November 1, 2026 207-967-8514

Thankful for Our Members

As November settles in and the holiday season draws near, we're looking forward to another wonderful month of friendship, fun, and connection at the Spaulding Center! With Thanksgiving just around the corner, it's the perfect time to reflect on the people and experiences that make our community so special. We're grateful for all of you who join us, share a laugh, try something new, and help make the Center such a welcoming place to spend time together.

We have plenty of exciting things planned this month! Join us for our Annual Fall Fashion Show on November 4, enjoy a little getaway on our overnight trip to North Conway on November 19, or discover more about your family's history during our Introduction to Genealogy course on November 17 and 24. We'll also have opportunities to connect over a meal with Bridget's Lunch Bunch on November 13 and Men's Lunch Bunch on November 19. Looking to refresh your wardrobe? Don't miss our Sweater Swap on November 19 for a fun and sustainable way to give a sweater a new home!

Along with these special events, we hope you'll join us for our regular programs, activities, and gatherings throughout the month. Whether you're coming to a favorite class, meeting up with friends, or trying something for the first time, there's always something happening at the Spaulding Center. We encourage you to look through this month's newsletter, mark your calendars, and find a few activities to enjoy. We can't wait to see you and share another memorable month together. From all of us at the Spaulding Center, we wish you a happy, healthy, and gratitude-filled November!



October at the Spaulding Center!

Annual Fall Fashion Show

November 4, 2026
5-7 PM

The Nonantum Resort
95 Ocean Ave
Kennebunkport, ME



TICKET: $50
Includes lite bites and swag bag

VIP

VIP TABLE FOR 8: $500
Includes premium seating, table food service, and swag bag

Featuring the latest trends from local boutiques

dannah ✦ exquisite treasures ✦
dannah unique gifts | for men
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KATE NELLIGAN
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Noble Goods
shoebox and co. journey well

Purchase tickets online www.seniorcenterkennebunk.org
or at Spaulding Center, 207-967-8514

A benefit for Spaulding Center for Active Living, a 501(c)(3) serving adults 50+

Fashion Show Tickets

Elder Elves!

We are a special group of volunteers from the Spaulding Center in Kennebunk. We fill festive gift bags that are delivered to older area residents who are alone during the holidays.

We need your help!

Please take a tag (or two) and return with your gift(s) to the Spaulding Center by Monday, December 7th

***Cash/Venmo donations gladly accepted**

NEW THIS YEAR!
PLEASE CONSIDER DONATING A NON-BREAKABLE ORAMENT TO GIFT IN OUR ELDER ELVES BAGS. DONATION BOX WILL BE IN THE LOBBY OF THE SPAULDING CENTER

"Believe in the magic of the season"



Make New Friends and Make a Difference...



St. Paddy's Day Luncheon



Bridget's Lunch Bunch



Hiking Group

Support our mission, donate to our annual appeal!

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

D&C HOME CARE

Locally owned. Personally connected. Supporting independence at home.

Home is where our routines, memories, and sense of independence come together. D&C Home Care helps older adults preserve that connection with compassionate support tailored to their lives.

A **Maine-owned, independent home care agency** with roots in senior care dating back to 2005, D&C Home Care serves Kennebunk and communities throughout Maine. Its caregivers provide personal care, companionship, meal preparation, medication management, transportation, and help with everyday activities, supporting older adults in remaining comfortable, engaged, and confident at home. Every care plan is built around what each person and family actually needs, whether that's a few hours a week or more support during a recovery.

D&C Home Care also combines personal attention with innovative technology through its **exclusive Sensi offering**. This 24/7 virtual care assistant helps identify changes in daily patterns and potential health or safety concerns, giving care teams information to respond proactively. Working alongside in-person care, Sensi provides an added layer of support and peace of mind for clients and families.

As a proud sponsor of the Spaulding Center for Active Living, D&C Home Care shares the Center's commitment to connection, independence, and a strong community.

To learn more, call (207) 221-2555, email kennebunk@dchomecaremaine.com, or visit dchomecaremaine.com.

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 Wednesday, November 4th for our annual Fashion Show, Wednesday, November 11th in observance of Veteran's Day, Thursday, November 26 & Friday, November 27 in observance of Thanksgiving, and Monday, November 30 - Friday, December 4.



Men's Coffee and Conversation

Mondays, November 2, 9, 16, & 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.



Beginner American Mahjong

Mondays, November 2, 9, 16, & 23
10AM

Just learned Mahjong or want to sharpen your skills? Join our casual post-lesson beginner Mahjong group to keep the momentum going! This friendly meetup is designed for newer players who want extra practice, helpful reminders, and relaxed gameplay in a supportive environment. Build confidence, sharpen your skills, and enjoy connecting with others who are learning alongside you.
DISCLAIMER: must know how to play at beginner level to attend





Strength and Balance with Serina
Wednesdays, November 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 exercise techniques that enhance daily life.

CHAIR ZUMBA!

MOVE, GROOVE, & FEEL YOUR BEST!



Looking for a fun, **low-impact workout?**
Look no further than
Chair Zumba!

Enjoy lively music and easy-to-follow movements that focus on balance and mobility—all from the comfort of a chair, with no standing required. Most importantly, the focus is on having fun while staying active.

THIS GENTLE **40-MINUTE CLASS** WITH JO

can help improve:

- CARDIOVASCULAR HEALTH
- STRENGTH
- FLEXIBILITY
- CORE STABILITY
- OVERALL MENTAL WELL-BEING

CHAIR ZUMBA IS OFFERED TO MEMBERS
EVERY MONDAY & WEDNESDAY
10:30-11:10 A.M.

REGISTRATION REQUIRED
at least 24 hours in advance.

$5 DROP-IN FEE

COME JOIN US FOR A FUN WAY TO
MOVE, GROOVE, AND FEEL YOUR BEST!



TAI CHI
THURSDAYS AT 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 pre-pay

$15 weekly drop-in rate

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

Call 207-967-8514 to register

Line Dancing

Easy Steps · Great Music · Good Vibes



Join Diane Anderson and learn a choreographed routine done with a repeated sequence of steps. A low impact, fun exercise for the mind as well as the body. Dance to popular music including the waltz, fox trot, jitterbug, mambo and rumba. All easy movements to work our muscles, joints, balance and memory.No partner necessary

Thursdays

11:00 - 12:00

$5 per class payable to instructor



Gentle Vinyasa Chair Yoga with Leslie
Friday, November 6, 13, & 20
10AM

SAME CLASS, NEW DAY
Slow down, breathe deeply, and reconnect with your body. In this class, Leslie guides students mindful movement, supported stretches, and calming breath work to build strength, improve flexibility, and leave feeling refreshed.





Conversational French
Tuesday, November 3 & 17, 1PM

Practice your French in a fun, relaxed setting! Open to all levels, this group will feature casual conversation, vocabulary and grammar practice, and occasional reading from our group book. Come connect, learn, and enjoy speaking French together!

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Enrollment Oct 15 - Dec 7

Do you have questions about options during Medicare's Annual Enrollment for 2027?

Discover What's New:

Learn about Aetna's New Medicare Plan Benefits for 2027!

Join us for an essential and informative session hosted by Kathy Kotakis, Senior Advisor at your trusted Senior Planning Center. Don't miss this opportunity to get expert insights and answers to your most important questions.

Bring a Friend!

THURSDAY, OCTOBER 22
AT 2:00 PM - 3:00 PM
SPAULDING CENTER

THURSDAY, NOVEMBER 5
AT 2:00 PM - 3:00 PM
SPAULDING CENTER

aetna™



Kathy Kotakis
Licensed Agent/Broker

Reserve Your Seating at 207.332.6732

Helping Mainers of all ages with Health and Life Insurance



Elder Elves Meeting
Monday, November 9, 10AM

Join our Elder Elves Squad!

This important community outreach program provides 75+ holiday gift bags for local residents that are alone or shut in during the holiday season.

Our volunteer group will shop, wrap and assemble the gift bags--all while having a merry good time!



collette
TRAVEL SHOWCASE

TRAVEL THE WORLD WITH THE CENTER - CULTURE, ADVENTURE & MAKE MEMORIES

NOVEMBER 10, 2PM
175 PORT ROAD, KENNEBUNK

RSVP to Reserve Your Seat
207-967-8514
www.seniorcenterkennebunk.org

SPAULDING CENTER FOR ACTIVE LIVING EST. 1980

LEARN ABOUT OUR 3 FEATURED TRIPS

California Dreamin' Sept. 13-20, 2027
Monterey, Yosemite National Park, Lake Tahoe, Napa Valley, San Francisco
$4399 Double Rate per person

Iceland's Magical Northern Lights
November 14-20,2027
Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Vik, Jokulsarlon Glacier Lagoon, Blue Lagoon
$4499 Double Rate per person

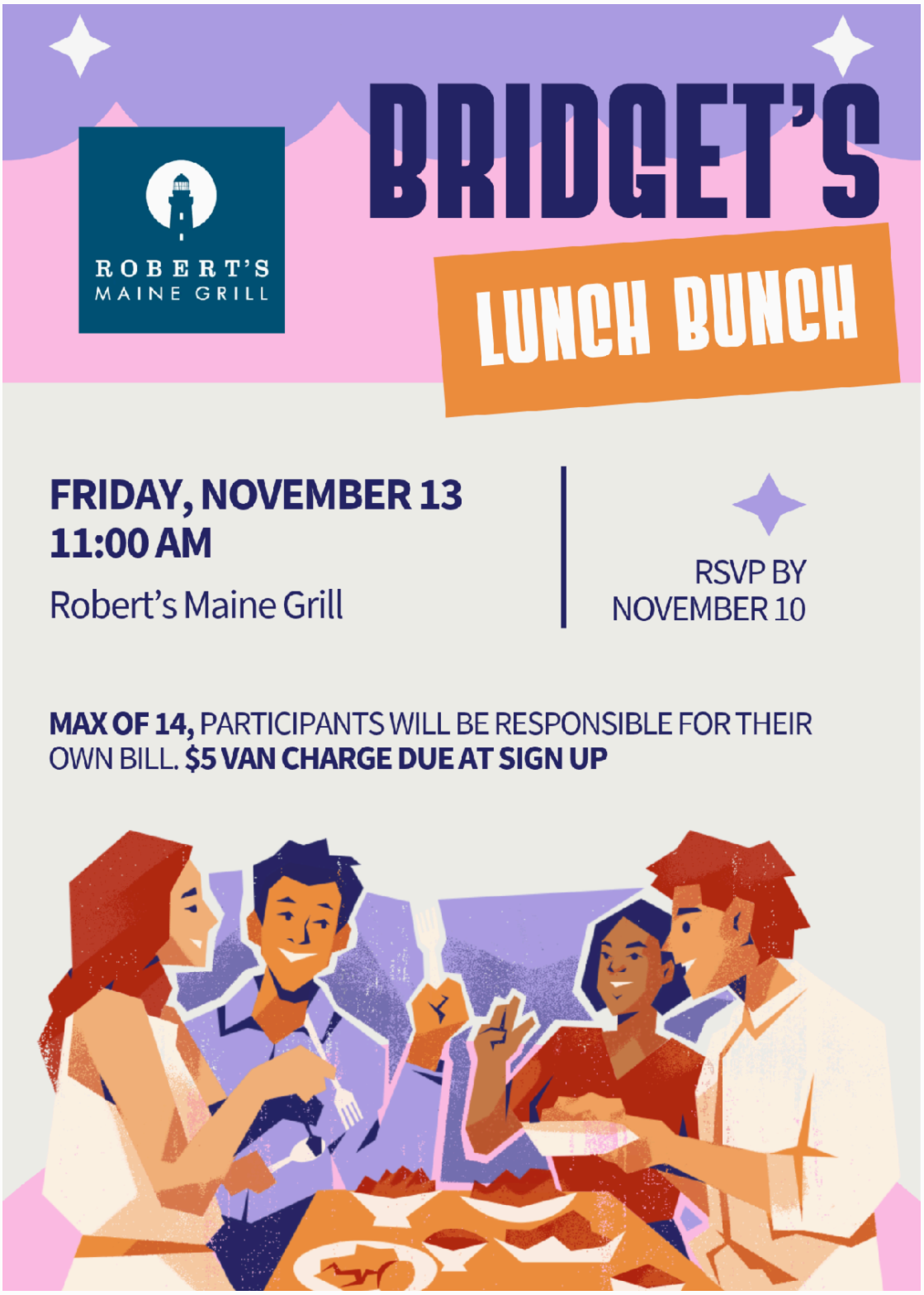
Sunny Portugal March 19-28, 2028
Lisbon, Belem, Cork Factory, Evora, Alentejo, Algarve, Sintra, UNESCO
$4449 Double Rate per person



Wise Women Wondering
Thursday, November 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.





Men's Afternoon Movie
Friday, November 13, 1PM

Join us for a showing of "Field of Dreams", requested by our Men's Coffee and Conversation group.

Watch the trailer here.

AgeMaine

Community Cafe

Tuesday, November 17 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

Intro to Genealogy

Tuesday, November 17 &
Tuesday, November 24
1:00PM

Curious about your family history? Join us for an introduction to genealogy and learn step by step how to research your family tree, gather information, and organize your findings. Whether you're just getting started or looking to build on what you already know, this class will help you discover your roots and preserve your family's story for generations to come.

Must attend both sessions.

Materials needed: 1-2 inch binder & loose leaf paper


SWEATER SWAP
Tuesday, November 17
2pm
Bring a like new sweater (or two!) and take home a sweater or two.
Stay cozy while upcycling
*Any unclaimed sweaters will be donated to local organizations
**Limited to 5 sweaters per participant

GULF OF MAINE PRESENTATION

Wednesday, November 18

1pm

This is an opportunity to learn about the coasts, currents, tides and more about this most peculiar body of water.





Steve has volunteered with middle school STEM & English Language Learners and has instructed courses for York County & UMA Senior College. He is a docent at the Wells National Estuarine Research Reserve leading salt marsh and shore tours.

bergen parkinson ATTORNEYS

www.bergenparkinson.com

Keep it Legal
Thursday, November 19, 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!



NORTH CONWAY Getaway

NOVEMBER 19-20, 2026

$120 *per person based on double occupancy*

RELAX, SHOP, & ENJOY FELLOWSHIP WITH FRIENDS

*$190 per single room, limited to hotel availability

What's Included?

- Van Transportation
- 1 night at North Conway Grand Hotel
- Hotel tax and Housekeeping Gratuity
- Hot Breakfast Buffet

Join us for a fun overnight trip to North Conway. Van will depart at 10am on 11/19 and return at 4pm on 11/20. Lunch and Dinner on 11/19 and Lunch on 11/20 will be at your own expense.

Payment due at sign up. Trip limited to 14

FMI or questions, please contact Bridget

MEN'S LUNCH BUNCH

THURSDAY, NOVEMBER 19



Mike's All American Diner, Arundel

12:30 p.m.

Registration is REQUIRED

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

Click here to view the Full November Calendar!

SPAULDING CENTER
For Active Living

Caregiver Support

Connecting. Supporting. Empowering.
You don't have to face life's challenges alone.
We're here to walk with you.

MONDAYS AT 11:00AM

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 caregiver of a loved one, this group could offer the help needed to navigate your journey.

You do not need to be a Spaulding Center member to attend.

"This group has helped to keep me sane" -Barbara

"Other caregivers have made me feel normal" - Ann

"Our suppot group is comforting, open and easy to relate to. It's been uplifting and very positive for me. I've found this group to be far better than others I've attended" -Dewey

Support. Understanding. Community.
Together, we are stronger.

Spaulding Center for Active Living
175 Port Rd., Kennebunk, ME 04043

(207) 967-8514

www.seniorcenterkennebunk.org

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director@seniorcenterkennebunk.org

Spaulding Center for Active Living presents...

California Dreamin': Monterey, Yosemite and Napa

with Optional 2-Night San Francisco Post Tour Extension

September 13 – 20, 2027



For more information contact
Bridget Dempsey
Spaulding Center for Active Living
(207) 967-8514
director@seniorcenterkennebunk.org

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California Dreamin' More Information

Spaulding Center for Active Living presents...

Iceland's Magical Northern Lights Discovery

November 14 – 20, 2027



Upgrade to Elite Airfare! See inside for details.

For more information contact
Bridget Dempsey
Spaulding Center for Active Living
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Northern Lights More Information



Portugal 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.

Thank you to our generous sponsors

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