



August 1, 2026

207-967-8514

August Adventures Await!

As the summer sun continues to shine, August is the perfect time to stay active, connected, and cool at the Spaulding Center for Active Living. When the temperatures rise, there's no better place to spend your day than with friends, engaging programs, and plenty of laughter.

This month brings several exciting highlights! Tickets for our 20th Annual Coastal Kitchen Tour go on sale August 1 on our website, so be sure to reserve yours before they sell out. Our much-anticipated Annual Porch Sale returns August 14 & 15, offering fantastic treasures while supporting the Center's programs and services. We're also excited to introduce Open Game Day on Tuesday afternoons—a new opportunity for members to gather and enjoy any of the many games available at the Center, from cards and board games to favorites like cribbage, canasta, mah jongg, and more.

Whether you're joining us for a special event, trying a new activity, or simply escaping the summer heat, we look forward to seeing you at the Center this August!

IS IT YOUR SUMMER TO DECLUTTER?
DONATE YOUR ITEMS TO THE CENTER!



Porch Sale
Volunteer Sign
Up

*July at the
Spaulding Center*



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 - Weirs GMS



Located in Arundel, we have a strong and committed sales staff with many years of experience satisfying our customers' needs. Weirs GMC is celebrating over 60 years of serving our Southern Maine Family and Neighbors. Feel free to browse our inventory online, request more information about vehicles, set up a test drive or inquire about financing!

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 Friday, August 14th for our Annual Porch Sale. We will be closing at 12pm Fridays 8/7, 8/21, & 8/28.



Men's Coffee and Conversation

**Mondays, August 3, 10, 17, 24, & 31
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, August 3, 10, 17, 24, & 31
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.

**SPAULDING CENTER FOR ACTIVE LIVING
WILL BE HOSTING**

WEEKLY BINGO NIGHTS

Don't miss out on the chance to enjoy a thrilling
BINGO night in a lively and welcoming atmosphere!



MONDAYS JUNE 15-SEPTEMBER 14

**DOORS OPEN AT 5PM
GAMES START AT 6PM**

CASH Prizes

Open to Public

**Delicious Food Available
for purchase**

175 PORT ROAD, KENNEBUNK
207-967-8514
WWW.SENIORCENTERKENNEBUNK.ORG

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, August 5, 12, 19, & 26
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 WEDNESDAY
10:00–10:40 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

CARDIO DANCE CLASS



THURSDAY MORNINGS AT 9AM

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

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.

IRISH SPLENDOR

IMAGINE SPENDING
ST. PADDY'S DAY 2027 IN IRELAND
AT THE CLIFFS OF MOHER!

Embark on the trip of a
lifetime
with
the Spaulding Center
and Collette Travel!



Join us for a Special Travel Presentation:

THURSDAY, August 6 at 12 PM

Spaulding Center for Active Living, 175 Port Road, Kennebunk

8 DAYS * 9 MEALS \$3999 PP DOUBLE
March 12-19, 2027

DON'T MISS THIS OPPORTUNITY TO VISIT THE BLARNEY CASTLE AND KISS THE STONE

Package Includes: Ground transportation to/from Logan airport, airfare,
4-star hotel accommodations, guided tours, and much more!

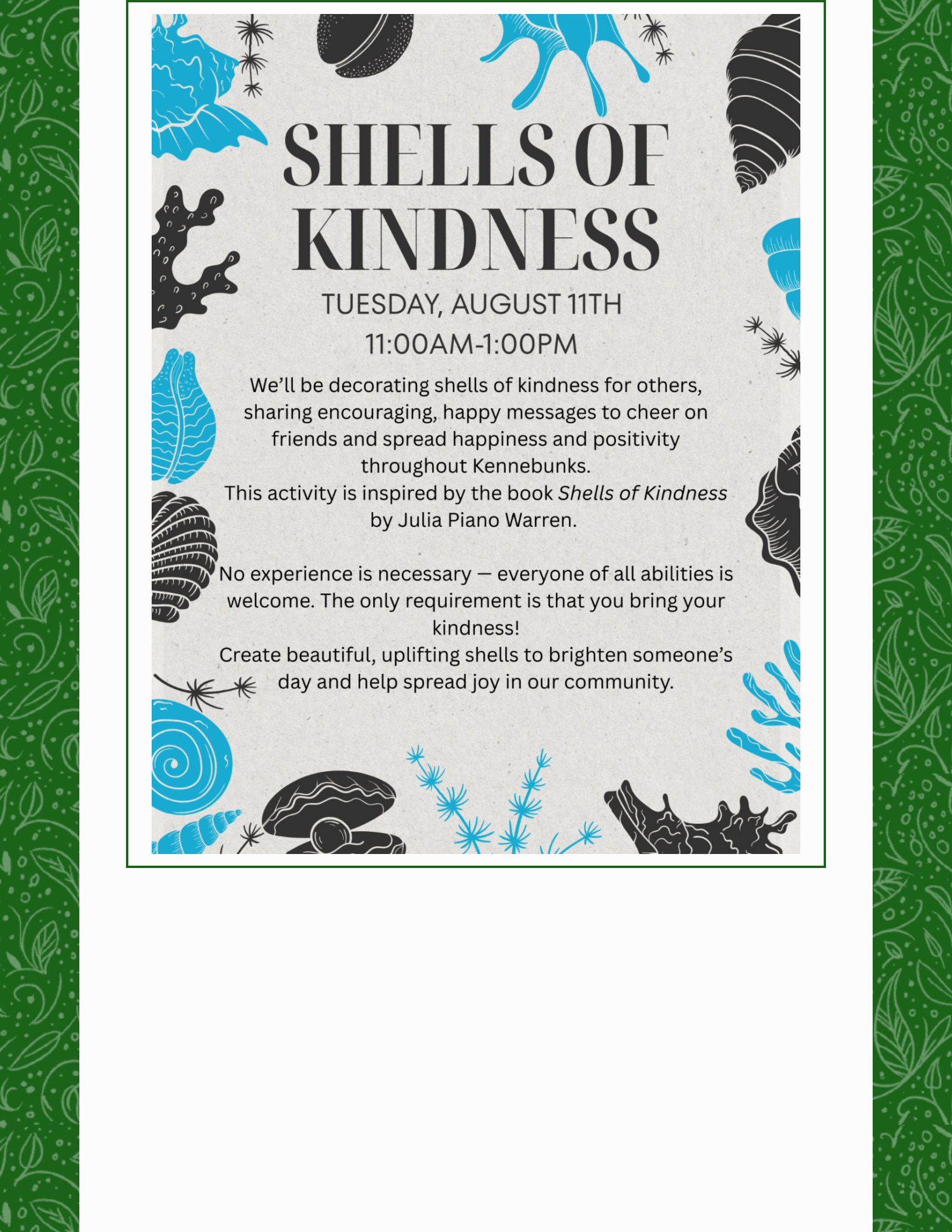
PACKAGE HIGHLIGHTS

- 2 NIGHTS DUBLIN
- 2 NIGHTS KILLARNEY
- 1 NIGHT ENNIS
- 1 NIGHT CASTLE CABRA
- TOUR GUINNESS STOREHOUSE
- ROCK OF CASHEL
- DINGLE PENINSULA
- WHISKEY DISTILLERY TOUR

FOR MORE INFORMATION CONTACT

BRIDGET DEMPSEY (207) 967-8514

WWW.SENIORCENTERKENNEBUNK.ORG



SHELLS OF KINDNESS

TUESDAY, AUGUST 11TH

11:00AM-1:00PM

We'll be decorating shells of kindness for others, sharing encouraging, happy messages to cheer on friends and spread happiness and positivity throughout Kennebunks.

This activity is inspired by the book *Shells of Kindness* by Julia Piano Warren.

No experience is necessary — everyone of all abilities is welcome. The only requirement is that you bring your kindness!

Create beautiful, uplifting shells to brighten someone's day and help spread joy in our community.



Maine Maritime Museum

TOUR AND BOAT CRUISE

DATE	TIME	RSVP
August 12, 2026	9:00AM - 3:00 PM	by August 7, 2026

The Maine Maritime Museum was founded in 1962 to connects people to the past, present, and future of Maine's waterways and their global reach. Join us in taking a tour of the museum before a one-hour lighthouse and nature cruise down the Kennebec River.



ACE FUND
ART • CULTURE • EDUCATION

\$20 per person due at sign up
Lunch cost on own - more info to come

\$25 of \$45 cost subsidized through ACE fund



Wise Women Wondering **Thursday, August 13, 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.



PORCH SALE

Join us for our Annual Porch Sale packed with deals! Proceeds to benefit:



**FRIDAY &
SATURDAY**
AUGUST 14 & 15

8:00 AM – 12:00 PM

- Furniture
- Home Decor
- Art & Antiques
- Kitchenware
- Bric-A-Brac & more

175 Port Road, Lower Village Kennebunk

www.seniorcenterkennebunk.org

207-967-8514



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

Community Cafe
Tuesday, August 18 at 12pm

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

Chicken Piccata with Rice Pilaf
Roasted Carrots
Dinner Roll
Blueberry Cobbler

Open to all Maine Residents 60+

RSVP by August 13
207-967-8514

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

BUBBLES, BITES, AND CRAFTS

Thursday, August 20, 5-7PM

Decoupage Shell Workshop



Sea Road Designs is excited to host a special decoupage shell class led by Julia, an artist and former teacher. This class is a perfect way to express your creativity and have some fun!

Bubbly, lite bites, and materials provided



A \$10 out-of-pocket cost is half of the \$20 total,
thanks to a 50% subsidy from the ACE Fund.

\$10 payment is due at sign up.

CAMP SPAULDING

Learn, create, and play

A fun and engaging multi-generational summer program designed for kids and grandparents to enjoy games and creative activities.



Ages:
4-8

Time:
10:00 AM -12:00 PM

Date:
Fri. August 21

Register now → 207-967-8514
Camp Location: 175 Port Rd, Kennebunk

Cost: Free

hiking club

The Tyler Brook Preserve connects a multitude of holdings for the Trust, creating a greenbelt towards the coast. It begins at the junction of the Learning Trail on the Emmons Preserve and follows the Batson River into a forest with rich history, to where our tributaries meet the sea. Explore on foot through the winding trails and peaceful vistas.

\$5 for van transportation

FRIDAY
AUGUST 21
9 AM - 12 PM

14 SPOTS
AVAILABLE IN VAN

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



the Center
Book Club

Book Club
Wednesday, August 26, 1PM

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

August's selection is ***Stranger in the Woods*** by Michael Finkle.



Social Club

Thursday, August 27, 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.



BRIDGET'S

LUNCH BUNCH

MONDAY, AUGUST 31
11:00 AM

Pepper's, Ogunquit


RSVP BY
AUGUST 27

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



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

Art — IN THE — Kennebunks

ART SALE AND SILENT AUCTION



OPENING RECEPTION

FRIDAY,
SEPTEMBER 4
4-7PM

Light refreshments provided

FEATURING WORK FROM LOCAL ARTISTS
AND SPAULDING CENTER ART GROUP

SageBrushes

GALLERY OPEN

SATURDAY,
SEPTEMBER 5
10AM-2PM

SUNDAY,
SEPTEMBER 6
10AM-2PM

Proceeds to benefit



175 PORT ROAD, KENNEBUNK, ME 04043

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

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

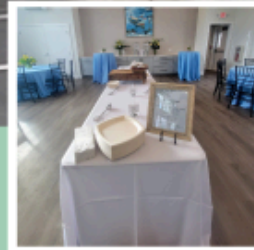


(207) 967-8514



www.seniorcenterkennebunk.org

Symphony Hall at Spaulding Center



Rental Venue

- Located in Picturesque Lower Village, Kennebunk
- NEW 1,000 sq. ft. Function Room
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- 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

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
(207) 967-8514
director@seniorcenterkennebunk.org

collette

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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sponsors**

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feel better, brighter &
stronger.

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and co.**

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Saundra F. Gnidgejko, Owner

(207) 751-6466 sfgnidgejko@gmail.com

**12 Middlebrook Drive Arundel, ME 04046
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.

Atria KENNEBUNK

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



dewpoint
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HASAN DUYMALZAR
Senior Advisor

Newburyport, Massachusetts
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Email : dewey9900@gmail.com
www.dewpointsenioradvisors.com



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Newsletter

COR HEALTH

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Thoughtfully designed support for adults and families who value dignity, consistency, and exceptional care—delivered when, where, and how you want it.

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207-544-4143

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Personal care services provided by experienced, certified Concierge Care Assistants, expertly trained to support both everyday needs and complex care situations.

Every plan of care is customized, flexible, and responsive — because no two clients are the same.

Care From the Heart – Elevated by Experience

With over a decade of service to Maine families, COR Health delivers care that is reliable, refined, and relationship-driven.

860 Forest Ave., Suite 207 – Portland, ME 04103
www.corhealthservices.com | info@corhealthservices.com



bergen parkinson
ATTORNEYS

www.bergenparkinson.com

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04043

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design.fleurant@gmail.com

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 **the daily sweat**
YOGA & BARRE

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