



village the Kennebunk

December 2024



A magazine for those who live here and love it here.



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Trees for Troops courtesy photo

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Lead Writer



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Light up your life at Cranberry Hill

Celebrating 50+ years in the big red barn on Route 1

by Valerie Marier

"Please join us on December 5 for a day-long Holiday Open House at the Hill," says Eileen Anni Berenzi, co-owner with her mother Dottie of this generously stocked and thoughtfully curated lighting emporium in Cape Neddick. "In addition to holiday music, goodies and lots of holiday cheer, we want to thank our customers with 20% off select items plus an additional 20% off clearance items." (Who doesn't love a sale, especially at Christmas!)

With more than 3000 unique shades in every size, shape, color and style, plus custom design work, lamp rewiring and repair, the spacious red barn that houses Cranberry Hill has become a one-stop-shop for interior and exterior home lighting. Customers appreciate the inventory and give high praise to the personal service that's been the shop's hallmark since Berenzi's parents, Dottie and Tony (aka "Cookie") Anni, opened Cranberry Hill in 1970.

Over ensuing decades, the couple's craftsmanship and creativity drew a loyal following of locals, architects and interior designers. Tony primarily handled lamp repairs, while Dottie displayed an "uncanny gift" helping customers select the perfect lamp or ideal shade. "I always ask a lot of questions, such as what other colors are in the room, or is there a history to the lamp that should be noticed," Dottie says. "I want the whole lamp to tie together as a work of art. I'll even make house calls."

Together, Tony and Dottie expertly converted ceramics, antiques and decorative treasures into one-of-a-kind lamps, sconces and chandeliers. "We make lamps out of almost anything we can get our hands on, whether its an authentic Maine lobster buoy or a Chinese ginger jar, even a vintage Remington typewriter," Dottie says.

After Tony's death several years ago, daughter Eileen opted to return from the New York metropolitan area to help her mother in the home and shop where she grew up. (She learned how to wire a lamp by age 12.) With her savvy merchandising and marketing skills, Eileen has significantly expanded and organized the product inventory, including period antique and outdoor lighting. She says, "I've been adding to a business already based on uniqueness, creativity, quality and hands-on assistance."

Lamp repair is also a key part of Cranberry Hill. "We are the only shop in the area that does repairs on porcelain and shades," Eileen says. "We also have a talented network of local metalsmith, woodworkers and American-based lampshade manufacturers."

Cranberry Hill is a popular destination for customers seeking an abundant array of lamp finials, American-made lanterns and sconces, plus the largest in-house selection of traditional and contemporary lampshades in the northeast. On December 5, it will also be a destination for holiday cheer and 20% off select items, all of which ensures a most Merry Christmas.

Cranberry Hill Custom Lighting and Antiques is located at 1280 US-1, Cape Neddick; FMI call 363-5178.

Photo above: A mother-daughter team brings Cranberry Hill to new light, Eileen Berenzi and Dotty Anni. Photo left; the Cranberry Hill team designed this sweet powder room. Courtesy photos



Don't miss Cranberry Hill's Holiday Open House on December 5!



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The complex block features the Cranberry Hill Lighting LLC logo at the top, which includes a circular emblem with the letters "CH". Below the logo are several images of custom lighting products: a large lamp with a blue and white patterned shade on a blue ceramic base, a smaller lamp with a white shade, and a black lantern-style lamp. The background is dark blue.



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Eyephoria Optical is excited to announce its move from Wells to a new location in the heart of Kennebunk. This relocation means a bigger space and even more offerings, making Eyephoria your go-to destination for unique eyewear, fashion accessories, gifts, and more.

After serving the Wells community for a fantastic 10 years, Laird and Leonor Duncan are thrilled to bring the same level of care and dedication to Kennebunk Lower Village. The Duncans believe eyeglasses should make a statement, and they are dedicated to offering the best independent eyewear collections – exquisite, unique, and oh-so-chic – alongside stylish accessories and more!

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Beyond style, the Duncans are dedicated to eye health, providing solutions for digital eye strain, myopia, astigmatism, and more. For comprehensive and personalized care, optometrist Dr. Michelle Blew offers eye exams using state-of-the-art technology. Her clinic is located in the adjacent space at 183 Port Rd in Suite B.

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Wellness Wisdom

From "dread" to "let's go!"

by Annie Watts

When thinking of exercise, there are usually two responses: Dread or "Let's Go!" I have learned that most who are in the "dread" category, only need a short bridge to join the other team.

Our body thrives on movement. We were built to move. The lifestyles of so many have become sedentary. Sitting at a desk all day or on a couch for hours is detrimental to our health. As they say, "sitting is the new smoking."

A sedentary lifestyle can lead to heart conditions, type 2 diabetes as well as some cancers. Just getting up for 5 minutes each hour to move around does MORE for your health than sitting all day at your desk and then going to a 1 1/2 hour workout at the gym! Isn't that amazing? One of those 5 minutes could be squats or bicep curls. Or hopping on a rebounder. Or just taking a walk around the office building or down to your mailbox. The important thing is to move for 5 minutes each hour.

Once you have adopted this new habit you can then begin some weight resistant training. No matter what your age or fitness level, you can begin SOMEWHERE. We know now that

weight resistant exercise, such as HIIT (High Intensity Interval Training) are the most beneficial to your health. They challenge us with a little cardio, then some resistant training. Recent studies show that we really only need 3 or 4 of these sessions per week. They are short, just 15-20 minutes in length. Isn't that GREAT news? Especially for team "dread."

If you have not begun an exercise routine, it is best to check in with your doctor first. It might also be helpful to get some guidance from a trainer. It is important to know that you can begin with just as much as you can do. No need for perfection or for completing an entire workout the first time. Each time you do another one, you will be able to do it a bit easier and a bit longer. Before you know it you will be well on your way. Your ENTIRE body and ALL its systems will be functioning in a much healthier way. Health begets health.

The primary role of adipose tissue, aka FAT, is to store excess energy as lipids. It is the main source of non-essential fatty acids when the body is demanding energy...such as fasting or exercise. Isn't that good news? As we

shift to building more muscle, our body utilizes our sugar stores and burns more fat. This is true for up to 24 hours after you stop the weight resistant exercise.

Studies have also shown that there are negative returns to our health when we "overexercise." Especially when we need healing, too much exercise works against us. Extreme exercise puts us into "fight or flight" mode. When we are in a healthy place with no health concerns or weight to lose, this does pose a concern. Our body readjusts after the 60-minute spin class or the 10-mile run. But if we are trying to heal, this type of regular exercise can be counterproductive. We are better off, in this case, with the 3 shorter HIIT workouts a week. The reason HIIT workouts are so good for us is that they elevate our heart rate for just a bit, then we RECOVER, then we take it back up again. It is this ability for our heart rate to recover quickly (HRV) which is a good measure of our health.

Benefits of Resistance Training

- Physical and cognitive improvement: Better movement, confidence, and cognitive abilities
- Insulin Resistance & Diabetes: Reduces visceral fat, HbA1c levels and

boosts insulin sensitivity. This is SO important. This allows the body to USE blood glucose more effectively thereby reducing your overall blood sugar

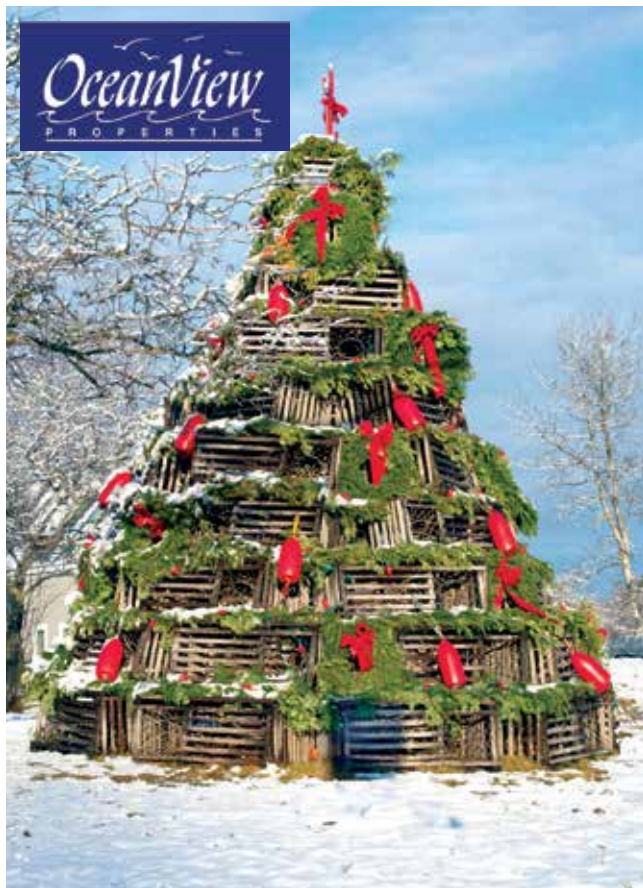
- Cardiovascular Health: Lowers blood pressure, LDL levels and increases the good HDL cholesterol; reduces your resting blood pressure.
- Bone Health: As we put pressure on our body and therefore our bones, our body will "lay down" more bone. This is good as we age.
- Pain Management: Eases discomfort associated with arthritis and fibromyalgia.
- Anti-Aging Effects: Reverses specific aging factors in our skeletal muscles.

As always, I hope this information is helpful. Please reach out with any questions. Happy Holidays!

Annie Watts is a Functional Health Coach in Kennebunk. You can follow her under Annie Watts Wellness on Facebook & Instagram. Her website is www.annie-wattswellness.com.



Annie Watts



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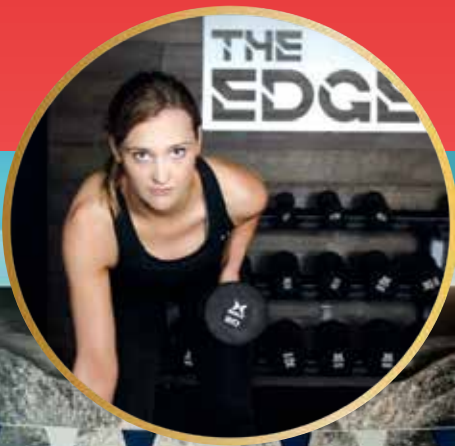
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Trees for Troops: Delivering the spirit of Christmas to military families stationed across the globe

by Shelley Wigglesworth

The true meaning and spirit of Christmas are found in the memories we create, honor, share, and pass on. Christmas trees are more than a symbol of holiday tradition; they are at the heart of Christmas magic and memories, uniting us all wherever we may be.

In 2005, the National Christmas Tree Association formed the Christmas SPIRIT Foundation (CSF), a 501(c)(3) charitable organization, from which the national Trees for Troops program was established. Here is how it works: American Christmas tree growers and associations, with the help of donations from the public, provide real American Christmas trees to military families. Thanks to these donations, and with the help of industry sponsor FedEx, live trees are delivered to approximately 70 military bases in the U.S. and overseas.

To date, the Trees for Troops program has delivered more than 293,392 trees to military families in the U.S. and to troops stationed overseas in countries including Iraq, Afghanistan, Kuwait, Qatar, Spain, and Guam. While a donated Christmas Tree may seem like a small gift to some people, the families who receive trees say they are one of the most meaningful gifts they have ever received. The sight, smell, and significance of a real Christmas tree is uplifting, nostalgic, and symbolic.

The Trees for Troops programs have expanded with the help of the American public, including schools, clubs, churches, and groups of friends who take the initiative to create packets of handmade Christmas Tree ornaments to accompany the trees. These packets often include letters and cards as well, adding a heartfelt, personal touch to the ornaments that have been made with love, gratitude, and genuine appreciation.

Gary and Melba Fisher are chairs of the Trees for Troops ornament committee. "Each year we get about 5,000 homemade ornaments in March, then we get together in June to pack them to go out with the trees in November," they said. "Most ornaments are made here in Maine, but we also get handmade ornaments from Vermont, North Carolina, and other states, from relatives or friends of the program."

continued on next page



U.S. Navy Senior Chief Mark Watts, who was stationed in Kuwait when he received a tree from the program, said, "Where I was at, there was nothing green. So, to get that live, pine smell, it smells like Christmas and reminds you of Christmas at home."

In the words of another military recipient, "This Christmas will be a bittersweet one, because I am deploying within days after Christmas, however this tree has made it incredibly special because we have never had a real tree. It is so perfect, and the kids (five of them) really enjoyed decorating it. Thanks for the great memory!"

The Maine Christmas Tree Association (MCTA) is a non-profit organization comprised of family farms that produce Christmas trees and wreaths for retail, wholesale, mail order, or 'choose and cut' during the Christmas season. MCTA members take an active part in Trees for Troops, with the following farms in Maine participating: Bartlett Farms, Boiling Springs Tree Farm, Dyers, Finest Kind, G & S Tree Farm, Moose Hill, Piper Mountain, Pleasant View Tree Farm, Skillin's Greenhouse, and Trees to Please.

Christine and Jim Faiella, former owners of Bradbury Brothers Market in Cape Porpoise, started their own tree farm, Fox Farm Christmas Trees, LLC. In 2023, they planted their first 500 tiny trees for future harvests (typically seven to eight years from the date of planting), and they will continue to order hundreds more annually, for different growth periods and harvest times. As members of The Maine Christmas Tree Association, the Faiellas are excited to contribute to the Trees for Troops program when their trees are ready. In the meantime, the Faiellas support the Trees for Troops mission by informing the public about the program and engaging neighbors and fellow Americans in its important work. "It has always been a Faiella Family tradition to visit a cut-your-own tree farm at Christmas time," said Christine. "As a family, we walk the fields and search for the very perfect tree. Our children are 34 and 32 now, but we still are very excited to meet and cut trees for our homes together. So, it was not a surprise that with 16 acres at our new home, we started our own small tree farm! The hope is to have a Christmas Barn with crafters, warm cider and more someday. It is a lot of work, and we have learned so much from the members of The Maine Christmas Tree Association. Spreading the word for Trees for Troops is just one small way that we as a family can help another family who give their service to this country by being in the military."



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If you would like to donate a Christmas tree for our troops, you have until **December 9** to make an online purchase and donation of trees. Donate here: <https://donate.givedirect.org/migrate/?cid=12944>

FMI on Trees for our Troops:

www.christmasspiritfoundation.org/trees-for-troops

FMI on the Maine Christmas Tree Association:

www.mainechristmastree

Opposite page: Trees for Troops gives the gift of live Christmas trees to countless military families each year. Courtesy photo. This page, clockwise from top left: The Faiellas are active supporters of Trees for Troops and look forward to contributing their own trees to the program one day; Trees for Troops is made possible by generous donations from tree farm families and the general public; one of the lovely handmade ornaments which accompany the trees. Courtesy photos

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Young birders spot rare Long-Eared Owl

On the morning of November 9, at Fort Foster in Kittery, the Maine Young Birders Club (MYBC) was treated to an unexpected and thrilling discovery: a rare Long-Eared Owl (LEOW) perched along the trail, marking the first such sighting at the park in over 40 years.



The fall MYBC outing at Fort Foster started with sunshine, a cool breeze off the water, and the usual flurry of activity from local bird species. But the adventure took a dramatic turn when keen-eyed Maine Young Birder Ariah spotted the owl perching just off the trail.

The group, eager not to disturb the bird, quietly observed the Long-Eared Owl, marveling at its unbothered demeanor despite the presence of nearby squirrels and small birds. "This was a truly special moment, and a reminder of the wonders nature has to offer, especially when you're in the right place at the right time," said one of the birders in the group.

This sighting of the Long-Eared Owl is especially significant as it represents only the second recorded instance of this elusive species at Fort Foster, the last being in 1981. The sighting drew the attention of birding experts and enthusiasts hoping to catch a glimpse of this rare visitor. The bird has not been seen since the day it was discovered, making it a brief but unforgettable encounter for those lucky enough to be there. As the birding community continues to celebrate this rare sighting, it serves as a reminder of the importance of preserving natural spaces and supporting efforts to observe wildlife in a responsible and respectful manner.

The Maine Young Birders Club is a program founded and operated by York County Audubon. FMI visit www.maineyoungbirders.org.



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In the Arts As far back as I can remember

by John Forssen

It is not uncommon for an artist, looking back over a lifetime of events, to recall some moment or incident when it became clear that life would be about art. For North Berwick artist and newly



Artist Robert Milaschewski poses with one of his architectural pieces. Courtesy photo

elected president of the Art Guild of the Kennebunks, that moment goes back much farther. "For as far back as I can remember," he muses, "I wanted to be an artist. There was never any doubt, and were it not for life itself, it might have happened much sooner.

He studied art briefly at both Ramapo College in New Jersey and later Johnson State College in Vermont. His studies, however, were interrupted by his desire to ski: first teaching what he refers to as the 'neverevers', followed by a stint in the ski patrol and finally as an EMT.

But it was at Johnson State, working under the tutelage of artist Barbara Malloy, that the passion took on practical substance. "She taught me everything about art," he says... "how to look at it, how to see it, to understand all the elements that coalesce into this business we call art."

He mentions in an aside that his father, who spent a lifetime as an auto-mechanic, took up folk art when he retired. "He could disassemble any motor or device and refashion its parts into intriguing characters. Instinctively, he had the vision that Ms. Malloy was teaching me to appreciate."

Even with this boost, however, his career got off to a sideways start. For a number of years, he operated a painting company, specializing in murals and designs —the most impressive of which was reproducing the design of Green Mountain Coffee's company cup around all four sides of what appears in photographs to be at least an acre-sized bean roaster. He also painted wall murals and

produced the antique finishes for houses in Burlington, Vt., according to standards set by the local historical society.

When illness struck his family, however, whatever course he had set for himself took a dramatic turn. Forced to sell everything, he went on a two-year road trip during which he determined that he would become a full time artist, living by the stroke of his brush and the fortitude borne of his desire.

Most recently known for his work in pointillism, a form originating in the late 1800s, he has produced a body of acrylic work which, using tiny dots of color, captures the brilliance in landscapes and other natural images. He has also produced a stunning collection of architectural pieces which underscore the importance of perspective and draftsmanship. The images he has captured cause the viewer's eye to drop with stomach-churning effect from the tops of skyscrapers to the barely visible streets below.

As he once only wished, he now paints every day – and on those rare occasions when inspiration falters, there are the works of masters, new and old, to rekindle the spirit.

John Forssen has spent most of his working life either writing or teaching writing: Since retiring in 2008, Forssen has taken up painting, showing his work in events sponsored by the Art Guild of the Kennebunk and Maine Women in the Arts.



John Forssen

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The Local Non-Profit Spotlight

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Neighborhood Housing Trust

Formerly the Kennebunkport Heritage Housing Trust

The Neighborhood Housing Trust is a community-based organization that helps preserve affordable housing options. Governed by residents, stakeholders, and experts with public, private, and philanthropic funding sources, the mission of the Neighborhood Housing Trust is to sustain Kennebunk, Kennebunkport, and Arundel as year-round communities by providing housing opportunities that are affordable and accessible to working individuals, families, and seniors.

As is the case in most coastal communities, affordable housing in the Kennebunks is scarce, yet this scarcity is also a crucial component for a functioning, vibrant community, to flourish. Our beloved teachers, firefighters, librarians, fishermen, small business owners, and more, along with young people just starting out, people on fixed incomes, and people with a multi-generational history of calling the Kennebunks home, are being priced out.



When the working class cannot afford to live in the towns they serve and love, the energy, contributions, diversity, and fellowship of the community suffers. Enrollment in schools and organizations decline, and overall community engagement dwindles. This is where the Neighborhood Housing Trust comes in. With a

goal of the goal of sustaining a year-round mix of residents, the NHT offers home ownership opportunities for individuals and families of various socio-economic levels without the threat of being priced out.

The Heritage Woods Subdivision located on Briggs Way and Tigerlily Way were the first Neighborhood Housing Trust homes to debut and successfully address the need for affordable homes which will remain affordable to the owners in perpetuity. More houses, including the Landon Woods Neighborhood are in the works.

FMI on guidelines and more, please visit www.nhtmaine.org.

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Alex Kerbaugh, DMD



Cloudy, with a Chance of Pizza *with Independent Meteorologist and Foodie Jason Nappi*

There's a local restaurant that's brought pizza back to their new menu and it's delicious. **Bandaloop** on route 1 in Arundel has four flatbread pizzas to choose from. Typically, a flatbread is more like an appetizer portion, but I found this to be more like a personal size pizza (and I'm happy about that). The Bandaloop classic flatbread has tomato jam, Vermont aged cheddar and crispy kale. For \$15, it's a satisfying bite that I enjoyed thoroughly. There was no way this pizza was going home for leftovers. It's a vegetarian pizza, but they also have another pizza that's topped with chicken, plus two other vegetarian options to choose from (and one vegan). The crust is a sourdough, much like their bread, and it had plenty of flavor. It was crispy on the outside and chewy on the inside, a great pizza crust. While you are there, don't forget to try the soup special or Maine mussels. I also had the crispy potatoes. I dipped them in my garlic and basil cream sauce that came with the mussels. Bandaloop is always a pleasant experience, and this was one of my favorites.



And now for the weather...

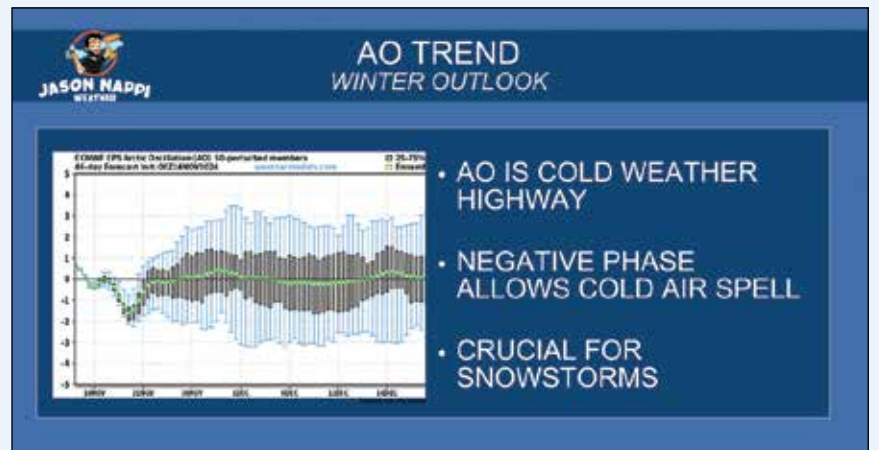
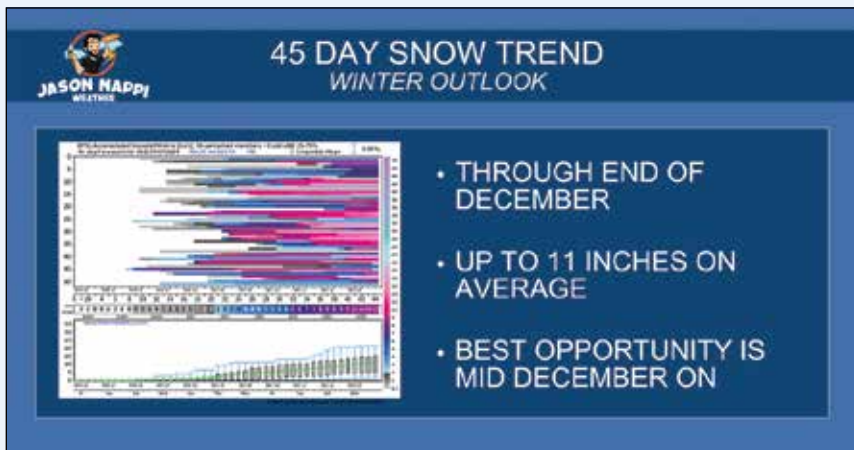


Jason Nappi's family moved to Maine in 1993 to make a better life. The Nappis are full-blooded Italians that used to run The Bakery and Cafe on Main Street in Kennebunk from 2007-2009. Jason would make pizza a couple nights a week at the bakery. It was a family recipe, to which he added his own twist, using pizza stones in the deck ovens to get the pies crispy. Nappi's years as an on-camera meteorologist at NEWS CENTER Maine got him out in the community tasting Maine's pizza, ice cream, and more. Jason's driven as far as 10 hours round-trip for a pizza and ice cream adventure.

But he has found that some of the best culinary dishes Maine has to offer are right here in our backyard.



December is a time of year when the flakes typically start flying in Maine and I expect this year will be no different. The weather pattern over the next month will feature opportunities for snow as we get shots of cold air at times. The cold air highway is in the north pole and is measured by the Arctic Oscillation. When the AO goes negative we see cold air spells in northern New England. I do not see any major cold air outbreaks, but this will be a more active jet stream than we had for most of Fall. With the AO being neutral or slightly negative I expect it will be cold enough for a few storms this month. The best opportunity for a White Christmas is away from the coastline as is typical every year unless everything lines up perfectly. You can check my social media and 24/7 Livestream weather channel for updates on whether or not we will see flakes in time to Santa to drop off presents for the kids. Check me out at www.jasonnappiweather.com and <https://www.youtube.com/@JasonNappiWeather> for the latest updates.





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Villagers Share their Christmas Traditions

by Shelley Wigglesworth

In this special holiday piece, Village readers share their favorite Christmas traditions, how and why these traditions came to be, and the reasons these traditions are cherished, remembered, and carried on. A poignant and significant reminder to us all that the magic of Christmas never truly ends, our traditions with family and friends are the greatest gifts of all. Thank you to all who contributed to this article, and may each and every one of you reading this story have a Merry Christmas and Happy New Year.

Raisin Cake, Pat West Hubbard, Kennebunk

"I grew up on Hovey Street in Kennebunk. My mom, Doris West, passed away in 1986. That Christmas we still had our family gathering at my parents' house. We were finishing up when one of my brothers said, 'One thing I am going to miss us Mom's raisin cake.' Raisin cake is a variation of fruitcake and was at one time called war cake because it uses brown sugar, as white sugar was rationed during the war. At that point I went out on the porch and brought in the raisin cakes I had made for both my brothers. There were tears all around. Then to this very Christmas I have faithfully made those raisin cakes for them."

Tree Topper Star, Francine Battles Tanguay, Wells

"In 1968, when my husband Ray and I celebrated our first Christmas together, we didn't have money for a treetop. Ray fashioned this star out of cardboard and foil wrapping paper and we used it for years. Eventually it grew tattered, and we tried a few other tree toppers but none of them had any meaning, so Ray took the flimsy cardboard star, smoothed the worn wrapping paper, and laminated the whole thing and we use it every year. It isn't perfect, but it has meaning for us – and isn't that the best reason to put it at the top of the tree?"

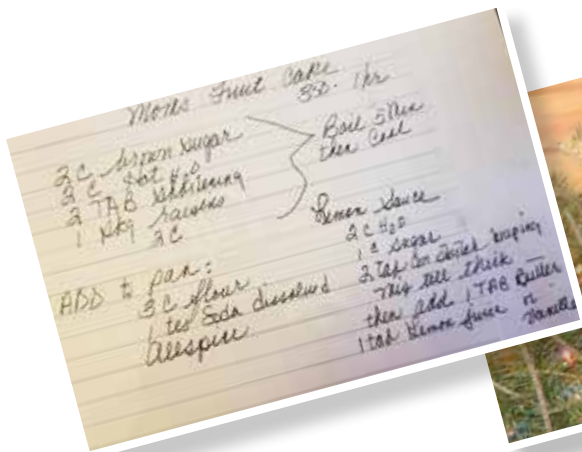
German Saint Nicholas Night, Michele Morrow, Arundel

"My mom was from Germany, and we always had St. Nick Night on December 6th, this is when the legend of the saint's habit of secret gift-giving-which inspired the traditional figure of Santa Claus, is honored. Each year, on the eve of December 5th, children across Germany each leave a single boot outside their doorsteps, which is then magically filled overnight with chocolate and sweets. We did it a little bit differently. We would leave our shoes outside of our bedroom door or downstairs by the front door and in the morning the shoes would be filled with a little bit of candy, a little toy and maybe a couple of dollars. My mother did this throughout our childhood. I carried it on with my children. My son now does it for his son. Growing up in the 1960's our Christmases were always quite large and special, but it was Saint Nick night that held so much of the magic."

Reindeer prints, Karynn Holbrook McIntyre, Cape Porpoise

"When we were kids, my father would make deer footprints in the snow using a hoof of the deer he harvested during hunting season and saved. On Christmas morning we would get up, all excited. Dad would say 'Look kids, Santa landed right in our front yard! Look at the reindeer's footprints!' We all scrambled to the window in awe! We couldn't wait to let the Daggett's and everyone in the neighborhood know! My father was just beaming!"

continued on next page





Popcorn Balls and Oranges, Ruth Searles Fleming, Kennebunk, as told by Shelley Wigglesworth

In memory of my grandmother, who was one of 13 children growing up in Northern Maine in the 1920s and 30s: As children of a lumberjack, Gram's family moved often to follow the wood harvest work. Though change was frequent and inevitable, one of the constants in her life was their stocking at Christmas. Often, the family did not have money for presents, but her parents made sure each of their children had a popcorn ball, as it was a sweet treat that was inexpensive to make, and an orange, which was also considered a treat being a fruit that did not grow locally and came from far away warm climates. Gram continued to make popcorn balls at Christmas for her own children, grandchildren, and great grandchildren, and always placed an orange, along with a popcorn ball in stockings. Hard times had passed, yet the sweetness and sentiment of simplicity was the true gift."

Feast of the Seven Fishes, Susita Goodyear Hood, Wells

"The Feast of the Seven Fishes is part of the Italian American Christmas Eve celebration, although it is not called that in Italy and is not a feast but rather a grand meal. This celebration commemorates the wait, the Vigilia di Natale, for the midnight birth of the baby Jesus. The eating of fish on Christmas Eve is a Catholic tradition. Catholics were expected to abstain from eating meat or products derived from animals such as butter or dairy on Fridays and holy days. Christmas Eve being one of the designated days on which to abstain, most good Catholics would eat fish, typically cooked in oil. In southern Italy and Sicily, fish is extremely abundant, which may explain why so much of it was added to Christmas Eve dinner. It is also worth noting that while it's called the Feast of the Seven Fishes, the meal includes more than just fish. Side dishes and other accompaniments to the fish round out the meal. One of my side dishes is German potato salad to honor my German roots as I am of Italian and German descent. The number of fish eaten on this day does vary from area to area (in fact, in Italy, this feast is mainly referred to as La Vigilia, or the vigil) the number part seems to be a North American addition. There is no exact meaning behind the number seven. It has been hypothesized, however, that the number refers to the fact that seven is God's number. Another theory is that the number of fish corresponds to the number of days in a week - the time it took Mary and Joseph to travel to Bethlehem, or references to the seven sacraments and to the seven deadly sins. Rather than serving seven fish, some households serve ten, to designate the stations of the cross. Nine fish refers to the holy trinity, multiplied by three. Serving 12 fish, however, typically refers to the number of Apostles. Each year I host a Christmas Eve meal honoring my heritage, traditions and love for my family, family and their loved ones."

Handmade Christmas Outfits, Wendie Sheldon, Kennebunk

"Some of our Christmas traditions growing up on Sayward Street in Kennebunk were Christmas Eve dinner by candlelight with a full set table where mom made homemade fish chowder, salad and dinner rolls. Our home was always open to all at Christmas. One of my favorite traditions would have to be the Christmas clothing from my nana, Francis Derham. Nana would sew each of her grandchildren a new outfit to wear on Christmas. Our outfit gifts also included a set with a handknit sweater, mittens and a new winter hat."

Peter Landry, Cape Porpoise

"The Christmases of my childhood were a moveable feast of great meals and family gatherings. It helped that we had a big family to work with - my father was one of nine Landry children and all but two of them lived most of their lives in Cape Porpoise and Kennebunkport. The clan began at the Cape, when my grandfather Alex contracted to have a house built at the head of Paddy Creek just after 1900 at the turn of the century. We didn't know it as children, but the square house with its pointed roof looked just like the houses of Arichat, Nova Scotia, where Grandfather was born and where he lived before coming to the United States and a life at sea.

"That house was central to the family gatherings of my memory. When my sister Amy and I were little, and Grandmother Olive was still alive, we went there for breakfast on Christmas morning for hearty meals of eggs and bacon, muffins and homemade breads. While breakfast was going on, my sister and I always got one gift from the spangly Christmas tree in the front "parlor" before heading home for our own family tree and presents.

"The break was short, because we were due back at the Paddy Creek "homestead" for Christmas dinner in the afternoon. This was a command performance for the Landry's, as all the siblings of the first generation came back with their families to honor grandmother. The table was expanded so much it filled the old dining room, and there were overflow "children's tables" in the kitchen as well.

continued on next page

Opposite page, clockwise from top: Peter Landry and his sister Amy, Reindeer tracks, Saint Nicholas Night, The Tanguay tree star, Doris West's Raisin Cake Recipe. This page, clockwise from top left: Wendie's Nana, Francis Derham, Wendie Sheldon and some of her siblings in their Christmas clothes made by their nana Francis Derham, Pat Hubbard, Judy Desrosiers, Rick West, Doug West, Beverly Rodrigue. Susita Goodyear Hood with her children Hunter, Erica, Calina and Conner ready for the annual Feast of the 7 Fishes, Ruth Fleming. Courtesy photos



"The house was rich in the smell of turkey roasted in the old, black cast iron stove, plus all the winter vegetables — onions, mashed potatoes, carrots, squash, turnip and more. My sister and I wondered why there weren't more fresh green vegetables — maybe a salad, for goodness' sake? — but we later learned that that the menu was dictated by what our relatives had grown and stored in the cellar before there was wide refrigeration or supermarket selection.

"After Grandmother died, the routine shifted a bit, with the breakfast moving from the homestead to the home of my parents Woodrow and Drusilla. To amuse my sister and I until breakfast was over, my mom cooked up a tradition of wrapping each item in our stockings and tagging them with clues. We couldn't open the little packages, until we had guessed the item from the clue, and it kept us quiet and busy. As kids, we were annoyed that we couldn't just dump out our stockings and enjoy the contents like some of our friends. But as we got older, we came to cherish the clues and carried on the tradition with our own families. We still write them to this day, often working late into Christmas Eve

"Even with breakfast at our house, the Christmas dinner still remained at the homestead when we were older, carried on by my Aunt Fran and Uncle Justin who lived there. Each year, as the original siblings aged, there were more gray hairs and hearing aids, but always there was joy, laughter, and warm family ties.

"Exiled to the children's tables, we never appreciated how much a gift those gatherings were — until we moved away as adults and didn't have them anymore. They remain the foundation for the best memories I have of Christmas in Cape Porpoise."

Above left: The Landry family Christmas meal circa 1970s. Above right: The old stove with grandmother Landry and her son Justin, 1950s. Courtesy photos

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Chef Steve

Recipes and photos by Village contributor Stephen Kaczala.

Steve is a USCG licensed Captain, mate on the F/V Nor'easter, licensed electrician, chef, and avid fisherman.

Steve specializes in ocean table dishes using the freshest locally sourced Maine seafood, most of which he catches himself.

Chef Steve's Lobster Bisque

This month's recipe is a savory lobster bisque perfect for the holidays. "This delectable preparation of our state's most prized crustacean is sure to be a hit and any Christmas or holiday dinner. It is a little involved and best to cook a day or two before serving to let all the flavors blend together. This recipe serves six, but you can double or triple it for a bigger gang," Steve said.

Ingredients:

4- pound and a half lobsters, cooked and picked.
Save the save shells.
3-sticks of celery
1 large carrot
1 large Vidalia onion
1/2 teaspoon white pepper
2 bay leaves
1/2 cup of white wine
1 cup sherry
1 stick of butter
1/2 cup of flour
3 pints heavy cream
2 tablespoons olive oil
Salt & pepper
Oyster crackers

Stock

Preheat the oven to 350°.

Place the saved lobster shells in a baking dish. Drizzle olive oil a quarter cup of sherry and a Tablespoon each of salt and pepper over the shells. Bake for 35 minutes. Remove shells from baking pan and put into a large stock pot. Add 1/2 cup of wine. Beak the shells up a bit with a wooden spoon. Add tablespoon each of salt & pepper, 1/2 teaspoon of white pepper, bay leaves, celery, carrots, and half the Vidalia onion. Fill the pot 2/3 full of water. Bring to a boil, reduce heat to a rolling boil. Simmer down to render about a quart of stock. This is going to take a while, it's what gives the soup its flavor. Give it a taste at this point, it should have a reddish-brown color and taste like a Ritz cracker. If it tastes bland, add some more water and continue the process.

Bisque

Separate the picked lobster meat. Keep the claws and tails together. Remove the vein from the tails and cut into bite-size pieces. Melt a stick of butter in a heavy 8-quart pot under low heat. Fine chop the other half of the onion. Sauté in the melted butter for a good five minutes. Cut the remaining lobster meat from the legs and arms and backs of the tails into small pieces, add to the melted butter and onion. Stir for a few minutes. Add a 1/2 cup of Sherry. Continue stirring. Cook under low heat for about five minutes or until the alcohol is evaporated. Mix in flour. Continue string under low heat for another 7 minutes. At this point, you can slowly add the stock add about a pint from into the flour and butter. In a large saucepan add 1/2 full of heavy cream, scald under medium heat until the edges start to bubble. Add to the pot stirring occasionally. Repeat this process until the rest of the cream is in the large pot. At this point, your bisque is complete all you need to do is add the remaining lobster meat. Serve with oyster crackers and a cold beer.

Merry Christmas!



It Takes a Village

How to bring the light inside

by Deidre Braley

By the time you read this article, it's entirely possible that you've had your Christmas tree up for over a month now. And while I'm a firm believer that pumpkin pie and mashed potatoes deserve their own moment at Thanksgiving, this year, I've joined the early adopters. I've been listening to a nearly constant stream of instrumental Christmas songs whilst pattering around the house, and I've been sipping coffee from Santa's ceramic face for weeks now.

In truth, I think it's less about hastening the holiday and more about a desire – even a desperation – to pull the light indoors. November felt historically dark. The daylight shifted and shortened, and the divisive knife of partisanship sliced right through our sense of communal well being. Memories of more carefree months have disappeared altogether, just a vapor diluted and absorbed into the cold black sky.

And so we turn to the light. We reach for twinkling, shimmering things to surround us, hoping that by some osmosis they will warm this biting chill that – like the first hard frost – has left the living, hopeful things to languish and pale.

If you're anything like me though, you've discovered that it's not enough. That no matter how many tapered candles you light, or no matter how many strands of bulbs you string about your home, you still feel like a spectator: you're gazing upon the light, but what you really need is to swallow it in one giant gulp and

to let it expand and make your belly light, to make your chest free of those knots that simply won't unclench. In this time of 'peace on earth,' you wonder how to harness that ephemeral essence, thinking that if you can just bring it inside of you, it will soften every jagged-edged tangent that's bobbed through the waters of your mind this year.

You are not alone. I believe that many of us sense this not-rightedness at the moment, and everything in our beings cries, "But wait! This isn't how it's meant to be!" We know, and yet – we feel frozen here. It is as though a spell of disunity has been cast over us, bewitching us into believing that we must have a stronger allegiance to our stances than to the fleshly beings that are warm, breathing, and existing right at the ends of our fingertips.

Did you read *The Lion, the Witch, and the Wardrobe* as a child? At the end of the story, the spell of the White Witch is broken, and the whole land of Narnia thaws from its eternal winter. And just as in Narnia, I believe this spell too can be broken, and we might even be surprised to find (as the inches-thick ice melts and tender shoots of grass peek through sparkled frost) that—underneath all that deep winter—there are living, moving, earthly beings with whom we can laugh and eat bread! They are not Others as the spell has made us believe, but are rather just as human as us, trying to make it through this world the best way they can gather.

And so, here are three ways we might begin to break the spell and invite the light to reside inside of each of us this season. You might not be surprised to find that each suggestion involves fostering unity and peace with the very living-breathing-tender people who are already in our circles of influence; as it turns out, one way we can find our way back to ourselves is by giving ourselves to others.

We can begin to thaw the deep winter of disunity with extended hands, curious minds, and open tables. In doing so, we can hold light within ourselves and use it to illuminate the darkened hearths of those around us.

1. Be Graciously Curious

If we truly want to become havens of light this season, we simply cannot allow our first thoughts about others to be: they are evil, they are wrong, they are stupid, or they are hateful. We cannot in good faith say 'good tidings we bring, to you and your kin,' but then curse our fellow humans behind our twinkling, handheld rectangles.

Instead, we must understand that we are all sifting through the fragments of a broken world, trying to do what we can with whatever raw materials we've been given – our doubts, our experiences, our quirks, our confusion – everything. I'd argue that almost all of us are trying to do our best, and that very few of us wish to do harm. When our brains do jump to judgment (as they naturally will), we will do well to remember that curiosity is the antidote to division. We can practice being graciously curious by asking questions that invite connection and by remaining fervently devoted to respecting the inherent worth of every human we meet.

2. Gather Around the Table

Something sacred happens when we eat together – perhaps it's this remembrance of our shared dependency. We all need our daily bread. We all hunger for nourishment. Food is the great unifier.

Let's invite our friends in and give them warm meals, yes. But also let's be intentional about waving in our neighbors, our kids' playmates, and the various generations of people with whom our shoulders rub up against in daily living. Let our allegiances not be so tied to our own leanings or ideologies that we begin to love the idea of people more than we

love the reality of people—especially the ones that we alone have been given to see, touch, feed, and love.

3. Ask for Forgiveness, and Forgive Before Being Asked

If light is a candle we wish to set ablaze within ourselves, then bitterness is undeniably the snuffer. And while forgiveness seems to be such an unsexy word these days (it takes the hard work of honesty, humility, and forbearance), without it, we remain stranded from each other. We remain frozen in time – in discord and in pain.

We cannot control what others have done to us and (maddeningly) we can't make them feel sorry for it either. And so we let that go. Instead, we control what we can: we can ask ourselves (with a heaping pile of humble pie), "Whom have I hurt?" and, "Whom do I need to ask for forgiveness?" And then we do that. As for the people who have hurt us, we can't carry our bitterness toward them and also experience lasting joy. And so we choose the latter, and lay down the former, forgiving even before we've been asked and thus allowing the light to illuminate the dark, cobwebby shadows that have held us back from peace.

This holiday season, may we gulp at light and invite it into the weavings of our arteries, our lungs, our souls. May we not just sit adjacent to the twinkling glittering beauty, but instead may we embody it, allowing it to kickstart the deep thaw that our earthly bodies and forlorn spirits have been languishing for. Let us reach out to one another without prerequisite, letting it be enough that we are human together and that we are all trying our best to make it through.

To read more of Deidre's writing, visit her musings on *The Second Cup* at <https://thesecondcup.substack.com/> or order a copy of her poetry collection on motherhood, *The Shape I Take* at <https://bottlecap.press/collections/poetry/products/shape>.

And be sure to connect with her on Instagram @deidrebraley. Deidre offers live, local poetry readings and has limited availability for speaking engagements. Reach out to her at deidrebraley@gmail.com if you'd like to host her for an event! Inquire via email at



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Ad & PR deadline for the January 2025 edition of The Village is December 20

What's That you Say? Getting out the vote?

by John Forssen

To be sure, election canvassing is a huge job. Imagine a great lumbering machine with several thousand moving parts, only a few of which have been designed with an eye toward a smooth fit...despite having been imagined that way in some distant dream. Just look at the flow chart... it has the appearance of a Mapquest presentation: here-to-there with convenient rest stops along the way: neat little boxes, strung out like brightly painted cars behind The Little Engine that Could.

Smooth...what could possibly go wrong?

For one:

I decided that I would take a turn as a canvasser this year, knocking on doors, urging people to vote.

What could be simpler? I was not being sent into enemy territory as a combatant. Confrontation was not the order of the day. My job was simply to be sure the 'friendlies' were ready to go: that they intended to vote and that they had an actual plan such that errant circumstances would not distract them.

There was just one small issue... which we discovered when I signed in at party headquarters at the beginning of my shift. The shift leader, a paid political operative (hereafter known simply as 'O'), looked at me closely and asked if I had a smart phone.

"Of course, I have a smart phone," I replied, perhaps a little defensively.

"Of course, you have," 'O' replied softly, speaking mostly to himself, as if he'd

had this conversation before and was tired of it. "It's just that sometimes people your age, you know, tend to avoid them."

I let that pass, took out my device, a well-polished iPhone/12 and laid it on the table...just out of his reach. Had this encounter been a 'Western', it would have been a Colt-44, and he would have reached for it at his peril. It was clear that I intended for him to ask.

Which, much to his credit, he did. Meanwhile, we had reached a point (rather too quickly, I thought) where my ignorance, peeking out at every opportunity, was all that stood in the way of a successful canvas.

It was almost noon, the hour that my shift was to begin, when I started to feel the wheels falling off this operation. 'O' might have felt the same way, but he remained quietly silent. It could have been an expression of confidence, but it was short lived. Soon enough, all he had left was courtesy.

"We used to do this with clipboards and pencils," he explained, his tone informing me that those tools were now passé. He might as well have said good riddance to all things of a certain age (my age exactly)...but he didn't, for which I give him great credit. Restraint is a virtue.

"We do everything with an app on your phone."

I nodded and waited quietly for more...which came all too quickly.

The App, I learned, included a map with plotted addresses, a list of corresponding names, several pages of boxes in which to record plans to vote, candidate

preferences, and responses to as many issues as there might be blades of grass in a three-acre pasture. My eyes glazed. In all the world, I did not have enough time left.

"So," he continued, "bring up the App and we'll get started."

True to form, whenever I venture into previously unoccupied territory on my phone, it requires a password. It wants the courtesy of a proper request...that first kiss, you might say, even from my phone, cannot be stolen. Always, one must ask.

But a password? What fool – man or machine – would ask for such a thing at the very moment passions are on the rise and foot soldiers for the cause are climbing out of the trenches?

I knew the answer before I lifted my finger to tap out the first code.

I scowled at the phone, a face bearing a combination of determination and inescapable defeat.

'O' scowled into space, a face anticipating certain despair.

Clearly, we were on the same wave length. Nothing good, nothing at all, was about to happen.

And the phone...not an ounce of shame, the phone took the 5th. There was no acceptable password.

All was not lost, however, for 'O' had a super password. He assured me, that it would get us to our destination. However, as 'O' was a stranger to my phone, a thief in the night possibly, it was necessary – imperative in fact – for the digital police to vet his intentions which would take about an hour.

During that time two canvassers arrived, picked up their assignments and set out...partners, in and out in less than two minutes.

My phone was still vetting 'O'...47 minutes to go.

"Will I have a partner?" I asked.

"Normally, yes, but only three canvassers signed up today, so...well, you'll be going out alone...be strong."

"I heard one of the canvassers got bitten by a dog the other day." I wanted him to say it wasn't true...but that was a bridge too far.

"Doesn't happen often," he replied. "But, well...gotta be careful."

So, I tried again – small talk, you know – "Do you suppose anyone has a gun?" It was meant as a joke.

'O' didn't smile. He was from away. "Is this Maine?" he asked, his eyes narrowing.

So much for small talk...or humor, for that matter. Politics is serious business.

When at last my App arrived, we covered all the bells and whistles and I was on my way. It was a good shift. Everyone was friendly, even the few othersiders who slipped through the weir.

What I forgot, however, a missing element in my planning, was that Octogenarians are not built for the long haul. There comes a point where mission is overtaken by necessity... and, well, you can imagine the rest.

All's well that ends well – a public restroom was close by.



John Forssen



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Earl Freeman, DO, IFMCP

Dementia: A wave of trouble for today's world – Part 2

Continuing the discussion of Alzheimer's, here is Part 2 of Doc Talk: by Earl Freeman

So, let's step back and look at the forest instead of the tree. Let's look for root cause: what was going on "upstream" that led to the present status? Most evidence puts our brains in the same position as most of our other organs – susceptible to the negative influences of our environment and our lifestyle (SNIEL). These negative influences include many obvious things that our ancestors, from our grandparents back, were not exposed to. There are over 50 million man-made chemicals in the world, most of them created in the last several decades; only a very small percentage has been tested for adverse effects. Increasingly inadequate physical activity is the status of the major portion of our people. Our food sources are increasingly perverted with adulteration from agricultural, processing, transportation and storage practices. Our culture coaxes us into easy, comfortable and pleasurable activities without much concern for long-term cost.

The net result is that we are experiencing a wave of chronic poor health issues. Modern medical practices have produced a plethora of dazzling successes. I need only remember my very recent heart surgery for an example of that (blessed, fully recovered, feeling terrific, thank you). The medical profession has done remarkably well with dealing with some acute medical issues – e.g., injuries, surgeries, infections, etc. BUT . . . we've done less well with chronic

diseases. The degenerative effects of modern environmental and lifestyle influences are the drivers of many of our chronic conditions. Alzheimer's is one of those chronic issues, along with many others, like hypertension, type 2 diabetes, some cancers, osteoarthritis, coronary artery disease, depression, anxiety, some other neurodegenerative disorders like multiple sclerosis, and many others.

There is solid and increasing evidence that underlying, low grade, but continuous inflammation is a common denominator of many of the chronic diseases. That begets the question of why does this chronic inflammation exist? Inflammation is an essential function; without we would die fair quickly. We could not heal from a minor laceration or a sore throat. The inflammatory function also contains, within itself, the mechanisms to shut itself off at the appropriate time. The "SNIEL" influences seem to have altered our immune system's control of inflammation recovery. This immunity perversion has been the stage for many allergies, many auto-immune diseases, many degenerative diseases.

So let's get back to our primary focus, Alzheimer's. What causes Alzheimer's? SNIEL (the negative influences of our environment and lifestyle). The really good news: we have a lot of control over SNIEL! The really good news is by taking control of these influences, we can change our risk of Alzheimer's and many of the other chronic conditions. There is even increasing evidence that we can sometimes reverse the symptoms of Alzheimer's with these methods. I believe that Alzheimer's doesn't have to be a destiny of doom. We can have real optimism. The bad news: most of us don't have much experience in controlling SNIEL.

There are 4 highly important factors we can control: diet, exercise, rest, thinking – DERT

Diet: Eat Real Food / Not Too Much. Foods common to the standard American diet (SAD) are responsible for much of the chronic inflammation, which is the foundation of most of our chronic disease. Let's start with a vegetarian concept. This can be a very healthy diet, but it takes education in order to follow a well-rounded nutrition. Paleo and keto concepts also have some sound philosophies, but again you need to be on your toes to get it right. What I suggest to my patients is to use some of the practices of both.

1. Stay away from sugar, and further, stay away from high-fructose corn syrup; read labels, it's used in most processed foods. Replacing sugar with non-sugar sweeteners is not a healthy alternative.

2. Eat mostly vegetables and fruits. Lean away from high starch and high sugar vegs/fruits. When choosing vegs/fruits, pick the ones with the darkest colors; eat 4-5 colors every day.

3. Use meats as an accent for the meal, rather than the main player. When you look at your plate, look for it to be covered with 20% meat and 80% plants. Meat from grass-fed animals has more of the Omega-3's.

4. Eat healthy oils. The SAD diet had a preponderance of Omega-6 fats and is low in Omega-3's. Both are needed, but we do best with a higher ration of Omega-3's. Olive oil is a good source, BUT there's a lot cheating in the olive oil market. Choose EVOO – extra-virgin olive oil, cold-pressed, in dark glass bottles. With something as important as your health, I recommend you research what a high quality nutritious EVOO really is. Omega-3's are plentiful in nuts, seeds, avocados, organic coconut oil and SMASH fish: Salmon, Mackerel, Anchovies, Sardines, Herring.

5. Limit dairy. Can use occasional yogurt (beware the sugar), kefir, grass-fed butter, ghee. And always go organic and grass-fed.

6. Avoid GMO foods, pesticides, antibiotics and hormones. There are more concerns of toxic contamination of food, but these are the big ones.

7. I also highly recommend you get tested. Find out what are your individual needs. It's a good idea to work with a functionally trained professional to personalize your diet.

Exercise: Start where you are, but start. The effects of consistent, persistent exercise on brain function are profound. It affects the brain in many ways. It increases heart rate, which pumps more oxygen to the brain. It aids the release of hormones which provide an excellent environment for the growth of brain cells. Exercise also promotes brain plasticity by stimulating growth of new connections between cells in many important cortical areas of the brain. Research from UCLA even demonstrated that exercise increases growth factors in the brain which makes it easier for the brain to grow new neuronal connections.

Walking is a great way to get going regularly. And repetitive lifting of something you can handle is a good start. I had an 89-year-old patient start with a soup can. Isometric exercise seems to have a particular benefit for the brain. In isometrics, there is no movement of a joint. A force is applied against an immovable object and held for a period of time and then repeated. It's very effective and worth getting some instruction. Bottom

line: sedentary activity contributes to chronic inflammation!

Rest: Sleep is critical for brain health. After a day of being awake, it is similar to a workshop being used all day. There is dust and dirt on the floor, some broken or used parts left around. So, when the shop shuts down, the janitors come in and clean up. Same is true in your brain. There are broken parts of genes that need repair, there are mitochondria that are broken and need to be rebuilt or replaced. If you're awake the "janitors" can't do their maintenance. As many of us know, there are many, many issues that interfere with a healthy night's sleep. Unfortunately, resorting to a sleep medication is a common choice. I say, unfortunately, because all the "sleep aids", doctor prescribed and personally chosen, alter the normal sequences of sleep. Each stage of sleep has a purpose in our essential nightly rebuilding.

If sleep is a problem for you, I recommend you find a trained professional to evaluate you and personalize a recuperation plan. Also, stress reduction and tolerance is a very important topic in Rest and Recovery, maybe for another article.

Thinking: This is sort of a use it or lose it recommendation. It is often thought that one of the most important issues in maintaining intellectual function is to keep doing it. Many people use crossword puzzles, sudoku, word games, etc. Some folks have done these for years: they're good, but there's a better way. When we ask our brain to do something new, it uses its plasticity to make new connections between brain areas reverse the shrinking of some brain areas. One of the things is the increase of production of BDNF. It is a protein that acts on some neurons, supporting their survival, stimulating the growth of new ones, improving their connections. One notable about BDNF is, it is particularly active in the hippocampus and the frontal lobe, one of the brain centers most involved in dementia. My recommendation is to develop a new skill, study a new topic – work at it; make your brain work.

I am very excited about progress I've seen in patients when environmental and lifestyle issues are improved. Our modern world has given us the risk of chronic inflammation and it is very costly to our mind, body and spirit. But we are not helpless: we can make ourselves resistant to the negative influences of environment and lifestyle.

Earl Freeman, DO, IFMCP, efreeman.do@gmail.com; Freeman Center for Maximal Health; www.freemancenterhealth.com.

American Legion Monthly Meetings

All Veterans and Sons of the American Legion are welcome to attend monthly meetings of American Legion. Meetings take place at 7 p.m. at the American Legion Post 159, 102 Main Street (across from the police station), Kennebunkport on the first Thursday of the month.

Upcoming dates:

December 5, 2024
January 2, 2025
February 6, 2025
March 6, 2025
April 3, 2025
May 1, 2025
June 5, 2025
July 3, 2025
August 7, 2025
September 4, 2025
October 2, 2025
November 6, 2025
and December 4, 2025

FMI call 967-2400

The Village Roundup

by Jo O'Connor

Each month, we like to highlight a few wonderful companies in the area. Happy Holidays!

Shoebox: At Shoebox and Co., they believe that active lives depend on healthy feet and that proper footwear is essential. They take great pride in offering purposeful products that function seamlessly with the foot's anatomy. Each brand is carefully selected with attention to the utmost quality, design and function for daily life. Their mission is to offer you a curated collection of the world's finest footwear for all of life's walks. Open Daily 10-5. FMI: 24 Ocean Avenue, Kennebunkport; shoeboxandco.com

Hearth and Soul: Every now and then, you have got to use the word unique. In this well-curated and happy store, shoppers will find great home goods, beach décor, gift items, candles, silk flowers, seasonal items, cards, braided rugs, wrought iron and numerous Maine-made items. You need to shop here for the holidays. Open Tuesdays-Saturdays 10-4 and Sundays 11-4. Closed on Mondays. FMI: 35 Main Street, Kennebunk; follow on Facebook

Coffee Roasters of the Kennebunks: With more than 40 years of coffee roasting experience, this cool café serves tea, delicious grab & go food all in a gift emporium. Oh yeah, it's home to the best \$1 cup of coffee in the world! Stop by today. Open Daily 8-4. FMI: 163 Port Road, Lower Village Kennebunk

Pack Maynard & Associates: Buying and renting Maine real estate in Kennebunk, Kennebunkport, Cape Porpoise, Wells and Biddeford Pool is like purchasing a piece of surf, sun, sand, hills, meadows and sky. Investing in The Kennebunks is a move toward a better quality of life. Pack Maynard is also part of the Luxury Portfolio of Homes, an exclusive collection comprised of the very best independent luxury real estate brokerages from all over the world. If you are looking to sell, go with the pros at Pack Maynard. They believe that being part of a community means investing in it. Let them show you our little corner of paradise this morning - in the hopes that you also will eventually call the Kennebunks home. FMI: 165 Port Road, Lower Village Kennebunk; pmrealestate.com



Full-furnished, two-story year-round Kennebunk home \$4,200/month. This southern contemporary home is beautifully sited on a private lot near Lower Village and Gooches Beach. This 3565 sq. ft. home offers a fully applianced kitchen with dining area, a sunken living room, a cozy den, a wonderful family room, a front study, a lovely sunroom, a first floor master suite with walk-in closet, three additional bedrooms, 3.5 baths, laundry room and full basement. This sunny, open-concept home offers many amenities including hardwood & tile floors, maple cabinetry, quartz counters, security system, two-sided fireplace and an expansive farmer's porch. Leave a message for Jimmy at (207) 590-4677.

The Center announces name change to Spaulding Center for Active Living

The Center, a beloved gathering place for community members aged 50 and over, is excited to announce its new name: the Spaulding Center for Active Living. The name change honors the organization's founders, Annie and Hank Spaulding, who established the center in 1990 to address the challenges of social isolation among seniors. Originally known as "Center at Lower Village – A Gathering Place for Seniors," the Spaulding Center has grown to become a vital resource for residents of Kennebunk, Kennebunkport, Arundel, and beyond fostering community connections and improving quality of life for older adults.

In 2024, the center celebrated a major milestone with the expansion of its existing facility. The addition of a 2,000-square-foot space has allowed for enhanced programming and new offerings tailored to meet the evolving needs of its members.

Looking ahead, the Spaulding Center for Active Living remains committed to serving adults aged 50 and over, wherever they are on the aging continuum, and will continue to provide an invaluable network of support, innovative programs, and essential resources, ensuring all members of the community can live vibrant, fulfilling lives.

"We are thrilled to honor the legacy of Annie and Hank Spaulding as we embrace this new chapter," said Bridget Dempsey, Executive Director. "The Spaulding Center for Active Living is more than just a facility – it's a place where friendships are formed, passions are pursued, and lives are enriched."

For more information about the Spaulding Center for Active Living and its programs, please visit www.seniorcenterkennebunk.org or contact (207) 967-8514.

175 Port Road, Kennebunk, Maine 04043
207-967-8514 | seniorcenterkennebunk.org



The Center "Scene"

This December, the Center is bustling with holiday cheer, and we invite everyone to join us for some festive fun! Mark your calendars for our highly anticipated Holiday Fair, a delightful Prelude event for all ages. The fair will take place on Friday, December 6, Saturday, December 7, and Saturday, December 14, featuring an artisan market where you can find unique, handcrafted gifts made by local artists. We'll also have a beautiful selection of decorated wreaths and boxwood trees for sale, perfect for bringing a bit of seasonal charm to your home. And don't miss out on our gourmet hot cocoa bar – a warm treat to enjoy while you browse!

Another special highlight this month is our "Elder Elves" initiative. Our dedicated committee has been busy gathering and stuffing 75 festive bags filled with thoughtful treats and gift cards for homebound seniors in our community. If you would like to contribute, Elder Elves Giving Trees can be found at the Coffee Roasters of the Kennebunks, Norway Savings Bank, Kennebunk Savings Bank Lower Village Branch and at the Center, 175 Port Road. It's our way of spreading joy to those who can't make it to the festivities.

The Center is here to make this holiday season bright for everyone. Stop by, bring a friend, and if you're not a member yet, try your first activity for free. For more information on Prelude events or our December calendar, contact us at (207) 967-8514.

Upcoming and Ongoing Events

Going on now:

Grief Support Group for Adults, facilitated by Carol MacLeod APRN, Psychiatry, Brick Store Museum, 117 Main Street, Kennebunk, Thursdays 11 a.m.-12:30 p.m. FMI mugbob66@gmail.com or 207-468-0668.

Thursday-Sunday, December 5-8 Maine Women in the Arts (MWA) Annual Holiday Art and Craft Show. This show will be held during Kennebunkport's Prelude celebration. This show offers a wide selection of original fine art pieces including paintings, photography, pottery, baskets, books and more as well as unique, handmade holiday crafts made by these talented artists. Admission is free. Join the festivities beginning with the opening reception on Thursday, December 5, from 5-7 p.m. There will be live music and many of the artists will be in attendance. The show will continue Friday, December 6, 9:30 a.m. to 7 p.m., again featuring live music 3-5 p.m.; Saturday, December 7, 9:30 a.m. to 5 p.m.; and Sunday, December 8, 9:30 a.m. to 4 p.m. It will be at the Masonic Lodge, 10 North Street (via Temple Street), Kennebunkport.

Thursday, December 5 - Sunday, December 15: Kennebunkport's 43rd Annual Christmas Prelude. FMI christmasprelude.com

Friday, December 6 - Saturday, December 14 Zapapa Handmade Holiday Market, Kennebunk Train Depot, 12 Depot Street, Kennebunk, 11 a.m.-5 p.m. each day. Come discover Zapapa's unique clothing and home goods made exclusively by hand in natural fabrics.

Friday-Sunday, December 6-8 SALT Fine Jewelry at Hurlbutt Designs, 51 Western Avenue, Kennebunk. Friday 11 a.m.-4 p.m., Saturday 11 a.m.-5 p.m., and Sunday 11 a.m.-4 p.m.

Saturday & Sunday, December 7 & 8 Holiday Artisans Makers Market, 16 Wakefield Pasture Road, Kennebunkport (1 mile from Dock Square), 10 a.m.-4 p.m. both days. Shop for unique handcrafted goods while enjoying light nibbles and beverages. Crafters welcome to join in at no charge.

Annual Americana Workshop Christmas Open House, Route 1, Kennebunk, all day each day. 20% off storewide. Holiday cheer and refreshments will be served.

Saturday, December 7 Holiday Sip & Shop, Half Moon Vintage Market, 1773 Post Road, Wells, 10 a.m.-4 p.m. Ladies, grab your BFFs and get a photo with Santa! Amazing giveaways, unique gifts, coffee, hot cider & treats. FMI halfmoonvintagemarket.myshopify.com or 207-747-4991.

Bandaloo's 16th Annual Artisans Market, Route 1, Arundel, 10 a.m.-2 p.m. Lunch and drinks, shopping, free parking. FMI bandaloo-prestaurant.com.

Sunday, December 8 Holiday Stroll, Half Moon Vintage Market, 1773 Post Road, Wells, 10 a.m.-4 p.m. Coffee, hot cider and treats. FMI halfmoonvintagemarket.myshopify.com or 207-747-4991.

Sunday, December 8 Holiday Open House at the Kennebunk Train Depot, 12 Depot Street, Kennebunk, 2-5 p.m. Gifts, greenery, refreshments and more!

5th Annual Holiday Craft Fair, American Legion Memorial Hall Post 159, 102 Main Street, Kennebunkport, 9 a.m.-2 p.m. Home decor, ornaments, jewelry, photography, artwork, children's clothes, bake sale, crafts, antiques, raffles on the 1/2 hour, food, and more!

Sunday, December 8 (and Wednesday, December 11) Mid-Week Music's Fourth Annual Christmas Show. Kennebunkport Historical Society's Town House School at 135 North Street. On Sunday, December 8 at 1 p.m. and Wednesday, December 11 at 5 p.m., guitarist Dana Pearson, pianist/organist Mark Gunter, and bassist John Kumnick will spread holiday cheer with a eclectic mix of yuletide music, including "Angels We Have Heard on High," Willie Nelson's "Pretty Paper," "O Little Town of Bethlehem," Leon Russell's "Slippin' Into Christmas," and The Band's "Christmas Must Be Tonight." For tickets: kports.com/buy-tickets, info@kports.com, or 967-2751. (Mid-Week Music will kick off the new year on Wednesday, January 8 with "Yet Another Evening Without Neil Young (but with his music)," with Pearson joined by drummer Ron Breton. This third annual Neil-fest will include tunes like "Cortez the Killer," "Helpless," and "Harvest Moon.")

Saturday & Sunday, December 14 & 15: Holiday Market, Half Moon Vintage Market, 1773 Post Road, Wells, 10 a.m.-4 p.m. both days. Coffee, hot cider and treats. FMI halfmoonvintagemarket.myshopify.com or 207-747-4991.

Thursday, December 19 Ladies Night at Local Color, 30 Dock Square, Kennebunkport, 5-8 p.m. 10-

50% off storewide. Deals, giveaways, door prizes, and more. Plus Christmas Karaoke with DJ NC Hammer. FMI shoplocalcolor.com. Follow on @shop-localcolor.

Brick Store Museum 117 Main Street, Kennebunk brickstoremuseum.org

December 17 - December 21 The 2nd Annual Gingerbread House Exhibition! Families, individuals (all ages), and businesses are invited to share their works of gingerbread art with the community for the week before Christmas. All gingerbread houses will go on display on Tuesday, December 17 starting at 12pm through Saturday, December 21 at 2pm. Gingerbread houses can be simple, fancy, realistic or whimsical. Have fun with creativity, architecture, and design. The community is invited to the Museum's Festival of Traditions throughout the month of December; and especially during the week of December 17 through 21 to view the gingerbread houses made by community members. Visitors will receive voting ballots to select their favorite creations; and the museum will welcome guest judges to review the entries and award prizes. Mainly, winners receive bragging rights for the year! It is FREE to participate. There is no theme as the museum would like to see what our community creates! To participate, email Mary Delehanty at mdelehanty@brickstoremuseum.org to let us know that you will be bringing your gingerbread house for the exhibit. Gingerbread lenders must drop off their entries between Sunday, December 7 through Sunday, December 15 at the museum's Front Desk (please check our website for open hours!). Participants will be asked to fill out a simple exhibition card, including Name, Category (Child, Adult, Business), Contact Information, Title and 1-2 Sentences on your gingerbread structure. Your name, title, and description will be displayed next to your gingerbread house for the week. Please visit the museum's website at brickstoremuseum.org/gingerbread to read all guidelines prior to participating.

Louis T. Graves Library 18 Maine Street, Kennebunkport graveslibrary.org

Mondays at 7 p.m. What's Your Story? Each week, Library Director Mary-Lou Boucouvalas sits down with a community member and talks to them about where they came from, what they do, their interests, etc. Tune in Monday

evenings at 7 pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel or watch them on the Town of Kennebunkport's cable channels 2 and 1301.

Wednesdays at 7 p.m. Portside Readers. Listen to stories, poems, tales, essays, drama, songs, and more by the Portside Readers, a small group of local actors, writers, and book club members who want to share the joys of reading and listening. Tune in Wednesday evenings at 7 p.m. on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channels 2 and 1301.

Fridays at 10 a.m. Fabulous Friday Family Story Time is in the community room every Friday at 10 a.m., and everyone is welcome to Stay & Play at 10:45 a.m. This program includes stories, finger plays, and songs. After story time, be sure to stop at our hands-on stations that are always open: Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! Try out the themed Scavenger Hunt and win a prize. For further information, please call 967-2778 and ask for the Junior Room or visit www.graveslibrary.org.

Tuesday, December 3 Bob Dennis and Tom Bradbury, 4 p.m. Bob Dennis and Tom Bradbury will be here to discuss their new book *Reflections Four Seasons of Beauty in Kennebunkport, Volume 2*. The book features 200 photos of Kennebunkport by award-winning photographer Bob Dennis. The photographs are accompanied by thought-provoking quotations selected by Tom Bradbury. Books will be available for sale and signing. Homemade clam chowder and light refreshments will be served. Parking is available along Maine Street, the North Street Fire Station Parking Lot, and Consolidated School (Route 9). The Louis T. Graves Memorial Public Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at www.graveslibrary.org.

Thursday, December 5 - 15 Prelude Pop-Up Photo Op, 9:30 a.m.-5 p.m. Create the perfect holiday moment and photo to remember Prelude 2024.

Thursday, December 5 Card Making Station for Community Gourmet Care Packages, 10 a.m.-4 p.m. Join us in the spirit of giving as we partner again this year with Community Gourmet to give care packages. Bring food items to put under our tree for local seniors. Add a cheery card you can make at our station, one to give and one to take home. This event will run daily until 12/20.

Cider, Cookies & Craft Time, 3:15-4 p.m. Decorate an ornament for the holidays and enjoy some holiday cheer while you are here! All supplies and light refreshments will be provided.

Maine Artist Marguerite Genest Paint & Sip, 5:30 p.m. Marguerite will teach us how to paint a wine bag with a label, the perfect gift for anyone on your shopping list. To learn more, visit mgenestart.com. Pre-registration is required. All supplies will be provided, and light refreshments will be served.

Friday, December 6

Mrs. Claus Story Time, 10 a.m. Mrs. Claus and one of the elves will be our special guests at story time for holiday stories and songs. T

Saturday, December 7

Holiday Book & Art Sale, 9:30 a.m.-1:30 p.m. Take a stroll down to the Graves Library on Maine Street in Kennebunkport for your holiday shopping. The Book Cellar is well stocked with new and gently used books, puzzles, note cards, mugs, hats, CDs and more. You are sure to find the perfect gift for that swap, host or hostess, or that lover of all things Kennebunkport – the 2-volume set of the History of Kennebunkport, by local resident and historian, Joyce Butler.

Super Saturday, 10 a.m. Spend your Saturday morning in the Junior Room at the Library! We'll have craft to-go, games, puzzles, hands-on stations, and more! And don't forget to try out the themed Scavenger Hunt for a chance to win a prize.

Wednesday, December 11

Cozy Family Movie, 3:15-5:30 p.m. Wear your jammies and snuggle in for a cozy time watching a movie with family and friends.

Thursday, December 12

Morning Book Group, 9:45 a.m. "The Women" by Kristin Hannah will be discussed. This group meets on the second Thursday of every month. New members are always welcome.

Cider, Cookies & Craft Time, 3:15-4 p.m. Decorate an ornament for the holidays and enjoy some holiday cheer while you are here! All supplies and light refreshments will be provided.

Maine Author Shannon Butler, 5:30 p.m. To help us celebrate Christmas Prelude in the perfect literary fashion, Maine Author Shannon Butler will be here at the Graves Library to sign copies of her book "All is Calm: a Maine Christmas Reader". All Is Calm is a look at the lives of Mainers during the holidays from the mid-1800s, to the Great Depression, to

modern day. Spanning nearly 200 years, these stories show that while Christmas traditions and trends may be changing, the warmth, gratitude, and humility of the Maine spirit is evergreen. [

Sip & Shop in the Book Cellar, 5:30-7:30 p.m. A unique opportunity to discover new books and authors as well as a relaxing way to peruse your favorite books while enjoying a delicious beverage. Come explore the Book Cellar and shop with friends. Light refreshments.

Friday, December 13

Holiday Songs Sing-Along with Mr. Eric, 10 a.m. Join us for a special story time while we play instruments Mr. Eric will play his guitar and lead us in some great holiday songs. Mr. Eric is a local musician and fan favorite.

Thursday, December 19

Write On, 3 p.m. Enjoy putting pen to paper with your thoughts and stories. Join us for a different kind of writing group. We will discuss our findings, share our writing, and learn about our unique inner talents when we meet! Creative writing prompts will be given at the end of each meeting.

Evening Book Group, 5 p.m. For December, the group will be selecting books for 2025.

Monthly Movie Night, 6:45 p.m. Join us for our monthly movie night. All are welcome to attend. Light refreshments will be served.

Friday, December 20

Fabulous Friday Family Story Time, 10 a.m. This event is in the community room every Friday at 10 AM, and everyone is welcome to Stay & Play at 10:45 AM. This program includes stories, finger plays, and songs. After story time, be sure to stop at our hands-on stations that are always open: Puzzle Cubes, View-Master, Coloring Crafts, Photo Booth, I Spy Terrarium, and more! Try out our themed Scavenger Hunt and win a prize!

Friday, December 27

Fabulous Friday Family Story Time is in the community room every Friday at 10 AM, and everyone is welcome to Stay & Play at 10:45 AM.

Wells Public Library

1434 Post Road, Wells
wellslibrary.org

Adult Book Bags. Library card holders who are 18+ can register online. Each book bag will contain two library books personally chosen for you by a librarian,

and some extra goodies for you to keep. Bags will be held for one week after receiving notification for pick up. This program is limited to 24 registrants. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

Tuesday, December 3

Fiction Book Club, 6 p.m. The Fiction Book Club meets the first Tuesday of every month and is open to all adults. Join us to chat about books, share favorite books/authors, and discover new favorites. This month, participants will discuss The Holiday Swap by Maggie Knox. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

Thursday, December 5

French Language Group, 4 p.m. Join us for an informal approach to practicing or re-learning French! We welcome anyone with a French Language interest to participate. Venez parler français avec nous! This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Cindy Appleby at cappleby@wellstown.org or call the library at 207-646-8181.

Friday, December 6

FiberArts, 10:30 a.m. Join us on Fridays to show off your latest knitting creation, get tips on your crochet technique, and just chat with old friends and make some new ones. All ages & levels of ability are encouraged to join us for ideas, inspiration, and lively conversation. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

Monday, December 9

SMAA Medicare Info Sessions, 10 a.m.-1 p.m. Southern Maine Agency on Aging Medicare Program will be here to help answer any questions you may have on Medicare, such as how to enroll, understanding your Medicare coverage, or understanding your billing issues. This unbiased free service is offered through a partnership with the Wells Library to help you make an informed decision about your health insurance. If you have any questions, please call Southern Maine Agency on Aging at 207-396-6524 for more information.

Thursday, December 12

Walking with WPL, 12 p.m. Join WPL librarians on the second Thursday of the month to meet people, get outside, and experience the gorgeous scenery here in Wells. All ages and abilities welcome. This month we will meet in the library parking lot and walk to Ocean View Cemetery. Weather permitting. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

A Gathering of Celtic and Christmas with Jeff Snow, 6 p.m. Wells Public Library is excited to welcome back Jeff Snow for his wonderful Celtic Christmas Concert! Jeff is a talented multi-instrumentalist who shares the music, and the stories behind the music, of Scotland, Ireland and England. Come and sing with us! This free event is sponsored by the Friends of the Wells Public Library. For more information, please contact Kim Swejkoski at kswejkoski@wellstown.org or call the library at 207-646-8181.

Wells Reserve

342 Laudholm Farm Road, Wells
wellsreserve.org

Wednesday, December 4

Wednesday Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10:30 a.m.-12 p.m. Join Norma Fox, certified interpretive guide and Wells Reserve docent and ranger, for a series of walks designed to help you get outside and enjoy nature throughout the changing seasons. Wednesday walks run bi-weekly through April. This walk is geared towards adults, but ages 12 and older are welcome. Free. Preregistration required at caryn@wellsnerr.org or (207) 646-1555 x110. Learn more at wellsreserve.org/calendar.

Friday, December 6

Wells Reserve Pop-Up Gift Shop, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 11 a.m.-3 p.m. A festive day of shopping to stock up on gifts for the nature lovers in your life. You'll find Wells Reserve branded hats and shirts, nature-themed books, stationery, and more. And take home a free calendar with your purchase of \$20 or more. Plus, enjoy cocoa and cookies while you shop. Learn more at wellsreserve.org/calendar.

Wednesday, December 11

Sea Level Rise and Coastal Storms Along the Maine Coastline, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 12-1 p.m. Peter Slovinsky, Marine Geologist with the Maine Geological Survey, will discuss the latest trends in sea level rise along the Maine coast, factors influencing the current trends, and where things might go in the future. He will also share some of the ways sea level rise is impacting flooding and coastal storms, such as the record-breaking storms of January 2024. Preregistration is not required. Suggested donation: \$5/person. Feel free to bring your bag lunch to eat during the presentation! Learn more at wellsreserve.org/calendar.

Wednesday, December 18

Wednesday Walk, Wells Reserve at Laudholm, 342 Laudholm Farm Road, Wells, 10:30 a.m.-12 p.m. Join Norma Fox, certified interpretive guide and Wells Reserve docent and ranger, for a series of walks designed to help you get outside and enjoy nature throughout the changing seasons. Wednesday walks run bi-weekly through April. This walk is geared towards adults, but ages 12 and older are welcome. Free. Preregistration required at caryn@wellsnerr.org or (207) 646-1555 x110. Learn more at wellsreserve.org/calendar.

**Kennebunkport
Parks & Rec**
kennebunkportrec.com
207-967-4304

Line Dance

This beginner line dance class runs at Wednesdays from 1-2 p.m. at the

Recreation Building in Kennebunkport. There is a \$5 drop-in fee each week. Put on your dancing shoes and come join the fun!

Language Classes via Zoom

There are French, Spanish, Japanese, and American Sign Language classes offered for Adults and children. Check out class details at kennebunkportrec.com

Indoor Pickleball Lessons

Beginner, improver, and coached improver lessons offered throughout the winter months. Session begins January 5 and runs through January 25. Session fee is \$70. Lessons are taught at the Consolidated School gymnasium beginning at 1 p.m. on Sundays.

Little Stuf Sports

This class is for 2-3 year olds and will focus on hand-eye and hand-foot coordination. Sports equipment and instruction are provided to help guide your child through bintroduction to or-

ganized sports and group games. There will be basketball, soccer, T- ball, plus a whole lot of fun and games! Parents are an integral part of helping their tots develop basic sports movement and motor skills. Parent or caregiver participation isrequired. Class takes place at Consolidated School on Saturdays from 9-9:45 a.m. Class fee is \$48 per participant. Class begins January 4 and runs through the 25th.

Sports & More

In this class children aged 3 – 5 years are introduced to the fundamentals of some of the most popular sports and group games. This program provides an opportunity for each child to develop motor skills and nurture their growth socially and emotionally through teamwork and good sportsmanship. Class takes place at Consolidated School in Kennebunkport on Saturdays from 10 – 10:45 a.m. and 11 – 11:45 a.m. Class begins January 4 and runs through the 25th .

Drop-In Pickleball

Play with your friends, or make some new ones! The schedule is as follows: Wednesdays 6-8:30 p.m. and Sundays 9-11:30 a.m. The program takes place at Kennebunkport Consolidated School Gymnasium - 25 School St in Kennebunkport. There are several options to register so head over to our website at kennebunkportrec.com to find your option!

Pre-K Winter Basketball

This program is run with the Kennebunk, Arundel and Kennebunkport Recreation Departments. Registration takes place at the Arundel Recreation Department. Deadline is January 2 for the program which begins on January 6 and runs through February 3. The program takes place at Mildred L. Day school gymnasium. Program fee is \$50 per participant.

Mystery Lunch

Our next trip for the Mystery Lunch program is on January 16. Join this fun group as they find a gem of a lunch restaurant each month and enjoy great conversation! Fee is \$7 for the transportation and lunch is on your own. It is a great way to get out of the house on a cold winter day.

All Levels Yoga

All Levels Yoga class begins on December 2 and runs through the 16th . Join instructor Mindy Muse on Mondays from 10-11:00 a.m. to improve your strength, and flexibility as well as decrease stress. The class fee is \$30 or a drop-in fee of \$12 is available if you want to try it out. The class takes place at the Kennebunkport Recreation Building.

Chair yoga

Session runs December 5-19. Explore mindfulness and Yoga postures using the support of a chair with both seated and some optional chair-supported standing postures. Chair Yoga is great for improving strength and flexibility as well as decreasing stress and increasing mind-body connection and self-awareness! Participants are encouraged to bring their own yoga mat or beach towel to place under the chair as well as a beach towel prop to use for resting/relaxation. Walk-ins are welcome for \$12. Session fee is \$30.00

Craft Fair

Craft Fair at Consolidated School will take place on Saturday, December 7 and Saturday, December 14 from 9:00 am – 3:00 pm as part of the Prelude Festival. There is a \$2.00 suggested donation at the door to help the Freshman and Sophomore classes at Kennebunk High School and the Recreation Scholarship Fund. There are over 75 different vendors on each date. You'll be sure to find that perfect gift!

Hammond Castle Museum and Lunch at Seaport, Grille December 10

Tour Hammond Castle and enjoy a delicious lunch at Seaport Grill in downtown Gloucester following the tour. *There will be a lot of walking and stairs on the tour.* The tour of the museum covers basic details of the museum's background, architecture, and collection, as well as aspects of John Hays Hammond Jr.'s biography which help to contextualize the museum and its exhibits. The program includes a guided tour experience lasting approximately 30-45 minutes but also reserves time for visitors to explore the Museum and items in the collection. Following time at the museum, enjoy lunch at Seaport Grill. Lunch cost is on your own and not part of the trip fee. The trip fee of \$25 includes a tour and transportation. Trip departs at 9 a.m. and returns at 4 p.m.



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www.luckypuprescuemaine.org/adopt-a-tree-festival

American Legion Christmas Craft Fair

Saturday, December 7
8 AM - 4 PM

Sunday, December 8
9 AM - 3 PM

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