



March 1, 2025

207-967-8514

## Hello March



COS is hosting their annual March Madness Food Drive. We are pleased to announce that we will be Team Soap & Shampoo. From March 1-31, drop off any shampoos, conditioners, hand and body soaps, and moisturizers. All donations will be taken to COS weekly for tally in the food drive bracket.

Join us for March Madness basketball on March 21 & 28. We will be watching second round games and the Sweet 16... but there's a twist. Official blank brackets will be available for members in the coming weeks. We will send an email when they are ready for pick-up. Closest person to the actual bracket will win a special prize pack. Free entry for all members, so have some fun with us during the final stretch of college basketball.



Thank you Federal Jack's for hosting our February Monthly luncheon!





We will be having our annual traditional St. Paddy's Day luncheon on March 20<sup>th</sup> and a spring/St. Paddy's flower arranging on March 17. Eagerly waiting for spring to arrive? Join us for wet-felting Easter eggs on March 13 & 20.

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**As a courtesy to our fellow members and staff, please be mindful of the following...**

1. Please do not use your phone on speaker inside of the building -- this is distracting to other members and programs.
2. Please keep politics outside the Center, as we want this to be a safe and welcoming environment for everyone.
3. If you have a grievance or negative feeling about a particular matter, please schedule a time to speak with Bridget directly.
4. NO refunds will be issued for paid programming.
5. If you would like to speak to staff in the offices, please see the receptionist to call one of us. There are many confidential things happening in the offices and we would like to respect that privacy.

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**You belong at The Center!  
Friday Open House  
9:00–10:00 a.m.**

Come see the 50+ fun for yourself. Stop in, take a tour, and meet other older adults in your community. Explore a wide range of programs, events, activities, and classes, meet new friends, and learn new skills.

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## New Staff Spotlight

We are pleased to announce Gary Urey will be joining the Spaulding Center as our Community Engagement Coordinator. Gary has over 25 years of experience in the non-profit sector; he spent the last 22 years of his career as the Development Director for the American Heart Association. Prior to his time at the





American Heart Association, Gary was the Volunteer Coordinator for the Make-A-Wish Foundation. Gary's professional background in fundraising, program management, event planning, and volunteer coordination paired with his engaging personality will suit him well for his position at the Center. Gary is also a certified personal trainer and group exercise instructor and enjoys teaching a variety of fitness classes. Gary will start on Monday, March 10th; please stop by to introduce yourself to Gary and give him a warm welcome or join us for a Meet & Greet on March 11 at 9AM!

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## Sponsor Spotlight - Norway Savings



Being the most Southern branch in our footprint, the Kennebunk team at Norway Savings Bank is dedicated to helping you throughout your walk in life. Whether you're buying your first home or opening your first checking account, our kind and supportive team members are always happy to assist you in your life journey! We are here to serve all your financial needs; from personal & business banking, mortgages, consumer loans, commercial loans, asset management and so much more.

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## New and Noteworthy

**Can't-miss events, coming right up!**  
**Please remember that registration is required for ALL programs.**

*Our staff works hard to schedule and coordinate our workshops.  
Please be courteous and give at least a 48-hour notice if you must cancel.*





### **Men's Coffee and Conversation**

**Mondays, March 3, 10, 17, 24, & 31  
10AM**

Join us for a casual, open forum where men can come together over a warm cup of coffee to connect, share experiences, and have meaningful conversations. Whether you're looking to discuss life, work, personal growth, or just unwind with like-minded individuals, this is a space where you can be yourself. No agenda, no pressure—just real talk and a supportive community.



### **Singing Group**

**Mondays, March 3, 10, 17, 24, & 31  
10AM**

Hello interested singers! Any and all of us sing, especially when we need to breathe deeply and center ourselves in these often confusing and overwhelming times. We'll be meeting on Mondays at 10:00 a.m. to do just that...breathing from the diaphragm, singing from the heart and laughing from the bottom to the top, songs most of us are familiar with and if not can learn quickly. My promise is to help all of us welcome the light, sing harmoniously, and to overall, make others and ourselves, just feel good!



### **Cardio & Stretch with Sue**

**Mondays, March 3, 10, 17, & 31  
11AM**

Sue will be joining us **Mondays at 11am** for cardio and stretching. Participants are encouraged to bring their own mats and light weights (1-3lbs, optional). In this 45 minute class, Sue will walk through various stretches to target all areas of the body. Modifications can be provided. All skill levels welcome.

**\$5 per class payable to instructor.**

### **Weekly Blood Pressure Checks**

**Tuesdays, March 4, 11, 18, & 25  
9:30AM**



Please join our guest nurse to get your blood pressure checked and check up on your heart health.



### Intro to Mindfulness

**Tuesdays, March 4, 11, 18, & 25  
11:30AM**

Mindfulness, the ability to be fully aware in the present moment with acceptance and nonjudgment, has been practiced for thousands of years, but in recent decades has gained more traction, particularly in Western cultures. A regular mindfulness practice has many benefits such as reducing stress and anxiety, boosting mental strength, responding thoughtfully to change and challenges, and creating a sense of calm. This course will provide an introduction to mindfulness including some of the research supporting its usefulness and opportunities to engage in 1-2 mindfulness meditations each week. The course will meet for 5 weeks, 1 hour per week. **\$50 payable to instructor.**



### Tech Class

**Tuesdays, March 11 & 25  
12PM**

Join us select Tuesday of the month for tech classes and strengthen your knowledge on current technological advances!

March 11 - Microsoft Office Basics

March 25 - Gmail Tips & Tricks

### Beginner Yoga (6-week session)

**Tuesdays, March 4, 11, 18, & 25  
5:30PM**





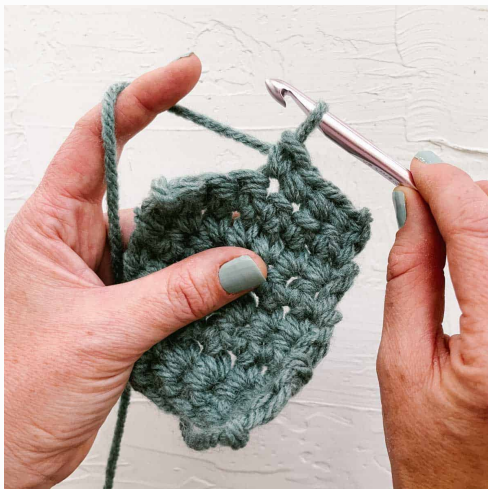
This will be a six-week session from February 18 through March 25. \$10 per week payable to Leslie Cargill of Way to Be Wellness and Yoga.



### Strength and Balance with Serina Wednesdays, March 5, 12, 19, & 26 9AM

New fitness offering! Join us on Wednesdays for this enjoyable and straightforward strength and balance class! Each session aims to improve your range of motion while strengthening your bones and muscles, using just a chair and your body weight. **Cost: \$5/class payable to instructor.**

Serina, a board-certified nutritionist, and personal trainer based in Kennebunk, Maine, focuses on functional, simple exercise techniques that enhance daily life.



### Crochet Classes Wednesdays, March 5, 12, 19, & 26 10AM

Learn to crochet! If you're stuck on a project or have always wanted to learn, Kristin will be there to help every step of the way!  
**Cost: \$10 payable to instructor**

### Resistance Band Class Thursdays, March 6, 13, 20 & 27 9AM

Resistance bands are an adaptable tool suitable for individuals of all ages and fitness levels! They aid in strengthening, stretching, lengthening, and toning specific areas. In our hour-long classes,



we will concentrate on the entire body, building muscle safely while challenging your fitness. You can bring your own resistance bands that you're comfortable with, or buy a recommended set [here](#). \$5 per class payable to instructor.



### Ballroom Dance Basics - Session 2 Thursdays, March 6, 13, 20 & 27 1PM

The second Ballroom Basics is a six-week session **from March 6 through April 10** covering two ballroom dances. The goal is to feel comfortable dancing a full song in each dance. This is for absolute beginners and returning dancers. Strong basics are for everyone. You will get in-class instruction, handouts, and a weekly follow-up email. No partner or dance experience is necessary, just a willingness to learn!

This session will be the elegant Waltz and the spicy Salsa.

**\$80 per person (payable to instructor) for entire 6 week session.**



### Rebounder Class Thursdays, March 6, 13, & 27 5PM

Rebounding is a low-impact, full-body workout that offers a unique combination of benefits, including improved cardiovascular health, strengthened muscles, and enhanced balance and coordination. By incorporating mini trampolines into your fitness routine, you can challenge yourself to new heights while having fun and getting a great workout. Whether you're a beginner or an experienced athlete, this rebounding class is an excellent way to mix up your



routine and take your fitness to the next level.

Class will be \$5 payable to instructor.

Class limited to 7 participants, rebounders provided.

**BACK BY POPULAR DEMAND**

## Cards & Camaraderie

Have fun and meet new friends  
Open to all adults in the community

**Free Entry**  
Thursdays: 6-8 PM  
Starting January 10, 2025

Enjoy one of our games or bring your own  
**No Skill Required**

Sponsored by:  
  
Spaulding Center for Active Living  
175 Port Rd., Kennebec

For More Info:  
207-967-8514  
Info@seniorcenterkennebec.org

Sign-ups appreciated, but not required

### Cards and Camaraderie

Thursdays, March 6, 13, 20, & 27  
6PM

Back by popular demand. Bring your own games or play one of ours and enjoy good company!



### Line Dancing with Maria

Fridays, March 7, 14, 21, & 28  
9:30AM

Line dancing is back!  
Come dance with us!

Join Maria DeVenney for Line Dancing!  
Learn to line dance in our beginner class.  
Cost: \$5/class payable to instructor.



### Uno & Rummikub

Fridays, March 7, 14, 21, & 28  
10AM

Join us for an exciting morning of classic fun with UNO & Rummikub games! Whether you're a UNO master or a Rummikub strategist, this event is the perfect chance to unwind, socialize, and test your skills in a friendly, competitive environment. **NO SKILL REQUIRED**

### Discover British Landscapes Presentation Monday, March 3, 2PM

Embark on the trip of a lifetime with the Spaulding Center and Collette by Discovering British Landscapes. Don't





miss this opportunity to experience the Beauty of Scotland, Wales & England! Join us Monday, March 3rd at 2:00PM for an informational presentation from Collette representatives.



### **Wet Felting Easter Eggs** **Thursday, March 13 & 20, 1PM**

Come join Beth Crowe and learn the craft of wet felting. Never heard of it? Remember that sweater that accidentally got thrown into the washing machine and came out looking like it would fit a toddler? That is wet felting, but we will be felting on purpose using beautiful candy colored wool, soap and plain water to create festive eggs to fill your Easter baskets this year. No experience necessary. \$10 payable to instructor



### **Wise Women Wondering** **Thursday, March 13, 11AM**

As women of a certain age, we have experienced a great deal thru the last few decades of our lives. Those experiences, both painful and joyful, have made us into the women we are today. You may not consider yourself “wise”, but you have earned that title by enduring the unpredictabilities of life and moving forward when the easy choice would have been to stand still. If you are looking for an exchange of ideas, some laughter and the opportunity to meet up with other women who have been tested by the vagaries of life, then join us once a month. A “wise” woman can learn from others while sharing some wisdom of her own.



### **No Book Book Club** **Thursday, March 13, 12PM**

The No-Book Book Club has an open-ended approach where discussions aren't tied to a specific reading. The new Silent Book Club gives participants a low-pressure environment

for members to read independently. The silent book club fulfills two things, it's an opportunity it's an opportunity to meet new people and potentially —because it's not mandatory—discuss books with others without an assignment of what book to read. It also appeals to individuals who mainly are more introverted and don't necessarily feel like they can join other book clubs that are more discussion based but want to get out of their home. Bring your own bagged lunch and we will provide desserts.



# PORTLAND BALLET

NELL SHIPMAN • ARTISTIC DIRECTOR

*presents*

## *Don Quixote*

FRIDAY, MARCH 14, 2025

Performance begins at 10am

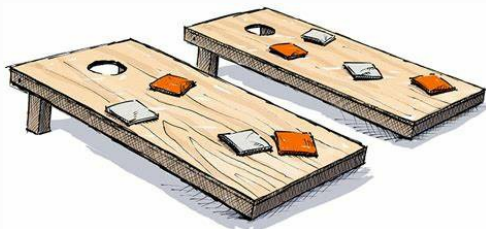
Westbrook Performing Arts Center

**\$15**

Includes round trip  
transportation from Spaulding  
Center and ticket price

*Shuttle will depart at 8:45 and return at approximately 11:30*

Limited tickets available  
Please reserve your spot today



**Cornhole**  
**Friday, March 14, 1PM**

Please join us for a fun afternoon of indoor cornhole! Team up with other members to score the most points.

**St. Paddy's Day Flower Arranging**  
**Monday, March 17, 1PM**

Come and create a lovely spring/St.





Paddy's centerpiece! Bring your favorite vase, all other supplies provided.  
**\$10 fee for supplies. Register by Thursday, March 13.**



**Kennebunk Beach Realty Presentation  
Tuesday, March 18, 2PM**

Join us on March 18th at 2:00PM for an insightful presentation hosted by Kennebunk Beach Realty, where we will talk about the local real estate market, share valuable tips about relocation, and refinancing options.



**Monthly Luncheon  
Thursday, March 20, 12PM**

Celebrate St. Paddy's Day with us! We will have a St. Paddy's Day themed Luncheon prepared and served by of Avita of Wells.

Menu will be a traditional St. Paddy's Day lunch: Corned Beef, Cabbage, Potatoes, Carrots, Irish Soda Bread, and Dessert Group will be limited to 50. \$15 per person.

**Deadline to Register: Tuesday, March 18.**



**Understanding Vascular Disease  
Friday, March 21, 12PM**

Join Dr. Elizabeth Blazick, MD from The Vascular Care Group for a presentation on vascular disease. Understand your risk factors, learn about the symptoms, and gain valuable information regarding the many treatment options available.

**March Madness  
Friday, March 21 & 28, 1-4PM**

Calling all basketball fans. Please join us





for March Madness Second Round and Sweet 16 games. Light snacks will be provided.



**Medicare 101**  
**Monday, March 24, 10AM**

Please join Miranda Butler, a local independent insurance agent specializing in Medicare. Miranda will be discussing the ABCD's of Medicare. Medicare 101 is intended to educate people about when to apply, what age, and the different parts of Medicare.

St. Paddy's Day  
Irish Whiskey  
Tasting

24 | March  
6:00 PM  
Ryan's Corner House Irish Pub

Get ready for St. Paddy's Day and join Certified Whisky Ambassador Michael Nugent, of The Perfect Dram, for a fun and informative tasting of 4 Irish Whiskeys.

Tickets are \$50 and include appetizers. Tickets are available in person or on our website.

FMI or to Purchase Tickets -  
[www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)

This event is a fundraiser for the Spaulding Center, a501(c)3 nonprofit serving adults 50+.  
Spaulding Center for Active Living | 175 Port Road, Kennebunk | 207-967-8514 | [seniorcenterkennebunk.org](http://seniorcenterkennebunk.org)

The poster features a dark green background with a decorative border of white leaves and clovers. The text is in a white serif font. On the right side, there is an illustration of three wooden whiskey barrels stacked together.



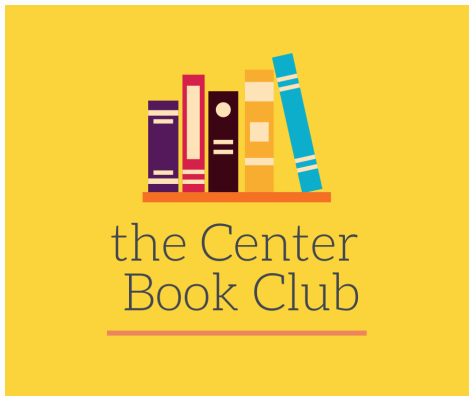
**Bridget's Lunch Bunch - Billy's Chowder House**  
**Tuesday, March 25, 11:30AM**

Join Bridget and enjoy good food, great company, and engaging conversation! Our monthly Lunch Bunch explores a different local restaurant for lunch. Individuals will be responsible for their own bill. Group will be limited to 11.



**Ogunquit Playhouse Volunteer Presentation**  
**Wednesday, March 26, 12PM**

Meet the staff of Ogunquit Playhouse while they talk about summer volunteer opportunities.



**Book Club**  
**Wednesday, March 26, 1PM**

Join us each month to chat with fellow bibliophiles about this month's selection! March's selection is *Spare* by Prince Harry.



[www.bergenparkinson.com](http://www.bergenparkinson.com)

**Keep it Legal**  
**Thursday, March 27, 9AM**

Sarah Neault, Esq. will be at the Center to consult on any legal matters. There will be two appointments available during this time, **beginning at 9AM**. Please call the Center today to schedule you time!  
**FULL, WAITLIST ONLY**



**Social Club**  
**Thursday, March 27, 11AM**

The Social Club is a brand-new group that meets once a month to discuss and plan excursions to local events, such as theater performances, movie screenings, and local restaurants. It's a fun and casual way to stay connected with like-



mindful individuals while exploring the latest in entertainment and dining in the area. Whether you're a fan of the arts, film, or food, The Social Club offers an exciting opportunity to discover and experience new things together.



**Men's Lunch Bunch - Alisson's  
Friday, March 28, 11:30AM**

Calling all men! Enjoy good food, great company, and engaging conversation! Our monthly Men's Lunch Bunch explores a different local restaurant for lunch. Individuals will be responsible for their own bill. Group will be limited to 11.

**Sign up required by March 24.**

**Click here to view the Full March  
Calendar!**

# WORTHY WEDNESDAY AT THE BURLEIGH

**WEDNESDAY, MARCH 12, 2025**

Mark your calendar to enjoy dinner at  
The Burleigh, inside the historic  
Kennebunkport Inn, in Dock Square.

The Burleigh will be donating 10% of all  
proceeds from 5PM to close to the  
Spaulding Center.





# WELLNESS + YOU = HAPPY 2025

We are pleased to offer many new classes for body, soul, and mind. Stop by and check out a class.

## MONDAY

### **Cardio & Stretch - 11AM**

Sue will be joining us Mondays at 11am for cardio and stretching. Participants are encouraged to bring their own mats and light weights (1-3lbs, optional). In this 45 minute class, Sue will walk through various stretches to target all areas of the body. Modifications can be provided. All skill levels welcome. \$5 per class payable to instructor.

## TUESDAY

### **Chair & Gentle Vinyasa Yoga - 10AM**

Explore the many ways yoga impacts body, mind, and soul. Each student is encouraged to develop their own sustainable practice to meet unique goals, needs, and abilities. \$5 per class payable to instructor.

### **Mindfulness II - 10AM**

This course is a continuation of the Introductory Mindfulness course previously held at the Center. Build on the foundational teachings and deepen our practice with additional instruction and guided meditations.

### **Art Workshop - 10AM**

A weekly workshop for artists to meet and work with instructor and artist Marguerite Genest. There is a fee of \$10 payable to the instructor for this workshop.

## WEDNESDAY

### **Strength & Balance - 9AM**

Join us on Wednesdays for this enjoyable and straightforward strength and balance class! Each session aims to improve your range of motion while strengthening your bones and muscles, using just a chair and your body weight. \$5 per class payable to instructor.

## THURSDAY

### **Rebounder Class - 5PM**

Rebounding is a low-impact, full-body workout that offers a unique combination of benefits, including improved cardiovascular health, strengthened muscles, and enhanced balance and coordination. By incorporating mini trampolines into your fitness routine, you can challenge yourself to new heights while having fun and getting a great workout. Whether you're a beginner or an experienced athlete, this rebounding class is an excellent way to mix up your routine and take your fitness to the next level. Class will be \$5 payable to instructor. Each participant will be responsible for purchasing their own rebounder trampoline.

## FRIDAY

### **Line Dancing - 9:30AM**

Line dancing is back! Come dance with us! Join Maria DeVenney for Line Dancing at the Center! Learn to line dance in our beginner classes. \$5 per class payable to instructor.

All classes  
offered at:



175 Port Rd.  
Kennebunk, ME 04043  
(207) 967-8514  
seniorcenterkennebunk.org



seniorcenterkennebunk



Spaulding Center for  
Active Living



**BACK BY  
POPULAR  
DEMAND**

# Cards & Camaraderie



**Have fun and meet  
new friends  
Open to all adults in  
the community**

**Free  
Entry**

**Thursdays: 6-8 PM  
Starting January 10, 2025**

**Enjoy one of our games  
or bring your own  
No Skill Required**

Sponsored by:



Spaulding Center for Active Living  
175 Port Rd., Kennebunk



For More Info:  
207-967-8514

[info@seniorcenterkennebunk.org](mailto:info@seniorcenterkennebunk.org)

Sign-ups appreciated, but not required

## **SAVE THE DATE!**

The Center will be traveling across the pond in 2025!  
Join us as we *Discover British Landscapes*  
with Collette Travel, October 19 - 28, 2025.

[Click here to view the  
itinerary!](#)

# TRAVEL

## SCOTLAND, WALES & ENGLAND



### EMBARK ON THE TRIP OF A LIFETIME WITH THE SPAULDING CENTER AND COLLETTE

#### DISCOVER BRITISH LANDSCAPES

OCTOBER 19 - 28, 2025

DON'T MISS THIS OPPORTUNITY TO EXPERIENCE THE BEAUTY OF  
SCOTLAND WALES & ENGLAND!

#### JOIN US MONDAY, MARCH 3RD AT 2:00PM FOR AN INFORMATIONAL PRESENTATION

##### PACKAGE HIGHLIGHTS

- EDINBURGH CASTLE
- YORK
- CHESTER
- CONWY CASTLE, WALES
- STRATFORD-UPON-AVON
- OXFORD
- LONDON

FOR MORE INFORMATION [WWW.SENIORCENTERKENNEBUNK.ORG](http://WWW.SENIORCENTERKENNEBUNK.ORG)  
CONTACT BRIDGET DEMPSEY AT THE CENTER (207) 967-8514



## Community Outreach Services

### FISH TRANSPORTATION SERVICES

Our FISH (Friends In Service Helping) Transportation Program volunteer drivers provide rides to Kennebunk, Kennebunkport, and Arundel residents who need rides to medical appointments. Riders may use FISH Transportation when they have no other means (friends, family) of getting to an appointment. *Please let staff know if you would like to volunteer to drive for FISH.*

### TENDER LOVING CALLS

Many older residents live alone and worry about falling or having an



accident at home. TLC callers can be arranged to check on the well-being of these residents and ensure they are safe. There is no charge for this service. *Please let us know if you are aware of anyone who can benefit from our TLC program.*

## **GRIEF SUPPORT**

Grieving the loss of a loved one is a personal journey that each of us will experience at some time in our lives if we have been lucky enough to love and be loved. Whether it is a sudden death or a long expected one, the loss of that person can be emotionally devastating.

If you have recently experienced the loss of a spouse, parent, child, family member or friend and are struggling to express your feelings of sadness, loneliness or even anger to close friends and family, this grief support group will offer you the room in which to express those feelings. The group is a safe, supportive presence for all who attend.

All are welcome and membership is not required.

## **CAREGIVER SUPPORT GROUP**

Caregiving can be a lonely role that is demanding and physically exhausting. This group is designed for you to get the understanding and support needed for this most difficult life experience. If you are the primary caregiver of a loved one, this group could offer the help needed to navigate your journey.

The facilitator has extensive experience in group facilitation, has been a caregiver herself, and would like to be able to help others.

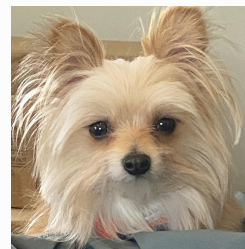
### **OUR STAFF**

**Bridget Dempsey**  
*Executive Director*

**Jessica Slachta**  
*Communications and Social Media  
Coordinator*

### **HOURS**

**Monday - Friday 8:30 - 4:00**



**Dooley Dempsey**  
*Official Center Support Dog*

### **Volunteer with Us**

The Center is always in need of dedicated volunteers. If interested, give us a call at 207-967-8514.

**FISH Medical Ride Program**



Our FISH Transportation Program provide free rides to area residents who need to get to medical appointments.

To register for the program or sign-up as a driver, please call us at 207-967-8514.

### Monthly Calendar

To view our monthly calendar, visit our website or stop by the Center to pick up a copy.

# Thank you to our generous sponsors

## Platinum



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and **CO.**

journey well



## CHARTER OAK CAPITAL MANAGEMENT

*Registered Investment Advisors*

### About Charter Oak Capital Management

For nearly 30 years, Charter Oak has supported the wealth management needs of New England's top earners. With offices in Portsmouth, NH, Kennebunk, ME, and Portland, ME, the firm has 5 partners, 16 employees, and currently manages approximately \$1b in assets.



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and associates · real estate LLC

**Bibber**  
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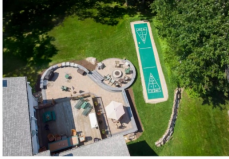
FAMILY OWNED AND OPERATED SINCE 1938



**Bronze**



DESIGN & INSTALLATION



CONSCIOUS MAINTENANCE



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**WELLS FARGO**

**Advisors**

Casco Bay Investment Group  
of Wells Fargo Advisors  
Susan Gilpatric, AAMS®  
Financial Advisor  
254 Commercial Street, St. 257  
Portland, ME 04101  
Direct: (207) 776-6218  
susan.gilpatric@wellsfargoadvisors.com  
<https://home.wellsfargoadvisors.com/>  
susan.gilpatric

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3 Langsford Road  
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*Don't neglect your health, reform it*



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**Life is better  
with friends.  
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