



February 1, 2026

207-967-8514

## WE ❤️ OUR MEMBERS

February is American Heart Health month, providing a moment to focus on improving cardiovascular health. And the best way to do that is by getting active and eating healthily. Join us this month for our returning fan favorites, Strength & Balance, Tai Chi, and Chair Yoga, or try a new class offering: Mat Pilates or Cardio-Yoga-Sculpt. We will have two nutrition focused classes this month with Serina. Or learn about healthy-aging with our two part showing of *Live to 100: Secrets of the Blue Zones*. Be sure to read below to find out more.

February wouldn't be February without Valentine's Day. Keeping the heart healthy is one thing, but keeping your heart *full* is another. Be sure to join us for our Valentine's week programming to ensure you fill your hearts with love, laughter, and friendship.

And what better way to fill your heart than to do for others. Stop by our café to make Valentine's Day cards for older adults in the area who are homebound during this season of love. Share the love in your heart, it fills it even more.



**Lunch Bunch at Oak Street Bistro in Alfred**



**Lunch Bunch at Cliff House in Cape Neddick**



## VALENTINE'S DAY

### CARD MAKING

SPREAD SOME LOVE AND MAKE  
CARDS FOR HOMEBOUND OLDER  
ADULTS IN OUR AREA

*February 2-11*

*Find supplies in the cafe!*



### Membership Dues—Important Information

Our 2026 annual membership dues will increase from \$75 to \$100. This adjustment is necessary to continue providing the high-quality programs, services, and support that our members have come to expect. We understand that any adjustment in dues can be a concern and want to assure you that this decision was made after careful consideration of the rising costs of resources.

Membership invoices will be emailed during the first week of January. To accommodate this adjustment, members will have until **March 31, 2026** to pay their dues.

Please reach out to Bridget if you have any questions regarding this change. We sincerely appreciate your continued support and understanding.

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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.
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.

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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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## Sponsor Spotlight - Little River Antiques



With nearly 20 years' experience, a five-star rating and an award-winning presence online, Little River Antiques & Estate Sales, LLC, based out of the Kennebunkport side in Arundel, has become the leading estate liquidation company in York County! Little River Antiques & Estate Sales, LLC is a full-service liquidation company providing inhome and online personal property liquidation services. These onsite services include a free consultation with prospective clients, complete setup of items, a well-executed three-day estate sale, and coordination of the final disposition of items. For those with less than a full estate to liquidate, she regularly offers monthly online auction opportunities in which community members can readily participate.

Sandy Gnidgejko, owner since its inception in 2008, is very proud of her exceptional staff, some of whom have been with her since the "early days"! She truly believes that her company would not be as successful if it were not for their outstanding efforts, exceptional attention to customer service and overall commitment to working for what is in the best interests of the clients they serve. Sandy is currently accepting items for her upcoming early Spring online auction and scheduling onsite estate sales for the 2026 season.

For more information, you can visit the Little River Antiques & Estate Sales website at [www.antiquesandestatesalesme.com](http://www.antiquesandestatesalesme.com).

Sandy can be reached via phone, text or email. You can also follow her on the Little River Antiques & Estate Sales Facebook page

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## 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**



**We will be CLOSED Monday, February 16 in observation of President's Day.**

**As a reminder as the weather gets colder and snow is on the horizon: The Center follows RSU 21 for snow closures. If the schools are closed due to snow and dangerous driving conditions, the Center is closed.**

***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, February 2, 9, & 23  
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.



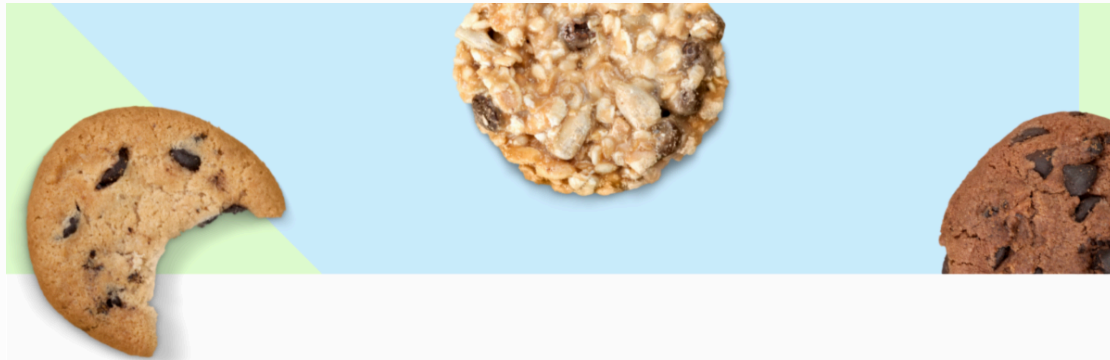
# CARDIO-YOGA-SCULPT

Mondays  
// at 11:00 AM

\$5 per class



Join Sue for this unique fitness blend, combining low intensity aerobics with yoga and muscle toning. Participants get to set their own level of intensity with guidance from the instructor. Get ready to sweat and tone!



# GUESS WHO'S COMING FOR **COFFEE & COOKIES**



JOIN OUR SURPRISE GUEST  
FROM A LOCAL  
ORGANIZATION TO CHAT  
AND ASK QUESTIONS

**TUESDAYS @ 2PM**



## **Strength and Balance with Serina** **Wednesdays, February 4, 11, 18, & 25** **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



## TAI CHI THURSDAYS AT 10AM JANUARY 22 - MARCH 12

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 Schwarz

Call 207-967-8514 to register





# CARDIO DANCE CLASS



THURSDAY MORNINGS AT 9AM

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**



**COME TRY**

# **CHAIR VOLLEYBALL**

**THURSDAY, FEBRUARY 5<sup>TH</sup> & 19TH AT 2PM**

**NO EXPERINCE OR ATHLETIC ABILTY NEEDED  
JUST THE RIGHT MINDSET TO HAVE FUN!**

**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**







# BRIDGET'S

## LUNCH BUNCH

**THURSDAY, FEBRUARY 5**  
**11:00 AM**

York Harbor Inn

★  
RSVP BY  
FEBRUARY 4

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



**F R I D A Y**  
**2 . 6 . 2 5**

Join us for a  
fun afternoon  
of Winter  
Olympics  
trivia and  
games. Italian  
snacks will be  
served!



**CELEBRATE THE  
FIRST DAY OF THE  
2026 WINTER OLYMPICS  
IN ITALY!**



### **Speed Friending**

**Tuesday, February 10  
1PM**

It's speed dating with a twist! Members  
get 5 minutes to meet a new friend before  
time is up...and they meet another  
member!



# Healthy Eating with Fruits and Vegetables

This class is designed to help older adults understand how fruits and vegetables support overall health, energy, digestion, and disease prevention as we age.

Participants will learn which fruits and vegetables are easiest to eat, how much they really need, and simple ways to add them to meals they already enjoy. The class will also address common concerns such as digestion, blood sugar, and chewing difficulties. Tips will focus on practical, everyday choices using fresh, frozen, or canned options.

Participants will leave with simple strategies and an informational packet they can use immediately to eat healthier without changing everything at once.

**Wednesday,  
February 11  
10:00 AM**

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



## **Wise Women Wondering Thursday, February 12, 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.



### **Valentine's Day Flower Arranging Thursday, February 12, 12PM**

Create your own lovely Valentine's-themed floral arrangement for your home or as a special gift. All materials will be provided including curated blooms and heart accoutrements. Our special floral enthusiast guest, Chris Briley, will guide you through the creative process during this hands-on workshop. **\$15 per person.**

# EXPLORE GREECE ISLAND HOPPER

Embark on the trip of a  
lifetime  
with  
the Spaulding Center  
and Collette Travel!



**Join us for a Special Travel Presentation:**

**Thursday, February 12 at 2 PM**

Spaulding Center for Active Living, 175 Port Road, Kennebunk

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**11 DAYS \* 14 MEALS     \$4899 PP DOUBLE**

**October 14-24, 2026**

**DON'T MISS THIS OPPORTUNITY TO VISIT ATHENS, MYKONOS & SANTORINI**

Package Includes: Ground transportation to/from Logan airport, airfare,  
4-star hotel accommodations, guided tours, and much more!

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## PACKAGE HIGHLIGHTS

- 3 NIGHTS ATHENS
- 3 NIGHTS MYKONOS
- 3 NIGHTS SANTORINI
- VISIT ACROPOLIS AND  
THE PARTHEON
- TAVERNA DINNER SHOW
- OIA VILLAGE
- ANCIENT AKROTIRI
- OPTIONAL POST TOUR  
EXTENSION TO ISTANBUL

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## FOR MORE INFORMATION CONTACT

**BRIDGET DEMPSEY (207) 967-8514**

**[WWW.SENIORCENTERKENNEBUNK.ORG](http://WWW.SENIORCENTERKENNEBUNK.ORG)**

A Valentine's Party invitation card with a pink background and a green floral border. The card features a string of hearts at the top, a banner with the date, and a sponsorship logo. The text is in a mix of cursive and sans-serif fonts.

PLEASE JOIN US

# Valentine's Party

13 FEBRUARY AT 2 PM

Be entertained by the Sunoco Band -  
Indulge in Valentine's Desserts -It'll be  
LOVE at first bite and enjoy beautiful  
roses for all that attend

Sponsored  
by: Atria  
SENIOR LIVING

Kindly RSVP BY February 12





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

## Community Cafe

Tuesday, February 17 at 12pm

**Hosted at: Spaulding Center**  
**175 Port Road, Kennebunk**

**Lunch Buffet Menu catered by**  
**Love of Food & Drink**

**Whole Wheat Roll**  
**Turkey Meatloaf**  
**Mashed Potatoes w/ Gravy**  
**Green Beans Almondine**  
**Chocolate Pudding w/ Whipped Cream**

**Open to all Maine Residents 60+**

**RSVP by February 13**

**207-967-8514**

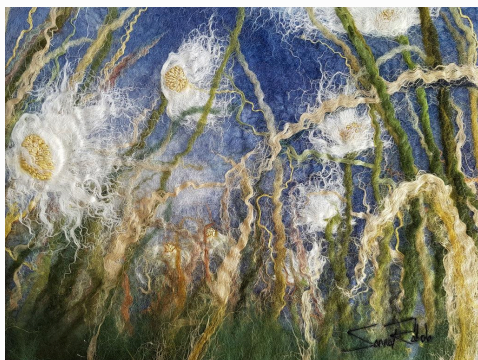
Suggested Donation \$8.00  
Kindly pay cash day of event  
Exact change preferred



*Live to 100: Secrets of the Blue Zones* takes members around the world to investigate the diet and lifestyles of those living the longest lives. Explore the original blue zones, be immersed in their culture and lifestyles, and see how Blue Zones is applying the research in communities across the United States. Dan Buettner offers insight on how to benefit from following at least some of their leads, because the only thing better than looking good as you age, is feeling good as you age.

**Episodes 1 & 2 - February 20 @ 1PM**

**Episodes 3 & 4 - February 27 @ 1PM**



**Life Tapestries: Threads of Creativity, Contemplation, and Connection**  
**Friday, February 20, 12:30PM**

This is a series of workshops designed to foster creative expression and provide opportunities for reflection and social connection – all elements of the human experience that have been shown to improve health in many ways. Once a month, starting in February, a specific medium will be offered, and participants will be invited to create something in response to a prompt or question. For the first session in February, the medium will



primarily be textiles with additional materials such as yarns, buttons, and beads, etc. Please note: Knowing how to sew or draw is not a pre-requisite. The only requirements are an open mind and a willingness to play!

**Fee:** \$25 (this includes all materials)

**Instructor:** Nancy Rankin



*off-site at  
Federal Jack's*

## **SPECIAL FEBRUARY LUNCH**

Tuesday, 2/24 at 11:30AM

**\$18 pp Choice of  
Haddock or Chicken  
Sandwich served  
with fries and drink.  
Only 25 spots  
available.**

**\*Payment due at sign-up**







## Dewey's Travel Talk Tuesday, February 24, 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:



# JOINT HEALTH FOR ACTIVE AGING

THIS CLASS FOCUSES ON UNDERSTANDING JOINT HEALTH AND LEARNING SIMPLE WAYS TO REDUCE STIFFNESS, MANAGE DISCOMFORT, AND PROTECT JOINTS AS WE AGE. PARTICIPANTS WILL LEARN HOW MOVEMENT, POSTURE, NUTRITION, AND DAILY HABITS AFFECT JOINT HEALTH. THE CLASS WILL COVER SAFE, JOINT FRIENDLY ACTIVITIES, FOODS THAT HELP REDUCE INFLAMMATION, AND EASY TECHNIQUES FOR MANAGING JOINT PAIN AT HOME. COMMON MYTHS ABOUT JOINT PAIN AND AGING WILL ALSO BE ADDRESSED. PARTICIPANTS WILL LEAVE WITH AN INFORMATIONAL PACKET TO ASSIST THEM AT HOME.



**WEDNESDAY, FEBRUARY 25**  
**10:00 AM**

**\$5 Payable to presenter**  
***Serina Ruggeri***



the Center  
Book Club

**Book Club**  
**Wednesday, February 25, 1PM**

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

February's selection is ***Mr. Bridge*** by **Evan Connell**.



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

### Keep it Legal

**Thursday, February 26, 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, February 26, 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.

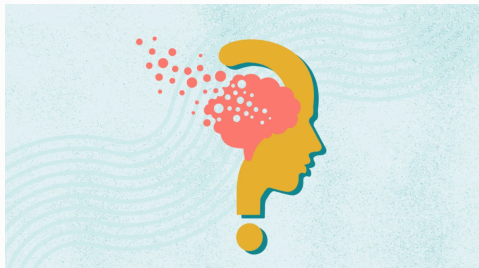


### Widow and Widower Social Group

**Thursday, February 26, 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.



### Alzheimer's Discussion Group

**Thursday, February 26, 2PM**

Please join Katie Wood with Avita of Wells for our new monthly Alzheimer's discussion group. This month's discussion will focus on What is the difference between Alzheimer's and typical age-related changes. Handouts will be provided from the Alzheimer's Association.



[Click here to view the Full February 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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- Weekend Availability
- 2025 & 2026 Dates Available



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[director@seniorcenterkennebunk.org](mailto: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](mailto: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](mailto: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.***

## **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.

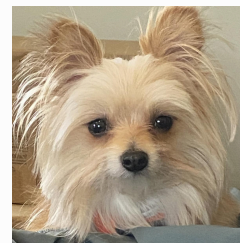
### **OUR STAFF**

**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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*With offices in Portsmouth, NH, Kennebunk, ME, and Portland, ME, the firm has 5 partners, 16 employees, and currently manages approximately \$1b in assets.*

**shoebox**  
and **co.**

journey well

**Bronze**

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FARGO

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**Saundra F. Gnidziejko, Owner**

(207) 751-6466 [sfgnidziejko@gmail.com](mailto:sfgnidziejko@gmail.com)

12 Middlebrook Drive Arundel, ME 04046  
[www.antiquesandestatesalesme.com](http://www.antiquesandestatesalesme.com)



**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.

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**Newsletter**



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**Elevated Home Care Services**

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