



January 1, 2025

207-967-8514

HAPPY NEW YEAR!!

Lots of holiday cheer around the Center this holiday season



We are so grateful for our dedicated Elder Elves volunteers who packed our gift bags in record time this year. The Elder Elves program is a vital part of our community to bring holiday cheer to those who are alone during the season, and we could not accomplish it without all the help of our volunteers and donors.



What a beautiful performance of A Victorian Nutcracker presented by the Portland Ballet. Thank you to everyone who went!



Our gift to you! We were in awe over the turnout for our member holiday brunch.



Thank you to Janet Wentworth and Mark Gunter for the beautiful music.



We hope you had a great holiday season and we cannot wait to go through 2025 with you all!

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.

**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 - Sylco Cabinetry



Thank you to our Gold Level Sponsor, Sylco Cabinetry!

For over 40 years, Sylco Cabinetry has been designing, handcrafting and installing cabinets in homes and businesses. We are known and respected by builders, designers, architects and homeowners throughout Southern Maine and have a strong track record and reputation of providing

New and Noteworthy

We will be CLOSED for programming
January 1 (New Years Day),
January 17 (Private Event),
& January 20 (MLK 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.



Cardio & Stretch with Sue
Mondays, January 6, 13, & 27
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, January 14 & 28
12PM

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



Strength and Balance with Serina **Wednesdays, January 8, 15, 22, 29** **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.



Rebounder Class **Thursdays, January 16, 23, & 30** **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.

Cards and Camaraderie **Thursdays, January 9, 16, 23, & 30** **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!

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



Ballroom Dance Basics

Thursdays, January 9, 16, 23, & 30
1PM

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.



Line Dancing with Maria

Fridays, January 3, 10, 17, 24, & 31
9:30AM

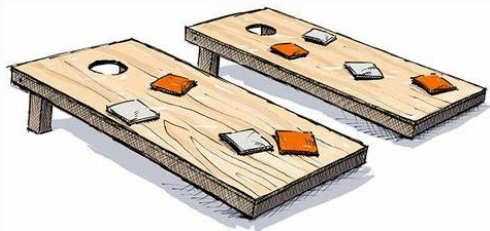
Line dancing is back!
Come dance with us!

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.**



Wise Women Wondering Thursday, January 9, 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.



Indoor Cornhole Friday, January 10, 2PM

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



Automotive Winter Tips Tuesday, January 14, 11AM

Meet one of the technicians from Patriot Subaru to learn how to keep your car maintained and safe during the cold, icy winter months.



My Dying To-Do List Thursday, January 14, 1-3PM

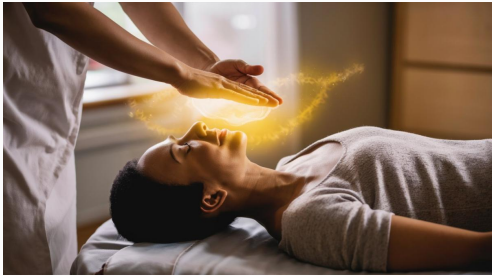
Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving Family, Finances, Future, Funeral. You will leave with a list of resources. This is an informational seminar only. **\$15 per person for materials.**

Social Club Thursday, January 23, 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.



Is Reiki Right for You? Friday, January 24, 11AM

Carol is the founder of Cornerstone Creative Wellness Solutions in Wells, Maine where she offers yoga and Reiki to support health and wellness. Carol believes in providing a safe and supportive atmosphere to support people to identify what they need to feel their best and live their best lives. During her presentation, Carol will discuss what reiki is, how it can be beneficial, and its uses in healthcare.



Monthly Luncheon Friday, January 24, 12PM

Please join us for our January Luncheon at the Center for a "Mangia" Italian Lunch, featuring Caesar salad, lasagna, and cannolis.

Group will be limited to 70. \$15 per person.

Deadline to Register: January 20



Afternoon Movie Friday, January 24, 1PM

Join us for a showing of Funny Girl featuring Barbra Streisand. Watch the movie trailer [here](#).

Bridget's Lunch Bunch - Alisson's Monday, January 27, 12PM

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 Jan 16, and winners will be notified later that afternoon.**

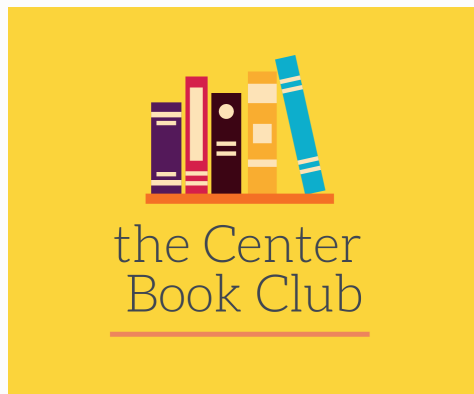


Yoga for Older Adults Wednesdays, January 29 11AM

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. 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!



Book Club Wednesday, January 29, 1PM

Join us each month to chat with fellow bibliophiles about this month's selection! January's selection is [*The Women by Kristen Hannah*](#).

Keep it Legal



www.bergenparkinson.com

Thursday, January 30, 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!

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

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Cards & Camaraderie



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

**Free
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175 Port Rd., Kennebunk



For More Info:
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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!](#)



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.

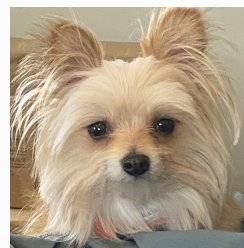
OUR STAFF

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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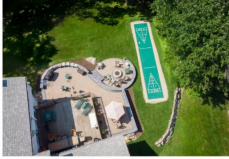
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