



Location:

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Mailing Address:

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Wells, ME 04090

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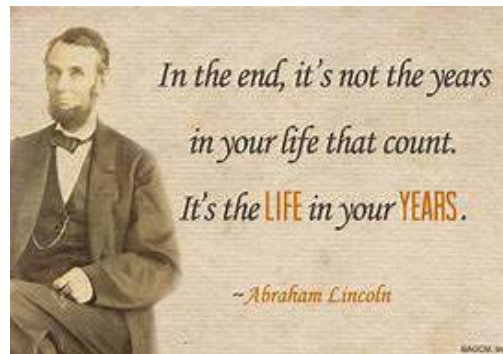
February 2024

WOCAM Newsletter

Volume 24, Issue 2

February Fun Facts to ponder on as we look forward to Spring. February is month of celebrations. It is often thought that a groundhog can reveal how much longer winter will last. This short month provides a special time to **show affection with or without a Valentine**. February also is a time to celebrate leaders, past and present.

"Freezing Cold winds,  
Biting chills, and White snow fluffed hills  
Valentines Day, oh how gay!  
Presidents' Day is coming our way.  
February, sweet and small, greatest month of all."  
— Eric Lies (28 Word Poem for February)



**Thank you to all the sponsors that have made Days of Warming a real success!!!**

It takes a village to make things happen and everyone has been prospering from the generosity of the community.

- Wells Fire Department**- January 6<sup>th</sup>-Music by A Rose and two thorns
- Wells Ocean Lodge 142**—January 13<sup>th</sup>– Music online
- Wells Police Department**– January 20<sup>th</sup>– Music by Shades of Grass
- Wells Town Hall**- January 27<sup>th</sup>- Music by A Rose and two thorns
- The Wells Rotary Club**– February 3<sup>rd</sup>-Music by the Cedar Mt. Bluegrass Band
- The Ogunquit Rotary Club**– February 10<sup>th</sup>-Music by Shades of Grass
- The Wells Winter Warriors**- February 17<sup>th</sup>- Music by Two Doors down
- Kennebunk Savings Bank -Wells & Ogunquit**-February 24<sup>th</sup>- Music by Shades of Grass
- Ogunquit Police Department**- March 2<sup>nd</sup>- Music by Trailblazers

Come join us- fun evening to be had



## **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

### **Volunteer Coordinator:**

Lynne Hall

Mon & Tues. 11-4pm

### **Office Manager:**

Barbara Switzer

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

### **Days of Warming- front desk.**

Connie Bemis

### **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

ritas.wocam@gmail.com

## **Greetings Members!**

We are into 2024 with putting together our new budget, looking at fresh ideas, and preparing to add a new employee.

Our budget subcommittee is meeting now to present a completed 2024 budget proposal for the full board to vote on at our February meeting. While a budget is a written guideline and not a mandated document for all our financial expenses and revenues for our center, it is the foundation for all our fundraising events and planned expenditures. It is also a much-needed document when applying for grants and a requirement to provide to the USDA each year as part of our mortgage agreement.

Our Grant Writing Committee, beginning their first full year, is looking at fresh, new ways to procure funding for needed items, maintenance repairs, programs, or support for our center. This a very active and focused group and I'm sure we will be reporting some good news from them in 2024.

On February 5th our newest staff member begins her training as our first volunteer coordinator. It is a 10 hour a week position dedicated to soliciting, training and recognizing those who are the heart of our organization- our volunteers.

So please take the time to say hello to Lynne Hall, our volunteer coordinator, and welcome her to our Center Family!

Have a safe and warm February!

The Wells Ogunquit Senior Center Board of Directors

Kathy Chase, Chair

Larry Dyer, Vice Chair

Peter Kahn, Financial Administrator

JoAnn DeClercq

George Hersom

Ray Farnham

Lorraine Moulton (Honorary)



### **Barbara Switzer**

Meet Barbara our office manager! You can find her at the center Wednesday and Thursday between 9-2pm. She's friendly, outgoing, and is always good for a friendly hello when you see her. Barbara has spent her entire life in the northeast and has loved making her home here in Wells, Maine since 2022. Professionally she brings years of administrative experience in for-profit and non-profit organizations. Barbara enjoys music, art, literature, going to shows, performing musically, leading art classes, and making the most of this beautiful area in New England

## Something to Ponder

"Barely the day started and it's already  
six in the evening.

Barely arrived on Monday and its already Friday.

.. and the month is already over.

.. and the year is almost over.

.. and already 40, 50 or 60 years  
of our lives have passed.

.. and we realize that we lost our parents, friends.

.. and we realize it's too late to go back.

So... Let's try, despite everything, to enjoy  
the remaining time. Let's keep looking for  
activities that we like. Let's put some color in our grey.

Let's smile at the little things in life that put  
balm in our hearts. And despite everything,  
we must continue to enjoy with serenity this time we  
have left. Let's try to eliminate the afters...

I'm doing it after.

I'll say after.

I'll think about it after.

We leave everything for later like " after " is ours.

Because what we don't understand is that:

Afterwards, the coffee gets cold.

afterwards, priorities change.

Afterwards, the charm is broken.

Afterwards, health passes.

Afterwards, the kids grow up.

Afterwards parents get old.

Afterwards, promises are forgotten.

Afterwards, the day becomes the night.

Afterwards, life ends.

And then it's often too late.

So.. Let's leave nothing for later.

Because still waiting to see later, we can lose the  
best moments, the best experiences, best friends,  
the best family. **The day is today.**

The moment is now.

We are no longer at the age where we can afford  
to postpone what needs to be done right away."

It Looks Like an Eternity,

But It's a Short Trip,

Enjoy Life and Always

**Be Kind.**



Message given to me by a member.

The older I get the more I realize I have no desire for  
drama, conflict, or any kind of intensity.

I want calm. I want a cozy home, good food on the  
table and to be surrounded by lovely people—

**Who Make Me Happy!!!**

## Suzi's Fun With Art 2024

Announcing a new date for a new session of  
**Fun with Art.**

Starting Tuesday, January 9, 2024, and  
running on Tuesday afternoons until  
Tuesday, February 20, 2024

### Drop in's are welcomed

We will be holding art lessons from 1:00pm  
until approximately 4:00pm each week. Sign  
ups start now. 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.

Our class series includes Colore3d Pencil,  
Watercolor, and acrylic lessons. The reason  
for the variety of media and surfaces we use  
is to enable e3ach 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](mailto:mefpsp@yahoo.com)

646-3269

\*\*\*Your impact on other people is bigger  
than you think.

Someone still giggles when they think of  
that funny thing you said.

Someone still smiles when they think of the  
compliment you gave them. Someone  
silently admires you. The advice you give  
has made a difference for people. The  
support and love you've offered others has  
made someone's day.

Your input and opinions have made  
someone think twice. You're not  
insignificant and forgotten.

**Your existence makes a positive  
difference, whether you see it or not.**

By Quotes Worth Keeping

## 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.

### February 2024

#### Winter Quotes that will Warm your Heart!

-Angie Weiland-Crosby

Take me deep into the wintry woods where hope glitters freshly worn. -

Taking a walk in the woods after it snows, with my snowshoes, gators, warm socks, jacket, mittens, and hat is my way of meeting the stillness of hope.  
Everything glitters with newness and a promise.

Like snowflakes your words fall silent.  
But my heart still hears your voice.  
Voices of those we love are never silent.  
My heart hears my mom's voice so often now.

Winter is gifted with a snowy old should and a young heart. Isn't it fun to meet someone who has lived a lifetime yet holds a youthful heart. Many of you commented on the commercial of the three older women who put on helmets, and sit on cushions joining the youngsters as they sled down the big hill. I want to stay that young forever.

I want to be that person who makes snow angels, a snowman, goes sledding and perhaps even skating.

Don't be afraid to stay young. We modify.  
We make sure we are safe, but we continue to live our youthful lives!

Winter sunlight is a warm old soul, spreading live in the bitter cold.

Look for the sparkles of winter. Open a curtain and let the sun's warm you up. Now, spread that beam of light to others. Spread love.

Dream and Play,  
Janine



Email: [i9yogapractice@gmail.com](mailto:i9yogapractice@gmail.com)

phone: 207-251-9577

YouTube Channel:

YouTube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ

## February 9th 1-2pm Dewey's Travel Talk.



"Join us for the first in a series of  
"Dewey's World Travels".

February 9th at 1PM,  
Dewey's will present his experiences from  
visiting. **The Galápagos Islands**  
Join us for fun-filled armchair adventures  
and stories from across the globe!!

Please call to save a spot for yourself  
All are welcomed  
NO Charge

## NEXT 100 CLUB RAFFLE

2024

Friday February 16

TOP PRIZE  
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3:30 - 5:30 pm  
ONLY 100 TICKETS SOLD

\$20/ TICKET

\$1000

Given Away

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YAY! Meatballs &  
Snacks & Drinks  
Served!

Already  
got mine!

14  
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\$25 - \$500

Get your  
ticket yet?

Tickets at front desk

\*\*\*Please pick up your **Clynk** bag from the 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 everyone that collects for us weekly—**

Jeff M, Ed S., Ken R., Ted Z., Mark H.





Happy Birthday!

## Members

Patti Allen	February	4
Chuck Anderson	February	6
Eileen Lessard	February	6
Ralph Minichiello	February	7
Kathy Petersen	February	7
James Neville	February	7
Jacqui Grant	February	8
Colleen Foster	February	9
Jane Semon	February	12
James Calder	February	12
Brenda McDermott	February	14
Candace Cuzzi	February	14
Denise Daigle	February	16
Sarah Holt	February	17
Karen VanBuren	February	17
Carol Pikilingis	February	18
Steve Chamberlin	February	19
Pat Gallant	February	21
George Hassard	February	21
Henry Newell	February	21
Carole Gianquitto	February	22
Alice Witkes	February	22
Ted Zuzolo	February	24
Lorraine Boulger	February	25
Emily Cambray	February	25
Colleen Hanson	February	28
Vivian Shirley	February	28

### New Members to our Center -

Please Welcome:

Patricia Johnson  
Janie Labbe  
Ferne Little  
Mary McManus



## Upcoming Events: Save the dates!!!

\*\*\*\*\*

### **February 3rd, 2024—Days of Warming—**

Host—Peter Kahn & Larry Dyer  
Doors open at 8:45am—games  
11-12pm Cedar Mt. Bluegrass band entertainment  
Sponsoring Group – **Wells Rotary Club**

### **February 9<sup>th</sup>, 1pm- Dewey’s World travel The Galápagos Islands**

### **February 10th, 2024-Days of Warming**

Host/Hostess- George and Carol Hersom  
Doors open at 8:45am—games  
11-12pm- Shade of Grass- entertainment  
Sponsoring Group— **Ogunquit Rotary Club**

### **February 11<sup>th</sup>, 2024– Superbowl Party at “Billy’s Chowder House”-**

Party starts at 5pm, no cost, food is FREE!  
Let’s all go as a group and have FUN!! Let me know so I can let the Varano’s know how many Seniors we will be attending.

### **February 15<sup>th</sup>- Board of Directors meeting- 4-5:30pm**

**February 16th, 2023– 100 Club—**Join us for appetizers and Drawings.

### **February 17th,2024– Days of Warming—**

Host/Hostess—John & Ursula Stanton  
Doors open at 8:45am—games  
11-12pm **Two Doors Down**  
Sponsoring Group– **Wells Winter Warriors**

### **February 19th, 2024-Center CLOSED- Presidents’ Day**

### **February 24th, 2024– Days of Warming—**

Host/Hostess-Bob & Joann DeClercq  
Doors open at 8:45am– games  
11-12pm- Shades of Grass- entertainment  
Sponsoring Group– **Kennebunk Savings**

**February 26th,2024– 11-12pm Book Club–** Reviewing “The Tender Land”-William Kent Krueger

### **March 2<sup>nd</sup>, 2024-Days of Warming**

Host/Hostess—Kathy & Stephanie  
Doors open at 8:45am—games  
11-12pm **Trailblazers**  
Sponsoring Group– **Ogunquit Police Department**

### 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.

# Thanks To Our Sponsors

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President / CEO

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eleanor@wellschamber.org

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HERE!**

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# February 2024

## The Wells Ogunquit Senior Center

**Mon**

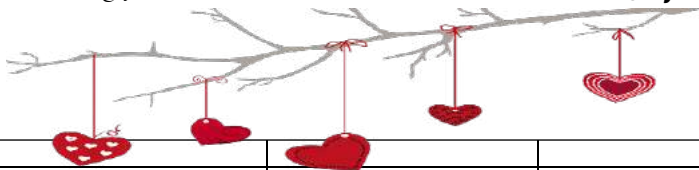


**Tues**

**Wed**

**Thurs**

**Fri**

**Sat**

<p align="center"><b>Welcome February</b></p> <p align="center">Wishing you a month filled with <b>Love, Peace &amp; Joy</b></p> 			<p><b>1</b> 9:15-12pm Bridge Class-Up on request 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p><b>2</b> 9am Yoga 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p><b>3</b> Days of Warming --- <b>4</b> Sunday 10am Shores Church</p>
<p><b>5</b> 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)</p>	<p><b>6</b> 9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group <b>1-4pm Art w/Suzi</b> 4-5:30 Game night</p>	<p><b>7</b> 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p><b>8</b> 9:15-12pm Bridge Class-Up on request 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p><b>9</b> 9am Yoga 11:30-2:30pm Mah Jongg 1pm Dominos  <b>1pm -Travel w/ Dewey- The Galapagos Islands</b></p>	<p><b>10</b> Days of Warming --- <b>11</b> Sunday 10am Shores Church</p>
<p><b>12</b> 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)</p>	<p><b>13</b> 9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group <b>1-4pm Art w/Suzi</b> 4-5:30 Game night</p>	<p><b>14</b> <i>Happy Valentine's Day</i> 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p><b>15</b> 9:15-12pm Bridge Class-Up on request 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members) 4-5:30pm Board of Director meeting</p>	<p><b>16</b> 9am Yoga 11:30-2:30pm Mah Jongg 1pm Dominos  <b>3:30-5:30pm 100 Club</b></p>	<p><b>17</b> Days of Warming --- <b>18</b> Sunday 10am Shores Church</p>
<p><b>19</b> <b>Senior Center Closed</b>  </p>	<p><b>20</b> 9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group <b>1-4pm Art w/Suzi</b> 4-5:30 Game night</p>	<p><b>21</b> 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p><b>22</b> 9:15-12pm Private Bridge Class Upon request 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p><b>23</b> 9am Yoga 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p><b>24</b> Days of Warming --- <b>25</b> Sunday 10am Shores Church</p>
<p><b>26</b> 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga <b>11-12pm- Book Club</b> <b>The Tender Land - William Kent Krueger</b> 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)</p>	<p><b>27</b> 9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 4-5:30 Game night</p>	<p><b>29</b> 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>			<p>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</p>

### Days of Warming

Doors open up at 9am  
Music entertainment 11-12pm  
Lunch served at 12pm

**Feb. 3rd-** Entertainment- Cedar Mt. Bluegrass Band- **Sponsored by Wells Rotary Club**  
**Feb. 10<sup>th</sup>-**Entertainment -Shades Grass- **Sponsored by Ogunquit Rotary Club**  
**Feb. 17th-** Entertainment- Two Doors Down- **Sponsored by Wells Winter Warriors**  
**Feb. 24th-** Entertainment -Shades of Grass- **Sponsored by Kennebunk Savings Bank**  
**March 2<sup>nd</sup>-**Entertainment-Trailblazer-**Sponsored by Ogunquit Police Department**