



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

June 2018

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

### In This Issue

[Center Bowling League](#)  
[Medicare Update](#)  
[Volunteer Luncheon](#)  
[Pelvic Floor Physical Therapy](#)



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!

As I write this, it is the end of May and about 40 degrees outside. Our snowbird members have been migrating back to us all month. They come into the Center with a healthy glow from being out in the sun. We share the stories of the never-ending winter with them, and they nod their heads in empathy. I think back to the year-round members still coming in this past season, regardless of the road conditions. The Center is a home away from home for so many, and our members gallantly challenged Mother Nature to be with us.

Several weeks into my new position last year I noticed a red and black umbrella in the front hall. I tried to find the owner, and after polling many members I was told by one that the umbrella had been in that corner ever since she was a member, and she joined 20 years ago. She then said, "You'll use it, Pat, you'll see." I have used it almost every time it rains, to assist a member that has their hands full or to protect someone using the front ramp.

I believe the Center is like that umbrella for some. They might not think they need us, but when they do, we're here, and still going strong after 28 years. Our volunteers are the Center's umbrella. They come out in full force for our fundraising events, staff the front desk and provide valuable outreach services to our greater community. They are there when we need them. Thank you!

This month we honor their work at our volunteer lunch. As the popular singer Rihanna sings, "Now that it's raining more than ever know that we still have each other you can stand under my umbrella." I thank you for your volunteerism, and if you're not part of our crew, I challenge you to be a part of the Center's "umbrella" and become a volunteer!

Best, Pat Schwebler, Executive Director

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## Programs, Clubs, Lessons, Luncheon

**Kennebunk Beach Classic 5K - Sunday, June 3, 2018.** Center members participate for **\$15.** Walk with us! *Please note the Center is closed June 1st to prepare for Sunday.*

**2018 Model of Positive Living nominations are being accepted now. Pick up a form at the Front Desk and nominate someone who inspires you. Winner announced in Sept.**

**Center Bowling League - Thursdays at Garden Street Bowl at 11 am. June 7th and 14th. \$10** for three games and shoe rental. Call Carol if you're interested.

**One-on-one meetings with Saco Bay Physical Therapist Jessica Russell to discuss pelvic floor concerns.** The pelvic floor is a group of muscles that work as a unit for proper bladder, bowel and sexual function for both men and women. As part of the aging process, these muscles lose strength and integrity, resulting in poor function. Jessica Russell, DPT, can discuss your concerns privately with you and therapy to address them. **Tuesday, June 19th, 1 pm is the first private session. Sign up is required for a meeting with Jessica. Please see Carol to do so. Thank you.**

**No Yoga on Monday, June 25th through Monday, July 9th as Mandy will be away with her family.**

**Medicare Workshop - Monday, June 25th, 2:30 to 4 pm.** Join Kathy Kotakis as she presents a medical insurance presentation for low income seniors. Kathy is a qualified life and health insurance agent and will inform you about changes coming online that may save you money. Free program, open to the public. Please call to register so we have a chair for you.



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**Volunteer Luncheon - June 26 at noon.** Did you know that Center Volunteers put in 6000+ hours in 2017. It's time to celebrate our volunteers and we are hosting a luncheon here at the Center on June 26 to do just that! We are having it here at the Center at the suggestion of volunteers who would like to be able to mix and mingle with each other instead of being at one table. Look for your invitation soon.

**Book Club - Wednesday, June 27 at 1 pm. All welcome to discuss *Post Mortem* by Patricia Cornwell.**

**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 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. ***The Grief Support Space is sponsored by the Bibber Family and Bibber Memorial Chapel. The Center is grateful for their support and Carol's leadership of this program that helps so many.***

**SMAA, Wednesday, June 27** - Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an appointment.

**Coming in July:**

**Affairs to Remember Auction Thursday, July 19th at the Kennebunk River Club.** Please see Maureen or Carol if you'd like to volunteer. As a volunteer you are assigned a key role but can also bid on auction Items, enjoy beverage and snacks and take in the night's action with us.

**Summer luncheon in Huntington Common's new courtyard. Date and time and menu to be announced.** Huntington Common has a lovely outdoor space, perfect for a summer gathering.



**Tricia Gallagher**  
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