



www.seniorcenterkennebunk.org

The Center
175 Port Road
Kennebunk, ME 04043
207-967-8514

In This Issue

- Valentine Concert
- Art Lessons
- Mornings in Paris
- Walking at Sea Road School



- 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 learn about becoming a driver!

Happy Winter!

This winter has been quite challenging with temperatures ranging from ten degrees below zero, with the wind chill, to a high of 48 degrees. This wild weather occurred all within a two week period!

How do you handle change in your life? Are you resilient? Do you rise to the occasion and plow through challenging times? Do you stay at home or do you choose to engage life, and come to the Center?

I was amazed by the membership that bundled up and got out of their homes in the terrible cold. The day after the recent blizzard school was delayed and technically the Center opened two hours later to the public. Carol and I were surprised when one of our members showed up to play bridge!

I continue to be inspired by this positive attitude. Medical studies verify what I have the honor of seeing every day. Seniors who choose to get up and get out enjoy better overall physical and emotional health.

I challenge you to get up and get out! Check out February's calendar and perhaps try something new. If nothing this month inspires you feel free to bring a book, or your laptop and enjoy our free Wi-Fi. The Center is always warm, and on the gray winter days, we turn on every light!

Best,

Pat Schwebler
Executive Director

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Programs, Clubs, Lessons, Luncheons

Valentines Concert at the Center, Wednesday, February 14th at 3 pm. Enjoy the smooth sounds of the Kennebunk High School Jazz Trio. Coffee and treats served. Free. Please sign up at the desk.

Mornings in Paris Coffee Klatch, Tuesday, February 27th at 10 am. Enjoy a freshly roasted and ground coffee or French hot chocolate, choice of freshly baked croissant and choice of Macaron to take home. \$5.75 per person. Limited to 10. Please sign up at the desk.

No Yoga: February 19-23 as Mandy will be on school vacation week with her family.

Art Lessons, Fridays at 10 am. Join talented artist Liz Armstrong and refine your craft. Liz will give class instruction as well as one-on-one guidance. \$10 per class for instruction. Please bring a photo, canvas, brushes and the following acrylic paints: Ultramarine Blue, Yellow Ochre, Alizarin Crimson and White.

Book Club - February 28th at 1 pm -
The book will be "House Rules" by Jodi Picoult. All welcome.

SMAA, Wednesday, February 21st.
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.

Cabin Fever? Do you like to walk and don't want to navigate the icy sidewalks? Sea Road School is open for you to walk the halls Monday through Friday from 8:30 to 11 am or 1:00 to 2:30 pm. Simply check in at the main office and get a visitors badge. It's fun to check out the students' work on the hall walls. Enjoy.



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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 the 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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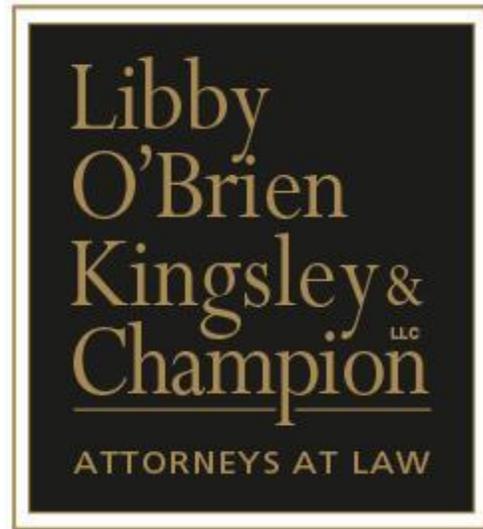
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