

## Board of Directors:

**Chairperson:** Kathy Chase

**Vice Chairperson:**

Jennifer Sylvester

**Financial Admin:**

Stephanie Bennett

**Assistant Financial Admin.**

Larry Dyer

**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)

**Director:**

Rita J. Sevigny

**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](http://www.wocam.org)

**Yearly Membership:**

\$35 Per Person

Have an idea for an Article?

Contact Rita Sevigny, Director

[RitaS.WOCAM@gmail.com](mailto:RitaS.WOCAM@gmail.com)

## Merry Christmas Members and Friends!

Amazingly, another year is coming to a close and several Holidays again on our doorsteps! This is the time to gather with family and friends to share and enjoy the strengths of bonds that unite us and make our world better.

The Board is pleased to report that our Center is healthy, our members many, our communities generous, and our finances strong.

The Board wishes each and every one of you a Blessed and warm Holiday Season.

Merry Christmas and Happy Holidays!

The Board wishes each and everyone of you a blessed and warm Holiday season.

### Merry Christmas and Happy Holidays!

The Wells Ogunquit Senior Center Board of Directors  
Kathy Chase, Chair, Jennifer Sylvester Vice-Chair (and acting Secretary),  
Greg Cuzzi, Larry Dyer, Asst. Financial Administrator, Ray Farnham,  
George Hersom, Ann Lamberti and Lorraine Moulton

## CONGRATULATIONS TO OUR 2022 PANCAKE BREAKFAST TEAMS!

The 2022 Wells Ogunquit Senior Center Pancake Breakfast Program was a success again this year because of the energy, commitment, and great work of the four Pancake Teams!

**Red Team:** (1<sup>st</sup> week each month) Kathy Chase, Stephanie Bennett, Marcia Hamlyn and Marianne Sheehy

**Blue Team:** (2<sup>nd</sup>) David Collier, Sue Collier, Marcia Loranger, Deb Flot, Dan Turner & Beth Turner

**Green Team:** (3<sup>rd</sup>) Carol Forni, Phyliss Gordon, Susan Terwilliger, Pat Vo & Kathy Dimartini

**Silver Team:** (4<sup>th</sup>) Beverly Link, Mary Rose, Jim Neville, Cheryl Link, Anna Lamberti & Maureen Brown  
Lorraine Moulton was the cashier at every Pancake Breakfast.

As the Leader of the Pancake Program, the "TEAM" approach we use works amazingly well. Each Team ran their breakfasts responsibly, efficiently, and reliably. They represented our center with pride and goodwill and built a very good following. If a team needed help, another team -or members of another team- would step up. **LOVE this group!**

I want to thank all our team members for providing such a great program, working hard and feeding our customers yummy food!

Kathy Chase



## Hello from the Wells Ogunquit Senior Center

A message from Rita Sevigny, Director

What do the Holidays mean to you? We all have fond memories of the days past, of family gatherings and traditions of how things needed to be done. It's amazing how time flies and how things have changed. We need to remember what makes us happy. Reach out to a long lost friend or family member by sending a card or making a phone call. People are lonely and want to know that someone out there cares for them. It is the simple things in life that give us the most pleasure. I find myself biting my tongue when someone is rude, because they may be having a bad day, I try to remember to be kind—for you never know what is truly going on with the individual. I do enjoy the sound of laughter during games of Cribbage, Rubber Bridge, Mah Jongg as well as the commitment of the Exercise and Yoga classes to stay healthy. During the Line Dancing class you can't help but feel uplifted observing their fun and enthusiastic spirit. The sense of belonging to an Senior Center with like-minded people.

Most wonderful of all, witnessing the support and care that members give to one another is **heartwarming.**

Stay safe and remember to reach out to someone today.

The Wells Ogunquit Senior Center is a place not only where "Seniors Shine" but is a welcoming home away from home. **Merry Christmas/Happy Holidays!**



**Shores Church** is a new church serving Wells/Ogunquit and beyond! We will be meeting regularly **Sundays at 9:30am at the Center.** Services last about 70 minutes with music, a thoughtful encouraging message, and activities for kids.



Check out [ShoresChurch.Org](http://ShoresChurch.Org)  
for more info and to get connected

## Baby Boomer's Blog

December 2022

Did you know that the most popular Christmas Carol is "Jingle Bells"? It is the easiest one to get everyone cheered up. "Silent Night" and "Rudolph the Red Nosed Reindeer" are two close runner ups. In 1800s caroling in public became popular. One of the original songs from the 1800s that is still popular today is "O Come All Ye Faithful."

Christmas carols and Christmas caroling has taken place for thousands of years. Caroling originated from songs that were sung during pagan celebrations of the winter solstice. The early Christians took over and began singing songs that we certainly would not recognize because most were written and sung in Latin. As Christmas caroling became more widespread the songs were sung in the native language.

The Christmas carol "Rudolph the Red Nosed Reindeer" came from Montgomery Ward and Co. Montgomery Ward was looking for an idea that they could use for a Christmas-time sales promotion. Montgomery Ward contracted with Robert May who wrote the story about a reindeer that gets bullied because of his red nose. This reindeer, of course, is the only one who could lead Santa's sleigh on a foggy night. In 1949 the story became a song.

So, are you someone who begins putting Christmas music on in November, or waits until after Thanksgiving, or do you might prefer to wait until you are stuffing your Christmas turkey? I think it brings out the Holiday spirit. The songs remind me of my childhood, movies, and family.

Finish the lyrics:

1. I'm dreaming of a white Christmas with every Christmas card I write. May your days be merry and bright, \_\_\_\_\_.
2. Children laughing, people passing meeting smile after smile and on \_\_\_\_\_.
3. In the meadow we can build a snowman. Then pretend that he is Parson Brown. He'll say, are you married? \_\_\_\_\_.
4. Have yourself a merry little Christmas. Let your hearts be light. From now on \_\_\_\_\_.

Janine Robichaud from Soulful Pathways

Email: [j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com)

Phone: 207-251-9577



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



*Wishing you a  
Beautiful Holiday Season  
And a New Year of  
Peace, Good Health & Happiness*



## Volunteer Opportunities:

**Mon. Nov. 28th 1pm**-Christmas tree decorating  
Bakers needed for Christmas Fair  
**December 2nd drop off for December 3rd —  
December 20th-** Cookie bakers for Dec. 20th  
Function w/Spirit of Broadway music

### New Members to our Center

**Please Welcome:**

Ron Arsenault

Jane Buckjune

Gwen Conrad

Jerry Juneau

Catherine Lillibridge

Joni Martin

Maria Reid

Rose Ellen Taylor

Fran Thompson

### 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!

### 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.

## Crafts/Holiday Gifts

Wells Ogunquit Senior Center  
Craft Shop

**Open Monday Friday upon request.**

Shop for beautifully  
hand-crafted items  
ideal for gift-giving or home décor

