

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Financial Admin:
Stephanie Bennett

Assistant Financial Admin.
Peter Kahn

Secretary:
Maria Reid

Directors at Large:
Kathy Chase (23)
Greg Cuzzi (23)
Larry Dyer (25)
Ray Farnham (24)
George Hersom (25)
Peter Kahn (24)
Lorraine Moulton (24)

Director:

Rita J. Sevigny
Mon-Fri -11-4pm

Office Administrator:
Cathy Gavin
Tues & Fri -10-3pm

Office Assistant:
Lorraine Moulton— opens our
Center daily at 8:45am

Welcome Desk Volunteers:
Taryn Allen
Suzi Franklin
Doris Morgridge
Lorraine Moulton

Office and Lounge Open
Mon-Fri 9:00 AM – 4:00 PM

Beautiful Function Hall
available for rent
Call Center 207-646-7775 x2

Yearly Membership:
\$35 Per Person
Have an idea for an Article?
Contact Rita Sevigny, Director
RitaS.WOCAM@gmail.com

Hello Fellow Members and Friends!

This message is to remind all of us that we share our Senior Center world with others every day, and we need to remember basic good human behavior.

Our membership is a vibrant, energetic, and friendly group; however, not everyone has a perfect day EVERY day. (Please let us know if you know someone who does because that means God is among us!)

We have reached a time in our lives when all of us have years of experience dealing with good times and bad times, and that is a valuable box of tools to help you, or someone else, get through a “bad” or aggravating day. Share those tools and help make someone else’s day better.

Our Center is a hub of personalities interacting all day, and it is a great and supportive place to meet, chat and learn together. We can all benefit from the good times we share. Remember to be kind, understanding and helpful to others, because one day you may need it in return.

The Wells Ogunquit Senior Center Board of Directors
Kathy Chase, Chair, Greg Cuzzi, Larry Dyer, Ray Farnham,
Peter Kahn and Lorraine Moulton



Meet these two members that are slated for election

Voting will take place the week of June 12th, 2023
Votes will be tallied during Board meeting on June 15th, 2023



Meet JoAnn DeClercq

Experience: Research Analyst, Project Manager, Managing Consultant

Education: Psychology with a minor in Women’s Studies

Volunteer Experience: WOCAM Tea Social and Fashion Show, Riverbend Woods Outreach Committee, Travis Mills Assn. Project Worker, Standish Humane Society.

Personal Statement: “I feel that I have a lot of project management experience and energy that can be of use to the Center.”

Meet Kathy Chase

Experience: Wells Selectman, Business Owner, Wells Tax Assessor, Real Estate Broker, Maine State Representative

Education: Business Owner, Administration, Management

Volunteer Experience: WOCAM Senior Needs Committee (Founder and longest serving member), WOCAM Board, other organizations, and administrative functions: Trailblazers, Rotary, 350th Wells Celebration Committee, Waban, EPA Board.

Personal Statement: Kathy is proud of the accomplishment of so many volunteers who helped build and who continue to be the strength of the Center. She loves being on the Board and is proud of the success and array of activities the Center provides.



Baby Boomer’s Blog

Baby Boomer’s Blog represents all of us who are born 1946 to 1964. A message of optimism, health and wellness, personal growth and youthfulness.

June 2023

A Good Morning Routine

What is your morning routine? It is the one time in the day that I do not negotiate. It is my time. Each day I wake up with a routine that includes spiritual, physical, mental and emotional aspects to begin a day that puts me on the right path. As soon as I leave my house.....anything (stress, chaos, change and confusion) can happen. It could rain, and I am not dressed appropriately or someone decides to stop on Ocean Ave to take a picture, drop off their car load heading to the beach, a cancelation, or any other the hundreds of things the universe put in our path.

Hal Elrod wrote and practices **The Miracle Morning**. This routine can teach you how you can transform your life, one morning at a time. What you do today, determines how your life will be tomorrow. I want so much more. I enjoy the day knowing that it creates my future. The present moment matters the most, because it’s about how you live in happiness. Dedicate each morning to help you develop who you are accepting all of the things that you can and can not control. The acronym is for this **SAVERS**.

Six habits that will create change.
SILENCE, AFFIRMATION, VISUALIZATION, EXERCISE, READ, SCRIBE

Here is a sample of my morning routine. I wake up in the morning, sit in silence for 10 minutes (waiting for the coffee to finish percolating). If my mind begins to wander, I bring it back to my breath again and again. I then get up, get my coffee and go back to my comfy chair where I close my eyes and begin an affirmation stated as though I already have it. I only repeat it 3 times and let it go to the universe. Next, I visualize my day, make my simple to do list and find a book to read. My favorite books are daily readers. I journal just one page on my to do list, or thoughts of new classes and sometimes the day before’s not so fun times.

(What could I have done different). I am back out of my chair to stretch gathering the benefits of staying as limber as my body can be today. Quick & easy (not always, but I start my day and come back to the quietness again as my day progresses)

Email: j9yogapractice@gmail.com
Phone: 207-251-9577
YouTube Channel: YouTube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ



Intro To Yoga Class

It’s time to roll out your mat and discover the combination of physical and mental exercise. The beauty of yoga is that you don’t need to be a pretzel to reap the benefits. In fact, I practice yoga to stay flexible.

Yoga is for everyone.
Come and try it!



Date: June 23rd, 2023
Time: 10-11am
Location: Wells Senior Center
Cost: \$5 to Instructor



Volunteer Opportunities:

June 9th– 3:30pm—Clean up crew for Fashion show
June 16th— a few women to help serve—see Rita
Needed- hall rental sitters—see Rita
On -call replacement for Clynk

New Members to our Center -

Please Welcome:

Jane Barrett
Carol Carr
Kathy Conkey
Paul and Lorraine Dube
Patricia Frohloff
Julia Gottlieb
Chip and Dottie Hamlyn
Joyce Herrmann
Karen MacDonald
John MacNicholl
Sue (Ursula) Morin
Marsha Tremblay
Suzanne Wiggins

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.

Recycle your bottles



***Please pick up your **Clynk** bag from the front desk- when you visit the Center. 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. Thank you to everyone that collects for us weekly

Just a Friendly Reminder for our Members...

Please check under your name on your mailing label of this Newsletter. If your expiration date has expired the date will be highlighted in yellow. 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!

100 CLUB RAFFLE
TOP PRIZE \$500
June 16 3:30 - 5:30 pm
JUST \$20/ TICKET !!!
ONLY 100 TICKETS SOLD !!!
\$1000 TOTAL GIVEN AWAY
14 CASH PRIZES TO WIN EACH \$25 OR MORE
TOP PRIZE \$500 CASH
FEB ~ APRIL ~ JUNE ~ AUGUST ~ OCT ~ DEC
Drawing on the 3rd Friday afternoon 3:30- 5:30 pm
Wine, Potluck, Snacks Reception with Ticket
Tickets at front desk