



May 1, 2026

207-967-8514

Hello, May: Making the most of the month



Congratulations to Cornelia Stockman and Alan Engborg, our 2026 Models of Positive Living Winners! This year we received very strong nominations.

Cornelia was nominated by Joan Cowgill. She volunteers tirelessly for Rotary Club of Kennebunkport as a Board member and previously club president, is on the Peace and Justice Committee at St. Martha's Catholic Church, is deeply engaged in Caring Unlimited in Sanford where she served on the Board for many years, and supports COS by volunteering her time each week. Outside of her commitments to these organizations, she is a caring and dedicated friend to those around her, offering a helping hand in any way she can.

Alan was nominated by Ellen Moy, Katherine Wright, and Pam Cloutier. He has been our French instructor for 4 years, seldom missing a French Group meeting. Outside of these bi-monthly meetings, he dedicates his time to making sure his French Group can learn and understand in ways that are helpful to them. Alan meets with them weekly at R&R Chocolate to dive deeper into the French language, prepares lessons and homework for prior to each meeting,

and recaps every week in an email encouraging and motivating the rest of the group as they learn. He leads with humor and positive, non-judgemental attitude that makes the group better, bringing out the best in everyone that wishes to "parlé Français".

Hartley Lord Scholarship

The Hartley Lord Scholarship is awarded annually to individuals who have chosen to pursue post secondary education from an accredited program leading to a degree or certification in a field that focuses on the well being and needs of the senior members of our society. Such a field of study may include, but would not necessarily be limited to, community service, eldercare, nursing or medicine.

To be eligible for consideration, a student must be in good academic standing, have a demonstrated interest in pursuing a course of study leading to a career consistent with the scholarships' purpose, have completed a scholarship application with appropriate supporting materials and submit a letter of recommendation.

Students can find the application on our website by using this [link](#). Applications and all supporting material are due by June 1, 2026.

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.
-

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 - Kennebunk Veterinary Hospital



KENNEBUNK
VETERINARY HOSPITAL

Kennebunk Veterinary Hospital has a strong medical team. We hire doctors who are smart, talented and kind, and support them in making their patients' lives happier, healthier and longer. We deliver veterinary care with respect and compassion to the pets of Kennebunk, Kennebunkport, Arundel, Wells, Biddeford, Alfred, Sanford, and surrounding areas. Our doctors have built a very special collaborative culture, working together to solve challenging cases and sharing skill sets for better patient outcomes. They are the best combination of leading-edge science and nurturing down home, long-term relationships with clients.

SAVE THE DATE

[Tickets available NOW on our website](#)

Designer Bag

BINGO

MAY 30 AT 6PM-8PM

Join us for an evening of fun Bingo and a chance to win a Designer Bag!

RAFFLES, 50/50,
& EXTRA GAME
CARDS AVAILABLE
FOR PURCHASE



Ticket includes
10 Games with 6 Cards.
Dabber, Door Prize
Ticket, and Cupcake &
Candy Bar

DOORS OPEN 5:00PM | GAME BEGINS 6PM

PURCHASE ONLINE TICKETS AT
SENIORCENTERKENNEBUNK.ORG OR
IN PERSON AT SPAULDING CENTER



207.967.8514 | SPAULDING CENTER, 175 PORT ROAD, KENNEBUNK

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.

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.

**We will be CLOSED for programming Monday, May 25th in
observation of Memorial Day**



**Men's Coffee and Conversation
Mondays, May 4, 11, & 18
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.



GUESS WHO'S COMING FOR
COFFEE & COOKIES

TUESDAYS @ 2PM



5/5 - Kennebunk
Historial Society



5/26 - Laudholm
Farm



Strength and Balance with Serina
Wednesdays, May 6, 13, 20, & 27
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.



Walking Group

Wednesdays, May 6, 13, 20, & 27
11AM

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

DISCLAIMER: Our group walks approximately 2 miles each week. Participants must be able to walk unassisted for 60 minutes without difficulty.



TAI CHI THURSDAYS AT 10AM MAY 14 - JULY 2

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

\$15 weekly drop-in rate

Payment due to instructor; cash or check
payable to Michael Schwartz

Call 207-967-8514 to register



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

FRIDAYS @ 9AM

MAT PILATES

BEGINNING 2/6

Class includes a warm-up, a main sequence of exercises, and a cool down. Please bring water and wear comfortable, fitted clothing that allows for a full range of motion. Mats provided.

\$5 payable to instructor per class



Controlled Movements



Builds Core Strength



Creates Proper Body Alignment



JOIN OUR
KNITTING
GROUP

Friday's @ 10am

Bring your own knitting project and enjoy dedicated time to work alongside fellow knitters in a welcoming, collaborative setting. Share techniques, exchange ideas, build your skills, and create beautiful pieces.



CINCO DE MAYO

LUNCH & LEARN

WITH HUNTINGTON COMMON



TUESDAY, MAY 5
12PM

Salad

**Mexican Corn
Chowder**

**South West Chicken
Salad or Chipotle
Chicken Sandwiches**

Assorted Cookies

Lunch complements of:



D&C HOME CARE
MAINE'S #1 IN-HOME ELDER CARE
SINCE 2005.





BRIDGET'S

LUNCH BUNCH

THURSDAY, MAY 7
11:30 AM

Cape Pier Chowder House

★
RSVP BY
MAY 6

MAX OF 12, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL. TRANSPORTATION ON OWN



SUCCULENT PLANTING WORKSHOP

Friday, May 8, 11AM

Come join in the fun and take home your own succulent garden in a tea cup or jam pot! We're bringing pieces from Annie Spaulding's own collection for you to make your own with succulents, stones, moss and fun decorative pieces.



With:



**\$25 PER
PERSON**



AFTERNOON TEA

*Join Us for a Special Outing
in honor of Mother's Day
Silver Fountain Tea Room, Dover, NH
Monday, May 11, 2026 11:30am-3pm*

*Traditional Duchess Tea Menu
includes a selection of*

Delicately filled sandwiches

Spinich salad with strawberries and pecans

Macarons and petit fours



Earl Gray scones with lavender cream

Orange blossom cake and Lime shortbread

Wide choice of specialist teas

\$50

per person includes
tax, gratuity & van



BALANCING BLOOD SUGAR FOR ENERGY

(EVEN IF YOU'RE NOT DIABETIC)

◆◆◆◆
WEDNESDAY, MAY 13

10AM
◆◆◆◆

Learn simple ways to stabilize
your blood sugar, reduce
cravings, and keep your energy
steady all day—no dieting
required.



**\$5 payable
to instructor
Serina
Ruggeri**



East Point Audubon Sanctuary



May 13, 2026

11:00AM-1:00PM

Join our walking group as we hike along the East Point Audubon Sanctuary. This trail is an easy 1.5 mile hike with beautiful views of the ocean and over 260 bird species to spot.

Please arrive at the Spaulding Center by 11:00AM and we will provide transportation. Limited to 14.



Foundations of investing

Building your investor IQ starts with understanding the basics. Whether you are new to investing or want a refresher, our *Foundations of investing* presentation will help you learn about:

- The importance of developing a workable strategy
- The impact of asset allocation
- Ideas for focusing on what you can control with your finances to achieve financial goals

We hope you will join us.

Taylor Dimick, CFP®
Financial Advisor
716 Main St Unit B
Ogunquit, ME 03907
207-439-9164

Save the date

Coffee & Congdon's Donuts are on us.

**Thursday, May 14th 2026
10:00 am**

**175 Port Rd
Kennebunk, ME 04043**

hiking club

Join us for our first hike of the season at Orris Falls Conservation in S. Berwick. This 213 acre preserve overs 3.76 miles of trails.

**FRIDAY
MAY 15
9 AM - 12 PM**

**14 SPOTS
AVAILABLE IN VAN**

Van departs the Spaulding Center at 9AM, we will return by 12PM.



Seacoast Lions Club presents



Friday, May 15 @10AM
Spaulding Center for Active Living

MAY's TOPIC:

How your local banker can help you out!
with Lincoln Chelidona from Maine
Community Bank

Also, Candice Simeoni from the York County
Elder Abuse Task Force

FOR MORE INFORMATION:
SEACOASTLIONS@GMAIL.COM

NEW THIS MONTH
PLEASE JOIN BRIDGET

BRUNCH BUNCH

18 MAY 2026

10:30AM

COMMUNITY
CARING CAFE,
CAPE PORPOISE

LIMITED TO 8 GUESTS

ORDER FROM MENU
PAY YOUR OWN





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

Community Cafe
Tuesday, May 19 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk
Lunch Buffet Menu catered by
Love of Food & Drink

Garden Salad
Stuffed Peppers
***Rice, Ground Beef, Vegetables, Tomato**
Sauce
Garlic Breadstick
Fruit Salad

Open to all Maine Residents 60+

RSVP by May 15
207-967-8514

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



Hope Woods Presentation
Tuesday, May 19, 1PM

Join Louise Spang, Hope Woods Board President, as she talks about their new columbarium, expanding their ability to bury cremains.



Wise Women Wondering Thursday, May 21, 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.



off-site at
Mekhong Thai

SPECIAL MAY LUNCH

Thursday, 5/21 at 11:30AM

\$15 per person
*Choice of Cashew
Chicken or Veggie Pad
Thai*
Only 25 spots available.
RSVP due by 5/12/

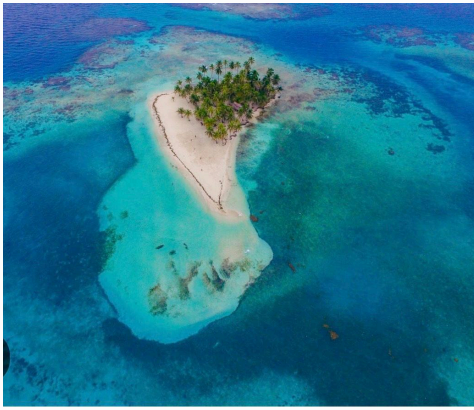


*Payment due at sign-up



Men's Afternoon Movie Friday, May 22, 1PM

Join us for a showing of "The
Greatest Beer Run Ever", requested
by our Men's Coffee and
Conversation group.



Dewey's Travel Talk
Tuesday, May 26, 1PM

Want to travel the world from the comfort of the couch? See new places and learn about the diverse culture the world has to offer. Join Dewey to learn about his travels, maybe one of them will inspire you.

Hear from Dewey himself on this month's interesting topic:



Strong Bones After 50: Beyond Calcium



**Discover how to strengthen
your bones with the right
nutrients and simple daily
habits to stay active and
independent.**

Wednesday, May 27, 10am

\$5 PAYABLE TO INSTRUCTOR SERINA RUGGERI

MEN'S LUNCH BUNCH

WEDNESDAY, MAY 27



Federal Jack's
11:30 a.m.

Join other members of the Spaulding Center
for conversation, connection, and good food!

Registration is REQUIRED



the Center
Book Club

Book Club
Wednesday, May 27, 1PM

Join us each month to chat with
fellow bibliophiles about this month's
selection!

March's selection is ***The Lion
Women of Tehran*** by Marjan
Kamati.



www.bergenparkinson.com

Keep it Legal
Thursday, May 28, 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!



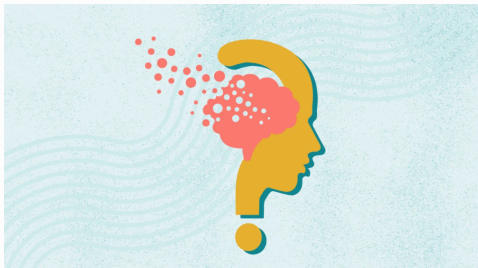
Social Club
Thursday, May 28, 11AM

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, May 28, 1PM

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.



Alzheimer's Discussion Group
Thursday, May 28, 2PM

Join Linda Bresnahan from the Alzheimer's Association to learn about building brain healthy habits.

RED CROSS BLOOD DRIVE

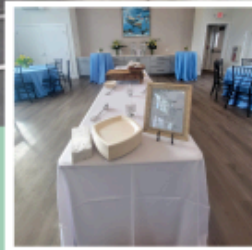
Friday, May 29
11AM-4PM

SIGN UP ON
WWW.REDCROSS.ORG/GIVE-BLOOD



[Click here to view the Full May 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
- \$500 Rental Fee
- (50) Guest Capacity
- Weekend Availability
- 2025 & 2026 Dates Available



175 Port Rd., Kennebunk, ME | seniorcenterkennebunk.org | 207-967-8514
director@seniorcenterkennebunk.org

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

collette

More Information

The Spaulding Center for Active Living presents...

Irish Splendor

March 12 – 19, 2027



Book Now
& Save
\$150
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

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.***

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.

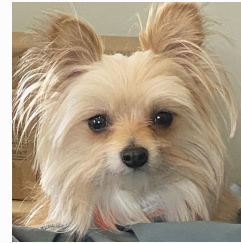
OUR STAFF

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.

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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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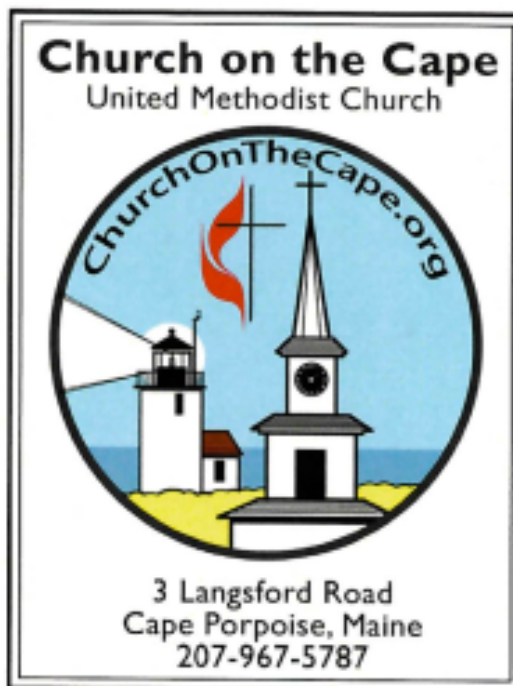


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Sandra F. Gnidziejko, Owner

(207) 751-6466 sfgnidziejko@gmail.com

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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

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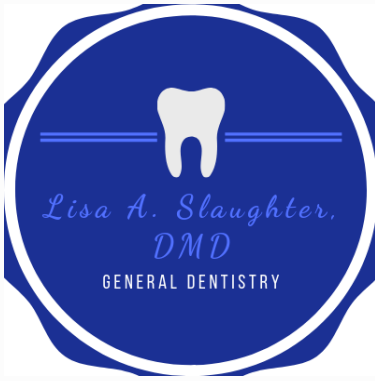
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the Center - Seniors.Connections.Community. | 175 Port Road | Kennebunk, ME 04043 US

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