

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. Sevigny

Administrative Assistant:

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

Membership:

\$35 Single / \$70 Couple

Beautiful Function Hall

available for rent

www.wocam.org

Have an idea for an Article?

Contact Rita Sevigny

RitaS.WOCAM@gmail.com

Hello Members of WOCAM!

A quick report on an important upcoming project:

October brings in cooler weather and practical plans of getting our Senior Center building and yard in order. The Board, with the recommendation from Bob Robinson, Chair of the Building Committee, have agreed that our backyard brush and growing trees have encroached upon our building and could potentially damage our roof – or worse – should one of the big trees uproot or a large branch snap off.

We will be authorizing the removal of brush and trees about 20 feet back from the building, the dumpster, and the shed. This will eliminate any immediate problems of branches hitting our roof (causing rot), the potential of bigger trees falling, the dampness that bushes create (causing mildew), and provide a cleared space wide enough to prevent another problem of encroachment for years to come. And it will still leave a tree buffer between our center and our neighbors.

Because of all the fundraising activities this year, our Senior Center finances are stable. The Board believes we can afford to remove the brush and trees over the next few months (winter is the time to do it while the ground is frozen). Putting this off could be a costly mistake should just one tree fall!

Thank you.

The WOCAM Board of Directors: . Kathy Chase, Chair, Jennifer Sylvester, Vice-chair
Greg Cuzzi, George Hersom, Ray Farnham, Ann Lamberti, Lorraine Moulton,
Susan Terwilliger, Judy Vincent

100 Club- October 15th, 2021

5pm to 7pm- Beans/Hot Dogs

Tickets \$25 each

Win up to \$500 Cash

See Lorraine for your winning ticket.



CLYNK!

Winner of our September 2nd wine raffle
Gail & Dave Jacques.
We raised \$1,355.
Thank you
to everyone
chased tickets.



We want to take a moment to **Thank all the Members and community** that have made our program an success. We collect bottles year round. Bags are available at the Senior Center. Bags can also be dropped off behind the Center if you're not comfortable dropping off at Hannaford's

Thank you again!

BABY BOOMER'S BLOG October 2021

Staying Balanced as You Transition from Late Summer into Fall:

Fall is a transition time from summer to winter. Take a look around and watch all the transitions that are happening. Trees and shrubs are losing their leaves, the earth becomes brown (no more mowing the lawn!), the sun is setting in a different location, cool mornings, the wind picks up and we are taking in our patio furniture.

Protect and transition smoothly by being aware of these changes and moving forward with them instead of barking at them and fighting the adjustments. One example is those that love fresh corn on the cob season – you stop at the farm stand and buy as much fresh corn as you can. Fresh corn on the cob says...summer to you! Well, it's time to give it up. Stop by the same farm stand and buy squash now. Stop at the same farm stand and buy a pumpkin to make pumpkin bread.

Here are my suggestions for filling your plates with wonderful flavors of fall:

- ◆ Eat well cooked warmer foods, not cool crispy salads each day.
- ◆ Breakfast can be your starting off point with warm oatmeal, cream of wheat or tapioca.
- ◆ Steam your vegetable for lunch and dinner.
- ◆ Dig out your stew and soup recipes.
- ◆ Enjoy eggs for all meals during this transition time.

Remember this transition can be smooth if you embrace it.

Janine Robichaud from Soulful Pathways

J9yogapractice@gmail.com or call 207-251-9577

With over 12 years experience of studying many alternative modalities in order to empower and inspire you, Janine will put you on a path to wellness, happiness and daily peace by offering yoga, qigong and meditation bringing you to a place of an open heart and soul. Janine teaches daily on Zoom. Yoga Classes at the Senior Center yoga are held on Monday and Wednesday and Friday. Call or write to Janine to see if there is room in the studio. Limited classes.

Membership for zoom & in person

\$50/monthly

First class is free

\$15.00 drop in



The Leaves They Are a-Changin'

With the autumnal equinox in late September, foliage season has officially begun across much of the U.S. Did you know that the foliage color is triggered by the amount of daylight (not weather)?



Volunteer Opportunities:

Volunteers do not necessarily have the time;
they just have the heart.

– Elizabeth Andrew

Golf Tournament – October 17th

Pumpkin Fair – October 23rd
(Baker's Needed)

Harvest Meal – October 26th
(Servers needed) 11:30am

New Members to our Center

Please Welcome:

James Calder

Sheila Gilligan

Muriel Goodrich

Carol Leclair

Paula Hagopian Russo

Jan Robinson

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)

Oct/Nov Dec/Jan Feb/Mar Apr/May Jun/Jul
Aug/Sep

\$25 per month per artist -

10% commission on sales.

Please contact Lisa Roderick -
lwroderick@gmail (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...

Please check your address label under your name on the mail panel 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!

