



February 2022 Newsletter

A Message from our Executive Director

What....February....how did that happen?

January flew by and went out with a bang of a snowstorm! So glad we were able to see many of you during the month handling the sometimes severe cold as true Mainahs.

In addition to our regular programs, we have some great new offerings this month. We are working with a new yoga teacher, Leslie Cargill, to bring 2 new yoga sessions to the schedule! These sessions will be in addition to our chair and floor yoga sessions with Mandy when she returns. We are excited to offer more movement classes, helping us all strengthen our minds and bodies.

Our special presentations this month include a session on balance from Saco Bay Orthopaedic & Sport Physical Therapy and Snow Shoveling Safety from Reform Physical Therapy. Tai Chi's expansion into western culture is the topic of our Movie Matinee this month followed by Q&A with Michael Elliot - our Tai Chi teacher.

Our luncheons will be Friday, February 11th and 24th. Stay tuned for the menu options and please plan to join us in person or do curbside pickup.

Rumor has it we will be looking to do an indoor corn hole competition in early March.....so get that stretching going now and plan to participate!

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** and click on "Newsletter/ Calendar"

February Programs and Events

All programs require registration! Call or Email us to register: 207.967.8514 | info@seniorcenterkennebunk.org

For a full listing of our regular recurring programs, please see the enclosed calendar!

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.

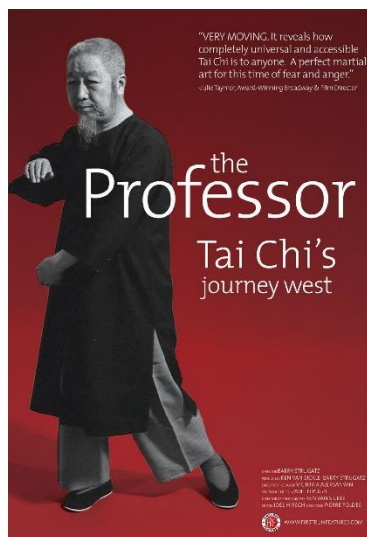
We also post on the local TV stations if the Center is closed. So, if there is a storm and you're wondering if we are open, check the TV listings and look for "THE CENTER"! We try to send out email notifications if we are closed or on a delay as well.

New and Noteworthy

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:
Wednesday, February 9, 2:00



Yoga Basics with Leslie

Introduction to yoga for beginners or those wanting a refresher. Learn basic yoga postures, breathing, and proper alignment. We will work on balance, core strength, flexibility, and mindfulness.

Explore the many ways yoga impacts body, mind, and soul. Each student is to encouraged to develop their own sustainable practice to meet unique goals, needs, and abilities. **Cost is \$5 per class.**

Leslie Cargill is founder, instructor, and owner of Way to Be Wellness and Yoga Collaborative (149 Port Road, Kennebunk Lower Village).

Class Dates:
Thursdays at 2:00 beginning February 17

Yin Yoga with Leslie

Practice the art of letting go with long poses, slow movement, and stillness. Yin is a therapeutic practice, targeting our connective tissue and fascia. It helps to increase flexibility, mobility, relieve tension, stress, and develop a mindful practice.

Yin invites body awareness and encourages each student to listen to their own breath and body and choose which form of a pose works best for them. **Cost is \$5 per class.**

Leslie Cargill is founder, instructor, and owner of Way to Be Wellness and Yoga Collaborative (149 Port Road, Kennebunk Lower Village).

Class Dates:

Thursdays at 3:00 beginning February 17



**"It's never too late to think about balance"
- Fall Risk Course
with Saco Bay Physical Therapy**



Are you concerned about falling? Do you want to improve your balance? Come join Nikki Langstaff, PT, MS, CLT from Saco Bay Orthopaedic & Sports Physical Therapy at The Center in Lower Village to learn ways to improve your balance and minimize your fall risk.

Program Date:

Tuesday, February 15, 12:00

**Safe Snow Removal Presentation with
Reform Physical Therapy**

The snow will be here before we know it and are you prepared? Did you know that approximately each year 11,500 people are injured while shoveling snow. Including 100 fatalities each year are linked to snow shoveling. Jessica Hainsworth with Reform Physical Therapy will join us to discuss how to safely shovel and remove snow, as well as recommendations on how to safely walk in the snow and ice and how to stay active in the winter months.

Jessica Hainsworth is a Physical Therapist working for Reform Physical Therapy in Kennebunk ME. She will be attending The Center on January 14th at 12:30 pm.

Program Date:

Friday, February 18, 12:30





February Luncheons - Curbside Pickup or Eat In

Please join us for our February luncheons on the 2nd and 4th Fridays, served curbside pickup style with limited in-person seating also available!

Menus:

TBD

Luncheon Dates:

Friday, February 11, 12:00

Friday, February 25, 12:00

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

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!



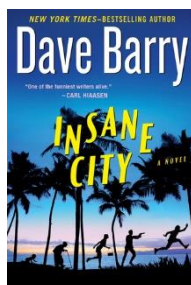
Game Days



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



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 February book will be Insane City by Dave Barry. Pick up your copy, read along, and join us at our meeting!

Meeting Date:

Wednesday, February 23, 1:00pm

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Volunteer Spotlight



Luncheon Volunteers

If you've participated in one of our eat-in or curbside pickup luncheons in the past year, you've seen our terrific luncheon volunteers! They help to package and serve the meals that are enjoyed in the building or taken to go. The luncheons would not run as smoothly (or be as fun) without them!


THANK YOU to our luncheon volunteers!

February Birthdays - Happy Birthday!

Joan Margaret Beauchamp
Jan Wood Beaven
Susan M Blaisdell
Margaret Brewitt
Paulette Burbank
Paula Cavanaugh
Sheila Clark-Edmands
Cynthia Clement
Diane Carr
Arlene Dickinson
Helga Dunbar

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