



April 1, 2026

207-967-8514

Where Community Thrives, Volunteers Lead

As April arrives, we welcome the fresh energy of spring—longer days, blooming flowers, and new opportunities to gather, learn, and connect. It's a wonderful time of year to step out, try something new, and enjoy all that the Spaulding Center has to offer.

April is also National Volunteer Month, a time to recognize the incredible individuals who generously give their time and talents to fill a critical role in our daily operations, community outreach programs, special events and fundraisers. We are so grateful for everything our volunteers do, and we look forward to celebrating you with a special Volunteer Appreciation Pizza Party on April 10. All volunteers are welcome, whether you volunteered 2 hours or 200 hours--- We want to celebrate your time and talents!



Be sure to mark your calendars for our Annual Meeting on April 27, where we'll reflect on the past year, share updates, and look ahead to all that's in store for the future. In addition to these special events, April is filled with a variety of engaging programs, activities, and opportunities to stay active and connected.

We hope you'll join us throughout the month as we celebrate the season, honor our volunteers, and continue building a vibrant and welcoming community together



St. Paddy's Day Flower Arranging



Thank you to Avita for sponsoring our annual St. Paddy's Day boiled lunch! And thank you to all of our members who joined us in Irish cheer!

Beginning March 1, 2026, a minimum transaction amount of \$25 will be required for all credit card charges. We appreciate your understanding as this change helps offset processing fees and allows us to continue offering quality programs and services to our members. Multiple program fees can be added together to meet this minimum (i.e. \$15 flower arranging + \$10 trip fee = \$25 charge).

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.
6. Unless otherwise specified, all programming is for **members only**.
7. Paid programs require payment **at time of registration**. If payment is not received at time of registration, registration will not be completed.

**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 - Mousam River Dentistry



Kennebunk, ME

 207-985-3796

Call Today – New Patients Welcome

Compassionate, Modern Dental Care

Welcome to Mousam River Dentistry! We are the former dental practice of Dr. Ross Wyman, now led by Dr. James Cormier. Those patients who know Dr. Wyman understand the long-standing tradition of exceptional dentistry and outstanding service that he provided to the Kennebunk community for

over 60 years! Dr. Cormier brings those same values to Mousam River Dentistry and a commitment to providing our patients with the best that dentistry has to offer.

Even though our name has changed, you will still see many of the familiar faces you have come to know and trust over the years. If you're new to our dental practice, take a minute to learn more about Dr. Cormier and our dedicated team members so you'll feel right at home when you arrive. We look forward to meeting you!

SAVE THE DATE
Tickets available April 1

Designer Bag

BINGO

MAY 30 AT 6PM-8PM

Join us for an evening of fun Bingo and a chance to win a Designer Bag!

RAFFLES, 50/50,
& EXTRA GAME
CARDS AVAILABLE
FOR PURCHASE



Ticket includes
10 Games with 6 Cards.
Dabber, Door Prize
Ticket, and Cupcake &
Candy Bar

DOORS OPEN 5:00PM | GAME BEGINS 6PM

PURCHASE ONLINE TICKETS AT
SENIORCENTERKENNEBUNK.ORG OR
IN PERSON AT SPAULDING CENTER



207.967.8514 | SPAULDING CENTER, 175 PORT ROAD, KENNEBUNK

New and Noteworthy

Can't-miss events, coming right up!

Please remember that registration is required for ALL programs. Paid programs require payment at time of registration.

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.

**We will be CLOSED for programming Monday, April 20th in
observation of Patriot's Day**



**Men's Coffee and Conversation
Mondays, April 6, 13, & 27*
10AM (9AM on April 27)**

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.

Intro to Mindfulness

Mindfulness, the ability to be fully aware in the present moment with acceptance and nonjudgment, has been practiced for thousands of years, but in recent decades has gained more traction, particularly in Western cultures. A regular mindfulness practice has many benefits such as reducing stress and anxiety, boosting mental strength, responding thoughtfully to change and challenges, and creating a sense of calm. This course will provide an introduction to mindfulness including some of the research supporting its usefulness and opportunities to engage in 1-2 mindfulness meditations each week

April 14 - May 12

11:30am

\$50 per person






GUESS WHO'S COMING FOR
COFFEE & COOKIES

TUESDAYS @ 2PM



4/7 - Seacoast Lions Club

4/14 - Brickstore Museum



4/21 - Kennebunk Free
Library

4/28 - Kennebunkport
Conservation Trust



Strength and Balance with Serina
Wednesdays, April 1, 8, 15, 22, & 29
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.



Walking Group

**Wednesdays, April 1, 8, 15, 22, & 29
11AM**

Looking for a way to make new friends, socialize, and get some physical activity? Join us for our walking group! Walkers will meet here at the Spaulding Center each week and take a short walk of their choosing together!

DISCLAIMER: Our group walks approximately 2 miles each week. Participants must be able to walk unassisted for 60 minutes without difficulty.



TAI CHI THURSDAYS AT 10AM MARCH 19 - MAY 7

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

\$15 weekly drop-in rate

Payment due to instructor; cash or check
payable to Michael Schwartz

Call 207-967-8514 to register



CARDIO DANCE CLASS



Cardio dance is a cardiovascular workout utilizing dance-based low impact movements set to great music.

Benefits include: heart health, improve coordination and balance, boost mood and help with memory recall.

\$5 per class

UKULELE LESSONS



Have you always wanted to learn how to play the ukulele? Our Uke Group students are offering free lessons.

Beginner friendly, weekly homework

**Free ukulele rentals available at the
Kennebunk Free Library**

Thursdays

1:30pm

FRIDAYS @ 9AM

MAT PILATES

BEGINNING 2/6

Class includes a warm-up, a main sequence of exercises, and a cool down. Please bring water and wear comfortable, fitted clothing that allows for a full range of motion. Mats provided.

\$5 payable to instructor per class



Controlled Movements



Builds Core Strength



Creates Proper Body Alignment



JOIN OUR
KNITTING
GROUP

Friday's @ 10am

Bring your own knitting project and enjoy dedicated time to work alongside fellow knitters in a welcoming, collaborative setting. Share techniques, exchange ideas, build your skills, and create beautiful pieces.



Easter Flower Arranging
Friday, April 3, 10AM

Come and create a lovely Easter centerpiece right in time for the holiday gatherings! Bring your favorite vase, all other supplies provided. **\$15 fee for supplies. Register by Thursday April 2.**

BATSON RIVER

BRIDGET'S

FISH CAMP

LUNCH BUNCH

MONDAY, APRIL 6
11:00 AM

Batson River Brewing
Wells

★
RSVP BY
APRIL 3

MAX OF 14, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL. **NO CHARGE FOR VAN TRANSPORTATION**





Wise Women Wondering Thursday, April 9, 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.

CHEERS

TO OUR AMAZING

Volunteers!

PLEASE JOIN US FOR AN

Appreciation Pizza Party

FRIDAY, 4/10 | 12:00PM

175 PORT RD., KENNEBUNK

Pizza courtesy of Pinsa

RSVP BY TUESDAY, 4/7 TO 207-967-8514



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

Community Cafe

Tuesday, April 14 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by

Love of Food & Drink

Vegetable Lasagna

***Summer squash, zucchini, spinach, tri-color
peppers, and mushrooms**

Caesar Salad

Garlic Knot

Frozen Yogurt Cup with Berries

Open to all Maine Residents 60+

RSVP by April 10

207-967-8514

Suggested Donation \$8.00
Kindly pay cash day of event
Exact change preferred



X



FREE CONE DAY

COME SEE THE CENTER STAFF AND BOARD MEMBERS SCOOPING YOUR FAVORITE ICE CREAM FLAVORS

Tuesday, April 14, 2026
12PM-8PM
Ben & Jerry's
5 Union St. Kennebunkport



Rebounder Preview Class Wednesday, April 15, 10AM

Join us for a relaxed informational session designed for older adults who are curious about the health benefits of rebounding. Rebounding is a gentle form of movement performed on a small mini-trampoline that can support joint health, circulation, balance, and overall well-being. During this session, participants will remain comfortably seated while the instructor introduces the rebounder, explains how it works, and

demonstrates a few simple movements on the trampoline. We'll discuss why this low-impact activity is often recommended for mature adults, how it can be easier on the joints than many other forms of exercise, and the ways it may support mobility, energy, and healthy aging. This is a no-pressure, educational session meant to help you learn, observe, and ask questions. Whether you are simply curious or considering trying rebounding in the future, this is a welcoming opportunity to explore a gentle wellness practice designed to support health in the golden years.

Seacoast Lions Club presents



**Friday, April 17 @10AM
Spaulding Center for Active Living**

**APRIL's TOPIC: Smart Nutrition for Living Long
& Strong with Jamie Thompson, nationally
registered dietitian nutritionist & certified
diabetes care and education specialist**

**Also, Candice Simeoni from the York County
Elder Abuse Task Force**

**FOR MORE INFORMATION:
SEACOASTLIONS@GMAIL.COM**



**Social Club
Thursday, April 23, 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.

MEN'S LUNCH BUNCH

THURSDAY, APRIL 23



Sea Salt Fry Co., Wells, ME
11:00 a.m.

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

Registration is **REQUIRED**



Widow and Widower Social Group
Thursday, April 23, 2PM

Socialize with others who understand
the loss of a spouse and the
challenges of moving forward. Not a
grief group. Not a dating group. Meet
like minded people. Develop
comradery.

Dinners - lunches - day trips - or just coffee and conversation.



Alzheimer's Discussion Group
Thursday, April 23, 2PM

Please join us for our monthly Alzheimer's discussion group. More information to come.

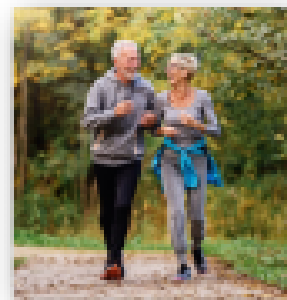
HEALTHY LEGS AT ANY AGE ANY AGE

A FREE PRESENTATION WITH
THE VEIN HEALTHCARE CENTER

FRIDAY, APRIL 24 AT 10:00AM

Presented by Jen Boggs, Director of Outreach & Education

Are bad veins a normal part of aging? At the Vein Healthcare Center, we say: not necessarily! Learn about how veins work... and what happens when they don't. We'll discuss vein health, the latest treatments, and how to have healthy legs that feel good.

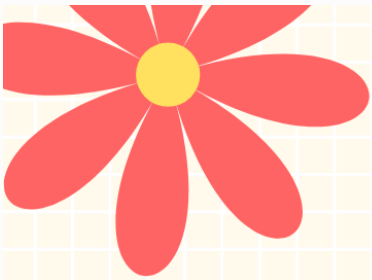




Life's Tapestries: Mixed-Media Collage

Friday, April 24, 2PM

Explore your creativity and discover the art of storytelling through texture, color, and layered design in this engaging Mixed Media Collage class. Participants will learn how to combine a variety of materials—such as paper, fabric, photographs, paint, and found objects—to create unique, expressive works of art. **\$15 payable to Nancy Rankin due at sign up**



Please join us to review our 2025 accomplishments and Celebrate our Models of Positive Living Recipients

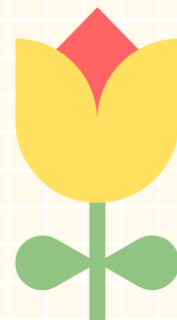
Annual Meeting

MONDAY, APRIL 27, 2026

10:00 AM

CONTINENTAL BREAKFAST WILL BE PROVIDED

Kindly RSVP By April 24, 2026





Dewey's Travel Talk
Tuesday, March 31, 1PM

Want to travel the world from the comfort of the couch? See new places and learn about the diverse culture the world has to offer. Join Dewey to learn about his travels, maybe one of them will inspire you.

Hear from Dewey himself on this month's interesting topic:



HIKING CLUB

**Join us for our first
meeting!**

**Wednesday, April 29
10AM**



**Calling all who like to explore new places,
challenge themselves, have fun, and share
their love for the great outdoors.**



the Center Book Club

Book Club
Wednesday, April 29, 1PM

Join us each month to chat with fellow bibliophiles about this month's selection!

March's selection is ***Wildfire Loose*** by **Joyce Butler**.



THURSDAY, APRIL 30
10:45 AM

Galley Hatch, Hampton, NH
Walk on the Hampton Beach
Boardwalk after lunch

★
RSVP BY
APRIL 28

MAX OF 14, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL. **\$5 FOR VAN TRANSPORTATION**





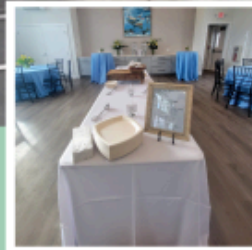
www.bergenparkinson.com

Keep it Legal
Thursday, April 30, 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!

[Click here to view the Full April Calendar!](#)

Symphony Hall at Spaulding Center



Rental Venue

- Located in Picturesque Lower Village, Kennebunk
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director@seniorcenterkennebunk.org

Spaulding Center for Active Living presents...

Explore Greece Island Hopper

with Optional 3-Night Istanbul Post Tour Extension

October 14 – 24, 2026



Book Now
& Save
\$50
Per Person

Upgrade to Elite Airfare! See inside for details.

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

collette

More Information

The Spaulding Center for Active Living presents...

Irish Splendor

March 12 – 19, 2027



Book Now
& Save
\$150
Per Person

Upgrade to Elite Airfare! See inside for details.



For more information contact
Bridget Dempsey
Spaulding Center for Active Living
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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.***

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.

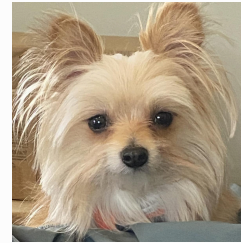
OUR STAFF

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.

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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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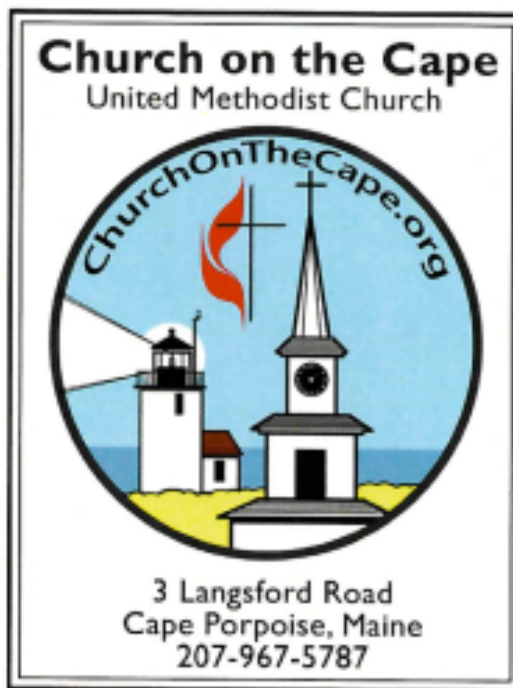


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Community



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.

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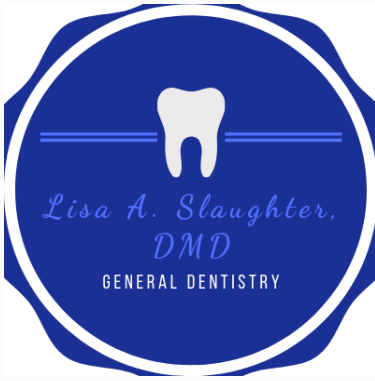
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