



July 1, 2025

207-967-8514

HAPPY SUMMER!



We have chosen a name for our van. Drumroll please..... Introducing **VANNIE**. This name is a dedication to our wonderful founder, who without her, none of this would be possible. Thank you to everyone who submitted names.

Vannie has already been on several trips in the month of June, both near and far. We cannot wait to see where July takes us, so keep reading to find out where you can go next!



Walking Group at East Point Audubon



Bridget's Lunch Bunch at
Tuscan Sea Grill & Bar in
Newburyport



Ogunquit Museum of
American Art - Art In Bloom
Exhibit

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 - Weirs Buick GMC



Located in Arundel, we have a strong and committed sales staff with many years of experience satisfying our customers' needs. Weirs Buick 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 and payment is due at registration.

We will be CLOSED Friday, July 4 for Independence Day and Thursday, July 31 for Affairs to Remember Auction

*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, July 7, 14, 21, & 28

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.



TAI CHI FOR ARTHRITIS & FALL PREVENTION MONDAYS AT 9AM JULY 7- AUGUST 11

Experiencing sun style tai chi is easy and enjoyable. The beginner's program is designed by Dr. Paul Lamb, MD and family physician. Learning this program can help you improve balance, focus, fall prevention, health and wellness using basic core movements. Approved by the Arthritis Foundation, CDC and other organizations and is great for beginners and mature adults. No prior experience or special equipment is necessary—just wear comfortable clothing and flat bottomed shoes are recommended.

Instructor: Dennis Fallo, Board Certified

**\$60 for 6 week
session**

**Payment due at sign up; cash, credit card or
check payable to Spaulding Center**

Call 207-967-8514 to register

Minimum 6 participants

Maximum of 20 participants



Cardio & Stretch with Sue

**Mondays, July 7, 14, 21, & 28, 11AM
Thursdays, July 3, 10, 17, & 24, 4PM**

By popular demand - a second day added
Sue will be joining us 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.



Intro to Mindfulness

Tuesdays, July 1, 8, 15, 22, & 29

11:30AM

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. **The course will meet for 5 weeks, 1 hour per week. Fee: \$50 payable to Nancy Rankin. Minimum of 4 required.**



Strength and Balance with Serina

Wednesdays, July 2, 9, 16, 23, & 30,
9AM

Thursdays, July 3, 10, 17, & 24, 9AM

By popular demand - a second day added

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, July 2, 9, 16, 23, & 30
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



Tai Chi - SECOND SESSION

Thursdays, July 17 & 24

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 Schwartz



Uno & Rummikub

Fridays, June 13, 20, & 27

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**

Open Bridge Lessons

Thursdays, July 3, 10, 17, & 24

11AM



Bridge expert, Bob Howard will be teaching us how to play the fun and challenging card game. Bridge is 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! Drop in class.

*Take us out
to the ball
game*

PORTLAND
Sea Dogs

VS

THURSDAY, JULY 10 2025
11:00 AM - 3:30 PM

\$25 TICKET
Includes transportation and ballpark ticket

RSVP BY JULY 3
14 TICKETS AVAILABLE

SENIORCENTERKENNEBUNK.ORG | (207) 967-8514



Wise Women Wondering Thursday, July 10, 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, July 10, 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 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.



Medicare 101 Monday, July 14, 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.



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

Community Cafe
Tuesday, July 15 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 July 11


Suggested Donation \$8.00
Kindly pay cash day of event

Kennebunkport Conservation Trust

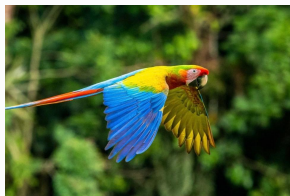


July 16, 2025

9:00AM-11:00AM



Join our walking group as we hike in the Kennebunkport Conservation Trust. We will be walking Timber Point. Please arrive at the Spaulding Center by 9:00AM and we will provide transportation. Limited to 14.



World Travels with Dewey Wednesday, July 16, 10AM

Join Dewey or fun-filled armchair adventures and stories from across the globe!! This month's presentation will feature **Costa Rican Biodiversity!**

Fun with Flowers Monday, July 21, 12PM

Come and create a lovely summer flower centerpiece! Bring your favorite vase, all other supplies provided.



\$10 fee for supplies. Register by Friday, July 18.



**Discover Canyon Country Collette Tours
Presentation
Tuesday, July 22, 1PM**

Join us for an informational presentation on our Spring 2026 trip to Arizona, Utah, and Nevada.

MONTHLY LUNCHEON

Sponsored by Avita

BBQ

✦ *Party* ✦



Pasta Salad

Potato Salad

BBQ Chicken

Hamburgers & Cheeseburgers

Strawberry Shortcake

Iced Tea & Lemonade

22 July
2025

Spaulding Center

175 Port Rd, Kennebunk, ME

\$15
per
person

RSUP REQUIRED BY JULY 18
207-967-8514



BRIDGET'S

LUNCH BUNCH & SHOPPING

WEDNESDAY, JULY 23
11 AM - 2 PM

Green Leaves Chinese
Restaurant & Lounge


RSVP BY
JULY 18

WE WILL BE TAKING THE VAN TO YORK FOR LUNCH BUNCH,
WITH SHOPPING IN KITTERY AFTERWARDS. **MAX OF 14,**
PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL.
\$5 FOR TRANSPORTATION



Social Club
Thursday, July 24, 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



the Center
Book Club

[illegible]

More Information to come



AFFAIRS TO REMEMBER AUCTION

THURSDAY, JULY 31, 2025

6:00 - 8:00 PM

KENNEBUNK RIVER CLUB

LIVE AND SILENT AUCTION FEATURING

• TRAVEL • HOME DECOR • LIFETIME
EXPERIENCES • EVENT TICKETS •
UNIQUE LOCAL ART AND MUCH MORE!

Tickets: \$50 per person
Cash Bar & Hors D'oeuvres

TICKETS ON SALE JULY 1

Purchase on our website or in person at the Spaulding Center

www.seniorcenterkennebunk.org

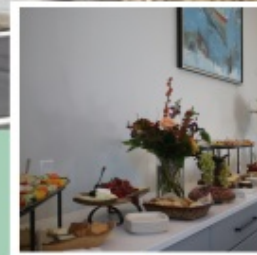
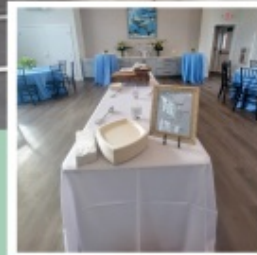
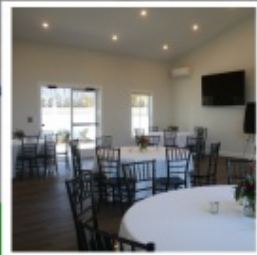
175 Port Road Kennebunk, Maine 04043

(207) 967-8514



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

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
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- (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...

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

collette

More Information

Explore Greece Island Hopper

featuring Athens, Mykonos, and Santorini

October 14 — October 24 2026 • 11 Days • 14 Meals



Highlights

Acropolis of Athens & The Parthenon, *Taverna* Dinner Show, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

[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

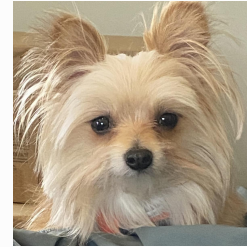
Bridget Dempsey
Executive Director

Jessica Slachta
*Communications and Social Media
Coordinator*

Cecilia Finlay
*Community Engagement
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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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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and **co.**

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Don't neglect your health, reform it

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CHICKS**
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Church on the Cape
United Methodist Church



3 Langsford Road
Cape Porpoise, Maine
207-967-5787

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



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www.corhealthservices.com



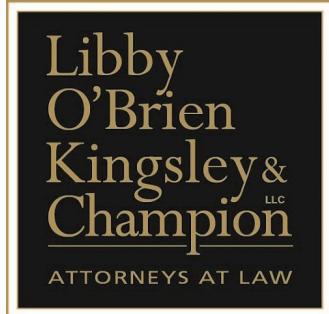
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