



## SPRING into Action



I would like to extend a warm welcome to our new members —so far this year we have welcomed over 40 new members! Whether you are a new member or an existing member, we are always looking for volunteers. Join us for our Volunteer Lunch & Learn, Wednesday, April 17th at 12pm. We will enjoy a delicious lunch from Cape Porpoise Kitchen and explore our enriching volunteer opportunities that include Reception Desk, FISH Drivers for medical appointments, Elder Elves, and Special Event volunteers for Bags, Baubles & Bubbly, Affairs to Remember Auction, Coastal Kitchen Tour, Prelude Holiday Fair and more!

Heartfelt thank you to our dedicated and loyal volunteers that have graciously donated over 3,000 hours in the last year! We will be honoring our volunteers for National Volunteer month on Thursday, April 28th at Mornings in Paris in Lower Village. Join our Board and Staff for a coffee and pastry

### Highlights from March



Our Annual Irish Whiskey Tasting was held at Ryan's Irish Pub on March 11.



Our St. Paddy's Day themed luncheon featured a surprise special guest, the

anytime from 10-11:30am—just a small token of our appreciation!

*Fondly,*  
Bridget

### DID YOU KNOW...?

- We have photo books here at the Center in the cafe for viewing, i.e., November's Fashion Show, Prelude to Prelude Holiday Concert, and the Ireland trip (both scenery and candid books). If anyone would like a copy of any of the books the cost will be \$30.00/book.
- We have a lending library available. Please stop by during business hours to check out our wide selection of books, or donate any books that you'd like to share with the community.

Center leprechaun.

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 - Patriot Subaru



Patriot Subaru opened in 2003, Adam Arens as the store owner. The Mission Statement was simple, essentially two words: "To Serve". We added - "Our Customers, Our Families, Our Community, and Each Other." It was never about trying to sell the most cars, but how to build a successful business that focused on people - both our customers as well as our employees. 11 straight years, Patriot has earned "Maine's Best Places To Work", which means a lot to us. We've earned Subaru's highest award 7 straight years, the Subaru Love Promise Customer and Community Commitment Gold Award. Neither have anything to do with how much we sell, but how we sell. It has helped grow our business, and in the process, we've become the top selling Subaru store in New England, so we must be doing it the right way.

Patriot has always been philanthropical, supporting a wide variety of community programs. In January 2021, we thought we should reach out to local grassroots charitable organizations, and spotlight their good work. In many cases they often are overlooked, and lack the resources to tell their story to a larger audience. Patriot decided to feature a different organization each month, and provide a donation based off of sales during the

first week of the month. Hence the term "[12 Weeks of Giving](#)". We have featured Food Banks, Adult Shelters, Pet Programs, Substance Issues, as well as Youth Programs, Senior Programs, Theatre, Biking, Walking Trails - a wide scope. It has opened our eyes to the incredibly hard work and dedication that is exerted by so many good people who have one goal, to help and to serve others.

## Instructor Spotlight - Sally Rooney



My name is Sally Rooney and I have lived in Kennebunk for 17 years. My husband, Bob and I moved here from the north shore of Massachusetts when we both retired. Before retiring, I worked at Catholic Charities in Lynn, MA supervising a program of Visitation to the Aging for older adults living alone. I have a BS in English/Education from Boston College and an MA in Pastoral Counseling from Assumption College in Worcester, MA.

When Bob passed away two years ago, I was left with a huge hole in my life. The grief was overwhelming as I searched for ways to fill that void knowing that my life had changed, and it wasn't ever going to be the same. It's two years later and that hole in my heart is still there, and I miss him every day. But I'm moving forward slowly, finding joy and laughter in the friendships I have made here at the Center.

I hope the Grief Support Group will help others experiencing the loss of a loved one. We move forward carrying the grief and pain with us, leaning on friendship and support of other to continue to live.

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## New and Noteworthy

**Can't-miss events, coming right up!**  
**Please remember that registration is required for ALL programs.**

**We will be closed on April 15 in observance of Patriot's Day and April 29 for our Annual Meeting.**





## Day Trip to Boston with the Center Tuesday, April 23, 8:30am - 5:30pm

Springtime in Boston- Warmer winds are blowing and flowers are blooming! Join us as we take in the sights, sounds and culinary delights of the North End! Our trip will start at 8:30am as we board the Downeaster in Wells, we will arrive Boston's North Station at 10:40am. After a short stroll through Faneuil Hall, our group will meet our tour guide in the North End for a 2.5-hour walking food tour. We will walk along the Freedom Trail to visit significant historic sites—Paul Revere House, Old North Church, and the USS Constitution to name a few. We will depart Boston's North Station at 3:40pm and will arrive back in Wells at 5:40pm.



\$65 per person includes round-trip train ticket, tour, and food.

**Sign-up required by April 16; payment due at time of sign up. Trip is non-refundable.**



## 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.

## Greif Support Group

**Thursdays, 11:00am**



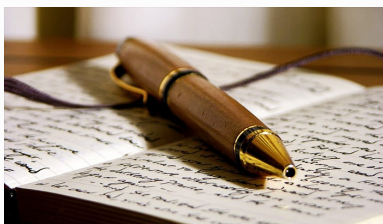
Grieving the loss of a loved one is a personal journey that each of us will experience at some time in our lives if we have been lucky enough to love and be loved. Whether it is a sudden death or a long expected one, the loss of that person can be emotionally devastating.

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.



**Solar Eclipse Presentation with Jason Nappi**  
**Wednesday, April 3, 10:00am**

You'll recognize this speaker from the local news! Learn from Jason Nappi, Kennebunk's very own meteorological expert about the total solar eclipse happening in Maine. Jason will tell us what to expect when the sun disappears from the sky, and how to prepare. Find more info here: <https://www.newscentermaine.com/article/wether/weather-blog/life-changing-solar-eclipse-to-happen-over-maine-april-8-2024/97-2ba47503-d3e7-45fe-9bdf-4dff53d871a>



**Writer Workshop Group**  
**Thursday, April 4, 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!

**Keep it Legal with Sarah Neault, Esq.**  
**Monday, April 8, 9:30am**

Attorney Sarah Neault of Bergen Parkinson will



### Solar Eclipse Watch Party

**Monday, April 8, 2:30pm**

Join us as we watch the total solar eclipse take place right before our eyes! Weather permitting, we will view the eclipse from our front porch (eclipse glasses provided). Moon pies and milky ways will be served.



### Spring Flower Arranging

**Tuesday, April 9, 1:00pm**

Come and create a lovely spring floral centerpiece! Bring your favorite vase or we can provide one if necessary. **\$10 fee for supplies. Register by Friday, April 5th.**



### Monthly Luncheon @ UNE Dining Hall

**Wednesday, April 10, 12:00pm**

Join us for our monthly luncheon at UNE's Dining Hall, with a tour of the Ketchum Library and George and Barbara Bush Center.

Group will be limited to 40. \$10 per person.

**Deadline to Register: Friday, April 5**



### Hearing Healthcare Session with HearingLife

**Friday, April 12, 11:00am**

Welcome Ryan Prosser Hearing Instrument Specialist on Friday, April 12th, 2024 at 11:00a.m. 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.

**Free Cone Day @ Ben and Jerry's**  
Thursday, April 16, 2:00-8:00pm



**Sea Glass Craft Workshop**  
Wednesday, April 17, 10:00am

Create and customize your own earrings made with beautiful sea glass! Come to Ellen's April jewelry class to learn how. \$10 per person. All materials will be provided.

**VOLUNTEER**



**Volunteer Lunch & Learn**  
Wednesday, April 17, 12:00pm

Have you been curious about volunteering with us but aren't sure where to start? Join us for a Volunteer Lunch and Learn! Learn about our volunteer opportunities and meet some of our current volunteers. Lunch will be

provided; registration is required.



### Brunch & Bingo

Thursday, April 18, 10:00am

Join us for a delicious Brunch of Assorted bagels from Kennebunkport Bagel, cream cheese with accruements, fresh fruit, Orange Juice, Coffee, and Tea! We will play several rounds of BINGO with a cover-all to end the event. Chances to win great prizes!

**Advance sign-up required by April 16th, 20 maximum guests.**



### Father & Son Author Talk

Thursday, April 18, 1:00pm

Local Kennebunk authors, Josh and Steve Hrehovcik (father/son dynamic duo) will be here to chat about their experiences as writers. Both men have an abundance of creativity and in addition to writing also produce stunning photography, and art. Find out more about our speakers here: [Retro Roadtripper - Josh Hrehovcik Lifestyle Photographer Maine](#) and here: [Steve Hrehovcik Kennebunk Maine Artist, Caricatures, Pen and Ink Maine Artists \(kennebunkartstudio.com\)](#)



### World Travels with Dewey

Thursday, April 18, 3:00pm

Join Dewey or fun-filled armchair adventures and stories from across the globe!! Location to be determined, please check our weekly emails for updates.



### Learn to Play Fishbowl with Helping Hand Movers

Friday, April 19, 10:00am

Play FISHBOWL with our friends from Helping Hand Movers!

Here's a link to a description of the game: [Learn to Play Fishbowl](#)

### Medicare 101 with My Insurance Solutions

Monday, April 22, 1:00pm





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

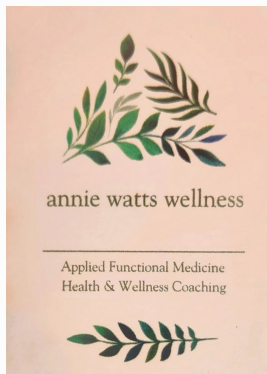
Miranda will be discussing the ABCD's of Medicare. Medicare 101's is intended to educate people about when to apply, what age, and the different parts of Medicare.

# MAKE A STATEMENT DENIM DAY IS APRIL 24TH

Join millions across the world that will wear jeans with a purpose, support survivors, and educate themselves and others about all forms of sexual violence.



Learn more at [denimday.org](http://denimday.org)



## Wellness Workshop with Annie Watts Wednesday, April 24, 11:00am

Annie is a functional medicine coach and will be speaking about your body's natural microbiome 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.

## Book Club Wednesday, April 24, 1:00pm



the Center  
Book Club

Join us each month to chat with fellow bibliophiles about this month's selection! March's selection is [\*The First Ladies\* by Marie Benedict](#).



### Flower Craft with A Perfect Move Wednesday, April 24, 2:00pm

Join the ladies from A Perfect move to craft a beautiful tissue paper flower perfect for spring time decorations.



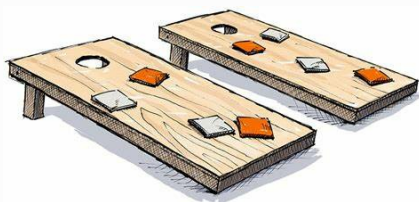
### Volunteer Appreciation @ Mornings in Paris Thursday, April 25, 10:00am

If you have graciously donated your time to volunteer for the Center in the past year, please consider joining our staff and board for a volunteer appreciation coffee and pastry at Mornings in Paris -- on us!



### Bridget's Lunch Bunch @ Squaretoes Friday, April 26, 12:00pm

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.



### Indoor Cornhole Friday, April 26, 1:30pm

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

# ANNUAL MEETING & GROUNDBREAKING CEREMONY

MONDAY, APRIL 29  
4:00 PM

Join us for our annual meeting followed by  
the official groundbreaking ceremony  
as the exciting construction begins at the Center.  
RECEPTION TO FOLLOW



**Music Trivia & Treats**  
Tuesday, April 30, 2:00pm

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



# Bags, Baubles, and Bubbly



**COMING  
SOON**  
JUNE 6TH & 7TH

**Are you cleaning out your closet?  
We are accepting donations for our upcoming  
"Bags, Baubles, and Bubbly" event!**

**We are seeking donations of the following items  
in like new condition or brand new with tags:**

**DONATE AT THE CENTER. MORE LOCATIONS TO FOLLOW**

**bags hats  
belts gloves  
scarves & capes beach bags  
jewelry lunch bags  
readers & sunglasses cooler bags**



For more information contact the Center 207-967-8514

This event is a fundraiser for the Center, a 501(c)3 non-profit  
serving adults 50+ in the Kennebunks.



# thank you

Thank you to all of our generous volunteers for giving your time to support the Center! Please join us for a Volunteer Appreciation at Mornings in Paris!

**Mornings in Paris**  
**Lower Village, Kennebunk**  
**Thursday, April 25**  
**Drop in between**  
**10:00-11:30**

Join our staff and board for a coffee and pastry - on us!

RSVP required by 04/22  
207-967-8514



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](#).

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## 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.*

## GREIF 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.

### Our Staff

**Bridget Dempsey**  
*Executive Director*

**Cathy Gavin**  
*Office Administrator*

**Jessica Slachta**  
*Communications and Social  
Media Coordinator*

**Rayanne Coombs**  
*Community Engagement  
Coordinator*



**Dooley Dempsey**  
*Official Center Support Dog*

## MARCH BIRTHDAYS

Shirley Hall  
Karen Harris  
Ann Marie Olson  
Judith Mercurio  
Theodore Reynolds  
Lois Small  
Tony Liguori  
Linda Meares  
Bill Fabbri  
Jody Dvorak  
William Henderson  
Louise Hurlbutt  
Sharleen Ober  
Joan Cook  
Annette Bowler  
Edward Quinan  
Marguerite Waters  
Susan Coleman  
Gail Hanscom  
Janet Genest  
Barbara Rencurrel  
Suzanne Roux  
Teresa O'Donnell  
Carol Gagnon  
Andrew Harrington



### Center Hours

Monday – Friday  
8:30 – 4:00

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### Volunteer with Us

The Center is always in need of dedicated volunteers. If interested, give us a call at 207-967-8514.

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### 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.

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### Monthly Calendar

To view our monthly calendar, visit our website [HERE](#) or stop by the Center to pick up a copy.

Elizabeth Baskin  
Suzanne Krol  
Ginny Bridge

**HAPPY BIRTHDAY!**

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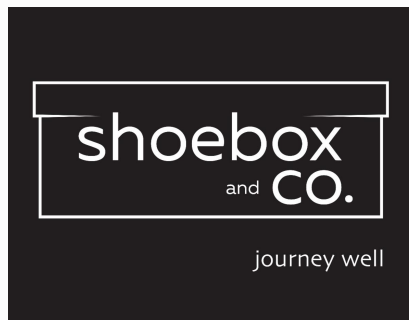
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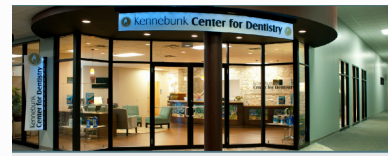
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