



www.seniorcenterkennebunk.org

May 2018

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

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- 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



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Greetings!

I have always had an interest in history. I believe you need to know where you've been, so you know where you're going. This year celebrates the 100th anniversary of the end of World War I. On May 23rd we will have a community educator presenting on aviators during WWI. Although we no longer have those veterans in our presence many of our members can recall hearing family stories about "The Great War". After the lecture we will have a special Memorial Day Luncheon to honor and celebrate those who have served our country. Sign up early as I believe we will sell out!

We are actively preparing for our fundraising season. First out of the gate is the upcoming road race on June 3rd. It will be expanded this year to include a free lunch for runners and spectators. We will offer some fun carnival games after the race. I encourage you to invite your friends and family to join us. Registration rates are the lowest in York County for a 5K. Last year we had some members compete! If you're inspired to do so you can register to walk or run. It's a lovely way to spend a Sunday in June and support the Center at the same time.

If you'd like to be a part of the race or any of our upcoming events, contact our volunteer coordinator Maureen McKenzie. As always, we are so appreciative for the support of our sponsors and our members. We thank our greater community for recognizing that the senior population is significant, important and an asset worthy of our support!

Best, Pat Schwebler, Executive Director



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Programs, Clubs, Lessons, Luncheon

Center Bowling League - Thursdays at Garden Street Bowl at 11 am. May 3rd, 10th, 17th, 24th, 31st and June 7th and 14th. \$10 for three games and shoe rental. Call Carol to sign up if you're interested.

Legal assistance with Milda Castner of Bergen Parkinson Attorneys. Monday, May 7th from 9 am to 10:30 am. You can speak privately about legal issues. Call the Center to schedule a 30 minute appointment.

Medicare Workshop - Monday, May 7th, 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.

The Center will be closed all day Friday, May 11th for spring cleaning. We are fortunate enough to win a help grant again from the great folks of Liberty Mutual! A team of employees will join us for the day to paint, clean and do a general spring cleaning. Liberty Mutual gives their employees a chance to give back to the communities they serve with "Liberty Cares".

Nvest's Famous Shredfest - Saturday, May 12th from 9 am to 2 pm. Come shred your documents for free: bank statements, pay stubs, credit car information, old papers with personal identification information. Nvest Financial Group parking lot at 69 York Street in Kennebunk. Complimentary breakfast and lunch.



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Book Club - Wednesday, May 16 at 1 pm. All welcome to discuss *Wonder* by R.J. Palacio.

Senior Moments Chorus Spring Concert - May 15 at 2 pm at Atria Kennebunk or May 16th at 4 pm at Church on the Cape in Cape Porpoise. The Chorus has 30 members and invites you to listen and consider joining their group. They will meet, starting in September, on Wednesdays - 3:35 to 5 pm.

All New Kennebunk Variety Show Saturday, May 19th at 2 pm at Middle School of the Kennebunks. Enjoy talents of all ages at this fun show. Maggie Nelson, daughter of yoga instructor Mandy Nelson, is producing this show as a community project for school to benefit the Center. We are thrilled and grateful to Maggie for her hard work on behalf the Center. Please plan to attend and watch for details soon.

WWI Aviator Lecture and Cookout - Wed, May 23 at 11 am - 1 pm. Learn about our first military aviators, their struggles and triumphs at this fascinating lecture by local community educator Carrie Beverly. Cookout lunch follows. \$8 per person for lunch. Limited to 30 so don't delay signing up.

Ongoing:

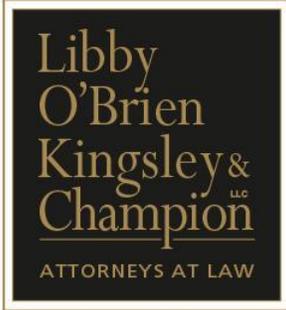
Grief Support -Thursdays - 11 am.

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, May 16th - Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an appointment.

Coming in June:

27th Kennebunk Beach Classic 5K - Sunday, June 3. Come run, walk or volunteer. We would love to have you. Discounted rates for Center members. See Carol to sign up.

Pelvic Floor Consultations - Tuesday, June 19th from 1 pm to 2:30 pm. The pelvic floor is a group of muscles that work as a unit for proper bladder, bowel and sexual function in both men and women. As we age, these muscles lose strength and integrity resulting in poor function. Jessica Russell, DPT, a physical therapist trained in this area, will be at the Center on June 19th for private consultations on how a Pelvic Floor Therapist could help.



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