

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Peter Kahn

Secretary:

Maria Reid

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Peter Kahn (24)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Director:

Rita J. Seigny

Mon-Fri -11-4pm

Office Administrator:

Cathy Gavin

Tues & Fri -10-3pm

Office Assistant:

Lorraine Moulton— opens our Center daily at 8:45am

Welcome Desk Volunteers:

Taryn Allen

Suzi Franklin

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

Nancy Zuzolo

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

**Beautiful Function Hall
available for rent**

Call Center 207-646-7775

Yearly Membership:

\$35 Per Person

Have an idea for an Article?

Contact Rita Seigny, Director

RitaS.WOCAM@gmail.com



Carol & George want to thank everyone that stepped up and agreed to volunteer. This weekly event helps our Senior Center during the winter months.

April kicks off our busy season of **Fundraising for our Beautiful Senior Center** to keep our doors open. Where are you able to assist with your **time and talent**? Email or call Rita.

I find the following poem amusing, and yet so true at the same time.

Everybody, Somebody, Anybody & Nobody

There was an important job to be done, and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it.

Somebody got angry because it was **Everybody's** job.

Everybody thought that **Anybody** could do it. It ended up that **Everyone** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

Dr. Kevin Snyder

Suzi's Fun With Art

Announcing a new date for a new session of Fun With Art.

Starting Tuesday, April 11 and running until Tuesday, May 30, 2023.

We will be holding art lessons and fun opportunities from 1:00 PM until approximately 4:00 PM 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.

The cost is \$15 per session and Suzi will provide the materials for each session and the surfaces to be used for the class. Our last class series included Watercolor, Acrylic, and Colored Pencil lessons. The reason for the variety of media and surfaces we used was 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: Contact Suzi: Email-mefpsp@yahoo.com Tel # 646-3269

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.



Don't forget to purchase your winning **100 Club Raffle Ticket— Tickets \$20 each** Tickets can be purchased at Front desk!!



Volunteers needed for take down and clean up after event – washing & packing up tea cups and pots. See Rita if you can assist.

Baby Boomer's Blog

Baby Boomer's Blog represents all of us who were born between 1946 and 1964. A message of optimism, health and wellness, personal growth and youthfulness.

Are you stretching enough? Is stretching actually good for you?

Stretching is sometimes put on the back burner for me. I have actually over-stretched in the past. I went from deep stretching before walking, yoga, qigong or hiking...to moving right into the activity, full speed ahead. Is there a medium? As time passes, I am becoming well-aware that stretching is important and, most importantly, in the morning when I first wake up.

A lot of my training in the past few years has focused on strength and balance. As I age, my balance becomes more and more important to my well-being. I pay more attention to the ice and snow on my driveway, the amount of ice melt I lay down on my porch, and I try to stay present with each activity, action, and chore as I get busy with spring clean-up. If my mind wanders, my balance wavers.

There are three primary ways to stretch properly:

Dynamic Stretching: This type of stretching is the reaching and lengthening of the body. You might side stretch, back bend, or fold forward – which is your full range of motion with movement.

Static Stretching: This stretch is held for about 30 seconds. You might stretch up tall, just like in the dynamic stretch, but it's held for a longer timeframe. It doesn't mean that nothing is happening, "static", it's just a held stretch which is more of a pause in your movement to deepen the stretch.

Ballistic Stretching: This is dynamic stretching but it's faster with a bit more force applied. It is not a type of stretching that I teach or practice myself. This type of stretching is geared more towards athletes, such as a baseball player who practices swinging the bat, or a punter on a football team who swings his leg – these are a couple examples of ballistic stretching.

The bottom line is that stretching helps you to achieve your potential range of motion. Each person has their own capacity of stretch. I encourage you to achieve your own maximum range. Stretching stimulates muscle growth, which is different than weightlifting. Stretching stimulates growth by the stretch (especially when the muscle is short and strong). Stay strong. Keep stretching. Stay aware and healthy little by little.

"Even if you don't have time for a big workout, stretching in the morning and night really changes your body." ~Erin Heatherton



Email: j9yogapractice@gmail.com

Phone: 207-251-9577

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



I think that no matter how old I may become; I will always plant in the spring. Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth?

Our daffodil's that were planted last fall here at the Center are now popping through at the Center!! **Project HOPE!!**



Volunteer Opportunities:

April 4th-11-12pm-kicks off -Fashion Show Planning. Please join this meeting if interested in being on the committee Set up and take down of Tea Social on **April 28th** – also needed volunteers to wash all tea cups and tea pots after event

New Members to our Center -

Please Welcome:

Janina Burton

Nancy Casperson

Nancy & Sharon Collins

Diane Emery

Chris Hickman

Jane & Thomas Kelley

Marilyn King

Jeanette & Roger Lambert

Skip & Gerry Magaw

Cindy Smith

John & Ursula Stanton

Barbara Switzer

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.

This is one opportunity you can help our Senior Center:

Recycle your bottles

***Please pick up your **Clynk** bag from Lorraine 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.

**Fabulous news we raised \$6,000 from Wells transfer station and \$5,000 from Ogunquit! This is a great example of how every penny counts.

Thank you to everyone that collects for us weekly



Just a Friendly Reminder for our Members...

Please check under your name on your mailing label of this Newsletter. If your expiration date has expired the date will be highlighted in yellow. 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.**