



May 2022 Newsletter

A Message from our Executive Director

Hello, May! It's "Time to Bloom" as the Center is offering many new and exciting programs and events this month. Here are a few highlights:

Don your favorite hat for our first annual Kentucky Derby Soiree', Friday, May 6th, 1pm. We will sip on virgin Mint Juleps and snack on Derby Pie as we play fun Derby games. Prize for most creative Derby hat will be awarded!

"Get to Know the Center" Open House, Friday mornings in May, 9-10am. Drop by for coffee and chat about the Center, community outreach programs and volunteer opportunities. Perfect for new and prospective members as well as current members!

Walk with Bridget, Wednesdays at 11:30am. Dust off your walking shoes and join me as we walk and talk through lower village and the surrounding areas.

Let's Do Lunch at Mekong Thai, Tuesday, May 24th, 12pm! Join us for a delicious menu and fellowship as we dine-in at one of Lower Village's most popular restaurants.

Let's Roll....BUNCO? Tuesday, May 10th and 24th, 1:30pm. Bunco is a popular and simple dice rolling game that leaves little to skill and all to chance! It's easy, fun and instruction will be provided.

I am pleased to share we will offer a Community Partner Workshop with Sea Love located in Dock Square, May 17th & 18th. Sea Love is a candle bar where friends gather, create, and pour their own candles. The Center will have (3) time slots on each evening 5pm, 6pm, and 7pm. Each time slot can accommodate 10 guests. A portion of the workshop proceeds will be donated to the Center.

It is wonderful to be back working at the Center, I truly appreciate the warm welcome that I've received! Looking forward to collaborating with our members on how the Center can enrich your lives and the community.

Warmly,

Bridget

Staff

Bridget Dempsey
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"

May Programs and Events

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

We will be closed on Monday, May 30th in observance of Memorial Day.

New and Noteworthy

Tech Support

Need help figuring out that new Iphone or Android smartphone? Can't get the hang of your laptop or need help on your tablet? We have student volunteers from Kennebunk High School who will be joining us every Monday (to offer free tech support!

Program Date:
Mondays at 3:00



Men's Social Group -coffee & chat

Gather together with other men and enjoy a cup of coffee and some conversation!

Meeting Dates:
Tuesdays, 9:00-10:00

Very Beginners Knitting with Anne

The fundamentals of knitting are easy to accomplish and after this beginner 4-week class you can be on your way to knitting an easy garment. No knitting experience necessary to participate. This is a 4-week class (every Wednesday, limited to 8 students per class) for \$100 and you can purchase a materials kit for \$18 or bring your own skein of worsted weight yarn and a 9/12 inch size 8 bamboo needle, cable needle and medium crochet hook.

Women's classes:
Wednesday May 4, 11, 18, 25 12:30-2:00

Men's classes:
Wednesday, May 4, 11, 18, 25 2:00-3:30



We're off to the races!



Derby Party!

Derby Pie and (virgin) Mint Juleps, oh my! Don your loudest Derby hat and join us for a fun Kentucky Derby Party at the Center! There will be games and we'll be showing races from past years on the big screen.

Party Date:

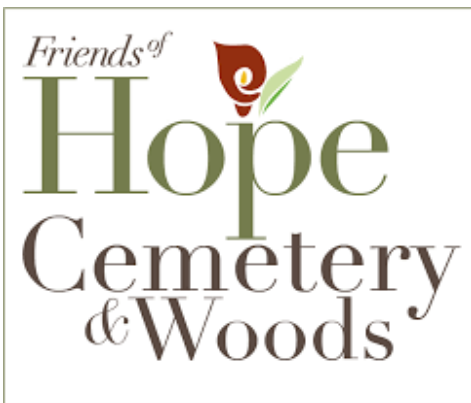
Friday, May 6, 1:00

Open House

Whether you're a member who hasn't stopped by in a while, a new member, or someone thinking about joining us, this time is for you! Drop-in and have a coffee and chat with us!

Open House Hours:

Fridays, 9:00-10:00



Guided Trail Walk with Friends of Hope Cemetery & Woods

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! Please contact the Center to register and receive a map!

Program Date:

Monday, May 9, 1:00-3:00

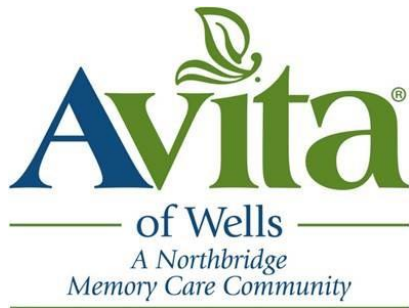
BUNCO!

Join us for BUNCO! Singles and teams are invited to meet and play this fun and easy-to-learn dice game (which was once a popular parlor game in Victoria families!)

Game Dates:

Tuesdays, 1:30





Breakfast Meet & Greet with Avita of Wells

Join Amanda Robinson from Avita of Wells for a breakfast of fruit and pastries and some conversation and information about Avita!

Date:
Thursday, May 12, 9:00-10:00

Monthly Luncheon

Please join us for a luncheon from For the Love of Food and Drink, served eat-in only at the Center! A great opportunity to enjoy a delicious meal with new friends.

Menu:

Chicken Salad Wrap w/ lettuce & tomato, chips, and whoopie pie

or

Thai Noodle Salad w/shrimp, whoopie pie

Luncheon Date:
Friday, May 13, 12:00

Registration Deadline:
Wednesday, May 11

Sign-up is required; there will be a maximum number of 25 participants and a fee of \$5, payable at pickup.



Safety at Home with Kennebunk Center for Health and Rehab

Join Heather Duprey, OTR of Kennebunk Center for Health and Rehabilitation as she teaches us ways to identify personal risk factors and ways to identify strategies to stay safe while in your home and visiting others.

Program Date:
Tuesday, May 17, 2:00

**Sea Love Candles Community Partner
Fundraiser**

SEA LOVE™

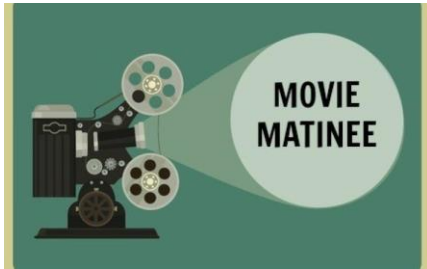
Come pour with us and create a custom candle or reed diffuser! Sea Love is giving back 20% of all DIY experiences and 10% off boutique sales to The Center!

Gather your daughters, sons, grandkids, and friends and have some fun together making memories!

Fundraiser Dates:

Seating at 5:00, 6:00, & 7:00 on
Tuesday, May 17 and
Wednesday, May 18

Register online [here](#) or call the Center!



Afternoon Movie Matinee

Join us for an afternoon movie matinee! There will be popcorn – movie TBD.

Movie Date:

Friday, May 20, 1:30

Monthly Luncheon at Mekhong Thai

Please join us for a special lunch out at Mekhong Thai! We will meet at Mekhong Thai (35 Western Ave, Kennebunk) and enjoy a lunch out together. **Registration opens May 2nd!**



Menu:

Chicken Pad Thai

or

Thai Fried Rice - Veggie

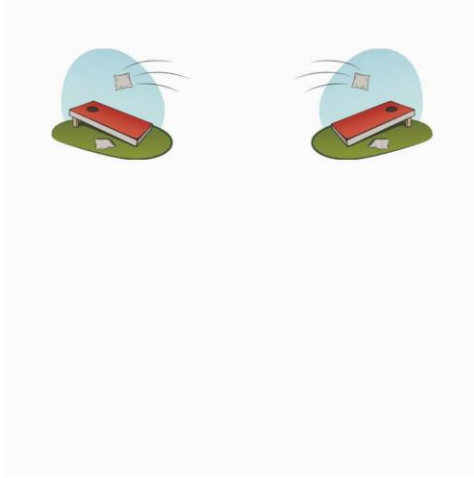
Luncheon Date:

Tuesday, May 24, 12:00

Registration Deadline:

Tuesday, May 17

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



Indoor Cornhole

Start Memorial Day Weekend off with a fun game of indoor cornhole! Singles and teams welcome.

Game Date:

Friday, May 27, 1:00

Regular Recurring Programs

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 encouraged to develop their own sustainable practice to meet unique goals, needs, and abilities. **Cost is \$5 per class.**

Class Dates:

Thursdays at 2:00

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.**

Class Dates:

Thursdays at 3:00

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.

Available Sessions:

Generally the first Monday of each month. **Call the Center to schedule. Pre-registration is REQUIRED.**

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 April book will be **The Stationery Shop by Marjan Kamali**. Pick up your copy, read along, and join us at our meeting!

Meeting Date:

Wednesday, May 25, 1:00pm

Walk with Bridget!

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 11:30am

American Mahjong Group (Intermediate)

Join for some American Mahjong play with this intermediate group!

Group Dates:

Wednesdays 1:00-3:00pm

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!

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:

Wednesday & Friday 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:

Temporarily on hold for April.

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



Event Volunteers

Event Volunteers give their time to help us ensure that our events go off without a hitch, and we are so thankful for them!

We are looking for volunteers for our upcoming Kennebunk Beach Classic Road Race! If you would like to volunteer with the Center, please contact Dori - info@seniorcenterkennebunk.org or 207-967-8514.

THANK YOU to our event volunteers!

May Birthdays

Linda Babbidge
Wayne Burbank
Tami Cotsakos
Joan Cowgill
Ruth Cram
Florence Damon
Carol Dromgoole
Lynn Eaton
Kathryn King
Rosa M Kohler
John Lewis

Deborah McGauley
Lynn Marie Munroe
Vera Piper
Kristine Salo
Linda Scott
Deborah Darlene Seavey
Janet Spiller
John Spottiswoode
Dennis Thayer
Janet Wallis
Gwen Washburn
Jeanie Zelonis

Happy Birthday!

Special Thanks to our Generous Sponsors



Carla's
 30 Ocean Avenue
 Kennebunkport
 Maine 04046
 207-967-2206



Tricia Gallagher
 Broker
 25 Western Avenue
 Kennebunk, ME
 04043
 C: 207-468-9841
 Email:
tricia@kennebunkbeachrealty.com



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 Kennebunk, Me
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