



July 1, 2026

207-967-8514

Things Are Heating Up In July



On behalf of the Spaulding Center Board and staff, we extend our sincere gratitude to our benefactor, Deb Fitts, for generously establishing the new Art, Culture, and Education (ACE) Fund. This vital support will enrich our members' lives through art, cultural exploration, learning, and creative growth. The ACE Fund will significantly subsidize the cost of workshops, programs, and outings, making it easier for members to try something new. Each month, we will identify which programs are funded or subsidized by the ACE Fund.

Deb has been closely connected to the Center and its mission. She served as the Executive Director for ten years, from 1990-2000, under her leadership, the Center raised \$1 million for its Endowment Capital Campaign in 1995.

Thanks again, Deb, we are incredibly grateful for this gift.



Deb Fitts with Former President George H.W. Bush, former First Lady Barbara Bush, founders Annie and Hank Spaulding, and several community members circa 1995 during the endowment campaign.

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 - Assisted Living Locators

Shawn Shambo has over 30 years of experience as an Occupational Therapist Senior Care Advisor. His practice has always been focused around homes and living situations for seniors. Shawn's depth of experience makes him well-suited to understand the importance of maximizing independence and cultivating a sense of self-worth, which is always his first goal when helping his clients find a best fit in a new home. Assisted Living Locators of Maine has more than 30 years of experience working with seniors. Senior living is complicated. Having a team of support to make the process effortless makes a difference. If we can take what has potential to be a complicated, exhausting situation and make it simple then we have done our jobs. We know MaineCare and private pay options in communities off the top of our heads so you won't need to make a thousand calls.

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, July 3rd in observance of Independence Day. We will be closing at 12pm Fridays 7/10, 7/17, 7/24, & 7/31.



**Men's Coffee and Conversation
Mondays, July 6, 13, 20, & 27
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, July 6, 13, 20, & 27
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.

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

175 PORT ROAD, KENNEBUNK
207-967-8514
WWW.SENIORCENTERKENNEBUNK.ORG



Strength and Balance with Serina Wednesdays, July 1, 8, 15, 22, & 29 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 WEDNESDAY 10:00-10:40 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 JULY 9 - AUGUST 27

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.



Special Spaulding Center Outing

Lavender Hill Farm

Thursday, July 2
12pm-3:30pm

Join us for
a lovely experience to include:

Lavender Harvesting Demonstration
Visit with Milken, Sheep Ambassador
Walk the Labyrinth
Enjoy Fresh Lavender Lemonade
Visit to Farm Store

*Each Guest will receive a bundle of lavender
to take home*

\$35 pp

14 spaces available
Please RSVP with
payment

****includes van transportation
from Spaulding Center**



AMERICANA PICNIC

A Lunch & Learn with
Huntington Common & Extended Family



FRIED CHICKEN
POTATO SALAD
BAKED BEANS
PIE

Location:
Spaulding
Center for
Active Living

TUESDAY, JULY 7
12 PM
MUST RSVP BY JULY 2



Wise Women Wondering
Thursday, July 9, 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.

POETRY IN THE SPAULDING CENTER

Friday, July 10, 2026 1:00-3:00 P.M. 175 Port Road, Kennebunk

Maya Stein



Maya Stein is a poet, writing facilitator, and creative adventuress. She has kept a short-form writing practice, “10-line Tuesday,” for over 20 years, sending out a 10-line poem each week to more than 2,500 readers. Her latest book is *“Margin Release: An Incomplete Memoir.”* She served as Poet Laureate of Belfast, Maine 2023-2025 and is the Director of Belfast Poetry Festival.

Ralph Culver



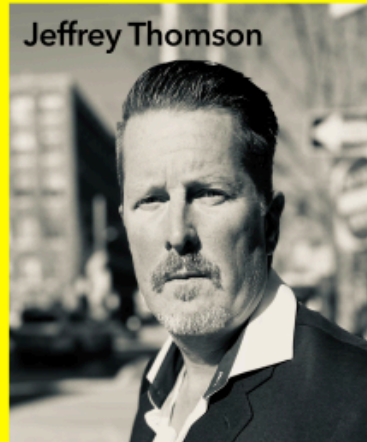
Ralph* will read in honor of his legendary friend, Paul S. Nelson.

Nancy Sobanik is a Best of the Net and Pushcart nominated poet. She was a finalist in the 2026 MWPA Maine Chapbook Series. Her collection *“The Unfolding”* was released by Finishing Line Press in May. She lives in Lyman ME.

Nancy Sobanik



Jeffrey Thomson



Jeffrey Thomson is a poet, memoirist, translator, and editor, and author of ten books, including *Museum of Objects Burned by the Souls in Purgatory* (Alice James Books 2022). He is professor of creative writing at University of Maine Farmington.

The Spaulding Center
175 Port Road
Kennebunk, ME 04043
Free + Refreshments.

*Ralph Culver divides his time between western New York and Vermont. His last collection of poetry was the highly praised *A Passable Man* (MadHat Press, 2021). His new book *This to This* is forthcoming in 2026.

In loving memory of

Paul S. Nelson July 19, 1934 ~ February 27, 2026

BIRD BANDING DEMO

**AT WELLS RESERVE AT
LAUDHOLM FARM**

*Learn about the data the bands record,
and also fascinating natural history
information about the birds temporarily
caught in the researchers mist nets!*



07/14/26

**MEET AT WELLS
RESERVE AT 7:45AM**



wellsreserve
at laudholm

Wells National Estuarine
Research Reserve

Protein Needs as We Age



Wednesday, July 15 at 10:00am

Discover why protein becomes even more important as we get older. In this class, you'll learn how protein supports strong muscles, healthy bones, energy, and independence, along with simple, affordable ways to include more protein in your everyday meals and snacks. Perfect for older adults looking to stay strong and healthy through good nutrition.

\$5 payable to instructor, Serina Ruggeri

hiking club

In the northern tip of North Berwick lies Bauneg Beg Mountain Conservation Area, consisting of 89 wooded acres with two miles peaceful trails, surprising rock formations and a panoramic view. A network of trails winds through deciduous forests, beech and pine groves, and through a large boulder section known as Devil's Den before coming out to Middle Peak and a 180 degree view to the north.

\$5 for van transportation

FRIDAY
JULY 17
9 AM - 12 PM

14 SPOTS
AVAILABLE IN VAN

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



Dewey's Travel Talk Monday, July 20, 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:

A decorative border featuring various watercolor-style flowers and greenery, including pink and orange blossoms, blue and green leaves, and small black berries, framing the central text.

The logo consists of a central white circle surrounded by eight green, teardrop-shaped segments arranged in a ring.

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

Community Cafe
Tuesday, July 21 at 12pm

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

BBQ Pulled Pork with Roll
Coleslaw
Baked Beans
Corn
Watermelon Slice or Peach Crisp

Open to all Maine Residents 60+

RSVP by July 17
207-967-8514

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

BUBBLES, BITES, AND CRAFTS

Wednesday, July 22, 5-7PM

Paint Your Own Flower Canvas



Includes bubbly, lite bites, materials,
and instruction by Kathy Sikes

A \$10 out-of-pocket cost is half of the \$20 total,
thanks to a 50% subsidy from the ACE Fund.

\$10 payment is due at sign up.





LET'S CELEBRATE CHRISTMAS IN JULY!

Jingle & Mingle
at our *Frist Annual*
White Elephant Exchange

THURS **23** JULY

AT 11:30 AM

SPAULDING CETER FOR ACTIVE LIVING

Please bring one unwrapped
item you would like to re-
purpose to swap!

Christmas Cookies will be served!



BRIDGET'S

LUNCH BUNCH

TUESDAY, JULY 28
10:45 AM

Stage Neck Inn, York



RSVP BY
JULY 24

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



MONTHLY LUNCHEON

Sponsored by Avita

BBQ

Party



Pasta Salad
Potato Salad
BBQ Chicken

Hamburgers & Cheeseburgers
Strawberry Shortcake
Iced Tea & Lemonade

29 July : **Spaulding Center** : **\$15**
2026 : **175 Port Rd, Kennebunk, ME** : **per**
12PM : **RSUP REQUIRED BY JULY 24** : **person**
: **207-967-8514**



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.

RUFUS PORTER FOLK ART MUSEUM DAY TRIP

THURSDAY, JULY 30
9:00AM - 3:00PM

Museum admission and van
transportation covered by ACE fund
Lunch cost on own



Founded in 2005, the Rufus Porter Museum of Art and Ingenuity, located in Bridgton, Maine, features the history of a remarkable 19th century New Englander, Rufus Porter (1792-1884). Porter is well-known in the folk art community for his landscape murals and miniature portraits, however, Porter was more than just a painter. He was the founding publisher and editor of the magazine Scientific American as well as inventor, writer, teacher and more.



Social Club
Thursday, July 30, 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.

[Click here to view the Full July 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.


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

"Other caregivers have made me feel normal" - Ann

"Our support 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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Spaulding Center for Active Living presents...

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with Optional 3-Night Istanbul Post Tour Extension

October 14 – 24, 2026



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& Save
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Per Person

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For more information contact
Bridget Dempsey
Spaulding Center for Active Living
(207) 967-8514
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

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.

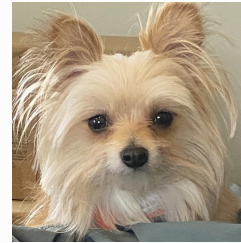
OUR STAFF

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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Community



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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.

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Newsletter

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Every plan of care is customized, flexible, and responsive—because no two clients are the same.

Care From the Heart – Elevated by Experience

With over a decade of service to Maine families, COR Health delivers care that is reliable, refined, and relationship-driven.

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