



June 1, 2026

207-967-8514

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## Hello June!

As June arrives, we're ready to welcome longer days, sunshine, and all the energy that summer brings! This month is filled with opportunities to get active, connect with friends, and enjoy the beautiful season together.

We're excited to kick off Bingo Nights on Mondays beginning June 15, bringing a fun way to gather, laugh, and test your luck each week. Bingo is open to the public, ages 16 and older. Cash prizes!

Looking to get moving? Join us for Monday morning cornhole as we practice to participate in the Maine Senior Games—a wonderful way to build teamwork and have fun staying active.

Adventure is also on the calendar this month! On June 10, we'll be taking the van to partner on a refreshing walk with Hope Woods, and on June 12, we'll lace up our hiking shoes for an exciting trek up Mount Agamenticus.

Whether you're joining us for games, fresh air, fitness, or friendship, June is shaping up to be a season full of connection and summer fun. We can't wait to spend it with you! Continue reading to find out what all of June has to offer!

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**15 tickets left! Get yours online today  
or at the door tomorrow!**

[Get tickets here](#)

# 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](http://SENIORCENTERKENNEBUNK.ORG) OR  
IN PERSON AT SPAULDING CENTER



207.967.8514 | SPAULDING CENTER, 175 PORT ROAD, KENNEBUNK

### **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 - Jim Godbout



We offer a wide range of services covering all aspects of plumbing and heating, from installation to repair. Committed to sustainability, we specialize in eco-friendly solutions such as geothermal and solar thermal systems. Serving the entire Southern Maine area, we provide versatile and reliable services for projects of any size, ensuring high-quality workmanship and dedication in every job.

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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 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 Friday, June 19th in observation of Juneteenth.**



**Men's Coffee and Conversation**  
**Mondays, June 1, 8, 15, 22, & 29**  
**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, June 1, 8, 15, 22, & 29**  
**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.



# **CORNHOLE TOURNAMENT**

## **MAINE SENIOR GAMES**

The Spaulding Center is participating in the Maine Senior Games Cornhole Tournament on July 11th. Practices will be Monday mornings at **11am** in the back courtyard of Cenrwe (weather permitting).

No partner needed!

### **Cornhole Practice Sessions**

**Monday, June 1<sup>st</sup>**

**Monday, June 8<sup>th</sup>**

**Monday, June 15<sup>th</sup>**

**Monday, June 22<sup>nd</sup>**

**Monday, June 29<sup>th</sup>**

**Maine Senior Games, Sat. July 11th**

For more info 207-967-8514 | [www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)

SPAULDING CENTER FOR ACTIVE LIVING  
WILL BE HOSTING

# WEEKLY BINGO NIGHTS

Don't miss out on the chance to enjoy a thrilling  
BINGO night in a lively and welcoming atmosphere!



**MONDAYS JUNE 15-SEPTEMBER 14**  
DOORS OPEN AT 5PM  
GAMES START AT 6PM

**CASH Prizes**    **Open to Public**    **Delicious Food Available**  
for purchase

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207-967-8514  
[WWW.SENIORCENTERKENNEBUNK.ORG](http://WWW.SENIORCENTERKENNEBUNK.ORG)



## Strength and Balance with Serina Wednesdays, June 10, 17, & 24 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, June 3, 10, 17, & 24  
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



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

**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**

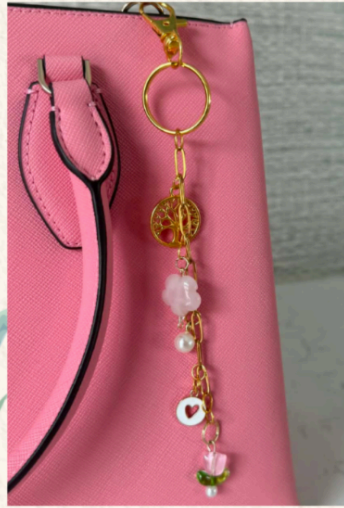


JOIN OUR  
**KNITTING**  
GROUP

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.

# BUBBLES, BITES, AND CRAFTS



**Monday, June 8, 5-7PM**

Make your Own Bag Charm  
Includes wine, lite bites, and  
materials

**Thursday, June 25, 5-8PM**

Seaglass Trees  
Includes wine, lite bites, and  
materials



Cost of classes covered by NEW  
Arts, Culture, and Education fund



Kennebunk Land Trust



## Nature Walk June 10 - Hope Woods

Enjoy a pleasant walk through the Hope Woods access trail with KLT and the Spaulding Center for Active Living. Learn the ecology, flora, and fauna of the area!

**FMI and to register, visit**  
[kennebunklandtrust.org](http://kennebunklandtrust.org)



**THANK YOU TO OUR SPONSORS!**



Walks are from 10 to 11:30a.m. Free and open to the public. All ages and skill levels are welcome.



### Wise Women Wondering Thursday, June 11, 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.

# hiking club

Join us at Mount Agamenticus  
for a classic Maine hike.

\$5 for van transportation

**FRIDAY  
JUNE 12  
9 AM - 12 PM**

**14 SPOTS  
AVAILABLE IN VAN**

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



# Geli Plate Printing Class

**FRIDAY, JUNE 12**

**10:00 AM TO 12:30 PM**

Discover the exciting technique of mono printing without a press. Using a gelatin plate, a rubber brayer and acrylic paint, we will create papers using multiple textures and found objects to produce one-of-a-kind beautiful prints. No experience necessary and so much FUN!



All supplies included  
All levels welcome!

Max 12 students



**MEMBERS WHO SIGN UP WILL HAVE THEIR COST COVERED BY NEW ARTS, CULTURE, AND EDUCATION FUND (\$60 VALUE)**

**\$75 NON-MEMBERS**

\*CASH OR CHECK PAYABLE TO ESTELLE KAFER



## **Afternoon Movie Friday, June 12, 1PM**

Join us for a showing of the new mystery movie "Remarkably Bright Creatures". Popcorn will be provided.

Watch the trailer [here](#).



**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:





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

**Community Cafe**  
Tuesday, June 16 at 12pm

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

**Corn Muffin**  
**Seafood Sauté over Rice**  
**\*Lobster, Shrimp, Haddock, and Scallops**  
**Summer Squash Medley**  
**Strawberry Shortcake**

**Open to all Maine Residents 60+**

**RSVP by June 12**  
**207-967-8514**

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

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# BRIDGET'S

**LUNCH BUNCH**

**THURSDAY, JUNE 17**  
**10:45 AM**

Galley Hatch, Hampton, NH  
with a walk on the beach to see the sand sculptures

★  
RSVP BY  
JUNE 15

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



# Ice Cream Social

Celebrate summer at the Spaulding Center with a make-your-own Ice Cream Sundae Bar with Ben & Jerry's!



**22 JUNE 2026 1:00PM**



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

**D&C Lunch & Learn**  
**Tuesday, June 23, 12PM**

Join us for a complimentary lunch and a conversation about a technology that's already transforming the way Maine seniors live at home — and changing the way their families sleep at night. David Young, Director of Community Partnerships at **D&C Home Care** — Maine's own independent home care agency serving families since 2005 — is coming to the Spaulding Center to introduce **Sensi**, D&C's virtual care

companion, and share how holistic care is giving older adults something priceless: the independence to stay in the place they love.

### **Come Ready to Ask Anything**

This is a relaxed, no-pressure conversation over lunch. David will walk through exactly how Sensi works, address privacy questions head-on, and share real stories from Maine families. There's no sales pitch — just honest information to help you and your family make the best decisions about staying safe and independent at home.

### **This event is for you if:**

- You want to stay in your home longer — safely and on your own terms
- You're a family member who worries from a distance
- You're curious about how technology is reshaping elder care in Maine
- You simply want a great lunch and something genuinely worth talking about



### **Rebounder Preview Class Tuesday, June 23, 12PM**

Join us for a relaxed informational session designed for older adults who are curious about the health benefits of rebounding. During this session, participants will remain comfortably seated while the instructor introduces the rebounder, explains how it works, and demonstrates a few simple movements on the trampoline.



the Center  
Book Club

### **Book Club Wednesday, June 24, 1PM**

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

June's selection is ***West with Giraffes*** by Lynda Rutledge.



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

**Keep it Legal**  
**Thursday, June 25, 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!



**Social Club**  
**Thursday, June 25, 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.

# MEN'S LUNCH BUNCH

**FRIDAY, JUNE 26**



Federal Jack's  
11:30 a.m.

**Registration is REQUIRED**

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



**Men's Afternoon Movie**  
**Friday, June 26, 1PM**

Join us for a movie to be announced  
chosen by our Men's Coffee &  
Conversation group.



### **Life's Tapestries: Spontaneous Art Friday, June 26, 2PM**

Experience the fun and joy of engaging in spontaneous art such as scribble drawings, contour drawings, and Ink and String drawings. If time allows, you will learn all 3 techniques which tap into playful ways of making art while letting go of any particular expectations. You will have opportunities to work individually and in pairs. All supplies will be provided. **\$15 paid to Nancy Rankin; Please register with instructor.**



# BRIDGET'S

## LUNCH BUNCH

**MONDAY, JUNE 29**  
**12:00 PM**

Hook's, Ogunquit



RSVP BY  
JUNE 26

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



The background of the entire page is a green floral pattern. The central content is framed by a white border. Inside this border, the background is a green felt surface with several Mah Jongg tiles scattered around the edges. The tiles are white with green, red, and black markings, including numbers, symbols, and Chinese characters.

# American Mah Jongg Lessons

With Kathleen Carr Nolan

Mondays, July 20, 27, & August 3  
10am-12pm

\$50 per person

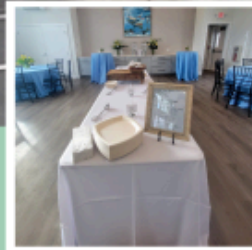
\* includes 2026 Mah Jongg Card

\*\* due at sign-up

Maximum 12 participants

[Click here to view the Full June Calendar!](#)

# Symphony Hall at Spaulding Center



## Rental Venue

- Located in Picturesque Lower Village, Kennebunk
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[director@seniorcenterkennebunk.org](mailto:director@seniorcenterkennebunk.org)

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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.***

## **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.

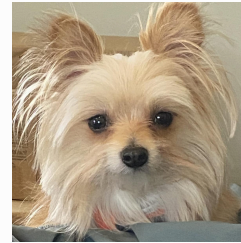
### **OUR STAFF**

**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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sponsors**

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# shoebox and CO.

journey well

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# Community



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