



Wells Ogunquit Center At Moody
Senior Needs Committee
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Wells ME 04090

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Membership \$30 Single/
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*Beautiful Function Hall for
Rent*

www.wocam.org

Facebook:
WOCAM Senior Center

Senior Central



Phone: 207-646-7775

Location:
300 Post Rd. Rt. 1
Wells, ME 04090
Mailing Address:
PO Box 987
Wells, ME 04090

Email:
wocam2016@gmail.com

Cabbage Island

We will be leaving at 8 am on August 3 for Cabbage Island.

"Your Downeast Clambake adventure begins with a scenic tour of Boothbay Harbor aboard the Bennie Alice, en route to Cabbage Island in Linekin Bay. There a succulent feast of Maine lobsters and clams with all the traditional fix-in's await you." Cabbage Island Website

The cost includes tickets to Cabbage Island and Transportation aboard a VIP Travel Bus. Space is limited.

Member price is \$100. Non-members is \$110.



A Message from Your Board

Dear WOCAM members & friends,

Many thanks for supporting our Senior Center by paying your annual dues, donating your time and energy, attending events and trips, working/volunteering, and buying raffle tickets and advertisements.

WOCAM is entirely funded by you and some very generous local businesses.

We have worked diligently to review finances, staff, and operations to ensure that we are in good financial standing, put forth a welcoming environment inclusive of all, maintain a first class building, and move forward with "boomers booming". Please continue to participate, laugh, and volunteer as we cannot do this without YOU.

Ask Office Manager, Liz Eickmann, how you can help!

WOCAM is a 501c non-profit.

WOCAM

Newsletter
May
Volume 15 Issue 5

Inside Story

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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.

**WOCAM 16th Annual Fashion Show
Out of the Blue**




Start planning for the Fashion Show on June 8 at 11 am. Taking place at Jonathan's in Ogunquit, we will enjoy a day of style and glamour while raising funds for our beloved Senior Center.

There will be raffle prizes, door prizes, and favors. Performers, *Richard & Nancy*, will provide music. Meal choices will include Chicken Piccata, Lemon Baked Scrod, and Roast Loin of Pork.

Start watching for your chance to purchase raffle tickets and get your ticket for the event.

PULMONARY REHABILITATION PROGRAM
at Kennebunk Center for Health & Rehabilitation



Specialized Staff & Advanced Training

Pulmonologist from Chest Medicine on staff/consult
Respiratory Therapist on staff/consult
Advanced Practice Registered Nurse (APRN) Coordinated effort and establishment of working communication between all involved parties including hospital, practitioner, skilled nursing facility, and home health

Program Goals Manage Respiratory Symptoms (dyspnea, fatigue)
Increase the ability to perform activities of daily living
Provide education to patients and families

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• Occupational
• Speech/Language
• Respiratory

Kennebunk
Center for Health & Rehabilitation, LLC

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207.985.7141 | F 207.985.1867
www.KennebunkCenterRehab.com

"We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin."



What's Up in May

Please check calendar for daily activities

<i>May</i>	
Saturdays 8 am—11 am	Pancake Breakfasts
Wed. 2, 9, 16, 23, 30 4:30—Door Open 6 pm Play Starts	Bingo
Wed. May 9	Deadline to Sign up for Maine Wildlife Park Trip
Thurs. May 17 10 am	Maine Wildlife Park Trip
Thurs. May 24 10 am	End of Life Support Program]
<i>June</i>	
Friday, June 8 11 am—3 pm	Fashion Show
TBA	Ice Cream Social for Wells Jr. High
Wed. 6, 13, 20, 27 4:30—Door Open 6 pm Play Starts	Bingo
Wed. June 13 noon	Huntington Common Lobster Roll Luncheon at Huntington Common, Bradford
Wed. June 27 9 am—3 pm	Coastal Maine Botanical Garden Trip

Board Of Directors

Chairperson: Ray Farnham (18)
Vice Chair: Ron Allen (18)

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Kathy Chase (20)
Cindy Connelley (20)
Bill Ekstedt (19)
Rick Kranes (19)
Ann Lamberti (20)
Peggy Maillet (18)
June Messier (19)
Ray Farnham (18)
Ron Allen (18)

Treasurer: June Messier
Co-Treasurer: Ron Allen

Honorary Board Members

Karl Ekstedt, Wells, B.O.S.
Bob Winn, Ogunquit, B.O.S.

Office Staff

Office Manager:
Liz Eickmann
Office Assistants:
Doris Hanlon
June Messier

Activities & Newsletter

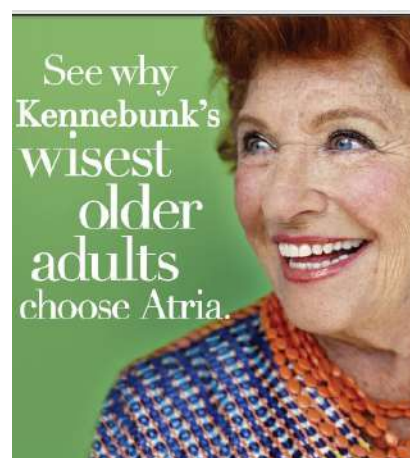
Liz Eickmann

Volunteer Receptionists:

Taryn Allen
Bonnie Guptill
Doris Morgridge
Lorraine Moulton

Website:

Liz Eickmann



Call 207.985.5866 today to schedule a tour and complimentary lunch.

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*Wishing you
Continued Success
From a Member
Who Appreciates
The Center.*

Maine Wildlife Park

On **May 17** we have a trip planned for **Maine Wildlife Park**.

This is a beautiful park dedicated to Maine's native animals. It is a small park, but the trip will require walking. *Wheelchairs may be rented for \$3.* The entire park is wheelchair accessible.

Fee for this event is \$20 for members and \$25 for non-members. Seating is limited. Contact the office to reserve your spot.



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Surgery Associates



A Program on End of Life Supports

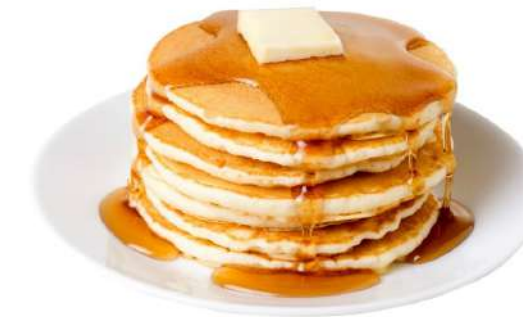
VNA Hospice Providers will be coming to WOCAM on Thursday, May 24 to share with us what resources are available when facing the end of life. The following topics will be covered:

- Overview of eldercare services available In York County, Maine
- Discussion of services & benefits that come with hospice
- How hospice gives patients & their families MORE at end of life
- Who is eligible to receive hospice services
- Who is eligible to receive home health & Palliative care services

Pancake Breakfast Schedule

From May 5 to October 6 we will be having pancake breakfasts from 8 am—11 am on Saturday mornings. At \$6 it is the best deal in town.

All-You-Can-Eat Blueberry or Buttermilk Pancakes with two sausages, orange juice and coffee



Pancake Team Schedules are on the back of the Calendar Insert.

Send a Smile

Call or send a card. Anniversary, Birthday, Get Well or welcome a newcomer to the Center.

Happy Birthday!

Jane Weagle	2	Pat Theriault	17
Clifton Hatch	3	Bob Cossette	18
Joanna Botolino	4	David Collier	19
Florence Ramos	4	Susan Franklin	19
Ed Daley	5	Blanche Farnum	20
Margorie O'Brien	5	Richard Squillace	20
Ed Sanderson	6	Joan Graham	21
Susanne McCarthy	6	Maryann DeJoy	21
Ofelia Navarrete	7	Sulli Seger	22
Lyn J Dowler	8	Neil Gould	22
Jordan Freedman	8	Louise Hansen	22
Tony Chionchi	9	John Graves	23
Donald Dewitt	10	Reg Grinebas	23
Pauline Harriman	10	Pauline DeBruyckere	24
Carol Levine	10	Gerry Duggan	24
Eleanore Rosen	10	Dorothy Canavan	25
Dick Bishop	11	Wendy Ferns	25
Pam Oliver	11	Bob Layne	25
Paul Motroni	12	Alice Gaudette	26
Pat Patry	13	Pamela Card	27
Alice L. Brisette	15	Ward Burnham	28
John Goodrich	15	Norma Turnbull	28
Elaine Blum	15	Betty Chionchi	29
Pat Hadley	16	Rhonda Bovio	29
Lorri Rothstein	16	Joan Sanderson	30
Anthony Ciampa	17	MaryLee Maldonis	30
Mark Higgins	17	Nancy Masteller	31
Michele Davies	17		

Happy Anniversary!

Anthony & Marilyn Rocha	4
Thomas & Kay Leonard	5
Bob Glidden & Lesley Mathews	7
Joseph & Stella Mayhan	9
Paul & Carlene Winn	14
Paul & Wini Mason	14
Bob & Ellen Robinson	23
Tom & Pam Oliver	25
Sharon McCarthy & Susanne Degroot	27
Donald & Linda Peterson	29

Welcome New Members!

Michael & Paulette Gold
 Carol Stiver
 Virginia Souza
 Barbara Wefers

We are sad to announce the passing of Polly Colleti. We will miss her greatly. Please keep her friends and family on your heart as they mourn her loss.

**Chase & Hamlyn
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 office: 800-450-7784

 bg beangroup
 Contact me for a FREE Home Analysis!

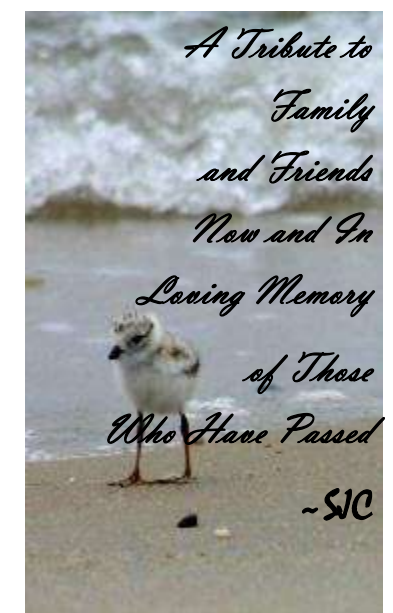
A Sunrise Senior Living Community
Kim Weiner
 Director of Sales
 1 Huntington Common Dr.
 Kennebunk, ME 04043
 Main (207) 985-2810 fax (207)985-4049
 toll free (800) 585-0533
 Kimberley.weiner@sunriseseniorliving.com
 www.sunriseseniorliving.com

Maine Botanical Garden Trip

On Wednesday, June 27 at 9am we will be heading up to Boothbay to visit some extraordinary gardens!

Join us for this outing and see the brand new **Butterfly House!!!** (Opening—June 1.)

Sign up at the desk. Tickets will be \$50 and include transportation and admission to the gardens.



Sentry Hill



Successfully Serving the Seniors of York

Call today to schedule a visit to see for yourself and enjoy a meal
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 Present this coupon to receive 20% off your food with a 5:30 reservation.

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Activities and Programs

AYLI Schedule

Amanda will be here on the **3rd Wednesday of the month** at the Center from **11:30 am—1 pm** to provide the AYLI vouchers for \$6.00 each. Enrollment is free and you may purchase up to 10 vouchers at any one time. A \$6.00 voucher buys you a great meal at a few of our area restaurants. This is a great way to get out for a bite at a very reasonable cost.

And.... Vicki, the Resource Specialist from So. Maine Agency on Aging will be available to assist you. If you call her for an appointment at (207) 396-6549 she'll meet with you here at the Center.

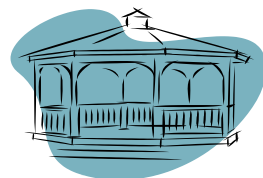


Ray Farnham, is our VFW and American Legion representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

Also, many services are readily available at the **Sanford Veterans' Center**, 628 Main Street, Springvale. 207-490-1513.

Wells Harbor Concerts

Every Saturday July thru Labor Day 6:30 pm.

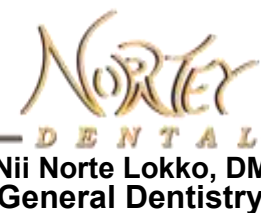


Made possible with

Harbor Road, Wells

In case of rain: Ward Gym @ Jr. High on Route 1, Wells
For more information call: 646-5596

Mon-Weds. 7am—5pm



By Appointment Thur. &

**Nii Norte Lokko, DMD
General Dentistry**

1333 Post Road (Rte. 1), Unit 1A, Wells, Maine 04090

Brush-up on Your Card Skills / Learn a New Game

Pinochle Class will be held 9-10 am on Fridays. For more information call the Center 646-7775



Line Dancing

Instructor: Diane Anderson

Monday

(Beginners) 1:00-2:30

Thursday

(Advanced) 1:00-2:30



Friendly Bridge

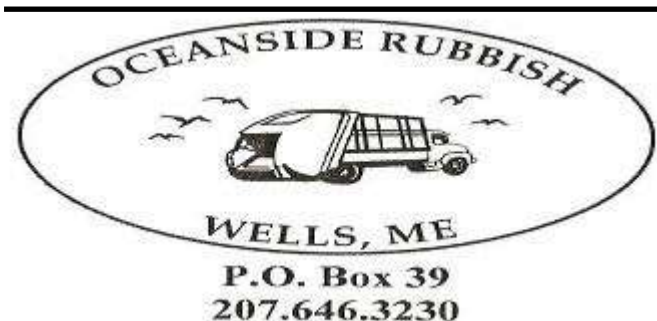
Tuesdays, 12 pm—3pm

Come enjoy a game of Friendly Bridge. This group plays for fun. No cut-throat play with this group.



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Work on Alignment, Strength Balance and proper Breathing
Use a chair Or bring your own mat!
\$5/members and \$8/non-members
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Brush Up BRIDGE CLASS by Bob Howard

Bridge Class continues the 13 week cycle on Thursdays from 10AM to 12PM with Bob. The class covers the following conventions:

- ♣2/1
- ♥Transfers
- ♣Blackwood
- ♥Rozenkrantz 2 Diamond
- ♣Openers 2nd Bids
- ♦LTC (Losing Trick Count)
- ♠Stayman
- ♦Bergen Raises
- ♠Responsive Bids to Openers
- ♦Review



Just \$3/Class! Come learn or brush up skills!

Durgin Pines Rehabilitation - Nursing Care



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(207)439-9800
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Art Classes

Favorite local artist, *Virginia Souza*, will be our Instructor.

Mondays 1—3 pm

Original Art Class
\$20 per lesson

Thursdays 10 am—noon

Drawing for Beginners
\$7 per lesson



BROADWEIGH

DANCE

Thursday mornings from 9:15 –10:15

\$6.00 per class.

The Studio is located at 2 Finson Road, South Berwick.



We have a wonderful line-up of shows for you this year @ Ogunquit Playhouse.

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www.OgunquitPlayhouse.org

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