

# October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please call the Center (207-967-8514) or email Dori at <a href="mailto:info@seniorcenterkennebunk.org">info@seniorcenterkennebunk.org</a> to register or FML.</b>				
<b>3</b> 9:00 Keep it Legal with Milda Castner, Esq. 9:30 Spunky Spades Bridge 12:30 Merry Maidens Bridge 1:30 Hand and Foot	<b>4</b> 9:00 Men's Social Group – Coffee & Chat 10:00 Mindfulness with Nancy 10:00 Coffee with a Cop – “grandparent scams” with Candice Simeoni 10:00 Art Workshop 1:00 French Club 1:00 Conversational Spanish with Gini 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	<b>5</b> 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 11:30 Introduction to Mindfulness with Nancy 12:00 Free Blood Pressure Checks 1:00 American Mahjong Group 1:00 Cribbage	<b>6</b> 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Conversational Spanish with Gini	<b>7</b> <p style="text-align: center;"><b>Closed for all in-house programming</b></p> 5:00-7:00 Coastal Kitchen Tour Kick Off Party at The Blue Coffeehouse & Wine Bar
<b>10</b> <p style="text-align: center;"><b>Closed – Indigenous Peoples' Day</b></p>	<b>11</b> 9:00 Men's Social Group – Coffee & Chat 10:00 Mindfulness with Nancy 10:00 Art Workshop 1:00 Center Singers 1:00 Conversational Spanish with Gini 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	<b>12</b> 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 11:30 Introduction to Mindfulness with Nancy 1:00 American Mahjong Group 1:00 Cribbage	<b>13</b> 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Conversational Spanish with Gini	<b>14</b> 9:00 Open House 10:00 Knitting 1:00 Cribbage
<b>17</b> 9:30 Spunky Spades Bridge 12:30 Merry Maidens Bridge 1:00 Medicare Meet & Greet with Trina 1:00 Beginner Cribbage Class 1:30 Hand and Foot	<b>18</b> 9:00 Men's Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:30 Medicare with Kathy Kotakis - Aetna 1:00 French Club 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	<b>19</b> 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 11:30 Introduction to Mindfulness with Nancy 12:00 Free Blood Pressure Checks 1:00 American Mahjong Group 1:00 Cribbage	<b>20</b> 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group	<b>21</b> 9:00 Open House 9:00-3:00 Community Covid Booster Clinic 10:00 Knitting 1:00 Cribbage

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>24</b> 9:30 Spunky Spades Bridge 12:30 Merry Maidens Bridge 1:00 Beginner Cribbage Class 1:30 Hand and Foot 6:00 Whiskey Tasting at Ryans Corner House Irish Pub	<b>25</b> 9:00 Men's Social Group – Coffee & Chat 10:00 Art Workshop 10:00 Mindfulness with Nancy 10:30 Medicare with Kathy Kotakis – United Healthcare 1:00 Center Singers 1:30 BINGO 3:00 Chair + Gentle Vinyasa Yoga with Leslie	<b>26</b> 9:00 Bridge Group 10:00 Craft Group 11:30 Walking Group 11:30 Introduction to Mindfulness with Nancy 1:00 American Mahjong Group 1:00 Cribbage 1:00 Book Club	<b>27</b> 10:00 Octets Bridge 11:00 Grief Group 1:00 Novice American Mahjong Group 1:00 Fall Flower Arranging with Dianne	<b>28</b> 9:00 Open House 10:00 Knitting 1:00 Cribbage
<b>31</b> 9:30 Spunky Spades Bridge 12:00 Halloween Luncheon & Costume Contest 12:30 Merry Maidens Bridge 1:00 Beginner Cribbage Class 1:30 Hand and Foot				