



October 1, 2025

207-967-8514

WELCOME FALL!

We are just days away from our beloved Coastal Kitchen Tour. This event brings over 300 people from the greater New England area! Do not miss your opportunity to volunteer at one of the many beautiful homes. As a heartfelt thank you, volunteers receive a complementary ticket to take the tour!

**Volunteer
Here**



19TH ANNUAL COASTAL KITCHEN TOUR

Spend your day
touring beautiful
kitchens in the
Kennebunks at your
own pace - our
docents will be
on-site to show you in
during tour hours!

**ADVANCED TICKETS
ARE JUST \$40**



SATURDAY, OCTOBER 11TH

10AM-3PM

207-967-8514

**SENIORCENTERKENNEBUNK.ORG
175 PORT RD., KENNEBUNK**

Purchase CKT Tickets

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



Welcome to Kennebunk Center for Health & Rehabilitation!

We are proud to be an exceptional healthcare resource in our community for many years by meeting or exceeding the expectation of those who require Short-Term Rehabilitation or Long-Term Care services.

Our Rehab program is designed to meet the clinical needs of individuals who require a short-term rehabilitative stay following a hospitalization or an acute medical episode. Services include Physical, Occupational, and Speech Therapies through the use of customized clinical programs. Our goal is to have all our patients functioning to their highest level of ability in the shortest period of time.

We also provide Long-Term Care services for those needing daily nursing care. These services include a comprehensive care plan addressing the medical, physical, nutritional, psychosocial, and therapeutic needs of the resident. Our staff is here to assist with these services to help the resident stay at their best level of health each day.

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, October 10 and Monday, October 13

*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, October 6, 20, & 27

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 - THE EXTENSION MOVEMENTS MONDAYS AT 10AM SEPTEMBER 15 - OCTOBER 27

Experiencing sun style tai chi is easy and enjoyable. The beginner's program is designed by Dr. Paul Lam, 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

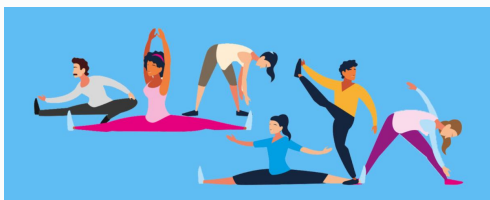


\$60 for 6 week session

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

Call 207-967-8514 to register

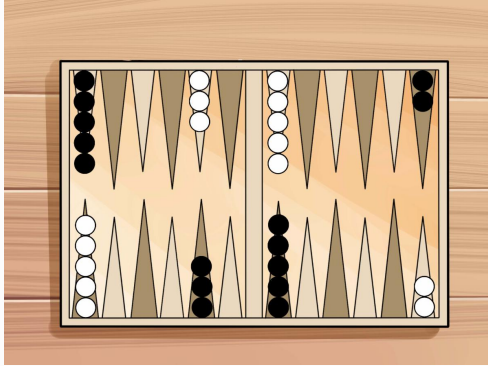
**Minimum 6 participants
Maximum of 20 participants**



**Cardio & Stretch with Sue
Mondays, October 6, 20, & 27
11AM**

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.

Come Play Backgammon



**Tuesdays, October 7, 14, 21, & 28
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, October 1, 8, 15, 22, & 29
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, October 1, 8, 15, 22, & 29
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



Tai Chi - Third Session

Thursdays, October 2, 9, 16, 23, & 30
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

Walk with Bridget

Fridays, October 3, 10, & 17
9AM



Who's in? Who's going to join me?
Come on, Let's Go Walking! We will
leave the Center for a short 1-1.5-mile
walk, our route will change every week. A
few of our routes will include Lower
Village, Dock Square, Walking Trails at
the Monastery or Kennebunk Beach.



Uno & Rummikub

**Fridays, October 3, 10, 17, 24, & 31
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**



Elder Elves Meeting

Friday, October 3 & 24, 10AM

Join our Elder Elves Squad!

This important community outreach
program provides 75+ holiday gift
bags for local residents that are alone
or shut in during the holiday season.

Our volunteer group will shop, wrap
and assemble the gift bags--all while
having a merry good time!



Wise Women Wondering

Thursday, October 9, 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.



Men's Lunch Bunch
Wednesday, October 15, 11AM

All men invited for food and camaraderie at Duffy's Tavern and Grill. Guests will be responsible for their own bill.



Are you on a Medicare health plan that best meets your needs?

Enrollment Oct 15 - Dec 7

Do you have questions about options during Medicare's Annual Enrollment for 2026?

Discover What's New:

Learn about Aetna's New Medicare Plan Benefits for 2026!

Join us for an essential and informative session hosted by Kathy Kotakis, Senior Advisor at your trusted Senior Planning Center. Don't miss this opportunity to get expert insights and answers to your most important questions.

Bring a Friend!

THURSDAY, OCTOBER 16
AT 2:00 PM - 3:00 PM
SPAULDING CENTER



Kathy Kotakis
Licensed Agent/Broker

Call Today:
Reserve Your Seating at 207.332.6732

Help, when it matters most!



Fight Fraud. Shred it!

Kennebunk - Oct. 17th

SHRED FOR FREE WITH AARP

Your documents will be shredded on-site, free of charge.

- Volunteers will be available to assist so you won't even need to get out of your vehicle.
- You can bring up to 4 large boxes/bags per person. No need to remove staples or paperclips.
- Please, no plastics or electronics.
- All are welcome - invite your friends and family!

DATE: Friday, October 17, 2025

TIME: 9AM - 1PM or until truck is filled

WHERE: Spaulding Center for Active Living, 175 Port Road, Kennebunk

REGISTER HERE:

<https://events.aarp.org/kennebunkshred25>

or Scan Our QR code!



AARP Fraud Watch Network provides resources to help you spot and avoid scams to help you protect yourself and your family. To learn more visit aarp.org/fraudwatchnetwork

Follow our socials:  /aarpmaine  @aarpme  @aarpmaine



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

Community Cafe

Tuesday, October 21 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by
Love of Food & Drink

Butternut Squash Bisque
Beef Tenderloin with Mushrooms & Onions
Roasted Potatoes
Root Vegetable
Devils Food Cupcakes

Open to all Maine Residents 60+
RSVP: 207-967-8514 by October 17

Suggested Donation \$8.00
Kindly pay cash day of event



Social Club
Thursday, October 23, 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.



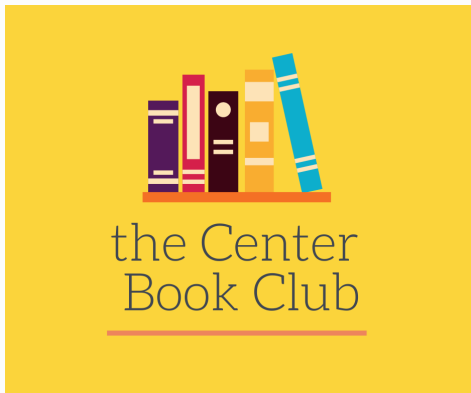
Widow and Widower Social Group Thursday, October 23, 2PM

Socialize with others who understand the loss of a spouse and the challenges of moving forward. Not a grief group. Not a dating group. Meet like minded people. Develop comradery.
Dinners - lunches - day trips - or just coffee and conversation.



Medicare 101 Monday, October 27, 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.



Book Club Wednesday, October 29, 1PM

Join us each month to chat with fellow bibliophiles about this month's selection! October's selection is *The Frozen River* by Ariel Lawhon.



www.bergenparkinson.com

Keep it Legal Thursday, October 30, 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 you time!

"Get Up, Stand Up" and Do It Safely Friday, October 31, 9AM

For many, the ability to get up and down from the floor can be a challenge. It is a skill that takes strength, balance, and coordination. Join Serina for a one-hour workshop to practice the right techniques



to you have build the necessary skills to perform these movements independently and safely.



Understanding Secure Act 2 Presentation Friday, October 31, 10AM

The Secure Act 2, effective in November, 2019, dramatically increased the timing for us to pay taxes. Exemptions exist for spouses and disabled but not adult children. The New Tax Bill became law in July, 2025 and helps us seniors eliminate taxes on Social Security. When Seniors consider downsizing , an understanding of tax laws and significant exemptions should be understood before hiring that realtor.



BRIDGET'S

LUNCH BUNCH

FRIDAY, OCTOBER 31
11:30 AM

Brickyard Hollow OGT



RSVP BY
OCTOBER 24

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



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



Join us for a
**19th Annual
Coastal Kitchen Tour Weekend**

Tickets on sale September 1st

Friday, October 10th, 4:00-6:00PM

Kick-off Party

Celebrate with us at Mélange! Tickets to this party are \$10 and include appetizers and the chance to meet some of our amazing Coastal Kitchen Tour Vendors. Tickets are limited, so get yours today!

Saturday, October 11th

Coastal Kitchen Tour - 10:00AM-3:00PM

Spend your day touring these beautiful kitchens at your own pace - our docents will be on-site to show you in during tour hours! Advanced tickets are just \$40 and are on sale September 1!

Pop-Up Shopping Extravaganza- 9:00AM-4:00PM

Come back to the Spaulding Center to shop our wide variety of vendors at our pop-up shop and get food between houses at one of our several food trucks in the parking lot.

Sunday, October 12th, 12:00-4:00PM

Sip & Shop with J. McLaughlin

Enjoy an afternoon sipping and shopping at J. McLaughlin in support of the Spaulding Center. 10% of sales will benefit the Spaulding Center!

FMI: seniorcenterkennebunk.org | 207-967-8514

All proceeds support the Spaulding Center, a 501(c)3 nonprofit serving seniors in Southern Maine.

ANNUAL FALL FASHION SHOW

STEP INTO THE SEASON: WHERE LOCAL STYLE TAKES THE SPOTLIGHT.



05 NOV 5-7PM

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AT THE SPAULDING CENTER**

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207-967-8514

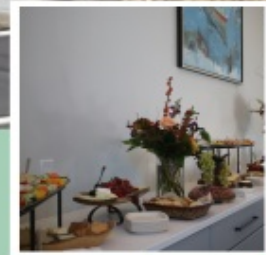
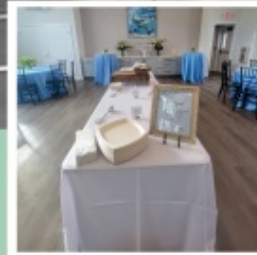
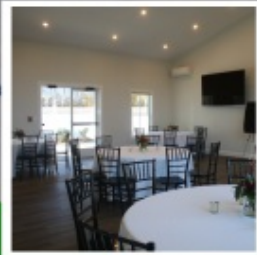
175 PORT ROAD, KENNEBUNK, MAINE 04043

REGULAR TICKET: \$40
INCLUDES LITE BITES
& SWAG BAG

VIP
VIP TABLE FOR 8: \$400
PREMIUM SEATING,
TABLE FOOD SERVICE
AND A SWAG BAG



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
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- 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*

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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Registered Investment Advisors

About Charter Oak
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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and **co.**

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Bronze

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Don't neglect your health, reform it

**KITCHEN
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Church on the Cape
United Methodist Church



3 Langsford Road
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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.

 **KENNEBUNK**

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

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Of The
KENNEBUNKS
163 Port Rd., Lower Village, Kennebunk



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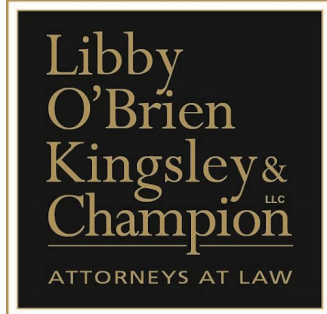
Care How, When, and Where
You Want It

- Direct Personal Care
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- Transportation
- Social, Mental, & Emotional Support
- Safety Planning
- Dementia Training
- Meal Prep
- LCSW and RN services

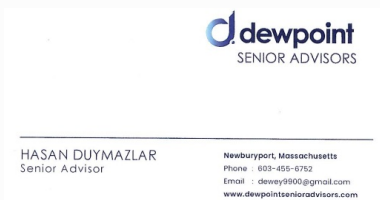
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Newsletter



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