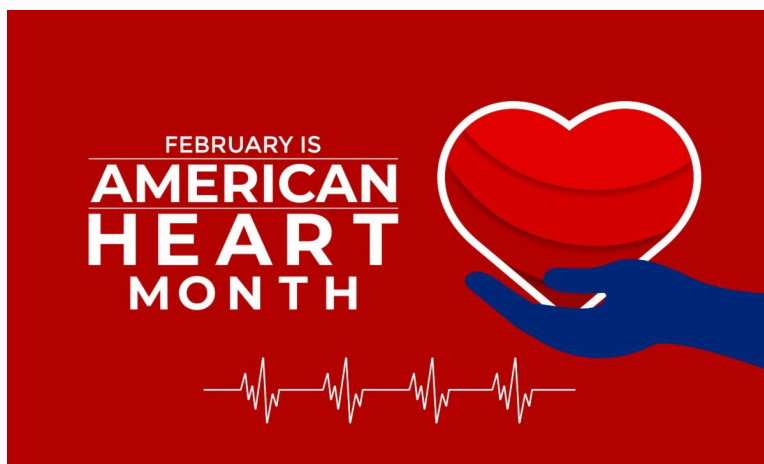




February 1, 2025

207-967-8514

Happy February



Did you know that staying active is one of the best ways to help your heart health? We are excited that we now offer 9 programs to get you fit and moving! Some new program highlights include:

- Strength & Balance with Serina
- Cardio & Stretch with Sue
- Ballroom Dancing
- 6 week Beginner Yoga Class
- Rebounder Class

Please read below for more information, including dates, times, and pricing.



January Italian themed monthly luncheon

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

1. Kindly leave the two (2) handicapped parking spaces directly in front of the entrance for members using canes, walkers, and wheelchairs.
2. Please do not use your phone on speaker inside of the building -- this is distracting to other members and programs.
3. Please keep politics outside the Center, as we want this to be a safe and welcoming environment for everyone.
4. If you have a grievance or negative feeling about a particular matter, please schedule a time to speak with Bridget directly.

5. NO refunds will be issued for paid programming.
6. 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.

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.

Sponsor Spotlight - Sew Source



The Sew Source is full-service upholstery shop for home, commercial, marine and automotive projects located in Wells, ME and Haverhill, MA. We would like to give them our generous thanks for the beautiful cushions for the benches in our lobby!

New and Noteworthy

We will be CLOSED for programming
February 17 (Presidents Day)

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.

As a reminder as the weather gets colder and snow is on the horizon: The Center follows RSU 21 for snow closures. If the schools are closed or delayed due to snow and dangerous driving conditions, the Center is closed/delayed.

Men's Coffee and Conversation
Mondays, February 3, 10, & 24
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.



Cardio & Stretch with Sue

**Mondays, February 3, 10, & 24
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.



Tech Class

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

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

February 11 - MyActiveCenter Set Up
February 25 - How to ApplePay



Beginner Yoga (6-week session)

**Tuesdays, February 18 & 25
5:30PM**

This will be a six-week session from February 18 through March 25. More details and pricing to come.

Strength and Balance with Serina



**Wednesdays, February 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.



Yoga for Older Adults

**Wednesdays, February 5, 12, 19, & 26
11AM**

Join us for sixteen weeks of **FREE** yoga as part of a study looking at the impact of yoga on self-perception on health. Looking for adults 50+ who are new to yoga and interested in **committing to a weekly class from February 5th through May 21st**. This class is open to all mobility and fitness levels with options for participation on a yoga mat or in a chair.



Hannah Haines is a 200-hour certified yoga instructor, and a nursing student at the University of Southern Maine. Hannah has been teaching yoga for the past seven years, and as a nursing student is interested in preventative care practices to support individual health across the lifespan. Hannah's classes promote variation and individual choices so each student can participate in a way that works for their body. She is excited to bring this programming to The Center!

Crochet Classes

**Wednesdays, February 5, 12, 19, & 26
10AM**

Learn to crochet these beautiful, but simple flowers. They can be turned into many different things like a bookmark, hair clip, earrings, etc., what you do with

Beginner Crochet Flowers!



them is up to you!

This project is not mandatory to come to crochet class! If you're stuck on a project or have another project in mind, Kristin will be there to help every step of the way!

Cost: \$10 payable to instructor



Ballroom Dance Basics - Session 2

**Thursdays, February 20 & 27
1PM**

The second Ballroom Basics is a six-week session **from February 20 through March 27** 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, February 6, 13, 20, & 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. Each participant will be responsible for purchasing their own rebounder trampoline, please contact Bridget for more information.



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

Sign-ups appreciated, but not required

Cards and Camaraderie

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

Back by popular demand, Cards & Camaraderie will start again on January 9th. Bring your own games or play one of ours and enjoy good company!



Line Dancing with Maria

Fridays, February 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, February 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



Medicare 101
Monday, February 10, 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.



Galentine's Speed Friending
Tuesday, January 11, 11AM

It's speed dating with a twist! Members get 5 minutes to meet a new friend before time is up...and they meet another member!



Saving Senior Stories
Tuesday, February 11, 12PM

Do you know that those who love you cherish your stories, memories, and wisdom? These are the things they will miss most about you. Your stories, memories, and wisdom can now be kept alive forever.

Learn more about Saving Senior Stories before your stories are forgotten, gone, or lost.



Taming the To-Do List
Tuesday, February 11, 1-3PM

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the "To Do" list, and how we underestimate time. Tips on how to stop procrastinating and being overwhelmed will also be discussed. **\$10 per person for materials.**

Valentine's Flower Arranging
Wednesday, February 12, 1PM

Come and create a lovely Valentine's Day



centerpiece! Bring your favorite vase and we will supply everything else.
\$10 fee for supplies. Register by Monday, February 10.



Valentine's Chocolate Tasting **Thursday, February 13, 10AM**

Test your tastebuds during a "blindfold" chocolate truffle taste test. Sample a variety of truffle flavors and see if you can guess them all!



Wise Women Wondering **Thursday, February 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, February 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 one of our 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.



Bridget's Lunch Bunch - Baston River Friday, February 14, 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.

Due to the popularity of Lunch Bunch, we will be implementing a lottery system. Sign ups are due by 12pm on Feb 10, and winners will be notified later that afternoon.



Afternoon Movie Friday, February 14, 1:00PM

Join us for a showing of When Harry Met Sally, our special Valentine's Day feature. Watch the movie trailer [here](#).



Men's Lunch Bunch - Sebago Brewing Thursday, February 20, 12PM

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 Feb 18.

Monthly Luncheon Tuesday, February 25, 12PM

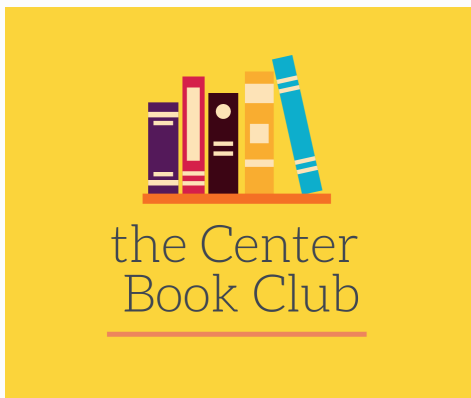
Please join us for our January Luncheon at Federal Jack's.



Menu:
Haddock *or* Chicken Sandwich
Side of French Fries

Group will be limited to 25. \$15 per person.

**Deadline to Register: Friday, Feb. 21.
Max 30 participants.**



Book Club
Wednesday, February 26, 1PM

Join us each month to chat with fellow bibliophiles about this month's selection! February's selection is *Tell Me Everything* by Elizabeth Strout.



Keep it Legal
Thursday, February 27, 9:30AM

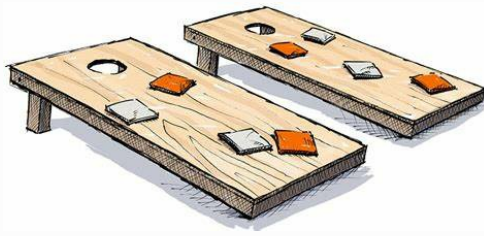
Sarah Neault, Esq. will be at the Center to consult on any legal matters. There will be two appointments available during this time, **beginning at 9:30AM**. Please call the Center today to schedule you time!
ONE SPOT AVAILABLE



Social Club
Thursday, February 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-minded 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.



Indoor Cornhole
Friday, February 28, 1PM

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

Click here to view the Full February 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
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**Free
Entry**

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

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

Spaulding Center for Active Living
175 Port Rd., Kennebunk



For More Info:
207-967-8514

info@seniorcenterkennebunk.org

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

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**FOR MORE INFORMATION 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.

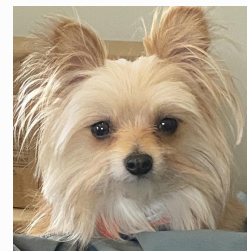
OUR STAFF

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.

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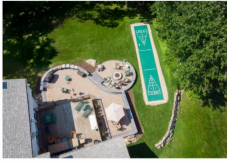
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