



March 1, 2026

207-967-8514

## Celebrate, Create, and Connect This March

As the days grow longer and hints of spring begin to appear, March brings a renewed sense of energy, creativity, and connection to our community. With warmer days just around the corner, we're excited to welcome a month filled with festive celebrations, new opportunities to gather, and favorite weekly activities.

Get into the spirit of the season with St. Paddy's Day Flower Arranging on March 16, followed by a Traditional St. Patrick's Day Lunch on March 17, sure to bring plenty of Irish cheer and good company.

We're also thrilled to introduce "Stitch and Chit Chat," meeting on the 2nd and 4th Thursdays, a relaxed and welcoming space for all of our sewing enthusiasts to work on projects, share ideas, and enjoy conversation together. For those looking to start the week feeling refreshed and energized, Mat Yoga is beginning every Monday morning — a wonderful way to stretch, strengthen, and center yourself.

And due to overwhelming popularity, Bridget's Lunch Bunch will now be offered twice this month! To give as many members as possible the chance to participate, we kindly ask that each member sign up for **one** Lunch Bunch only.

We look forward to celebrating the arrival of spring with you — filled with friendship, creativity, and plenty of reasons to gather together.

**Beginning March 1, 2026, a minimum transaction amount of \$25 will be required for all credit card charges. We appreciate your understanding as this change helps offset processing fees and allows us to continue offering quality programs and services to our members. Multiple program fees can be added together to meet this**



*Thank you to Norway Savings for continuing to support the Spaulding Center. Your generosity is greatly appreciated.*



*Members Lisa Randall and Russell Young*

## Membership Dues—Important Information

Our 2026 annual membership dues will increase from \$75 to \$100. This adjustment is necessary to continue providing the high-quality programs, services, and support that our members have come to expect. We understand that any adjustment in dues can be a concern and want to assure you that this decision was made after careful consideration of the rising costs of resources.

Membership invoices will be emailed during the first week of January. To accommodate this adjustment, members will have until **March 31, 2026** to pay their dues.

Please reach out to Bridget if you have any questions regarding this change. We sincerely appreciate your continued support and understanding.

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### 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.

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### 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.

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## Sponsor Spotlight - Arcadia New England Home Care



**Arcadia**  
NEW ENGLAND®

**Home Care**

*Where Home and Care Live*

Since 1998 Arcadia New England has offered an incomparable level of quality personal In-Home Care Services to families and their loved ones. Arcadia New England matches the ideal caregiver with the specific needs of each of our clients – unmatched personal service and attention you can depend on. We believe keeping people at home where they are most comfortable is what helps them heal best, and keeps them healthier longer. These values are what our clients have come to trust, and our standards are evident in everything we do, every day. With qualified care providers throughout Maine, New Hampshire and Massachusetts, whether your needs are a little or a lot, let us provide the professional care, personal assistance, and companionship your loved one needs for the quality of life they deserve.

Arcadia New England caregivers are local, trained healthcare and comfort-care professionals who provide necessary care services and personal assistance in our client's homes. We thoroughly assess each client's needs ahead of time, so that we can match just the right caregiver with each client. Highly trained and screened, our staff will provide the best medical and personal care with compassion as well as technical expertise. Because they live locally themselves, our caregivers are familiar with local businesses and culture, making them a more comforting fit for people. Individuals can avoid extended hospital and rehabilitation stays, and continue to live independently while getting the help they need to be healthy, safe and feel secure.

## 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.**

**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 due to snow and dangerous driving conditions, the Center is closed.**

***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, March 2, 9, 16, 23, & 30**  
**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.

# Mat YOGA



RHUMDOUL HAS BEEN A YOGA INSTRUCTOR  
SINCE 2011, CERTIFIED IN YINYASA, HATHA,  
KRIPALU, IYENGAR, RESTORATIVE, AYURVEDA,  
AND YOGA DANCE.

MONDAYS, 9:00AM-10:00AM

| \$5 PAYABLE TO INSTRUCTOR

# CARDIO-YOGA-SCULPT

Mondays  
// at 11:00 AM

\$5 per class



Join Sue for this unique fitness blend, combining low intensity aerobics with yoga and muscle toning. Participants get to set their own level of intensity with guidance from the instructor. Get ready to sweat and tone!

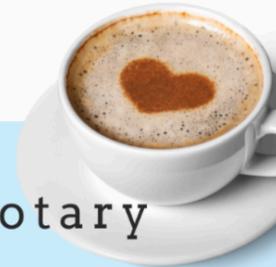


GUESS WHO'S COMING FOR  
**COFFEE & COOKIES**

TUESDAYS @ 2PM



3/3 - Kennebunkport Rotary



3/10 - Kennebunk Land  
Trust



3/17 - Kennebunk Free  
Library



3/24 - International  
Womens Club of New  
England



3/31 - COS



**Strength and Balance with Serina**  
**Wednesdays, March 4, 11, 18, & 25**  
**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.



## TAI CHI THURSDAYS AT 10AM JANUARY 22 - MARCH 12

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 Schwarz

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.



**Afternoon Movies**  
Fridays, March 6, 13, 20, & 27  
1PM

Join us on these chilly afternoons for a movie and popcorn!

6th - Nonnas  
16th - Calendar Girls  
23rd - The Intern  
30th - A Man Called Otto

# **MEN'S LUNCH BUNCH**

**THURSDAY, MARCH 5**



Billy's Chowder House, Wells, ME  
11:30 a.m.

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

Registration is **REQUIRED**



### **Wise Women Wondering Thursday, March 12, 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.



# STITCH AND CHIT CHAT

Bring your own lunch and quilting/cross  
stitch/needlepoint project to work on

\* 2<sup>ND</sup> AND 4<sup>TH</sup> THURSDAYS \*

11:30AM-3:00PM

Social group to offer tips, tricks, and gossip



## St. Paddy's Day Flower Arranging Monday, March 16, 11AM

Come and create a lovely St. Paddy's  
centerpiece! Bring your favorite vase, all  
other supplies provided. **\$15 fee for  
supplies. Register by Thursday, March  
12.**

# 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!



**Join us for a Special Travel Presentation:**

**Monday, March 16 at 1 PM**

Spaulding Center for Active Living, 175 Port Road, Kennebunk

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**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!

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**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

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**FOR MORE INFORMATION CONTACT**

**BRIDGET DEMPSEY (207) 967-8514**

**WWW.SENIORCENTER KENNEBUNK.ORG**



**ST. PATRICK'S DAY  
LUNCH**

**TRADITIONAL CORNED  
BEEF DINNER WITH ALL  
THE FIXINGS**

**TUESDAY, MARCH 17  
12PM**

**\$15 PER PERSON  
DUE AT SIGN UP**

Sponsored By:



# Seacoast Lions Club presents



**FRIDAY, MARCH 20**  
**10AM**

Connecting seacoast seniors with each other! PLUS new topics every month and a fun activity after our chat!

FOR MORE INFORMATION:  
[SEACOASTLIONS@GMAIL.COM](mailto:SEACOASTLIONS@GMAIL.COM)

# BRIDGET'S



LUNCH BUNCH

**FRIDAY, MARCH 20**  
**11:00 AM**

Fogarty's Restaurant



RSVP BY  
MARCH 17

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



# WRITE YOUR OWN

## OBITUARY



**MONDAY  
MARCH 23**

**1:00PM**

Have you ever wondered how your story might be told? This guided, reflective experience invites you to write your own obituary –not as a somber task, but as a meaningful opportunity to celebrate your life, values, and accomplishments. With gentle prompts and supportive guidance, you'll have the chance to capture your journey in your own words, highlighting the moments, relationships, and lessons that matter most to you. It's a thoughtful way to reflect on the legacy you're creating and the story you want to leave behind.



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EMPOWERING OLDER ADULTS  
AND THEIR CAREGIVERS

## Community Cafe

Tuesday, March 24 at 12pm

**Hosted at: Spaulding Center**  
**175 Port Road, Kennebunk**

**Lunch Buffet Menu catered by**  
**Love of Food & Drink**

**Baked Haddock with Lemon Crumb  
Topping**  
**Rice Pilaf**  
**Steamed Broccoli**  
**Lemon Cake Square**

**Open to all Maine Residents 60+**

**RSVP by March 20**

**207-967-8514**

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

# **RUGOSA LOBSTER BOAT TOUR... ON DRY LAND**

**Thursday, March 24  
1:00PM**

We'll cover:

- The lobster boat and fishing equipment
- Lobster Biology and physiology
- Lobster Behavior
- Lobster reproduction and "Love Life"
- Fishing Techniques
- Licensing
- Rules written and unwritten



the Center  
Book Club

## **Book Club**

**Wednesday, March 25, 1PM**

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

March's selection is ***The Measure*** by **Nikki Erlick**.



[www.bergenparkinson.com](http://www.bergenparkinson.com)

**Keep it Legal**  
**Thursday, March 26, 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, March 26, 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.



**Widow and Widower Social Group**  
**Thursday, March 26, 2PM**

Socialize with others who understand the loss of a spouse and the challenges of moving forward. Not a grief group. Not a dating group. Meet like minded people. Develop comradery.  
Dinners - lunches - day trips - or just coffee and conversation.



**Alzheimer's Discussion Group**  
**Thursday, March 26, 2PM**

Please join us for our monthly Alzheimer's discussion group. More information to come.



## **Presentation**

**Friday, March 27  
10:00AM**

Learn about Medicare and Medicaid fraud:

- How do I prevent it?
- How do I detect it?
- How do I report it?



# BRIDGET'S

## LUNCH BUNCH

**FRIDAY, MARCH 27**  
**11:00 AM**

York River Landing  
with Shopping in Kittery

RSVP BY  
MARCH 24

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



**Dewey's Travel Talk**  
**Tuesday, March 31, 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:

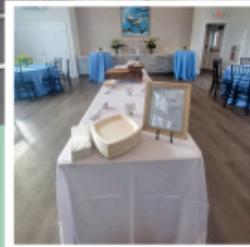


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[Click here to view the Full March Calendar!](#)

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# Symphony Hall at Spaulding Center



## Rental Venue

- Located in Picturesque Lower Village, Kennebunk
- NEW 1,000 sq. ft. Function Room
- Private Outdoor Courtyard Included
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- 2025 & 2026 Dates Available



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[director@seniorcenterkennebunk.org](mailto: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](mailto: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.***

## **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*

### **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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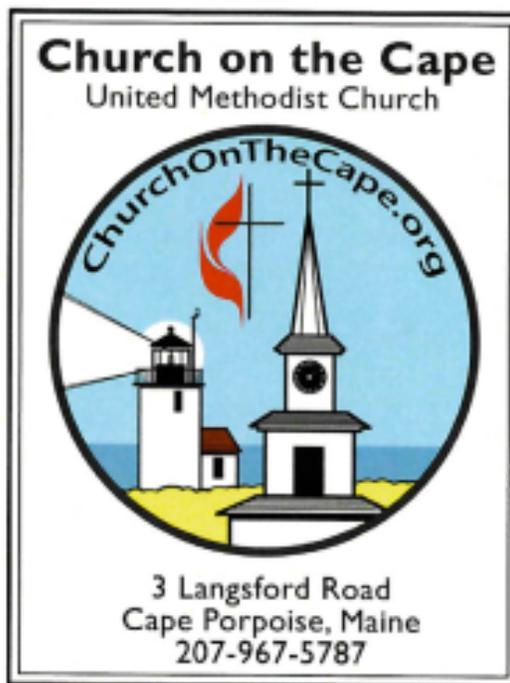


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Community



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with friends.  
And fun.**

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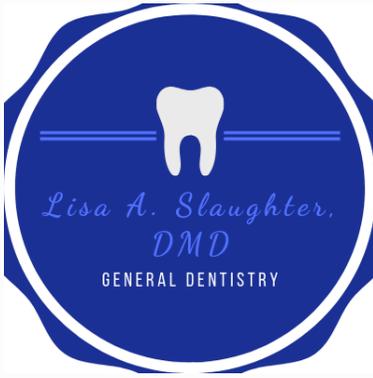
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