



www.seniorcenterkennebunk.org

July 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:

American Mahjong 1 pm

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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register as a rider or to
learn about becoming
a driver!

Greetings!

Serving on the Board of the Center is an honor and a pleasure! Through the past 5 years it has been so exciting for me to see how the Center continues to grow & evolve! As Board Chair, I am happy to be able to announce that the Board is embarking on a Strategic Planning Process. We thank those who were here before us and look to the current team of Board, staff, and membership to advance the mission of the Center for those age fifty and up in our local communities.

We have heard from and agree with you! We want to be able to sustain and grow the Center to serve the community for current and future generations to come. As we advance this initiative we will be seeking input from you on programs, services, operational items, and more!

Over the last three years we have worked on a number of opportunities and want to continue with that momentum as we move forward. The reinstatement of the volunteer program is just one example. It has been growing steadily over the last few years with over 6,000 hours volunteered by our membership, staff, and Board in 2017!

Help us tell the story! Please jot down a statement or story (to give to Pat or Carol) of how the Center has touched your life. These messages are so powerful and remind us to remain grounded in our roots.

Thank you all for the ways you contribute, support, and partner with us in carrying the important message to your friends, neighbors, and family of the great ways the Center impacts all of our lives!

All my best,

Amanda Batson, Board Chair



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Affairs to Remember Auction - July 19th at 6 pm at the Kennebunk River Club Casino on Ocean Avenue in Kennebunkport. Tickets are \$50 pp and enter you in a raffle to win \$5000.
*****Please note the Center is closed July 19th & 20th for auction preparation and clean-up.**

2018 Model of Positive Living nominations are being accepted now. Pick up a form at the Front Desk and nominate someone who inspires you. Deadline for nominations is 8/1/2018. Winner announced in September.

Mandy will return for Yoga on Monday, July 9th. She will be away the week of July 4th.

American Mahjong lessons to be offered at the Center in July! Monday and Wednesday afternoons at 1 pm starting July 9th and finishing on July 25th (3 weeks of classes). \$25 (member) for instruction (\$35 non-member), plus a \$15 book and \$9 playing card. Call Carol to sign up.

American Mahjong Group now meets Wednesdays at 1 pm to play. This group is different from learning workshop. Call for more information to join in.

Center Bowling League, Thursdays at Garden Street Bowl at 11 am continues through the summer. \$10 for three games and shoe rental. Join the group if you like.

BBQ Luncheon - Thursday, July 27 at Noon at Huntington Commons' lovely garden courtyard. BBQ chicken, sausage, burgers ...a summer feast. \$8 per person at sign up.

Book Club - Wednesday, July 25th - The group will discuss *The Hideaway* by Lauren Denton. All welcome to join in.

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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.


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 in need.

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

Coming in August:

Beach Bocce and Bennett's at Gooch's. Stay tuned for details.

Atria Luncheon on August 28th at Atria. Luncheon indoors with ice cream and live music on the patio to follow.

**Tricia Gallagher**
Broker

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