



The Keene Senior Center

312 Marlboro St., Suite 100

Keene, NH 03431



603-352-5037

Hours:

Monday - Friday 8:30am - 4:30pm



Email: info@thekeeneseniorcenter.org

Web: www.thekeeneseniorcenter.org

Not a member yet? Call to schedule a tour!



The Keene Senior Center 2025 Super Seniors 70+ 100 Mile Club



Super Seniors invite you to join
the 100 Mile Club in 2025!

100 MILE CLUB



The aim is to log 100 miles in 2025.
The program, open to all seniors age 70
and up, is also known as...

“I can walk and I can talk”

Walking with others is more fun and
benefits participants in other ways as well.

For seniors aged 70 or better!

Walk 100 miles in 2025 for fitness. You can walk on your own or, even better, with others. You can walk anywhere, inside or outside, and record your miles on this form on reverse.

Next steps:

1. Simply complete the **100 Mile Club Registration Form** at the Front Desk or online at <https://thekeeneseniorcenter.org/super-seniors> and return it to The Keene Senior Center before starting.
2. Then use the log sheet inside this booklet to track each mile you walk by coloring in one shoe per mile.
3. Return the completed form to the Center by **January 2, 2026**.

New participants who complete the challenge will be recognized at a yearly celebration and receive a special T-shirt. Returning participants will receive a pin.



















































All miles walked as part of the Super Seniors 70+ DeMar Marathon Program will be counted toward the 100 Mile Club. Learn more at <https://thekeeneseniorcenter.org/demar>. It is sponsored by the Hoffman Family Foundation.
















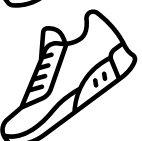

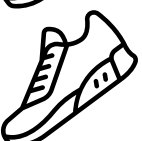
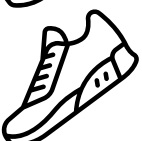
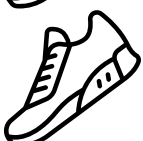

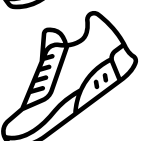



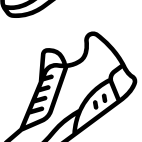
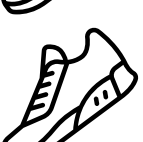
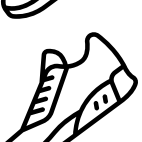
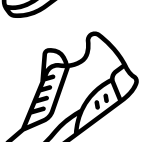
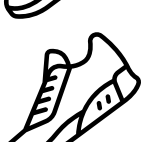


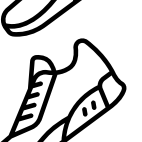
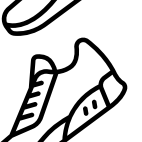
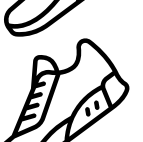

















100 MILE CLUB LOG SHEET

Name: _____

Return this completed form to The Keene Senior Center, 312 Marlboro St., Suite 100, by Jan. 2, 2026. Color in one shoe per mile.

					5
					15
					25
					35
					45
					55
					65
					75
					85
					95

					10
					20
					30
					40
					50
					60
					70
					80
					90
					100