



December 1, 2025

207-967-8514

## What A Year It's Been!

Can you believe 2025 is over? What a year it has been here at the Spaulding Center! Our first year in our new room brought the addition of several fitness and wellness programs, a partnership with Southern Maine Agency on Aging, and several new presentations. We welcomed over 200 new members this year, bringing our total membership to over 650!

Our van, fondly named Vannie, saw so much: 2 trips to the Coastal Maine Botanical Gardens, the Ogunquit Museum of Fine Art, shopping trips, the Nubble Lighthouse, and many, many restaurants! Speaking of trips, Scotland, England, and Wales was more than we could have asked for. 39 wonderful travelers got to experience so much culture with memories that will last for a lifetime.

Thank you all for 35 wonderful years, this has been our best one yet. But the fun isn't over. We're headed into 2026 with fresh ideas for programming and trips. Want to help us plan out our calendar? [Fill out this survey](#) to give us even more wonderful ideas that we should bring to you. And you can help support the expansion of our programming by [supporting our annual appeal](#). Every dollar helps us bring you more of what you enjoy.

We still have a few weeks left in the year. Join us for the Portland Ballet's showing of The Nutcracker or get festive at our annual members only holiday party. Want to sit back and relax? Come in your most festive pajamas for an afternoon holiday movie. Or [help us decorate our beloved boxwood trees](#) just in time for our Prelude Artisan Market with over 20 local crafters.

Keep reading to learn more about all of the great programs we'll be having this month.

Happy Holidays and cheers to the New Year.



Fondly,  
Bridget, Jess, Josh, & Clark



Spaulding Center EXCLUSIVE Kennebunk lobster hand knit hats available only for  
Prelude! Call or stop by to purchase one, \$40 each



Vannie took a group of 15 to the Coastal Maine Botanical Gardens for their annual Gardens Aglow winter light show.

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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.
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.

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**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 - Daily Sweat





The Daily Sweat is a yoga and barre studio focused on helping individuals and families find health, wellness, and community. Our mission is to ensure that every person that walks through our doors feels welcomed, safe and inspired through a balanced wellness program that will stretch, strengthen and get your heart pumping.

## 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.**

**We will be CLOSED December 1-5 for boxwood tree making  
and  
December 22-January 2 for our long winters nap!**

*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.*

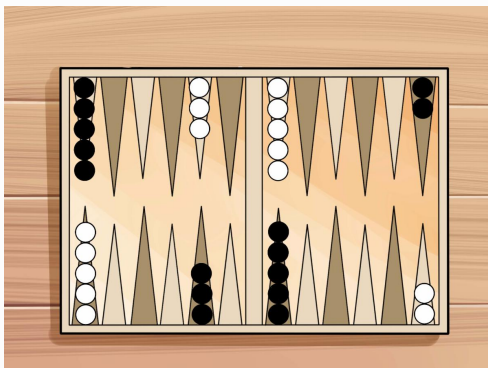


### Men's Coffee and Conversation

**Mondays, December 8 & 15**

**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.



### Come Play Backgammon

**Tuesdays, December 9 & 16**

**1PM**

Backgammon involves a combination of strategy and luck from rolling of the dice. While the dice may determine the outcome of a single game, the better player will accumulate the better record over a series of many games.

### Strength and Balance with Serina

**Wednesdays, December 10 & 17**

**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.



### Crochet Classes

**Wednesdays, December 10 & 17**

**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**

# 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**



## Uno & Rummikub

Fridays, December 12 & 19

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**





## ARTISAN HOLIDAY FAIR

\* Makers Market Featuring Local Artisans\*

\* Handcrafted Boxwood Trees \*

\* Gourmet Cocoa & Mulled Cider Bar \*

...and much more!

### FREE ENTRY

Friday,  
December 5th  
12pm - 5pm


Saturday  
December 6th  
9am - 4pm



Saturday  
December 13th  
9am - 4pm

175 Port Road, Lower Village, Kennebunk  
Just steps from Dock Square!  
(207) 967-8514 [seniorcenterkennebunk.org](http://seniorcenterkennebunk.org)





JOIN US FOR OUR ANNUAL HOLIDAY

# Cookie Swap

9 DECEMBER, 1 PM

Bring two dozen of your favorite holiday confection (cookies, fudge, brownies, etc.) and enjoy holiday trivia and a hot cocoa bar while you sample and trade treats!

**HOT COCOA BAR AND TRIVIA**

RSVP BY FRIDAY,  
DECEMBER 5

*\*Please do bring a copy of the  
**recipe/ingredients** in case  
anyone has **dietary needs**.*

# BRIDGET'S



STAGE NECK  
INN

LUNCH BUNCH

**TUESDAY, DECEMBER 10**  
**11:00 AM**

Stage Neck Inn



RSVP BY  
DECEMBER 8

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





YOU'RE INVITED TO OUR

# CHRISTMAS MOVIE & PAJAMAS PARTY

JOIN US FOR AN AFTERNOON SHOWING  
OF **THE POLAR EXPRESS** IN YOUR  
FESTIVE PAJAMAS



**DECEMBER 12, 2025 - 1 PM**

POPCORN, CANDY, HOT COCOA, & MORE



**Medicare 101**  
**Monday, December 15, 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.



# PORTLAND BALLET

NELL SHIPMAN • ARTISTIC DIRECTOR

presents

## a VICTORIAN NUTCRACKER

**TUESDAY, DECEMBER 16  
10AM**

Merrill Auditorium, Portland

**\$15**

**includes round trip transportation  
from the Center and ticket**

*Van will depart at 9am*

*and return by 12pm*

**Limited tickets available  
Please reserve your spot today**





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

## Community Cafe

Tuesday, December 16 at 12pm

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

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

**Salad**  
**Chicken Pot Pie**  
**Gingerbread Cake**

**Open to all Maine Residents 60+**

**RSVP by December 12**

**207-967-8514**

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

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

**Keep it Legal**  
**Thursday, December 18, 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!

**Wise Women Wondering**  
**Thursday, December 18, 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.



ALL MEMBERS ARE INVITED TO



**ANNUAL  
HOLIDAY  
PARTY**

SING ALONG ● SMALL BITES ● FESTIVE BEVERAGES

**DEC 18 • 2 PM**

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175 PORT RD. KENNEBUNK, ME 04043

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RSVP TO 207-967-8514 BY DECEMBER 16

**Click here to view the Full December  
Calendar!**





# Elder Elves Giving Trees



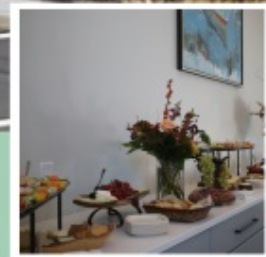
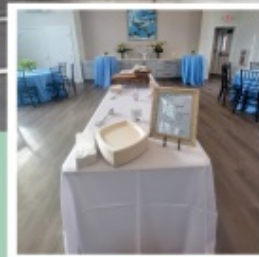
We need your help!

**Stop by one of these locations to get your giving ornament:**

1. Spaulding Center for Active Living
2. Bradbury's Market
3. Coffee Roasters
4. Kennebunk Savings Bank at Lower Village
5. KPort Provisions



# Symphony Hall at Spaulding Center



## Rental Venue

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



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](mailto:director@seniorcenterkennebunk.org)**

**collette**

**More Information**



The Spaulding Center for Active Living presents...

## Irish Splendor

March 12 – 19, 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](mailto: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.*

## 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.

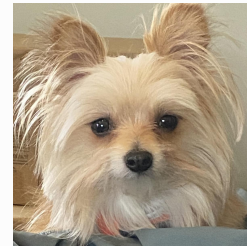
### OUR STAFF

**Bridget Dempsey**  
*Executive Director*

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

### 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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## Assisted Living Specializing in Memory Care

The logo for Avita features the word "Avita" in a large, stylized font. The "A" is blue and the "vita" is green. A green leaf icon is positioned above the "i".

**Avita**

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## Community







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with friends.  
And fun.**

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**Newsletter**



HASAN DUYMALZAR  
Senior Advisor

Newburyport, Massachusetts  
Phone : 603-455-0752  
Email : dewey9900@gmail.com  
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