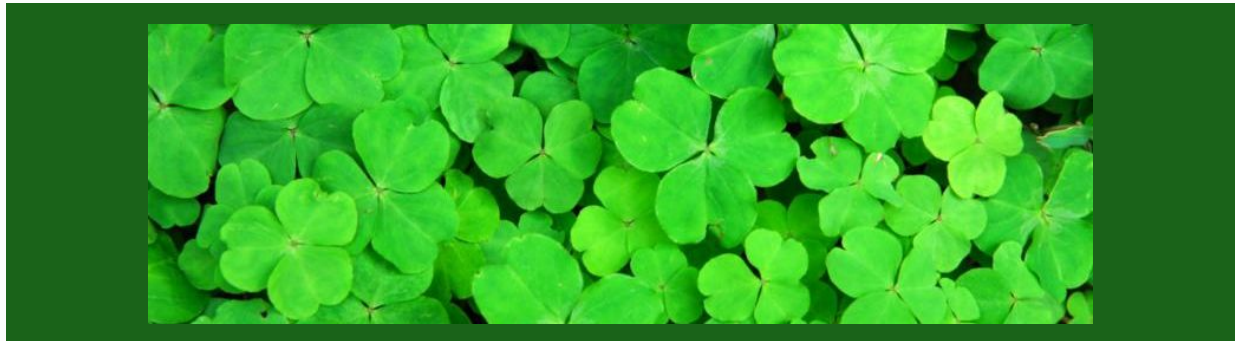


March 1, 2024



207-967-8514



Keep Calm and Leprechaun

Spring--It's my favorite time of the year! Not only is the weather getting warmer—we celebrate **Saint Paddy's Day** and college basketball **March Madness!** Everyone that knows me, knows I LOVE Ireland and all things Irish. Shop by my office sometime, would love the opportunity to show you the over 800 photos from when our Center group visited Ireland in October. I'll be cheering for the Kentucky Wildcats during March Madness! My son, Brody, is a senior and manager for the UK Men's Basketball team—GO CATS 😊!

A few March special event highlights:

Irish Whiskey Tasting at Ryan's Corner Pub- Monday, March 11 at 6pm. Join us we learn about the history of Irish Whiskey with a little sampling too!

Wear your green for our **St. Paddy's themed luncheon** Wednesday, March 13th sponsored by Avita of Wells.

Join us for a **Brunch & BINGO** Thursday, March 21st. We will serve a delicious Brunch while playing a few games of friendly competitive BINGO!

As always, kindly let me know if you have an idea for a new program, lecture, or off-site outing.

Fondly,
Bridget

Highlights from February



A group of representatives from The Center enjoyed a Maine Mariners win over the Norfolk Admirals.



Cards and Camaraderie began this month, and we have been having BLAST!

You belong at The Center!
Friday Open House
9–10:00 a.m.

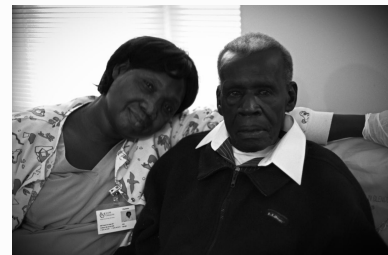


Come see the 50+ fun for yourself. Stop in, take a tour, and meet other older adults in your community. Explore a wide range of programs, events, activities, and classes, meet new friends, and learn new skills.

Sponsor Spotlight - COR Health



Care From The Heart



COR Health is a home care agency located in Portland, ME but serves the entire state. We pride ourselves on being a locally owned, non-franchise agency with 20+ years of organizational experience. As a Private Duty Nursing, Behavioral Health, Case Management, Medical Staffing, and Personal Care Provider, we have a deep understanding of the unique needs across the healthcare continuum. We offer services through both MaineCare and Private Pay, assuring that clients are protected, community resources are optimized, and goals are met, while promoting respect and dignity of all involved parties through our ClientFirst and QualityFirst Philosophies.

Visit their website: <https://corhealthservices.com/>

Receive their newsletter: <https://corhealth.site/newsletteroptin>

Instructor Spotlight - Kristin L'Heureux



My name is Kristin L'Heureux, and I've been crocheting for 3 years! I enjoy making homemade gifts for my friends and family. I started my business when I wanted to learn how to make a sweater for my dog Benji! Since then, I've started selling my products and crafts at craft fairs and have had an amazing time getting to know fellow crafters.

Join Kristin every Wednesday this month to learn how to make a spring sprout bookmark and miniature Easter basket!

Facebook: <https://www.facebook.com/kcrochetmaine>

Buy her products [here](#).

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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.

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 or delayed due to snow and dangerous driving conditions, the Center is closed/delayed.

Cards and Camaraderie

Thursdays, 6:00pm & Fridays, 9:00am

Join us for games and good company at the



Center. You are welcome to bring your own or play one of ours. No skill required; sign-ups appreciated, but not required.



Walking Group Wednesdays, 10:00am

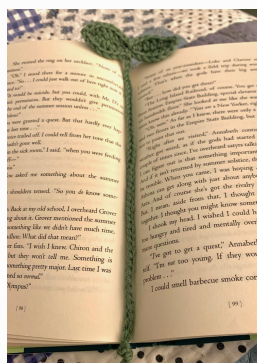
Looking for a way to make new friends, socialize, and get some physical activity? Join Bridget for our walking group! Walkers will meet here at the Center each week and take a short walk of their choosing together! Call or email to register.



Grief Support Group Thursdays, 11:00am

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. We will be a safe, listening, supportive presence for all who attend. All are welcome and membership is not required.



Beginner Crochet Classes Wednesdays, 10:00am



Beginner crochet classes! Learn to make a spring sprout bookmark on March 6&13, followed by an Easter basket on March 20&27 with Kristin of [K Crochet](#). These classes will be \$10/week and cover all materials.

MyActiveCenter Set Up Workshop Friday, March 1, 11:00am



Join Jessica to set up your MyActiveCenter account and learn how to register for programs online. She will set up your account for you and walk you through the process of signing up, resetting passwords, and making payments online.



Afternoon Movie Friday, March 8 and 22, 1:00pm

Join us for a Friday afternoon movie matinee on the second and fourth Friday of the month! There will be snacks and good company. **This month's movie selections are:**
March 8 - "Finian's Rainbow". View the trailer [here](#).
March 22 - "Hop". View the trailer [here](#).



Monday, March 11, 2024
Ryan's Corner House Irish Pub

Irish Whiskey Tasting @ Ryan's Cornerhouse Pub Monday, March 11, 6:00pm

Get ready for St. Paddy's Day and join Certified Whisky Ambassador Michael Nugent, of The Perfect Dram, for a fun and informative tasting of 4 Irish Whiskeys. Tickets are \$50 and include appetizers. Tickets are available in person, on our website, or via phone. Limited tickets available.

Alzheimer's Association Presentation - "Healthy Living for Your Brain and Body: Tips from the Latest Research"

Tuesday, March 12, 1:00pm



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Earring Workshop

Wednesday, March 13, 10:00am

Join Ellen to learn how to make Easter or St. Paddy's Day themed earrings and word bracelets. This workshop will be \$5 per person.



Monthly Luncheon @ The Center

Wednesday, March 13, 12:00pm

Celebrate St. Paddy's Day with us! We will have a St. Paddy's Day themed Luncheon courtesy of Avita of Wells.

Menu: Choice of Corned Beef Sandwich or Vegetarian Sandwich, both with coleslaw and dessert.

Group will be limited to 36. \$10 per person.

Deadline to Register: Friday, March 8

Bibber Memorial - "Get Your Affairs In Order"

Wednesday, March 13, 1:00pm



No one likes to think about death, let alone talk about it and plan for it. For many people and families, discussing one's mortality is a very uncomfortable topic and often doesn't happen at all. But, by pre-planning, you relieve your family of having to make important decisions during a time of stress and grief.

Brad Crowther, a Funeral Director at Bibber Memorial Chapel, will discuss the process of preplanning, talk about important documents, and answer any questions regarding the death care profession.



Writing Workshop

Thursday, March 14, 1:00pm

Join us for this group-led workshop where you'll embark on a creative journey. You'll begin by using a writing prompt provided to the group to spark your imagination into creating piece of your choosing (a short story, a poem, a journal entry, etc.). Time will be left at the end of the workshop if you would like to share what you have written. Grab your paper and pen and let the journey begin!



Hearing Healthcare Screening with HearingLife

Friday, March 15, 11:00am

Please stop by for the following complimentary services:

- Brief presentation on hearing loss
- Cleaning of your hearing device(s)
- Hearing aid performance checks

HearingLife is a national hearing care company that operates nearly 700 hearing care centers across the United States. Our caring and professional licensed hearing care experts provide personalized care and custom solutions to meet your individual needs.



Trivia & Treats

Wednesday, March 20, 2:00pm

Join us at the Center for a few rounds of fun-filled trivia and seasonal treats.



Bingo Brunch

Thursday, March 21, 10:00am

Join us for a delicious Brunch of quiche, fruit cup, orange juice and coffee! We will play several rounds of BINGO with a cover-all to end the event. Chance to win gift cards to local businesses! Advance sign-up required by March 19th, 20 maximum guests.

World Travels with Dewey

Thursday, March 21, 3:00pm



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



Bridget's Lunch Bunch @ Kai Asian Fusion Friday, March 22, 11:00am

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.



Medicare 101 with My Insurance Solutions Monday, March 25, 1:00pm

Please join Miranda Butler, a local independent insurance agent specializing in Medicare.

Miranda will be discussing the ABCD's of Medicare. Medicare 101's is intended to educate people about when to apply, what age , and the different parts of Medicare.



Pizza & Paint @ The Creative Soul Monday, March 25, 5:30pm

Unleash your creativity and paint your own ceramic rain boot – perfect to hold a small bouquet of spring flowers! We will be serving Roma pizza and fun at this workshop! NOTE: this will be held at The Creative Soul Art Studio, 2 Christiansen Way, Kennebunk. This event is BYOB and will be \$35 per person.

Monthly Blood Pressure Check



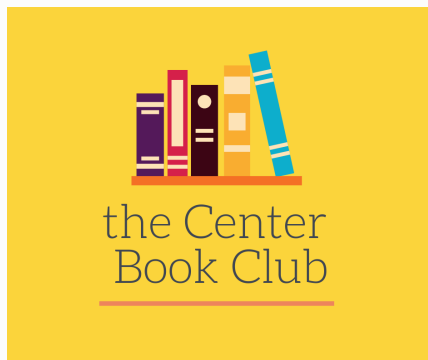
Tuesday, March 26, 9:30am

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



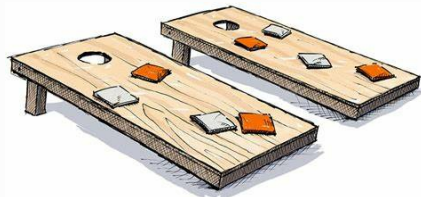
Lunch and Learn with COR Health
Tuesday, March 26, 12:00pm

Are you a caregiver for a loved one or friend? COR Health will be presenting a session on knowing the signs of burnout and when it may be time to ask for help. Learn more about home care services through MaineCare and Private Pay options, becoming a paid family caregiver, and how you can be proactive about burnout.
Group will be limited to 16.



Book Club
Wednesday, March 27, 1:00pm

Join us each month to chat with fellow bibliophiles about this month's selection! March's selection is [Brown Boy by Omer Aziz](#).



Indoor Cornhole
Friday, March 29, 1:00pm

Please join us for a fun afternoon of indoor cornhole! Team up with other members to score points by throwing the bean bags onto the board.

Remember, these are our "New and Noteworthy" programs. Visit our website [HERE](#) or stop by for a full calendar of our program offerings!

For the full monthly calendar, visit [HERE](#).

Community Outreach Services

FISH TRANSPORTATION SERVICES

Our FISH Transportation Program volunteer drivers provide rides to Kennebunk, Kennebunkport, and Arundel residents who need to get to medical appointments. Riders may use FISH Transportation when they have no other means (friends, family) of getting to an appointment. *Please*

let Cathy 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 GROUP

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. We will be a safe, listening, 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 had extensive experience in group facilitation in public schools, at UNE, and for various community groups. She has been a caregiver herself and would like to be able to help others. **This group meets every Monday, 11:00-12:00.**

Our Staff

Bridget Dempsey
Executive Director

Cathy Gavin
Office Administrator

Jessica Slachta
*Communications and Social
Media Coordinator*

Rayanne Coombs
*Community Engagement
Coordinator*

MARCH BIRTHDAYS

Raymond Brearey
Kay Simmons
Rachel Reny
Denise Dwyer
Donna Theobald
Judith Maxwell
Elsa van Bergen
JoAnne Sizemore
Charles Archer
Rocky Furman
Virginia Huntley
Robin Ruggiero
Heidi Stutz

Center Hours

Monday – Friday
8:30 – 4:00

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 [HERE](#) or stop by the Center to pick up a copy.

Patti Owens
John Naples
Mary Naples
Kathleen Penna
Cindy Perillo
Laura Blake
Rita Nadeau

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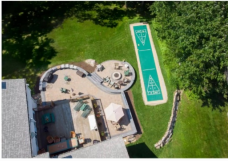
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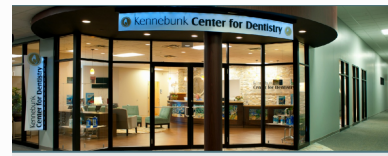


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