



January & February 2019 Newsletter

Greetings and Happy New Year!

As we reflect on the highlights of 2018, we celebrate the many good things that happened for the Center this past year and sadly, say farewell to some dear friends. Our founding members may recall that President George H.W. Bush served as the honorary chair of the original capital campaign for the Center. With President Bush leading the charge, the Center could not fail.

Entering our 29th year of operation, 2019 will be a Renaissance year for the Center, a year of connecting, growth and enlightenment. Can we have an outstanding life even though we are aging...yes! The Center will offer programming that inspires us to create space in our life for new opportunities that will engage us, bring us balance and have fun!

President Bush began skydiving again at the age of 75. He completed his last dive at the age of 90 and did not allow his diagnosis of Parkinson's to deter him. He lived his life with verve and stayed connected to his communities in Texas and Maine. When asked about jumping out of a plane he said, "Don't forget, old guys can still have fun and still do stuff." If you're stuck coming up with a New Year's resolution, have fun, do stuff, join us!

Best,

Pat Schwebler, Executive Director

Staff

Pat Schwebler

Executive Director

Carol Bousquet

Marketing & Communications
Manager

Natalie Kfoury

Membership & Volunteer
Engagement Coordinator

Center Hours

Monday-Thursday:

9:00-4:00

Friday:

9:00-1:00

Volunteer With Us!

The Center is always in need of dedicated volunteers. If interested, [please click here to contact Natalie Kfoury.](#)

FISH Ride Program

Our FISH Transportation Program volunteer drivers provide rides to area residents who need to get to medical appointments. To register for the program or sign-up as a driver, please call us at 207-967-8514.

Monthly Calendars

For monthly calendars, [go to seniorcenterkennebunk.org](http://go.seniorcenterkennebunk.org) and click on "Newsletter/Calendar" at the top.

January Events

The Center is closed from Monday, December 24 thru Tuesday, January 1. We will reopen on Wednesday, January 2. Merry Christmas and Happy New Year everyone!

Keep it Legal Session

Monday, January 7, 9:00-11:00 a.m.

Attorney Milda Castner, founding partner of Bergen & Parkinson, LLC, will visit the Center the first Monday of every month from January-June 2019 to offer preliminary legal advice,

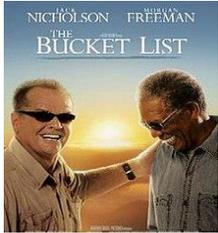
for subjects including estate planning. Each session will be 30 minutes long. **You must sign up in advance at the Center's front desk to meet with Attorney Castner.**



Coffee Talk- Photography

Wednesday, January 9, 10:00 a.m.

For the last 40 years, Center member Joe Barnett has been an avid photographer, making a living selling his photographs. He travels every year to other countries to add images to his collections. Come to the Center for our Coffee Talk program in January to hear Joe's story and to learn about his experiences! **Please sign-up in advance.**



January Movie- "The Bucket List"

Friday, January 11, 1:00 p.m.

Join us at the Center's "after hours" for a showing of "The Bucket List." Popcorn and refreshments will be provided and discussion is encouraged after the movie! **Please sign-up in advance.**

SMAA

Wednesday, January 16, 12:30-3:30 p.m.

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

January Luncheon

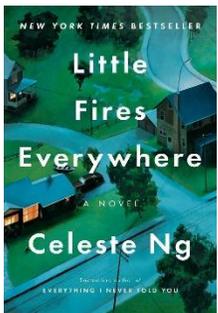
Friday, January 18, 12:00 p.m.

Join us for a delicious luncheon, conversation, and connections! We will enjoy a lively game of trivia by the fire after lunch. **Cost is \$8 for members; \$10 for non members. please sign-up in advance.**

Grandparents Group

Tuesday, January 22, 10:00-11:30 a.m.

Our Grandparents Group returns in 2019! Whether you're a grandparent or a great-grandparent, all are welcome to enjoy coffee, conversation, and connections by the Center's fire as you discuss the challenges and joys that come with being a grandparent in 2019. **Please sign-up in advance.**



Book Club- "Little Fires Everywhere"

Wednesday, January 23, 1:00 p.m.

All welcome to discuss "Little Fires Everywhere" by Celeste Ng. *"Everyone in Shaker Heights was talking about it that summer: how Isabelle, the last of the Richardson children, had finally gone around the bend and burned the house down. 'Little Fires Everywhere' explores the weight of long-held secrets and the ferocious pull of motherhood-and the danger of believing that planning and following the rules can avert disaster, or heartbreak."*

Grief Support

Thursdays, 11:00 a.m.

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.***

February Events

Keep it Legal Session

Monday, February 4, 9:00-11:00 a.m.

Attorney Milda Castner, founding partner of Bergen & Parkinson, LLC, will visit the Center the first Monday of every month from January-June 2019 to offer preliminary legal advice, for subjects including estate planning. Each session will be 30 minutes long. **You must sign up in advance at the Center's front desk to meet with Attorney Castner.**

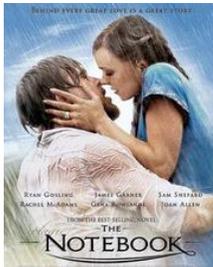


Coffee Talk- Love Stories

Wednesday, February 6, 10:00 a.m.

Join us for a special February Coffee Talk with the theme of "Love Stories." As we all know, love can take many forms- family, friendship, romantic interests, and even pets! Attendees will be welcome to share stories of love from their own life (if they'd like to share). Let's celebrate this time of the year with stories from the heart to create a morning of warm conversation. **Please sign-up in advance. If you know in**

advance that you'd like to share your story, please [email or talk to Natalie \(info@seniorcenterkennebunk.org\)](mailto:info@seniorcenterkennebunk.org).



February Movie- "The Notebook"

Friday, February 8, 1:00 p.m.

In the spirit of Valentine's Day, join us at the Center's Friday "after hours" for a showing of "The Notebook." Popcorn and refreshments (and tissues!) will be provided and discussion is encouraged after the movie! **Please sign-up in advance.**

Valentine's Party & Luncheon

Tuesday, February 12, 12:00 p.m.

Our special Valentine's Luncheon will be provided by Talula's ComforTable Catering! Join us for delicious food and treats, conversation and fun! Games will be played after lunch in front of the Center's cozy fireplace. **Cost is \$8 per member; please sign-up in advance.**

SMAA

Wednesday, February 20, 12:30-3:30 p.m.

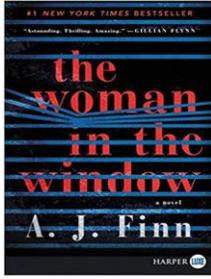
Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an afternoon appointment.

Grandparents Group

Tuesday, February 26, 10:00-11:30 a.m.

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Please sign-up in advance.



Book Club- "The Woman in the Window"

Wednesday, January 27, 1:00 p.m.

All welcome to discuss "The Woman in the Window" by A. J. Finn. "Anna Fox is a recluse in New York City. She spends her day drinking wine, watching movies, reminiscing... and spying on her neighbors. Then the Russells move into the house across the way: a father, a mother, their teenage son. The perfect family. But when Anna sees something she shouldn't, her world begins to crumble—and its shocking secrets are laid bare."

Grief Support

Thursdays, 11:00 a.m.

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.

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Volunteer Spotlight Maureen McKenzie

Maureen has been a dedicated volunteer at the Center for the past eight years! Before retiring, Maureen was a clinical social worker in Massachusetts. Maureen has been involved with all of the Center's major events and volunteers at the reception desk every Monday. In addition to being a member and volunteer, Maureen also serves on the Center's Board of Trustees. We could not be more grateful for Maureen's dedicated hard work and commitment to the Center's mission.



When asked why she enjoys being a member and volunteer at the Center, Maureen said, "I heard about the work the Center does when I moved up from Massachusetts. The Center was an easy place for me to get involved in due to my previous career as a social worker. I connected with the mission and I have always enjoyed coming, helping out, and meeting nice people."

Maureen lives in Kennebunk with her husband, Peter. She has four grandchildren and she loves nothing more than spending time with them. She also enjoys walking, taking yoga classes at the Center, water aerobics, reading, playing Mahjong and is an avid Red Sox and Patriots fan.

Welcome New Members!

Beth Ayotte
Joe & Barbara Barbeau
Rosamond Becker
David & Nicole
Connolly
Jon Fadiman
Molly Hoadley-Kilbourn
Kathy Kotakis
Deborah McGauley
Peg Nelson
Teresa O'Donnell

January Birthdays

Lorraine Carroll
Gail Lewis
Lynn McCarthy
Marie Rossi
Linda Rice
Barbara Marran
Marie Benya
Joe Barnett

February Birthdays

Linda Hall
Susan Stornelli
Kathy Kotakis
Rosamond Becker
Joan Ditson
Helga Dunbar
Linda Leeman
Peg Brewitt
Sharon Kovac

Special Thanks to Our Generous Sponsors



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C: 207-468-9841
Email:
tricia@kennebunkbeachrealty.com



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