



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

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

**Phone: 207-646-7775**

**Like us on Facebook**  
**Wells Ogunquit Senior Center**

**Website:**  
[www.wellsogunquitseniorcenter.org](http://www.wellsogunquitseniorcenter.org)

**May 2024**

**WOCAM Newsletter**

**Volume 24, Issue 5**

Tickets are going fast.  
 This event has been a wonderful success  
 throughout the years.  
 Limited to 60 people  
 Purchase your ticket or tickets at front desk  
 Raffle tickets also available - drawn on May 3rd

**WOCAM Annual Tea Social**

Date: May 3rd, 2024

Time: 1-3pm

Tickets: \$20 each

Location: 300 Post Rd

Wells, ME 04090

Open to the public

Tickets can be purchased at the front desk- **limit 60**

Wear a fancy hat or Fascinator- win a prize



The title "**mother**" comes with so much meaning. It's used worldwide to describe women who have co-created life and walk alongside their children to shepherd their hearts. Mother implies connection; it speaks of biology and describes those of us who have mothered through adoption and more. Being a mother to someone means having an irreplaceable role in another person's life. **Biological mothers, first mothers, foster moms, step-moms, adoptive moms - we all matter more than anything to the children we are entrusted with to care for.** Mothering is a special gift, a huge responsibility, and something ordained from the start of human history.

Mothering does not come without trials, worries, struggles, and failures. It's not an easy job to find the best way to love a unique, fearfully, and wonderfully made person, let alone several of them! To do this job, we have to give away our whole hearts to a person whose fate we can't control.

As we celebrate Mother's Day, it is important to recognize the beauty and sacrifice of motherhood. In taking time to honor our mothers and role models that were Mom's to us!! We want to remember in prayer the dear women who long to be a mom, but are without children. \* But who may have reached out to mentor children who needed them. The desire to be a mom is natural and common for many women. Young girls pretend to be a mommy as they care for baby dolls, and as girls grow up into women, many continue feeling drawn to motherhood as they seek to marry and start families. Motherhood is something to celebrate and is truly a blessed journey through all the ups and downs.



**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:**

Kathy Chase (26)

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 Manager:**

Barbara Switzer

Tues 11-4PM

Wed & Thurs. 9-2 PM

**Welcome Desk Volunteers:**

Taryn Allen

Jackie Bauger

Morgan Demers

Joanne Dewitt

Suzi Franklin

Marie Gamache

Marcia Loranger

Barbara Riley

Pat Vo

**Office and Lounge Open**

Mon-Fri 9 AM – 4 PM

**Beautiful Function Hall available**

**for rent**

Call Center 207-646-7775 x2

**Yearly Membership:**

**\$40 Per Person**

Have an idea for an Article?

Contact Rita Sevigny, Director

RitaS.WOCAM@gmail.com

Greetings members and friends!

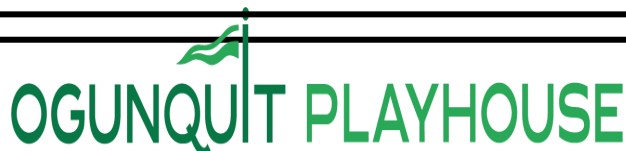
The Board is appealing to our members for individuals who would be willing to serve on our Board. Many of you have had great experiences that would be beneficial to other members and our organization. We would love to have your input on our board. There are others who have organizational, leadership, and people skills and who just want to help to move our center successfully into the future.

Most of all we would like to have board member who are interested in participating in the running of the center and learning more about our organization.

Please consider running for a seat on the Wells Ogunquit Senior Center Board of Directors!

Look forward to meeting new members!

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  
Ray Farnham  
Lorraine Moulton (Honorary)



**OGUNQUIT PLAYHOUSE**

Presenting discount tickets from our friends at the  
Ogunquit Playhouse!  
Members can call the Playhouse at  
207-646-5511

Tickets with discount will only be sold 48 hours or less before any matinee performance to purchase tickets in the Select or Economy sections

Eligible performances begin with *Waitress* on May 11th at 2 PM.

The Playhouse is wheelchair accessible and provides assisted listening devices free of charge. There are also performances featuring American Sign Language and captioning. For more information see: [www.ogunquitplayhouse.org](http://www.ogunquitplayhouse.org)  
*This discount is provided for the use of WOCAM members and their guests only.*

*Code will be put out on May 7th email to allow you ample time to select your ticket or tickets*

# Happy Birthday

Nancy	Riley	May	1
Linda	Kilgour	May	2
Darlene	Normand	May	3
Lisa	Roderick	May	3
Joanna	Botolino	May	4
Paul	Dube	May	4
Ron	Arsenault	May	5
Ed	Daley	May	5
Marilyn	King	May	5
Susanne	McCarthy	May	6
Thomas	Roderick	May	6
Alice	Newell	May	7
Elaine	Moesel	May	8
Kathy	Blackmer	May	10
Pauline	Harriman	May	10
Dick	Bishop	May	11
Dean	Trondle	May	11
Paul	Motroni	May	12
Patricia	Nungent	May	12
Beverly	Dufresne	May	13
Gerry	Patry	May	13
Audrey	Gostanian	May	14
Alan	McGoldrick	May	14
Elaine	Blum	May	15
John	Goodrich	May	15
Monica	Tupper	May	16
Michele	Davies	May	17
Mark	Higgins	May	17
Ofelia	Navarrete	May	17
Patricia	Therault	May	17
Phyllis	Walsh	May	18
Susan	Franklin	May	19
Patrice	Vo	May	19
Linda	Small	May	21
Louise	Hansen	May	22
Ellie	Flavin	May	23
Reg	Gribenas	May	23
Roger	Lambert	May	23
Wendy	Ferns	May	25
Ronald	Marks	May	25
Nancy	Tuscano	May	26
Kerry Ellen	Enright	May	28
Jack	Newell	May	28
Norma	Turnbull	May	28
MaryLee	Maldonis	May	30
Nancy	Masteller	May	31
Carla	Mueller	May	31

## Volunteer Opportunities

Yay!!! It's beginning to look a lot like Spring! April was a great month for preparing for our upcoming events that everyone in our center benefit from. An incredible good group has stepped up working behind the scenes to prepare for our Tea Social May 3rd. Thank you to everyone who is volunteering in some aspect for that beautiful event.

We had seven new members join in April with 100% saying yes to volunteering. That is not even counting those who also renewed their membership and also joined our volunteer team. You are the best! As each of us looks at our amazing center and gets the desire to be apart of being an outreach to our community and each other we will continue to make our center the best!

Bingo is off to a great start with a full volunteer crew! Bam!!!

I love to hear "Thank you but we don't need anymore volunteers right now... We Are Full!

So what is up next? We are planning the Fashion Show.... Please reach out to me today to see how you can be apart of this wonderful event..... **Lot's of help needed here!!!!** Until next month keep saying yes to volunteering!!!

**"Life Is Better Because of Our Volunteers!"**

Barbara



### 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 (207) 646-2926

## 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.



May 2024

### Practicing the 3 C's

**As we move into Spring, allow yourself to see the world through a new light. A light of spring, hope, love and inspiration.**

Looking back at my past and seeing all the puzzle pieces come together helps with the grief that I have still struggle with in the present. I know the need to connect with my own inner voice each day, my Higher Power, the Universe, or a power greater than myself. I connect each morning through contemplation and meditation. Looking at my past and seeing the puzzle pieces coming together helps me to believe that every situation leads to a wonderful and amazing outcome.

Like a puzzle, I work the edges first, the foundation. This foundation is my breath. I start with feeling grounded with my breath and then connect with the three C's.

As I build a plan, I consider the three C's:  
**Choose, Connect and Communicate**

**Choose:** I get to choose what is best for me. I choose who I want around me, where I spend my time and what I can't do any given day.

**Connect:** I remember that connection is part of being human. When I begin feeling lonely, I look for ways to connect with others. I send cards, text, walk with a friend or head out to a store, museum or public area.

**Communicate:** I need to remember that people can not read my mind. I need to speak the truth, but not overly burden another. I need to ask for help. I need to be vulnerable so that others know they are part of my journey.

**Affirmation:** I am a human being, not a human doing

**Action:** Take a baby step toward your day today. Tell yourself you can choose the best for yourself.



Janine

Email: [j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com)  
phone: 207-251-9577  
YouTube Channel: [YouTube.com/channel/](https://www.youtube.com/channel/)



## This patchwork of your life

Your life is like a **quilt**  
And everybody weaves  
their share  
Some weave huge great  
Tapestries and some weave tiny squares.

Some squares bring you laughter  
And some will bring you tears  
Some are stitched and sewn by those  
Who are no longer here.

In places there are threads.  
From people choosing not to stay  
And every time you touch these threads  
It brings back all the pain.

But every little thread  
That weaves its joy and pain and fun  
Has stitched a quilt together  
Of the person you've become.

And every little tiny part  
Has slowly taught you how  
To weave your contribution  
Into the Quilt you have now.

So I know there are squares that comfort you  
and some that you dislike but without them all  
you wouldn't have  
**This patchwork of your Life!**

## A Time to Live

A family guide to helping you  
feel prepared in life



### Hospice VS End Of Life Doula

Hospice is a choice that people make for their loved ones when they believe that a person is terminally ill.

The PCP refers the loved one to Hospice creating a visit and determination of acceptance. Hospice has a team of providers that include: a nurse, CNA, social worker, and a chaplain.

A Doula will reinforce the medical care. A Doula is a non-medical, spiritual, emotional and holistic professional.

Have you ever needed more explanation, planning, support, companionship, or a voice that needs to be heard?

Janine Robichaud  
End of Life Doula (EOL Doula)  
[j9yogapractice@gmail.com](mailto:j9yogapractice@gmail.com)

## Upcoming events to Save the Dates!!!

### Tea Social - May 3rd, 2024 (1pm-3pm)

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

Purchase tickets at the front desk

Tickets on sale Now!!!

Raffle tickets available at front desk one for \$1 or eight for \$5 drawing will be on May 3rd



May 10th, 2024 -Friday, 1pm- **Travel with Dewey-** Dewey's Travel Talk: Panama - The San Blas Islands.

May 12th, 2024- **Happy Mother's Day**

May 18th- 12-4pm-Celebration of Life for Doris Morgridge

### Doris Morgridge Obituary

Doris M. Morgridge, 94, was born on August 18, 1929 in Dover, NH and recently passed away on January 8, 2024.

Graveside services will be held on May 18 at 10am at St. Charles Cemetery, Old Rochester Road, Dover, NH.

**A Celebration of Life** will also take place on **May 18** at the Wells-Ogunquit Senior Center, 300 Post Road, Wells, ME. Sharing memories with family members from **-12pm to 4pm**



Doris attended Dover High School and McIntosh College. She worked for Ham Insurance Agency.

To honor Doris's memory, donations can be made to the Wells-Ogunquit Senior Center, P.O. Box 987

### May 20th- Book Club 11-12pm reviewing -Lessons in Chemistry – Bonnie Garmus

This is about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother

**ATTENTION Members with a green thumb please start saving clipping for our upcoming Plant sale**

### Pie and Plant Fair - May 25, 2024

Details: Spring fair with crafters, baked Goodies made by our members and plants

### June 7th, 2024- 11-3pm - 21st Annual Fashion Show

Tickets \$40 limited to 80 people  
Boutique will be Kiki's of Perkins Cove  
Meal provided by Avita of Wells  
Music provided by Don on piano and accompanied by Bass player  
Kiki's will be giving a Discount to all that attend this event

**PLANT & PIE SALE**

**WELLS OGUNQUIT SENIOR CENTER**  
300 POST ROAD , WELLS  
SATURDAY May 25th 9AM - 1 PM

**OUTSIDE TABLES TO RENT**  
Rain or Shine - inside venue backup plan

**Plants ~ Pies ~ Crafts ~ Items**

**FMI CALL 207-646-7775 or TEXT 207-468-9747**

## How Gratitude Changes Everything:

Instead of saying, "I have to", start your day with, "I get to!"

I get to exercise.

I get to see my friends and family.

I get to tell someone I love them.

I get to eat good food.

I get to work and earn money.

I get to experience new things.

I get to make someone's day better.

It's all about perspective.



### New Members

Brenda Durand

Kathy McNamara

Nancy McNamara

Linda Perkins

Jackie Powers

Barbara SanfordEpps

Terri Swanick

Daniel Walsh

Phyllis Walsh

This is one opportunity you can help our Senior Center—



### Recycle your bottles

\*\*\*Please pick up your **Clynk bag** from front desk 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 Mark!!**

**The Senior Center raised \$7,000 in 2023 in returnables  
Every cent counts!!!**



(This picture was this past summer while Tourist were in town.)

Jeff-Tuesday  
Ed-Wednesday  
Ken- Thursday  
-Friday  
Mark- Saturday

\*\*\*Currently we don't have anyone volunteering on Friday afternoons -

Best time to pick up is usually in the afternoon around 3pm

### 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.

## VACATION GET AWAY RAFFLE

TWO Chances to Win!



1<sup>st</sup> Prize

**ELMWOOD RESORT HOTEL**  
3 Day / 2 Night Stay  
Includes a \$50 Dinner Gift Card  
+ a \$12 Breakfast Credit

*Indoor Heated Pool + Sauna*



2<sup>nd</sup> Prize

**VILLAGE BY THE SEA**  
2 Bedroom Suite for 4  
3 Day / 2 Night Stay

*Indoor Heated Pool + Jacuzzi*

**TICKETS (SOLD AT DESK)**

\$5 per ticket

OR

\$20 for five tickets



*Drawing On June 14<sup>th</sup> at 1pm*

# May 2024

## The Wells Ogunquit Senior Center

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<p>8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm</p> 	<p>10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non-Members 2:30pm Set up for Tea</p>	<p><b>Tea Social 1-3pm</b></p> 	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10am Shores Church	<p>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>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>8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm</p> 	<p>10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)</p>	<p>9am Yoga  11:30-2:30pm MahJongg  1pm Dewey's Travel Talk: Panama - The San Blas Islands.</p>	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10am Shores Church	<p>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>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>8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm</p> 	<p>10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members) 4-5:30pm Board meeting</p>	<p>9am Yoga  11:30-2:30pm Mahjongg  1pm Dominos</p>	<p><b>Doris Morgridge Celebration of Life 12-4pm</b></p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10am Shores Church	<p>8:30am Meditation 9-9:45am Yoga 9:45am Chair Yoga <b>11-12pm Book Club</b> 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>9-10am Healthy Choices  10:30-11:30am Exercise  12-3pm Friendly Rubber Bridge 12-4pm Rug Hooking group 4-5:30 Game night</p>	<p>8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm</p> 	<p>10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)</p>	<p>9am Yoga  11:30-2:30pm MahJongg  1pm - Dominos</p>	<p><b>Plant &amp; Pie &amp; Craft Fair 9-1pm</b></p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
10am Shores Church	<p><b>Senior Center Closed</b></p> 	<p><b>Senior Center closed stripping and waxing floors</b></p>	<p>8:30am Meditation 9am Yoga 11:30-2:30pm MahJongg 12-2:pm Craft Room 1-3pm Cribbage 6pm</p> 	<p>10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)</p>	<p>9am Yoga  11:30-2:30pm MahJongg  1pm - Dominos</p>	<p>Schedule subject to change without notice - if in doubt call the Senior Center 646-7775</p>

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