



www.seniorcenterkennebunk.org

September 2018

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



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 FMI

ATTENTION MEMBERS!

Natalie, our Volunteer & Membership Engagement Coordinator, is putting together a Membership Directory. If you would like to be included in the Membership Directory, please see Natalie in the back office. Or, get in touch with her through email at: info@seniorcenterkennebunk.org

Deadline for inclusion in the Membership Directory will be December 1, 2018!

Greetings!

Where did the summer go? It started out cold, became hot and humid and then dropped to the 50's in late August. Change is inevitable in life and the weather in Maine seems to keep us adaptable and on our toes.

On September 10th we'll have our Annual Meeting with a light brunch afterwards. We will celebrate the last year at the Center and announce the winners of the 2018 Model of Positive Living awards. I encourage you all to attend as an important, positive future change will be announced!


With more resources we will be moving forward with things to enrich and connect our members to each other, the Center and our greater community. Check out our newsletter for new programming, upcoming partner trips and other opportunities to have fun, learn and engage in life.

As always, I thank you for your membership, your volunteerism and for setting the example for other seniors by living life in a positive way!


Best,
Pat Schwebler
Executive Director

Programs, Clubs, Lessons, Luncheon Annual Meeting - Monday, Sept. 10th at 10 am - Join us to go over the year's highlights plus hear exciting announcements. No member activities in the morning. Light breakfast will be served.

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"The Bike Cop" - Author Talk with James Bruner - Tuesday, Sept. 11th at 1 pm. Meet the author of this detective tale about a summer bicycle cop who discovers a murder and more on his beat. Refreshments, trivia and giveaways too! Please sign up.

Movie Day - Wednesday, Sept. 12th at 10 am. "The Guernsey Literary & Potato Peel Society" will be shown in the Center Living Room. Bring your own bag lunch for a discussion afterward.

Art Show - Friday, Sept. 14th at 5 pm. Come see the paintings of our members who gather every Friday to hone their skills under the direction of Instructor Liz Armstrong. Their talent will capture your attention. Refreshments too.

Facebook Class with Potluck Lunch to follow - Tuesday, Sept. 18th at 11 am. Join Natalie Kfoury, the Center's new Social Media Maven, for a class on Facebook. Then we'll kick back for lunch and fellowship. Sign up at the desk.

Cocktails of the Decades Classes - 3 Part Series - begins Sept. 19th - 5:30-7:30 pm. Join professional bartender Elise Schwebler as she teaches you how to make the cocktails that helped to define certain decades. The cocktail will be paired with the favorite appetizers of the time, fun trivia, good conversation and a relaxing evening in front of the fireplace here at the Center! Cost is \$30 a class or \$25 for members.

Farnsworth/Olsen House Tour - Wed, Sept. 26th - 8:30 am to 5:15 pm. We partner with Kennebunkport Parks and Rec. Dept. to visit the Farnsworth Art Museum and Olsen House. Begin at the museum, eat lunch in Rockport or bring your own bagged lunch to enjoy. Then tour the Olsen House. \$27 per person. Register at the front desk.



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Book Club - September 26th 1 pm. All welcome to discuss "The Letter" by Kathleen Hughs.

Running Club – Every Thursday at 8:00 AM a group of dynamic older adults meets at the Center for an invigorating run or walk. Then they often go out for breakfast. They are open to meeting new people so drop by and join them.

Coming Soon: Board Games - Scrabble is the most popular request to date. Sign up at desk.

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, September 19th - Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an appointment.

Coming in October:

Medicare seminars with Kathy Kotakis on 10/16 at 3 pm or 10/24 at 10 am. Sign up at the desk.

15th Coastal Kitchen Tour on Saturday, Oct. 6th – Discounted tickets for members!!!



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