



March & April 2020 Newsletter

Good Day Everyone,

I hope this newsletter finds you warm, healthy and happy... ready for early spring....at least based on the groundhog's prediction a few weeks ago!

Thank you to all who participated in our survey about the types of facilities we should consider in the expansion of the Center and the focus of our program offerings. We had a response rate of more than 30%, which is huge. We'll be looking to use the input regarding programing in the current facility and beyond.

Our programming for March and April is chock full– Tai chi will now be offered twice a month based on your response to the initial offerings in January. We'll see a return of Mandy's Mindfulness Workshop, and a new Men's Group will be starting up in March based on your input. We're trying a different approach to bring new and existing members together with our first **Friendly Friday Social Hour** on March 20th at 1:00. Casual gathering with light refreshments to connect!

We are planning 2 different nutritional events in March: our St Patrick's Day Celebration Luncheon on Wed March 11th sponsored by Atria and in honor of March being National Nutrition Month, Huntington Commons is sponsoring the return of a **Healthy Lunch & Learn** with chefs from Sunrise. Following lunch, we will have Dr Barry Salter holding a discussion on healthy aging.

For those who are looking for a little competition and getting into shape for spring and summer, we'll be holding an indoor Corn Hole Competition on Saturday March 28th – while March Madness continues on TV. Please start those stretches now and plan on attending!

April comes alive with our yoga and tai chi programs, book club, Chowder luncheon, flower arranging, Friendly Friday Social hour and an evening offering on April 24th – Memory Lane Music Show hosted by Michael Elliott, our tai chi teacher. It will be an evening of music, musical history from local towns and trivia.

See you at the Center! Keep smilin', Kate

Staff

Kate Jollie
Executive Director

Carol Bousquet
Marketing &
Communications Manager

Natalie Kfoury
Membership & Volunteer
Engagement Coordinator

Center Hours

Monday-Thursday:

8:30-4:00

Friday:

8:30-1:00

Volunteer with Us!

The Center is always in need of dedicated volunteers. If interested, [please click here to contact Natalie Kfoury.](#)

FISH Ride Program

Our FISH Transportation Program volunteer drivers provide 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 Calendars

To find monthly calendars, [go to seniorcenterkennebunk.org](#) and click on "**Newsletter/Calendar**" at the top.

March Programs & Events

Please remember to sign up for any of the following programs that you are interested in attending. This will help us accurately plan for every program.

Keep it Legal - Monday, March 2, 9:00 - 10:30 a.m.

Attorney Milda Castner of Bergen Parkinson will meet with you privately to answer legal questions. For members only. Free. **Call the Center to arrange a 30-minute meeting with Milda.**



Tai Chi - Wednesday, March 4, 9:00 a.m.

Tai chi at the Center classes will be appropriate for all interested—even those new to tai chi. Taught by Michael Elliott, who has practiced tai chi for over 45 years, these classes at the Center will be for members only and will cost \$3 per class. The class will be drop-in, first come, first serve (like our yoga classes).

Blood Pressure Readings - Monday, March 9, 1:45 p.m.

Do you monitor your blood pressure? Would you like a professional reading? We have a Kennebunk Center for Health & Rehabilitation Nurse coming in once a month to provide this service. Free. Sign up at the desk. If you have high blood pressure, there is yoga before the reading if you'd like to see how it could improve your blood pressure. Yoga is drop in at \$3 per person. First class is free.

Men's Group - Tuesday, March 10, 1:00 p.m.

Join us for the first meeting of the Center's Men Group! Introduce yourself and join the conversation on how the group should be run. We will also show an informative TED Talk and invite the group to discuss the video. **If interested in joining the group, please sign-up!**



St. Patrick's Day Luncheon - Wednesday, March 11, 12:00 p.m.

Enjoy a traditional St. Patrick's Day feast at the Center from Atria's new chef! **Sign up is required. Please call to sign-up, there will be up to 25 spots available. Deadline to sign-up is Monday, March 9.**

Due to the success of our Giving Tuesday campaign, this luncheon will be free.



Mindfulness Workshop with Mandy - Tuesday, March 17, 10:00 a.m.

Join the Center's amazing yoga instructor Mandy Nelson for a wonderful workshop on mindfulness! This informative, fun, and refreshing workshop includes a follow-up class Tuesday, March 24. **Cost for workshop and materials is \$15 for members, \$20 for nonmembers, to be collected at the workshop. Space is limited, sign-up required.**



Tai Chi - Wednesday, March 18, 9:00 a.m.

Tai chi at the Center classes will be appropriate for all interested—even those new to tai chi. Taught by Michael Elliott, who has practiced tai chi for over 45 years, these classes at the Center will be for members only and will cost \$3 per class. The class will be drop-in, first come, first serve (like our yoga classes).

SMAA Consultations - Wednesday, March 18, 12:30-3:30 p.m.

Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an afternoon appointment.

Friendly Friday Social Hour - Friday, March 20, 1:00 p.m.

New members and old members at the Center are welcome and invited to join us for Friendly Friday Social Hour! This is a great opportunity to meet new friends and connect with fellow members. Light refreshments and coffee will be provided. **Sign up required.**

Huntington Healthy Lunch & Learn - Tuesday, March 24, 12:00 p.m.

March is National Nutrition Month and we are excited to bring back this wonderful program! Hosted at the Center, attendees will learn tips from the Sunrise chefs on building a healthy plate. Menu to come. After lunch there will be a guest speaker. Dr. Barry Salter will talk about healthy aging. **Sign up is required; there will be 25 spots available. Deadline to sign-up is 3/18. Due to the success of our Giving Tuesday campaign, this luncheon will be free.**



March Book Club: "Elsey Come Home" by Susan Conley - Wednesday, March 25, 12:00 p.m.

When Elsey's husband, Lukas, hands her a brochure for a mountain retreat, she knows he is really giving her an ultimatum: Go, or we're done. Once a successful painter, Elsey set down roots in China after falling passionately for Lukas, the tall, Danish MC at a warehouse rave in downtown Beijing. Now, with two young daughters and unable to find a balance between her identities as painter, mother, and wife, Elsey fills her days worrying, drinking, and descending into unhappiness. So, brochure in hand, she agrees to go and confront her problems. All members welcome to

join the conversation!



March Movie: "Ford v. Ferrari" - Friday, March 27, 1:00 p.m.

American automotive designer Carroll Shelby (Matt Damon) and fearless British race car driver Ken Miles (Christian Bale) battle corporate interference, the laws of physics and their own personal demons to build a revolutionary vehicle for the Ford Motor Co. Together, they plan to compete against the race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966. **Space is limited, sign up required.**



March Madness Cornhole Tournament - Saturday, March 28,

1 to 3 pm. Join us for some friendly competition, camaraderie and fun at this indoor Cornhole tournament. Sign up in pairs or on your own and we'll pair you with someone. Bring a potluck dish to share. We'll have March Madness on TV too. **Sign up at the desk.**

Grief Support - Thursdays, 11:00 a.m.

We all have or will lose someone we love. As we age, loss becomes a more common experience and the grief that comes with it becomes a part of us. Self-care at this time includes having the support of others experiencing grief. Carol MacLeod, a retired advanced practice nurse in psychiatry, has background in this area and leads the group. ***The Grief Support Space is sponsored by the Bibber Family and Bibber Memorial Chapel. The Center is grateful for their support and Carol's leadership of this program that helps so many in need.***

Garden Street Bowling - Thursdays, 12 pm to 2 pm

Make some new friends and have fun bowling at Garden Street Bowl on Thursdays. \$10 gives you two hours of bowling and shoe rental. Several Center members will be there as well as folks from neighboring towns.

April Programs & Events

Please remember to sign up for any program that you are interested in attending.

The Center will be closed on Monday, April 20 for Patriots Day.



Tai chi at the Center - Wednesday, April 1st and 15th at 9 am. Classes will be appropriate for all interested- even those new to tai chi. Taught by Michael Elliott, who has practiced tai chi for over 45 years, these classes at the Center will be for members only and will cost \$3 per class. The class will be drop-in, first come, first serve.



April Movie: "Harriet" - Friday, April 3, 1:00 p.m. The extraordinary tale of Harriet Tubman's (Cynthia Erivo) escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history. **Seating is limited, sign-up required**

Keep it Legal - Monday, April 6, 9:00 - 10:30 a.m.

Meet privately with Milda Castner of Bergen Parkinson Attorneys to discuss your legal questions. For members only. Free. **Sign-up required for your 30-minute meeting.**

Men's Group - Wednesday, April 8th at 1 pm. Stay tuned for details that come out of our initial meeting March 10th here at the Center. Where the group will meet, discussion topic, and more will be forthcoming. **Sign up if you are interested so we can be in touch.**



March/April Birthdays Potluck - Friday, April 10, 12:30 p.m. All those with March and April birthdays are welcome to join us for a special birthday celebration! Bring a dish to share; the Center will take care of the cake. **Sign-up required. Please call to sign-up and let us know what dish you'd like to bring to share!**

Blood Pressure Readings - Monday, April 13, 1:45 p.m.

Find out your blood pressure with the help of a Kennebunk Center for Health & Rehabilitation Nurse. Free. Sign up at the desk. If you have high blood pressure, there is yoga before the reading if you'd like to see how it could improve your blood pressure. Yoga is drop in at \$3 per person. First class is free.



Tai Chi - Wednesday, April 15, 9:00 a.m. Tai chi at the Center classes will be appropriate for all interested- even those new to tai chi. Taught by Michael Elliott, who has practiced tai chi for over 45 years, these classes at the Center will be for members only and will cost \$3 per class. The class will be drop-in, first come, first serve (like our yoga classes).

SMAA Consultations - Wednesday, April 15, 12:30 to 3:30 pm.

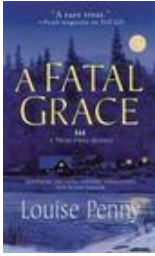
Meet privately with a representative from the Southern Maine Agency on Aging. Call 800-427-7411 to make an afternoon appointment.



Chowder Luncheon - Tuesday, April 21, 12:00 p.m. Join us for a delicious luncheon! Alisson's is providing their famous chowder for this meal. Salad, rolls and dessert too. **Sign-up required; there will be 30 spots available. Deadline to sign-up is Thursday, April 16. Due to the success of our Giving Tuesday campaign, this luncheon will be free.**

Friendly Friday Social Hour - Friday, April 17, 1:00 p.m.

New members and old members at the Center are welcome and invited to join us for Friendly Friday Social Hour! This is a great opportunity to meet new friends and connect with fellow members. Light refreshments and coffee will be provided. **Sign up required.**



April Book Club - "A Fatal Grace" by Louise Penny

Wednesday, April 22, 12:00 p.m.

Villagers in Three Pines, Quebec are preparing for a country Christmas, and someone is preparing for murder. No one liked CC de Poitiers. She alienated everyone. Then she was electrocuted in the middle of a frozen lake as she watched the annual curling tournament with her neighbors. Yet no one saw anything. Will Inspector Armand Gamache find the culprit? All Center members welcome to join the conversation!

Memory Lane Music Show - Friday, April 24, 5:30 p.m.

Join us after hours at the Center for a special evening of music, history, and trivia! We are excited to welcome Michael Elliott to present his engaging Memory Lane Music Show. Michael will be talking about the history and music of Old Orchard Beach in the 1930s-1960s. **Price: \$5 members, \$7 nonmembers? Light Refreshments by Huntington Common. Limited to 25? Sign-up required.**



Spring Flower Arranging Workshop - Wednesday, April 29, 11:00 a.m. We are excited to invite Diane Trachimowicz back to the Center for another festive flower arranging make and take workshop. Diane will instruct participants on how to make a beautiful May basket arrangement! Participants will take their creation home where it will be a perfect centerpiece. **Sign-up required. 15 participants maximum. Deadline to sign-up is Friday, April 24. The cost for instruction and supplies is \$15 per member and \$20 per nonmember.**



Debunking the code: health vocabulary words and their meanings. Discussion with Kennebunk Center for Health & Rehabilitation and Constellation Health Services - Thursday, April 30, 11:30 a.m. It's hard to grasp health terms sometimes. Join us for a conversation about health vocabulary words and what they mean. What is palliative care? What are in-home support services? **Sign up and learn with us.**

Grief Support - Thursdays, 11:00 a.m.

We all have or will lose someone we love. As we age, loss becomes a more common experience and the grief that comes with it becomes a part of us. Self-care at this time includes having the support of others experiencing grief. Carol MacLeod, a retired advanced practice nurse in psychiatry, has background in this area and leads the group. ***The Grief Support Space is sponsored by the Bibber Family and Bibber Memorial Chapel. The Center is grateful for their support and Carol's leadership of this program that helps many.***



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Tuesday, May 5, 2020

8:00 AM—2:00 PM

The Art & Science of Dying:
Death as a Part of Life

Keynote ~ Dr. BJ Miller

Educational Presenter ~ Barbara Karnes, RN

To register: www.hospiceofsouthernmaine.org

Volunteer Spotlight

Friendly Pen Pal/Visitor Program



We are looking for volunteers to help us start our Friendly Pen Pal/Visitor Program with residents at Kennebunk Center for Health & Rehabilitation. We have 10 residents that would love to correspond with you and even meet you in the future.

If you have time and want to make a new friend who could use some cheer, let us know. A little kindness goes a long way for those older and alone.

Contact Carol with questions and to sign up.

Welcome New
Members!

March
Birthdays

April
Birthdays

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