



November 1, 2025

207-967-8514

Pip Pip Cheerio

Our group of 39 travelers just returned from 10 days in Scotland, England, and Wales. A fabulous time was had by all... culture, adventures, and making memories.



Big Ben, London



Anglesey, Wales



Conwy Castle, Wales



Oxford, England

ANNUAL FALL FASHION SHOW

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



05 NOV 5-7PM

THE NONANTUM RESORT
95 OCEAN AVE
KENNEBUNKPORT, ME

**FEATURING THE LATEST TRENDS
FROM LOCAL BOUTIQUES**

- LA LA LUNA
- SHOE BOX & CO.
- J. MCCLAUGHLIN
- DANNAH
- WOOVEN
- DANNAH FOR MEN

**PURCHASE TICKETS ONLINE OR
AT THE SPAULDING CENTER**

 SENIORCENTERKENNEBUNK.ORG

 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



FASHION SHOW 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 - Robert Fiore



Guild Mortgage is committed to delivering the promise of home to anyone who aspires to own one, regardless of where they're starting from or how much they currently have in their bank account.

With local teams coast to coast, we're neighbors helping neighbors comfortably afford homeownership by plotting a solid plan from first purchase to ongoing service and mortgage guidance afterwards, because we know that homeownership strengthens the communities where we live and work, and our promises don't expire.

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 Wednesday, November 5 for our annual Fashion Show,
Tuesday, November 11 for Veterans day,
and Thursday, November 27 & Friday, November 28 for Thanksgiving**

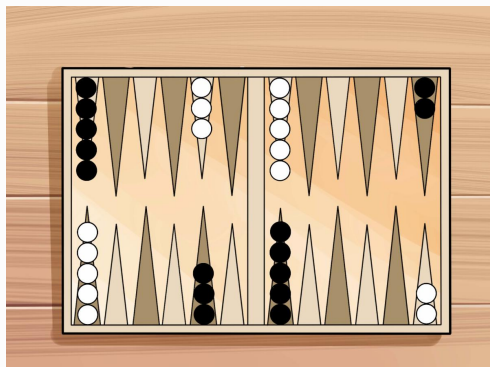
*Our staff works hard to schedule and coordinate our workshops.
Please be courteous and give at least a 48-hour notice if you must cancel.*

Men's Coffee and Conversation



**Mondays, November 3, 10, 17, 24
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.



Come Play Backgammon

**Tuesdays, November 4, 18, & 25
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, November 12, 19, & 26
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, November 12, 19, & 26
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, November 6, 13, & 20
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, November 7, 14, & 21
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**



Men's Lunch Bunch

Thursday, November 6, 11:30

All men invited for food and camaraderie at Sebago Brewing. Guests will be responsible for their own bill.



Medicare 101

Monday, November 10, 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.

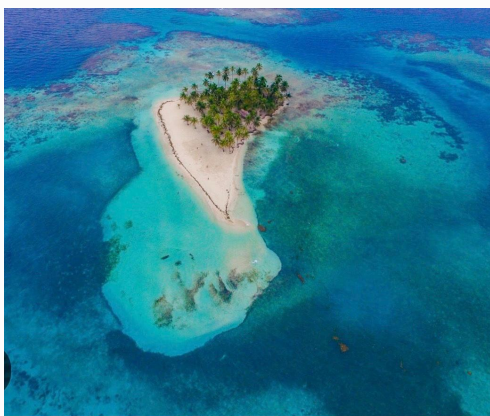
Wise Women Wondering

Thursday, November 13, 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.



World Travels with Dewey Thursday, November 13, 12PM

Join Dewey or fun-filled armchair adventures and stories from across the globe!! This month's presentation will feature San Blas Islands, Panama.



207.569.0999
65 Portland RD
thedailysweatkennebunk@gmail.com

JOIN US FOR CLASS: November 14, 9A 45 minutes chair yoga + discussion of offerings

about us

at The Daily Sweat, we believe in the power of intentional movement, mindful recovery, and community connection. our mission is to create a welcoming space where individuals can build strength, restore balance, and reconnect with themselves—physically, mentally, and energetically. with the addition of our temperature-based therapies—including sauna, steam, cold plunge, and float—we invite you to deepen your wellness practice through immersive experiences that support resilience, recovery, and renewal. whether on the mat or in the spa, we are here to help you feel grounded, empowered, and well.

class offerings

sweat + shake (barre)
sweat, shake + bounce (mini trampoline)
advanced bounce (mini trampoline)
sweat + flow (heated vinyasa)
sweat hot remix (26+2)
sweat + sculpt (heated yoga sculpt)
sweat + strength (heated strength + cardio)
the daily restore (restore + yin)
frames (workshop)
weekly yoga nidra + meditation

float + sauna

recovery cove:
finnish sauna
cold plunge
steam room
float tank therapy

FREEPORT SHOPPING TRIP



**FRIDAY, NOVEMBER 14
VAN LEAVES AT 9:30AM**

**START SHOPPING FOR THE HOLIDAYS
WITH A TRIP TO FREEPORT**

**\$5 FOR VAN TRANSPORTATION
RESPONSIBLE FOR OWN FOOD**



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

Community Cafe

Tuesday, November 18 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by
Love of Food & Drink

Garden Salad
Herb Roasted Chicken Thighs with Fall
Vegetables
Wild Rice Pilaf
Cranberry-Orange Bar

Open to all Maine Residents 60+
RSVP: 207-967-8514 by November 13

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



MOSAIC ORNAMENT WORKSHOP

Create your own sparkling mosaic ornaments.

NOVEMBER 19TH

The Creative Soul
2 Christensen Lane
Kennebunk, ME

4PM-6PM

\$40 PER PERSON
INCLUDES 2 ORNAMENTS OF YOUR CHOOSE

Learn the basics of cutting, arranging, and grouting glass while designing two festive ornaments. A fun and creative way to celebrate the season and take-home handmade keepsakes. Advance ticket purchase required.



DON'T MISS OUT ON THE HOLIDAY MAGIC!



www.bergenparkinson.com

Keep it Legal
Thursday, November 20, 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!

Widow and Widower Social Group
Thursday, November 20, 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.



Case Study Class with bob Boudreau Friday, November 21, 10AM

This Class should provide significant education in three important areas of the law delivered in case studies:

1. Helping a Loved One
2. A Loved One helping himself and
3. Is it a contract or have I been duped.

Class participation is encouraged.

Gardens Aglow

AT THE COASTAL MAINE
BOTANICAL GARDENS

SUNDAY, NOVEMBER 23
1:30PM TO 8:30 PM

Early dinner at Taste of Maine in
Woolwich, participants are
responsible for their own bill

\$25

Due at sign up

Includes round trip
transportation and ticket



Fun with Flowers
Monday, November 24, 12PM

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

**\$10 fee for supplies. Register by
Thursday, November 20.**



BRIDGET'S

LUNCH BUNCH

TUESDAY, NOVEMBER 25
12:00 PM

Fisherman's Catch

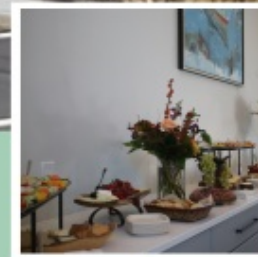
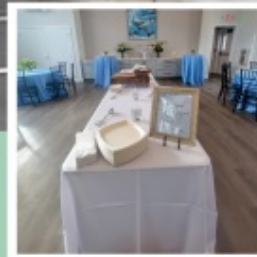
★
RSVP BY
NOVEMBER 21

MAX OF 14, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL.



Click here to view the Full November 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
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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*

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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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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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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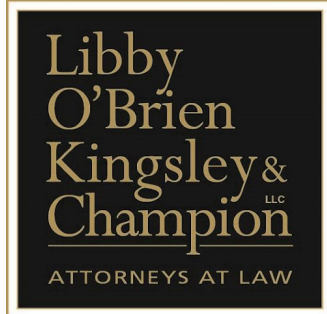


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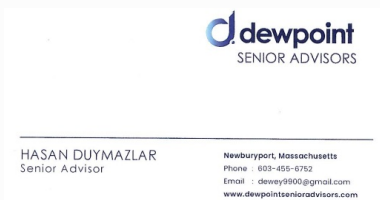
COFFEE ROASTERS
Of The
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163 Port Rd., Lower Village, Kennebunk

ANCHOR
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Newsletter



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