

The Newsletter



Senior Center at Lower Village
A meetingplace for seniors

VOL. 20, NO. 7

175 PORT ROAD, KENNEBUNK

MARCH 2010

It's Our 20th Anniversary and We're Getting All Gussied Up!



This year the Senior Center will be celebrating it's 20th anniversary. It was founded in 1990 by Annie and Hank Spaulding and has been a resource for seniors in the area ever since. As the senior population changes through the years, we have changed with it, in order to provide programs that people will enjoy. As the membership grows, the Senior Center is being used more than ever before.

We'll be celebrating throughout the year so we're doing some painting to spiff the Senior Center up. In order to do the painting we will be closed for activities from March 22nd until April 5th. However, the staff will be here if you need to call.

We want to thank you for your understanding and patience while we are closed. When we reopen on the 5th, please stop by sometime to check out our freshly painted digs. We'll have a grand time showing the Senior Center off!

VIVA V♥OLUNTEERS

We have events periodically all year long, like the Road Race, the Auction, the Kitchen Tour and the Christmas Fair and we have volunteers who help us make these events very successful. Every time we have an event we thank all of them and are very appreciative of their efforts and time. But, we also have a group of very loyal volunteers that work diligently on a daily, weekly and monthly basis. And those volunteers are the ones that get our newsletter out every month and the ones that provide us with a receptionist at our front desk every day.

We would like to thank our many ladies that sit at our front desk, answer the telephone, greet members and visitors, help people sign up for events and enlighten visitors about the benefits of being a member of the Senior Center. These ladies provide a much-needed service, without it we would not be able to run as efficiently as we do. And those ladies are: Beverly Campbell, Helen Farrier, Maureen Morin, Sue Jones, Peg Webb, Connie Yena, Vera Swift, Ruth Lennan, Mae Findlay, June Doherty, Virginia Reid, May Brunton, Nancy McNelis, Chris Turner-Meyer, Dorothy Stein, Inez Kimball, Florence Damon, Diane Thayer, Kathy King, Dolly Choquette, Bette Briggs, Gail Austin, Elizabeth Meirowitz, Marie Fairbanks, Joan Matthews and Nancy Phillips. Ladies, thank you very much.

We would also like to thank our newsletter folders who on one Tuesday every single month, fold, label and seal our newsletter so we can mail it out to our members. They have designed quite an assembly line and they work swiftly and efficiently. Lisa Louzier of HomeInstead often brings in one of her home baked decadent delights and George Cushman always has a joke or two at break time. You folks are amazing and we thank you very much. They are: Iris and George Cushman, Dale and Walter Irving, Kathy King, Minerva Shields, Lisa Louzier, Maria Trodella, Shaaron Hendry, Norene Dyer, Maureen and Ray Morin, Kathy Penna, Helen Bisbee, Fran Hayes, Doris Kellar, Peg Webb, Margaret Moore, Joan Boulanger and Dinorah and Brian Ellis. Great job!

“Volunteers do not necessarily have the time; they just have the heart.”

Elizabeth Andrew

Connie Wendell
Marketing/Volunteer Coordinator

News from Susan ...



Bridget Dempsey will be joining the staff at the Senior Center at Lower Village on March 1 as our new Marketing Assistant.

I am pleased to announce that Bridget Dempsey has accepted the position of Marketing Assistant at the Senior Center at Lower Village. As you may know, this position involves many aspects of the Center's operations including managing our Outreach Programs (FISH, TLC and Elder Elves), working with our dedicated volunteers, and working to promote the Senior Center at Lower Village with public relations, event planning and fund raising activities.

Bridget has many work experiences and skills that will transfer very well to our organization. She has a background in sales and marketing and was the Event and Development Coordinator for the John County (Kansas) Parks and Recreation Department. In this position she was responsible for planning special events for the 50 Plus Division.

She has a vibrant personality, and is excited to be joining us as we celebrate our 20th anniversary. I hope you will stop by to introduce yourself to Bridget when you are at the Center. Her office will be located on the first floor with Judi and I.

It's hard to believe that the Center is celebrating twenty years in 2010. We are able to continue to provide programs and services for area seniors due to the generosity of our members, business partners and other respected donors throughout our communities. As we celebrate this milestone, please let me know if you were among those who joined the Center in its very first year of 1990. Also, if you have a particularly fond memory to share with us about an event we've hosted, or a program that you especially appreciated, or perhaps a new friend that you've discovered while at the Center, I'd love to hear from you. I know there are many stories out there that I'd love to hear. Please stop by to see me – my door is always open – or give me a call.

Susan Pettit, Executive Director

CALENDAR OF EVENTS



Mondays & Wednesdays – “Yoga with Ease” taught by **Pat Berry**. Pat is teaching floor and standing postures, breathing and relaxation techniques through gentle, meditative posture flows to maintain and improve flexibility, balance, strength and stamina. Her classes are every **Monday and Wednesday at 10:00 a.m.** Drop in on both classes or you can take just one. There is plenty of room in each class, especially on Mondays. **The only compensation Pat receives is through your donations – we suggest \$3.00 - \$5.00 per class.**

Tuesdays – Open Bridge – For intermediate level players every Tuesday morning. **9:30 a.m.**

Tuesdays – Current Events – Join this lively discussion group, led by **Pat Mitchell**. **1:15 p.m.**

Wednesdays – Scrabble & Chess. Open to everyone, the more the merrier. **1:00 – 3:00 p.m.**

Thursdays – The Bluebird Express Choral Group. Open to everyone. **3:00 – 4:00 p.m.**

Friday, March 5 – Beginner’s Bridge Lessons
Because of the overwhelming interest we have had in bridge lessons, we are once again offering Beginner’s Bridge Lessons with Bob Blackmore. Classes will be offered for eight weeks beginning on Friday, March 5th. The cost is \$40 per person if you are a member of the Senior Center, \$60 per person for a non-member of the Center. We need a minimum of 4 people signed up and paid by February 26th in order to offer these classes. **9:30 a.m. – noon**

Monday, March 8 – Keep It Legal! Attorney Milda Castner of the law firm of *Bergen & Parkinson*, will be at the Center to consult on legal matters from 9:00 – 11:00 a.m. Please sign up for an appointment by Thursday, March 5th.

Tuesday, March 9 – The Alzheimer’s Association, Maine Chapter Workshop. This workshop is specifically designed for family members caring for a loved one at home with Alzheimer’s disease or a related dementia. “*Meeting the Behavioral Challenges of Dementia: Tips and Techniques for Family Members*” will address ways to prevent or minimize problems that arise in the course of dementia such as agitation, wandering, confusion, suspicion, repetitive questioning and aggression. The

workshop is designed for spouses, partners, siblings, adult children and anyone helping care for someone living with Alzheimer’s disease or dementia. Space is limited so please sign up for this workshop at the receptionist’s desk. **10:00 a.m. – 12:00 p.m.**

Wednesday, March 10 – Eat, Drink & Be Merry! The Award Winning “One Dock”, the new casual and popular restaurant in the Kennebunkport Inn is hosting a fundraiser for the Senior Center. One Dock offers delicious selected \$5.00 small plates on their menu as well as their full dinner menu; **but** the best part of your evening will be your beverage of choice being prepared by our own **Celebrity Bartender, our Executive Director, Susan Pettit**. Stop by for a beverage and a bite to eat; 15% of the proceeds from the evening will be donated to the Senior Center. Reservations are strongly recommended and can be made by calling 967-2621. **6:00 - 9:00 p.m.**

Wednesday, March 10 – Blood Pressure Check-Up with Tricia Gallagher, R.N. **9:30 a.m.**

Tuesday, March 16 – St. Patrick’s Day Luncheon at the Senior Center. . We’ll be taking names until Tuesday, March 2, with payment of \$7 due by March 9 for those selected. **Please note: this luncheon will be held at the Center at 12:00.**

Wednesday, March 17 – Vicki Durrell from the *Southern Maine Agency on Aging* provides information and assistance with Medicare, senior housing and other programs for seniors. Free and open to the public. **1:00 – 3:00 p.m.**

Wednesday, March 17 – “Shades of Ireland” travel presentation. **1:00 p.m.**

Thursday, March 18 – Book Club. The book selection for the month of March is “*Loving Frank*” by Nancy Horan. **10:00 a.m.**

Monday, March 29 - AARP Driver Safety Program. AARP is offering a driver safety program to be held at the Center in one four-hour session. The class is limited to 20 people. **The fee for the class is \$12 per person if you are a member of AARP (you must show your membership card) and \$14 for non-members of AARP. Please pay the fee when you sign-up and make checks payable to AARP.**
9:00 a.m. – 1:00 p.m.

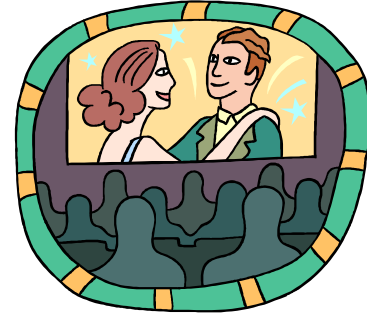
COMING EVENTS

Monday, April 12 - Bridge Luncheon. This always-popular event will fill up fast. Start playing cards at 9:00 a.m., break for a delicious lunch of lasagna, Caesar salad, garlic bread and dessert prepared by the Senior Center staff. Then it's back to the tables until 4:00 p.m., if you wish. The cost of a table is \$48.00 or \$12 per person. **PLEASE PAY AT TIME OF SIGN UP AND PAY BY TABLES OF FOUR. WE ARE UNABLE TO TAKE RESERVATIONS WITHOUT PAYMENT IN FULL. Limit of 10 tables.** 9:00 a.m. – 4:00 p.m.

Tuesday, April 6 - Edward Jones Investments. A Financial Advisor at the Edward Jones Investment office located in Kennebunk will be at the Center to discuss two important financial topics: Family Matters with Long Term Care and Annuities and Your Retirement. In today's volatile financial climate, it is so important to be knowledgeable about options available to protect your financial future. Scott will be happy to answer your questions, please sign up for this very informative discussion.

10:00 a.m.

Wednesday, April 28 - Luncheon at Duffy's Tavern in Kennebunk. Enjoy baked haddock, rice, vegetable, coffee or soda and grapefruit pudding for dessert at one Kennebunk's most popular restaurants. This is a lottery luncheon and the deadline to sign up is Wednesday, April 14. If your name is drawn the cost is \$7 and you may bring a guest but he or she must be a member. You can park either out back at the Lafayette Center parking lot and enter the restaurant through the building or a few spots are available on Main Street and Storer Street. Please remember to tip your server as the \$7.00 does not include a gratuity. **Please note that this luncheon is at 11:30 a.m.**



“Movie of the Week”



Beginning in March, the Senior Center will be showing a popular movie on Friday afternoons in our living room at 1:00 p.m. There is no charge and a snack will be provided. We would love to hear your suggestions as to what you would like to see. The movies can range to recently released films, old classics, drama, romance, comedy or documentaries. Check with the Center at the beginning of each week to find out what movie will be shown. The movie series will run until the end of June and start up again in the fall.



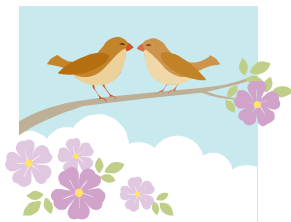
“FULFILLMENT”

by Ann Franco

Pale, ghostly-white, and wind-whipped, shivering trees,
Ice-crusts arms upthrust towards leaden sky,
Stand stoically with feet of stone benumbed,
Cemented into frozen ground. Patiently,
They wait for winter's end, to wake again,
When barren season's past and birds fly home.
By summer's solemn promise to return,
They are sustained through seeming endless months.
And then, one day, almost unfelt, though long-
Awaited, dreamed of, hoped for, near forgot,
A soft and tinge tingle stirs the roots
And waking gently, Nature whispers, “Thaw!”

Then, once again, as it has always done
Since God first fashioned Eden's stately trees,
Spring comes and clothes bare limbs with emerald cloaks
Of leafy warmth to shield them from March breeze.

THINK SPRING!



Although the snow is piled outside our windows, the temperature is frigid, and we're recuperating from the hustle and bustle of the holidays, it's never too early to start thinking of spring. The Senior Center along with TourBusters is sponsoring three trips this spring sure to raise your spirits after a long Maine winter.

Sunday, March 28 - BOSTON FLOWER & GARDEN SHOW: Enjoy a 2 hour cruise on Boston Harbor with a hearty buffet lunch served on board followed by an afternoon at the Seaport World Trade Center for "A Feast for the Senses," featuring over 30 garden displays. \$124/person includes transportation, cruise, lunch and admission to the flower show. Bus will leave the Wells Transportation Center approximately 9:15 a.m.

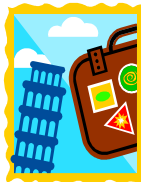
Friday, April 23 – Sunday, April 25 - NANTUCKET DAFFODIL FESTIVAL: Two nights in Hyannis, two breakfasts, two dinners, a guided tour of Hyannis and a day trip to Nantucket to enjoy the Daffodil Festival. \$399/person, based on double occupancy. Bus will leave the Wells Transportation Center approximately 9:15 a.m.

Monday, May 3 – Friday May 7 -CAPE COD & MARTHA'S VINEYARD: Admission to the JFK Museum, tour of Hyannis, Chatham and Provincetown with a day trip to Martha's Vineyard. Includes four breakfasts and four dinners at your hotel in Hyannis. \$499/person, based on double occupancy. Bus will leave the Wells Transportation Center at 9:00 a.m.

For more information on these trips and if you would like to pay by credit card, please call Barry at TourBusters at 781-8896 and mention you heard about these trips through the Senior Center. If paying by check, please sign up and pay at the Senior Center.

“REMINDER”

“Discover Tuscany Tour” – There is still room to sign up for this fabulous 10-day tour, which is scheduled for October 19 - 28, 2010 through Collette Vacations. The cost is \$2,749/double; \$3,049/single. A deposit of \$250 per person is due at time of reservation. After April 20th prices are subject to change and availability is limited. Final payment is due by August 20, 2010. Please see one of the staff if you would like further information.



Other Travel Opportunities!! Check Out This Month's Inserts



“When Irish Eyes Are Smiling.....”

Check out this month's newsletter insert. A 10-day trip to the “Emerald Isle” is planned for October 19 through October 28, 2010.

Vermont

Fall in Vermont in beautiful and this 5-day trip is the perfect opportunity to take in the foliage plus do some sightseeing from the comfort of a luxury motorcoach.



DON'T FORGET!

The Center is putting on a fresh face!! Painting will begin the week of March 22 and continue for approximately two weeks. We regret we cannot have any activities at the Center during that time frame (EXCEPTION: BRIDGE LESSONS & AARP DRIVING PROGRAM). We apologize for the inconvenience.

FYI



The Senior Center is once again supporting the American Cancer Society's Daffodil Days. The daffodil is a symbol of hope we all share for a future where cancer no longer threatens those we love. For a donation of \$10.00 you will receive a bouquet of 10 daffodils with the entire proceeds going to The American Cancer Society. Please sign up for your bouquet at the receptionist's desk. Deadline to order is Friday, March 5th. **Payment is due at the time you sign up and checks should be made out to The American Cancer Society.** The flowers will be delivered to the Center on March 23rd. We will call you when they arrive so you may pick up your order.



The Senior Center is now accepting applications for its **Hartley Lord Scholarship** of \$1,000. This annual award is offered to any person who has been accepted by an accredited college or university and is pursuing a field that focuses on the well being of seniors. This could include community service, eldercare, nursing, or medicine. You may obtain an application though your local guidance office or from the Center. Students must submit their completed application and letter of recommendation to the Senior Center, no later than May 1, 2010.



We would like to thank **Alisson's Restaurant** for hosting a delicious clam chowder luncheon for our members in February.



The winners in the Men's Bridge Group for January were **Joe Hakanson**, 1st place; **Ray Morin**, 2nd place; and **Dick Moraes** for 3rd place.



The Senior Center has sent out thank you letters and membership cards to those of you who have renewed membership for 2010. We have also sent out reminder letters to those of you who have yet to renew. For those who have not renewed, the March newsletter will be the last one sent to you unless your membership is renewed by March 15, 2010. If you received a reminder notice and have sent in your dues, please let the office know so we can correct your membership record.



New Members Welcome Aboard!

John Hirschauer
Joan S. Kotz
Catherine & Jeffrey Lunde
Nora Quinn

*Donations have been made to
The Senior Center at
Lower Village in memory of
Marjorie Allen & Ann Franco*

DON'T FORGET.....



**DAYLIGHT SAVINGS TIME
BEGINS ON MARCH 14
AT 2:00 A.M.!**