





# HAPPY SUMMER



We are pleased to share that progress on the expansion is moving quickly. We could not be more delighted for the progress. Please stop by and check it out! We are so close to reaching our donation goal. Our founder, Annie Spaulding, has announced that she will match donations to close the gap. It's not too late to help us reach our goal! You can click <u>here</u> to donate. Donations of any size are greatly appreciated.

#### Highlights from May



We celebrated all of our moms this month at our Muffins and Mimosas mothers day brunch. We love our moms.







#### DID YOU KNOW ...?

- We have photo books here at the Center in the cafe for viewing, i.e., November's Fashion Show, Prelude to Prelude Holiday Concert, and the Ireland trip (both scenery and candid books).
- We have a lending library available. Please stop by during business hours to check out our wide selection of books, or donate any books that you'd like to share with the community.
- The parking lot at 29 Western Ave is open for parking.
- Nominations for our Model of Positive Living award are now

We had 4 members participate in the Maine Senior Games for racewalking in May. Pictured is board secretary, Bruce McClelland, being awarded his first place medal.

#### You belong at The Center! Friday Open House 9–10:00 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.

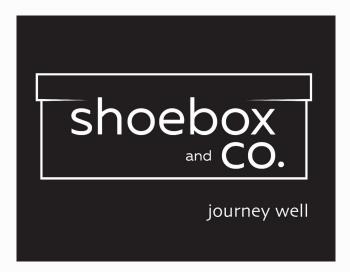




open. Visit our website today for the nomination form.

The Center offers an academic scholarship? Help us spread the word! The Hartley Lord Scholarship is awarded to an outstanding student or individual who has chosen to pursue a degree or certification in a field that focuses on the well-being and needs of the senior members of our society. Contact <u>Rayanne</u> or visit the <u>website</u> for an application or more information.

## Sponsor Spotlight - Shoebox and Co.



Thank you to our Silver Sponsor, Shoebox & Co..

Active lives depend on healthy feet and Shoebox and Co knows proper footwear is essential! Their buyers take great pride in choosing purposeful products that function seamlessly with the foot's anatomy, and carefully selects each brand with attention to the utmost quality, design and function for daily life.

## Instructor Spotlight - Nina Scott



For over 25 years, I served on the English department faculty at Phillips Academy in Andover, where my focus was on teaching literature, writing, and a range of senior electives. These included subjects like Poetry, Shakespeare, the works of Edith Wharton, Travel Literature, The Art of the Essay, Non-Fiction Writing, and Journalism, among others. During the academic year, I resided on the Andover campus, while I spent vacations at our home at Cape Porpoise. Now retired, I've chosen to settle here full-time. My academic journey began with a BA from Duke University, followed by a Master's degree from Columbia University. I've also authored two notable works: "Smart Soccer: How to Use Your Mind to Play Your Best," a children's book, and "Journalism 101," a textbook.

Outside of my professional endeavors, I am happily married to Bill Scott, and we are proud parents of three children and grandparents to four grandchildren.

## New and Noteworthy

Can't-miss events, coming right up! Please remember that <u>registration</u> is required for ALL programs.

We will be closed for programming June 5-7 for Bags, Baubles, and Bubbly set up, as well as June 19 in observation of Juneteenth.



#### Walking Group Wednesdays, 10:00am

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

#### Grief Support Group Thursdays, 11:00am



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. We will be a safe, listening, supportive presence for all who attend. All are welcome and membership is not required.

#### Cards and Camaraderie



#### Thursdays, 6:00pm

Join us for games and good company at the Center. You are welcome to bring your own or play one of ours. No skill required; sign-ups appreciated, but not necessary. THERE WILL BE NO CARDS AND CAMARADERIE ON JUNE 6 DUE TO BBB.



#### Open Bridge Fridays, 9:30am

CALLING ALL BRIDGE PLAYERS! Come every Friday morning and create your own teams, play with someone new, and have a great time!

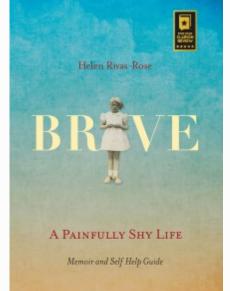


#### The Art of Poetry with Nina Scott Monday, June 3 and 17, 10:00am

Join us as we embark on a poetic journey to explore the beauty, depth, and power of poetry. Throughout this two-part workshop, we will dissect the anatomy of poems, and explore how poets meticulously craft their works to evoke power and resonance. We'll look at how poems work – how a poet's choice of words, sounds, and rhythm create power and impact. We'll also write our own poems, applying what we've learned about speaker and situation, tone, figurative language, sound effects, and rhythm and rhyme. Whether you're a seasoned poet or a newcomer to the art form, this course offers an exploration of poetry's enduring allure and significance.

#### Overcoming Shyness with Helen Rivas-Rose Monday, June 3, 1:00pm

Center member Helen Rivas-Rose spent her first decades suffering from severe shyness. In her forties she spent several years writing a memoir. It was this exercise that finally enabled her to break free. Her book includes a section on steps to take to overcome shyness. She is offering this workshop free of charge at the Center (max enrollment 8). She asks attendees to bring a few paragraphs



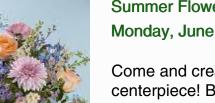
describing their own shyness. You can find out more about Helen and her book, "Brave, a Memoir of Overcoming Shyness", including numerous reviews on her website: www.shynessbook.com



www.bergenparkinson.com

Keep it Legal with Sarah Neault, Esq. Monday, June 10, 9:30am

Attorney Sarah Neault of Bergen Parkinson will meet with you privately to answer legal questions. We have one spot available, call today to reserve your time.



Summer Flower Arranging Monday, June 10, 11:00am

Come and create a lovely summer floral centerpiece! Bring your favorite vase or we can provide one if necessary. \$10 fee for supplies. Register by Friday, June 7th.



Video Creations with Blake Baldwin Tuesday, June 11, 11:30am

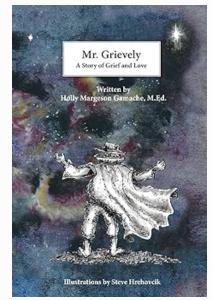
L. Blake Baldwin, President of Video Creations, will be here Tuesday, June 11<sup>th</sup> at 11:30 to discuss the history of movies and videos from analog to digital formats. At the start of the 20th century, people were able to record their family events using 16mm movie cameras. Next came 8mm and Super 8mm cameras, and then in 1983 video cameras. Today most of us carry a high definition still and video camera in our pockets. Blake will cover how in a little more than 100 years we all have become movie

makers. More importantly, he will discuss how to download, share and archive all of that material for generations to come.



## Bridget's Lunch Bunch @ Pilot House Wednesday, June 12, 12:00pm

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 thier own bill. Group will be limited to 11.



#### Author Talk with Holly Gamache and Steve Hrehovcik

#### Thursday, June 13, 1:00pm

Holly Margeson Gamache M.Ed will be sharing her publication, **Mr. Grievely, A Story of Grief and Love.** The story of Mr. Grievely, told in rhythmic rhyme, along with beautifully emotive illustrations, conveys the myriad of emotions felt in living after loss or change. This book helps navigate the sea of emotions felt, to breach the surface and find some way to breathe air of normalcy.

The publication is a personal expression of the author's own specific grief journey. It is meant to be received and perceived by the reader as a depiction of grief in a more visual way, and an emphasis that validates feeling without judgment or boundaries. It intends to bring hope to those in pain over loss. Illustrator, Steve Hrehovcik will join Holly to speak about the illustrations in Mr. Grievely. Mostly self taught Steve looks for creative ways to express the drama and beauty he sees around him. He works in pen and ink, acrylics, charcoal, pencil and colored markers. His subjects include homes and buildings, portraits, equestrian art and pets, scenic views and caricatures.

#### Piping Plover Beach Walk @ Ludholm Thursday, June 13, 1:00pm

Come learn about the piping plover and what makes it so special, while taking a walk on Laudholm Beach! We will meet at the gazebo



at Wells Reserve at Laudholm. Only 5 spots available! Free with site admission (\$6). Registration due by Monday, June 10.



#### Community Gormet Friday, June 14, 9:00am

Traci Anello, Executive Director and Founder of the Community Gourmet will be here to discuss what her organization is doing to help older adults who are experiencing food insecurity. She will tell us about what her organization has to offer, and how the community has come together to make that happen.



#### Crochet with Kristin Friday, June 14, 21, & 28, 11:00am

This month's project is a granny square crossbody pouch. They are made from four colorful granny squares and are small and lightweight but still large enough to hold the essentials like a phone, keys, and or small wallet. These classes will be \$10/week which covers all materials.

# HearingLife

Hearing Healthcare Session with Hearing Life Wednesday, June 12, 11:00am-1:00pm

Welcome Ryan Prosser Hearing Instrument Specialist on Wednesday, June 12th, 2024 at 11:00a.m. Please stop by for the following complimentary services:

- Brief presentation on hearing loss
- Cleaning of your hearing device(s)

• Hearing aid performance checks HearingLife is a national hearing care company that operates nearly 700 hearingcare centers across the United States. Our caring and professional licensed hearing care experts provide personalized care and custom solutions to meet your individual needs.



#### Medicare 101 with My Insurance Solutions Monday, June 17, 1:00pm

Please join Miranda Butler, a local independent insurance agent specializing in Medicare.

Miranda will be discussing the ABCD's of Medicare. Medicare 101's is intended to educate people about when to apply, what age, and the different parts of Medicare.

## *my* active center

#### MyActiveCenter Set Up Workshop Tuesday, June 18, 9:00am

Join Jessica to set up your MyActiveCenter account and learn how to register for programs online. She will help you set up your account and walk you through the process of signing up, resetting passwords, and making payments online.



#### Intro to Bridge Lessons - Session I Thursdays beginning June 20, 1:00-3:00pm

Bridge expert, Bob Howard will be teaching us how to play the fun and challenging card game. Bridge a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games!

Session I --- June 20 - August 29 Session II --- September 5 - November 7 Session I is required to attend Session II \$50 for members, \$100 for non-members. Payment due at time of registration.



#### Writing Workshop Thursday, June 20, 1:00pm

Join author Holly Gamache for this creative workshop to help spark your imagination into creating a piece of your choosing (a short story, a poem, a journal entry, etc.). Grab your paper and pen and let the journey begin!



#### Ben & Jerry's Ice Cream Sundae Social Friday, June 21, 1:00pm

In lieu of a luncheon this month, we are celebrating SUMMER AT THE CENTER with a make-your-own Ice Cream Sundae Bar with Ben & Jerry's! Join us at the Center for this fun event. There is a fee of \$5 for this event, payable upon registration. Registration deadline - Thursday, June 20.

Life Alert Inform



#### Life Alert Information Session Monday, June 24, 10:00am

Life Alert is more than just "a button in a box". Join us at the Center for a Zoom presentation into how Life Alert works, the cost, answer all questions, and a demonstration of the products. See exactly what happens when the button is pushed. You will also be able to compare Life Alert to other similar brands.



# Join our Team in the Walk to EndAlzheimer's Monday, June 24, 11:00am

On Saturday, September 28, at 10:00am the Center will have a team participating in the Walk to End Alzheimer's at the York Beach Ball Field, York Beach, Maine. We will come together to walk a three mile loop in this inspiring event that celebrates our commitment to ending the disease. If you are interested in joining our team, this presentation will give you all of the pertinent information about the walk, and will answer any questions you might have.



#### COR Health Chair Exercises Tuesday, June 25, 11:00am

COR Health is offering an aging adult fitness class with CPT, Bryanna Bride. Improve your strength and balance with chair and body weight exercises! Please use the below link to sign the liability waiver prior to attending class https://corhealth.site/contact-info

COR Health Lunch & Learn Tuesday, June 25, 12:00pm





Looking to navigate the world of home care services? Learn more about personalized support that meets you right where you are. Discover how COR can enhance your daily life with our exceptional home care services through our Concierge and MaineCare options. Lunch will be provided by the Center. Group will be limited to 16. Register by June 21.



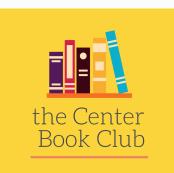
#### Recycled Jewelry Workshop Tuesday, June 25, 1:00pm

What to do with all those beautiful necklaces you don't wear anymore? What about that lonesome earring that's missing its match? Turn your forgotten jewelry into beautiful, everyday bracelets! It's easy and fun to recycle the beads into a brand-new (to you) piece! Bring your own necklaces and mismatched earrings or select from our stash! This will be a one-hour workshop and all bracelet making supplies will be provided.



#### Cookie Decorating with A Perfect Move Wednesday, June 26, 1:00pm

Join us for cookie decorating! Our friends from "A Perfect Move" will guide us through the decorating process, turning plain sugar cookies into colorful, edible creations! This is a SWEET and free workshop!

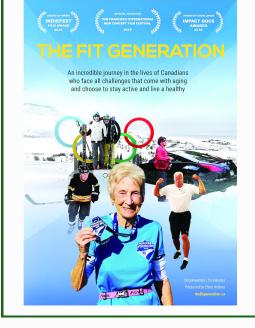


#### Book Club Wednesday, June 26, 1:00pm

Join us each month to chat with fellow bibliophiles about this month's selection! June's selection is <u>*Ride of Her Life* by</u> <u>Elizabeth Letts</u>.

#### "The Fit Generation" Documentary Viewing Thursday, June 27, 1:00pm

This award-wining documentary challenges our concepts of aging and it inspires people of all ages to live a healthy, active life as they age. On this journey, you will learn about the



daily lives of incredible people in their 70s and 80s who choose to stay fit. Despite facing cancer, arthritis, heart attacks, bone fractures, knee replacements, fatigue and the loss of loved ones, they won't give up and stop having fun. On the contrary, they've taken leading roles in their communities and help other seniors stay fit every day.

Remember, these are our "New and Noteworthy" programs. Visit our website <u>HERE</u> or stop by for a full calendar of our standard weekly program offerings! For the full monthly calendar, visit <u>HERE</u>.

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COMING SOON JUNE 6TH & 7TH

Are you cleaning out your closet? We are accepting donations for our upcoming "Bags, Baubles, and Bubbly" event!

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

DONATE AT THE CENTER. MORE LOCATIONS TO FOLLOW

bags belts

scarves & capes jewelry readers & sunglasses hats gloves beach bags lunch bags cooler bags



For more information contact the Center 207-967-8514 This event is a fundraiser for the Center, a 501(c)3 non-profit serving adults 50+ in the Kennebunks. Model of Positive Living Award 2024

# **Call for Nominations**

Do you know someone 50 or older who is an <u>inspiration</u> to others, <u>volunteers</u> in the community, takes on new things with gusto, and <u>enjoys life</u> to the fullest? Nominate them for the 2024 Model of Positive Living Award!

Nominations must be submitted before August 1, 2024.

> The winner will be announced in September.

Return nomination form to: the Center 175 Port Rd. Kennebunk, 04043



# Cards & Camaraderie

Have fun and meet new friends Open to all adults in the community

# Fгее Entгy

Thursdays: 6-8 PM

## Enjoy one of our games or bring your own No Skill Required

The Center 175 Port Rd., Kennebunk,

> For More Info: 207–204–0004 karleensideas@gmail.com

Sign-ups appreciated, but not required

## **Community Outreach Services**

## FISH TRANSPORTATION SERVICES

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Our FISH (Friends In Service Helping) Transportation Program volunteer drivers provide rides to Kennebunk, Kennebunkport, and Arundel residents who need to get to medical appointments. Riders may use FISH Transportation when they have no other means (friends, family) of getting to an appointment. *Please let Cathy know if you would like to volunteer to drive for FISH.* 

#### **TENDER LOVING CALLS**

Sponsored by

KENNEBUNKPOR PUBLIC HEALTH 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 GROUP**

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.

#### <u>Our Staff</u>

Bridget Dempsey Executive Director

Cathy Gavin Office Administrator

Jessica Slachta Communications and Social Media Coordinator

Rayanne Coombs Community Engagement Coordinator

Dooley Dempsey Official Center Support Dog

#### JUNE BIRTHDAYS

**Irene Andrews** William Boucher Sandy Sarmanian Karen Turner Paul Maggi Barry Goldstein Kaci Hall Ginger Rivard **Catherine Charles** Virginia Healey David Grav Dennis Sullivan **Barbara** Chalou Clarinda Coughlin **Diane Rittershaus** Tricia Keller Laura Cobb Marcia Cook Lorene Patterson Kathleen Binette



#### **Center Hours**

Monday – Friday 8:30 – 4:00

#### 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 <u>HERE</u> or stop by the Center to pick up a copy.

**Helene** Petrin Nelly Plas Violet Len **Ryan Prosser** Jessica Slachta Donna Gillette Lisa Legros Joni Martin Wendy Gordon Jonathan Sheff Sandra Nichols Shirley Pagluica Annie Sullivan Elyse Thierry Linda Warnock Janet Keating Mary Megeaski **Richard van Bergen** Lisa Janelle Mitar Khalsa

#### HAPPY BIRTHDAY!

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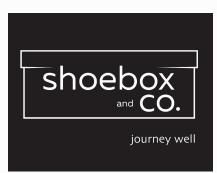
Assisted Living Specializing in Memory Care













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Community









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Tom Franey

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