



HEARTS OUT TO FEBRUARY

Happy American Heart Month—Improve your heart health and reduce your stress by attending one of the many programs we are offering at this month.

Fitness Focus- Weekly Chair Yoga Tuesday mornings will help you beat the winter blues and increase your flexibility and balance.

Self-Care Strategies- Help relax your mind with a new hobby—New this month... beginner crochet classes on Wednesday mornings. Our popular Mindfulness Class Tuesday mornings can be great to help relieve stress, reduce anxiety and improve sleep.

Wellness & Healthy Eating- Join Annie Watts on 2/21 as she shares tips for nutrition and wellness. Stop by to have your blood pressure checked on 2/27 at 9:30am by our volunteer RN.

Social Connection- Consider having lunch with us at Federal Jack's 2/28 or joining us for a fun afternoon of Valentine's Trivia & Treats 2/14. Our Adult Coloring Group meets Thursday afternoons at 1pm-this program also helps to calm your brain and relax your body.

Fondly,

Highlights from January



Our January "mangia" luncheon yielded a great turn out! Thank you to all who came.



Thanks to these gals who came out for cornhole.

**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 - Coffee Roasters of the Kennebunks



Coffee Roasters of the Kennebunks is just steps away from the Center and offers freshly roasted coffee, tea and much more! There are freshly prepared foods, baked goods, snacks, cold drinks, a gift emporium and a selection of all occasion greeting cards. With over 40+ years of experience in roasting coffee beans, owner Sandra Duckett is committed to quality. You can't beat their small, \$1.00 cup of coffee! Visit the shop at 163 Port Road in the Lower Village.

Open 7 days a week, 8am – 4pm
207-967-8304
www.coffeeroastersofmaine.com

**PLEASE CHECK OUT OUR NEW
FACEBOOK PAGE!**

LIKE US HERE!!

New and Noteworthy

Can't-miss events, coming right up!

Please remember that registration is required for ALL programs.

We will be closed on February 19 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 or delayed due to snow and dangerous driving conditions, the Center is closed/delayed.



Wine Tasting @ Wine House on Main Friday, February 2, 3:00-6:00pm

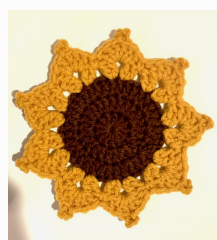
Join us at Wine House on Main for a wine tasting. Participants will be able to sample on different wines stocked in the store. Tickets are \$10 a person. You may purchase tickets on our [website](#), over the phone, or at the door.



Tech Support Wednesdays, 9:00

Back by popular demand, our tech support is back. Join Jessica to receive help with mobile devices, tablets, and computers.

PLEASE NOTE DAY AND TIME CHANGE



Beginner Crochet Classes Wednesdays, 10:00am

Beginner crochet classes! Learn to make a themed cup cozy with Kristin of [K Crochet](#) for Valentine's Day and flower shaped coasters. All skill levels welcomed. Materials will be provided, but students may bring their own yarn if desired. Classes are Wednesdays 10 AM to 12 PM for 4 weeks at \$10 per class. Classes 1 and 2 will be making cup cozies. Classes 3 and 4 will be making flower coasters.



Movie Matinee

Friday, February 9 and 23, 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:

February 9 - "Send Me No Flowers". View the trailer [here](#).

February 23 - "Julie & Julia". View the trailer [here](#).



Valentine's Day Chocolate Tasting

Monday, February 12, 1:00pm

Test your tastebuds during a "blindfold" chocolate truffle taste test. Sample a variety of truffle flavors and see if you can guess them all!



Galentine's Day Speed Friending

Tuesday, February 13, 12:00pm

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!



Valentine's Day Flower Arranging

Tuesday, February 13, 1:00pm

Come and create a lovely Valentine's Day centerpiece! Bring your favorite vase or we can provide one if necessary.

\$10 fee for supplies. Register by Friday, February 9.

Bridget's Lunch Bunch @ Billy's Chowder House

Wednesday, February 14, 11:30am

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.

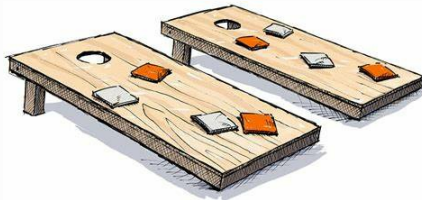


Valentine's Day Trivia and Treats
Wednesday, February 14, 2:00pm

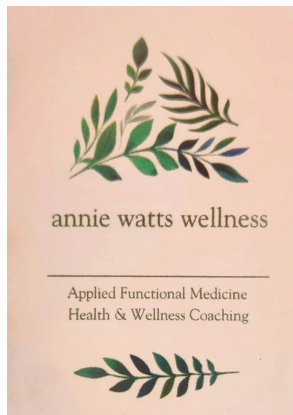
Join us at the Center for Valentine's Day themed trivia and Valentine's Treats.



Indoor Cornhole
Friday, February 16, 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.



Wellness Workshop with Annie Watts
Wednesday, February 21, 11:00am

Annie is a functional medicine coach and will be speaking about all of the things that affect our cardiovascular health and how little changes can bring big results. She will focus not only on nutrition but the importance of community, physical movement, stress management, love and gratitude.



Ogunquit Playhouse Volunteer Presentation
Thursday, February 22, 10:00am

Meet the staff of Ogunquit Playhouse while they talk about summer volunteer opportunities.

Monthly Blood Pressure Check
Tuesday, February 27, 9:30am



In honor of American Heart Month, please join our guest nurse to get your blood pressure checked and check up on your heart health.



Information Session: Affordable Senior Housing Project
Tuesday, February 27, 1:00pm

Join Brad Paige, CEO and Dennis Byrd, COO of Kennebunk Savings to learn more about an initiative on Kennebunk's March 5th ballot. Kennebunk Savings is donating nearly 12 acres of land and an additional \$550,000 to Avesta Housing to be put towards the construction of two buildings that would house 70 affordable apartments for seniors. The lot is located behind Kennebunk Savings' headquarters on 7 Alewife Park Rd. On March 5th, voters will be asked to approve the rezoning of the parcel for the project to move forward.



DeLeo Group Presentation on Selling Your House
Thursday, February 28, 10:00am

Come meet our Team specialists to learn how we can help organize, empty and stage your home to stay or sell! We will be serving tea and red velvet cupcakes.



Monthly Luncheon @ Federal Jack's
Wednesday, February 28, 11:30am

Please join us for our February Luncheon at Federal Jack's.

Menu:

Haddock *or* Chicken Sandwich
Side of French Fries

Group will be limited to 25. \$10 per person.
Deadline to Register: Friday, Feb. 23

Book Club
Wednesday, February 28, 1:00pm

Join us each month to chat with fellow



the Center
Book Club

bibliophiles about this month's selection!
February's selection is [*When We Were the Kennedys* by Monica Wood.](#)

M&T Bank

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M&T Bank - Financial Fitness Check Up
Thursday, February 29, 10:00am

We're here to help with what's important, no matter where life takes you. With our no cost financial wellness workshops and M&T's Financial Education Center, you can get access to information on a variety of topics like budgeting, credit management, building wealth & retirement, and more. It's like having the expertise and knowledge of an M&T Banker anywhere you go.



Decoupage Craft Workshop with Rayanne
Thursday, February 29, 1:00pm

Learn the beautiful (and easy) art of decoupage! Rayanne will guide you step by step to create your own unique seashell trinket dish using colorful paper and modpodge. All supplies are included!



Caregiver Support Group

Every Monday

11 am to 12 pm

The Center @ 175 Port Road Kennebunk

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. **All are welcome and membership not required.**

For registration and inquiries

contact Bridget:

(207) 967-8514

SUPPORT



WINE TASTING

Tickets
\$10

A FUNDRAISER TO BENEFIT THE CENTER



FRIDAY, FEBRUARY 2, 2024

Drop in Anytime Between
3:00pm-6:00pm

Wine House on Main
17 Main Street
Kennebunk, ME

TICKETS AVAILABLE IN PERSON AT THE CENTER, ON OUR WEBSITE, VIA PHONE (207-967-8514) OR AT THE DOOR

This event is a fundraiser for the Center, a (c)3 nonprofit serving 50+ adults.
The Center | 175 Port Road, Kennebunk | 207-967-8514 | seniorcenterkennebunk.org

[PURCHASE TICKETS HERE](#)

#FiveSeasonsDeep

ME X the Center
Seniors' Connections' Community

SUNDAY FEBRUARY 18th, 3:00pm
MAINE MARINERS vs. NORFOLK ADMIRALS

FE VO

The Center has partnered with the Maine Mariners to take a group of Center members to a game against the Norfolk Admirals on February 18th. Tickets will be priced at \$15 per person, minimum of 10 participants. This event is

Mindfulness and Creative Expression: A Weekend Retreat

Saturday, March 2- Sunday, March 3
(Snow dates: 3/16-3/17)

Mindfulness, the ability to be fully aware in the present moment with acceptance and nonjudgement, has been practiced for thousands of years, but in recent decades has become more popular and gained greater traction, particularly in Western cultures.

A regular mindfulness practice has many benefits including:

- Reducing stress and anxiety
- Boosting mental strength
- Responding thoughtfully to change and challenges
- Creating a sense of calm

This **introductory workshop** will combine brief lectures, discussion, and guided practices. In addition, because creative expression can be a powerful pathway to mindfulness, there will be opportunities to engage in the creative process as a means of exploring ideas, emotions, and thoughts and reinforcing present moment awareness.

Schedule:

Saturday	9:00 am – 12:00 pm	Introduction to Mindfulness
Saturday	1:00 pm – 4:00 pm	Benefits of Mindfulness
Sunday	9:00 am – 12:00 pm	Body-centered practices

Sunday 1:00 pm – 4:00 pm Mindful Self-Compassion
(Lunch break on both days from 12 -1)

A Note about Creative Expression

A variety of media will be provided - pastels, watercolors, pencils, charcoal, markers, colored pencils, paper, fabrics, beads, yarn, etc. At the beginning of each experiential session, you will be given several questions or prompts for reflection and invited to use any media to create a piece in response to the question(s). Or, you may prefer to write a poem or Haiku or a short story as a response to your experience. Whatever works best for you. No art background is required.

What to Bring:

- Coffee and tea will be available, but you may want to bring your own water bottle
- Lunch for Saturday & Sunday
- Scissors
- Any of your own materials/media you may want to use
- Notebook for notetaking (optional)

Where: The Center, Rt. 35, Lower Village, Kennebunk, ME

Cost and How to Register:

The fee for the 12-hour workshop including materials is \$200 and will be limited to 12 participants. **Registration deadline: 2/24/24**

Please send an email to nanran24@gmail.com if you're interested in registering. You will receive a brief questionnaire and information regarding payment options.

Workshop Presenter: Nancy Rankin, M.Ed.

Nancy Rankin has practiced mindfulness for many years and has more than 40 years of experience as a counselor and educator. She retired from teaching in the Psychology Department at the University of New England 4 years ago and recently received an advanced certification to teach mindfulness.



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](#).



Won't You Be Mine? with Mornings in Paris

Valentine's Fundraiser: Share a Personal Message

Show your heart with a personal message displayed on the BE MINE window of Love. **Donate \$1, \$3, \$5 or \$10 for each message** you would like displayed, and Mornings In Paris will match each donation dollar (up to \$10).

Each note is entered into the raffle to **win 1 lb. of Valentine's Blend Coffee and *1 dozen Macarons**. The raffle will be drawn March 1, 2024. The donations collected at our Kennebunk cafe benefit The Center, a gathering spot for seniors, right around the corner from the cafe in Kennebunk.

Donations can be made in the cafe, or you can [order online](#), and we will post the heart on the window for you!

*(*if winner needs shipping, we will send you a gift card for the same value as the Macarons.)*

[DONATE ONLINE](#)

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.*

Our Staff

Bridget Dempsey
Executive Director

Cathy Gavin
Office Administrator

Jessica Slachta
Communications and Social Media Coordinator

FEBRUARY BIRTHDAYS

Sharon Krakowka
John Tibbetts
Jan Maggi

Ken Dempsey
Lynn Watson
JoAnn Keter
Kathleen Ferreira
Kathy Kotakis
Eileen Lessard

Rayanne Coombs
*Community Engagement
Coordinator*

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.

Gertrude Reoch
Ruth Sentas
Rosemary Lavoie
John Nickulas
Bruce McClelland
Jean Shaw
Cornelia Stockman
Diane Carr
Rosamond Becker
Joan Ditson
Janice Davis
V. Anita Bahr
Joan Beauchamp
Jan Beaven
Kathryn Dydowicz
Carol Weeks
Cynthia Clement
Margaret Brewitt
Joanne Bassett
Marie Bennett

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