



www.seniorcenterkennebunk.org

August 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](#)



Call 967-8514 to
register as a rider or
to learn about
becoming a driver!

Greetings!

We're always busy at the Center but throughout the summer our focus turns to two of our three annual major fundraising events: The Kennebunk Beach Classic 5K and The Affairs to Remember Auction.

With the help of our wonderful sponsors, small businesses, participants and literally hundreds of volunteers our two events were a smashing success. Thank you to everyone that helped us achieve our goals!

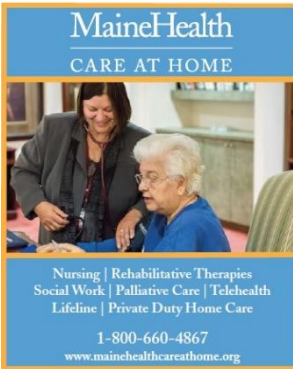
Our members and volunteers work hard for The Center, and our greater community, but love to have fun too! Stay tuned as we continue to bring new programming on line with Beach, Bocce and Boomers premiering this month and an upcoming series in fall that will take a light-hearted look at libations over the decades and how they have evolved over time.

Speaking of our wonderful members and volunteers I am so pleased to announce that we have a new addition to our staff! Natalie Kfoury has joined us as the fulltime Membership and Volunteer Engagement coordinator. She will be reaching out to you in the coming months to update your information and inform you about upcoming opportunities here at The Center. Please stop by and introduce yourself to her.

We look forward to seeing you all soon!

Pat Schwebler
Executive Director

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Programs, Clubs, Lessons, Luncheon

Are you a family caregiver? Join us for Aging: Myths & Realities - presented by Southern Maine Agency on Aging - on Wednesday, August 8th at Noon. People have a variety of beliefs about "normal" aging and what to expect. This class explores physical and cognitive changes associated with growing older and explains common medical conditions that affect older adults. Preventive tips offered. Pizza lunch provided. FREE. Please sign up.

New! Beach, Bocce and Boomers - Thursday, August 23 at 5 pm at Gooch's Beach. Bring your beach chair, Bocce set and friends. This will be a fun event to kick back and enjoy casual games with friends, both old and new. Dinner's on us. FREE. Open to the public. Adults 50+ only. Limited to the first 30 to register. Call Carol to sign up: 967-8514.

Atria Summer Luncheon - Tuesday, August 28th at 1:45 pm at Atria, dessert to follow at 2:30 pm on the patio with the music of Women of Note to enjoy. Details on menu to come. Limited to 50. \$8 per person when you sign up.

Book Club - Wednesday, August 22nd - 1 pm. The group will discuss *Finding Rebecca* by Eoin Dempsey. All welcome.

Be on the lookout for **Kennebunk Police Department Community Service Officers.** They patrol Lower Village and the beach areas to keep things running smoothly. Now they will be stopping in to the Center on a regular basis to take breaks and meet you all. Be sure to introduce yourself.

American Mahjong Group now meets Wednesdays at 1 pm to play. **American Mah Jong students! Would you like to start your own group at the Center?** Let us know. You are welcome to come play here.



Early Comfort Menu 4-6 PM Monday-Thursday

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

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, August 15th - Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an appointment.

Coming in September:

Our 2018 Model of Positive Living will be announced.

Our Annual Meeting will take place on Monday, Sept. 10th at the Center.

We celebrate National Senior Center Month! Stay tuned for details.



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