



January/February 2021 Newsletter

The Center | 175 Port Road, Kennebunk, ME 04043
207-967-8514 | www.seniorcenterkennebunk.org

Good Day Everyone,

Happy New Year.....WHEW....what a great relief it is to say that!

We hope that you have found a way to celebrate your holidays in a safe and healthy manner and that you too are feeling positive about 2021.

We thank you for the support you have provided to The Center throughout 2020. Your financial support through membership renewals, Annual Appeal, and 30 For 30 were crucial in light of the cancellation of our three major fundraising events.

Your generosity on Giving Tuesday plus a return to our practice of setting a fee of \$5 per participant will enable us to expand our monthly luncheon program to 30 participants. Curbside pickup will continue through the end of the pandemic when we'll return to in-person dining. This support enables us to diversify the menus and often support local businesses while providing delicious meals.

Virtual programming continues in 2021 as will small socially-distanced in-person gatherings. We look forward to expanding all programming and bringing our Road Race, Auction, and Kitchen Tour events back in 2021 in some combination of virtual and in-person settings!

Dori and I can't wait to see more of you virtually and in person. We are excited about 2021 and finding our way back to "normal".

Keep Smilin',
Kate

Staff

Kate Jollie
Executive Director

Dori Lam
Membership & Volunteer
Engagement Manager

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, give us a call at 207-967-8514.

FISH Ride Program

Due to Covid-19 we have suspended our FISH Medical Rides Program.

Monthly Calendars

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

We are implementing winter hours this year from January through March. The building will be closed on Mondays and Fridays, with staff working remotely, but all virtual programming will continue as scheduled on those days of the week.

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 or delayed due to snow and dangerous driving conditions, the Center is closed for on-site programming.

Virtual programs will continue as planned on snow days.

January/February Programs & Events

Due to the health crisis, all in-person programs require pre-registration! Please email Dori at info@seniorcenterkennebunk.org to register!

All virtual programming is hosted on the Zoom platform.

The Center will be closed Monday, January 18th for Martin Luther King Day and Monday, February 15th for Presidents' Day.

(virtual) Chair Yoga (Intermediate) with Mandy

We are pleased to be working with Mandy Nelson to offer virtual Chair Yoga classes via Zoom! The cost is \$3 per class. Please send us an email if you're interested in joining!

Class Dates:

Mondays 1:00 pm
Thursdays 10:00 am





(virtual) Redwood Heroes: The Women who Defended the Giants with SLN

In this program, we will explore these ancient giants, the science concepts of ecosystems, and the history of the preservation of these giants, particularly the women who defend the redwoods from commercial logging.

Program Date:

Tuesday, January 5, 2:00 pm

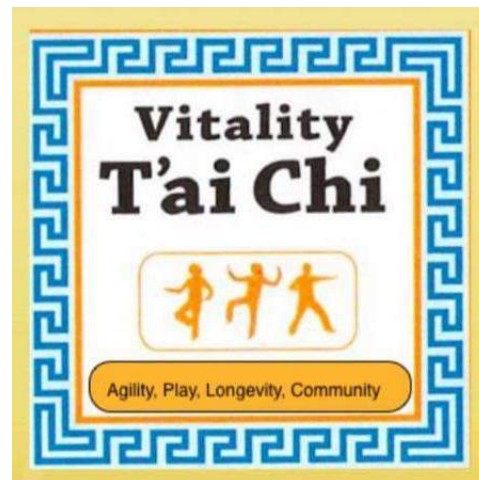
Please contact the Center to register in advance and get on the list to receive the Zoom link!

(virtual) Tai Chi with Michael

Virtual 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.

Class Date:

Wed., January 6, 10:00 am
Wed., January 20, 10:00 am
Wed., February 3, 10:00 am
Wed., February 17, 10:00 am





(virtual) Floor Yoga with Mandy

We are pleased to be working with Mandy Nelson to offer virtual Floor Yoga classes via Zoom! The cost is \$3 per class. Please send us an email if you're interested in joining!

Class Date:
Thursdays 10:00 am

Phone BINGO!

Join us every other Tuesday via phone (no internet required!) for free BINGO!

To register and receive a card, call the Center or email Dori:
[info@seniorcenterkennebunk.org!](mailto:info@seniorcenterkennebunk.org)

Program Dates:

Tuesday, January 12, 1:30 pm
Tuesday, January 26, 1:30 pm
Tuesday, February 9, 1:30 pm
Tuesday, February 23, 1:30 pm

BINGO!

Join us via phone every other Tuesday at 1:30 for
Bingo!



For more information or to request a card, email Dori:
info@seniorcenterkennebunk.org



(virtual) Live from the Lagoon with SLN

We're going back to visit the dolphins with our friends at Dolphin Research Center! Join us lagoon-side for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family.

Program Date:

Tuesday, January 12, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

(virtual) Gerda III & "Number the Stars" with SLN

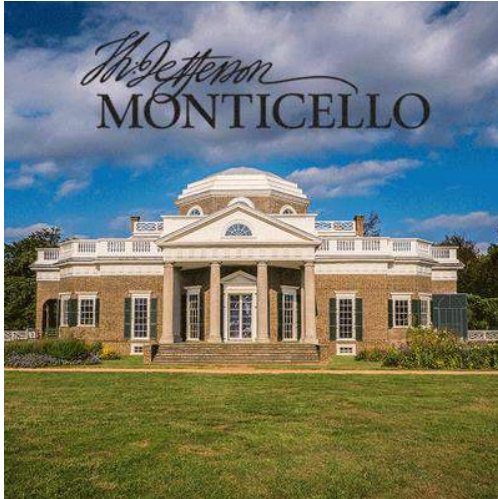
This program uses the resources of several institutions to tell the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943.

Program Date:

Thursday, January 14, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!





(virtual) Jefferson's Monticello with SLN

We're taking a virtual field trip to Thomas Jefferson's Monticello! Monticello was the home of Thomas Jefferson, the author of the Declaration of Independence and 3rd president of the United States of America.

Program Date:

Tuesday, January 19, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

Curbside Pickup Luncheon

Please join us for our January Luncheon, served curbside pickup style!

Luncheon Date:

Curbside Pickup at the Center
Wednesday, Jan. 20, 12:00-12:30

Sign-up is required; there will be a maximum number of 30 participants and a fee of \$5, payable at pickup. More info about the meal will be available in early January.

Call the Center or email info@seniorcenterkennebunk.org to register!





(virtual) The Art and Architecture of Hearst Castle with SLN

Located in central California, along the Pacific Coast stands Hearst Castle. This architectural wonder, was the home of the famous American newspaper magnate William Randolph Hearst from 1919 to 1947. At one time, christened La Cuesta Encantada or The Enchanted Hill by its famous resident, today it is both a California Historical Landmark and a National Historical Landmark.

Program Date:

Thursday, January 21, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

(virtual) "Every Eye is Upon Me": First Ladies of the United States with SLN

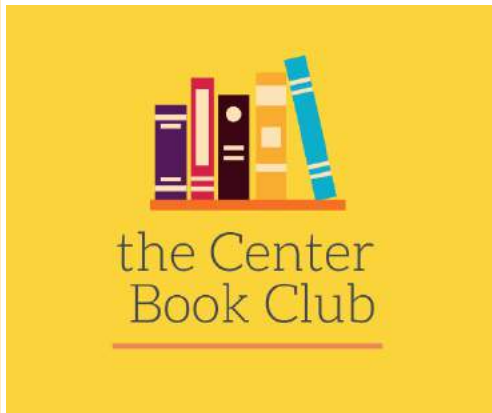
From the National Portrait Gallery in Washington, DC, we will take you on a virtual tour of the National Portrait Gallery's First Ladies exhibition entitled "Every Eye is Upon Me: First Ladies of the United States." The time period covered will be from First Lady Martha Washington to First Lady Melania Trump.

Program Date:

Tuesday, January 26, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

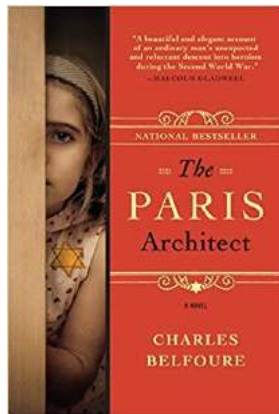




The Center Book Club with Dori

Join Dori for the Center Book Club!
We will meet on the last Wednesday of
each month to discuss our latest book
and to help select the next one!

***You are welcome to come in-
person or participate via telephone
or Zoom, however you prefer!***



Our book for January is **The Paris Architect** by **Charles Belfoure**. Pick up your copy, read along, and join us at our meeting!

Meeting Date:

Wednesday, January 27, 1:00 pm

Please email Dori

**(info@seniorcenterkennebunk.org)
or call us at the Center to sign-up!**

(in-person) Keep it Legal with Milda Castner, Esq.

Attorney Milda Castner, Esq. of Bergen Parkinson will meet with you privately, *one-on-one in-person* at the Center to answer legal questions. For members only. Free. **Call the Center to arrange a 30-minute meeting with Milda. Pre-registration is REQUIRED.**

Available Sessions:

Monday, February 1, 9:00-9:30
Monday, February, 1 9:45-10:15



www.bergenparkinson.com



(virtual) Live from the Truman Presidential Library with SLN

In recognition of the 75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman's life and legacy to inform, inspire, educate, and engage a 21st-century audience at an increasingly critical time in our nation's history.

Program Date:

Tuesday, February 2, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

(virtual) Elephant Sanctuary with SLN

Using photos, lives-streaming video and storytelling, a member of The Sanctuary's education team will offer a virtual glimpse into the daily life of elephants at The Sanctuary and answer all of your elephant related questions.

Program Date:

Tuesday, February 9, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!





(virtual) Durham Museum, Historic Train Travel with SLN

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!

Program Date:

Thursday, February 11, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

(virtual) Hildene, Lincoln Family Home with SLN

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!



Program Date:

Tuesday, February 16, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!



Curbside Pickup Luncheon

Please join us for our February Luncheon, served curbside pickup style!

Luncheon Date:

Curbside Pickup at the Center
Wednesday, Feb. 17, 12:00-12:30

Sign-up is required; there will be a maximum number of 30 participants and a fee of \$5, payable at pickup. More info about the meal will be available in January.

Call the Center or email info@seniorcenterkennebunk.org to register!

(virtual) National Museum of Toys and Miniatures with SLN

BIG fun with miniatures! Explore the incredible artistry of fine-scale miniatures with Laura Taylor and Kelly Burns from The National Museum of Toys and Miniatures in Kansas City, Missouri. Enjoy a video tour of some of the highlights of the museum's fine-scale miniatures collection, followed by time for Q&A.

Program Date:

Tuesday, February 23, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!





(virtual) General Grant National Museum with SLN

The final resting place of President Ulysses S. Grant and his wife, Julia, is the largest mausoleum in North America. It testifies to a people's gratitude for the man who ended the bloodiest conflict in American history as Commanding General of the Union Army and then, as President of the United States, strove to heal a nation after a civil war and make rights for all citizens a reality.

Program Date:

Thursday, February 25, 2:00 pm

Please contact the Center to register in advance and get on the list to receive the Zoom link!

(virtual) Grief Support with Carol

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.

Program Dates:

Thursdays at 11:30 am




Offering families comfort & peace of mind


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.

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Volunteer Spotlight

Elder Elves & Holiday Boxwood-Wreath Sale



It's Elder Elves season! Elder Elves are a special group of volunteers at the Center who collect gifts to go into festive bags that are delivered to older area residents who are alone at the holidays. Every gift that goes into the bags is wrapped so that the recipient has many items to open, giving them the gift of a festive holiday celebration and knowing that there are people in their community who care for them.

We assembled and distributed 70 bags! The bags were filled with items like handmade knitted hats and scarves, \$50 Hannaford gift cards, calendars, first aid kits, lap throws, stamps with note cards, and many more items.

January/February Birthdays

Grace Adams
Donna Stone Arpels
Kathleen D. Baker
Joe Barnett
Marie Benya
Betty Best
Margaret Brewitt
Ann Brown
Paulette Burbank
Lorraine Carroll
Sheila Clark-Edmands
Cynthia Clement
Edward Connolly
Diane Carr
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Debbie McClelland
Kingsley Montgomery
Janine Myers
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Joan Platt
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Linda Rice
Marie Rossi
Jeannine Roy
Peg Schmid
Susan Stornelli
Maxine Thibodeau
Omer Thibodeau
Elizabeth Thompson
Richard Ustler
Lynn Watson

Happy Birthday!

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