



Location:
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Wells, ME 04090

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Wells, ME 04090

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Wells Ogunquit Senior Center

Website:
www.wellsogunquitseniorcenter.org

April 2024

WOCAM Newsletter

Volume 24, Issue 4



thank you!



Our Seniors in our community are truly Blessed !!!

These **organizations** gave of their
time and talents

Days of Warming for 2024

- Wells Fire Department
- Wells Ocean Lodge 142
- Wells Police Department
- Wells Town Hall
- Wells Rotary Club
- Ogunquit Rotary Club
- Wells Winter Warriors
- Kennebunk Savings Bank
of Wells & Ogunquit
- Ogunquit Fire & Police Depart-



**Entertainment was provided by sharing
their talents**



- Shades of Grass x3
- Cedar Mt. Blue Grass Band x1
- A Rose & two thorns x2
- Trailblazers Karaoke group x1
- Two Doors Downx1



A huge **Thank you to all the host and hostess** along with all **the set up and take down volunteers** that made these weeks of Days of Warming very successful 50/50 and donations were very beneficial to our beautiful Senior Center - next season we're looking at doing this event with additional weeks. Currently looking for businesses that would like to sponsor next year. Never too early to start planning



Board of Directors: Chairperson:

Kathy Chase

Vice-Chairperson:

Larry Dyer

Financial Admin:

Peter Kahn

Assistant Financial Admin.

Stephanie Bennett

Secretary: Maria Reid

Directors at Large:

Kathy Chase (26)

JoAnn DeClercq (26)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Peter Kahn (24)

Lorraine Moulton (Honorary)

Director:

Rita J. Sevigny

Mon-Fri 10-4 PM

Office Manager:

Barbara Switzer

Tues 11-4PM

Wed & Thurs. 9-2 PM

Welcome Desk Volunteers:

Taryn Allen

Jackie Bauger

Morgan Demers

Joanne Dewitt

Suzi Franklin

Marie Gamache

Marcia Loranger

Barbara Riley

Pat Vo

Office and Lounge Open

Mon-Fri 9 AM – 4 PM

**Beautiful Function Hall available
for rent**

Call Center 207-646-7775 x2

**Yearly Membership:
\$40 Per Person**

Have an idea for an Article?
Contact Rita Sevigny, Director

RitaS.WOCAM@gmail.com

April Greetings members!

A quick reminder to any member who is interested in being on the Wells Ogunquit Senior Center Board of Directors! Directors are elected at the Annual Meeting of Directors and Members which is held on the third Thursday in June each year at 4 pm in the center’s function room.

The BOD at our March meeting appointed the nominating committee (per our election process) consisting of the Director, a Board member not running for reelection and a member in good standing from our center’s membership. Appointed were, Rita Sevigny (Director), Larry Dyer (board member not running for reelection) and Stephanie Bennett, (a member at large in good standing). Thank you, Rita, Larry and Stephanie for doing this!

Application forms to file as a candidate to the board are available at the front desk on the first Monday in April, which is April 1st this year. Qualifications to run are that you must be a member in good standing (meaning all dues paid to date) and be willing to serve for 3 years by attending our monthly BOD meetings the third Thursday each month and participating when needed in the fundraising. Fill out form completely, attach or provide electronically a picture so members can see who they are voting for, and return completed form no later than the first Monday in May (May 6,2024).

April is the beginning of our very active fundraising schedule for the year and when our snowbird members start returning and participating in our programs again. We look forward to continuing to see those who have been here and those who are returning joining in the expanded activities for our warmer months!

The Board is happy to report that all indications are we will have a good year of raising the funds for the center and with the help of Barbara Switzer, our office manager, who has also taken on the role of volunteer coordinator, we hopefully will have the volunteers to fill the areas needed to make it happen!

If any member is interested in volunteering, please see Barbara and she will walk you through what is open!

Currently our state of the center is great!

Happy Easter, all!



The Wells Ogunquit Senior Center BOD
Kathy Chase, Chair,
Larry Dyer, Vice Chair
Peter Kahn, Financial Administrator
Jo Ann DeClercq, Chair Grant Writing
Committee
George Hersom, Bingo Director
Ray Farnham
Lorraine Moulton (Honorary)

Happy Birthday

Members

Jean	Beattie	Apr	1
Alfred	Bennett	Apr	1
Dolores	Stieper	Apr	1
Francine	Woolley	Apr	2
Margaret	Desjardins	Apr	3
Emilie	Eichelroth	Apr	3
Michael	Scott	Apr	3
Laurie	Sprague	Apr	3
Jay	Langill	Apr	4
Elizabeth	Chabot	Apr	5
Judy	Whitbread	Apr	5
Sandra	Hill	Apr	6
Ken	Boisvert	Apr	8
Sue	Hatch	Apr	8
Carol	LeClair	Apr	11
Eleanor	Masi	Apr	11
Doris	Romsey	Apr	13
Linda	Stone	Apr	13
Connie	Bemis	Apr	15
Heidi	Julian	Apr	15
Ann	Reed	Apr	15
George	Taylor	Apr	15
Rene	Desjardins	Apr	16
Joan	Maloney	Apr	16
Lorraine	Moulton	Apr	16
Larry	Dyer	Apr	17
Marie	Iacoviello	Apr	17
Jan	Peterson	Apr	18
Edgar	Sevigny	Apr	18
Nancy	Simpson+D274	Apr	19
Skip	Magaw	Apr	21
Patricia	Douglas	Apr	22
Kathleen	Vuto	Apr	25
Adrienne	Angelo	Apr	26
June	Burns	Apr	26
Adele	Gray	Apr	26
Emma	LeBlanc	Apr	26
Joan	Kolias	Apr	29
Donna	Therault	Apr	30

Volunteer Opportunities

I can't believe a month has already passed since becoming the new Volunteer Coordinator. I just want to say thank you to those who have stopped by my office to introduce themselves and stepping up to volunteer here at WOCAM. I also want to say thank you to those who have responded so well to my phone calls. We had seven new members this month and all have agreed to volunteer. That's 100% of our new members volunteering! How exciting is that! We have also had a great response from those who renewed in the month of March. I believe we are well on our way to having a great year with many new volunteers coming on board.

Currently, I am seeking someone who loves fashion, is a great organizer and looking to use their amazing talent to volunteer as chairperson for our upcoming Fashion Show. You would put a smile on my face if you would say Yes! Oh... did I mentioned you also will get a beautiful outfit to wear the day of? Please reach out to me so I can tell you more! Thank You Again for making my first month so easy! *Barbara*



Members, if you've visited our web site recently, you'll notice that our site now has a DONATE button in the upper right corner. If you wish to make a donation to our center in honor of or in memory of a special person, or if you would just like to make a donation, you may now click on that button which will bring you to our donations page. PayPal will securely process any donations made with a major credit or debit card or through a personal PayPal account. You will receive a receipt via email from PayPal and another receipt from us acknowledging that your donation is tax-deductible. If you prefer to drop off or mail a check to the center, as always, we would be very pleased to accept it. Checks should be made out to Senior Needs Committee of Wells & Ogunquit.

www.wellsogunquitseniorcenter.org



Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth? Our yellow tulips that were planted in 2022 fall here at the Center are now popping through at the Center!!
Project HOPE!!

Baby Boomer's Blog

Baby Boomer's Blog represents all of us who are born 1946 to 1964. I write to send a message of optimism, health and wellness, personal growth and youthfulness.

April 2024

Loving Yourself..... Just Right

Do you need to change anything in order to feel like you fit in?
The truth is there is more things right with you than wrong.
You are good enough. Join me on the path of self-love.

I am going to put myself first. I will make time for myself. Taking care of other people, family and friends will always be a part of me, too. But I fit into the equation.

I will practice being authentic, making sure I am who I am. I believe that I am free to be myself and that's enough.

I accept my weaknesses as well as my strengths. I have limitations and flaws, but I also have qualities of creativity.

My ideas are valuable and worth sharing. Not everyone has to agree with my ideas, but I have them.

I want to trust my intuition more often. And I will not listen to my inner critic when it begins to bash and tell lies. When I am wrong or make a mistake, I will forgive myself and try again.

I am at peace even when I am alone. I take care of my mind, body and spirit, using this alone time to my advantage. I am independent, but know when to ask for help. I will stop worrying about what others think of me, believing I am good enough.

"I can't go back and change the beginning, but I can start where I am and change the ending." C.S. Lewis



Janine

Email: j9yogapractice@gmail.com phone: 207-251-9577

YouTube Channel:

[YouTube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ](https://www.youtube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ)

April's Golden Years

April, with its depth and grace, Mirrors life's steady, measured pace. Just like the wise who've seen many years, You've weathered storms, both joys and tears.

Your journey, like April, unfolds with care, A symphony of memories, rich and rare. In the quiet moments, you reflect and glean, From blossoms of spring to the autumn's sheen.

Your laughter echoes like April showers, Cleansing hearts, nurturing life's flowers. And just as buds burst forth on branches tall, Your spirit blooms, embracing it all.

So here's to you, dear seniors, standing strong, In April's golden light, where you belong. May your days be filled with warmth and cheer, As you navigate life's seasons, year by year.



Spring Song



I see robins, I see birds' nests
Butterflies too, flowers too
Everything is growing
The wind is gently blowing
Spring is here, spring is here



A Time to Live

A family guide to helping you feel prepared in life
People with terminal illness can live months and even years with the illness, sometimes without even knowing you are sick. Families often feel alone in the care of their loved ones.

We try to do both, live our daily life as well as care for our terminally ill loved ones.

What are your concerns and fears as we begin to explore living in peace as we age?



Janine Robichaud
End of Life Doula (EOL Doula)
j9yogapractice@gmail.com

Upcoming events to Save the Dates!!!

Volunteering not only gives you a fun way to meet people but it also provides you with meaningful work to do that helps others. In short, it makes you feel good about yourself.

April 3, 2024-BINGO! (Wednesdays – doors open at 4:30pm) game starts at 6pm

Details: starting package is \$20. Food is available to purchase.



April 12th, 2024 -Friday, April 12th at 1pm in the function hall
Join Dewey for fun filled armchair adventures and stories from across the globe!!!

This months presentation will feature **Iceland**

100 Club- April 19th-



April 22nd- Book Club 11-12pm reviewing -Tom Lake – Ann Patchett In the spring of 2020, Lara's three daughters return to the family's orchard in Northern Michigan. While picking cherries, they beg their mother to tell them the story of Peter Duke, a famous actor with whom she shared both a stage and a romance years before at a theater company called Tom Lake. As Lara recalls the past, her daughters examine their own lives and relationship with their mother, and are forced to reconsider the world and everything they thought they knew.

Tea Social - May 3rd, 2024 (1pm-3pm)

Details: Tea Social. Limited seating (60 people). \$20 per tickets

Purchase tickets at the front desk

Tickets go on sale April 3RD



ATTENTION Members with a green thumb please start saving clipping for our upcoming Plant sale

Pie and Plant Fair - May 25, 2024

Details: Spring fair with crafters, baked goodies, and plants



Suzi's Fun With Art 2024

Fun with Art

Tuesday afternoons until April 30th

Drop in's are welcomed

We will be holding art lessons from 1:00pm until approximately 4pm each week. The class will be limited to the number of members who can safely fit into the craft room with their materials. Students must register before attending to make sure there will be enough space and materials. Sign up located at front table

Our class series includes Colored Pencil, Watercolor, and acrylic lessons. The reason for the variety of media and surfaces we use is to enable each person to discover the media they felt most comfortable using. Many of our lessons will help students with basic skills as well as a wider knowledge of what is available.

If you have always wished you could do art, this class is for you. You do not have to be a talented pro to make something beautiful! I can teach you to paint!

Why not just try it?

Questions: Suzi mefpsp@yahoo.com

646-3269



New Members

Edward Dormady

Priscilla "Dennie" Forte

Deb Foster

Donna Lowrie

Norma Pearson

Sarah Samaniego

Sally Turner

This is one opportunity you can help
our Senior Center—



Recycle your bottles

***Please pick up your **Clynk bag** from front desk when you visit the Center.

Clynk bags can be dropped off at the Senior Center in the back of our building. Please tie up the bags so bottles don't escape!!!

Thank you to our volunteers that take time out of their day to pick up the recycled bottles at the Wells Transfer Station

Jeff and Ed and Ken and Mark!!

**The Senior Center raised \$7,000 in 2023 in returnables
Every cent counts!!!**



(This picture was this past summer while Tourist were in town.)

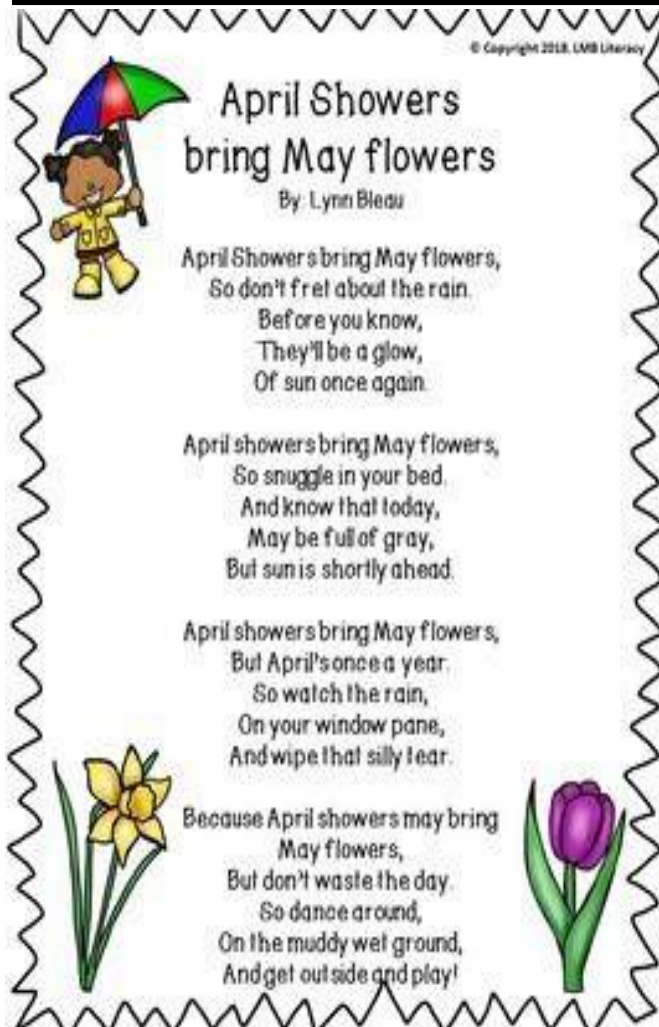
Jeff-Tuesday
Ed-Wednesday
Ken- Thursday
-Friday
Mark- Saturday

***Currently we don't have anyone volunteering on Friday afternoons -

Best time to pick up is usually in the afternoon around 3pm

Mission Statement:

To promote the well-being of Senior Citizens in Wells and Ogunquit, regardless of sex, creed, race, religion, or the ability to pay.



WOCAM Annual Tea Social

Date: May 3rd, 2024

Time: 1-3pm

Tickets: \$20 each

Location: 300 Post Rd

Wells, ME 04090

Open to the public

Tickets can be purchased at the front desk- **limit 60**

Wear a fancy hat or Fascinator- win a prize



VACATION GET AWAY RAFFLE



TWO Chances to Win!



1st Prize

ELMWOOD RESORT HOTEL
3 Day / 2 Night Stay
Includes a \$50 Dinner Gift Card
+ a \$12 Breakfast Credit

Indoor Heated Pool + Sauna



2nd Prize

VILLAGE BY THE SEA
2 Bedroom Suite for 4
3 Day / 2 Night Stay

Indoor Heated Pool + Jacuzzi

TICKETS (SOLD AT DESK)

\$5 per ticket
OR
\$20 for five tickets



Drawing On June 14th at 1pm

LOW-COST



RABIES CLINIC

Hosted by Wells Police Department Animal Control and
York County Community College

WHO:

Any dog or cat
over the age of
3 months old

WHEN:

Saturday
April 20
9am - 12pm

WHERE:

York County
Community
College
112 College Drive
Wells, ME 04090

WHY:

All proceeds
benefit the
York County
Community
College Vet
Tech Club

COST:

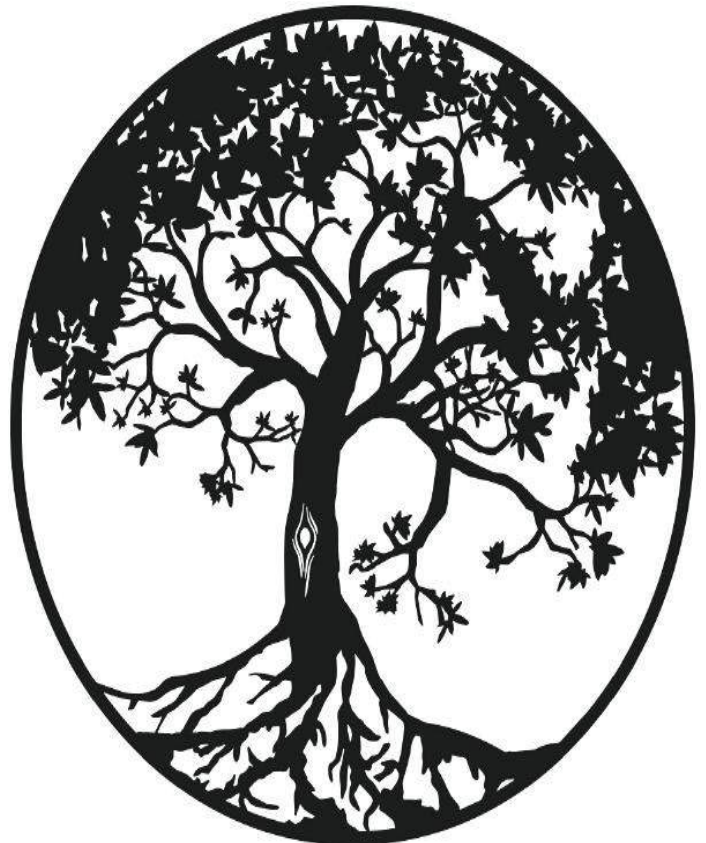
\$10 per animal
(Cash Only)

All dogs must be
on a leash and
all cats must be
in a carrier.

For more information or
questions please contact:
**Animal Control Officer
Ashley Johnston**
207-464-9354







This is a student-run event, and we reserve the right to decline vaccinating if pets show signs of aggression, including but not limited to growling, hissing, or lunging.

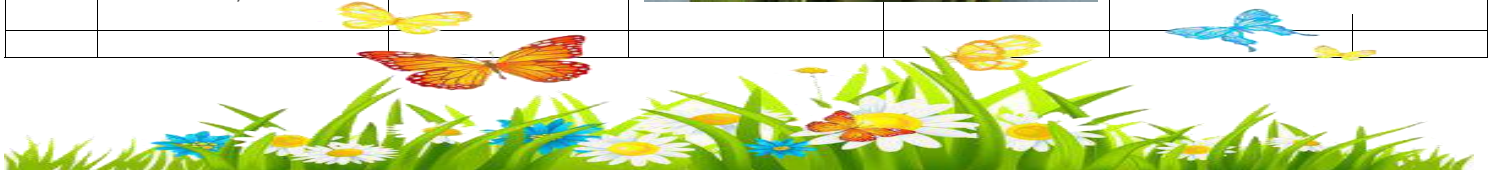


Together we create the strength of the
Senior Center through everyone's support!!!

April 2024

The Wells Ogunquit Senior Center

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1		2	3	4	5	6
	8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non- Members)		9-10am Healthy Choices NO EXERCISE!!! 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night	8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm 	10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)	9am Yoga 11:30-2:30pm MahJongg 1pm Dominos	
7	8		9	10	11	12	13
10am Shores Church	8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non- Members)		9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night	8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm 	10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)	9am Yoga 11:30-2:30pm MahJongg 1pm - Travel with Dewey	
14	15		16	17	18	19	20
10am Shores Church	8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non- Members)		9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night	8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm 	10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members) 4-5:30pm Board meeting	9am Yoga 11:30-2:30pm Mahjongg 1pm Dominos 3:30-5:30pm 100 Club drawing/social	
21	22		23	24	25	26	27
10am Shores Church	8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non- Members)		9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night	8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm 	10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)	9am Yoga 11:30-2:30pm MahJongg 1pm - Dominos	
28	29		30			Calendar scheduled to change without notice. ***If there's no school due to inclement weather the Senior Center will also be closed - if in doubt call ahead	
10am Shores Church	8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non- Members)		9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night				



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