



September 2021 Newsletter

A Message from our Executive Director

What? It's September already???? Where did the summer go? I hope you found ways to enjoy yourself, your family and friends during the summer months. September is a beautiful time here and we're looking forward to sharing time with you all.

I want to thank everyone who helped to make our Affairs to Remember Auction a success. The volunteers, the planning committee, our sponsors, those who donated offerings, and the folks who attended - what a wonderful way to re-introduce an in-person event.

Our Annual Meeting for members is scheduled for **Monday September 13th at 10 AM**. This is our opportunity to share a review of the last year, introduce the winners of the Model of Positive Living award and receive your vote for new members of our Board of Trustees. Please call the Center to register for the meeting today!

The Membership Drive is in full swing. Anyone who joins in August, September and October can do so at an introductory rate of \$50 for their first year. Members who refer new members who join by Oct 31st will be entered into a drawing for each person who joins!!

Dori and I look forward to seeing you this month - please take a look at the September programming highlighted below. If there are topics or programs you'd like to see in the coming months, please contact Dori with your suggestions!

Keep Smilin'
Kate

Staff

Kate Jollie
Executive Director

Dori Lam
Membership & Volunteer
Engagement Manager

Center Hours
Monday-Friday
8:30-4:00

Volunteer With Us!

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

FISH Ride Program

Our FISH Transportation Program volunteer drivers provide 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 Calendars

To find monthly calendars, **go to seniorcenterkennebunk.org** and click on "**Newsletter/Calendar**"

September Programs and Events

Call or Email the Center to register: 207.967.8514 | info@seniorcenterkennebunk.org

The Center will be closed for all programming on Monday, September 6 in observance of Labor Day.

New and Noteworthy

Art Trail of the Kennebunks

Join us in a celebration of the artists of Kennebunk with the September Art Trail of the Kennebunks! We will have wine, snacks, and featured art from our fabulous and talented Center art students - some of whom may be here for a chat about their work!



Event Date:

Friday, September 10, 5:00-7:00



The Center 2021 Annual Meeting

We will be executing our annual membership meeting in person at The Center this year. We will share a summary of the past year, announce our Model of Positive Living award winners and ask for your vote on the nominees for the Board of Trustees.

Light refreshments will be served!

Meeting Date & Time:

Monday, September 13, 10:00

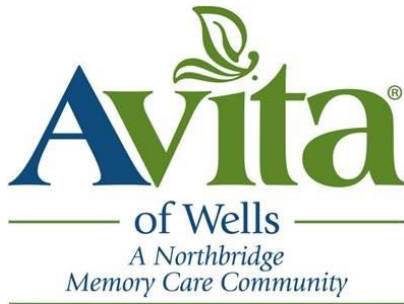
Maine Senior College Presentation

Join us for an informative conversation about the fun and educational programs offered through the Maine Senior College! Learn more about how to become a lifelong learner!



Program Date:

Tuesday, September 14, 1:00



September Luncheon - Curbside Pickup or Eat In!

Please join us for our September Luncheon, provided by Avita of Wells and served curbside pickup style with limited in-person seating also available!

Menu:

Choice of starter: Garden Salad **or** Butternut Squash Bisque

Choice of Entree: Butternut Squash Ravioli with Sage Cream Sauce **or** Baked Cranberry Chicken with Sweet Potatoes and Asparagus

Dessert: Homemade Apple Pie

Luncheon Date:

Friday, September 17, 12:00-1:00

Sign-up is required; there will be a maximum number of 30 participants and a fee of \$5, payable at pickup.

Historical Portland, Maine Photojourney with Joe Barnett

Join us in welcoming local photographer Joseph Barnett in a presentation of his wonderful photographs that capture the historical beauty of the doors of Portland, ME.



Historical Portland Maine

by Joseph Barnett

Presentation Date:

Friday, September 24, 2:00



Conversational Spanish with Ginni

Join Ginni in a Conversational Spanish Language Adventure where you will be speaking Spanish the very first day! It will be a fun learning experience focusing on conversation and rolling your "R's"! You'll amaze yourself by how linguistic you really are!!! Arriba!!

Class Dates:

This is a 6-week in-person class
Every Tuesday and Thursday from Sept. 21
- Oct. 28, 1:00-2:00 pm

Regular Recurring Programs

In-Person Walking Group

Are you interested in getting some physical activity and meeting new friends? Join our walking group! This group will meet at the Center each week and take a walk of their choosing.

Group Dates:

Every Wednesday at 12:30

Chair Yoga with Mandy

We are pleased to be working with Mandy Nelson to offer Chair Yoga classes! The cost is \$3 per class.

We will be offering this class both on Zoom AND in-person - registration required!

Class Dates:

Mondays 1:00 pm
Thursdays 10:00 am

Phone Bingo!

Join us every other Tuesday via phone (no internet required!) for free BINGO and a chance to win a gift card to a great local business!

To register and receive a card, call the Center or email [Dori](mailto:Dori@seniorcenterkennebunk.org):
info@seniorcenterkennebunk.org

Program Dates:

Tuesday, September 7, 1:30 pm
Tuesday, September 21, 1:30 pm

Floor Yoga with Mandy

We are pleased to be working with Mandy Nelson to offer Floor Yoga classes! The cost is \$3 per class.

Beginning in mid-July we will be offering this class both on Zoom AND in-person - registration required!

Class Dates:

Thursdays 10:00 am

American Mahjong Group (Intermediate)

Join for some American Mahjong play with this intermediate group!

Group Dates:

Wednesdays 1:00-3:00 pm

Hand and Foot

Join for weekly gameplay of this beloved card game!

Group Dates:

Mondays 1:30-3:00 pm

Novice American Mahjong

Join for some American Mahjong play with this novice group!

Group Dates:

Thursdays 1:00-3:00 pm

Craft Group

A weekly gathering - bring your own craft projects and chat with other members while you work!

Group Dates:

Wednesdays 10:00-1:00 pm

Cribbage

A strategic card game for 2 to 4 players, using a cribbage board and pegs for scoring.

Group Dates:

Wednesdays and Fridays 1:00-3:00 pm

Art Workshop

A weekly workshop for advanced painters to meet and work with instructor and artist Liz Armstrong.

Group Dates:

Tuesdays 10:00-1:00 pm

Knitting Group

Join Jackie Samson in person at the Center for knitting group. Jackie shares her expertise with you on your own project. All levels are welcome. Plus it's a wonderful way to make new friends.

Group Dates:

Fridays 10:00-1:00 pm

Bridge

We have different bridge groups that meet and play at the Center every day. Please call for more information!

Group Dates:

Every day, times vary by group



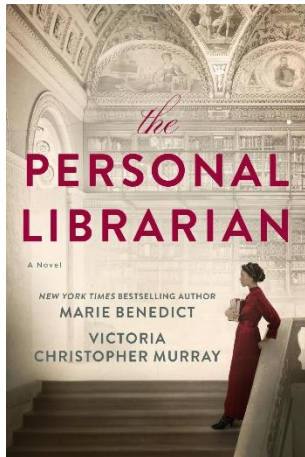
Book Club

Join Dori for the Center's September Book Club Meeting! We meet on the last Wednesday of each month to discuss our latest book and to help select the next one!

Our book for September is **The Personal Librarian** by Marie Benedict. Pick up your copy, read along, and join us at our meeting!

Meeting Date:

Wednesday, September 29, 1:00 pm



Grief Support with Carol

We all have or will lose someone we love. As we age, loss becomes a more common experience and the grief that comes with it becomes a part of us. Self-care at this time includes having the support of others experiencing grief. Carol MacLeod, a retired advanced practice nurse in psychiatry, has background in this area and leads the group. **Registration required.**

Program Dates:
Thursdays at 11:00 am



The Grief Support Space is sponsored by the Bibber Family and Bibber Memorial Chapel. The Center is grateful for their support and Carol's leadership of this program that helps so many in need.

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Volunteer Spotlight



Affairs to Remember Auction

Our Affairs to Remember Auction was held on August 18th at Webhannet Golf Club and thanks to those of you who attended, donated items, and volunteered it was a rousing success! We couldn't do it without you, and we are already looking forward to next year!

September Birthdays

Richard Baker
Barbara Berry
Helen Bisbee
Jean Conaty
Ginny Crowley
Sally Gilpatric
Kathy Hughes
Diane Israelson

Sally Leech
Rita Manchester
Sue Ellen Muse
Patricia Quattrochio
Carol Reid
Karen Searle
Jane Seigel
Louise Storey
Judith Ann Tilli

Happy Birthday!

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