

## 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**

**Office Administrator:**

Barbara Switzer

**Mon & Thurs. 9-2 PM**

**Welcome Desk Volunteers:**

Taryn Allen

Jackie Bauger

Morgan Demers

Joanne Dewitt

Suzi Franklin

Marie Gamache

Doris Morgridge

Barbara Riley

Pat Vo

**Back-up volunteers for desk**

Connie Bemis

Maria Reid

Nancy Zuzulo

**Office and Lounge Open**

Mon-Fri 9:00 AM – 4:00 PM

**Beautiful Function Hall**

available for rent

**Call Center**

**207-646-7775 x2**

**Yearly Membership:**

\$35 Per Person

Have an idea for an article?

Contact Rita Sevigny, Director

**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.

## 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 and family gatherings and traditions. It is so strange what we take for granted until things are taken away from us. A simple handshake, a hug!! 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. Sometimes, people are lonely and want to know that someone out there cares about 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 remember to be kind—for you never know what is truly going on with someone.

I enjoy the sound of laughter during games of Cribbage, Rubber Bridge, Duplicate Bridge, and Mah Jongg. The commitment of the participants in the Exercise, Yoga and Line Dancing classes—all making that extra effort to stay healthy. During Line Dancing class you can't help but feel uplifted observing their fun and enthusiastic spirit.

The sense of belonging and giving of our volunteers is fulfilling to others. Most wonderful of all, witnessing the support and care that members give to one another is heart-warming.

Stay safe and remember to reach out to someone today.

**The Wells Ogunquit Senior Center is a place not only where seniors shine**  
It's also a welcoming home away from home.



**Merry Christmas/Happy Holidays!**

**A Musical Celebration of the Holidays- Dec. 15th- 10-12pm**

You are invited to visit a mix of the music and films we have come to love this festive time of year! Join us for this in-person holiday gathering for an audio visual presentation of various music and movie clips, along with the stories behind them. Christmas will be featured but other traditions, particularly Hanukkah, will be represented as well.

And of course, singing along will be most welcome!

**With Our Lead ELF.....Paul Doherty**

Paul is an armchair theologian with experience in music, broadcasting, and ministry. He has also been teaching for several years at two Maine senior colleges, including South Coast. Presented by South Coast Senior College

**FREE to members of the college and Wells Ogunquit Senior Center..**

**BUT PLEASE REGISTER AT:**

[SOUTH-COAST-SENIOR-COLLEGE.COURSESTORM.COM](http://SOUTH-COAST-SENIOR-COLLEGE.COURSESTORM.COM)

or email: [southcoastseniorcollege@gmail.com](mailto:southcoastseniorcollege@gmail.com) or call 207-274-3105 Sandi Kaan

**AAA KEEP THE KEYS**  
A SENIOR DRIVER PRESENTATION



**TOPICS INCLUDE:**  
How driving changes with age  
How to safely adapt driving  
How medication may impact driving  
Vehicle Safety, comfort and fit  
How to minimize driving risks.

Join us for a Keeping the Keys Workshop, a **FREE** hour-long presentation that will help older drivers and their families plan to keep mature drivers on the road for as long as safely possible.

**DATE:** December 8, 2023 (Friday)

**TIME:** 10 AM to 11 AM

**PLACE:** Wells Ogunquit Senior Center  
300 Post Road, Route 1, Wells, Maine

Presenters:

Tom Baran  
AAA Northern New England

Chief John Lizanecz  
Ogunquit Police Department



**100 CLUB RAFFLE**  
**MERRY CHRISTMAS**  
Friday December 15 3:30 - 5 pm  
**8 Door Prizes**  
**TOP PRIZE \$500**  
**JUST \$20 a TICKET !!!**  
**ONLY 100 TICKETS SOLD !!!**  
**\$1000 TOTAL GIVEN AWAY**  
**14 CASH Prizes of \$25-\$500**  
**TOP PRIZE \$500 CASH**  
**PIZZA & BEVERAGES**  
Tickets at front desk

## Baby Boomer's Blog

Baby Boomer's Blog represents all of us who are born 1946 to 1964.

A message of optimism, health and wellness, personal growth and youthfulness.

### December 2023

#### Count Your Blessings

Some people can count their blessings with ease. Some suggestions was to start with

**A** and find a word that fill you. Animals, Air, Adventures.

**B**- baking, books, babies

**C**- Me.... Pause..... I struggle with this. Yes. I can come up with finding things to be grateful for, but it doesn't change my mood, emotional state or outlook on life each time I try this method of happiness.

#### Here is what I changed.

What I did find, as I practiced gratitude, with what is happening right now, my mood did change. I have choices. I can choose to have a mind that races to the future or digs up the past, or I can choose to be present with my body, mind and spirit. I stop and listen to my inner voice paying attention to moment. I focus on what I can see, hear, smell, taste and feel. It just is. Not a good situation or a bad situation, but it's mine. My eyes, my nose, my mouth, mine to witness.

Look at what is right in front of me. I feel my breath and so on. Gratitude to just be human. All of my humanness is neither wrong nor right. I see it as an outlook I bring to my life.

I challenge you to look around. Look at all the things that are red all around the room that you are in. Now close your eyes. Pause. What do you remember. Now, what do you remember that was brown? We see what we see. Now open your eyes again and witness one item as though you have never seen it before.

A beginner's mind. Ahh.

You can't be in the future or past when you are witnessing the present.

#### Congratulations.

"In the beginner's mind there are many possibilities, but in the expert's mind there are few." ~Shunryu Suzuki

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

Phone: 207-251-9577

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



Avita of Wells - sponsoring our

**Christmas Meal**

**December 12th, 2023**

**Time- 11-1pm**

**Members need to RSVP by December 6th**

\$10 per member/ \$12 guest

Limited to 70 people

Menu- appetizers, pot roast, mashed potatoes, winter vegetables, gravy, rolls, butter & Cheese cake

## \*\*\*Volunteer Opportunities:\*\*\*

Looking for members that would assist in setting up and taking down of tables and chairs for upcoming - **Days of Warming 2024**

### Welcome our new members

Sandra Kaan

Sharon Morrison

Alice Witkes



### 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



We're going to be a drop off for Toys for Tots— please drop off unwrapped items in the box—this will be given to children in the area



### Recycle your bottles

\*\*\*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— Jeffery M., Ed S., Ken R., Ted Z., Mark H.

### 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.** Thank you!

