THE ANCHOR

April 19, 2024

Go green for Earth Day



www.ridemekpt.com

Bees, Birds, Bugs, **Bats, & Blossoms** Come celebrate Earth Day 2024

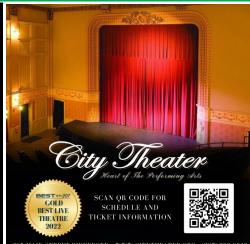
Sunday, April 21st, in and out of doors in Kennebunk at First Parish Church, Hope Cemetery and Hope Woods.

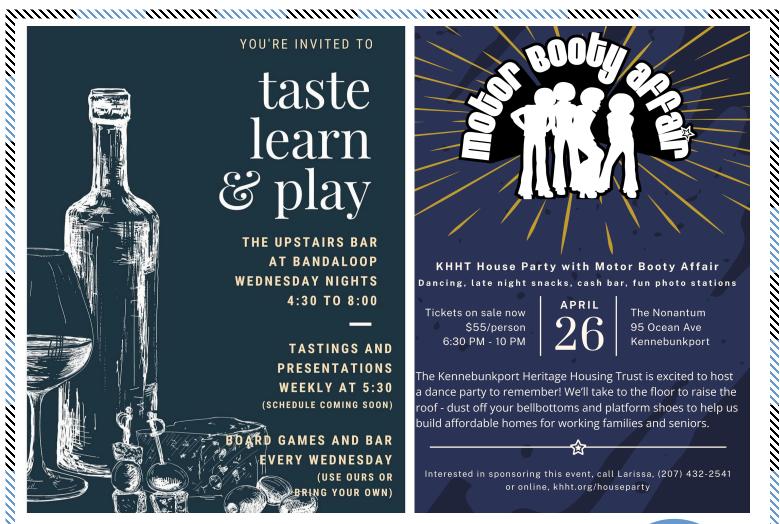
Native plants will be sermon topic at 10 a.m. by Shawn Jalbert of Alfred's Native Haunts. Vegan sandwiches will be offered at 11:30 and at noon, explore Nature at Hope Woods & Cemetery, either on your own, or reserve your spot in a guided walk through either ADA-friendly Hope Woods with naturalist Gordon Collins, or a bit of birding with Bill Grabin and Kathy Donahue

of York County Audubon, by email to someplaneteers@yahoo.com Join us for these walks and talks some song and some, seed sowing. The program ends at 2 p.m.

Sponsored by the Planeteers of Southern Maine, First Parish Unitarian Universalist Church, and York County Audubon.

GOKENNEBUNKS.COM





the daily sweat

River's Edge



Did you know...?

The area **between Lower** Village **Kennebunk and Dock Square in Kennebunkport** is called 'Taint Town.

a spring yoga retreat, april 28th 1 - 5p at the kennebunkport conservation trust

a half day retreat centered on nourishing your body + mind, inside + out

- 60 minute restorative class
- 60 minute spa treatment of choice
- sauna usage cold plunge
- trails

- food from the daily balance
- 30 minute meditation

price includes all services listed, \$135 + a spa robe to take home for \$40