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wocam2016@gmail.com

## WOCAM NEWSLETTER

**WOCAM**  
Newsletter  
January 2018  
Volume 15 Issue 1

### Inside Story

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### Start Thinking about Trips in 2018

The following trips are already in the works for 2018. If you have other ideas or suggestions, please come by and let me know. Let's make this a year of exploration.

#### January 25—Allagash Brewery Tour

Learn how the beer is made. There will be a chance to sample 4 different beers. Afterwards, we'll grab lunch at a restaurant in Portland.

#### February 15—Portland Museum of Art.

The PMA will have a special exhibit entitled Art in Bloom. This exhibit will pair flower arrangements with paintings.

**March**—Peabody Essex Museum. An exhibit of art by Georgia O'Keefe will be on show.

**April**—Washington D.C. Cherry Blossom Visit. Plans to visit the nation's monuments and museums, along with an opportunity to see the cherry trees in bloom.

**May 17**—Maine Wildlife Park in Gray, ME.

**June**—Coastal Maine Botanical Garden

**July**—John F. Kennedy Presidential Library and Museum in Boston

#### Clynk Operations Tour

**August**—Maritime Museum in Bar Harbour

**September**—Apple Picking at Brackett's Farm in Limington, ME

**October**—Museum of Printing in Haverhill, MA

**November**—Frye's Measure Mill, Wilton, NH

**December**—Garden's Aglow at Coastal Maine Botanical Garden

*Magic of Christmas Musical* at Merrill Auditorium in Portland, ME

Be sure to start planning for these events. And watch for more information as time draws closer.



Weather Cancellations can be found listed on our website [www.wocam.org](http://www.wocam.org) as well as Channels 6, 8 and 13.

A recent study shows a correlation between a "Sense of Purpose" and lower risk of disease. The same study examined physical functioning in conjunction to sense of purpose. Those with a stronger sense of purpose had better grip strength and walking speed than those who did not. The article recommends continued involvement in volunteerism, religious activities, and social interaction. For more on this article, visit our website at [wocam.org](http://wocam.org). There is a link to this article.

People Who Live to 100 Have These Traits in Common, Time Health Magazine, 12/13/2017

New Year's Resolution—Get Involved! Stay Involved!



### PULMONARY REHABILITATION PROGRAM

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Charles Carlin, RRT

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• Respiratory

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#### 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.

#### "Who are We?" Fundraiser

We are starting a new fundraiser in January which is focused on discovering the make-up of our membership. We are looking to find out what kind of professional expertise we have among us. Tell us what career you had and donate 25¢ for each year of service. Not only will this help us to raise money for The Center, but it will help us know who can help us with various jobs around The Center.

Name	Profession	Donation Amt.	Years Experience
_____	_____	_____	_____



"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....



**Dear Editor:** -Do you have a simple project that I can do to help The Center? **BE**  
**Dear BE:** Absolutely! Annually we sponsor an ongoing collection of cans and bottles which are recycled through the CLYNK program. Center Member Lorraine Moulton spearheads this effort and has raised more than \$5000 annually to help add funds to The Center account. As your guests leave collect those empties and bring them to the lobby. Better yet, in the summer, help Lorraine with the sorting! And THANKS! -K

## What's Up in January


Please check calendar for daily activities

### January

Mon. Jan. 1	Closed for New Year's Day
Sat. Jan. 6 9 am—4 pm	1st Warming Saturday. Lunch by Congdon's Donuts / Music by Caleb Eickmann
Sat. Jan. 13 9 am—4 pm	2nd Warming Saturday. Lunch by Bull & Claw / Music by Warren King Top Hat
Mon. Jan. 15	Closed for Martin Luther King, Jr. Day
Thurs. Jan. 18	Alzheimer's Awareness Program
Fri. Jan. 19 10 am—3 pm	AAA Driving Class
Sat. Jan. 20 9 am—4 pm	3rd Warming Saturday. Lunch by Wells Fire Dept. / Music TBA
Thurs. Jan. 25 10:30 am—2:30 pm	Allagash Brewery Tour—Leave Center at 10:30 am. Tour at 11:30. Lunch at 12:45. Return to the Center at 2:30pm
Sat. Jan. 27 9 am—4 pm	4th Warming Saturday, Lunch by Town of Wells / Music by Cedar Mountain Bluegrass Band

### February

Sat. Feb. 3 9 am—4 pm	5th Warming Saturday, Lunch by Wells Police Dept / Music by Ray Calabro
Sat. Feb. 10 9 am—4 pm	6th Warming Saturday, Lunch by Ogunquit Rotary / Music by David Hollis
Fri. Feb. 16 9:30 am—3 pm	Portland Museum of Art Trip
Sat. Feb. 17 9 am—4 pm	7th Warming Saturday, Lunch People's Choice Credit Union / Music by Shades of Grass
Mon. Feb. 19	Closed for President's Day
Sat. Feb. 24 9 am—4 pm	8th Warming Saturday, Lunch by Varanos & People's United Bank / Music by David Hollis



**Board Of Directors**

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

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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

# Special Events

## Warming Saturdays

In January and February The Center opens its doors for anyone to come in and stay warm. We play games we serve food and we are entertained. Those who come are able to turn down their thermostats, saving money on their winter bills.



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 and they are doing real good in our community.

Donations appreciated!!!

### Line Up for January

**January 6**, Sponsored by Congdon's Donuts

Performer: Jazz Pianist, Caleb Eickmann

**January 13**, Sponsored by Bull & Claw

Performer: Warren King Top Hat

**January 20**, Sponsored by the Wells Fire Dept.

Performer: October Road (Heather-Ann and Jeff Line)

**January 27**, Sponsored by the Town of Wells

Performer: Cedar Mountain Bluegrass Band



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Kimberley.weiner@sunriseseniorliving.com  
www.sunriseseniorliving.com

## Brewery Tour

We are scheduled to tour the **Allagash Brewery** on Thursday, Jan. 25.

A carpool will leave the center at 10:30 for an 11:30 tour. The tour will last an hour and will include a tasting of 4 different beers.

Close toed shoes are required for this event.

\$5 for this event.

Also, bring money for a lunch stop in Portland.





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in Wells

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8am-8pm 7 days a week

## Send a Smile!

Call or send a card. Anniversary, Birthday, Get Well or welcome someone new to the Center!

### Happy Anniversary!

Maude & Aaron Hoke	Jan. 1
Sue & Bob Layne	Jan. 2
Jane Miliotis & Clifton Hatch	Jan. 5
Roberta & Frank Parillo	Jan. 18
Kathy & Butch Chase	Jan. 20
Jean & Frank Gentile	Jan. 25
Pamela and Frank Card	Jan. 27
Sheila & Dennis Madigan	Jan. 30

### January Birthdays!

Bob Hastie	Jan. 1	Margaret Briand	Jan. 18
Charles Dupee	Jan. 2	Steven Kwederis	Jan. 18
Donna Fitch	Jan. 2	Lee LaPierre	Jan. 18
Amy Anderson	Jan. 3	Wendy Lisbon	Jan. 18
Elizabeth Tremblay	Jan. 3	Louise Belanger	Jan. 19
Julie Merwin	Jan. 4	Richard Dowler	Jan. 19
Diane Anderson	Jan. 5	Anne Gately	Jan. 19
Carol Farina	Jan. 5	James Chapman	Jan. 21
Tom Oliver	Jan. 5	Yvette Walker	Jan. 21
William Quirk	Jan. 6	Nancy Roman	Jan. 22
Carole Haile	Jan. 7	Anita J. Crowell	Jan. 22
Carl Peterson	Jan. 7	Paul Mason	Jan. 23
Shirley Bedard	Jan. 8	Henri Gaudette	Jan. 26
Peggy Morrison	Jan. 8	Jane Purpura	Jan. 26
Sheila Waterhouse	Jan. 8	Tien-Yang Chiao	Jan. 29
Janice Sterling	Jan. 9	Bernie Stein	Jan. 29
Doris Strahan	Jan. 9	John Chadam	Jan. 30
Monique Libby	Jan. 9	Donna O'Malley	Jan. 30
Ana Cook	Jan. 9	Mary Landberg	Jan. 30
Butch Chase	Jan. 9	Jack O'Donnall	Jan. 30
Kathy Demartini	Jan. 12	Eleanor McGuire	Jan. 30
Marilyn O'Neill	Jan. 13	Bob McManus	Jan. 30
Arlene Haskell	Jan. 14	Marilyn Falzone	Jan. 31
Bunny Friedman	Jan. 14	Sharon Lopez	Jan. 31
Kathleen Devlin	Jan. 15	Diane Abbott	Jan. 31
Aaron Hoke	Jan. 16	Lauren Wong	Jan. 31
Gerry Merriman	Jan. 16		
Lynne Vaughan	Jan. 16		
Marilyn Rocha	Jan. 17		
Elaine Coggins	Jan. 18		

### Congratulations!!!

Congratulations to June Messier.

Ms. Messier is the recipient of the 2017 *Leaders & Luminaries Award*. This award is given by the Leaders & Luminaries Committee and Camden National Bank to "elevate the importance and impact of outstanding nonprofit board leadership in Maine." (Greg Dufour, Camden National Bank President and CEO.)

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## Learning Opportunities

### Roadwise Driver Class Safe Driving for Mature Operators

This AAA Driver Education Program is a 4 hour class designed for drivers 55 and older who are interested in learning about the effects aging has on driving ability. The video and lecture based course is designed to increase safe-driving awareness and confidence behind the wheel.

Participants who complete the course will receive a certificate of attendance. **Many insurance companies provide a discount on car insurance for drivers who take this course.**

Price to attend is \$15 for AAA members and \$20 for non-members

Friday, Jan. 19 from 10 am—3 pm.



### Know the 10 Signs: Alzheimer's Program

The Alzheimer's Association puts on this program that gives you information for early detection of Alzheimer's disease. The workshop helps identify the differences between Alzheimer's disease and the normal results of aging.

Thursday, January 18 from 10 am to 11:30 am.  
Here at the Center



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# Activities and Programs

## AYLI Schedule

Renee will be here on the 1st and 3rd Wednesday of the month at the Center from 10AM—Noon 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.



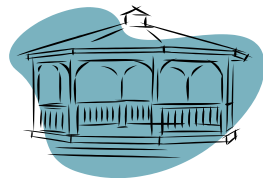
Veterans of Foreign Wars of the United States

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 at 646-8521 to schedule a personal appointment.

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

## Wells Harbor Concerts

Every Saturday July thru Labor Day  
6:30 pm.



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For more information call: 646-5596

Mon-Weds.  
7am—5pm



By Appointment  
Thur. & Fri.

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www.norteydental.com

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

Pinocle 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



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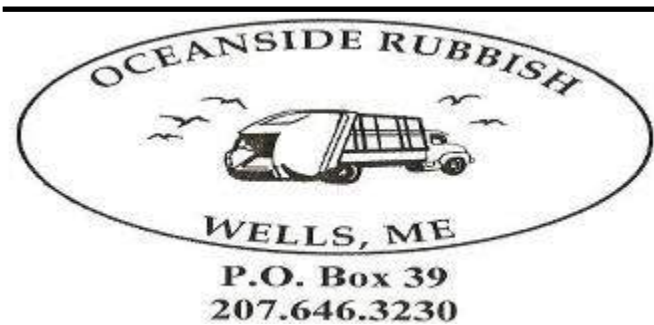


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Weds 9:30-10:30

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Balance and proper Breathing  
Use a chair Or bring your own mat!

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## 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
- ♣Openers 2nd Bids
- ♦LTC (Losing Trick Count)
- ♠Stayman
- ♦Bergen Raises
- ♠Responsive Bids to Openers
- ♦Review

Just \$2/Class! Come learn or brush up skills!

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## Art Class

Mondays 2 pm—4 pm  
Beginning January 22

Favorite local artist,  
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our Instructor.

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



## BROADWEIGH DANCE

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