

Board of Directors:

Chairperson: Kathy Chase

Vice-Chairperson:

Jennifer Sylvester

Financial Admin:

Stephanie Bennett

Assistant Financial Admin.

Larry Dyer

Secretary:

Vacant

Directors at Large:

Kathy Chase (23)

Greg Cuzzi (23)

Larry Dyer (25)

Ray Farnham (24)

George Hersom (25)

Ann Lamberti (23)

Lorraine Moulton (24)

Jennifer Sylvester (23)

Judy Vincent (24)

Director:

Rita J. Sevigny

Office Administrator:

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

**Beautiful Function Hall
available for rent**

www.wocam.org

Yearly Membership:

\$35 Per Person

Have an idea for an Article?
Contact Rita Sevigny, Director
RitaS.WOCAM@gmail.com

Hello Center Members and Guests!

While it has been a dry, hot summer in southern Maine, it has been jumping with activities at our Senior Center!



The Board of Directors, Staff and Members of the Center are pleased to see Rita back in her Director's office more and more as she works through her recovery from her fall last May. We want to thank Office Administrator, Cathy Gavin, for increasing her hours to help cover some of Rita's duties over the last few months, as well as the many Volunteers and Board

Members who joined in the effort to keep the Center fully functioning while our Center's leader was out. Thank you, Cathy! Thank you Volunteers! And welcome back Rita!

As mentioned many times in the Board reports, the summer/fall season is THE time for us to raise the funds we need to provide services, run our programs, pay our bills, and maintain our facility throughout the year. Bingo, Pancake Breakfasts, Fairs, the Fashion Show, 100 Club, Wine Raffles, Yard Sale, Mass Mailing and a Golf Tournament are some of the many fundraisers during this period that keep our doors open all year. Without our Staff, Volunteers and Community support it could not happen. The Board is happy to report the summer income has been high, attendance at Center events has been amazing and participation from Members was outstanding! The Center's finances are good.

The Board is also working on a path to recruit and train new Volunteers to assist in many of our established events and at the Reception Desk. Please contact Rita Sevigny, our Director, if you have any interest in volunteering in anything.

All members are welcome to attend the Board Meetings held the third Thursday each month from 4 pm - 5:30 pm in the Function Room.

Have a great finish to your summer!

Regards to All,

The Wells/Ogunquit Senior Center Board of Directors:

Kathy Chase, Chair, Jennifer Sylvester, Vice-Chair, Greg Cuzzi, Larry Dyer, Asst. Fin'l. Admin., Ray Farnham, George Hersom, Ann Lamberti, Lorraine Moulton and Judy Vincent

Labor Day is a special occasion to honor all workers. Please know that your efforts make a huge difference in the success of your team.

Labor Day

BABY BOOMER'S BLOG

September 2022

The Nutty Truth:

Watching squirrels gather acorns for the fall has always fascinated me. How do they know when do they begin? Squirrels are more active in the fall gathering as much food as possible to hopefully last the winter. They instinctively know that they must gather and prepare, or they could starve.

I began thinking...how do I prepare? I make lists of what needs to get done and what I would like to accomplish over the next six months. I use this time as a new beginning. September is my month to create changes that I want to work on during the winter months.

Here is a fun partial list that I found from "The Art of Doing Stuff". Karen Bertelsen lists 41 things to do to get ready for fall. I'll give you a few:

1. Clean your gutters.
2. Order firewood, clean the fireplace and chimney.
3. Buy spicy scented candles like pumpkin spice, cinnamon or apple pie.
4. Dig out the winter clothes, blankets and slippers.
5. Put away the outside furniture.
6. Throw away your razors – it's hairy season.
7. Plant your spring bulbs.
8. Buy a puzzle.
9. Check smoke detectors.
10. Set your goals for the winter months.

Launched in 2004, by FEMA, September is National Preparedness Month. This encourages us to be prepared for disasters or emergencies in our homes, businesses, and community.

Janine Robichaud from Soulful Pathways

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

Look for Zoom and a variety of in person classes at the Senior Center



Volunteer Opportunities:

Looking for a few men for our Clynk program—collecting bottles from the transfer station 1-2 days weekly
Sept. 12th- 2ND Annual Golf Tournament
Hole watchers, check in staff, snack table, picture taking

New Members to our Center -

Please Welcome:

Sheila Moody

Jeanne Noyes

Gerald & Linda Stone

Monica Tupper

Nancy Vecchio

Robert Vining

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)

Jan Feb/Mar Apr/May Jun/Jul

Aug/Sep Oct/Nov Dec/

\$25 per month per artist -

10% commission on sales.

Please contact Lisa Roderick

lwroderick@gmail.com (207) 646-2926

Just a Friendly Reminder for our Members...

Please check under your name on the mailing label 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!

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.

This is one opportunity you can help our Senior Center—Recycle your bottles

***Please pick up your **Clynk bag** from Lorraine when you visit

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.

