



August 1, 2025

207-967-8514

SUMMER FUN AT THE SPAULDING CENTER





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.
-

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 - Huntington Common



Located in the lovely seaside town of Kennebunk, Maine, our community boasts a hassle-free lifestyle where we take care of the details so you can enjoy each day as you please. At Huntington Common, we believe that your senior living community is more than an address—it's a place for comfort, freedom, and happiness. Offering independent living, assisted living, and memory care, we provide a maintenance-free lifestyle where you can relax, do what you love, and stay active. You'll fully enjoy our robust calendar of engaging activities, local excursions, social events, and chef-crafted cuisine.

New and Noteworthy

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

We will be CLOSED Friday, August 4 and Thursday, August 14 and Friday, August 15 for Porch Sale.

Reminder: We close at 1pm on Fridays in July and August

*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.*

Men's Coffee and Conversation
Mondays, August 4, 11, 18, & 25
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.



TAI CHI FOR ARTHRITIS & FALL PREVENTION MONDAYS AT 9AM JULY 7- AUGUST 11

Experiencing sun style tai chi is easy and enjoyable. The beginner's program is designed by Dr. Paul Lamb, MD and family physician. Learning this program can help you improve balance, focus, fall prevention, health and wellness using basic core movements. Approved by the Arthritis Foundation, CDC and other organizations and is great for beginners and mature adults. No prior experience or special equipment is necessary—just wear comfortable clothing and flat bottomed shoes are recommended.

Instructor: Dennis Fallo, Board Certified

**\$60 for 6 week
session**

**Payment due at sign up; cash, credit card or
check payable to Spaulding Center**

Call 207-967-8514 to register

**Minimum 6 participants
Maximum of 20 participants**



**Cardio & Stretch with Sue
Mondays, August 4, 11, & 18, 11AM**



Thursdays, August 7, 21, & 28, 4PM

By popular demand - a second day added

Sue will be joining us for cardio and stretching. Participants are encouraged to bring their own mats and light weights (1-3lbs, optional). In this 45 minute class, Sue will walk through various stretches to target all areas of the body. Modifications can be provided. All skill levels welcome. **\$5 per class payable to instructor.**



Strength and Balance with Serina

Wednesdays, August 6, 13, 20, & 27, 9AM

Thursdays, August 7, 21, & 28, 9AM

By popular demand - a second day added

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.

August Walking Group Locations



Walks begin at 10:00AM



August 6 - Walk to Kennebunk Beach

August 13 - Van to Bridal Path*

August 20 - Van to Rachel Carson*

August 27 - Van to Kport Trust*

* Limited to 14. Van will leave at 9:45



Crochet Classes

**Wednesdays, August 6, 13, 20, & 27
10AM**

Learn to crochet! If you're stuck on a project or have always wanted to learn, Kristin will be there to help every step of the way!

Cost: \$10 payable to instructor

Tai Chi - SECOND SESSION -FULL



Thursdays, August 7, 21, & 28
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 session. Payment due at sign up; cash or check payable to instructor Michael Schwartz



Uno & Rummikub

Fridays, August 8, 22, & 29
10AM

Join us for an exciting morning of classic fun with UNO & Rummikub games! Whether you're a UNO master or a Rummikub strategist, this event is the perfect chance to unwind, socialize, and test your skills in a friendly, competitive environment. **NO SKILL REQUIRED**



Wise Women Wondering
Thursday, August 7, 11AM

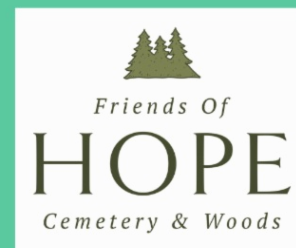
As women of a certain age, we have experienced a great deal thru the last few decades of our lives. Those experiences, both painful and joyful, have made us into the women we are today. You may not consider yourself “wise”, but you have earned that title by enduring the unpredictabilities of life and 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.

NATURALIST WALK

Hope Woods
August 9, 2025
10 - 11:30 A.M.

*Join us for a collaborative
nature walk with The Center,
Hope Woods, and
Kennebunk Land Trust!*



Register at:
info@kennebunklandtrust.org
or visit:
www.kennebunklandtrust.org

WELLNESS WALKS SPONSOR:



KLT PRINCIPAL SPONSOR:



Medicare 101
Monday, August 11, 10AM

Please join Miranda Butler, a local independent insurance agent specializing in Medicare. Miranda will be discussing the ABCD's of Medicare. Medicare 101 is intended to educate people about when to apply, what age, and the different parts of Medicare.



Fun with Flowers
Monday, August 11, 12PM

Come and create a lovely summer flower centerpiece! Bring your favorite vase, all other supplies provided.

**\$10 fee for supplies. Register by
Friday, August 8.**

BRIDGET'S

COLONY HOTEL
KENNEBUNKPORT

LUNCH BUNCH

TUESDAY, AUGUST 12
11 AM

The Colony Hotel



RSVP BY
JULY 18

MAX OF 14, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR
OWN BILL.



**IS IT YOUR SUMMER TO DECLUTTER?
DONATE YOUR ITEMS TO THE CENTER!**



ANNUAL PORCH SALE

**FRIDAY & SATURDAY,
AUGUST 15 & 16, 2025**



ITEMS WE ACCEPT:

**Tables, desks & chairs, bookshelves & shelving,
artwork & home decor items**

Items can be dropped off at the Center
**WEDNESDAY AND THURSDAY,
AUGUST 13 & 14, 9am - 3pm**



ITEMS WE CANNOT ACCEPT:

**Clothing & Jewelry, electronics & lamps,
glassware & dishes, tools & garden equipment**



207.569.0999
65 Portland RD
thedailysweatkennebunk@gmail.com



JOIN US FOR CLASS: August 18 10A

45 minutes chair yoga + discussion of offerings

about us

at The Daily Sweat, we believe in the power of intentional movement, mindful recovery, and community connection. our mission is to create a welcoming space where individuals can build strength, restore balance, and reconnect with themselves—physically, mentally, and energetically. with the addition of our temperature-based therapies—including sauna, steam, cold plunge, and float—we invite you to deepen your wellness practice through immersive experiences that support resilience, recovery, and renewal. whether on the mat or in the spa, we are here to help you feel grounded, empowered, and well.

class offerings

sweat + shake (barre)
sweat, shake + bounce (mini trampoline)
advanced bounce (mini trampoline)
sweat + flow (heated vinyasa)
sweat hot remix (26+2)
sweat + sculpt (heated yoga sculpt)
sweat + strength (heated strength + cardio)
the daily restore (restore + yin)
frames (workshop)
weekly yoga nidra + meditation

float + sauna

recovery cove:
finnish sauna
cold plunge
steam room
float tank therapy



PAINT & SIP

Mandala Tote Bags

AUGUST 18, 2025 | 5:00PM

**Choose from the option of 1 tote bag or 2
wine bags to create a beautiful, relaxing
mandala on**

Wine courtesy of Wine House on Main

\$40 per person includes supplies





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

Community Cafe

Tuesday, August 19 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by
Love of Food & Drink

Garden Salad
Seafood Sauté
Brown Rice
Mini Cheesecake

Open to all Maine Residents 60+
RSVP: 207-967-8514 by August 15

Suggested Donation \$8.00
Kindly pay cash day of event



J. McLAUGHLIN

YOU'RE INVITED: SUMMER TRUNK SHOW

Hosted by Bridget Dempsey

Shop new arrivals and enjoy
personal shopping and styling!

FRIDAY, AUGUST 22ND
11AM - 5PM

JOIN US!

THE SPAULDING CENTER FOR ACTIVE LIVING
175 Port Road • Kennebunk, ME

10% of sales will benefit
Spaulding Center for Active Living

*For personal styling and shopping, please contact
J. McLaughlin in Wells: 207.641.4993*

Sunset Cruise to Perkins Cove

on the F/V Nor'easter
Monday, August 25
4-8PM

Steam to iconic Perkins Cove with us on the F/V Nor'easter! We will board the ship at the dock next to the Pilot House at 3:45. When we arrive in Ogunquit, you may leave the boat and explore the village, have a drink at one of the many restaurants, shop, enjoy an ice cream cone or lobster roll, walk the Marginal Way etc. Return to the boat by 6:45pm for the trip back to Kennebunkport.

SPOTS LIMITED. RESERVE YOUR TICKET TODAY

\$40 per person



BRIDGET'S

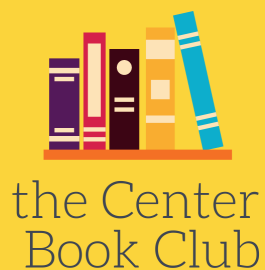
LUNCH BUNCH & SHOPPING

TUESDAY, AUGUST 26
11 AM - 2 PM

Green Leaves Chinese
Restaurant & Lounge

RSVP BY
AUGUST 20

WE WILL BE TAKING THE VAN TO YORK FOR LUNCH BUNCH,
WITH SHOPPING IN KITTERY AFTERWARDS. **MAX OF 14,**
PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL.
\$5 FOR TRANSPORTATION



Book Club
Wednesday, August 27, 1PM

Join us each month to chat with fellow
bibliophiles about this month's selection!
August's selection is *Silas Crockett* by
Mary Ellen Chase.



Social Club
Thursday, August 28, 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.



**MINI-GOLF
AND
ICE CREAM**

**THURSDAY, AUGUST 28
10AM-1PM**

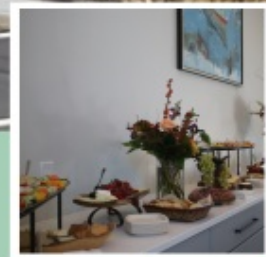
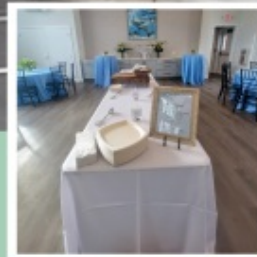
**\$15 PER PERSON
INCLUDES TRANSPORTATION
AND MINI GOLF TICKET**

BIG DADDY'S ICE CREAM AT YOUR OWN EXPENSE

LIMITED TICKETS AVAILABLE

**Click here to view the Full August
Calendar!**

Symphony Hall at Spaulding Center



Rental Venue

- Located in Picturesque Lower Village, Kennebunk
- NEW 1,000 sq. ft. Function Room
- Private Outdoor Courtyard Included
- Preferred Vendor List Provided
- Round Tables & Chivari Chairs Included
- Catering Kitchen
- 17 ft. Built In Buffet
- \$500 Rental Fee
- (50) Guest Capacity
- Weekend Availability
- 2025 & 2026 Dates Available



175 Port Rd., Kennebunk, ME | seniorcenterkennebunk.org | 207-967-8514
director@seniorcenterkennebunk.org

The Spaulding Center for Active Living presents...

Discover Canyon Country

April 17 – 24, 2026



SPECIAL TRAVEL PRESENTATION

Date: Tuesday, July 22, 2025 Time: 1:00 PM

Spaulding Center for Active Living, 175 Port Rd. Kennebunk, ME
Second presentation will be on September 18, 2025 at 2:00 PM



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

collette

More Information

Explore Greece Island Hopper

featuring Athens, Mykonos, and Santorini

October 14 — October 24 2026 • 11 Days • 14 Meals



Highlights

Acropolis of Athens & The Parthenon, Taverna Dinner Show, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

[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.***

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.***

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*

Cecilia Finlay
*Community Engagement
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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Heating Oil and Propane



The **M&T** Charitable Foundation



Silver

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Center for Health & Rehabilitation

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feel better, brighter &
stronger.

158 Ross Rd.
Kennebunk, ME
207.985.7141



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Registered Investment Advisors

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Capital Management

For nearly 30 years, Charter Oak has supported the wealth management needs of New England's top earners.

With offices in Portsmouth, NH, Kennebunk, ME, and Portland, ME, the firm has 5 partners, 16 employees, and currently manages approximately \$1b in assets.

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and **co.**

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Bronze

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**KITCHEN
CHICKS**
CATERING

Church on the Cape
United Methodist Church



3 Langsford Road
Cape Porpoise, Maine
207-967-5787

Community



**Life is better
with friends.
And fun.**

At Atria Kennebunk, residents enjoy opportunities to stay active, learn and celebrate in the warm company of neighbors, every day.

Call 207.985.5866 to schedule a visit.

Atria KENNEBUNK

Independent Living | Assisted Living | Memory Care
One Penny Lane | AtriaKennebunk.com

COFFEE ROASTERS
Of The
KENNEBUNKS

163 Port Rd., Lower Village, Kennebunk



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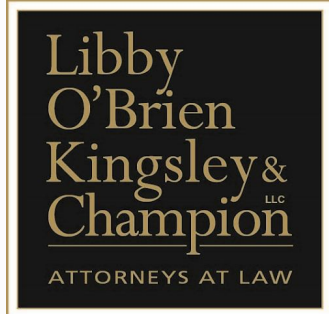
Care How, When, and Where
You Want It

- Direct Personal Care
- Companionship
- Transportation
- Social, Mental, & Emotional Support
- Safety Planning
- Dementia Training
- Meal Prep
- LCSW and RN services

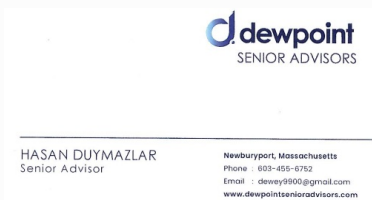
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www.corhealthservices.com

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Newsletter



175 Port Road
Kennebunk, ME 04043
seniorcenterkennebunk.org





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