



October 1, 2026

207-967-8514

No Tricks, Just Treats & Activities!

October brings cooler days, colorful leaves, and plenty happening at the Spaulding Center! As you look through this month's newsletter, you'll find a variety of programs, activities, and gatherings designed to keep you connected, learning, and enjoying time with friends.

Be sure to mark October 1 on your calendar—Fashion Show tickets go on sale!

Looking ahead to November, our new Line Dancing program begins November 5, so dust off those dancing shoes and get ready for some fun.

There's lots to explore this month, including flower arranging, a scam prevention presentation, boxwood tree bow making, and a gut health and nutrition class. Our Elder Elves meetings also begin this month as we start getting into the holiday spirit.

And, of course, there are opportunities to gather over good food and conversation with both Bridget's Lunch Bunch and the Men's Lunch Bunch.

Don't just read about what's happening—join in! Take a look through the newsletter, mark your calendar, sign up for the programs that catch your eye, and invite a friend to come along. Whether you're trying something new, meeting up with old friends, or simply looking for a fun way to spend your day, there's a place for you at the Spaulding Center. We hope to see you soon!



Annual Fall Fashion Show

November 4, 2026
5-7 PM

The Nonantum Resort
95 Ocean Ave
Kennebunkport, ME



TICKET: \$50
Includes lite bites
and swag bag

VIP

VIP TABLE FOR 8: \$500
Includes premium
seating, table food
service, and swag bag

Featuring the latest trends from local boutiques

dannah
+ exquisite treasures +

dannah
unique gifts | zmen

J.M. FAUGHNIN

KATE NEILLIGAN

la la luna

Noble Goods

shoebox
and CO.

Purchase tickets online www.seniorcenterkennebunk.org
or at Spaulding Center, 207-967-8514

A benefit for Spaulding Center for Active Living, a 501(c)(3) serving adults 50+



Fashion Show Tickets

September at the Spaulding Center was filled with many day trips, crafts, a car show, and the Florence Damon Serenity Garden dedication!

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 - Huntington Common



Located in the lovely seaside town of Kennebunk, Maine, our community boasts a hassle-free lifestyle where we take care of the details so you can enjoy each day as you please. At Huntington Common, we believe that your senior living community is more than an address—it's a place for comfort, freedom, and happiness. Offering independent living, assisted living, and memory care, we provide a maintenance-free lifestyle where you can relax, do what you love, and stay active. You'll fully enjoy our robust calendar of engaging activities, local excursions, social events, and chef-crafted cuisine.

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, October 12 in observance of Columbus Day.



Men's Coffee and Conversation
Mondays, October 5, 19, & 26
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.



Beginner American Mahjong
Mondays, October 5, 19, & 26
10AM

Just learned Mahjong or want to sharpen your skills? Join our casual post-lesson beginner Mahjong group to keep the momentum going! This friendly meetup is designed for newer players who want extra practice, helpful reminders, and relaxed gameplay in a supportive environment. Build confidence, sharpen your skills, and enjoy connecting with others who are learning alongside you.

DISCLAIMER: must know how to play at beginner level to attend

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

Open Game Day

Tuesdays
1:00–3:00



Join other members
for an exciting
afternoon of card and
board games. Choose
from our extensive
selection or bring one
of your own!

*Scrabble, backgammon,
chess, Uno, Ticket to Ride,
Rummikub, && more*



Strength and Balance with Serina
Wednesdays, October 6, 13, 20, & 27
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

CHAIR ZUMBA!

MOVE, GROOVE, & FEEL YOUR BEST!



Looking for a fun,
low-impact workout?

Look no further than

Chair Zumba!

Enjoy lively music and easy-to-follow movements that focus on balance and mobility—all from the comfort of a chair, with no standing required. Most importantly, the focus is on having fun while staying active.



THIS GENTLE
40-MINUTE
CLASS
WITH JO

can help improve:



CARDIOVASCULAR
HEALTH



STRENGTH



FLEXIBILITY



CORE
STABILITY



OVERALL
MENTAL
WELL-BEING



CHAIR ZUMBA IS OFFERED TO MEMBERS
EVERY MONDAY & WEDNESDAY
10:30-11:10 A.M.



**REGISTRATION
REQUIRED**
at least 24
hours in advance.

\$5

DROP-IN FEE

COME JOIN US FOR A FUN WAY TO
MOVE, GROOVE, AND FEEL YOUR BEST!



TAI CHI THURSDAYS AT 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 pre-pay

\$15 weekly drop-in rate

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

Call 207-967-8514 to register



Gentle Vinyasa Chair Yoga with Leslie
Friday, October 2, 9, 16, 23, & 30
10AM

SAME CLASS, NEW DAY

Slow down, breathe deeply, and reconnect with your body. In this class, Leslie guides students mindful movement, supported stretches, and calming breath work to build strength, improve flexibility, and leave feeling refreshed.



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.

The background of the entire poster is a green felt surface, typical of a Mah Jongg table. Scattered around the perimeter of the central text area are various Mah Jongg tiles. These include white tiles with green, red, and black markings, as well as solid green tiles. Some tiles show traditional Chinese characters, while others show symbols like circles, squares, and mountains. The tiles are arranged in a way that frames the central text.

American Mah Jongg Lessons

With Kathleen Carr Nolan

**Mondays, October 26, November 2,
& November 9
10am-12pm**

\$50 per person

*** includes 2026 Mah Jongg Card**

**** due at sign-up**

Maximum 8 participants

Crane Estate Tour

Walking tour of the Castle Hill House and grounds in Ipswich, MA.



SIGN UP BY FRIDAY, SEPTEMBER 25

Friday, October 2

8:30AM - 3:30PM

\$30

/ Person

Includes van transportation and tour admission

*Lunch on own, details TBA



Elder Elves Meeting
Monday, October 5 & 26, 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!



Conversational French
Tuesday, October 6 & 20, 1PM

Practice your French in a fun, relaxed setting! Open to all levels, this group will feature casual conversation, vocabulary and grammar practice, and occasional reading from our group book. Come connect, learn, and enjoy speaking French together!



Boxwood Tree Bow Making
Wednesday, October 7 & 14, 10AM

Get creative and learn how to make beautiful bows for our holiday boxwood trees! No experience necessary—Nancy Mitchell will guide you through the process step by step. Come enjoy a fun, hands-on activity and leave with a festive bow of your own! All skill levels are welcome. We hope to see you there!



Wise Women Wondering
Thursday, October 8, 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.

MEN'S LUNCH BUNCH

TUESDAY, OCTOBER 13



Sebago Brewing
12:30 p.m.

Registration is REQUIRED

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

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

October 15
10am-2:30pm

Includes half hour lunch break

\$40 per person paid
to Nancy Rankin
due at sign up



hiking club

CASCADE FALLS TRAIL

This historic area has been popular since the late 1800's for picnicking, fishing, hiking and viewing the falls. The Trout Pond Loop is a gently sloping trail surfaced with stone dust that allows easy access for wheelchairs, elderly and children. Eventually, the trail turns away from the brook and follows a rise to an open area. From here you can turn to the left where there is a steep trail to the base of the falls. The trail to the base is unimproved and quite steep so take care. When you reach the bottom, you'll be rewarded with a spectacular view of the falls.

\$5 for van transportation due

FRIDAY
OCTOBER 16
9 AM - 12 PM

14 SPOTS
AVAILABLE IN VAN

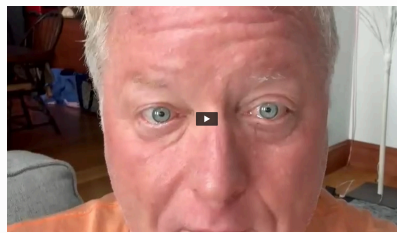
Van departs the Spaulding
Center at 9AM, we will
return by 12PM



Dewey's Travel Talk Monday, October 19, 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:



Community Cafe
Tuesday, October 20 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk
Lunch Buffet Menu catered by
Love of Food & Drink

Beef Tenderloin
Roasted Potatoes
Roasted Brussel Sprouts
Dinner Roll
Apple Pie

Open to all Maine Residents 60+

RSVP by October 16
207-967-8514

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

Gut Health & Digestion: Fixing Bloating and Constipation

**WEDNESDAY, OCTOBER 21
10:00AM**

Gut health is important, but it doesn't have to be scary. In this class, you'll learn all about how to care for your gut with age, simple nutritional guidance for happy gut health, and how exercise actually improves gut and digestion (+ bonus exercises too!).



**\$5 PAYABLE TO
SERINA RUGGERI
AT CLASS TIME**



**Social Club
Thursday, October 22, 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



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Enrollment Oct 15 - Dec 7

**Do you have questions about options during
Medicare's Annual Enrollment for 2027?**

Discover What's New:

***Learn about Aetna's New Medicare
Plan Benefits for 2027!***

Join us for an essential and informative session hosted by Kathy Kotakis, Senior Advisor at your trusted Senior Planning Center. Don't miss this opportunity to get expert insights and answers to your most important questions.

Bring a Friend!

THURSDAY, OCTOBER 22

**AT 2:00 PM - 3:00 PM
SPAULDING CENTER**

THURSDAY, NOVEMBER 5

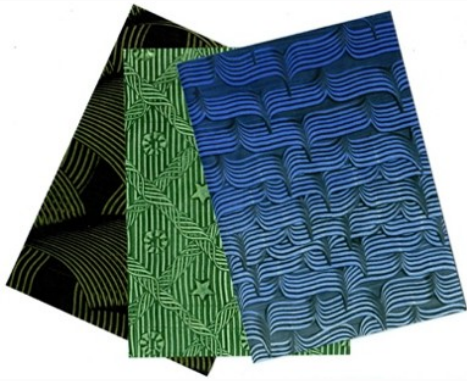
**AT 2:00 PM - 3:00 PM
SPAULDING CENTER**



Kathy Kotakis
Licensed Agent/Broker

Reserve Your Seating at 207.332.6732

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**Creative Expressions Workshop:
Paste Papers
Friday, October 23, 9AM**

Experience the fun of creating your own papers with special colorful pastes and various tools to make designs, patterns, and textures. All materials will be supplied.

\$15 per person paid to Nancy Rankin. Please register with Nancy at nanran24@gmail.com



**Flower Arranging
Tuesday, October 27, 11:30AM**

Come and create a lovely fall centerpiece in a pumpkin vase! All supplies provided.

**\$20 per person. Please register by
October 23**

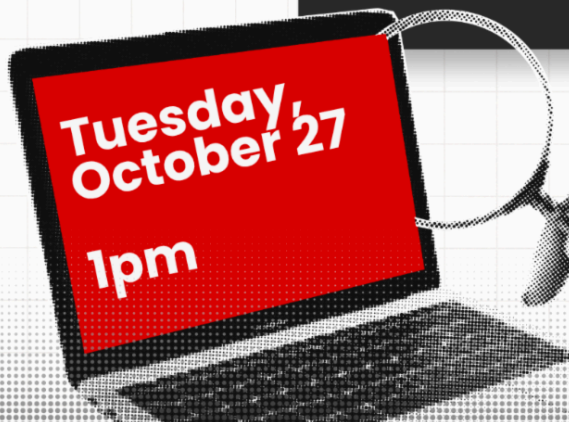
Senior Investment Fraud: New Scams and How to Avoid Them

Sponsored by Eric Giroux,
Senior Counsel at U.S Securities
and Exchange Commission

Attendees will learn practical steps to protect themselves, including how to recognize red flags like pressure to invest quickly, requests for payment via gift cards or cryptocurrency, and too-good-to-be-true promises.



Covering increasingly common scams targeting seniors, including relationship investment scams, affinity fraud, celebrity endorsement schemes, and imposter scams.



Please RSVP by
Monday, October 26



the Center
Book Club

Book Club
Wednesday, October 28, 1PM

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

October's book is *Stranger in the Kingdom* by Frank Howard Mosher

BUBBLES, BITES, AND CRAFTS

Wednesday, October 28, 5-7PM

Oyster Shell Charms



Join Julia for a fun and creative evening as we make handcrafted oyster shell charms using beautiful paper napkins, gold beaded collar, and a ribbon tie. A little bit of autumn before Thanksgiving this year.

Bubbly, lite bites, and materials provided



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\$15 Due At Sign Up

\$10 of the \$25 cost subsidized through ACE Fund



www.bergenparkinson.com

Keep it Legal

Thursday, October 29, 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!



The Old Port
Sea Grill
& Raw Bar

BRIDGET'S

LUNCH BUNCH

FRIDAY, OCTOBER 30
11:30 AM

Old Port Sea Grill, Portland



RSVP BY
OCTOBER 28

MAX OF 14, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL, CASH ONLY. \$5 FOR VAN TRANSPORTATION DUE UPON SIGN UP



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

SPAULDING CENTER

— For Active Living —

Caregiver Support



Connecting. Supporting. Empowering.

You don't have to face life's challenges alone.

We're here to walk with you.

MONDAYS AT 11:00AM

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 caregiver of a loved one, this group could offer the help needed to navigate your journey.

You do not need to be a Spaulding Center member to attend.

"This group has helped to keep me sane" -Barbara

"Other caregivers have made me feel normal" - Ann

"Our support group is comforting, open and easy to relate to. It's been uplifting and very positive for me. I've found this group to be far better than others I've attended" -Dewey



Support. Understanding. Community.

Together, we are stronger.



Spaulding Center for Active Living
175 Port Rd., Kennebunk, ME 04043

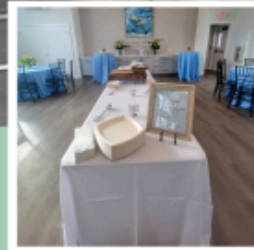


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www.seniorcenterkennebunk.org

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

Spaulding Center for Active Living presents...

California Dreamin': Monterey, Yosemite and Napa

with Optional 2-Night San Francisco Post Tour Extension

September 13 – 20, 2027



Book Now
& Save
\$100
Per Person



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

collette

California Dreamin' More Information

Spaulding Center for Active Living presents...

Iceland's Magical Northern Lights Discovery

November 14 – 20, 2027



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

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Northern Lights 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.

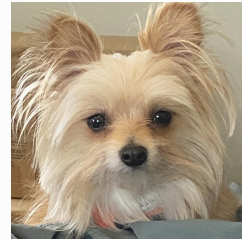
OUR STAFF

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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www.antiquesandestatesalesme.com



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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One Penny Lane | AtriaKennebunk.com



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Newsletter

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gentiva
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