



Location:

**300 Post Rd., Rt. 1
Wells, ME 04090**

Mailing Address:

**P.O. Box 987
Wells, ME 04090**

Phone: 207-646-7775



January 2024

WOCAM Newsletter

Volume 24, Issue 1

This is the history of how “Days of Warming”

The Wells Ogunquit Senior Center, located at 300 Post Rd in Wells, Maine, was first opened in July of 2004. It is a privately owned (owned by members) 501(c)(3) non-profit, operating as a Senior Center. The freedom to make independent decisions – free from any governmental entity – that will best benefit the Center has provided many unique and entrepreneurial opportunities to create programs for the now more than 600 members.

One of the more original – and still successful – programs the Center has introduced is the winter season’s “**Days of Warming**”. Days of Warming occurs every Saturday from 9am - 1:30pm through the winter months of January through the first week in March. The idea arose from the high cost of fuel in 2007-2008 that had many seniors in and around the Wells area making the choice of being warm or paying for medicine or food. Tough choices that promised only dire results. The Center leaders brainstormed and came up with a proposal to apply for a grant based on the concept of opening the Center on Saturdays so seniors could turn their thermostats down for a day, come to the Center to be warm, receive a meal, enjoy entertainment, expand their social contacts, and just have an extra day to have fun with friends. More significantly, it could lower the cost of heat for them for one day a week, provide one meal a week savings, and allow another day of socializing with friends to reinforce their needed support network during the tough times.

Which is happening again today with our current economy!!

Bank of America generously presented the Center with a grant to establish the program for the winter of 2008 and the Days of Warming became a reality. It was amazingly successful! The grant funded the program through the first winter as the Center’s leaders (seeing the value of the program) worked to set it up again for the next winter in a way that it could continue and be affordable for the Center.

Requests went out to the Community of Wells and Ogunquit to see if there was interest from businesses, or other organizations or entities to sponsor a meal or donate talent to entertain for one of the nine to eleven Saturdays in winter. The response was positive, and each Saturday of the following winter (2009) was sponsored with a donated meal from restaurants, individuals, organizations or municipal departments, and volunteer entertainment for each Saturday was offered – and accepted!

That format has been in place for 15 years – even through the restricted Covid time, and our Days of Warming is still a great success. Some meal sponsors have been participating for years, new ones have come on board, and others are on a call list in case there is an open Saturday not yet covered. Local volunteer talent abounds, and the Center participants love it all. Small donations from those participating in the day’s events (their idea) add up to help pay for paper supplies & soda.

Volunteers from the Center set up the tables and help serve and clean – if those sponsoring the meal cannot.

Days of Warming is not limited to just Center members – guests of members also attend, but most of the participants are members – many of whom volunteer every week.

On behalf of the Wells Ogunquit Senior Center, and all its members, we thank every past and present sponsor and volunteer who has made, and continues to make, this program possible. Please free to stop in on a winter Saturday and see for yourself how successful our Days of Warming program has become.

Thank you. Kathy Chase, Member since 1997
Chair, Wells Ogunquit Senior Center Board of Directors 207-468-9747

Board of Directors:

Chairperson:

Kathy Chase

Vice-Chairperson:

Larry Dyer

Financial Admin:

Peter Kahn

Assistant Financial Admin.

Stephanie Bennett

Secretary:

Maria Reid

Directors at Large:

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JoAnn DeClercq (26)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Peter Kahn (24)

Lorraine Moulton

(Honorary)

Director:

Rita J. Sevigny

Mon-Fri 10-4 PM

Office Administrator:

Barbara Switzer

Mon & Thurs. 9-2 PM

Welcome Desk Volunteers:

Taryn Allen

Jackie Bauger

Morgan Demers

Joanne Dewitt

Suzi Franklin

Marie Gamache

Doris Morgridge

Barbara Riley

Pat Vo

Back- up volunteers

for front desk

Connie Bemis

Maria Reid

Nancy Zuzulo

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:

\$40 Per Person

Happy New Year Members and Friends!

The Board is busy beginning the new year with moving the process for hiring a part time volunteer coordinator forward, looking at maintenance projects and setting up new budget.

Building a budget for 2024 is scheduled for January with the completed budget to be voted for acceptance at the February board meeting.

The Board voted to raise the annual membership dues to \$40 per person (an increase of five dollars per person annually) which still keeps the annual dues at the Wells Ogunquit Senior Center substantially lower than surrounding towns senior centers. That begins on January 1st, 2024. New members will see the increase as they join and current members as they renew memberships in 2024. With the continuing rise in the costs of fuel, electricity, supplies and maintenance plus our growing membership and usage, the board decided the increase in dues was needed.

We are working with the recently established Grant Writing Committee, led by Board member Jo Ann DeClercq and board secretary Maria Reid to address some of our future maintenance and new purchases through grants.

George and Carol Hersom and Peg Noonan were recognized for their untiring commitment and hard work in our Bingo program. Bingo is our top fundraiser for the center and the major source of income in our budget. Not only do they spend hours every week setting up, organizing, and running the games, George and Carol pick up all the food for the kitchen and any supplies needed.

PLEASE remember to thank them and Peg when you see them at the center!

Have a great New Year!

Kathy Chase, Chair, Larry Dyer, Vice Chair, Peter Kahn, Financial Administrator, George Hersom, Bingo Director, JoAnn DeClercq, Chair of Grant Writing Team, Ray Farnham, Past Chair, Lorraine Moulton, Honorary

Building Committee report: Things that have been done at the Center

New Propane tanks were installed

New High volume hot water tank installed

New Maple tree planted at circle

New Cleaning company started in October

NEEDED- Men or Women -retired General contractor to assist with contracts and guidance for the building committee

Suzi's Fun With Art 2024

Announcing a new date for a new session of Fun With Art.

Starting Tuesday, January 9, 2024 and running on Tuesday afternoons until Tuesday, February 20, 2024.

We will be holding art lessons from 1:00 PM until approximately 4:00 PM each week. Sign ups start now. The class will be limited to the number of members who can safely fit into the craft room with their materials. Students must register before attending to make sure there will be enough space and materials.

The cost is \$15 per session and Suzi will provide the materials for each session and the surfaces to be used for the class.

Our class series includes Colored Pencil, Watercolor, and Acrylic lessons. The reason for the variety of media and surfaces we use is to enable each person to discover the media they feel most comfortable using. Many of our lessons will help students with basic skills as well as a wider knowledge of what is available.

If you have always wished you could do art, this class is for you. You do not have to be a talented pro to make something beautiful! I can teach you to paint!

Why not just try it?

Questions: Suzi mefpsp@yahoo.com 646-3269

A Message from the Grant Committee

Your WOCAM grant committee members: Maria Reid, Sara Samaniego, Alice Witkes, Morgan Demers and Jo Ann De Clercq

They have made it their New Year's Resolution to go all out in their efforts to obtain funding for a 12 to 15 passenger van for our Center in 2024.

To that end, they'll be busy writing grant applications over the next few months. New, and even used passenger vans of that size are expensive, so the committee will be looking into multiple sources for funding.

If any of you have contacts at a local dealership that might be willing to donate a van or donate part of the costs of a new or used van, please call Jo Ann De Clercq at 617- 686-5602.



"Once upon a time, there were four people; their names were **Everybody**, **Somebody**, **Nobody** and **Anybody**. Whenever there was an important job to be done **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. "When **Nobody** did it, **Everybody** got angry because it was **Everybody's** job. **Everybody** thought that **Somebody** would do it, but **Nobody** realized that **Nobody** would do it.

"So, consequently, **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done in the first place."

This clip below was given to me by a member – something to think about with the New Year coming.

Make 2024 the year you become involved in the Senior Center!

Volunteering offers numerous benefits that can enrich your life in many ways.

Here are some of the key benefits:

Connecting with others: Volunteering allows you to connect with your community and make it a better place. It provides an opportunity to meet new people, make friends, and expand your network.

Improving mental and physical health: Giving back to others can have a positive impact on your mental and physical well-being.

Advancing your career: Volunteering can be a valuable way to gain new skills, enhance your resume, and explore potential career paths.

Bringing fulfillment and joy: Volunteering brings fun and fulfillment to your life. Remember, volunteering doesn't have to involve a long-term commitment or take up a significant amount of time.

Thank you to all our Volunteers!!!

Volunteering is about looking at a place that needs help and working towards finding a solution as a team. Volunteering is centered around the idea that if people get together, they can make a huge difference. The idea of volunteering goes way back in history! Volunteers are seldom paid; not because they are worthless, but because they are **PRICELESS!!** Unknown

Volunteer Opportunities:

Looking for members that would assist in setting up and taking down of tables and chairs for upcoming - **Days of Warming 2024**

Host and Hostess- to open and set up and greet the sponsors and entertainers on Days of Warming

Looking for help with Clynk- per diem bases due to members going on vacation

Happy New Year - Oh what a year 2023 has been!!! I'm proud of all the programs and opportunities we have had here at our Senior Center.

Now that 2024 right around the corner. I'm planning all the events for the upcoming year.

I'm asking all members to at least volunteer at least twice a year. This gives our snow birds a chance along with our other members. More details will be coming soon.

Below are Testimonials that members have been filling out the form for the Grant Committee -**If you haven't filled out a form please do so** - forms located at front table- please add your initials to the bottom and place into container on front desk

"My husband passed away 2 years ago and if I didn't have the center, it would have been very difficult. The director, Rita, has been an asset to the center. She is always there to help us out and answer all our questions." -C.F.

"It has helped me enormously. I am handicapped and have to use a walker, so I have to push myself to go out. Since I've joined the senior center, I'm getting out much more because I enjoy it so much. People are so nice. Everything is so organized." – B.R.

"Started coming shortly after my late wife passed and needed to get out and socialize and meet new people. I have made many friends and enjoyed all the sponsored activities, learned new games, craft shows. There are so many activities to participate in." – G.T.

"It gets me out of the house!! I'm more involved with the community, PLUS I've made a lot of good friends! THANK YOU!" – D.E.

"Rita has been a wonderful addition to our staff. She is easy to work with and very open to ideas. Not everyone is able to help, but for those who can, feeling needed, wanted, and valued is a big plus when you no longer have a job or family for personal validation."

Make
Today
Amazing

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.

January 2024

Are you ready to start the year strong?

For me, I look for the small victories each day. My inner peace comes from staying in the moment, so I can capture that moment...hold it...and remember it.

Remembering the moments can help with moving forward into the new year with grace, strength, love and a sense of purpose.

Here are some suggestions to begin your new year strong.

Remember to smile. Maybe even laugh a bit at a silly situation, person, conversation or perhaps at yourself. Why smile and laugh is so important to me is because it's strong medicine.

It actually draws people together in ways that trigger healthy physical and emotional changes in the body.

Try it and report back!

Take a look at what you need not what you want. This is a challenge that all of us could commit to as we move into 2024.

My rule is wait 24 hours

and if I still think I want and need it, I will buy it. If you think that buying the product will make your life better, challenge yourself to see yourself with it and without it.

Does it really make a difference?

When you have two choices, challenge yourself to go with the one that scares you the most, because that's the one that is going to help you grow. I'm not sure I absolutely agree with this challenge.

I'll test it out and see what happens.

I like this one the best. When there is needless drama and negativity surrounding you, challenge yourself to look the other way. Step away from gossip, step away from putting someone down, judging or ridicule. Step away or speak up!

I have decided that 2024 will be a strong year. A powerful year to get things done that I have put on the back burner. It's time we find ways to come together as community and build a stronger future together.

Happy New Year
Janine



Email: j9yogapractice@gmail.com
Phone: 207-251-9577



Welcome our new members

James Dean
Barbara Farchione
John Farchione
Beverly Gaudet
David Jutras
Janey Karney
Patricia Nungent
Robert Russo
Richard Shields

January 12th 1-2pm Dewey's Travel Talk.



**“Join us for the first in a series
of**

“Dewey's World Travels”.

On January 12th at 1PM,

Dewey's will present his experiences from
visiting

Istanbul Turkey.

Join us for fun-filled armchair adventures
and stories from across the globe!!

Monthly presentations include:

- Istanbul, Turkey
- Galápagos Islands
- Costa Rica
- Tuscany, Italy
- And more

Please call to save a spot for yourself

All are welcomed

NO Charge

January 19th, 2024
4-6pm - Sponsored by
The Winter Warriors



Wells Ogunquit Senior Center.

Your hostess Barbara Switzer will be providing instruction to paint a lighted Snowman on a 20" x16" Canvas. **Cost is \$30 per person and all supplies will be provided the day of the event.**

Be sure to bring your favorite wine or beverage and enjoy the fellowship as well.

All proceeds will go to support **Day of Warming** at the Wells Ogunquit Senior Center.

For more information, or reserve your spot, email Deborah LaPointe at winterwarriors57@gmail.com - Please RSVP See you there!

Upcoming Events: Save the dates!!!

January Birthday

Joseph Boudreau	Jan 01
Michael Beaver	Jan 02
Charles Dupee	Jan 02
Amy Anderson	Jan 03
Maria Reid	Jan 03
Kathy Conkey	Jan 04
Diane Anderson	Jan 05
Chip Hamlyn	Jan 05
Don Link	Jan 05
Julie Merwin	Jan 05
Carol Hickman	Jan 06
Jeff Moesel	Jan 06
Raymond Dufresne	Jan 07
Fran Goldbach	Jan 07
Peter Sasso	Jan 07
Butch Chase	Jan 09
Thomas Kelley	Jan 09
Janice Sterling	Jan 09
Phyllis Gordon	Jan 10
Carol Carr	Jan 11
Kathy Demartini	Jan 12
Pauline Boyce	Jan 13
MarthaBoudreau	Jan 14
Arlene Haskell	Jan 14
Kathleen Devlin	Jan 15
Jerry Juneau	Jan 16
Donna Dyer	Jan 17
Marjorie Osheroff	Jan 17
Margaret Rioux	Jan 19
Debbie Travis	Jan 19
Claudia Demartini	Jan 21
Anita J. Crowell	Jan 22
Nancy Roman	Jan 22
Barbara Switzer	Jan 22
Cathy Gavin	Jan. 22
Leslie Pappas	Jan 23
Michael Doucette	Jan 24
David Foster	Jan 25
Harry Hanson	Jan 27
Richie Mignosa	Jan 27
Maureen Strahan	Jan 27
IreneRobichaud	Jan 28
Joseph Beauchemin, Jr.	Jan 29
Mary Landberg	Jan 30
Sharon Lopez	Jan 31
Nanette Scott	Jan 31

January 1st- Happy New Year- Senior Center Closed

January 2nd- Senior Center reopens at 9am-4pm

January 3rd-Noon-Congregational Church- Wells, ME

Soups on serving at noon every
1st Wednesday of the month

January 6th- Days of Warming- doors open at 9am to play
cribbage or games-
11-12pm A Rose and Two Thorns- music prior to meal
12pm Meal sponsored and served by **Wells Fire Department**
Host and Hostess- George and Carol Hersom

January 8th- 10am- New program- Scrabble is coming back!!!
Every Monday at 10am

January 9th- Art w/ Suzi-1-4pm- every Tuesday afternoon

January 12th- Travel w/ Dewey- Istanbul Turkey
This program will be happening every 2nd Friday of the month with a different
location each month- Come experience travel and stories

January 13th- Days of Warming- doors open at 9am to
play cribbage or games.
Music on Line in the hall
12pm-Meal sponsored by **Wells Ocean Lodge 142**
Host and Hostess- Joanne & Bob Declercq

January 19th- 4-6pm- Sip & Paint- \$30 per person-Proceeds go to Winter
Warriors to raise money for Days of Warming- sample will be coming soon
Rsvp required!!!

January 20th- Days of Warming- doors open at 9am to play
cribbage or games-
Entertainment 11-12pm- Shades of Grass
12pm Meal sponsored by **Wells Police Department**
Host- Larry Dyer & Peter Kahn

January 27th- Days of Warming- doors open at 9am to play
cribbage or games-
Music on Line
12pm-Meal sponsored by **Wells Town Hall**
Host and Hostess- Ed & Rita Sevigny

January 29th- Book Club- 11-12pm "The Midnight Library" - Matt Haig
Somewhere out beyond the edge of the universe there is a library that tells
the story of your life as it is, along with another book for the other life you
could have lived if you had made a different choice. What if you had the
chance to go to the library and see for yourself? Nora Seed finds herself

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 inn the back of our building.
Please tie up the bags so bottles don't escape.

Thank you to everyone that collects for us weekly-



Jeffery M., Ed S., Ken R., Ted Z., Mark H.

Please do not attend Activities at
the Senior center if you have had a
Fever, Cough, Sore Throat, Shortness
of Breath, Loss of Taste or Smell,
Have Been inContact with Someone
with COVID or are Currently Testing
Positive for COVID or the flu or a cold

Please take every Precaution to
keep everyone Heathy

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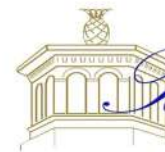
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January 2024

The Wells Ogunquit Senior Center

Mon

Tues

Wed

Thurs

Fri

Sat

<p>1 Senior Center Closed</p> <p>Happy New Year 2024</p>	<p>2</p> <p>9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 4-5:30 Game night</p>	<p>3</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p>4 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>5</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p>6 Days of Warming</p> <p>--- --</p> <p>7 Sunday</p> <p>10am Shores Church</p>
<p>8</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 10am Scrabble 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>9</p> <p>9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night</p>	<p>10</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p>11 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>12</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos 1-2pm -travel w/ Dewey- Istanbul Turkey.</p>	<p>13 Days of Warming</p> <p>--- --</p> <p>14 Sunday</p> <p>10am Shores Church</p>
<p>15 Senior Center Closed</p> <p>Martin Luther King Jr. Day</p> <p>"I Have a Dream"</p>	<p>16</p> <p>9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night</p>	<p>17</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p>18 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>19</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos 4-6pm Sip & Paint w/ Barbara- fundraiser for Days of Warming (Winter Warriors)</p>	<p>20 Days of Warming</p> <p>--- --</p> <p>21 Sunday</p> <p>10am Shores Church</p>
<p>22</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 10am Scrabble 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>23</p> <p>9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm Art w/Suzi 4-5:30 Game night</p>	<p>24</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p>25 9:15-12pm Private Bridge Class (\$3 Members, \$5 Non-Members) 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>26</p> <p>9am Yoga 9am Pinochle 11:30-2:30pm Mah Jongg 1pm Dominos</p>	<p>27 Days of Warming</p> <p>--- --</p> <p>28 Sunday</p> <p>10am Shores Church</p>
<p>29</p> <p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 10am Scrabble 11-12pm- Book Club reviewing "The Midnight Library" 1-4pm Hand and Foot Game 2-4pm 45's card game w/Jerry 1-2:30pm Improver Beginner Line Dancing (\$5 Members, \$7 Non-Members)</p>	<p>30</p> <p>9-10am Healthy Choices 10:30-11:30am Exercise 12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 1-4pm- Art w/ Suzi 4-5:30 Game night</p>	<p>31</p> <p>8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12:30-2:30pm Craft Room 1-3pm Cribbage</p>	<p>If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today</p> <p>"I still have a Dream."</p> <p>Martin Luther King, Jr.</p>		<p>Calendar scheduled to change without notice. ***If there's no school due to inclement weather the Senior Center will also be closed - if in doubt call ahead</p>

Days of Warming

Doors open up at 9am
Music entertainment 11-12pm
Or music on line
Lunch served at 12pm

- Jan. 6th- Entertainment- A Rose & Two Thorns- **Sponsored by Wells Fire Department**
- Jan. 13th- Music on line- **Sponsored by- Wells Ocean Lodge 142**
- Jan. 20th- Entertainment- Shades of Grass- **Sponsored by Wells Police Department**
- Jan. 27th- Music on line- **Sponsored by Wells Town Hall**