



March/April
2021 Newsletter

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

Good Day Everyone,

Daylight Savings Time ... Spring Forward
Saturday Night March 13thwahoo!

One of the most important things to be celebrating is the arrival of vaccines!

A year ago, we were preparing to close our building and transition quickly to as much virtual programming as possible. With the introduction of the vaccines and a continued commitment to following CDC and state guidelines, we are turning a "socially distanced" corner!

Our 1st major fund-raising event, the Kennebunk Beach Classic 5K Road Race returns in early June. It will be a virtual road race this year due to the uncertainty of CDC and state guidelines for outdoor gatherings. Dust off those sneakers!

Bobby Cochrane, (Pt, DPT, SCS, CSCS) from Reform Physical Therapy in Kennebunk...one of our newest sponsors...is presenting Friday March 26th at Noon. He will help get ready for spring and summer activities ranging from yardwork, hiking, to golf and more.

In collaboration with the Kennebunk Free Library, Dori has planned a Block Printing class on Friday March 19th and a growing succulents class April 23rd. Both hands-on events with virtual guidance!

Please see programming highlights below for more information!

We are monitoring CDC and state guidelines regarding in-door crowd gathering sizes and hope to be able to re-introduce more in-person programming as it is safe to do so.

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.

March/April 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, April 19th for Patriots 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) Penn Museum /
Personally Guided African
Galleries Tour
with SLN**

What better way to learn about the culture of another place than through the eyes of someone who grew up there? Through the Global Guides Program, the Museum offers virtual tours led by Philadelphians who grew up in countries around the world! In addition to sharing historical information about the museum artifacts on display, our guide from Africa will combine personal experiences and stories to interpret objects from their home country.

Program Date:

Tuesday, March 2, 2:00 pm

Registration Deadline:

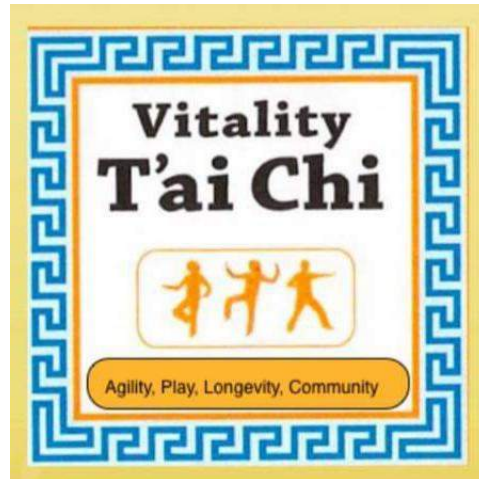
Monday, March 1, 10:30 am

**(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., March 3, 10:00 am
Wed., March 17, 10:00 am
Wed., March 31, 10:00 am
Wed., April 14, 10:00 am
Wed., April 28, 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 and a chance to win a gift card to a great local business!

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

Program Dates:

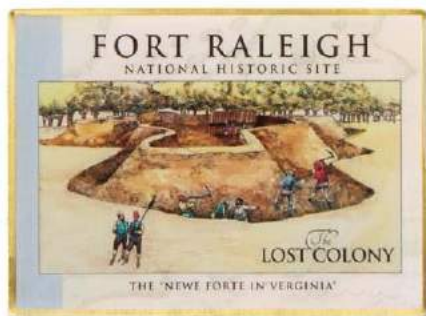
Tuesday, March 9, 1:30 pm
Tuesday, March 23, 1:30 pm
Tuesday, April 6, 1:30 pm
Tuesday, April 20, 1:30 pm

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) The Lost Colony / Ft. Raleigh National Historic Park with SLN

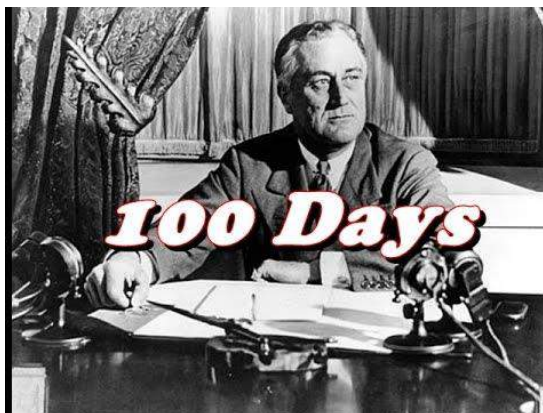
Join park rangers to explore the events and unknowns surrounding the first English colony in North America. The program begins at the historic Waterside Theater and will cover the multiple English voyages, the interactions between the English and Native people and some theories about what happened to the Lost Colony.

Program Date:
Thursday, March 4, 2:00 pm

Registration Deadline:
Monday, March 1, 10:30 am

**(virtual) The First 100 Days of
FDR
with SLN**

The first 100 days of the Roosevelt Administration was the most legislatively active period in American history. This session explores the flurry of dramatic actions taken by FDR as he sought to pull the United States from the grips of the Great Depression in the opening days of his presidency.



Program Date:

Tuesday, March 9, 2:00 pm

Registration Deadline:

Monday, March 8, 10:30 am



**(virtual) Lovingly,
Marion/McNay Art Museum
with SLN**

Join us for a tour of the McNay Collection! This tour highlights Marion Koogler McNay's bequest of her home and art collection with particular emphasis on 20th and 21st-century modernist artists Paul Cézanne, Marc Chagall, Pablo Picasso, Georgia O'Keeffe, and Diego Rivera among others.

Program Date:

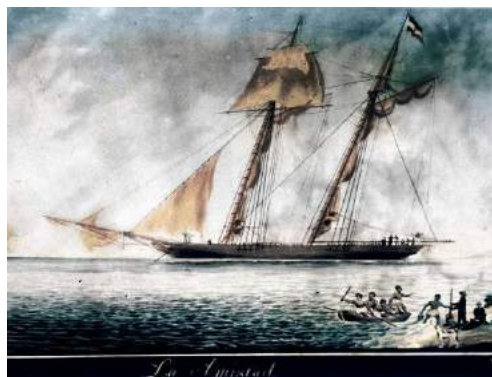
Thursday, March 11, 2:00 pm

Registration Deadline:

Monday, March 8, 10:30 am

**(virtual) The Story of
Amistad/Mystic Seaport Museum
with SLN**

This new joint program of Mystic Seaport Museum and Discovering Amistad tells the story of the Amistad and how it serves as an example of how citizens and communities, working together, can bring about landmark change



Program Date:

Thursday, March 18, 2:00 pm

Registration Deadline:

Monday, March 15, 10:30 am



Curbside Pickup Luncheon

Please join us for our March St. Patrick's Day themed Luncheon, served curbside pickup style courtesy of **Avita of Wells!**

Luncheon Date:

Curbside Pickup at the Center
Wed., March 17, 12:00-12:30

Registration Deadline:

Friday, March 12

Menu:

Soup - Irish Lobster Stew

Entree Options

Entree Option 1 - Traditional Boiled Dinner (corned beef, cabbage, carrots, celery, potatoes, broth, horseradish cream sauce)

Entree Option 2 - Irish Bangers (pork sausage, scallion mashed potatoes, smoked bacon saurkraut, Dejon cream sauce)

Dessert - Chocolate Cake with Irish Cream Buttercream

Sign-up is required; there will be a maximum number of 30 participants and a fee of \$5, payable at pickup.

Block Printing with Kennebunk Free Library

Learn how to carve a small block print! Join us on Zoom on Friday, March 19th at 3:00 pm to make a festive art print or card. Beginners are welcome, as are those with some block printing experience.

The **Kennebunk Free Library** will supply take-home kits (to be picked up at the Center) in advance containing the supplies you'll need to make a print. We will meet over Zoom for an intro to the block printing process, work on carving our blocks and practice printing. You will be able to keep your carved block and printing paper, and return the tools and ink after the program.

Program Date:

Friday, March 19, 3:00

Materials Pickup Date:

At the Center: TBD

Registration Deadline:

Monday, March 8th

Register today! Class size limited to 5!



(virtual) Mitchell Caverns Tour with SLN

Come join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology & local history of the Mitchell Caverns in the Mojave Desert.

Program Date:

Tuesday, March 23, 2:00 pm

Registration Deadline:

Monday, March 22, 10:30 am

**(virtual) Big Bend National Park,
Texas' Gift to the Nation
with SLN**

During this program, we will view the mountains, river, and desert of Big Bend, and be introduced to a few animals that live in each area. We will also learn what tourists love to do --learning to canoe down the river, or backpack in the mountains. See you at Big Bend!



Program Date:

Thursday, March 25, 2:00 pm

Registration Deadline:

Monday, March 22, 10:30 am



**(virtual) Physiological Changes
in the Aging Athlete with Reform
Physical Therapy**

Melting snow and blossoming tulips are usually accompanied with physical activity such as yardwork, golfing, long walks, and cycling to name a few. For many, the transition from a cold winter to a temperate spring also brings injury and illness. There are many changes that occur within our body as we age.

In order to stay healthy, safe and active, it is important to understand these changes. Physical therapist Bobby Cochrane from **Reform Physical Therapy** will discuss these changes as well as tips and tricks to stay out of harms way.

Program Date:

Friday, March 26th, 12:00 pm

Bobby Cochrane (PT, DPT, SCS, CSCS) is the Physical Therapy Manager at Reform Physical Therapy's Kennebunk location.

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!***

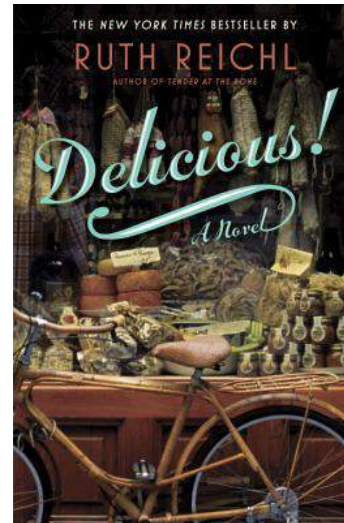
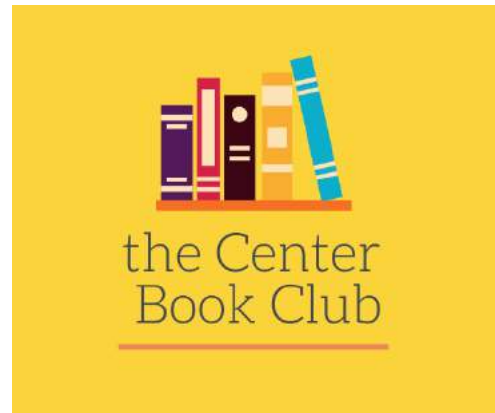
Our book for March is **Delicious!** by
Ruth Reichl. Pick up your copy, read
along, and join us at our meeting!

Meeting Date:

Wednesday, March 31, 1:00 pm

Please email Dori

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



www.bergenparkinson.com

(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, April 5, 9:00-9:30

**(in-person) Spring Flower Arranging
with Dianne**

We are excited to invite Dianne Trachimowicz back to the Center for a spring flower arranging workshop! Diane will instruct participants on how to make a beautiful spring flower arrangement.



This workshop will be held in person at the Center.

Workshop Date:

Friday, April 16 11:00 am

The cost of the program is \$15 (or \$10 if you provide your own basket). Registration required and class size is limited to 5!

Curbside Pickup Luncheon

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

Luncheon Date:

Curbside Pickup at the Center
Wednesday, April 21, 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.

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





Take and Make: Succulent Kit with Kennebunk Free Library

Feel like getting your hands dirty? Sign up for our Take and Make Mini Succulent Program! **Kennebunk Free Library** will supply materials and instructions to those who sign up. You can pick up your materials kit at the Center and take it home to make your own mini-terrarium!

Program Date:

Friday, April 23, 2:00 pm

Registration Deadline:

Friday, April 9

**Register today! Program size
limited to 20**

(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 11:15 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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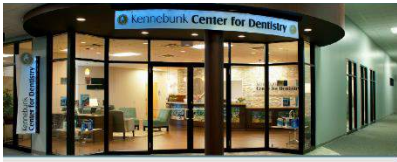
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Barbara Karnes, RN



Volunteer Spotlight TLC Callers



Time to shine the spotlight on our TLC Callers! This group of volunteers reaches out to other Center members who may be isolated and just need a little check-in from time to time, whether that's once a week or once a day! These calls are greatly appreciated by the recipients and we are incredibly thankful for those who volunteer their time with this important program!

Thank you!

If you would like to volunteer with this program or receive calls, please call us at the Center (207) 967-8514.

March/April Birthdays

Betsy Ames-Fitzgerald
 Charles Archer
 Joseph Barbeau
 Linda Cummings
 Jim Fitzgerald
 Ed Francis
 Carol Gagnon
 Karen Harris
 Virginia Huntley
 Louise B Hurlbutt
 Jane Evelyn
 Tony Liguori
 Judith Mercurio
 Mary Morgan

Mary L Naples
 Peg Nelson
 Teresa E O'Donnell
 Sharleen C Ober
 Kathleen Penna
 Valerie Peterson
 Barbara Rencurrel
 Suzanne Roux
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 Betsy Webb
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Happy Birthday!

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