

December 1, 2024

207-967-8514



HAPPY HOLIDAYS!



Thank you to everyone who came to our open house and ribbon cutting ceremony. During the ceremony we made a special announcement. For those that missed it, we are excited to announce our new name: the Spaulding Center for Active Living.

The name change honors the organization's founders, Annie and Hank Spaulding, who established the center in 1990 to address the challenges of social isolation among seniors. Originally known as "Center at Lower Village – A Gathering Place for Seniors," the Spaulding Center has grown to become a vital resource for residents of Kennebunk, Kennebunkport, Arundel, and beyond fostering community connections and improving quality of life for older adults.



Ten days in Italy was not enough for our curious travelers. With tours of the Vatican, cooking classes, gondola rides, and more, our travelers took in everything Italy had to offer!





As a courtesy to our fellow members, 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.

**You belong at The Center!
Friday Open House
9–10:00 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 - Kitchen Chicks Catering



Thank you to our Bronze Level Sponsor, Kitchen Chicks Catering!

Kitchen Chicks has been sharing their passion for delicious food, creative cocktails & personalized service with clients from Boston to Bar Harbor since 2001. They are a full service catering company, located in beautiful Kennebunk, Maine.

"At Kitchen Chicks Catering we offer fun elegant food for every occasion."

Instructor Spotlight

Elizabeth Converse, Ballroom Dancing (Coming January 2025)



Elizabeth Converse started ballroom dance after college when a friend's parents opened a ballroom studio and needed students. This accidental introduction opened a world where music took physical form. Each dance has its own history, flavor, and music. The more she learned, the more there was to learn. More dances, more technique, more steps.

After some time off, an injury brought her back to dance. Ballroom dance was exactly what she needed to improve her range of motion and improve her balance. This also added a new dimension to dance, it's not just fun, it's good for us.

For the last two years, she's been teaching dance to share these things with the broader public. The long-term plan is to bring social dancing back as an option for going out on the town. In the short term, this means teaching beginners to move well. Whether the students need help with learning steps, learning how to move in their body, or how to ask someone to dance, Elizabeth is happy to help.

Prelude Volunteer Opportunities

Prelude is bigger and better this year! We are looking for volunteers to help assemble wreaths, swags, and boxwood trees, work the Holiday Fair, and volunteer at Maine Art Hill photo booth.

Decorate wreaths, make boxwood trees, and volunteer at Artisan Fair

Maine Art Hill photo booth volunteers needed



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HERE



VOLUNTEER
HERE

New and Noteworthy

We will be CLOSED for programming
December 2-6 (Holiday Fair Prep) &
December 23-January 1 (Holiday Break)

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.



Tech Class

Tuesdays, December 10 & 17
12PM

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

Line Dancing with Maria



**Fridays, December 13 & 20
9AM**

**Line dancing is back!
Come dance with us!**

Join Maria DeVenney for Line Dancing! Learn to line dance in our beginner classes or build your skills with our improver classes! **Cost: \$5/class payable to instructor.**



www.bergenparkinson.com

**Keep it Legal
Monday, December 9, 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!



**Strength and Balance with Serina
Wednesday, December 11, 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.



**Christmas High Tea
Wednesday, December 11, 2PM**

Join us for a traditional British Christmas high tea before we close for the holiday season. We will have a full array of sweet and savory delicacies.

RSVP by Monday, December 9.

Wise Women Wondering



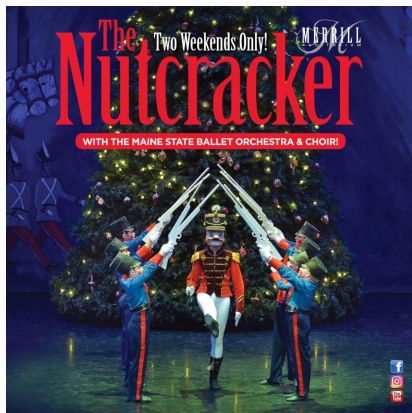
Thursday, December 12, 11AM

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.



**Holiday Trivia and Cookie Swap
Friday, December 13, 11AM**

Please join us for a fun and festive Holiday Cookie Swap! Bring two dozen of your favorite holiday confection (cookies, fudge, brownies, etc.) and enjoy holiday trivia and a hot cocoa bar while you sample and trade treats! Registration required.



**The Nutcracker presented by
Portland Ballet
Tuesday, December 17, 9AM**

Join us for a matinee showing of The Nutcracker presented by the Portland Ballet at the Merrill Auditorium. Shuttle will depart the center at 9am and return at 1pm.
Tickets: \$25. WAITLIST ONLY



MEMBER *Holiday* BRUNCH

Wednesday, December 18, 2024
11:00am

Our Members are invited to join us
for our holiday brunch. Enjoy live
music and a buffet style brunch.

R.S.V.P Required by December 13
207-967-8514





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- ...and much more!



FREE ENTRY

Friday,
December 6th
Noon - 5pm

Saturday
December 7th
9am - 4pm



Saturday
December 14th
9am - 4pm



175 Port Road, Lower Village, Kennebunk
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*** JANUARY SNEEK PEAK!! ***

YOGA for Older Adults with Hannah

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 on **Wednesdays, from 11am-12pm**. 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!

[Ballroom Dance Basics with Elizabeth](#)

Ballroom Basics is a six-week session where we focus on two ballroom dances. By the end, the goal is for you to feel comfortable dancing a full song in each dance.

This class is designed for absolute beginners who want to give ballroom dance a try as well as returning dancers who are brushing up on your basics. To reach that goal, along with in-class instruction, you will get handouts of the steps covered and a weekly email with YouTube links to that week's steps. You will also be learning to lead or follow and starting to work on proper body movement and technique. No partner or previous dance experience is necessary, just a willingness to learn!
\$70 per person for entire 6 week session.

[Cardio and Stretch with Sue](#)

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.

[Click here to view the Full December Calendar!](#)

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!](#)



CASH CALENDARS ARE BACK!

The cash calendar will be back for a drawing every day in January 2025!

Calendars are available to purchase (CASH ONLY)

at the reception desk until December 20th.

This is the perfect opportunity to grab a few to give out for the holidays!



175 Port Road, Kennebunk, ME 04043
 207-967-8514
www.seniorcenterkennebunk.org

January 2025 Cash Calendar

Calendar Fundraiser: \$10.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thank you for supporting the Center! Your generosity will help fund programs that benefit adults 50+.			1 \$250	2 \$25	3 \$25	4 \$50
5 \$50	6 \$25	7 \$25	8 \$25	9 \$25	10 \$25	11 \$50
12 \$50	13 \$25	14 \$25	15 \$125	16 \$25	17 \$25	18 \$50
19 \$50	20 \$25	21 \$25	22 \$25	23 \$25	24 \$25	25 \$50
26 \$50	27 \$25	28 \$25	29 \$25	30 \$25	31 \$250	

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 Rayanne 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

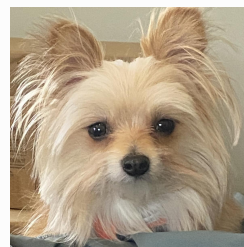
Bridget Dempsey
Executive Director

Jessica Slachta
*Communications and Social Media
Coordinator*

Rayanne Coombs
*Community Engagement
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

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Community




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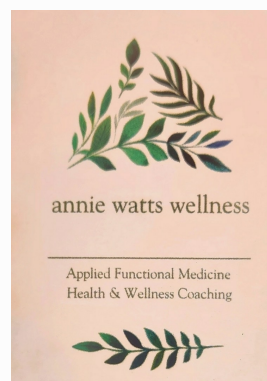
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