



Wells Ogunquit Center at Moody  
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Wells, ME 04090

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**SENIOR CENTRAL**  
WHERE SENIORS SHINE

Email: wocam2016@gmail.com  
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Wells Ogunquit Center at Moody

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December 2020      **WOCAM Newsletter**      Volume 19, Issue 12

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 changes....especially these last 9 months. It's so strange what we take for granted until things are taken away from us. A simple handshake, a hug!! We are told to keep our distance and not to gather anymore. 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 remember to be kind—for you never know what is truly going on with them.

I enjoy the sound of laughter during games of Cribbage, Rubber Bridge, Mah Jongg and 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 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 2021 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 but is a welcoming home away from home. Merry Christmas/Happy Holidays!



**Upcoming Events:**

**December 1st—Decorating Center for the Holidays**



**December 15th-1-3pm Secret Santa Social-**  
Karaoke sing along— punch & Cookies provided.

**Book Club-December 28th -11-12pm**

"The Water is Wide".

**Save the Date— January 2nd—9 to 2:30pm**

**Warming Days Ogunquit Police Department**

Menu— tbd— Music-tbd

Limit to 50 people