



November 2021 Newsletter

A Message from our Executive Director

Good Day Everyone,

Fall has been beautiful this year. I hope you have had a chance to get out and enjoy the beautiful weather and the colors.

The holiday season is coming up quickly and with it opportunities to volunteer your time and your generosity. Elder Elves is kicking off and we are looking for volunteers to wrap gifts, fill the gift bags and more. If you are interested please see the call for volunteer section below. We are looking for donations of stamps, 250 piece jigsaw puzzles, notecards/greeting cards, puzzle books and Hannaford gift cards. Our bow makers have already created the beautiful bows for the packages ... but more volunteer opportunities are still available!

Our Holiday Fair is scheduled for Saturday, December 4th - the first weekend of Prelude! Our famous boxwood trees, wreaths, and sprays will be available as well as a return of our Cash Calendar, gift basket raffle, and our 3-ft pre-lit decorated artificial tree auction. Looking for volunteers to help decorate wreaths and make the boxwood trees starting Nov 29th through Dec 2nd. Please see the volunteer section below for more information.

Members can once again pre-order their wreathes by contacting the Center from Nov 3-17th. Please see the information below for details.

Our Annual Appeal is underway and will run through the end of the year. Thanks to all who have graciously donated. Remember your donation goes further thanks to the matching pledges from Kennebunk Beach Realty and Sheila Clark-Edmands and Peter Edmands. We appreciate your consideration of this very important appeal.

Our programming is going strong throughout the months of November and December. We look forward to seeing you here at the Center and through our ZOOM lenses!!!

Stay warm and 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](https://seniorcenterkennebunk.org) and click on "Newsletter/ Calendar"

November Programs and Events

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

The Center will be closed for all programming on Thursday, November 11 in observance of Veterans Day and Thursday & Friday, November 25 & 26 in observance of Thanksgiving.

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.

We also post on the local TV stations if the Center is closed. So, if there is a storm and you're wondering if we are open, check the TV listings and look for "THE CENTER"! We try to send out email notifications if we are closed or on a delay as well.

New and Noteworthy

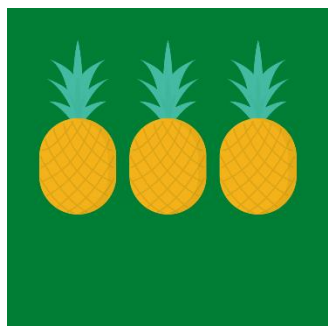
Holiday Greens Presale for Members

Orders for Holiday Wreaths for Members will be taken November 3 - 17.

14 inch double faced wreaths with red or plaid bow are \$22

12 inch double faced wreaths with red or plaid bow are \$15

Please call the Center to place your order.



Membership Drive Extended!

What makes the Center so great? Our members! With that in mind, we are extending our Membership Drive until the end of the year! What does this mean?

If you haven't yet joined the Center you can do so between now and December 31, 2021, for the discounted rate of \$50 for your first year. If you are referred by an existing member, let us know and they'll be entered into a drawing for a gift card!

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!





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

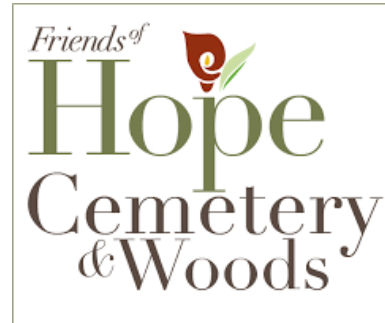
**Friends of Hope Cemetery & Woods
Guided Trail Walk**

Join Botanist Gordon Collins for another walk in the woods at Hope Cemetery & Woods! We will be doing the Universally Accessible Trail, which is .81 miles and rated for wheelchairs, walkers, and canes and Gordon will talk us through some of the fascinating flora and fauna on the trail!

Trail Walk Date:

Friday, November 5, 10:00-12:00
at Friends of Hope Cemetery & Woods

Please contact the Center to register and receive a map!



**Senior Planning Center Medicare
Informational Workshop**

Join licensed agent Kathy Kotakis from Senior Planning Center as she discusses Aetna'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 Date:

Aetna: Tuesday, November 9, 10:30-11:30AM

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

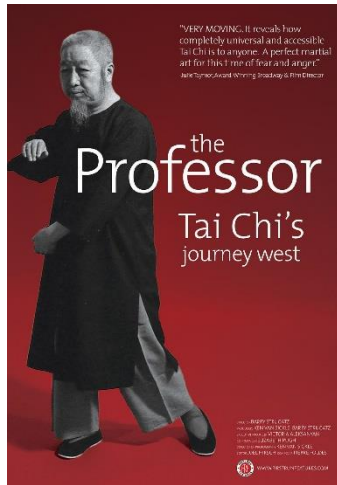
Game Days

Stop by the Center and find a partner for a board game! Chess, checkers, scrabble, dominos, backgammon and more. A great way to meet new friends with similar interests. This is drop in - no registration required.

Game Days:

Fridays from 1:00-3:00





Movie Matinee- The Professor: Tai Chi's Journey West

Join Tai Chi instructor and practitioner Michael Elliot for a viewing of the movie *The Professor: Tai Chi's Journey West*. This is a documentary about Tai Chi and one of its great masters, Cheng Man-Ching, who brought Tai Chi and Chinese culture to the West in the 60's. The movie will be followed by a Q&A with Michael Elliot, who learned Tai Chi from one of Cheng Man-Ching's own students

Program Date:

Tuesday, Nov. 16, 1:30-3:00

November Thanksgiving Luncheon - Curbside Pickup or Eat In

Please join us for our November Luncheon, served curbside pickup style with limited in-person seating also available!

Menu:

Appetize choice:

Butternut squash bisque

OR

Garden salad

Entrée choice:

Thanksgiving Wrap - Turkey, stuffing, mashed potatoes, gravy and cranberry mayo in a wrap served with potato chips

OR

Clove baked ham served with cider glazed carrots, mashed potatoes, and Apple Cider gravy

Dessert:

Gingerbread cake with Maple Buttercream

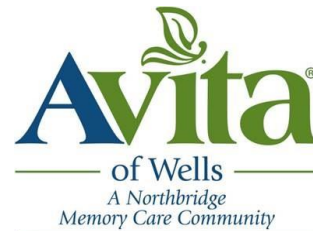
Luncheon Date:

Friday, November 19, 12:00-1:00PM

Registration Deadline:

Wednesday, November 17

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





Senior Planning Center Medicare Informational Workshop

Join licensed agent Kathy Kotakis from Senior Planning Center as she discusses United Healthcare/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 Date:
United Healthcare/AARP: Tuesday,
November 30, 10:30-11:30AM

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

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, November 2, 1:30pm
Tuesday, November 16, 1:30pm
Tuesday, November 30, 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 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, November 2, 10:00am
Tuesday, November 16, 10:00am
Tuesday, November 30, 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 November will be announced next week - please call or email for the title and then pick up your copy, read along, and join us at our meeting!

Meeting Date:
Wednesday, November 24, 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



Holiday Volunteering!

The Center is continuing our long tradition of Elder Elves, our program that distributes gift bags to isolated seniors at the holidays. Along with the items we're asking for donation for we are looking for volunteers for things like wrapping and assembly!

We are also holding our annual Holiday Fair and will need volunteers in the coming months to help decorate our boxwood trees and wreaths, and assist on the day of the event! It is scheduled for Saturday, December 4th from 9:00am-2:00pm.

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

November Birthdays

Beth Ayotte
 Morinne E Capuano
 Paul Chansky
 William Chigas
 Estelle Cohen
 Susan Colangelo
 Helen Conaty
 Gail Dupont
 Linda Gaumont
 Nancy Geyerhahn
 Ada Goff
 Sandra Hendrickson
 Molly Hoadley-Kilbourn

Patricia Howe
 Ralph Hurlbutt
 Jan Inglis
 Kate Jollie
 J. Robert Kraus
 Carolyn Spear
 Ed & Diane Stone
 Anne C Swett
 Sandra Tindell
 Michael James Turrisi
 Eliza Webster
 Leslie Ziegler

Happy Birthday!

Special Thanks to our Generous Sponsors



Tricia Gallagher
 Brok
 25 Western Ave
 Kennebunk, ME 04046
 C: 207-468-9841
 Email:
tricia@kennebunkbeachrealty.com



Carla's
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