



October 2021 Newsletter

A Message from our Executive Director

Welcome to Fall....almost.

I can't believe that it is October already....the year is flying by.

We are excited about the coming holiday season and are getting prepared already! Volunteer opportunities abound at this time of year. Elder Elves will be looking for volunteers to help with wrapping, gift solicitation and gift creation! Please talk to Dori to sign-up for the Elder Elves activities.

Boxwoods and wreathes will be the calling cards for our Holiday Fair scheduled for Saturday December 4th. Please be on the lookout for volunteer opportunities for everything from bow creation, boxwood creation and wreath decorating between now and early December.

Thanks to all who were able to attend our Annual Meeting on September 13th. Great to see you in person again! We were pleased to announce the winners of our 2021 Model of Positive Living Award at the meeting: John "Rocky" Furman and Elaine Talevi. Both winners clearly demonstrate their commitment to their community and living their lives in a positive compassionate manner. Both winners are great examples of the people we should strive to be. Congratulations to Rocky and Elaine.

Our October programming includes everything from Medicare informational sessions to a guided trail walk at Hope Woods Cemetery! Beautiful time of year here in Maine...so fortunate to be sharing with you all.

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"**

October 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, October 11 in observance of Indigenous Peoples' Day.

New and Noteworthy

Calling all Bridge Players!

Want to play bridge but can't commit to joining a regular group? Sign up to be a sub! All of our regular bridge groups are looking for subs, and it's a great way to meet new people and enjoy some gameplay!

Call the Center (207-967-8514) to be put on the sub list!

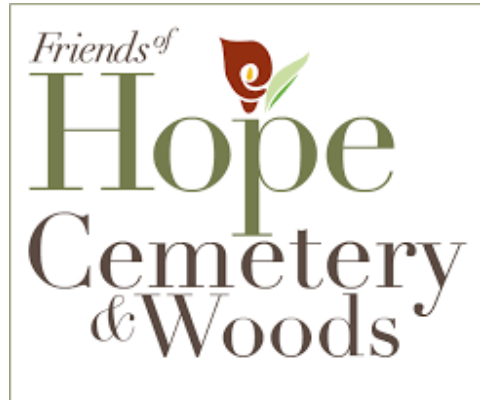


Friends of Hope Cemetery & Woods Guided Trail Walk

The Friends of Hope Cemetery & Woods have a new accessibility trail! This trail is specifically intended for people with walkers, wheelchairs, or canes to be able to explore the great outdoors! Join botanist Gordon Collins for a guided walk of the accessibility trail.

Trail Walk Date:

Friday, October 8th, 10:00AM
at Friends of Hope Cemetery & Woods



Caregiver Information Session with SMAAA



Who is a family caregiver? A family caregiver (or "care partner") is anyone helping to support an older adult to live independently or in the community. Join Lori Campbell from Southern Maine Area Agency on Aging (SMAAA) as she discusses the resources and programs available in Southern Maine for anyone who is or will be a family caregiver or care partner. This session will offer insight into available training sessions, financial assistance programs, respite programs and more that are available to assist and inform anyone who is or will be a family caregiver or care partner. This is an informational session followed by a Q&A.

Presentation Date:

Monday, October 18, 3:00PM

A flyer for a Medicare informational workshop. On the left, a green and white logo for "Senior Planning Center" is displayed, with "MAINE'S LEADING" above and "SENIOR RESOURCE" below. Below the logo, the event dates are listed: "Event Date: Tuesday, October 26th, 2022 10:30 AM - 11:30 AM" with an AARP logo, and "Tuesday, October 19th, 2022 10:30 AM - 11:30 AM" with an Aetna logo. On the right, a green header reads "2022 Medicare Products with Many New Benefits". Below this, two questions are posed: "Are you aware there are programs to reduce the cost of Medicare?" and "Do you have questions about options during Medicare's Annual Enrollment for 2022?". A photo of Kathy Kotakis is shown, with text stating: "Join us for an informative Medicare meeting with Kathy Kotakis, a licensed agent from the Senior Planning Center to learn about Aetna's/United Healthcare, and AARP new Medicare Plan benefits for 2022." At the bottom right, it says "Call Today to Reserve Your Seating: 207.332.6732".

Senior Planning Center Medicare Informational Workshops

Join licensed agent Kathy Kotakis from Senior Planning Center as she discusses Aetna/United Healthcare and AARP's new Medicare Plan benefits for 2022. She will discuss available programs to reduce the cost of Medicare and answer your questions about Medicare's Annual Open Enrollment for 2022.

Workshop Dates:

Aetna: Tuesday, October 19, 10:30-11:30AM

United Healthcare & AARP: Tuesday, October 26, 10:30-11:30AM

Space is limited - Center members should call or email the Center to register!



Fall Flower Arranging Class with Dianne

Join Dianne for a fun in-person flower arranging workshop! Dianne will use her expertise to guide you through creating a lovely fall flower arrangement that you can take home.

Cost of the program is \$12 for the flowers and the pumpkin.

Program Date:

Thursday, October 28, 1:00PM

**Registration Deadline:
Tuesday, October 26**



www.bergenparkinson.com

Keep it Legal with Milda Castner, Esq.

Attorney Milda Castner, Esq. of Bergen Parkinson will meet with you privately, *one-on-one in-person* at the Center to answer legal questions. For members only. Free. **Call the Center to arrange a 30-minute meeting with Milda. Pre-registration is REQUIRED.**

Available Sessions:

Monday, Nov. 1, 9:00-9:30

Monday, Nov. 1, 9:45-10:15

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 12:30pm

Chair Yoga with Mandy

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

Mandy will join us via Zoom from her studio at home, and you are welcome to join us via Zoom from anywhere, or practice with us in person at the Center—registration required!

Class Dates:

Mondays 1:00pm

Thursdays 9:00am

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:

info@seniorcenterkennebunk.org!

Program Dates:

Tuesday, October 5, 1:30pm
Tuesday, October 19, 1:30pm

Floor Yoga with Mandy

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

Mandy will join us via Zoom from her studio at home, and you are welcome to join us via Zoom from anywhere, or practice with us in person at the Center- registration required!

Class Dates:

Thursdays 10:00am

American Mahjong Group (Intermediate)

Join for some American Mahjong play with this intermediate group!

Group Dates:

Wednesdays 1:00-3:00pm

Hand and Foot

Join for weekly gameplay of this beloved card game!

Group Dates:

Mondays 1:30-3:00pm

Novice American Mahjong

Join for some American Mahjong play with this novice group!

Group Dates:

Thursdays 1:00-3:00pm

Craft Group

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

Group Dates:

Wednesdays 10:00-1:00pm

Cribbage

A strategic card game for 2 to 4 players, using a cribbage board and pegs for scoring. Join in and make some new friends!

Group Dates:

Wednesdays and Fridays 1:00-3:00pm

Art Workshop

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

Group Dates:

Tuesdays 10:00-1:00pm

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:

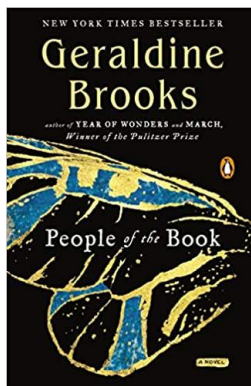
Fridays 10:00-1:00pm

Virtual Tai CHI

Virtual tai chi at the Center classes will be appropriate for all interested- even those new to tai chi. Taught by Michael Elliott, who has practiced tai chi for over 45 years, these classes at the Center will be for members only and will cost \$3 per class.

Class Date:

Tuesday, Oct. 5, 10:00am
Tuesday, Oct. 19, 10:00am



Book Club

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

Our book for October is **People of the Book by Geraldine Brooks**. Pick up your copy, read along, and join us at our meeting!

Meeting Date:

Wednesday, Oct. 27, 1:00pm

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



Elder Elves

Calling all Elves! Our Elder Elves Program brings gift bags to isolated seniors at the holidays, and we need you! Join the committee to help plan, volunteer to make bows, wrap gifts, ask about our donation wish list!

Call or Email Dori to get involved: 207-967-8514 | info@seniorcenterkennebunk.org

October Birthdays

Ginger F Bevan
Robert Blackmore
Dolores Choquette
Lucille Donovan
Lynne Dougherty
Peter Edmands
Alma J. Elkins
Judy Finnegan
Allen Foehl
Frances Giardino
Adrienne Wilson Grant
Elizabeth Grant
Betsy Groman
Gail Hackett Clarke
James Harris
Cynthia Hayes

Dianne Howard
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William Martel
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Happy Birthday!

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