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March 2024 WOCAM Newsletter

Volume 24, Issue 3

Article below comes from a past column of the Yoga instructor- Janine Robichaud
I liked it so much I wanted to share again, Rita article from 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



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

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Larry Dyer

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Assistant Financial Admin.

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Pat Vo

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Connie Bemis

Office and Lounge Open

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**Beautiful Function Hall available
for rent**

Call Center 207-646-7775 x2

Yearly Membership:

\$40 Per Person

Greetings Members!

The Wells Ogunquit Senior Center Board of Directors is pleased to let our members know that a 2024 Annual Budget for our center has been approved by the Board at our February 15th monthly meeting. While the costs have continued to rise and we included some repairs and upgrades in the budget, we believe it is reasonable, achievable and allows us to grow.

A copy will be available for viewing on the bulletin board as soon as our Financial Administrator, Peter Kahn, puts in the finishing details. If anyone has a question, please let us know through Rita and we will get you an answer.

Otherwise, you can ask any of the Board members when you see us! We would be glad to speak with you!

The volunteer coordinator position had been filled; however, the person was unable to stay due to unexpected family commitments. In discussion with our office manager, Barbara Switzer, she suggested adding another day in her work week and using those hours for the volunteer coordinator's duties. The Board worked out the details with her and we are pleased to report that the board voted to hire her to also fill the volunteer coordinator spot. We are all pleased it worked out and believe the center will benefit from combining the two positions into one.

We are looking forward to the Ground Hog being correct in his prediction for 2024 and that spring is just around the corner!

Wishing you all well!

The Wells Ogunquit Senior Center BOD

Kathy Chase, Chair

Larry Dyer, Vice Chair

Peter Kahn, Financial Administrator

Jo Ann DeClercq, Chair Grant Writing Committee

George Hersom, Bingo Director

Volunteer Opportunities

I am happy to announce along with my other responsibilities. I am also the new Volunteer Coordinator. As members of WOCAM we love our community and we function so well because of our amazing Volunteers. Over the next few weeks I will be reaching out to you. I would like the chance to explain the many opportunities you have to be a part of our Volunteer team. If you are in the center please feel free to stop in my office so I can get to know you better. You are important to me and I am looking forward to see you truly enjoying the full benefits of being a part of our great center.....

Barbara



Upcoming Events:

Save the dates!!!

**Last One for this year-
Days of Warming**

A Huge Thank you to all the sponsoring groups & Musicians for this year!!

March 2nd, 2024—Days of Warming

Host & Hostess-Peter Kahn & Kathy Chase

Doors open at 8:45am—games

11-12pm—The Trailblazers

Sponsoring Group –

Ogunquit Police & Fire Department

thank you!

March 10th- Clocks spring forward



March 14th-9:30-10:30am

First meeting to start preparing for our Tea Social - **Volunteer opportunity**

Committee needs to be established during this meeting

Tea social date- April 26th at 1pm



March 15th- 1-1:30pm The Best of Irish songs- sing along/ followed by the Quiet Man Movie 1:30-3:30

March 17th-



March 19th- First Day of Spring!!!

Art class w/ Suzi resumes 1-4pm

Drop in's welcomed - \$15



March 21st, 2024- 4-5:30pm- All Members Welcome- If you have the desire to be on the Board we will be having voting in May 2024 - this is a wonderful chance to share your time and talents.

Board of Directors meeting

March 23rd- 8:45am-Charity Sew along- making pillowcases for Cancer- sign up required- space is limited

March 25th– 11-12pm Book Club

The Seven Husbands of Evelyn Hugo – Taylor Jenkins Reid

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one in the journalism community is more astounded than Monique herself. Why her? Why now? Monique is not exactly on top of the world. Her husband, David, has left her, and her career has stagnated.

March 31st



April 3rd, 2024



Doors open at 4:30pm/ Games start at 6pm Food available!!

April 5th, 2024- 1-4pm Making Bird Houses with Suzi- The Birds are coming-

Cost \$20 per birdhouse

Please sign up and pre pay by March 22nd-limit 4 people (we can accommodate more if there's an interest)



Happy Birthday! 

Members

Robert	Hatch	Mar	1
Sue	Layne	Mar	1
Sue (Ursula)	Morin	Mar	2
Sandy	Magill	Mar	3
Anne	Carta	Mar	4
Jone	Thurston	Mar	5
Gene	Glennon	Mar	6
Colleen	Ogilvie	Mar	6
Paula	Hagopian Russo	Mar	7
Mary G	Perkins	Mar	7
Taryn	Allen	Mar	9
Annette	Foisy	Mar	9
Neal	Stone	Mar	10
Christine	Dominick	Mar	11
Judi	Deskus	Mar	12
Peter L.	Griswold	Mar	12
Nancy	Zuzolo	Mar	12
Mariene	Benoit	Mar	15
Donald	Peterson	Mar	15
Meredith	Priest	Mar	15
Frank	Higgins	Mar	16
Marjie	Kennedy	Mar	16
Meg	DeAgazio	Mar	17
Judith	Foley	Mar	17
Frances	Mailhot	Mar	17
Nancy	Crompton	Mar	18
Nancy	Byrne	Mar	19
William	Gagnon	Mar	19
Joseph	LoVecchio	Mar	19
Nancy	Casperson	Mar	20
Sharon	Collins	Mar	20
Frank	DiPietro	Mar	23
Sheila	Hamwey	Mar	23
Sylvia	Cable	Mar	25
Marie	Gordon	Mar	25
PJ	Guilmette	Mar	25
Cheryl	Hurley	Mar	27
Doreen	Taylor	Mar	27
Raylene	Grant	Mar	28
Teri	Orefice	Mar	29
Janine	Robichaud	Mar	29
Maureen	Dupee	Mar	30
Diane	Emery	Mar	30
Roberta	Sloboda	Mar	30
Jane	Gile	Mar	30
Jane	Kelley	Mar	31
David P.	Jutras	Mar	?

New Members to our Center -

Please Welcome:



- Carol Aaron
- Betty Kreie
- Donald Lord
- Lorraine Olson
- Robert Olson
- Tammy Ouellette
- Lisa Randall
- Donald Spencer
- Nancy Torrey



This is one opportunity you can help our Senior Center—



Recycle your bottles

***Please pick up your **Clynk bag** from Lorraine 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 our volunteers that take time out of their day to pick up the recycled bottles at the Wells Transfer Station
 Jeff and Ed and Ken and Ted and Mark!!

The Senior Center raised \$7,000 in 2023 in returnables

Upcoming Events

Volunteering not only gives you a fun way to meet people but it also provides you with meaningful work to do that helps others. In short, it makes you feel good about yourself.

Below is a list of events planned for 2024. If every member could look at the list below of what you would like to participate in, we can then set up a rotating schedule so you're only volunteering once or twice a year.

Days of Warming - January 6th – March 2nd (Every Saturday from 9am – 1:30pm)

Details: Community providers donate hot meals to local seniors, enjoy a live band from 11am-noon.

100 Club - (3rd Friday of Month) – February, April, June, August, October, December

Details: Raffle (drawing and social is 3:30-5:30pm) - 100 tickets sold at \$20 per ticket.

One person wins \$500 then multiple winners (totaling \$500)

High Tea Social - April 26, 2024 (1pm-3pm)

Details: Tea Social. Limited seating (60 people). \$20 per tickets



Pie and Plant Fair - May 25, 2024

Details: Spring fair with crafters, baked goodies, and plants

Fashion Show - June 7, 2024 (11am-3pm)

Details: Annual Fashion show. Tickets are \$40 each. Lunch, wine and refreshments are served.

Kiki's boutique

Avita of Wells providing food

Winter Warriors will be serving.

KIKI'S
perkins cove

Avita
of Wells
A Scarborough
Memory Care Community

Closed July 4 and July 5, 2025

April 3, 2024, to November 20, 2024–

BINGO! (Wednesdays – doors open at 4:30pm)

game starts at 6pm

Details: starting package is \$20. Food is available to purchase.

Pancake Breakfast - June 2024 to September 2024 (Saturdays – 8am-10am)

Details: unlimited blueberry or plain pancakes with sausage links. Coffee and juice is provided. \$10 per person.

Yard Sale - July 12 - 13, 2024

Details: community donated items. All proceeds to go Wells Ogunquit Senior Center

Wednesday-July 17th Birthday Celebration- 20 years of the Senior Center

Apple Crisp Fair – August 10th, 2024

Details: crafters, vendors and baked goods made by members.

Golf Tournament - September 9, 2024

Details to follow.

Line Dancing a- thon- September 20th, 2024

Harvest Fair - October 26, 2024

Details: vendors and baked items.


Christmas Fair – December 7, 2024

Details: vendors and baked items.

Cribbage Tournament x2 this year? TBD

March 2024

The Wells Ogunquit Senior Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>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!!</p> <p style="text-align: center;">Irish Blessing</p>				<p>1 9am Yoga 11:30-2:30pm Mah-Jongg 1pm Dominos</p>	<p>2 Lastone!!</p> <p>Days of Warming</p>
<p>3 10am Shores Church</p>	<p>4 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 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>5 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>6 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12-2:pm Craft Room 1-3pm Cribbage</p>	<p>7 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non - Members)</p>	<p>8 9am Yoga 11:30-2:30pm Mah-Jongg 1pm Dominos</p>	<p>9</p>
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<p>24 10am Shores Church</p>	<p>25 8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga 11-12pm Book Club 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>26 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>27 8:30am Meditation 9am Yoga 11:30-2:30pm Mah Jongg 12-2pm Craft Room 1-3pm Cribbage</p>	<p>28 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non - Members)</p>	<p>29 9am Yoga 11:30-2:30pm Mah-Jongg 1pm Dominos</p>	<p>30</p>
<p>31 Happy Easter 10am Shores Church</p>	<p style="text-align: center;">MARCH goes in like a LION & out like a LAMB</p> <p style="text-align: center;"><small>kdsmmylist.com</small></p>				<p>Calendar scheduled to change without notice.</p> <p>***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

March 2nd-Entertainment-Trailblazer-Sponsored by Ogunquit Police & Fire Department

final Days of Warming

thank you!

Thank you to all the volunteers and organizations and musicians that made these events possible

Baby Boomer's Blog

Baby Boomer's Blog represents all of us who are born 1946 to 1964. I write to send a message of optimism, health and wellness, personal growth and youthfulness.

March 2024

From a Mighty Roar to a Gentle Bleat

The fierce, cold and rough winter takes a final turn toward the gentle softness of spring. During this month, the earth constructs a container for life. Sun, moisture and warmth begin to return. Trees blossom and the ground begins to thaw, which is a gift to the grass and flowers as they begin to bloom.

Here are my tips and tricks to making it through the long month of March. Remove the toxins of winter heaviness with tea. Look for some detoxing tea. Hot water is even helpful as it hydrates the body and rid the toxins. Dig out the Neti pot. The Neti pot is like a saline bath for the nasal passage way.

Time to Cleanse. This does not need to be an over the top stop eating detox. Take this gently and kindly. Drink lots of hot water, get at least 8 hours of rest and eat only cooked whole foods. Eat seasonally. You will begin to change your diet this month. Stop the heavy cream soups and stew and begin to eat lighter soups and spring like vegetables. Start steaming your vegetable instead of sautéing.

Get up and get out. Start walking outside. Sunlight will give you the Vitamin D that you've been craving.

A few ideas to make it through March. Maintain alignment during this transition into spring. Embrace the month, eat-drink and walk.

Deep Breaths are like little love notes to your body

Namaste
Janine



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

YouTube Channel:

[YouTube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ](https://www.youtube.com/channel/UCW8mAr1GMJ4uZYS4YKa2eWQ)

VACATION GET AWAY RAFFLE

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TICKETS (SOLD AT DESK)
\$5 per ticket
OR
\$20 for five tickets



Drawing On June 14th at 1pm

Some of you are unaware of just how amazing you really are. The way you make people laugh, lift others up, or spread some extra love. You do this even though you are struggling too, and I think it makes you such a beautiful human being.



Happy Soul quote

Irish Humor

An Irish priest is driving down to New York and gets stopped for speeding in Connecticut. The state trooper smells alcohol on the priest's breath and then sees an empty wine bottle on the floor of the car. He says, "Sir, have you been drinking?" "Just water" says the priest. The trooper says, "Then why do I smell wine?" The priest looks at the bottle and says, "Good Lord! He's done it again!"



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.

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