



www.seniorcenterkennebunk.org

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:

Board Games 10 am

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](#)

FMI: Call 967-8514.

Attention: Natalie, our membership coordinator is putting together a member directory. See her at the Center or email her at info@seniorcenterkennebunk.org to be included.

Deadline 12/1/2018.

Greetings!

The weather is getting cold outside, but the Center is getting all fired up! We're coming off a great September with the announcement of the gift of property, Senator Angus King visiting us, and the launch of three new programs!

This month look for more new programs that focus on Conversation and Connection.

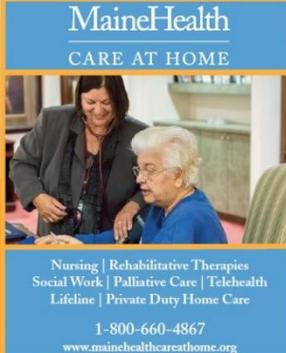
Conversation, Coffee and Cake kicks off on October 17th by our cozy fireplace and will run every Wednesday morning through spring. During our **Meet the Candidates Forum** you'll have a chance to speak with some candidates that are running to represent the communities of Kennebunk, Kennebunkport and Arundel. A **Grandparents Group** will meet by the fire to discuss the challenges and joys of having grandchildren in 2018. Can't make it to the Center during the week? Join us on October 20th when we'll come together to **create a Sumi Scarf!**

This month we also begin our work preparing for **Elder Elves** and the **Prelude Fair Fundraiser**. Both programs exist because of the dedication of our members in raising funds for the Center and giving back to our greater community and isolated seniors. I encourage you to come to enjoy the connection, sense of community and coffee, by the fire at the Center!

Best,

Pat Schwebler, Executive Director

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Programs, Clubs, Lessons, Luncheon

15th Annual Coastal Kitchen Tour - We are excited to present eight amazing homes with brand new kitchens to you on Saturday, October 6th from 10 am to 3 pm. Member tickets are discounted \$5. Get them at the desk or online at www.seniorcenterkennebunk.org.

Flu Clinic - Wednesday, Oct. 3 from 9 am to 12 noon -Village Fire Station, 32 North St., Kennebunkport. Flu clinic provided by Walgreens. Please bring your insurance card.

Friday - October 5th - Center closed to prepare for the kitchen tour.

Monday - October 8th - Center closed for Columbus Day.

Movie Day – Wed., Oct. 10 at 10 am “Book Club” will be shown in the Center Living Room. Bring a lunch and stay for discussion.

Board Games - every Wednesday at 10 am. We are pleased to introduce board game play at the Center! Join us for fun and friendly competition. Board game play will be offered on Wednesdays from 10:00-12:00 in our Sun Room. We have Scrabble sets and a chess set available for use, but folks are welcome to bring their own games. FMI: contact Natalie in her office or at info@seniorcenterkennebunk.org.

Elder Elves - Tuesday, Oct. 16 at 10 am in the Living Room. Please join us if you'd like to help with this popular giving program that provides holiday bags to adults 50+ who have no family to celebrate the holidays with.

Medicare 2019 - Tuesday, Oct. 16 at 3 pm. Also Wednesday, Oct. 24 at 10 am. Join Kathy Kotakis for an informational meeting to learn about AARP's 2019 Medicare products. Q&A session and refreshments. Sign up please.



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Coffee Talk - Wednesday, Oct. 17 at 10 am in the living room. Join us for Annie's Pumpkin Cake, coffee and current events conversation in front of the fire in the Living Room. Sign up.

SMAA, Wednesday, October 17th - Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an afternoon appointment.

Cocktails of the Decades Classes – Wednesday, Oct. 17 - 5:30-7:30 pm. Disco, women's rights and Watergate, oh the 70's. Join professional bartender Elise Schwebler to learn how to make popular cocktails of this decade. Enjoy appetizers of the time as well. Join us for a fun evening. Cost is \$30 a class - \$25 for members.

Sumi Scarves - Saturday, Oct. 20th at 10 am at the Center. Make your own one-of-a-kind handmade silk scarf during this workshop using modern eco-friendly materials. Artisan Jill Roberts will help each guest apply acrylic paint to a scarf using a special water bath and marbling tray to create the design of their liking. We need 10 people to run the event. \$40 per person. Please sign up at the front desk.

Grandparents Group – Tuesday, Oct. 23 at 10 am. Join us for coffee and conversation by the fire about being a grandparent in 2018. Whether your grandchild is two months old or 22 years old you, share and learn with others.

Book Club – Oct. 24th 1 pm. Discuss "The Great Halifax Explosion" by John U. Bacon.

Candidates Day - Tuesday, Oct. 30-10 am. Join us in the Living Room to meet candidates running for state office. Ask questions, hear their priorities, make an informed vote.

Halloween Luncheon – Oct. 30 or 31st – Date to be announced. Dress up and join us for a fun luncheon followed by games and discussion with



Kennebunk Center for Health & Rehab. Menu details to come. Prizes for the best costumes! \$8 per person. Sign up.



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, 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.*



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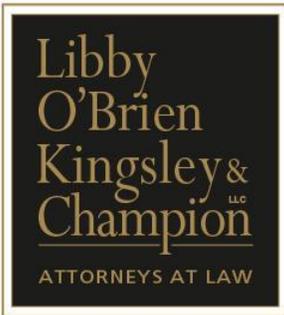


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Early Comfort Menu 4-6 PM Monday-Thursday

Year-Round Hours

Lunch 11:30-4 PM

Dinner 5 PM-close

Sunday brunch 11:30-4 PM

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