

## Board of Directors:

**Chairperson:** Kathy Chase

**Vice Chairperson:**

Jennifer Sylvester

**Financial Admin:**

Stephanie Bennett

**Assistant Financial Admin.**

Greg Cuzzi

**Secretary:** Pat Vo

**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. Seigny

**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](http://www.wocam.org)

Have an idea for an Article?  
Contact Rita Seigny, Director  
[RitaS.WOCAM@gmail.com](mailto:RitaS.WOCAM@gmail.com)

## Greetings Members!

The Board of Directors approved and passed the 2022 Budget at the February 17th Board meeting. Inflation adjustments and two major projects for this year increased our projected expenses. However, new fundraising events, increased expectation of funds brought in from existing events, and a doubling of the donation grant from the Town of Wells allowed us to have a budget that gives us a positive balance at the end of the year. In short, while our expenses will increase, the plan is that new income will balance that out. We will post our new budget on the Bulletin Board at the Center next week.

Two projects we planned to pay for this year are the cutting of all the trees encroaching our building in the back - which has recently been completed - and painting the inside of our center, which has not been done for at least eight years.

New fundraising programs like a "Craft of the Month" Class will be offered for those interested in having fun completing one craft per class, for a fee plus materials, that would then be on display (if desired) for a week at the Center. Also, a Cooking Class with a small group that features items from our very own Center Cookbook (hopefully led by the recipe's creator) that will offer a lunch available for purchase at the conclusion of each class.

Ray Farnham presented a \$5000 check from Time and Again at our BOD meeting! Time and Again has been an outstanding supporter of our Center – THANK YOU!

The Board would like to extend its thanks to Bob Robinson for estimating and contracting for many of our costs for our Center that allows our Board to produce a budget with realistic budgeted amounts – thank you Bob!

A reminder that our annual election of people to fill available Board seats happens in June, and forms for those who might be interested will be available the first Monday in April (4/4/22).

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

Save the Date **April 8th, 2022**  
Annual Spring Tea Social



## BABY BOOMER'S BLOG March 2022

Are You Feeling Lucky?

The words luck and lucky are used in several ways. Are your misfortunes good luck or bad luck? Hmm

**Superstition Luck:** What do you do to create good luck? Find a penny – pick it up and all day long you'll have good luck! Carrying a rabbit's foot, wearing lucky socks, and blowing out all the candles on your birthday cake – are all examples of good luck superstitions. And the opposite – what about a black cat walking in front of you, or breaking a mirror...can that really cause bad luck?

**Retrospective Luck:** If you are having an outdoor barbeque party and it rains – is that bad luck? What about if your outdoor plants were beginning to look dry on that particular day and it rains – is that good luck? Same rain day – one scenario you feel lucky and the other you feel unlucky.

**Blind Luck:** This sort of luck comes from winning the lottery. You are in the right place at the right time. You did not do anything out of the ordinary to influence the good luck.

**Motion or Action Luck:** If you do something long enough you will eventually become lucky. If you are up at bat several times for your team, eventually you could hit a home run that wins the game! Therefore, determination and persistence can help you become lucky.

Here are some ways to increase your luck:

1. Face your fears.
2. Know the odds.
3. Surround yourself with positivity.
4. Be open to new possibilities.
5. Stay prepared and proactive.

"Remember that sometimes not getting what you want is a wonderful stroke of luck."  
~Dalai Lama

Janine Robichaud from Soulful Pathways

[j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com) or call 207-251-9577

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



## Volunteer Opportunities:

Days of Warming –Host or Hostess  
Helping serve on Days of Warming  
Tea social—volunteers/bakers

## New Members to our Center -

### Please Welcome:

Michael & Patricia Beaver  
Linda Blanch  
Robert Carr  
Nancy Crosby  
Thomas Cudmore  
Millie Cullen  
Joann Declercq  
Pat Dieredita  
Ellie Flavin  
Hester Martin  
Barbara McCabe  
Lois & Jane Semon  
Ansie Stuart  
Lynn Watson

### 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/June/July  
Aug/Sep/Oct/Nov/Dec/  
\$25 per month per artist -  
10% commission on sales.  
Please contact Lisa Roderick  
[lwroderick@gmail.com](mailto:lwroderick@gmail.com) (207) 646-2926

### 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 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!

  
**Happy  
St. Patrick's Day**