



[www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)

April 2018

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

### In This Issue

Needle Felting Class  
Chamber Luncheon  
Tai Chi Workshop  
Medicare News  
Spring Luncheon



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 to learn more about FISH Transportation. We are always looking for drivers too.

Greetings!

As I write this, I'm working from home with the luxury of having my dog at my side. It's the second day of the March blizzard, and the Center is closed. I'm grateful that we did not lose power, we're warm, and have food in our fridge. I'm hoping that our members fared as well.

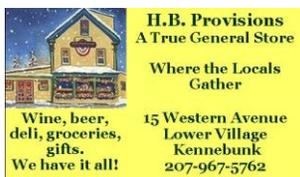
I can't help but reflect on our membership and the greater community of seniors, here in the Kennebunks. Many live alone. The Cambridge Dictionary (2018) defines the word alone as, "Without other people." Although the Center can't change that reality for many of our members, we can assure that "alone" doesn't move into "loneliness." According to another source, loneliness is, "...a lack of connection or communication with other beings...". Our members support each other, and many have built an extended network, from the relationships that they have formed here. They check in with each other and communicate regularly. Carol and I also check on members who don't show up for activities they normally attend.

This is what a true community does. They care, they support, and they help each other! April happens to be Volunteer Appreciation month. Our volunteers gave over 6000 hours to our center in 2017! This summer we will be celebrating to honor their volunteerism. I truly appreciate everything they do to help us keep the Center open and thriving. A generous portion of our volunteer time goes into serving our seniors who are lonely, with programs such as FISH and Elder Elves.

Spring is coming, and if you are not a member I encourage you to stop by for a visit and consider becoming a part of our community where we connect, care, and have fun!

Best, Pat Schwebler, Executive Director

## Our Sponsors



## Programs, Clubs, Lessons, Luncheon

### Needle Felting - Thursday April 5 - 1pm.

Needle Felting is a fun easy craft in which you make animals with wool, a special barbed needle, and felting pad. Join Danielle Bonney for this workshop and make a hummingbird.

**\$10 per person for materials/instructor fee. Sign up at the desk. 10 student minimum.**

**Computer tutor – For help on iPhones, iPads, Mac Books, Facebook. Tuesdays at 2:45 pm. Call to schedule an appt.**

**Medicare Workshop - Tuesday, April 3rd - 3 to 5 pm.** Kathy Kotakis educates you on Medicare and updates on the Aetna plan.

### Chamber of Commerce Luncheon - Tuesday, April 10th - 11 am to 1 pm.

**FREE LUNCH!!!!** Have you ever wondered what it's like to work at one of the lovely local resorts? Don't think you have the skills needed? Not true!!! Come to the free lunch and learn, hosted by some world-class, local resorts, and The Kennebunk, Kennebunkport, Arundel Chamber of Commerce. Learn about employment for seniors this summer season. Shifts are flexible, jobs are plentiful, and you are needed! **Sign up at the front desk.**

**Please note - No yoga with Mandy April 16th or 19<sup>th</sup>. She will be away with family.**

**Tai Chi for Health and Balance - given by Southern Maine Agency on Aging. April 9 through June 4.** Eight-week workshop will help you strengthen your body and improve your balance. Two classes weekly, 10 to 11 am, on Mondays and Wednesdays. **This is not a drop-in class. Only \$5 per class, \$90 for the workshop. Scholarships available. Call 1-800-427-7411 x 578 for details/to register.**



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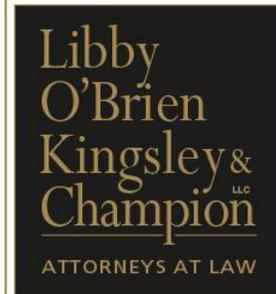
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### Spring luncheon - Wed, April 25 at noon.

Enjoy chicken with vegetables, side dishes and dessert sure to make you feel like spring is finally here. **\$8 per person at sign up.**

**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 players are welcome; sign up in tables of four players. \$22 per person. Signup by Friday, April 13th. Checks made payable to First Congregational Church; please mail to Joan Cowgill.

**Book Club – Date TBD - *Still Life* by Louise Penny** is the book for April.

**Variety Show Auditions.** Dust off your dancing shoes, musical instrument, jokes, magic tricks, Charlie McCarthy doll, or anything else you'd like to share with the community! Our own Maggie Nelson (Mandy's Daughter) will be producing a variety show to raise money for the Center! As part of her eighth-grade community service project, Maggie is looking for acts of all kinds. This will be an inter-generational, family-friendly event held on May 19th at the Middle School of the Kennebunk's. Auditions will be held in April and are open to the greater community. Stay tuned for date/time!

### 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, April 18th** - Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an appointment.

**Coming in May:**

**May Day - Saturday, May 5.** Visit Lafayette Park as the Center will be there to educate the community on what we do.

**Bridge 5k Marathon.** Enjoy bridge all summer long. Join the Bridge 5K! Finishes in September with a tournament and delicious luncheon. **Forms at the desk for sign up.**

**WWI Aviator Lecture and Cookout - Wed, May 23 at 11 am - 1 pm.** Learn about our first military aviators. Cookout follows.



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