



September 1, 2025

207-967-8514

WELCOME FALL!





As a courtesy to our fellow members and staff, please be mindful of the following...

1. Please do not use your phone on speaker inside of the building -- this is distracting to other members and programs.
 2. Please keep politics outside the Center, as we want this to be a safe and welcoming environment for everyone.
 3. If you have a grievance or negative feeling about a particular matter, please schedule a time to speak with Bridget directly.
 4. NO refunds will be issued for paid programming.
 5. If you would like to speak to staff in the offices, please see the receptionist to call one of us. There are many confidential things happening in the offices and we would like to respect that privacy.
-

You belong at The Center!
Friday Open House
9:00–10:00 a.m.

Come see the 50+ fun for yourself. Stop in, take a tour, and meet other older adults in your community. Explore a wide range of programs, events, activities, and classes, meet new friends, and learn new skills.

Sponsor Spotlight - Seacoast Physical Therapy



At Seacoast Physical Therapy in Biddeford and Kennebunk, we specialize in outpatient care for orthopedic and sports injuries. Seacoast Physical Therapy is dedicated to providing the highest quality of care in the greater Biddeford and Kennebunk areas. We strive to provide a friendly and encouraging environment to allow a comfortable and encouraging environment. Our treatment is based on state-of-the-art medical technology along with hands-on care. Our proven manual treatment techniques combined with modern equipment yield optimal results.

New and Noteworthy

Can't-miss events, coming right up!
Please remember that registration is required for ALL programs and payment is due at registration.

We will be CLOSED Monday, September 1st for Labor Day

*Our staff works hard to schedule and coordinate our workshops.
Please be courteous and give at least a 48-hour notice if you must cancel.*



Men's Coffee and Conversation

**Mondays, September 8, 15, 22, & 29
10AM**

Join us for a casual, open forum where men can come together over a warm cup of coffee to connect, share experiences, and have meaningful conversations. Whether you're looking to discuss life, work, personal growth, or just unwind with like-minded individuals, this is a space where you can be yourself. No agenda, no pressure—just real talk and a supportive community.



TAI CHI FOR ARTHRITIS - THE EXTENSION MOVEMENTS MONDAYS AT 10AM SEPTEMBER 15 - OCTOBER 27

Experiencing sun style tai chi is easy and enjoyable. The beginner's program is designed by Dr. Paul Lam, MD and family physician. Learning this program can help you improve balance, focus, fall prevention, health and wellness using basic core movements. Approved by the Arthritis Foundation, CDC and other organizations and is great for beginners and mature adults. No prior experience or special equipment is necessary—just wear comfortable clothing and flat bottomed shoes are recommended.

Instructor: Dennis Fallo, Board Certified

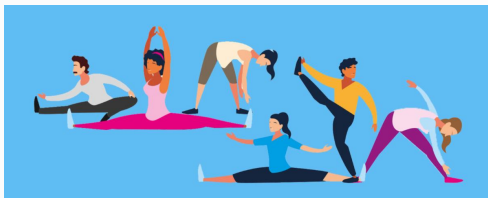


\$60 for 6 week session

Payment due at sign up; cash, credit card or
check payable to Spaulding Center

Call 207-967-8514 to register

**Minimum 6 participants
Maximum of 20 participants**



Cardio & Stretch with Sue

**Mondays, September 8, 15, 22, & 29
11AM**

Sue will be joining us for cardio and stretching. Participants are encouraged to bring their own mats and light weights (1-3lbs, optional). In this 45 minute class, Sue will walk through various stretches to target all areas of the body. Modifications can be provided. All skill levels welcome. \$5 per class payable to instructor.

Strength and Balance with Serina



**Wednesdays, September 3, 10, 17, & 24
9AM**

Join us for this enjoyable and straightforward strength and balance class! Each session aims to improve your range of motion while strengthening your bones and muscles, using just a chair and your body weight. **Cost: \$5/class payable to instructor.**

Serina, a board-certified nutritionist, and personal trainer based in Kennebunk, Maine, focuses on functional, simple exercise techniques that enhance daily life.



Crochet Classes

**Wednesdays, September 3, 10, 17, & 24
10AM**

Learn to crochet! If you're stuck on a project or have always wanted to learn, Kristin will be there to help every step of the way!

Cost: \$10 payable to instructor



Tai Chi - SECOND SESSION -FULL
**Thursdays, September 4, 11, & 18
10AM**

Discover the ancient art of Tai chi, gentle yet powerful practices that harmonize mind, body, and spirit. This class is the perfect introduction to these traditional Chinese health systems. You will learn gentle flowing movements that will improve flexibility, balance, and strength without strain; focused breathing that will calm the mind, enhance oxygen flow, and improve energy levels; mindful awareness that will help you cultivate a sense of peace and mental clarity through mindful focus. No prior experience or special equipment is necessary—just wear comfortable clothing and bring an open mind.

\$80 for 8 week session. Payment due at sign up; cash or check payable to instructor Michael Schwartz



Walk with Bridget

**Fridays, September 5, 12, 19, & 26
9AM**

Who's in? Who's going to join me? Come on, Let's Go Walking! We will leave the Center for a short 1-1.5-mile walk, our route will change every week. A few of our routes will include Lower Village, Dock Square, Walking Trails at the Monastery or Kennebunk Beach.



Uno & Rummikub

**Fridays, September 5, 12, 19, & 26
10AM**

Join us for an exciting morning of classic fun with UNO & Rummikub games! Whether you're a UNO master or a Rummikub strategist, this event is the perfect chance to unwind, socialize, and test your skills in a friendly, competitive environment. **NO SKILL REQUIRED**



Secrets of the Salt Marsh Walk Thursday, September 4, 10AM

Join us at Laudholm for a jaunt past meadows and forests down to our floating dock on the Little River. Here we will look out over the salt marsh and learn its secrets!

This guided walk covers about 1 mile of fairly flat, slightly uneven trail terrain and is about 1.5 hours in length.

Sun and insect protection, hat, and footwear for the trail highly recommended.



Medicare 101

Monday, September 8, 10AM

Please join Miranda Butler, a local independent insurance agent specializing in Medicare. Miranda will be discussing the ABCD's of Medicare. Medicare 101 is intended to educate people about when to apply, what age, and the different parts of Medicare.

Maine Mature Drivers Project



Sept. 9 : **The Spaulding Center**
5:30 PM : **175 Port Road, Kennebunk**

Tom Meuser, PhD will be presenting on the **Maine Mature Drivers Project**. The aim of this presentation is to raise awareness about how health and functional changes of aging impact on driving fitness, and to encourage and empower older adults to self-regulate their driving and consider non-driving alternatives when appropriate. Open to anyone of driving age.

**For more information call
Kennebunkport Public Health
(207) 967-4401**



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PUBLIC HEALTH**

**Also introducing the
CarFit Program**

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Helping Mature Drivers Find Their Safest Fit

AOA American
Occupational Therapy
Association

AARP

presented by Portsmouth Regional
Hospital Injury Prevention



BRIDGET'S

LUNCH BUNCH

THURSDAY, SEPTEMBER 11
11:30 AM

Merriland Farm Cafe



RSVP BY
SEPTEMBER 8

MAX OF 11, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL.



Wise Women Wondering Thursday, September 11, 11AM

As women of a certain age, we have experienced a great deal thru the last few decades of our lives. Those experiences, both painful and joyful, have made us into the women we are today. You may not consider yourself “wise”, but you have earned that title by enduring the unpredictabilities of life and moving forward when the easy choice would have



been to stand still. If you are looking for an exchange of ideas, some laughter and the opportunity to meet up with other women who have been tested by the vagaries of life, then join us once a month. A “wise” woman can learn from others while sharing some wisdom of her own.

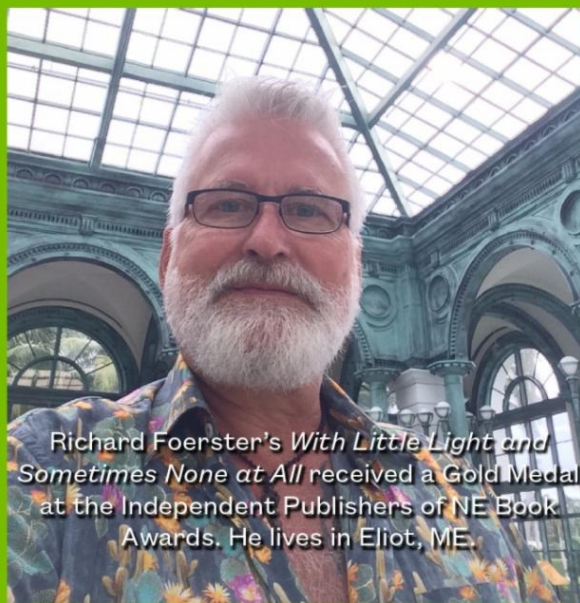


Elder Elves Meeting Friday, September 12, 10AM

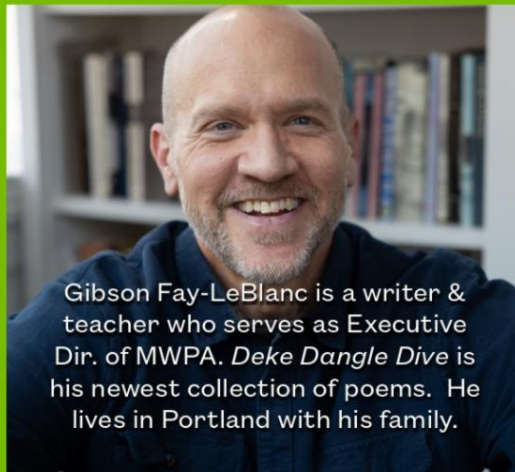
Join our Elder Elves Squad!

This important community outreach program provides 75+ holiday gift bags for local residents that are alone or shut in during the holiday season.

Our volunteer group will shop, wrap and assemble the gift bags--all while having a merry good time!



Richard Foerster's *With Little Light and Sometimes None at All* received a Gold Medal at the Independent Publishers of NE Book Awards. He lives in Eliot, ME.



Gibson Fay-LeBlanc is a writer & teacher who serves as Executive Dir. of MWPA. *Deke Dangle Dive* is his newest collection of poems. He lives in Portland with his family.



Sarah V. Schweig is the author of *The Ocean in the Next Room* and *Take Nothing with You*. She lives in Portland.

**Friday, September 12, 2025 at 1:00-2:30 p.m - come to hear pillars of the poetry community read their brilliant, inspiring poems & verse
Richard Foerster, Gibson Fay-LeBlanc, and Sarah V. Schweig.**

POETRY IN THE SPAULDING CENTER

**175 Port Road, Kennebunk. Free. Refreshments. Donations welcome.
Host: WePoets & Verse, Kennebunk**



Southern Maine
AGENCY
On **AGING**
EMPOWERING OLDER ADULTS
AND THEIR CAREGIVERS

Community Cafe

Tuesday, September 16 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by
Love of Food & Drink

Beet & Goat Cheese Salad
Chicken breast with Cornbread Stuffing
Mashed Potatoes
Vegetable Medley
Apple Crisp

Open to all Maine Residents 60+
RSVP: 207-967-8514 by September 9

Suggested Donation \$8.00
Kindly pay cash day of event

Find Relief from Joint Pain- Without Surgery or Prescription Drugs!

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📍 Located in Kennebunk, South Portland & Freeport 📞 (207) 389-5009

FREE Consultation- No Obligation

🔍 Find out if you're a good candidate for regenerative medicine

Tuesday,
September 16
1pm

QC Kinetix®
NON-SURGICAL REGENERATION





Day Trip to the Nubble Lighthouse

**Explore the Nubble
Lighthouse before
going to lunch at Fox's
Lobster House in York**

**Wednesday, September 17
10am**

**\$5 for van transportation, participants
responsible for their own lunch bill**

**RSVP by
September 12**



Scotland Documents Party Thursday, September 18, 1PM

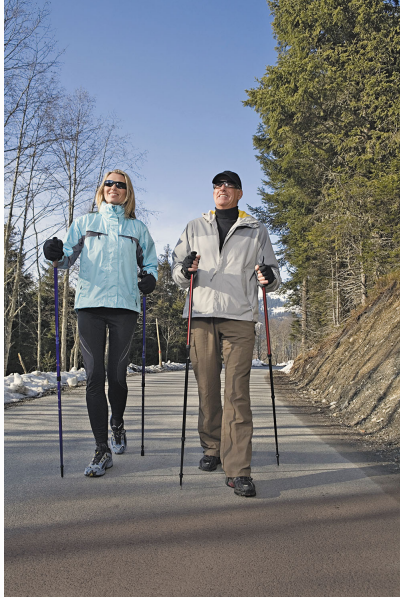
If you are one of the lucky travelers joining us on Collette Tours Discover British Landscapes trip, please attend this event to review important travel documents.



Discover Canyon Country Presentation with Collette Tours Thursday, September 18, 2PM

Experience America's canyons and venture through a world of colorful vistas and the neon-lit spectacle of Las Vegas. From the legendary Grand Canyon to the vibrant valleys of Zion, take in America's most beautiful landscapes.

Nordic Pole Walking Demo Friday, September 19, 9AM



Join us for a discussion about the benefits of Nordic walking. Current choices for poles at the Spaulding Center. After, we will take a walk locally to try Nordic pole walking.



A Perfect Move Succulent Snapshots Friday, September 19, 1PM

Get creative and grow something special! In this hands-on activity, you'll decorate a small terra cotta pot using colorful markers, then plant your own easy-care succulent to take home. We'll wrap up with a fun photo booth so you can pose with your new plant and take home a keepsake snapshot!



Fun with Flowers Monday, September 22, 12PM

Come and create a lovely flower centerpiece! Bring your favorite vase, all other supplies provided.

\$10 fee for supplies. Register by Friday, August 8.



www.bergenparkinson.com

Keep it Legal Thursday, September 25, 9AM

Sarah Neault, Esq. will be at the Center to consult on any legal matters. There will be **three appointments** available during this time, **beginning at 9AM**. Please call the Center today to schedule you time!

Fall Felting with Beth Crowe Thursday, September 25, 1PM



Join Beth Crowe to needlefelt 3D acorns and pumpkins just in time for the fall season! This workshop will be 2 hours long, **\$10 per person**. All materials provided, no experience necessary.



Estate Planning Seminar Friday, September 26, 10AM

Attorney Boudreau will provide pertinent information regarding the importance and value of life estate planning. Topics covered will include: gifting property to children now or leaving property in the will; how income tax and estate tax apply to estate planning; probate; how the "Transfer on Death Deed" differs from the benefits of a Revocable Living Trust; purpose of trusts; durable power of attorney; healthcare directives and living wills; the Secure Act is Now law; benefits of 401K and IRA; nursing home expenses.



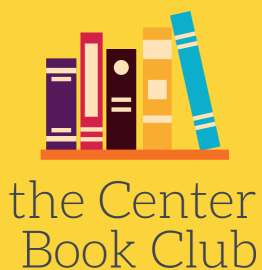
APPLE PICKING @ McDougal Orchard

Friday, September 26
Van leaves at 11AM

Pick your own apples or get a bag from
the Farm Stand

\$5 for transportation, apples at your own expense

RSVP by September 22



Book Club
Wednesday, August 27, 1PM

Join us each month to chat with fellow
bibliophiles about this month's selection!
September's selection is *Following Atticus*
by Tom Ryan.



Social Club Thursday, September 25, 11AM

The Social Club meets once a month to discuss and plan excursions to local events, such as theater performances, movie screenings, and local restaurants. It's a fun and casual way to stay connected with like-minded individuals while exploring the latest in entertainment and dining in the area. Whether you're a fan of the arts, film, or food, The Social Club offers an exciting opportunity to discover and experience new things together.

Click here to view the Full September Calendar!



Join us for a
**19th Annual
Coastal Kitchen Tour Weekend**

Tickets on sale September 1st

Friday, October 10th, 4:00-6:00PM

Kick-off Party

Celebrate with us at Mélange! Tickets to this party are \$10 and include appetizers and the chance to meet some of our amazing Coastal Kitchen Tour Vendors. Tickets are limited, so get yours today!

Saturday, October 11th

Coastal Kitchen Tour - 10:00AM-3:00PM

Spend your day touring these beautiful kitchens at your own pace - our docents will be on-site to show you in during tour hours! Advanced tickets are just \$40 and are on sale September 1!

Pop-Up Shopping Extravaganza- 9:00AM-4:00PM

Come back to the Spaulding Center to shop our wide variety of vendors at our pop-up shop and get food between houses at one of our several food trucks in the parking lot.

Sunday, October 12th, 12:00-4:00PM

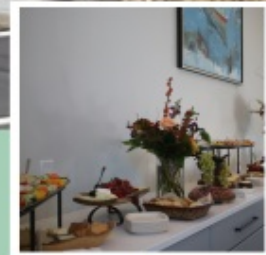
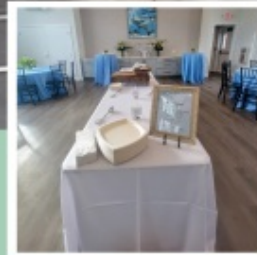
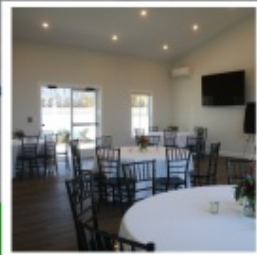
Sip & Shop with J. McLaughlin

Enjoy an afternoon sipping and shopping at J. McLaughlin in support of the Spaulding Center. 10% of sales will benefit the Spaulding Center!

FMI: seniorcenterkennebunk.org | 207-967-8514

All proceeds support the Spaulding Center, a 501(c)3 nonprofit serving seniors in Southern Maine.

Symphony Hall at Spaulding Center



Rental Venue

- Located in Picturesque Lower Village, Kennebunk
- NEW 1,000 sq. ft. Function Room
- Private Outdoor Courtyard Included
- Preferred Vendor List Provided
- Round Tables & Chivari Chairs Included
- Catering Kitchen
- 17 ft. Built In Buffet
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- (50) Guest Capacity
- Weekend Availability
- 2025 & 2026 Dates Available



175 Port Rd., Kennebunk, ME | seniorcenterkennebunk.org | 207-967-8514
director@seniorcenterkennebunk.org

The Spaulding Center for Active Living presents...

Discover Canyon Country

April 17 – 24, 2026



Book Now
& Save
\$150
Per Person

SPECIAL TRAVEL PRESENTATION

Date: Tuesday, July 22, 2025 Time: 1:00 PM

Spaulding Center for Active Living, 175 Port Rd. Kennebunk, ME
Second presentation will be on September 18, 2025 at 2:00 PM



For more information contact
Bridget Dempsey
Spaulding Center for Active Living
(207) 967-8514
director@seniorcenterkennebunk.org

collette

More Information

Explore Greece Island Hopper

featuring Athens, Mykonos, and Santorini

October 14 — October 24 2026 • 11 Days • 14 Meals



Highlights

Acropolis of Athens & The Parthenon, Taverna Dinner Show, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

[More Information](#)

Community Outreach Services

FISH TRANSPORTATION SERVICES

Our FISH (Friends In Service Helping) Transportation Program volunteer drivers provide rides to Kennebunk, Kennebunkport, and Arundel residents who need rides to medical appointments. Riders may use FISH Transportation when they have no other means (friends, family) of getting to an appointment. ***Please let staff know if you would like to volunteer to drive for FISH.***

TENDER LOVING CALLS

Many older residents live alone and worry about falling or having an accident at home. TLC callers can be arranged to check on the well-being of these residents and ensure they are safe. There is no charge for this service. ***Please let us know if you are aware of anyone who can benefit from our TLC program.***

CAREGIVER SUPPORT GROUP

Caregiving can be a lonely role that is demanding and physically exhausting. This group is designed for you to get the understanding and support needed for this most difficult life experience. If you are the primary caregiver of a loved one, this group could offer the help needed to navigate your journey.

The facilitator has extensive experience in group facilitation, has been a caregiver herself, and would like to be able to help others.

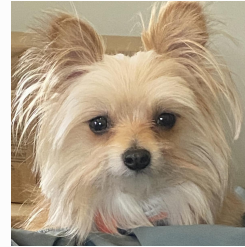
OUR STAFF

Bridget Dempsey
Executive Director

Jessica Slachta
*Communications and Social Media
Coordinator*

HOURS

Monday - Friday 8:30 - 4:00



Dooley Dempsey
Official Center Support Dog

Volunteer with Us

The Center is always in need of dedicated volunteers. If interested, give us a call at 207-967-8514.

FISH Medical Ride Program

Our FISH Transportation Program provide free 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 Calendar

To view our monthly calendar, visit our [website](#) or stop by the Center to pick up a copy.

Thank you to our generous sponsors

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For nearly 30 years, Charter Oak has supported the wealth management needs of New England's top earners.

With offices in Portsmouth, NH, Kennebunk, ME, and Portland, ME, the firm has 5 partners, 16 employees, and currently manages approximately \$1b in assets.

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207-967-5787

Community



Life is better
with friends.
And fun.

At Atria Kennebunk, residents enjoy opportunities to stay active, learn and celebrate in the warm company of neighbors, every day.

Call 207.985.5866 to schedule a visit.

Atria KENNEBUNK

Independent Living | Assisted Living | Memory Care
One Penny Lane | AtriaKennebunk.com



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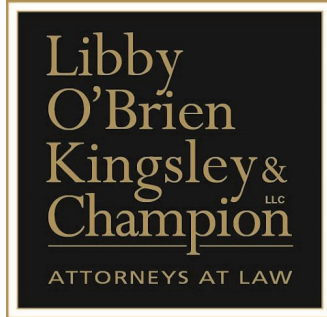


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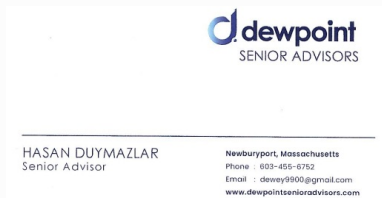
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ANCHOR
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Newsletter



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