

Board of Directors:

Chairperson: Kathy Chase

Vice Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Greg Cuzzi

Secretary:

Vacant

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 Per Person

**Beautiful Function Hall
available for rent**

www.wocam.org

Have an idea for an Article?
Contact Rita Sevigny, Director

Greetings Members and Friends!

I am pleased and proud to let you all know that the Annual Town Report for Wells is being dedicated to The Wells Ogunquit Senior Center. Each year someone, or in rare cases, an entity is chosen. It is an honor to be recognized by the Board of Selectmen and the people of Wells. Every Wells resident receives an Annual Town Report in the mail. If you didn't receive a copy, you can pick one up at the Town Hall.

Our Director, Rita Sevigny, has shared the dedication statement from the report in this Newsletter. I urge all of you to read this wonderful – and accurate – statement of honor to our organization. This is an acknowledgement of the work of our Staff, the dedication of our many Volunteers, the guidance of our Board of Directors (past and present), and the commitment of every Member that makes this recognition of all we do, and the benefits we provide, so special.

The Board of Directors salutes all of you!

Please remember and take the time to vote your choices for two positions to the Center's Board of Directors. Voting opens Monday June 13th until the start of the Annual Members and Board of Directors Meeting scheduled at 4 pm on Thursday, June 16th.

The Wells/Ogunquit Senior Center Board of Directors

Kathy Chase, Chair, Jennifer Sylvester, Vice-Chair,
Greg Cuzzi, Assistant Financial Administrator,
Ray Farnham, George Hersom,
Ann Lamberti, Lorraine Moulton,
Susan Terwilliger and Judy Vincent



A Message from the Town of Wells

The 2021 annual report is dedicated to the people of the Wells Ogunquit Senior Center. The Senior Center formed as a non-profit in 1997 and opened the doors on July 17, 2004. The Center, funded entirely by donations and membership dues, serves older residents of Ogunquit and Wells through formal classes and informal gatherings. The Center calendar includes different games of bridge, line dancing, yoga for all experience levels, Mah Jongg, craft times and games nights. Through the coldest months of the year, the Center is open for a full day on Saturday so that people can turn down their thermostats and gather for the warmth of friendship and a hot meal. These "Days of Warming" exemplify the spirit of the Center – volunteers from throughout the community bring the meal, members take turns being the formal host for the day, and 60 – 80 members come to laugh and celebrate time together.

While programs across the world were shutting down due to COVID-19, the Wells Ogunquit Senior Center found ways to remain open while keeping people safe. Isolation and loneliness are sometimes an overwhelming challenge for seniors that are aging in place and may live alone. The Center continued its mission to, "promote the wellbeing of senior citizens in Wells and Ogunquit", without a single outbreak of COVID-19. Members that felt uncomfortable sharing a meal together at the Center could still stop by and pick one up to bring home, a welcome break from cooking and a chance to feel connected to others.

This dedication honors the commitment of the Board, staff, and members of the Wells Ogunquit Senior Center to seniors of our community. Thank you for all you do; we all benefit from the space you have built and the service you provide.

Larissa Crockett

BABY BOOMER'S BLOG Birds and Bloom June... The Gateway to Summer

Summer is coming upon us quickly! How do you move from the wet, windy season of Spring into the hot, dryness of Summer? Staying balanced throughout the season change is the key to keeping a healthy **mind, body and spirit.**

Let's look at two ways that I stay balanced moving into Summer.
Food and Fun: Chill with food and chill with fun.

We get to eat sweet foods now – Hooray! Ice cream at Scoops & Big Daddy's is allowed. Eating in-season foods such as juicy fruits, bananas, berries, pineapple, rice and barley, peas, lettuce, celery, spinach, kale, cilantro, and cucumbers would be best.

A warning is to stay away from sour, salty and pungent tastes. Avoid eating a large hot meal mid-day. Eat a cool, refreshing lunchtime meal. Drink water...coconut water is cooling and fun.

In order to keep fun in your life – here are few more tips:

1. Try restorative and slower-paced yoga instead of the hot and power-driven yoga. I know...it may be your favorite, but you will get hot-headed when doing hot yoga this time of year. Swim. Ok, maybe not quite yet (let's wait until the water temperature is at least 60 degrees).
2. Start with fresh air and cool walks. Hiking is fun (remember your tick protection).
3. Sweetness of sunrise, flowers, smells and company.
4. Soft and peaceful music.
5. Meditation with breath, group yoga or even yoga nidra.
6. Keep life simple. Live, laugh and slowly dance.



Janine Robichaud from Soulful Pathways

j9yogapractice@gmail.com or call 207-251-9577

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

This year's Wine Raffle ticket sales have officially begun! \$5/ticket or \$20 for 5 tickets.

100% of the proceeds benefit the Wells Ogunquit Senior Center here in Maine - a worthwhile non-profit location where seniors shine! The drawing will take place June 30th and you do not have to be present to win. However, you must be 21 years of age or older to purchase tickets.

Let's keep the momentum going shall we?



Wells Ogunquit Senior Center Fundraiser

Wine Raffle

Grand Prize

6 Bottles of Italian Wines,
Marinara Sauce, Dry Pasta,
Olive Oil, Chocolate
And Cheese

PLUS - 24 Additional Chances
1 Bottle of Red & 1 Bottle of White

Tickets are \$5.⁰⁰ each or 5 tickets for \$20.⁰⁰
Tickets available at - Wells Ogunquit Sr. Center
300 Post Road, Wells, Maine 04090

What a great addition to your July 4th Family Celebration and helping our senior community at the same time.

Drawing - **June 30th** at the
Wells Ogunquit Senior Center
Presence not required. Must be at least 21 of age to purchase a ticket.

Volunteer Opportunities:

Looking for volunteers for the upcoming Yearly Yard Sale on July 16th

New Members to our Center -

Please Welcome:

Constance Day
Linda Hooper
Linda Kilgour
Patricia Kriensky
Eleanor Masi
Betty Ann Mayer
John & Nancy Mulcahy

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 (207) 646-2926

Just a Friendly Reminder for our Members...

Please check under your name on the mailing label 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!

*** We have had a hiccup with Mailchimp. If you haven't received any of my weekly emails please let Cathy Gavin or myself know so we can get you reconnected to our email list.

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.

This is one opportunity you can help our Senior Center—Recycle your bottles

***Please pick up your **Clynk bag** from Lorraine when you visit

Clynk bags can be dropped off at the Senior Center in the back of our building. Please tie up the bags so bottles don't escape.