



June 1, 2025

207-967-8514

## Summertime at the Spaulding Center

Fundraising season is upon us. Please consider supporting us as we bring your favorite events back for another year!

**June 5 & 6 - Bags & Bubbly Sale**  
**July 31 - Affairs to Remember Auction**  
**August 15 & 16 - Porch Sale**  
**October 11 - Coastal Kitchen Tour**  
**November 5 - Fall Into Winter Fashion Show**

Visit our [website](#) for Bags & Bubbly tickets and check bag regularly for more information on all of our other events.



Our new van name will be announced soon! Thank you to everyone that submitted a name... so many great names to select from!

Keep reading for new programs and day trips this month using the van!

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**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.

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## Sponsor Spotlight - Mélange



**A new retail experience, in Kennebunk, Maine, providing curated home furnishings sourced globally and locally**

Paula and Clayton Daher, the mother son duo of acclaimed Daher Interior Design, have created a new lifestyle home store that will transport consumers with their array of curated finds and expressive displays.

Born of their global travel, sourcing artisan craft for their interior design projects, Mélange will bring to Maine, globally and regionally sourced home accessories, lighting, bespoke upholstery and artwork.

The store is a place to showcase through small vignettes, the style, that can surround and create a beautiful, laid-back luxe style that is all of one's own. Our design is global, regional and every bit intentional for each space.

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## New and Noteworthy

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

**We will be CLOSED Thursday, June 5 & Friday, June 6 for Bags & Bubbly AND Thursday, June 19 for Juneteenth**

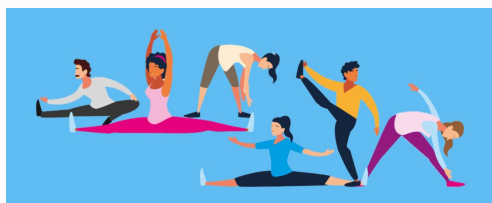
*Our staff works hard to schedule and coordinate our workshops.  
Please be courteous and give at least a 48-hour notice if you must cancel.*



### Men's Coffee and Conversation

**Mondays, June 2, 9, 16, 23, & 30  
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.



### Cardio & Stretch with Sue

**Mondays, June 2, 9, 16, 23, & 30, 11AM  
Thursdays, June 12 & 26, 4PM**

**By popular demand - a second day added**  
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.**



### Weekly Blood Pressure Checks

**Tuesdays, June 3, 10, 17, & 24  
9:30AM**

Please join our guest nurse to get your blood pressure checked and check up on your heart health.



### Strength and Balance with Serina

**Wednesdays, June 4, 11, 18, & 25, 9AM  
Thursdays, June 12 & 26, 9AM**

**By popular demand - a second day added**  
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.



### Rebounder Class

**Wednesdays, June 4, 11, 18, & 25, 10AM**

Rebounding is a 30 minute low-impact, full-body express workout that offers a unique combination of benefits, including improved cardiovascular health, strengthened muscles, and enhanced balance and coordination. By incorporating mini trampolines into your fitness routine, you can challenge yourself to new heights while having fun and getting a great workout. Whether you're a beginner or an experienced athlete, this rebounding class is an excellent way to mix up your routine and take your fitness to the next level.

**Class will be \$5 payable to instructor, maximum 7 participants.**



### Crochet Classes

**Wednesdays, June 4, 11, 18, & 25  
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 - CLASS FULL

**Thursdays, June 12 & 26  
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 Schwarz**



**Ballroom Basics**  
**Thursdays, June 12 & 26**  
**1PM**



Ballroom Basics is a six-week session covering two ballroom dances. The goal is to feel comfortable dancing a full song in each dance. This is for absolute beginners and returning dancers. Strong basics are for everyone. You will get in-class instruction, handouts, and a weekly follow-up email. No partner or dance experience is necessary, just a willingness to learn! This session will be the Cha Cha and the Rumba. \$80 per person (payable to instructor) for entire 6 week session.

Please call for more information.



**Line Dancing with Maria**  
**Fridays, June 13, 20, & 27**  
**9:30AM**

Line dancing is back!  
Come dance with us!

Join Maria DeVenney for Line Dancing!  
Learn to line dance in our beginner class.  
**Cost: \$5/class payable to instructor.**



**Uno & Rummikub**  
**Fridays, June 13, 20, & 27**  
**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



### Open Bridge

Fridays, June 13, 20, & 27

10AM

CALLING ALL BRIDGE PLAYERS! Come every Friday morning and create your own teams, play with someone new, and have a great time!



# CORNHOLE TOURNAMENT

## MAINE SENIOR GAMES

The Spaulding Center is participating in the Maine Senior Games Cornhole Tournament again this year. Sign up for our information session to learn more.

### Cornhole Information Session

Monday, June 2<sup>nd</sup> - 1:00 pm

### Cornhole Practice Sessions

Monday, June 9<sup>th</sup> - 1:00 pm

Monday, June 16<sup>th</sup> - 1:00 pm

Monday, June 23<sup>rd</sup> - 1:00 pm

For more info 207-967-8514 | [www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)



# East Point Audubon Sanctuary



**June 4, 2025**

**9:30AM-11:30AM**

Join our walking group as we hike along the East Point Audubon Sanctuary. This trail is an easy 1.5 mile hike with beautiful views of the ocean and over 260 bird species to spot.

Please arrive at the Spaulding Center by 9:30AM and we will provide transportation. Limited to 14.



# Bags & Bubbly

**New and like new designer bags, wallets,  
wristlets, tote bags, and MORE!**

Shop the inventory of over 500 items priced 50-75% off retail

## **Thursday, JUNE 5**

Exclusive VIP Shopping  
5:00 PM to 7:00 PM

**\$50/ticket**

Includes:

Swag Bag, Bubbly, Lite Bites,  
Sweet Treats

## **Friday, JUNE 6**

Complimentary Admission  
12:00 PM to 4:00 PM

Includes:

Sweet Treats

**175 Port Rd. Kennebunk  
(207)967-8514**

Tickets can be purchased at the  
Spaulding Center or on our website  
[www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)



This event is a fundraiser for the Center, a 501(c)3 non-profit serving adults 50+ in the Kennebunks.



# Mobility & Strength Workshop With Spurling Fitness

JUNE 10<sup>TH</sup> @ 9:00 AM



**Boost Your Well-being: Discover simple ways to improve mobility, strength, energy, and balance for healthy aging and independence.**



Spaulding Center

**TC  
HC**

TOTAL CARE HOME CARE - MAINE

**Total Care Home Care Meet & Greet  
Tuesday, June 10, 9:30AM**

Stop by and meet the staff from Total Care Home Care. Refreshments will be provided.



# BRIDGET'S

## LUNCH BUNCH

**WEDNESDAY, JUNE 11**  
**11 AM - 2 PM**

Tuscan Sea Grill & Bar



RSVP BY  
JUNE 10

WE WILL BE TAKING THE VAN TO NEWBURYPORT FOR LUNCH BUNCH. **MAX OF 14**, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL



**Wise Women Wondering**  
**Thursday, June 12, 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.



### **No Book Book Club** **Thursday, June 12, 12PM**

The No-Book Book Club has an open-ended approach where discussions aren't tied to a specific reading. The new Silent Book Club gives participants a low-pressure environment for members to read independently. The silent book club fulfills two things, it's an opportunity it's an opportunity to meet new people and potentially —because it's not mandatory—discuss books with others without an assignment of what book to read. It also appeals to individuals who mainly are more introverted and don't necessarily feel like they can join other book clubs that are more discussion based but want to get out of their home. Bring your own bagged lunch and we will provide desserts.



# FELTING WORKSHOP

## *Little Houses*



12th June  
1:00PM -  
3:00pm



175 Port Rd.  
Kennebunk, ME

Beth Crowe is returning to lead another class in the art of needle felting. This time we will be learning flat picture felting. Anyone can draw a house right? And if you can draw a house you will enjoy needle felting a miniature of your favorite. Simple to learn and fun to do! No experience necessary. \$10 per person.



### Medicare 101 Monday, June 16, 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.



# New Member Mix & Mingle

**JUNE 16, 2025 | 4:00 PM**

**Are you new to the Spaulding Center as of  
2025?**

**Want to get to know other new members?  
Have ideas for programs you'd like to share  
with the staff?**

**Join us for a mix and mingle, we'd love to  
meet you!**

**REFRESHMENTS PROVIDED**





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

**Community Cafe**  
Tuesday, June 17 at 12pm

**Hosted at: Spaulding Center**  
**175 Port Road, Kennebunk**

**Lunch Buffet Menu catered by**  
**Love of Food & Drink**

**Garden Salad with Fresh Strawberries**  
**A choice of - Beef . Chicken . Veggie Kabobs**  
**Veggie Rice Pilaf**  
**Multi-Berry Shortcakes with Fresh Whipped Cream**

**Open to all Maine Residents 60+**  
**RSVP: 207-967-8514 by June 13**

**Suggested Donation \$8.00**  
**Kindly pay cash day of event**



**Fun with Flowers**  
**Tuesday, June 17, 1PM**

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

**\$10 fee for supplies. Register by**  
**Friday, June 13.**

**World Travels with Dewey**  
**Wednesday, June 18, 11AM**

After a long hiatus, join Dewey or fun-





filled armchair adventures and stories from across the globe!! This month's presentation will feature Istanbul, Turkey!

## Day Trip To The **OGUNQUIT MUSEUM OF AMERICAN ART**

Friday, June 20, 2025  
11:00AM-3:30PM

Enjoy walking along the Marginal Way in Ogunquit before our 45 minute docent lead tour through the Ogunquit Museum of American Art.

**\$10 per person**  
14 tickets available



Wear your favorite tropical fashions  
and join us for a

# LUAU

Kick off summer with a bang  
at our spectacular summer  
party!

**MONDAY,  
JUNE 23 4:30PM-7PM**

Buffet Menu :  
Hawaiian Coleslaw  
Pineapple Fried Rice  
Hawaiian Roasted Vegetable Medley  
Kalua Pork  
Hawaiian Chicken  
Dessert

**\$25 per guest**

RSVP by June 18

Lawn games, leis, and fun provided

Spaulding Center for Active Living  
175 Port Road, Kennebunk ME  
207-967-8514

[www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)



# **MEN'S LUNCH BUNCH**

**TUESDAY, JUNE 24**

352 Harbor Rd, Wells, ME  
11:30 a.m. at Hobbs Harborside

Join other members of the Spaulding Center  
for conversation, connection, and good food!



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

## Discover QC Kinetix of Maine

Orthopedic & Regenerative  
solutions for Joint Pain Relief

- ✓ Knee Pain
- ✓ Hip Pain
- ✓ Shoulder Pain
- ✓ Arthritis & Mobility issues



## A Natural , Non-Surgical Option to Help You Stay Active & Independent

At QC Kinetix of Maine, we offer orthopedic-focused regenerative treatments designed to:

- ✓ Reduce inflammation
- ✓ Promote healing
- ✓ Help you move more comfortably — without invasive procedures

### You don't have to live with the pain.

We help people just like you get back to enjoying life — walking, gardening, golfing, and more — without the need for surgery or long recovery times.

📍 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,  
June 24  
1:00 PM

**QC Kinetix**®  
NON-SURGICAL REGENERATION





# Ice Cream Social

Celebrate summer at the Spaulding Center with a make-your-own Ice Cream Sundae Bar with Ben & Jerry's!



**25 JUNE 2025 1:00PM**

Trivia and prizes sponsored by



[www.bergenparkinson.com](http://www.bergenparkinson.com)

**Keep it Legal**  
**Thursday, June 26, 9AM**

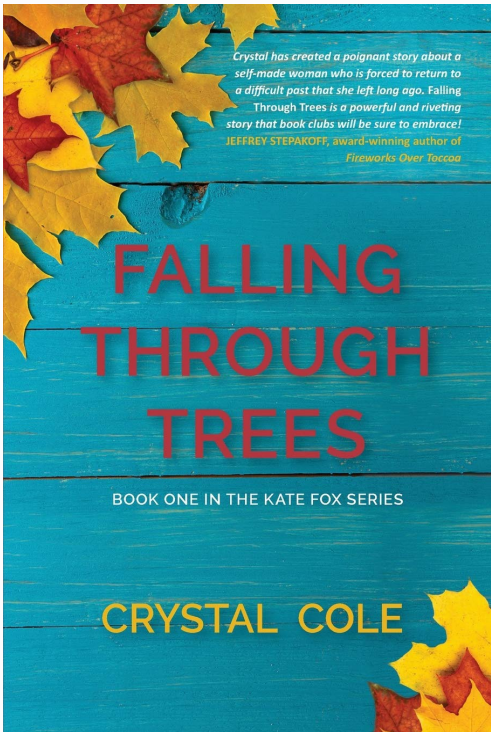
Sarah Neault, Esq. will be at the Center to consult on any legal matters. There will be three appointments available during this time, **beginning at 9AM**. Please call the Center today to schedule your time!

**Social Club**  
**Thursday, June 26, 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.



### Crystal Cole Book Talk Thursday , June 26, 1PM

Falling Through Trees is the first novel in the Kate Fox Series-- A dramatic story of two sisters forced to come together and face each other, as well as the secrets of their past. Kate Fox had a difficult childhood and wanted nothing more than to escape her family and small-town life. It's not until a family tragedy strikes that Kate must go back 'home' to Maine to face her family and the past she's been running from.

Join Crystal for a book talk and book signing





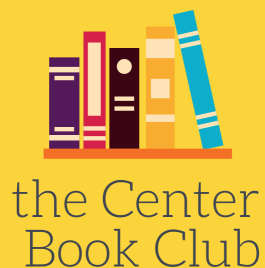
# *Coastal Maine Botanical Gardens Day Trip*

Depart the Spaulding Center at 8am.  
Enjoy a few hours exploring the  
gardens before we depart to Freeport,  
where we will enjoy a late lunch at the  
Haraseeket Inn. We will plan to arrive  
back at the Spaulding Center by 5pm.

**\$30 per person includes  
transportation and admission.**

\*Lunch at your own expense

**14 TICKETS AVAILABLE**



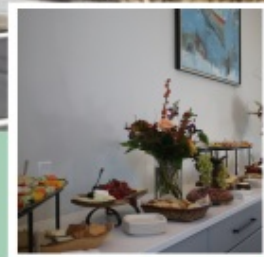
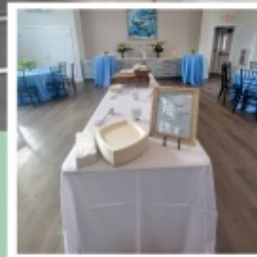
**Book Club**  
**Wednesday, June 25, 1PM**

Join us each month to chat with fellow  
bibliophiles about this month's selection!  
June's selection is *The Berry Pickers* by  
Amanda Peters.



Click here to view the Full June  
Calendar!

# 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
- \$500 Rental Fee
- (50) Guest Capacity
- Weekend Availability
- 2025 & 2026 Dates Available



175 Port Rd., Kennebunk, ME | [seniorcenterkennebunk.org](http://seniorcenterkennebunk.org) | 207-967-8514  
[director@seniorcenterkennebunk.org](mailto: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](mailto:director@seniorcenterkennebunk.org)

**collette**

**More Information**

**Enter for a chance to win this  
exclusive Target x Kate Spade bag**



**1 for \$5  
3 for \$10**

**Winner will be chosen Friday, June 6**

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## **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

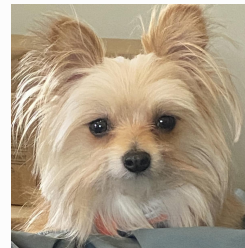
**Bridget Dempsey**  
*Executive Director*

**Jessica Slachta**  
*Communications and Social Media  
Coordinator*

**Cecilia Finlay**  
*Community Engagement  
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

## Platinum



## Gold







Plumbing | Heating | Air Conditioning  
Heating Oil and Propane

The **M&T** Charitable Foundation

## Silver



## Assisted Living Specializing in Memory Care



**Avita**<sup>®</sup>  
207.646.3444



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FINE HOME FURNISHINGS | UNIQUE GIFTS | INTERIOR DESIGN

**Mélange**  
by Daher Interior Design



**CHARTER OAK**  
CAPITAL MANAGEMENT

*Registered Investment Advisors*

About Charter Oak  
Capital Management

*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.*

**shoebox**  
and **CO.**

journey well

## Bronze

**WELLS FARGO** Advisors

**Investment and  
Insurance Products:**

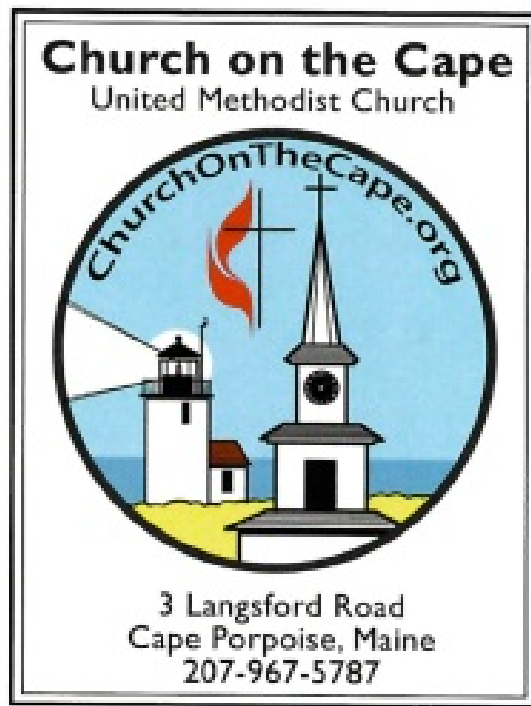
**Not FDIC Insured  
No Bank Guarantee  
May Lose Value**

Casco Bay Investment Group  
of Wells Fargo Advisors  
Susan Gilpatric, AAMS®  
Financial Advisor  
254 Commercial Street, St. 257  
Portland, ME 04101  
Direct: (207) 776-6218  
susan.gilpatric@wellsfargoadvisors.com  
<https://home.wellsfargoadvisors.com/>  
susan.gilpatric

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**KITCHEN  
CHICKS**   
CATERING





## Community



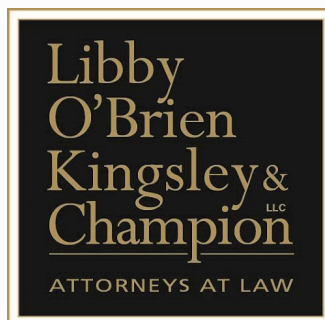
**Life is better  
with friends.  
And fun.**

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

Call 207.965.5866 to schedule a visit.

*Atria* KENNEBUNK

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





## Newsletter



175 Port Road  
Kennebunk, ME 04043  
[seniorcenterkennebunk.org](http://seniorcenterkennebunk.org)



the Center - Seniors.Connections.Community. | 175 Port Road | Kennebunk, ME 04043 US

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