



September 1, 2026

207-967-8514

Fall Into Fun & Wellness

September is here, bringing cooler mornings, beautiful days, and a fresh start as we head into fall! It's the perfect time to get back into a routine, try something new, and make time for your health and well-being. Fall is a wonderful season to start—or restart—a wellness and fitness routine, and we have plenty of opportunities to help you stay active, connected, and engaged.

There's lots happening at the Spaulding Center this month, including several off-site programs and outings that give us a chance to get out and enjoy all that our community has to offer. We're also excited to have a strong focus on the arts, including our Art in the Kennebunks show over Labor Day weekend, featuring wonderful work from local artists and our own Sage Brushes group. We hope you'll stop by, enjoy the artwork, and support the talented artists in our community!

We're also making a small schedule change to one of our popular wellness programs. Chair Yoga is moving to Friday mornings, making it a great way to stretch, move, and start your weekend feeling your best.

September is also a good time to think about staying safe and confident behind the wheel. If you've been meaning to refresh your driving skills, consider signing up for our AARP Safe Driving Course. It's a great opportunity to brush up on your skills, learn helpful strategies for today's roads, and keep yourself—and others—safe.

Whether you're looking to get moving, get creative, explore somewhere new, learn something useful, or simply spend time with friends, there's something for everyone this month. Take a look through the September newsletter, mark your calendar, and come join us—we'd love to see you!

IRISH SPLENDOR

IMAGINE SPENDING
ST. PADDY'S DAY 2027 IN IRELAND
AT THE CLIFFS OF MOHER!

Embark on the trip of a
lifetime
with
the Spaulding Center
and Collette Travel!



**10 SEATS LEFT! RESERVE YOUR
SPACE BY SEPTEMBER 12!**

**8 DAYS * 9 MEALS \$3999 PP DOUBLE
March 12-19, 2027**

DON'T MISS THIS OPPORTUNITY TO VISIT THE BLARNEY CASTLE AND KISS THE STONE

Package Includes: Ground transportation to/from Logan airport, airfare,
4-star hotel accommodations, guided tours, and much more!

PACKAGE HIGHLIGHTS

- 2 NIGHTS DUBLIN
- 2 NIGHTS KILLARNEY
- 1 NIGHT ENNIS
- 1 NIGHT CASTLE CABRA
- TOUR GUINNESS STOREHOUSE
- ROCK OF CASHEL
- DINGLE PENINSULA
- WHISKEY DISTILLERY TOUR

FOR MORE INFORMATION CONTACT

BRIDGET DEMPSEY (207) 967-8514

WWW.SENIORCENTERKENNEBUNK.ORG

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 - Kennebunk Savings Bank



At Kennebunk Savings, we are guided by our core values of Trust, Integrity, Proactive, and Empathy. As such, we are committed to our “mutuality” and our role in the communities that we serve in Maine and New Hampshire. Because it is owned by a mutual holding company, Kennebunk Savings Bank is not publicly traded. As a result, Kennebunk Savings’ earnings and net worth are for the ultimate benefit of its depositors. Its depositors are represented by customers (corporators of the mutual holding company) who elect a board of directors to govern the institution for their mutual benefit. Our status as a mutual financial institution allows Kennebunk Savings to truly serve its customers, the community and its employees – something we’ve been proud to do for over 150 years.

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.

We will be CLOSED for programming Monday, September 7 in observation of Labor Day.



Men's Coffee and Conversation
Mondays, September 14, 21, & 28
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, September 14, 21, & 28
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

Open Game Day

Tuesdays
1:00–3:00



Join other members
for an exciting
afternoon of card and
board games. Choose
from our extensive
selection or bring one
of your own!

*Scrabble, backgammon,
chess, Uno, Ticket to Ride,
Rummikub, && more*



Strength and Balance with Serina
Wednesdays, September 2, 9, 16, 23, &
30
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 MONDAY & WEDNESDAY 10:30-11:10 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

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 pre-pay

\$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



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

Cardio Dance & Core Strength

A COMBINATION CLASS OF CARDIO DANCE FOLLOWED BY CORE STRENGTH

Cardio Dance is a cardiovascular workout utilizing dance-based low-impact movement set to great music. Benefits include heart health, improved coordination and balance, boost mood and help with memory recall.

Core Strength is works your abdominal, pelvic, mid and lower back, and hip muscles. Exercises can be done in a chair or on a mat (bring your own mat). Benefits include improved posture, better balance, reduced back pain and easier breathing.



FRIDAYS @ 9AM

\$5.00

per class payable to instructor

Please bring water and wear athletic footwear.



Gentle Vinyasa Chair Yoga with Leslie
Friday, September 4, 11, 18, & 25
10AM

SAME CLASS, NEW DAY

Slow down, breathe deeply, and reconnect with your body. In this class, Leslie guides students mindful movement, supported stretches, and calming breath work to build strength, improve flexibility, and leave feeling refreshed.



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.

FLORENCE DAMON
**SERENITY
GARDEN**

DEDICATION & RIBBON CUTTING

WEDNESDAY, SEPTEMBER 2
11AM

REFRESHMENTS PROVIDED

RSVP BY SEPTEMBER 1

Art — IN THE — Kennebunks

ART SALE AND SILENT AUCTION



OPENING RECEPTION

FRIDAY,
SEPTEMBER 4
4-7PM

Light refreshments provided

FEATURING WORK FROM LOCAL ARTISTS
AND SPAULDING CENTER ART GROUP

SageBrushes!

GALLERY OPEN

SATURDAY,
SEPTEMBER 5
10AM-2PM

SUNDAY,
SEPTEMBER 6
10AM-2PM

Proceeds to benefit



175 PORT ROAD, KENNEBUNK, ME 04043

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



Wise Women Wondering Thursday, September 10, 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.



EVERYTHING YOU WANTED TO KNOW ABOUT ACUPUNCTURE BUT WERE AFRAID TO ASK

Thursday, September 10, 2-3PM

What we'll talk about

- **Do the needles hurt?** The honest answer – and what a treatment is actually like.
- **Is it safe?** What the research says, and who shouldn't have it.
- **Can it help what I've got?** Joint pain and arthritis, back and neck pain, sleep, digestion, neuropathy and numb feet, headaches, stress.
- **What about during and after cancer treatment?** Nausea, fatigue, neuropathy, and pain.
- **Who pays for it?** What Medicare does and doesn't cover, what private insurance covers, and how veterans can be covered through the VA.
- **And whatever you want to ask.** The last part of the hour is yours.

About Donald

Donald Charlson grew up in midcoast Maine and served in the Army as a flight medic in Germany, crewing Hueys and Blackhawks. He has been a registered nurse for over 30 years and has practiced acupuncture for nearly 30 years. He is the founder of Maine Zen Den Acupuncture & Wellness in Kennebunk, which is part of the VA Community Care Network.



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save money on your car insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE IS A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

DATES & TIMES

2-DAY COURSE (Both days are required)

FRI, Sept 11th 10am-12pm

FRI, Sept 18th 10am-12pm

LOCATION

Spaulding Center
175 Port Rd
Kennebunk, ME 04038

** 4 hour course, must attend both sessions*

REGISTER NOW

Register and pay online:
www.aarpdriversafety.org

OR Call:
(207) 967-8514

**space is limited*

COST

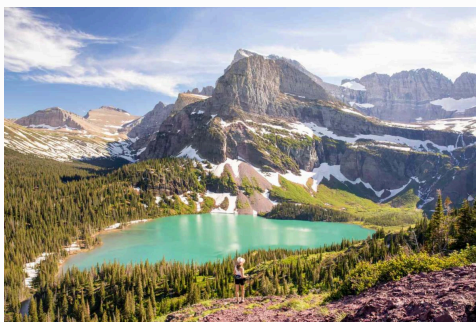
\$20 for AARP members

\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit aarp.org/driving36
or call **1-888-773-7160**

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



Dewey's Travel Talk Monday, September 14, 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:



MAINE COASTAL CRUISERS CAR SHOW



TUESDAY, SEPTEMBER 15

11:00AM - 1:00PM | 175 PORT RD., KENNEBUNK

*weather permitting

Maine Coastal Cruisers is a social club of car enthusiasts based in Biddeford and surrounding areas. Members participate and enjoy cruise-ins, social get togethers, parades, and many area car shows. We also support local charitable organizations throughout the year. Several members are NSRA certified and conduct safety inspections. Our club accepts all vintage, classic, modified, and special interest vehicles.



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

Community Cafe

Tuesday, September 15 at 12pm

Hosted at: Spaulding Center
175 Port Road, Kennebunk

Lunch Buffet Menu catered by
Love of Food & Drink

Roast Pork Dinner with Apples & Onions
Mashed Sweet Potatoes
Green Beans
Pumpkin Bread Pudding

Open to all Maine Residents 60+

RSVP by September 11
207-967-8514

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



Castle in the Clouds *Garden Tour*

FRIDAY, SEPTEMBER 18

8:30AM - 3:30PM

\$25 per person

Includes admission and van transportation

Lunch on own at Carriage House Restaurant

LIMITED TO 14



MEN'S LUNCH BUNCH

TUESDAY, SEPTEMBER 22



Bull 'n Claw
12:30 p.m.

Registration is REQUIRED

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

BUBBLES, BITES, AND CRAFTS

Wednesday, September 23, 5-7PM

Origami Butterfly Tree



Bubbly, lite bites, and materials provided

\$20 Due At Sign Up

*100% of proceeds will be donated to Caring Unlimited, York County's Domestic Violence Resource Center offering direct support and safety planning services to anyone impacted by domestic violence, along with prevention education, training, and professional consultation.

MUSEUM OF FINE ART DAY TRIP

**\$60 PER PERSON DUE
AT SIGN UP**

09.24.2026

LUNCH ON OWN

PLEASE MEET AT WELLS TRAIN
STATION NO LATER THAN
7:45AM

**\$20 OF \$80 TOTAL
COVERED BY ACE**

WE WILL RETURN INTO WELLS
AT 7:10PM

*LIMITED TO 20 PARTICIPANTS



**bergen
parkinson**
ATTORNEYS

www.bergenparkinson.com

Keep it Legal
Thursday, September 24, 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 your time!



Social Club

Thursday, September 24, 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.

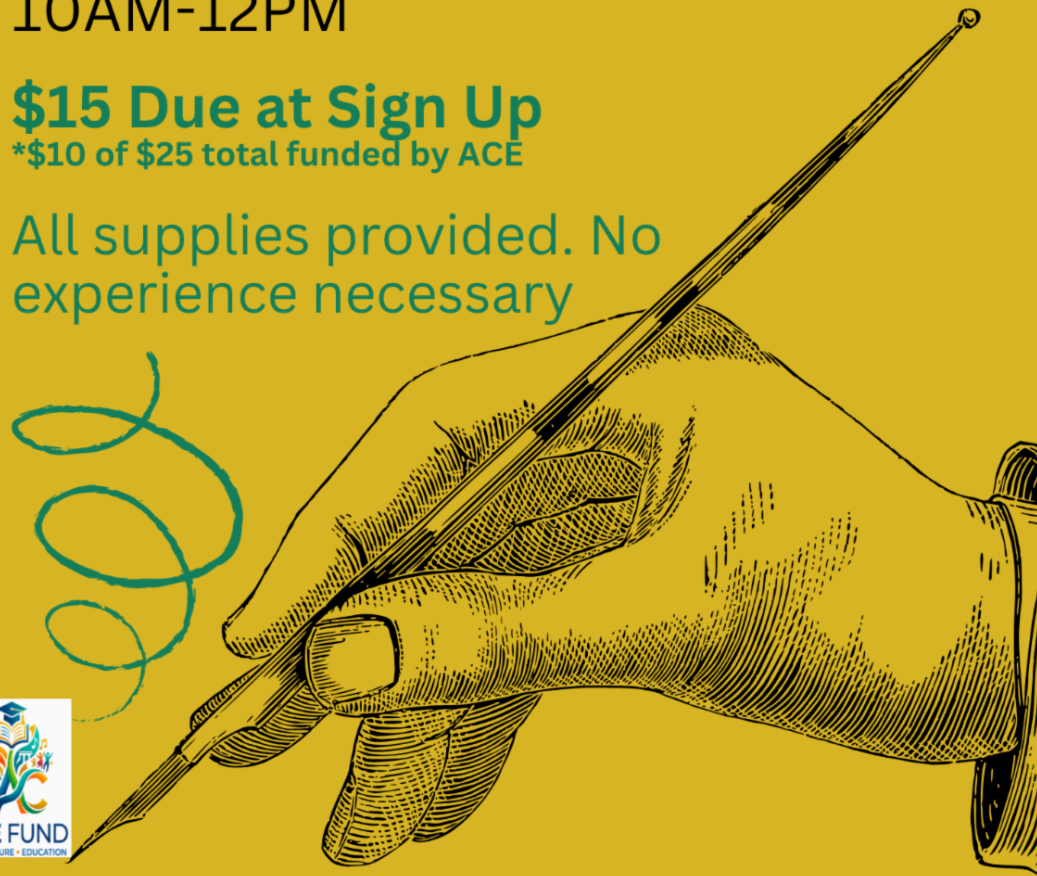
LEARN TO *Calligraphy* WORKSHOP

September 25
10AM-12PM

\$15 Due at Sign Up

*\$10 of \$25 total funded by ACE

All supplies provided. No
experience necessary



American Red Cross



Give blood.

Blood Drive

**Kennebunkport Community
Spaulding Center for Active
Living**

In the Event Space
175 Port Rd
Kennebunk, ME 04043

**Friday, September 25, 2026
11:00 a.m. to 4:00 p.m.**

hiking club

CASCADE FALLS TRAIL

This historic area has been popular since the late 1800's for picnicking, fishing, hiking and viewing the falls. The Trout Pond Loop is a gently sloping trail surfaced with stone dust that allows easy access for wheelchairs, elderly and children. Eventually, the trail turns away from the brook and follows a rise to an open area. From here you can turn to the left where there is a steep trail to the base of the falls. The trail to the base is unimproved and quite steep so take care. When you reach the bottom, you'll be rewarded with a spectacular view of the falls.

\$5 for van transportation



**FRIDAY
SEPTEMBER 25
12 PM - 3 PM**

**14 SPOTS
AVAILABLE IN VAN**

Van departs the Spaulding
Center at 12PM, we will
return by 3PM



COLONY HOTEL
KENNEBUNKPORT

BRIDGET'S

LUNCH BUNCH

MONDAY, SEPTEMBER 28
12:30 PM

Colony Hotel Marine Room



RSVP BY
SEPTEMBER 25

MAX OF 14, PARTICIPANTS WILL BE RESPONSIBLE FOR THEIR OWN BILL. **NO VAN CHARGE, VAN WILL LEAVE AT 12:15**



the Center
Book Club

Book Club
Wednesday, September 30, 1PM

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

September you will read a book of your choosing and bring it to share!

[Click here to view the Full September 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.

You do not need to be a Spaulding Center member to attend.

"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

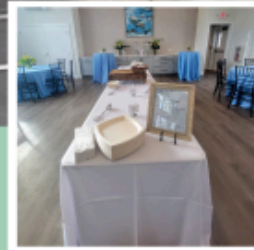


(207) 967-8514



www.seniorcenterkennebunk.org

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...

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.

**Thank you to our generous
sponsors**

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Gold





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Heating Oil and Propane

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 **Kennebunk**
Center for Health & Rehabilitation

The care you need to
feel better, brighter &
stronger.

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Kennebunk, ME
207.985.7141



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Bronze



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Casco Bay Investment Group
of Wells Fargo Advisors
Susan Gilpatric, AAMS[®]
Financial Advisor
254 Commercial Street, St. 257
Portland, ME 04101
Direct: (207) 776-6218
susan.gilpatric@wellsfargo.com
<https://home.wellsfargo.com/advisors/>
susan.gilpatric

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Little River
Antiques & Estate Sales, LLC

Saundra F. Gnidgejko, Owner

(207) 751-6466 sfgnidgejko@gmail.com

12 Middlebrook Drive Arundel, ME 04046
www.antiquesandestatesalesme.com



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



dewpoint
SENIOR ADVISORS

HASAN DUYMALZAR
Senior Advisor

Newburyport, Massachusetts
Phone : 603-455-6752
Email : dewey9900@gmail.com
www.dewpointsenioradvisors.com



SAXONY IMPORTS

SOUVENIRS
AND GIFTS
BY THE BRIDGE



**Edward
Jones**



Taylor Dimick, CFP



Kennebunk, ME

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Compassionate, Modern Dental Care



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VETERINARY HOSPITAL



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Monthly Mortgage Payments***

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- Looking to access tax free cash?
- Thinking about purchasing a new home?

**Learn more about a
Reverse Mortgage**



Robert Fiore
Loan Officer | NMLS #1215761

M: 203.980.9257
rfiore@guildmortgage.com



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mortgage
OWN WHAT MATTERS



Newsletter

COR HEALTH

Care – Elevated, Personalized, and On Your Terms

Concierge Home Care

Thoughtfully designed support for adults and families who value dignity, consistency, and exceptional care – delivered when, where, and how you want it.

Call to connect with our care team
207-544-4143

Elevated Home Care Services

Personal care services provided by experienced, certified Concierge Care Assistants, expertly trained to support both everyday needs and complex care situations.

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.

960 Forest Ave., Suite 207 – Portland, ME 04103
www.corhealthservices.com | info@corhealthservices.com

Scan to learn more about our services

bergen parkinson
ATTORNEYS

www.bergenparkinson.com

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174 Port Road
Kennebunk Maine
04043

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design.fleurant@gmail.com

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04043

Tel: 207-967-4242
design.fleurant@gmail.com



gentiva
HOSPICE

**175 Port Road
Kennebunk, ME 04043**
seniorcenterkennebunk.org



the Center - Seniors.Connections.Community. | 175 Port Road | Kennebunk, ME 04043 US

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