



January 2018

the Center  
175 Port Rd.  
Kennebunk, ME  
967-8514

### In This Issue

Luncheon  
German Lessons  
Bridge Lessons  
Legal Help



Monday:  
Gentle Yoga 1 pm  
Tuesday:  
Open Bridge 9:30am  
Men's Bridge 12:30pm  
Wednesday:  
Cribbage 1 pm  
Thursday:  
Yoga 9am & 10 am  
Grief Support 11 am  
Chinese Mahjong 1 pm  
Friday:  
Art Workshop 10 am  
Knitting 10 am

### [FISH Ride Program](#)



Call 967-8514 for a ride to the doctor or to become a driver!

Happy New Year!

This month I celebrate my first-year anniversary with The Center. We experienced many firsts this year, even though we are 27 years old.

Gail Arnold, of Kennebunk Beach Realty, sponsored our first Annual Appeal Match challenge and I'm happy to report that our supporters rose to the occasion and Gail's challenge was met. Due to her generous gift we were able to acquire \$10,000 more for our Annual Appeal. Thank you, Gail!

What a year it has been; "Time flies when you're having fun". Our 2017 fundraising events were a success due to the financial support of our generous sponsors, our community attendees, and our amazing volunteers. We had an extraordinary, multi-generational attendance for the race, beautiful items for the auction and exquisite, unique homes for the kitchen tour.

The community outreach of the Center continues to support Kennebunk, Kennebunkport, and Arundel with the Fish program and Elder Elves, continuing to serve our local senior population.

New programming included potluck luncheons, a member created Art Show, and foreign language classes. Look for more new programming coming online with the assistance of our newly formed program committee and community partnerships.

Make 2018 the year you try something new, become more engaged, volunteer in your community and "make time fly" by having fun at The Center! I look forward to seeing you in 2018!

Best,

Pat Schwebler,

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Executive Director

## **Programs, Clubs, Lessons, Luncheons**

**Luncheon on Tuesday, January 16th at noon. We will be treated to a wonderful meal and another fun filled Jeopardy game afterwards. Sign up at the desk. \$8 per person. Check back in January for details.**

**FREE to members. Beginner German Classes. Tuesdays in January at 9:00 am** How German are you? Planning a trip? Interested in learning a new language? Certified instructor Gerhard Schwebler will be teaching Beginner classes, including weekly self-paced at-home assignments. By the end of the course, you will gain an understanding of basic German. Please sign up at the front desk.

**Course Material /At-home assignments using Duolingo language study program. Please register online at: <https://www.duolingo.com/o/xxdvep>.**

If you are having trouble logging in, please advise Gerhard at: [gschwebler@gmail.com](mailto:gschwebler@gmail.com)

**Advanced Beginner Bridge Lessons with Bob Blackmore begin Monday, January 22nd at 1 pm.** Bob Blackmore, popular instructor, returns for an 8 week course of lessons for advanced beginner players. At least 5 players will be needed to run the class. \$40 for members, \$60 for non-members. Sign up at the Desk. Thank you.

**Intermediate Bridge Lessons with Bob Blackmore begin Thursday, January 18th at 1 pm.** \$40 for members and \$60 for non members. Sign up at the Desk. Thank you.



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**Legal Help with Milda Castner of Bergen Parkinson. Monday, January 8th - 9 am to 10:30 am.** Call the Center to book a private 30 minute appt. with Milda.

**Book Club - January 24th at 1 pm -**

The book discussed will be "A piece of the world" by Christina baker Kline. All welcome.

**SMAA, Wednesday, January 17th.**

Meet privately with a representative from the Southern Maine Agency on Aging. Call 1-800-427-7411 to make an appointment from 12:30 to 3:30 p.m.

**Ongoing:**

**Grief Support -Thursdays - 11 am.**

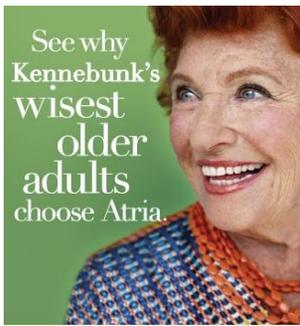
We all have or will lose someone we love. As we age, loss becomes a more common experience and the grief that comes with it becomes a part of us. Self-care at this time includes having the support of others experiencing grief. Carol MacLeod, a retired advanced practiced nurse in psychiatry, has background in this area and leads the group.

**Caring for the Caregiver.** First Wednesday of Every Month at Huntington Common. 10 am to 11:30 am. Share advice, learn more about resources to help you care for your loved one. Call 985-2810 for more details.

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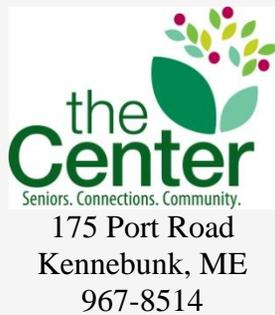
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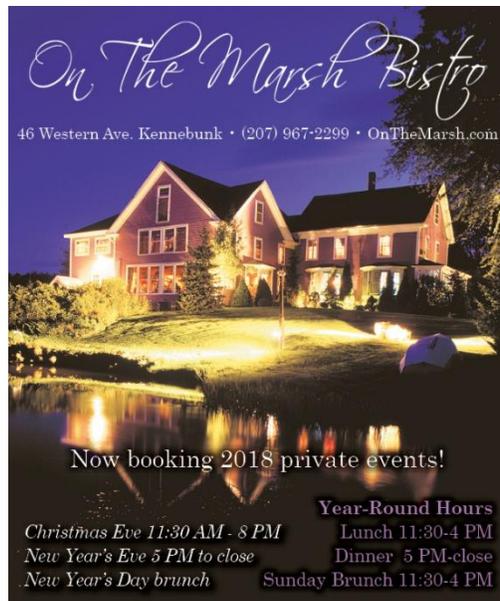



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*Christmas Eve 11:30 AM - 8 PM*      Lunch 11:30-4 PM  
*New Year's Eve 5 PM to close*      Dinner 5 PM-close  
*New Year's Day brunch*      Sunday Brunch 11:30-4 PM

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