



May 1, 2025

207-967-8514

MAY you be happy at the Spaulding Center

Thank you to everyone who came to our Annual Meeting held on April 28th. After the meeting we celebrated our **35th birthday** with delicious cake. Congratulations to our new board members and officers!



Congratulations to our Models of Positive Living Award recipients, Traci Anello and Elizabeth Coots!



Business After Hours was a huge success with over 125 attendees, 6 fantastic raffle prizes, and a live DJ. Thank you to the Kennebunk, Kennebunkport, & Arundel Chamber for allowing us to host such a wonderful event!



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 - COR Health



Why COR Health? Our agency is privately owned, meaning we are flexible and adaptable to meet and exceed client and caregiver expectations. We work with our families and staff to be the Best of the Best. COR Health is a licensed Home Health and Registered Personal Care Agency, where we uphold the highest standards of care.

Concierge Care allows for control of care with adaptable, customizable service plans with no limitations based on schedules, frequency, and caregivers. Direct care with services based on clients' perceptions of need: no waiting on insurance companies, assessments, and bureaucracy. As well as care where you need it, in the home, community, facilities, and more.

Concierge Care Services may include:

- Personal Care provided by our experienced and certified Concierge Care Assistants trained by an RN on specialized services including:
 - Dementia Training
 - Safety Planning
 - Direct Care
 - Change in functioning/physical illness vs mental health

-Social and emotional companionship focusing on all aspects of wellness

-Diet and nutrition through meal preparation and feeding assistance

-Transportation

-ADLs, IADLs, completing tasks at home

Please call COR Health for a FREE Consultation and determine if COR Health is a good fit for yourself, family member, friend, or client

207-347-6106, info@corhealthservices.com

New and Noteworthy

Can't-miss events, coming right up!

Please remember that registration is required for ALL programs.

We will be CLOSED Monday, May 26 for Memorial 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.*



Boston Walking Food Tour Day Trip

Wednesday, May 28th

8AM-7PM

Springtime in Boston- Warmer winds are blowing and flowers are blooming! Join us as we take in the sights, sounds and culinary delights of the North End! Our trip will start at 8:00am as we board the Downeaster in Wells, we will arrive Boston's North Station at 9:50am. After a short stroll through Faneuil Hall, our group will meet our tour guide in the



North End for a 2.5-hour walking food tour. We will walk along the Freedom Trail to visit significant historic sites—Paul Revere House, Old North Church, and the USS Constitution to name a few. Individuals will then have time to explore Boston on their own before departing Boston's North Station at 5:20pm and will arrive back in Wells at 7:08pm.

\$85 per person includes round-trip train ticket, tour, and food.

Sign-up required by May 15; payment due at time of sign up. Trip is non-refundable.



Men's Coffee and Conversation

**Mondays, May 5, 12, & 19
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, May 5, 12, & 19
11AM**

Sue will be joining us **Mondays at 11am** 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, May 6, 13, 20, & 27
9:30AM**

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



Tech Class

Tuesdays, May 13 & 27
12PM

Join us select Tuesday of the month for tech classes and strengthen your knowledge on current technological advances!

May 13 - Digital Payment Platforms

May 27 - iPhone Picture Tips & Tricks



Chair Volleyball

Tuesdays, May 13 & 27
1PM

Chair volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. [Video](#)



Strength and Balance with Serina

Wednesdays, May 7, 14, 21, & 28
9AM

New fitness offering! Join us on Wednesdays 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, May 7, 14, 21, & 28
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



Resistance Band Class

**Thursdays, May 8, 15, 22, & 29
9AM**

Resistance bands are an adaptable tool suitable for individuals of all ages and fitness levels! They aid in strengthening, stretching, lengthening, and toning specific areas. In our hour-long classes, we will concentrate on the entire body, building muscle safely while challenging your fitness. You can bring your own resistance bands that you're comfortable with, or buy a recommended set [here](#). \$5 per class payable to instructor.



Tai Chi

**Thursdays, May 8, 15, 22, & 29
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 Session 3
Thursdays, May 8, 15, 22, & 29
1PM



The third Ballroom Basics is a six-week session from May 1 through June 5 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.



Line Dancing with Maria
Fridays, May 9, 16, 23, & 30
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, May 9, 16, 23, & 30
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**

Kentucky Derby Bingo
Thursday, May 1, 11AM



Don your loudest Derby hat and join us for a fun Kentucky Derby themed bingo. There will be tasty derby themed treats. Minimum 12 participants required.



Wise Women Wondering Thursday, May 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.



No Book Book Club Thursday, May 8, 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.



Mother's Day Brunch & Bloom **Friday, May 9, 11:30AM**

Celebrate Mother's Day with us! We will provide a delicious Brunch and "Bloom Bar" where you can create your own flower bouquet to take home and enjoy! Bring a photo of your mom and share with special memory!
Minimum 12 participants required.



Men's Lunch Bunch - Mike's All Day Breakfast **Friday, May 9, 12PM**

Calling all men! Enjoy good food, great company, and engaging conversation! Our monthly Men's Lunch Bunch explores a different local restaurant for lunch. Individuals will be responsible for their own bill. Group will be limited to 11.
Sign up required by May 8.



Medicare 101 **Monday, May 12, 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 Volunteer Lunch & Learn **Tuesday, May 13, 12PM**

Have you been curious about volunteering with us but aren't sure where to start? Join us for a Volunteer Lunch and Learn! Learn about our volunteer opportunities and meet some of our current volunteers. Lunch will be provided; registration is required.

Monthly Luncheon @ Mekhong Thai **Wednesday, May 14, 12PM**



Join us for our monthly luncheon at MeKong Thai in Kennebunk. You will have a choice of:

Cashew Chicken
Chicken Pad Thai
Veggie Pad Thai



Group will be limited to 30. \$15 per person.

Deadline to Register: Monday, May 12



**Kennebunk Beach Realty Presentation
Thursday, May 15, 10AM**

Join us for an insightful presentation hosted by Kennebunk Beach Realty, where we will talk about the local real estate market, share valuable tips about relocation, and refinancing options.



**Summer Car Tips with Patriot Subaru
Thursday, May 15, 10AM**

Meet one of the service managers from Patriot Subaru to learn how to prepare your car and keep your car maintained and safe during the hot summer months.



“POETRY IN THE SPAULDING CENTER”

Friday, May 16, 1-2:30 p.m.

Celebration of poetry at the Spaulding Center, 175 Port Road, Kennebunk. Producer & host 'WePoets & Verse' presents Maine's gifted poets and poet laureates reading from their newest poetry collections.

Betsy SHOLL, Poet Laureate 2006-2011, *As If a Song could Save You*, tenth collection; Steve LUTTRELL, *Paper Boats*, Portland's founder & publisher of the Cafe Review; David SLOAN, author, poet, semi-retired Waldorf teacher, *Earth School*, third collection.

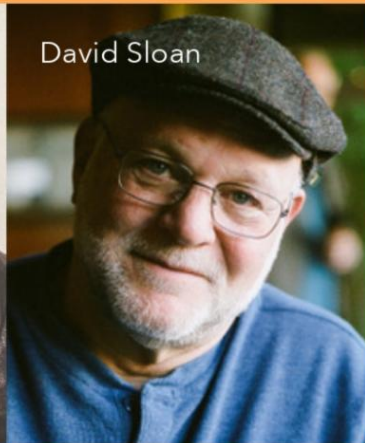
Two local Kennebunk poets, storyteller will read their original poems. Refreshments. Free, donations welcome. See you May 16 at 1PM at the Spaulding Center!



Betsy Sholl



Steve Luttrell



David Sloan



Caption Call Presentation
Monday, May 19, 9:30AM

CaptionCall is for people with hearing loss who need captions to use the phone effectively. Come check out how the phone and captioning service work, why there's no cost, and what you can do to get CaptionCall and improve your conversations.

Southern Maine Agency On Aging
Community Cafe Luncheon
Tuesday, May 20, 12PM



We will be hosting Southern Maine Agency on Aging's Community Cafe. Buffet luncheon provided by For The Love of Food and Drink:

Beet & Goat Cheese Salad
Roasted Pork Tenderloin with
Herbed Vegetable Stuffing
Mushroom Risotto
Broccoli Vegetable Medley
Triple Berry Butter Cake

Open to all Maine Residents 60+
RSVP: 207-967-8514 by May 16
See attached flyer below for more information.



A Place to Start Presentation **Tuesday, May 20, 1PM**

A Place to Start provides supportive services & resources to family caregivers & their loved ones living with Alzheimer's. Join them to learn about the work that they do and the resources they have available.



Social Club **Thursday, May 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 opportunity to discover and experience new things together.



Beach Bocce @ Gooch's Beach **Friday, May 23, 1PM**

Come to Gooch's Beach for an exciting afternoon of bocce ball and kick off Memorial Day weekend!
Minimum 10 participants required

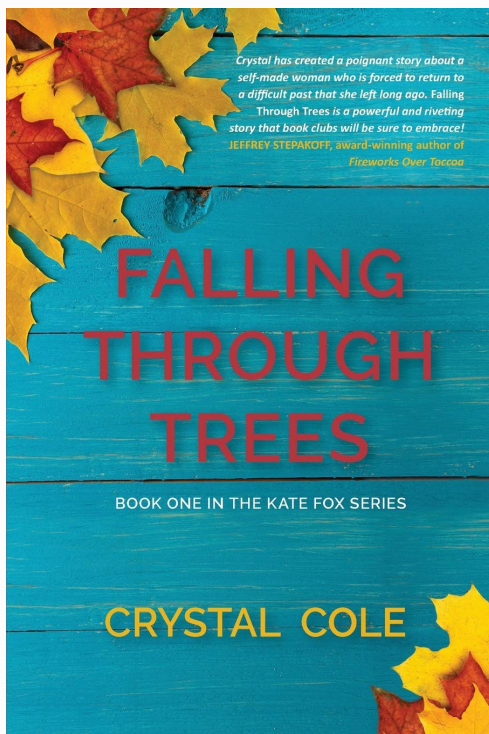
Keep it Legal **Thursday, May 29, 9AM**

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!



**Bridget's Lunch Bunch - Cape Pier
Chowder House
Thursday, May 29, 11:30AM**

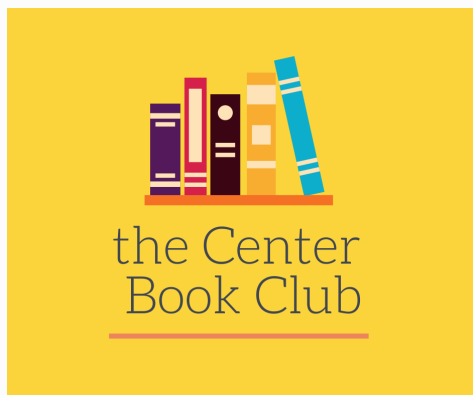
Join Bridget and enjoy good food, great company, and engaging conversation! Our monthly Lunch Bunch explores a different local restaurant for lunch. Individuals will be responsible for their own bill. Group will be limited to 11.



**Crystal Cole Book Talk
Thursday, May 29, 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



**Book Club
Wednesday, May 28, 1PM**

Join us each month to chat with fellow bibliophiles about this month's selection! May's selection is *Ageism Unmasked* by Tracey Gendron, PhD.

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



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

Community Cafe
Tuesday, May 20 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by
Love of Food & Drink

Beet & Goat Cheese Salad
Roasted Pork Tenderloin with
Herbed Vegetable Stuffing
Mushroom Risotto
Broccoli Vegetable Medley
Triple Berry Butter Cake

Open to all Maine Residents 60+
RSVP: 207-967-8514 by May 16

Suggested Donation \$8.00
Kindly pay cash day of event

Bags & Bubbly



**COMING
SOON**

JUNE 5TH & 6TH

**Are you cleaning out your closet?
We are accepting donations for our upcoming
Bags & Bubbly event!**

**We are seeking donations of the following items
in like new condition or brand new with tags:**

DONATE HERE APRIL 1-MAY 31

hand bags

wallets

wristlets

clutches

beach bags

lunch bags

cooler bags



For more information contact the Spaulding Center 207-967-8514

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



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

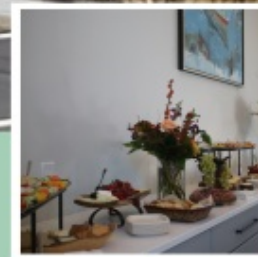
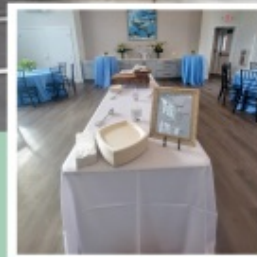
**175 Port Rd. Kennebunk
(207)967-8514**

Tickets can be purchased at the
Spaulding Center or on our website
www.seniorcenterkennebunk.org



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

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 | 207-967-8514
director@seniorcenterkennebunk.org

Ballroom Dancing

Thursdays 1-2 PM
Rumba and Cha Cha starts May 1



Social dancing is a great way to exercise your mind and your body. It uses all of the motions we need for daily life- walking forward and backward, side-stepping, balancing on one leg. There's the added benefit of engaging our mind by learning steps and working in concert with another person. Instead of counting reps, we get to count beats to the music we love.

**No partner or
experience necessary**

**Call 207-967-8514 to register.
\$80 for 6-week session**



What we dance to:

Cha Cha
Smooth by Santana
Everybody Loves to Cha Cha Cha
by Sam Cooke

Rumba
Fields of Gold by Sting
Take My Breath Away by Berlin

East Coast Swing
Uptown Girl by Billy Joel
I'm Still Standing by Elton John

Waltz
Moon River by Andy Williams
Funny Face by Donna Fargo

To Learn More:
Lavender Ballroom Dance on
Facebook
LavenderBallroomDance.com
Elizabeth@LavenderBallroom.com

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.*

GRIEF SUPPORT

Grieving the loss of a loved one is a personal journey that each of us will experience at some time in our lives if we have been lucky enough to love and be loved. Whether it is a sudden death or a long expected one, the loss of that person can be emotionally devastating.

If you have recently experienced the loss of a spouse, parent, child, family member or friend and are struggling to express your feelings of sadness, loneliness or even anger to close friends and family, this grief support group will offer you the room in which to express those feelings. The group is a safe, supportive presence for all who attend.

All are welcome and membership is not required.

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

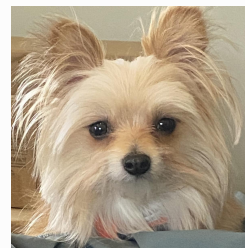
Bridget Dempsey
Executive Director

Jessica Slachta
*Communications and Social Media
Coordinator*

Gary Urey
Community Outreach 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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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.



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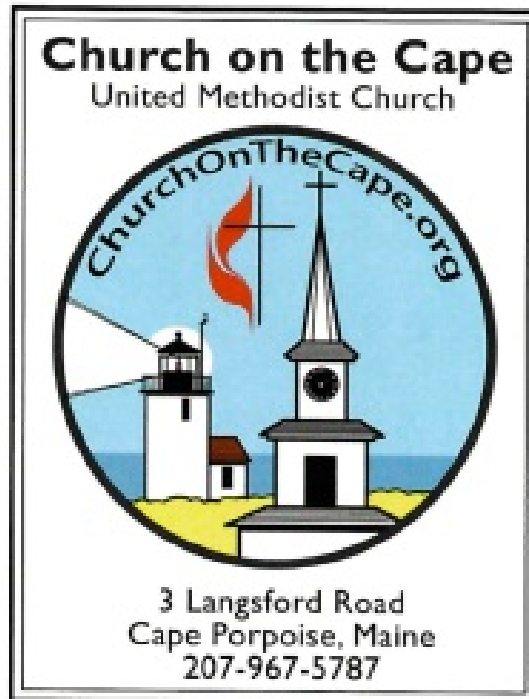
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Southern Maine
Health Care
MaineHealth

SMHC.ORG



Community





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with friends.
*And fun.***

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Call 207.985.5866 to schedule a visit.

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Lisa A. Slaughter,
DMD

GENERAL DENTISTRY

Newsletter

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