> Macaroni & Cheese Spinach Sliced carrots Wheat bread orange	<sup>21</sup> Pork riblet w/ au jus Mashed yams Green beans Potato roll Applesauce			

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.



The Keene  
Senior Center

# SEPTEMBER • 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Lunch</b> <b>Mon - Fri</b> <b>at 12:00 PM</b>	 <b>LABOR DAY</b> <b>SENIOR CENTER</b> <b>CLOSED</b>	8:00 Outdoor Super Sr. 2 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b> <b>3:00 The Untold Truth of Club Menshen Book Talk</b>	8:00 Gentle Yoga <b>10:00 Cribbage</b> <b>10:00 Dominos</b> <b>1:00 Book Club Meeting on: Fall Guy</b> <i>Reading: Marked Man</i> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH Let's Talk</b> via Zoom	9:00-12:00 Quilting 4 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I <b>1:15 NAMI/NH Loneliness/Self-Care Seminar</b>	9:00 Computer Help 5 10:30 Age in Motion - II Bowling at YL 1:00 Jewelry Making 1:15 Bingo <b>SBW drops off flowers in honor of Grandparents Day</b>	10:30 Age in Motion - I (ZOOM from home) <b>10:00-1:00 pm Veterans Expo at the Keene YMCA</b> <b>11:00-5:00 pm Elf Autumn Festival at Cheshire Fairgrounds</b>
<b>HAPPY GRANDPARENTS DAY</b> 7	8:00 Kripalu Yoga 8 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:15 Super Senior Dance</b>	8:00 Outdoor Super Sr. 9 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	9:00 Gentle Yoga 10 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH Let's Talk</b> via Zoom	9:00-12:00 Quilting 11 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I <b>1:30 CVAH Social "The Logalist Stroll"</b> <b>5:00 AH Family and Friends Night*</b>	8:00 Computer Help 12 10:30 Age in Motion - II 10:00 am & 1:00 pm Bowling at YL 1:15 Bingo	10:30 Age in Motion - I (ZOOM from home) <b>10:00-1:00 pm Veterans Expo at the Keene YMCA</b> <b>11:00-5:00 pm Elf Autumn Festival at Cheshire Fairgrounds</b>
 <b>GROWTH BY GIVING</b> <b>MUSIC FEST</b> <b>12:00 Noon-7:00 pm</b>	9:00 Kripalu Yoga 15 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super Sr. 16 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	9:00 Gentle Yoga 17 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH Let's Talk</b> via Zoom	9:00-12:00 Quilting 18 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I <b>12:15 Trivia (at lunch)</b> <b>1:15 Hearing Life of Keene Presentation**</b>	8:00 Computer Help 19 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:00 Jewelry Making</b> 1:15 Bingo <b>2:00-4:00 pm Saxxy Seniors Fashion Show at the Center</b>	10:30 Age in Motion - I (ZOOM from home)
 21	9:00 Kripalu Yoga 22 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:00 Card Making</b> <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super Sr. 23 Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>	9:00 Gentle Yoga 24 <b>10:00 Cribbage</b> <b>10:00 Dominos</b> 1:30 Senior Center Singers <b>3:00 Mah Jongg</b> <b>4:00 CVAH Let's Talk</b> via Zoom	9:00-12:00 Quilting 25 Class 9:00 Outdoor Super Sr. Pickleball at JD Courts 10:30 Age in Motion - I	8:00 Computer Help 26 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:15 Bingo</b>	10:30 Age in Motion - I (ZOOM from home)
 28	9:00 Kripalu Yoga 29 10:30 Age in Motion - II 10:00 am & 1:00 pm - Bowling at YL (\$) <b>1:15 YMCA Chair Yoga at the Center</b> <b>2:00 Fuel Assistance Program</b> <b>2:15 Super Senior Dance</b>	9:00 Outdoor Super Sr. 30 Sr. Pickleball at JD Courts <b>10:00 Hand &amp; Foot Game</b> 10:30 Age in Motion - I <b>1:00 Bridge, Hand &amp; Foot Game</b>		<div> <p><b>September is National Senior Center Month</b></p> <p><i>Powering Possibilities: Flip the Script</i></p> </div>		



# THANKS TO OUR PARTNERS...

## Senior Center Month Sponsored by the National Alliance on Aging *Powering Possibilities: Flip the Script*

NCOA's September 2025 theme invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life. The Keene Senior Center along with 10,000 senior centers across the country are leading this charge—flipping the script on aging by creating inclusive, engaging spaces where older adults thrive. Learn more: <https://www.ncoa.org/page/national-senior-center-month/>

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[americanhouse.com/keene](http://americanhouse.com/keene)

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2025		
JANUARY	FEBRUARY	MARCH
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4	1	1
5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8
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APRIL	MAY	JUNE
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JULY	AUGUST	SEPTEMBER
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OCTOBER	NOVEMBER	DECEMBER
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26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31

✱ THANKS FOR REFERRING YOUR FRIENDS ✱

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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  
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!

☐ \$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 \_\_\_\_\_ CCV# \_\_\_\_\_

Email \_\_\_\_\_ Home# \_\_\_\_\_ Cell# \_\_\_\_\_



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