




March 2023

The Wells Ogunquit Senior Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May you be poor in misfortune, Rich in blessings, Slow to make enemies, Quick to make friends. But rich or poor, Quick or slow, May you know nothing but Happiness from this day forward!! Irish Blessing			1 *Robert Hatch *Sue Layne	2 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing	3 *Sandy Magill 9am Yoga 1-2pm Dominos in hall 12-3pm Mah Jongg in hall	4 Days of Warming Doors open at 8:45am- games 11-12pm - Drowned Valley Band Sponsoring Group The Ogunquit Police Dept. Hosts: Peter Kahn & Larry Dyer
5 *Vickey Mowers 10am Shores Church	6 *Gene Glennon *Colleen Ogilvie 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11-12pm Scrabble 11:30-12:30pm First planning Tea Committee 1-4pm Hand and Foot Game 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members)	7 *Paula Hagopian Russo *Mary G Perkins 9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group-\$5 4-5:30pm Game Night 5:30pm-6:45pm Yoga Series	8 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage	9 *Taryn Allen *Annette Foisy 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members)	10 *Neal Stone 9am Yoga 1-2pm Dominos in hall 12-3pm Mah Jongg in hall	11 Days of Warming Doors open at 8:45am- games 11-12pm Cedar Mt. Blues Band Sponsoring Group The Ogunquit Fire Dept. Host & Hostess: George & Carol Hersom
12 *Judi Deskus *Nancy Zuzolo  10am Shores Church	13 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11-12pm Scrabble 1-4pm Hand and Foot Game 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members)	14 9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group-\$5 4-5:30pm Game Night 5:30pm-6:45pm Yoga Series	15 *Mariene Benoit *Nancy Crosby *Donald Peterson *Meredith Priest 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage	16 *Frank Higgins *Marjie Kennedy 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members) 4-5:30pm Board of Directors meeting	17 *Meg DeAgazio *Judith Foley *Frances Mailhot  Happy St. Patrick's Day 9am Yoga 12-3pm Mah Jongg 1-2pm Cream de Mint Sundaes prior to entertainment. Then, sit back and enjoy the performance! RSVP \$2 each 2-3pm Irish Celebration with Kevin Farley authentic Irish performer. Goodies provided by Home Instead.	18 *Nancy Crompton
19 *Nancy Byrne *William Gagnon *Joseph LoVecchio 10am Shores Church	20 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11-12pm Scrabble 1-4pm Hand and Foot Game 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members)	21 9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group-\$5 4-5:30pm Game Night 5:30pm-6:45pm Yoga Series	22 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage	23 *Sheila Hamwey *Shelley White 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members)	24 9am Yoga 1-2pm Dominos in hall 12-3pm Mah Jongg in hall	25 *Sylvia Cable *Marie Gordon *PJ Guilmette 9-5pm -Charity sewing for Cancer Center Making pillowcases More information to follow.
26 10am Shores Church	27 *Cheryl Hurley *Doreen Taylor 8:30am Meditation 9-9:45am Yoga 9:45pm Chair Yoga 11-12pm Book Club 1-4pm Hand and Foot Game 1-2:30pm Beginner Line Dancing (\$3 Members, \$5 Non-Members)	28 9-10am Healthy Choices group 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group-\$5 4-5:30pm Game Night 5:30pm-6:45pm Yoga Series	29 *Teri Orefice *Janine Robichaud 8:30am Meditation 9am Yoga 12-3pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage	30 *Maureen Dupee *Roberta Sloboda *Paula Toloczko 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$3 Members, \$5 Non-Members)	31 9am Yoga 1-2pm Dominos in hall 12-3pm Mah Jongg in hall	*Members' Birthdays 