



www.seniorcenterkennebunk.org

March 2018

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

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St. Patrick's Luncheon
KHS Play Tickets
Warming Wednesdays
April Bridge Breakfast



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!

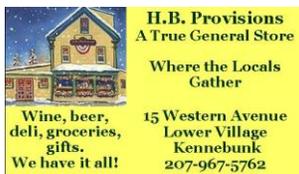
Greetings!

Last week I saw a bluebird perched on our front porch here at The Center. It was a gray, cold day, and I immediately buzzed around the Center telling everyone what I saw. It made me so happy that I could not stop smiling. I thought about the expression, "The Bluebird of Happiness" and researched the origin of it. Popular thought is that the stage play, The Blue Bird, inspired the idiom that has been in movies, songs, and even operas. The play presents two children who leave home and embark on a journey to find the elusive bluebird of happiness. They fail to find the bird, return home and are quite surprised to find the bird in a cage in their own house. True happiness is found by the children when they gift the bird to a sick child.

We had a special, unexpected gift presented to us by an anonymous donor. A lovely gas fireplace has been installed in our living room. The warmth of the fire makes that corner even cozier, and many members are already enjoying the conversations and laughter around the inviting fire. During March, we will host "Warming Wednesdays" from 2:00 to 4:00. We will have treats and free hot beverages. Bring a friend, make a friend, bring a book, write a book, play a game, learn a game! The Center is open five days a week, and we have free Wi-Fi, friendly faces, hot coffee and now a warm fire! We are looking forward to seeing you here.

Best,
Pat Schwebler, Executive Director

Our Sponsors



Programs, Clubs, Lessons, Luncheons

St. Patrick's Day Luncheon - Wednesday, March 14th at Noon. Atria serves a traditional Irish Luncheon: Corn Beef, Cabbage, Potatoes, Carrots, Soda Bread and Ice Cream Puff for dessert. \$8 per person due at signup. Limited to 25 people.

Free Tickets to the KHS musical

As You Like It!

Enjoy the new KHS theater space and a great musical on Sunday, March 11th at 2:00 PM. The musical is an adaptation of William Shakespeare's classic comedy. The KHS theater department has graciously donated 40 tickets to our membership. Tickets will be first come first served so you must sign up at the front desk to secure your ticket. Free to our first 40 members!

Warming Wednesdays - 2:00 to 4:00 pm. We will have treats and free hot beverages. Bring a friend, make a friend, bring a book, write a book, play a game, learn a game! We have free Wi-Fi if you'd like to bring in your computer to work on and need a change of scenery. Friendly faces, hot coffee, treats and now a warm fire!

Book Club - March 28th at 1 pm -

The book for March is *Before We Were Yours* by Lisa Wingate.

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.



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SMAA, Wednesday, March 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.

Legal Help with Milda Castner - Monday, March 5th at 9 am. 30 minute appts. Call the Center to register for a private meeting.

Coming in April:

Spring Bridge Breakfast April 24, 2018 at the First Congregational Church.

Enjoy a delicious home cooked breakfast prepared by the ladies of the church. All levels of Bridge players are welcome; sign up in tables of four players. \$22 per person. Signup due by Friday, April 13th. Checks are made payable to First Congregational Church and mailed to Joan Cowgill. Get your signup sheet at the Center.



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