

Board of Directors:

Chairperson: Kathy Chase

Vice Chairperson:

Ray Farnham

Financial Admin:

Stephanie Bennett

Secretary: Pat Vo

Directors at Large:

Stephanie Bennett (21)

Kathy Chase (23)

Greg Cuzzi (23)

Ray Farnham (21)

George Hersom (22)

Ann Lamberti (23)

Lorraine Moulton (21)

Jennifer Sylvester (23)

Sue Terwilliger (22)

Director:

Rita J. Sevigny

Administrative Assistant:

Cathy Gavin

Office Assistant:

Lorraine Moulton

Welcome Desk Volunteers:

Bonnie Guptill

Doris Morgridge

Lorraine Moulton

Taryn Allen

Office and Lounge Open

Mon-Fri 9:00 AM – 4:00 PM

Membership:

\$30 Single / \$50 Couple

**Beautiful Function Hall
available for rent**

www.wocam.org

Have an idea for an Article?

Contact Rita Sevigny

Greetings Members!

As the first day of summer arrives so does the busiest time of the year both in our Community and in our Center. It is the season to enjoy warm weather, our beautiful beaches, barbecues with our family and friends and, of course, joining in on the many programs, events, games and socializing our very active Center offers.

The Board is proud of all that our Center offers but, as the Business Oversight Committee, we must look at the practical financial importance of the summer season. This is the period we raise 75-80% of all the funds we need to operate the Center. Volunteers are the lifeline of our success.

Period. Without all our amazing volunteer members who work, plan, support, participate in, and run the fundraising activities needed to finance our programs and facility, we would not be the success we are today—or in the future. Thank you!

Members who participate in all the events, join in our programs, come to our functions, buy tickets, bring their friends, and spread the information about our activities are so important which aids in our success. Thank you!

We encourage members to consider volunteering at any level and to support the Center by coming to our functions. You will have fun, meet new friends, and keep our Center open for years to come! So please, ask at the Center's front desk or call to see how **YOU** can help.

We, on the Board, are happy to report that our finances are doing well, and we are working to get out of the hole that Covid 2020 put us in – which is possible because of all our volunteers and participating members. Thank you!

Our July 15th -Board of Directors Meeting is our annual joint meeting with Members and the opportunity for anyone interested to apply to be a Board Member. Applications are available at the office.

Kathy Chase, Chair WOCAM Board of Directors,
and all the Board Members



Baby Boomer's Blog

Success is the sum of small efforts, repeated day in and day out.

Exercise Tips for Baby Boomers:

Ready to retire, but not ready to retire from life? Healthy living continues to be a high priority well into our 60's, 70's, 80's and onward. In order to continue to maintain healthy living habits so you can keep up with your grandchildren, prevent chronic disease, and avoid injury, here are some suggestions that will keep you stretching, walking and maintaining good posture.

Stretch gently: Ease joints and improve your flexibility with side stretching, head, neck and shoulder stretches, cat-cow flow and hamstring stretches.

Practice balance: Don't allow your balance to decrease as you age. Stand on one foot while drawing your belly toward your spine increasing stability.

Get up and move: Are you sitting behind a desk? Do you travel or commute for your job? Get up and move! Set an alarm to remind you to take a short walk.

Walking properly: Using the Alexander Technique to improve your mobility. As you walk be sure that your heel is firmly on the ground while stepping forward.

Sitting correctly: What does your chair look like? Choose a hard chair with a flat seat allowing your feet to be firmly on the ground.

Remember your core: As we age, we can develop muscle imbalance, leading to back pain. Strengthen your core with balance poses.

Dance, move and groove: It will enhance your well-being, provide positive social contact and it doesn't feel like a workout.

"Looking after your health today gives you hope for tomorrow."

~Anne Wilson Schaefer

Janine Robichaud from Soulful Pathways

J9yogapractice@gmail.com



With over twelve years experience of studying many alternative modalities in order to empower and inspire you, Janine will put you on a path to wellness, happiness and daily peace by offering yoga, qigong and meditation bringing you to a place of an open heart and soul.

Janine teaches daily on Zoom. Yoga Classes at the Senior Center -
Monday morning 9am

Wednesday mornings 9am Hatha Yoga– 9:45am Chair Yoga

Volunteer Opportunities:

Bakers needed for upcoming Blueberry Fair
on July 31st

Yard sale helpers for July 16 or 17th

New Members to our Center

Please Welcome:

Sheryl Gochros

Lorraine Boulanger

William Herman

Joan & William Gaffney

Daniel & Shari O'Brien

Sandra Downey

Dolores Stieper

Joseph & Laura LoVecchio

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) Oct/Nov Dec/Jan Feb/Mar Apr/May Jun/Jul Aug/Sep
\$25 per month per artist - 10% commission on sales.

Please contact Lisa Roderick -
lwroderick@gmail (207) 646-2926

Our Latest artist featuring her paintings at the Senior Center



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.

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.**