



April 1, 2025

207-967-8514

## SPRING into Action

Heartfelt thank you to our dedicated and loyal volunteers that have graciously donated over 3,000 hours in the last year! We will be honoring our volunteers for National Volunteer month on **Wednesday, April 30th at Mornings in Paris in Lower Village anytime from 9:30-11:30am**. No matter if you donated a few hours for a special event or countless hours every week, enjoy this small token of our appreciation.



### IMPORTANT ROAD CLOSURE INFO

Beginning March 31, Western Ave between Coopers Corner and Mike's All Day Breakfast will be closed for the ongoing water district project. Our Western Ave entrance will be closed during this time; please plan to use our entrance on Port Rd. We will provide further updates as they become available. Thank you!



Lunch bunch @ Billy's Chowder House was joined by a special guest this month - Communications Coordinator, Jessica!



Thank you to Avita of Wells for providing our annual St.

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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.
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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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## Instructor Spotlight - Valerie Reid



Valerie Kuhn Reid arrived in the Kennebunks back in 1976 when—fresh from the University of Minnesota—she came looking for a teaching job and a home by the sea. She began her teaching career as the librarian at Park Street School, then taught second grade at Consolidated, and when her own three children reached school-age, she returned to teaching, this time at Kennebunk High School where she spent twenty years as the KHS Theater teacher and play director with 41 productions to her credit.

Writing has been Valerie's life-long passion, and at the age of 63 she earned a masters in Writing and the Teaching of Writing through UMaine, Orono and the Maine Writing Project.

While her short story "Moving On" appeared in Woman's World Magazine, and two others received honorable mentions in Writer's Digest Annual Competitions, One Stop West of Hinsdale is Valerie's first published book. This debut memoir covers the years 1960 to 1974, Valerie's ages seven through twenty, in her hometown of



## Sponsor Spotlight - Garrett Pillsbury



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The dedicated team at Garrett Pillsbury has been providing Peace of Mind to local Families and Businesses for three generations. We are here to install, upgrade, maintain and service all of your Plumbing, Heating and Air Conditioning needs as well as provide Dependable Delivery of Heating Fuels. Call our Showroom and make an appointment to discuss your plumbing fixture needs. Our pricing is competitive and we stand behind our work. You can rest easy knowing in the event of an emergency you will be taken care of by our 24 / 7 available service.

## New and Noteworthy

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

**We will be CLOSING at NOON on Wednesday, April 16 for Business After Hours, CLOSED Monday, April 21 for Patriot's Day, and CLOSING @ NOON on Monday, April 28 for our Annual Meeting**

*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, April 7, 14, & 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.

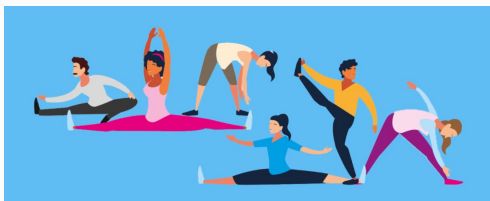


### Singing Group

**Mondays, April 14, & 28**

**10AM**

Hello interested singers! Any and all of us sing, especially when we need to breathe deeply and center ourselves in these often confusing and overwhelming times. We'll be meeting on Mondays at 10:00 a.m. to do just that...breathing from the diaphragm, singing from the heart and laughing from the bottom to the top, songs most of us are familiar with and if not can learn quickly. My promise is to help all of us welcome the light, sing harmoniously, and to overall, make others and ourselves, just feel good!



### Cardio & Stretch with Sue

**Mondays, April 7, 14, & 28**

**11AM**

Sue will be joining us **Mondays at 11am** 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.**



### Weekly Blood Pressure Checks

**Tuesdays, April 1, 8, 15, 22, & 29**

**9:30AM**

Please join our guest nurse to get your blood pressure checked and check up on your heart health.

### Tech Class

**Tuesdays, April 8 & 22**

**12PM**

Join us select Tuesday of the month for tech classes and strengthen your knowledge on current technological



advances!

March 11 - Microsoft Office Basics

March 25 - Gmail Tips & Tricks



### Chair Volleyball

**Tuesdays, April 1, 15, & 29**

**1PM**

Chair volleyball is a physical activity that provides a fun way to be active. Because players are required to remain seated, chair volleyball allows those with physical limitations to participate on a level playing field with those who may be more active. Regular participation in this activity can increase flexibility and stamina. [Video](#)



### Strength and Balance with Serina

**Wednesdays, April 2, 9, 16, 23, & 30**

**9AM**

New fitness offering! Join us on Wednesdays 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, April 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**



### **Resistance Band Class**

**Thursdays, April 3, 10, 17, & 24  
9AM**

Resistance bands are an adaptable tool suitable for individuals of all ages and fitness levels! They aid in strengthening, stretching, lengthening, and toning specific areas. In our hour-long classes, we will concentrate on the entire body, building muscle safely while challenging your fitness. You can bring your own resistance bands that you're comfortable with, or buy a recommended set [here](#). \$5 per class payable to instructor.



### **Rebounder Class**

**Thursdays, April 3, 10, 17, & 24  
5PM**

Rebounding is a low-impact, full-body workout that offers a unique combination of benefits, including improved cardiovascular health, strengthened muscles, and enhanced balance and coordination. By incorporating mini trampolines into your fitness routine, you can challenge yourself to new heights while having fun and getting a great workout. Whether you're a beginner or an experienced athlete, this rebounding class is an excellent way to mix up your routine and take your fitness to the next level.

**Class will be \$5 payable to instructor.  
Class limited to 7 participants,  
rebounders provided.**



### Line Dancing with Maria

Fridays, April 4, 11, 18, & 25

9:30AM

Line dancing is back!

Come dance with us!

Join Maria DeVenney for Line Dancing!

Learn to line dance in our beginner class.

Cost: \$5/class payable to instructor.



### Uno & Rummikub

Fridays, April 4, 11, 18, & 25

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



### Art Class

Fridays, March 4, 11, 18, & 25

1-2:30PM

Learn how to create beautiful still life artwork using pencil, marker, or paint.

This will be a 6-week session, but you do not have to attend all 6 sessions to learn. \$5 per week payable to instructor.





X



# FREE CONE DAY

COME SEE THE CENTER STAFF AND  
BOARD MEMBERS SCOOPING YOUR  
FAVORITE ICE CREAM FLAVORS

April 8, 2025  
12-8pm  
Ben & Jerry's  
5 Union St. Kennebunkport



## Men's Lunch Bunch - Pilot House Wednesday, April 9, 12PM

Calling all men! Enjoy good food, great company, and engaging conversation! Our monthly Men's Lunch Bunch explores a different local restaurant for lunch. Individuals will be responsible for their own bill. Group will be limited to 11.

**Sign up required by April 7.**

## Wise Women Wondering Thursday, April 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, April 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 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, April 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.

### **Easter Flower Arranging** **Tuesday, April 15, 12PM**

Come and create a lovely spring/Easter centerpiece! Bring your favorite vase, all other supplies provided.



\$10 fee for supplies. Register by  
Thursday, March 13.

## AFTER HOURS

WEDNESDAY, APRIL 16 | 5-7 PM



**175 PORT ROAD, KENNEBUNK**

**DELICIOUS FOOD,  
DRINKS & RAFFLE PRIZES!**

**\$5 FOR MEMBERS  
\$10 FOR NON-MEMBERS**







### Monthly Luncheon @ Pedro's Friday, April 18, 12PM

Join us for delicious Mexican food  
courtesy of Pedro's. There will be a full  
Mexican style buffet.

Group will be limited to 30. \$15 per  
person.

**Deadline to Register: Wednesday, April  
16**



### Southern Maine Agency On Aging Community Cafe Luncheon Tuesday, April 22, 12PM

We will be hosting Southern Maine  
Agency on Aging's Community Cafe.  
Please visit their [website](#) for more  
information and registration. Buffet



luncheon provided by For The Love of Food and Drink.



DOVETAIL  
COMPANIES

### Your Next Steps Simplified with Dovetail Tuesday, April 22, 1PM

Join us for a helpful and engaging session focused on preparing for life's next chapter. We'll cover how to make a clear plan, simplify and rightsize your belongings, and understand the support available when the time comes to sell your longtime home and move. Whether you're actively planning or just gathering information, you'll leave with practical tips and peace of mind.

Dovetail Companies specializes in helping older adults and their families plan, rightsize, and move with ease. With decades of experience in senior living, real estate, and move management, their team offers trusted support, personalized plans, and a proven process to make life transitions smoother and less overwhelming.



### Earth Day Beach Clean Up @ Gooch's Beach Tuesday, April 22, 3PM

Be kind to the Earth. This Earth Day, join us in doing a beach clean up walk on our beloved Gooch's Beach.



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

### Keep it Legal Thursday, April 24, 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!

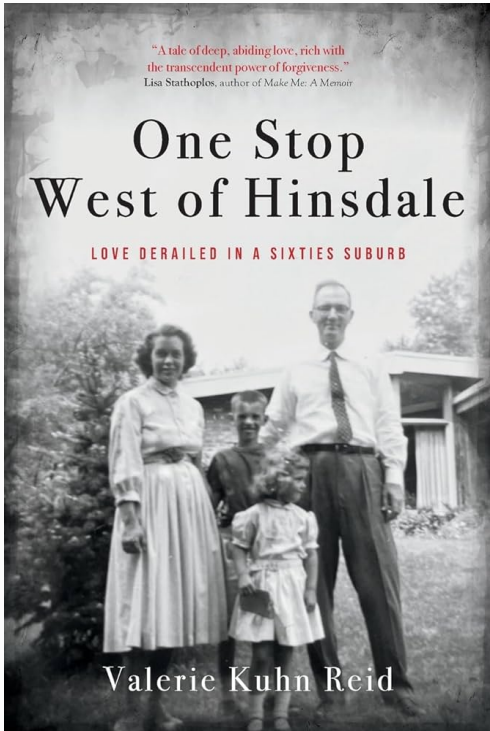
### Social Club Thursday, April 24, 11AM

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 Club offers an exciting opportunity to discover and experience new things together.

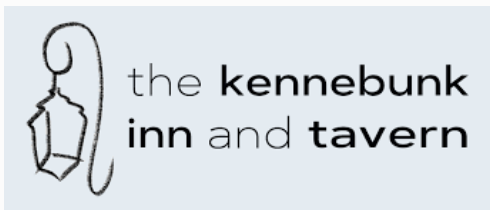


### Valerie Reid Book Talk Thursday, April 24, 1PM

The time is 1960. The place is Clarendon Hills, Illinois, the idyllic Chicago suburb just one train stop west of Hinsdale. Fairy tale families are beginning to crumble in staggering numbers and most of us still want to know why. Armed with the pure eyes of childhood and the clear eyes of age, Reid braves the past, insisting on answers.

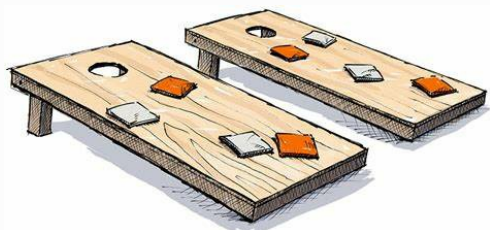
In this intimate examination of the demise of a family, rage, adultery, mental illness, alcohol abuse, divorce, and anorexia all play roles, but don't look for shock value or a sob story. It's all too familiar. It might be your story, too.

Join Valerie us for a book talk and book signing.



### Bridget's Lunch Bunch - Kennebunk Inn Friday, April 25, 12PM

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 their own bill. Group will be limited to 11.



### Cornhole Friday, April 25, 2PM

Please join us for a fun afternoon of outdoor cornhole in our beautiful outdoor courtyard! Team up with other members to score the most points.

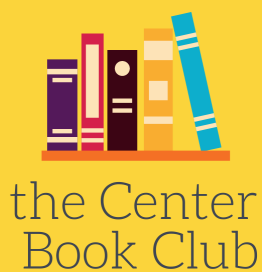



# thank you

Thank you to all of our generous volunteers for giving your time and support to the Spaulding Center! Please join us for Volunteer Appreciation at Mornings in Paris!

**Mornings in Paris**  
**Lower Village, Kennebunk**  
**Wednesday, April 30**  
**Drop in between**  
**9:30-11:30**

Join our staff and board for  
a coffee and pastry - on us!  
Please RSVP by Tuesday, April 29

The logo features a yellow square background. At the top, there is a graphic of four books standing upright in purple, pink, black, and blue. Below the books, the text "the Center Book Club" is written in a lowercase, sans-serif font. A thin red horizontal line is positioned below the text.

the Center  
Book Club

**Book Club**  
**Wednesday, April 30, 1PM**

Join us each month to chat with fellow bibliophiles about this month's selection! April's selection is *The Whole Town's Talking* by Fannie Flagg.

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



# Bags & Bubbly



**COMING  
SOON**

**JUNE 5TH & 6TH**

**Are you cleaning out your closet?  
We are accepting donations for our upcoming  
Bags & Bubbly event!**

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

**DONATE HERE APRIL 1-MAY 31**

**hand bags  
wallets  
wristlets**

**clutches  
beach bags  
lunch bags  
cooler bags**



**For more information contact the Spaulding Center 207-967-8514**

**This event is a fundraiser for the Spaulding Center, a 501(c)3 non-profit  
serving adults 50+ in Southern Maine.**





# WELLNESS + YOU = HAPPY 2025

We are pleased to offer many new classes for body, soul, and mind. Stop by and check out a class.

## MONDAY

### **Cardio & Stretch - 11AM**

Sue will be joining us Mondays at 11am 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.

## TUESDAY

### **Chair & Gentle Vinyasa Yoga - 10AM**

Explore the many ways yoga impacts body, mind, and soul. Each student is encouraged to develop their own sustainable practice to meet unique goals, needs, and abilities. \$5 per class payable to instructor.

### **Mindfulness II - 10AM**

This course is a continuation of the Introductory Mindfulness course previously held at the Center. Build on the foundational teachings and deepen our practice with additional instruction and guided meditations.

### **Art Workshop - 10AM**

A weekly workshop for artists to meet and work with instructor and artist Marguerite Genest. There is a fee of \$10 payable to the instructor for this workshop.

## WEDNESDAY

### **Strength & Balance - 9AM**

Join us on Wednesdays 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. \$5 per class payable to instructor.

## THURSDAY

### **Rebounder Class - 5PM**

Rebounding is a low-impact, full-body workout that offers a unique combination of benefits, including improved cardiovascular health, strengthened muscles, and enhanced balance and coordination. By incorporating mini trampolines into your fitness routine, you can challenge yourself to new heights while having fun and getting a great workout. Whether you're a beginner or an experienced athlete, this rebounding class is an excellent way to mix up your routine and take your fitness to the next level. Class will be \$5 payable to instructor. Each participant will be responsible for purchasing their own rebounder trampoline.

## FRIDAY

### **Line Dancing - 9:30AM**

Line dancing is back! Come dance with us! Join Maria DeVenney for Line Dancing at the Center! Learn to line dance in our beginner classes. \$5 per class payable to instructor.

All classes  
offered at:



175 Port Rd.  
Kennebunk, ME 04043  
(207) 967-8514  
[seniorcenterkennebunk.org](http://seniorcenterkennebunk.org)



: [seniorcenterkennebunk](https://www.instagram.com/seniorcenterkennebunk)



: Spaulding Center for  
Active Living

## **SAVE THE DATE!**

The Center will be traveling across the pond in 2025!  
Join us as we *Discover British Landscapes*  
with Collette Travel, October 19 - 28, 2025.

Click here to view the  
itinerary!

# TRAVEL

## SCOTLAND, WALES & ENGLAND



### EMBARK ON THE TRIP OF A LIFETIME WITH THE SPAULDING CENTER AND COLLETTE

#### DISCOVER BRITISH LANDSCAPES

OCTOBER 19 - 28, 2025

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SCOTLAND WALES & ENGLAND!

**4 SPOTS REMAIN  
DON'T MISS THIS INCREDIBLE TRIP**

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- YORK
- CHESTER
- CONWY CASTLE, WALES
- STRATFORD-UPON-AVON
- OXFORD
- LONDON

FOR MORE INFORMATION [WWW.SENIORCENTERKENNEBUNK.ORG](http://WWW.SENIORCENTERKENNEBUNK.ORG)  
CONTACT BRIDGET DEMPSEY AT THE CENTER (207) 967-8514



## 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.***

## **GRIEF SUPPORT**

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.

### **OUR STAFF**

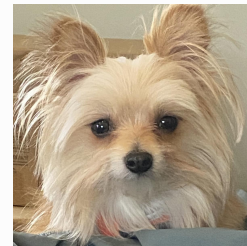
**Bridget Dempsey**  
*Executive Director*

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

**Gary Urey**  
*Community Outreach 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

### Platinum



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## CHARTER OAK CAPITAL MANAGEMENT *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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Cape Porpoise, Maine  
207-967-5787

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PHYSICAL THERAPY  
*Don't neglect your health, reform it*

## 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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& ROGERS** PLLC  
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(207) 361-4680 • www.brennanrogers.com • Locations in York & Kennebunk  
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- Same day crowns
- Financing options



207.985.7944

frontdesk@kennebunkdental.com  
kennebunkdental.com

2 Llewellyn Drive, #105  
Kennebunk, Maine 04043

**Tricia Gallagher**  
Broker



25 Western Avenue  
Kennebunk, ME  
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C: 207-468-0841  
Email:  
tricia@kennebunkbeachrealty.com



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ATTORNEYS AT LAW



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## Newsletter

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