

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Greg Cuzzi

Secretary:

Vacant

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

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

**Beautiful Function Hall
available for rent**

www.wocam.org

Yearly Membership:

\$35 Per Person

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

Greetings Members !

We hope your summer is going well!

The Board of Directors is pleased to report that our income is on track to give us a good year here at our amazing center. The fund raising efforts by so many of our volunteer members have been successful and we believe will continue to be successful through out the summer and well into fall. As a result our bills are being paid, our events are full and our multiple programs well attended. Thank you to all our helpers!

Please consider being a volunteer at any level for our center. It is ONLY with volunteers that we can function fully. We certainly have a center worthy of your help.

Our Board Members are accessible for your questions or concerns and contact information is at the front desk in the center.

All members are welcome to attend our monthly Board Meeting held the third Thursday of each month from 4 pm - 5:15pm in the function room.

Don't forget to take the time to stop in to see our staff and express your appreciation of what they do for you and all of us throughout the year!

Thank you for being a part of the Wells Ogunquit Senior Center!

The Wells/Ogunquit Senior Center Board of Directors:

Kathy Chase, Chair, Jennifer Sylvester, Vice-Chair, Greg Cuzzi, Asst. Fin'l. Admin., Larry Dyer, Ray Farnham, George Hersom, Ann Lamberti, Lorraine Moulton, and Judy Vincent

Save the Date on these Upcoming events to educate our Members

August 5th, 1-3pm-registration required

Drs. Matthew and Samantha Lewandowski, Audiologists, from Infinity Hearing, will be here Friday, August 5th from 1:00 to 3:00 p.m. to discuss the effects of hearing loss on seniors, and they will provide free hearing screenings. They have offices in Kittery and Sanford, ME.

August 12th 12-1pm/ registration required

Dr. Michael Morwood
Atlantic Orthopedics (York, ME and Portsmouth, NH)
Specializes in Hips & Knees
Also does Robotic-Assisted Knee & Hip replacements

A Physical Therapist from York Hospital will be joining Dr. Morwood on the 12th - his or her name will be forthcoming.

*****IT'S POSSIBLE THAT YORK HOSPITAL WILL PROVIDE ATTENDEES WITH A TAKE HOME BOXED LUNCH*****

Knowledge is power!!!

BABY BOOMER'S BLOG August 2022

August weather...August crowds...August outings...
August cookouts...

Sometimes I get overwhelmed with the summer crowds and how to avoid them, as well as heat and air conditioner debate, adding too many ventures into my week, and yes...over-eating! But, I count my blessings. I start with three blessings each morning and three each night.
Here are my blessings...How about YOU?

Just for today...

I am thankful for the friends that I hike and walk with.

I am thankful for my family who I am able to see all summer long. I am thankful for the garden-fresh foods that I am able to grow during the summer.

Blessings:

- B:** Be Present. Be right where you are.
- L:** Let the day flow with grace. Open and listen to guidance.
- E:** Expect joy. Be positive. Welcome the light. See Joy.
- S:** Serve with compassion. Random acts of kindness.
- S:** Speak only kindness. Speak, think, and act in kind ways. Start with yourself.
- I:** Impart only love. Love comes through us. Fill yourself with love and share that abundance with others.
- N:** Never forget you are not alone. We can always reach out to others for support and guidance.
- G:** Give thanks for everything. Give thanks for the small blessings as well as the larger ones...and see how your day changes.
- S:** See goodness in others. Let their light shine.

“August is the border between summer and autumn; it is the most beautiful month I know.” ~Tove Jansson

Janine Robichaud from Soulful Pathways
J9yogapractice@gmail.com or call 207-251-9577
Look for Zoom and a variety of in person classes at the Senior Center



Volunteer Opportunities:

Looking for a few men for our Clynk program—collecting bottles from the transfer station 1-2 days weekly

Sept. 12th- 2ND Annual Golf Tournament
Hole watchers, check in staff, snack table, picture taking

New Members to our Center -

Please Welcome:

Jeanne Couturier
Robert DeClercq
Judith Doe
Glenn Ramsdell
Marie Szykniej

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

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.**

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 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.**