

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. 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

Yearly Membership:

\$35 Single / \$70 Couple

Beautiful Function Hall

available for rent

www.wocam.org

Have an idea for an Article?

Contact Rita Sevigny

Sponsored Meal by



Call in or stop by the Senior Center to sign up on **November 29th**

space is limited to **50 people**

Date of Luncheon: Tuesday, December 14th 11:30 to 1:30pm

Menu– Lobster Bisque

Seafood Lasagna or Thanksgiving wrap

Gingerbread for Dessert

Cost \$10 –member/ \$12 non-member

Yankee Swap - Tuesday, December 14th, 1:30-4pm

Come join in the fun right after the meal.

Please bring in wrapped gift values at \$15

You are invited to join in even if you don't come to the meal.

Goodies will be provide also wine for a donation fee



Christmas Karaoke sing along, December 16th– 1-3pm

Let's get into the Christmas Season by singing some of our favorite

Christmas songs with the Trailblazer singers—**All are welcomed**

Goodies will be provided



100 Club Dinner – Friday, December 17th, 5:00pm

Everyone's favorite 100 Club Dinner of the year. \$25.00 raffle ticket gives you a chance to win in the raffle with a **Grand Prize of \$500!**

Space is limited "60"—your R.S.V.P. is requested so that we know how much Chinese food to order. See Lorraine Moulton at

the Welcome Desk to buy your winning tickets.

Guests are invited to join in the Chinese dinner

for an amazing low cost of \$6.00.

This clip below was given to me by a member –
something to think about with the New Year coming.

Make 2022 the year you become involved in the Senior Center!

"Once upon a time, there were four people; their names were **Everybody, Somebody, Nobody** and **Anybody**. Whenever there was an important job to be done Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. "When Nobody did it, Everybody got angry because it was Everybody's job. Everybody thought that Somebody would do it, but Nobody realized that Nobody would do it.

"So, consequently, Everybody blamed Somebody when Nobody did what Anybody could have done in the first place."



BABY BOOMER'S BLOG

December 2021

Slow Down and Enjoy the Last Month's Journey

The end of 2021 is near. You may be busy with the Holiday hustle and bustle, but I encourage you to stop, take a breath and slow down.

Are you someone who can take a nap? I invite you to take time each day and sit or lie yourself down and be. Move from the doing part of your day to just being. For many of us, taking this break in the middle of the day is extremely difficult, because it requires us to find stillness physically as well as mentally. Doing nothing!

Stop and take a breath. Be present with yourself and all that surrounds you at that moment. Perhaps listen to sounds outside and inside.

Now, I invite you to look forward into the next year. How can you make better use of your time? Reflect on what have you accomplished in 2021? And, what do you want to accomplish in 2022?

Let go of 2021 with gratitude for all the moments and experiences (good and bad). What is your new tomorrow going to look like?

Can you add something to create better health, financial security, find a new friend or two, see family more often, create lasting relationships, exercise, fun and movement and, most importantly, keep your brain active? I hope this helps.
To learn more contact me!

Janine Robichaud from Soulful Pathways

J9yogapractice@gmail.com or call 207-251-9577

Look for Zoom and in-person classes at the Senior Center.



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.

Let's pray that 2022 is a better year.

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!

Rita



Volunteer Opportunities:

Bakers for December 4th– Christmas Fair
Provide treats for Yankee Swap on Dec. 14th or
Christmas sing along on Dec. 16th

New Members to our Center -

Please Welcome:

Susan & S. Jean Cerroni
Jim & Patricia Francoeur
Bernice German
Richard Grumbach
Andrew Proulx
Margaret & Lou Rioux
Roseanne Withycombe

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,

Just a Friendly Reminder...

Please check your address label under your name on the mail panel 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!

Crafts/Holiday Gifts

Open Monday-Friday upon request.

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