



Wells Ogunquit Center At Moody  
Senior Needs Committee  
300 Post Rd.  
PO Box 987  
Wells ME 04090

NONPROFIT  
ORG.  
U.S. POSTAGE  
PAID  
WELLS, ME.  
PERMIT No.15

Office and Lounge Open  
Mon-Fri 9AM-4PM

Membership \$30 Single/  
\$50 Couple

*Beautiful Function Hall  
for Rent*

www.wocam.org

## Senior Central

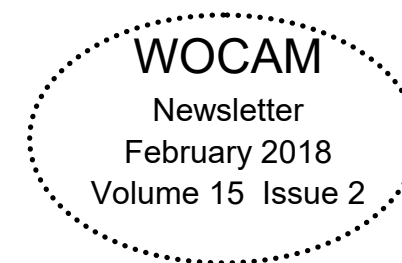


Phone: 207-646-7775

Location:  
300 Post Rd. Rt. 1  
Wells, ME 04090

Mailing Address:  
PO Box 987  
Wells, ME 04090

Email:  
wocam2016@gmail.com



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## Maintaining Eye Health

Thursday, February 22 at 10 am we will have a special educational seminar on *Maintaining Eye Health*. This seminar will be presented by the Iris Network. The Iris Network is accredited by the National Accreditation Council for Blindness and Low Vision Services. There is no charge for this event. Please sign up in the office.



**PULMONARY REHABILITATION PROGRAM**  
at Kennebunk Center for Health & Rehabilitation



**Specialized Staff & Advanced Training**

**Pulmonologist** from Chest Medicine on staff/consult  
**Respiratory Therapist** on staff/consult  
**Advanced Practice Registered Nurse (APRN)** Coordinated effort and establishment of working communication between all involved parties including hospital, practitioner, skilled nursing facility, and home health

**Program Goals** Manage Respiratory Symptoms (dyspnea, fatigue)  
Increase the ability to perform activities of daily living  
Provide education to patients and families

**Therapies Offered:**  
• Physical  
• Occupational  
• Speech/Language  
• Respiratory

**Kennebunk**  
Center for Health & Rehabilitation, LLC

158 Ross Road, Kennebunk, ME 04043  
207.985.7141 | F 207.985.1867  
www.KennebunkCenterRehab.com

## Art in Bloom Trip

We are taking a trip to the Portland Museum of Art on Friday, February 16. We will leave the Center at 10 am. A docent will give us a tour of the museum at 11 am. Following the tour, you are invited to attend a lecture entitled *Art in Bloom*. This is about an exhibit that pairs flower arrangements with paintings. If you would rather, you may wander the galleries. Afterwards we will have lunch. Sign up to secure your place for the trip. There is a \$13 entrance fee to the museum. The center will collect \$5 per person to cover travel expenses. You will need to bring money to cover your lunch.

## Valentine's Raffle

Do you have a sweetheart? Time to think about a special gift for Valentine's Day. How about a Giant Sweetheart Gift Basket? We are raffling off one terrific prize. The prize will include gift certificates to Make It Kennebunkport, McDonalds, the Yodeling Clam. Also included are a floral, enamel necklace and bracelet set, a bottle of wine and two movie books. The value of this package is approximately \$200.

Buy your Tickets 1 for \$1 or 8 for \$5 at the office.


Drawing will take place on Tuesday, February 13.

## It's Not a Typo

The numbers following your name on the address label serve a purpose. They represent the date when your membership is set to expire. Your membership fee is critical to the maintenance of our Center. If you are unable to pay your membership dues, Please let us know, and we will make special arrangements to keep you on board.

### 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.

 "We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin."

# Inquiring Minds Want to Know....



## Super Bowl Game

Tickets are \$10 a square to participate in our Super Bowl Game. Winners will receive \$100, \$150, \$200, and \$300. Come by the Center to enter. The Super Bowl is Feb. 3

## What's Up in February

Please check calendar for daily activities

### February

Sat. Feb. 3 9 am—4 pm	5th Warming Saturday, Lunch by Wells Police Dept ./ Music by Ray Calabro
Fri. Feb. 6 1 pm—3 pm	First Scrapbooking Class
Sat. Feb. 10 9 am—4 pm	6th Warming Saturday, Lunch by Ogunquit Rotary / Music by David Hollis
Tues. Feb. 13 9:30 am—3 pm	Valentine's Raffle
Fri. Feb. 16 10 am—3 pm	Portland Museum of Art Trip
Sat. Feb. 17 9 am—4 pm	7th Warming Saturday, Lunch by People's Choice Credit Union & Feile Restaurant/ Music by Shades of Grass
Mon. Feb. 19	Closed for President's Day
Thurs. Feb. 22 10 am	Maintaining Eye Health Seminar, The Iris Network
Fri. Feb. 23 3 pm	Newcomers' Reception
Sat. Feb. 24 9 am—4 pm	8th Warming Saturday, Lunch by Varanos & People's United Bank / Music by David Hollis

### March

Sat. March 3	9th Warming Saturday, Lunch by People's United Bank/Music by Carolyn Hutton Drowned Valley
Wed. March 7 9 am—6 pm	Peabody Essex Museum Trip. <i>Georgia O'Keefe Exhibit</i>
Thurs. March 15	Atria St. Patrick's Day Luncheon



### Board Of Directors

**Chairperson:** Ray Farnham (18)  
**Vice Chair:** Ron Allen (18)

### Directors At Large

Kathy Chase (20)  
Cindy Connelley (20)  
Bill Ekstedt (19)  
Rick Kranes (19)  
Ann Lamberti (20)  
Peggy Maillet (18)  
June Messier (19)  
Ray Farnham (18)  
Ron Allen (18)

**Treasurer:** June Messier  
**Co-Treasurer:** Ron Allen

### Honorary Board Members

Karl Ekstedt, Wells, B.O.S.  
Bob Winn, Ogunquit, B.O.S.

### Office Staff

**Office Manager:**  
Liz Eickmann  
**Office Assistants:**  
Doris Hanlon  
June Messier

### Activities & Newsletter

Liz Eickmann

### Volunteer Receptionists:

Taryn Allen  
Bonnie Guptill  
Doris Morgridge  
Lorraine Moulton

### Website:

Liz Eickmann

## Warming Saturdays

In the winter, The Center opens its doors for anyone to come in and stay warm. We play games, serve food, and are entertained. Come here and turn down your home thermostat.



Volunteers and Donations are critical to the functioning of Warming Days, and we are looking for both. Please consider giving of your time at least one Saturday over the coming months.

Warming Days are open to everyone from 9 am—4 pm Saturdays in January and February. They are free, but donations are gratefully received.

### Line Up for February & March

**February 3**, Sponsored by Wells Police Dept.  
Performer: Guitarist, Ray Calabro

**February 10**, Sponsored by Ogunquit Rotary  
Performer: Song Stylist, David Hollis

**February 17**, Sponsored by People's Choice Credit Union and Feile Irish Pub & Restaurant  
Performer: Shades of Grass Bluegrass Band

**February 24**, Sponsored by Wells Family Practice and Varano's Restaurant  
Performer: Song Stylist, David Hollis

**March 3**, Sponsored by People's United Bank  
Performer: Carolyn Hutton Drowned Valley Band



**Anne Pope**  
REALTOR®

email: [anne.pope@beangroup.com](mailto:anne.pope@beangroup.com)  
direct: 603-828-1316  
office: 800-450-7784



Contact me for a FREE Home Analysis!

### A Sunrise Senior Living Community

**Kim Weiner**  
Director of Sales  
1 Huntington Common Dr.  
Kennebunk, ME 04043

Main (207) 985-2810 fax (207)985-4049  
toll free (800) 585-0533

[Kimberley.weiner@sunriseseniorliving.com](mailto:Kimberley.weiner@sunriseseniorliving.com)  
[www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)

## Hannaford Gift Cards



Sign up, pick your value, and pay by February 1. Cards will be ready to pick up on or before February 7, 2018.

Order in denominations of \$25, \$50, or \$100.

Remember, for every \$100 ordered, Hannaford donates \$5 to WOCAM.

## Newcomer Reception

Friday, February 23 at 3:00 pm there will be a reception to welcome Newcomers to our Organization.

We will serve sandwiches and cookies. Find out about activities at the center and meet the board.

All members are welcome to this event.

**Medicare Solutions**  
**James K. D'Ambrosio**  
Licensed Sales Agent

PO Box 7178 Ocean Park, ME 04063  
Office: 207 219 9707\*  
Fax: 888 909 5189

E-mail:

[jameskdambrosio@gmail.com](mailto:jameskdambrosio@gmail.com)

Convenient, high-caliber health care close to home (207-646-5211)  
112 & 114 Sanford Rd. Rt.109 Wells, ME 04090  
For directions, visit [www.yorkhospital.com/wells](http://www.yorkhospital.com/wells)

**Building A**  
Wells Emergency & Walk-in care  
Walk in Laboratory  
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Cardiology  
Oncology  
Family Practice  
Orthopedic Associates  
**Building B**  
Physical Therapy  
Wound Care  
Breast Care/Mammography  
Pediatrics  
Surgery Associates  
Surgery Associates

**York Hospital**  
in Wells

Emergency & Walk-in Care  
8am-8pm 7 days a week



## Send a Smile

Call or send a card. Anniversary, Birthday, Get Well or welcome a newcomer to the Center.

### Happy Anniversary!

Lee & Bill Boudrot	6
Gracy & Gary Littlefield	11
Muriel & Jordan Freedman	14
Emilie & Paul Eichelroth	19
Robert & Carole Black	22
Betty & Tony Chionchi	25

### Happy Birthday!

Frank Ranta	3
Nancy Kwederis	3
Paul Winn	4
Donna Cummings	4
Helen Wood	5
Charles Anderson	6
Barbara Putnam	6
Ralph Minichiello	7
Diane Johnson	8
Marie Ciampa	9
Polly Coletti	9
Cal Conniff	10
Barbara Levey	11
Anne Rachmaciej	11
Carl Buchman	12
Ryna Lipkind	13
Gerry Friedman	14
Denise Daigle	16
Mary Nora McNally	16
Elizabeth Jones	18
Barbara Wallace	19
George Hassard	21
Pamela Wolfgang	21
Jeanne Wolfson	22
Paul Weiner	23
Marcy Vachon	23
David Barton	24
Ernest Paras	24
Sheila Tufts	25
Charlene Salvaggio	28

*Martin and Janet Shorer were a much loved couple at our Center. Since their passing we have learned that they kindly bequeathed \$1,000 to Wells Ogunquit Center At Moody. We are grateful for their gift and we wish to express our greatest sympathy to their loved ones.*

*We wish a speedy recovery to Bob Hastie. Get well soon, Bob!*

## Chase & Hamlyn Gravel

### Wells, ME

**207-646-8795**

**Come experience the all-inclusive Holiday lifestyle.  
Bring this ad for a free full-course luncheon or dinner.**



**HOLIDAY**  
RETIREMENT

**Kittery Estates**  
Independent Retirement Living

220 State Road, Kittery, ME 03904 | 207-438-9111 | kitteryestates.com

## Sentry Hill



*Successfully Serving the Seniors of York*

Call today to schedule a visit to see for yourself and enjoy a meal  
2 Victoria Court, York ~ 207-363-5116 ~ sentryhillyorkharbor.com

## Peabody Essex Trip

Works by the famed artist, **Georgia O'Keefe** will be on display at the Peabody Essex Museum in Salem Massachusetts. We will be leaving the Center at 9 am on Wednesday, February 7 to see this amazing exhibit. Entrance to the Museum is \$18, plus we will charge a \$5 fee for travel expenses. Please be sure to plan on money for lunch and dinner.



## Scrapbooking Class

A new class will begin Fridays in February for Scrapbookers. Bring your pictures and ideas. Expert Scrapbooker, Andrea Thomas, will show you how to save your precious memories. Classes will take place on Fridays from 1-3 pm in the Craft-room. Bring papers, pictures, glue and scissors. If you have other tools or supplies, feel free to bring those as well. Classes will be \$12 per lesson.

## A Chilling Night at a Drafty Castle

Sunday, March 4 at 4 pm, \$20 for tickets  
The Lady of Drafty Castle has had to accept paying guests and is hosting an odd mix of American tourists, Questionable family members, along with detectives and servants. One has a secret identity and another is a murderer. Come see this story put on by the "Applause for a Cause Troupe.



220 Clay Hill Rd.,  
Cape Neddick, ME

Welcome Seniors!  
Phone: 207-361-2272


*Present this coupon to receive 20% off your food with a 5:30 reservation.*



*A Tribute to  
Family  
and Friends  
Now and In  
Loving Memory  
of Those  
Who Have Passed  
~SIC*

**Wishing you  
Continued Success-  
From a Member-  
Who Appreciates-  
The Center.**

*Dean C.*  
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**DEAN RAMSDELL**



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# Activities and Programs

## AYLI Schedule

Renee will be here on the **3rd Wednesday of the month** at the Center from **9-10:30 am** to provide the AYLI vouchers for \$6.00 each. Enrollment is free and you may purchase up to 10 vouchers at any one time. A \$6.00 voucher buys you a great meal at a few of our area restaurants. This is a great way to get out for a bite at a very reasonable cost.

**And....Vicki, the Resource Specialist from So. Maine Agency on Aging** will be available to assist you. If you call her for an appointment at (207) 396-6549 she'll meet with you here at the Center.

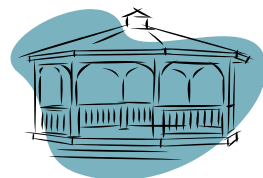


**Ray Farnham**, is our **VFW and American Legion** representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

Also, many services are readily available at the **Sanford Veterans' Center**, 628 Main Street, Springvale. 207-490-1513.

## Wells Harbor Concerts

Every Saturday July thru Labor Day 6:30 pm.

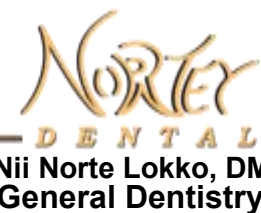


Made possible with

**Harbor Road, Wells**

In case of rain: Ward Gym @ Jr. High on Route 1, Wells  
For more information call: 646-5596

Mon-Weds. 7am—5pm



By Appointment Thur. &

**Nii Norte Lokko, DMD  
General Dentistry**

1333 Post Road (Rte. 1), Unit 1A, Wells, Maine 04090

## Brush-up on Your Card Skills / Learn a New Game

Pinochle Class will be held 9-10 am on Fridays. For more information call the Center 646-7775



## Line Dancing

Instructor: Diane Anderson

### Monday

(Beginners) 1:00-2:30

### Thursday

(Advanced) 1:00-2:30



## Friendly Bridge

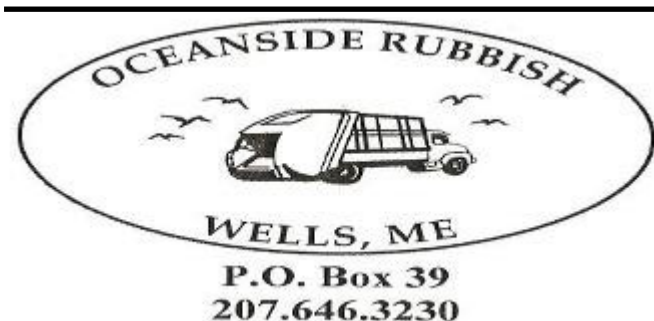
Tuesdays, 12 pm—3pm

Come enjoy a game of Friendly Bridge. This group plays for fun. No cut-throat play with this group.



## Home Instead Senior Care

- Companionship
  - Meal preparation and planning
  - Medication reminders
  - Incidental transportation
  - Personal care
- 273 York Street York, ME 03909 • 207.363.6550  
www.homeinstead.com \* hiscme@homeinstead.com



# In The Know and On the GO!

We are all on our own path to

## Wellness And Balance



Gentle/Adaptive Yoga

**On Hiatus in February**

Mon 2:45-3:45

Weds 9:30-10:30

With Janine Robichaud  
Work on Alignment, Strength  
Balance and proper Breathing  
Use a chair Or bring your own mat!  
\$4/members and \$8/non-members  
Find Vitality, Inner Peace  
And Joy!!

## Brush Up BRIDGE CLASS by Bob Howard

Bridge Class continues the 13 week cycle on Thursdays from 10AM to 12PM with Bob. The class covers the following conventions:

- ♣2/1
- ♥Transfers
- ♣Blackwood
- ♥Rozenkrantz
- ♦LTC (Losing Trick Count)
- ♠Stayman
- ♦Bergen Raises
- ♠Responsive Bids to



## Durgin Pines

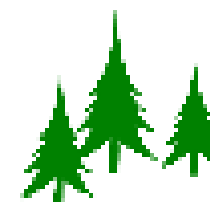
Rehabilitation - Nursing Care

Getting Better, Going Home

9 Lewis Road, Kittery

(207)439-9800

durginpines.com



## Art Class

Mondays 2 pm—4 pm

Beginning January 22

Favorite local artist, *Virginia Souza*, will be our Instructor.

There will be a \$20 charge for this class.



## BROADWEIGH

### DANCE

Thursday mornings from 9:15 –10:15

\$6.00 per class.

The Studio is located at 2 Finson Road, South Berwick.



We have a wonderful line-up of shows for you this year @ Ogunquit Playhouse.

(207)646-5511

www.OgunquitPlayhouse.org

## State Farm

Providing Insurance and Financial Services  
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**Nancy Hafford, Agent**

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