

Board of Directors:

Chairperson: Kathy Chase

Vice Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Greg Cuzzi

Secretary: Pat Vo

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (24)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Sue Terwilliger (22)

Judy Vincent (24)

Director:

Rita J. Seigny

Office Administrator:

Cathy Gavin

Office Assistant:

Lorraine Moulton

Welcome Desk Volunteers:

Taryn Allen

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

Yearly Membership:

\$35 Per Person

**Beautiful Function Hall
available for rent**

www.wocam.org

Have an idea for an Article?
Contact Rita Seigny, Director
RitaS.WOCAM@gmail.com

Greetings to Members from the WOCAM Board of Directors!

Vice Chair, Jennifer Sylvester, ran the March BOD meeting and did a great job! Thank you Jennifer!

Well, we have made it through another cold and snowy winter with the help of our very successful “Days of Warming” each Saturday. Our sincerest appreciation goes out to all who contributed meals, entertainment, volunteers who helped set up, serve, and take down. This year we added a “Host/Hostess” to our Days of Warming which resulted in more fun, and the weekly winter events ran more smoothly.

Scheduled and budgeted 2022 Projects for Maintenance - inside and out - have already begun. The tree and brush clearing in the back area of our building planned for the wintertime when the ground was frozen is complete – with only a small amount of brush waiting to be picked up. The tree shade that resulted in mildew, and the brush that provided shelter for rodents and insects, and larger trees with the potential for physical damage to our building if they blew down, were all removed.

Now spring is upon us - finally! The first three months of the year is typically our most quiet time. But, early year events and fundraisers still brought income in – and bills are being paid. The spring season will see the pickup of events – including some new ones built into the 2022 Budget such as “Craft of the Month” that started in March.

Don't forget that on April 1st anyone interested in running for the Board can pick up an Application at the Center. The only criteria is that you must be a Member in good standing (meaning dues is paid up to date), and be available and interested in participating at meetings. Members will have the opportunity to vote for the candidate of their choice beginning on Monday, June 6, 2022 which is the first Monday in June before the June 16, 2022 Annual Members/BOD Joint Meeting. Voting will continue up until the beginning of that meeting.

Happy Spring Everyone!

The Wells/Ogunquit Senior Center Board of Directors
Kathy Chase, Chair, Jennifer Sylvester, Vice Chair,
Greg Cuzzi, Assistant Financial Administrator,
Ray Farnham, George Hersom,
Ann Lamberti, Lorraine Moulton,
Susan Terwilliger and Judy Vincent



Don't forget to purchase your winning
100 Club Raffle Ticket—Tickets \$20 each
See Lorraine to purchase them.

BABY BOOMER'S BLOG April Showers Bring May Flowers

In New England, April can be a month that is full of rain days. These rainy days bring stormy weather, high rough waves and wind – some more severe than others. Many of us love watching the rain fall – giving us the excuse to snuggle on the couch with a great book or binge watch a TV series that you've had on your to-do list for a while. Listening to the wind howl at night can bring excitement to a boring evening. These storms can mirror the storms in our life. Some are major chaos, and some are minor drama. What in your life seems difficult right now? Is it pulling you into worry or feelings of guilt? Move from future worry to past guilt to this moment in time of peacefulness.

April is also a month that we begin to think about planting seeds... looking toward sprouting seedlings in our gardens. Instead of letting the rain and storms of life get you down, think about the beauty that comes after the challenge.

- Take time to reflect on the present beauty all around you.
- Call a friend, write a friend, text a friend.
- Read inspiring daily reflections.
- Get outside and walk in nature.
- Breathe: Stop and take a breath!
- Journal while listening to music.
- Take a mini trip to your favorite craft store and just look (and maybe buy).

Let's look at the dull dreariness of April with hope and inspiration instead of doom and gloom. How does the universe restore and uplift our lives in the month of April? Look around your home, the environment, family and friends, and see if you can find the beauty in each.

“Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.” --Vivian Greene.

Janine Robichaud from Soulful Pathways
j9yogapractice@gmail.com or call 207-251-9577
Look for Zoom and in-person classes at the Senior Center.

Janine will be offering a 6-week Yoga Series to rekindle tranquility, peacefulness and a joyful heart through a yoga series called, “GRIT”.



Volunteer Opportunities:

Bake for Tea Social -April 8th
Plant & Pie Fair –April 23rd 9-1pm
Plants for fair/ Bird houses for fair
Pies for fair
Baker of the month Birthday cake–
April 29th

New Members to our Center -

Please Welcome:

Emily Cambray

Susan Dolan

Donna & Larry Dyer

Dorothy Mabley

Vicky Mowers

Artist Take Note:

The Wells/Ogunquit Center at Moody (Senior Center) is offering the opportunity to area artists to display their artwork as follows:
2 artists per month to display up to 10 paintings (each) for a 2 month period (min) and 4 month (max per 12 month period)
Jan Feb/Mar Apr/May Jun/Jul
Aug/Sep Oct/Nov Dec/
\$25 per month per artist -
10% commission on sales.
Please contact Lisa Roderick
lwroderick@gmail.com (207) 646-2926

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.

Just a Friendly Reminder for our Members...

Please check under your name on the mailing label of this Newsletter. If your expiration date has expired the date will be highlighted. Anyone at the Welcome Desk will happily help you renew your membership. Also, if you have a **change of address, tel # or email, please let us know.**
Thank you!

*** We have had a hiccup with Mailchimp. If you haven't received any of my weekly emails please let Cathy Gavin or myself know so we can get you reconnected to our email list.

Please pick up your **Clynk bag** from Lorraine when you visit the Senior Center
Bags can be dropped off in the back of our building– Please tie up the bags so bottles don't escape.