



Location: 300 Post Rd., Rt. 1 Wells, ME 04090
 Mailing Address: P.O. Box 987 Wells, ME 04090
 Phone: 207-646-7775
 Website: www.wellsogunquitseniorcenter.org



December 2024

WOSC Newsletter

Volume 24, Issue 12

History of how “Days of Warming” started

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 Senior Center is not funded by any government entity we have the freedom to make independent decisions that will best benefit the Center. This 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 - 2pm through the winter months of January through the middle of 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 13 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 one staff person for the day.

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



*Wishing you a
 Beautiful Holiday Season
 And a New Year of
 Peace, Good Health & Happiness*

- January 4th, 2025– Wells Fire Department
11-12pm– Musicians-A Rose & Two Thorns
- January 11th, 2025– Wells Town Hall
11-12pm– Musician-Donald Bernard on piano
- January 18th, 2025– Ocean Lodge 142
11-12pm– Musicians– Shades of Grass
- January 25th, 2025– Wells Police Department
11-12pm– Musicians-Cedar Mt. Blue Grass Band

Board of Directors

Chairperson:

Kathy Chase

Vice-Chairperson:

Larry Dyer

Financial Admin:

Peter Kahn

Secretary: Maria Reid

Directors at Large:

Kathy Chase (26)

JoAnn DeClercq (26)

Larry Dyer (25)

George Hersom (25)

Peter Kahn (27)

Diane McDonald (27)

Director:

Rita J. Sevigny
Mon-Fri 11-4 PM

Office Manager:

Barbara Switzer
Tues, Thurs 9:00-2:00pm
Wed. 10-3pm

Welcome Desk Volunteers:

Taryn Allen
Jackie Bauger
Connie Bemis
Joanne Dewitt
Diane Emery
Suzi Franklin
Marcia Loranger
Barbara Riley
Pat Vo

**Center and Lounge Open
Mon-Fri 9 AM – 4 PM**

**Beautiful Function Hall
available for rent**

Call Center 207-646-7775 x2

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

Merry Christmas and Happy Holidays to our members !

The center is chock full of events and activities for the month of December and our Board of Directors hopes many of you get to participate in one way or another in all we are offering. Please remember to thank our staff and volunteers for all they do at the center year round and especially over the upcoming holidays!

As chair of the Board, I want to say "Thank you" to my fellow board members for all they do to support our organization, our staff and our members. We have active board members who work hard - in public and behind the scenes - to make our center a fun place to be, keep finances sound, and assure that our facility is well maintained and safe. I'm proud to serve with all of them!

At the November Board meeting it was voted to purchase a new replacement generator and to contract for a full roof replacement for our building. The roof should be completed by the end of December and the generator by the end of January. These purchases were funded by a grant from the Sam L. Cohen Foundation (received through the efforts of our Center's Grant Writing Team) and a grant from the Midge Durdle Trust donated by representatives of the Midge Durdle estate. **Our heartfelt thanks go out to both donors.**

We sadly say goodbye to our decades member, longtime serving front desk greeter, our Clynk Queen and dear friend, Lorraine Moulton. We are honored to have had Lorraine in our lives and will deeply miss her.

Thank you, Lorraine for being a large part of Center Community.

Holiday wishes and good cheer to members and their families from the Board!

Sincerely,

The WOSC Board of Directors
Kathy Chase, Chair
Larry Dyer, Vice Chair
Peter Kahn, Financial Administrator
Jo Ann DeClercq, Grant Writing Chair
George Hersom, Bingo Director
Diane MacDonald



LIFE IS BETTER BECAUSE OF OUR VOLUNTEERS

Life is truly better together. As we approach the Holiday season we are reminded how important family is. Here at the center we are also family and it is important that we continue to serve one another through our giving of time to each other and our community. Great things are happening and you our volunteers help make it happen. If you haven't already please think about what you can do to help our center continue to thrive.

Lets go and grow !



*Thank you!
Barbara*

HAPPY Birthday

Mary	McManus	Dec	2
Elissa	Boulier	Dec	2
Mary Ellen	Peabody	Dec	3
Frances	Poulin	Dec	3
Helen	Raynor	Dec	4
Sue	Rogge	Dec	4
Linda	Blanch	Dec	6
Susanne	Mc Gravey	Dec	7
Anne	Tanguay	Dec	8
Sally	Turner	Dec	9
Paul	Beaudoin	Dec	10
Mary Alice	Serafini	Dec	11
Terri	Swanick	Dec	11
Jane	Barrett	Dec	13
Pamela	Arnold	Dec	14
Francis	Roche	Dec	15
Joe	Havens	Dec	17
Marilyn	Darling	Dec	18
Tammy	Ouellette	Dec	18
Daniel	Walsh	Dec	18
Barbara	Forbes	Dec	20
Marie	Gamache	Dec	20
Cheryl	Link	Dec	20
Deborah	Morrison	Dec	20
Jane	Hendrickson	Dec	20
Donna	Lisbon	Dec	21
Patricia	Ferrera	Dec	22
Bob	Howard	Dec	23
Donna	Lowrie	Dec	23
Sandra	Downey	Dec	24
Susan	Jones	Dec	24
Peter	Kahn	Dec	24
Carol	Forni	Dec	25
Carol	McGee	Dec	25
George	Blum	Dec	27
Jeanne	Corduck	Dec	27
Janet	Pardus	Dec	27
Priscilla	Braverman	Dec	28
Mary			
Kathleen	Foley	Dec	28
Lucinda	Bailey	Dec	29
Linda	Russo	Dec	29
Gigi	Pelletier	Dec	30
Jerry	Gostanian	Dec	31
Judy	Vincent	Dec	31

GRANT WRITING COMMITTEE NEWS

Our grant writing committee was pleased to receive the news last week that the Sam L. Cohen Foundation in Portland has awarded our center a \$10,000 grant to help fund a new generator. This philanthropic foundation is committed to supporting and improving the quality of life in southern Maine and we are most appreciative of their support. Grant writing committee members Maria Reid, Sara Samaniego, Morgan Demers and Jo Ann De Clercq have spent this past year working to acquire funds for the center and are thankful this Thanksgiving that their efforts have been rewarded.

Hello from the Wells Ogunquit Senior Center

A message from Rita Sevigny, Director

What do the Holidays mean to you? We all have fond memories of the days past, of family gatherings and traditions of how things needed to be done. It's amazing how time flies and how things have changed. We need to remember what makes us happy.

Reach out to a long lost friend or family member by sending a card or making a phone call. People are lonely and want to know that someone out there cares for them.

It is the simple things in life that give us the most pleasure. I find myself biting my tongue when someone is rude, because they may be having a bad day, I try to remember to be kind—for you never know what is truly going on with the individual.

I do enjoy the sound of laughter during games of Hand & Foot, 45's, Cribbage, Rubber Bridge, Duplicate Bridge, Mah Jongg, along with monthly Book club which has been growing.

Amazing to see the commitment of the Exercise and Yoga and Line dancing members attending to stay healthy.

During the Line Dancing class you can't help but feel uplifted observing their fun and enthusiastic spirit. I personally enjoy Diane's music that everyone dances to.

The sense of belonging to an Senior Center with like-minded People=priceless/ if you haven't made the commitment to join in any programs. Start by attending something in the New Year for yourself - winter months are cold and lonely.

I have thoughts of building up new programs to give members a variety to our calendar. If you have an idea please do share with me. Does anyone know Whist or Scat and willing to start up a group?

Most wonderful of all, witnessing the support and care that members give to one another is **heartwarming**.

Stay safe and remember to reach out to someone today.

The Wells Ogunquit Senior Center is a place not only where "Seniors Shine" but a welcoming home away from home.

Merry Christmas/Happy Holidays!

Rita Sevigny

P.S.- remember if there's no school due to a storm—we want you all safe and the Senior Center will be closed on these days



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.

December 2024 Family Gatherings

Holidays are stressful for many of us. Some of us it's the traveling long distance, traveling to the many different sides of the family or traveling in bad weather. Stress can creep in when you think of the many different conversations that may or may not happen between family members. I can talk to my uncle about religious matters, but stay away from politics. I can talk to my sister about financial matters but stay away from global conflicts. And on and on.

As I prepare for the holiday season, I find that there is too much to do. I try to keep my personal routine and daily schedule as steady as I can create, however.....

There is planning, shopping, house and tree decorating, gift wrapping, parties and lots of cooking.
It's exhausting!

For the some giving up this responsibility, as we age, can actually be stressful. Where is my part? Letting go of hustle and bustle can feel both good and empty.

I no longer host holiday meals or events. The decorations are less and less each year and I attend less events. It is certainly a transition to recognize that life has changed. Missing from the equation this year, are my parents. It's tough.

As I age, I am learning to grieve my losses and move forward. But it isn't easy. Find ways to stay connected this season.

"Be present, be patient, be gentle, be kind....everything else will take care if itself." ~~Andy Puddicombe

Janine



Email: j9yogapractice@gmail.com

phone: 207-251-9577



YouTube Channel:

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

A Christmas Poem by Harrison Yocum

I have a list of folks I know, all written in a book,
And every year when Christmas comes, I go and take a look.
And that is when I realize that these names are a part
Not of the book they are written in, but really of my heart.

For each name stands for someone who has crossed my path sometime,
And in the meeting they've become the rhythm in each rhyme.
And while it sounds fantastic for me to make this claim,
I really feel that I'm composed of each remembered name.

And while you may not be aware of my special kink
Just meeting you has changed my life a lot more than you think.
For once I've met somebody, the years cannot erase
The memory of a pleasant word or a friendly face.

So never think my Christmas cards are just a mere routine
Of names upon a Christmas list, forgotten in between,
For when I send a Christmas card that is addressed to you,
It is because you're on the list that I'm indebted to.

For I am but a total of the many folks I've met,
And you happen to be one of those I prefer not to forget.
And whether I've known you for many years or few,
In some ways you have a part in shaping things I do.

And every year when Christmas comes, I realize anew,
The best gifts life can offer is meeting folks like you.
And may the spirit of Christmas that forever endures
Leave its richest blessings in the heart of you and yours.



A Time to Live

A family guide to helping you feel prepared in life

Emotional Support

Emotional support comes in a variety of ways to support the unknown challenges families face.

An End Of Life Doula hopes to improve the quality of life by reducing anxiety through open communication, exploring all aspects of spiritual questions and grief support. We work through anger and sadness a family may experience.

Do you or someone you know need a the loving partnership of hospice and a doula?

Janine Robichaud
End of Life Doula (EOL Doula)
j9yogapractice@gmail.com



New Members

WELCOME!

Ann & Jeff Bennett

Carol Maloney

Elaine Nicholson

Barbara Putnam

Christna Smith-Krarse

Maurice Violette



Wells Rotary Club



2024 Inaugural Festival of Trees

Proceeds Benefit Veteran Grave Wreath Laying at
Ocean View Cemetery and Local Families in Need

December 6, 7, 8 and 13, 14, 15

Fridays: 4pm-8pm | Saturdays: 12pm-8pm | Sunday Dec 8th: 12pm-6pm
Sunday Dec. 15th: 9am-12pm

Admission Fee: Adults \$2 | Seniors \$1
Children 12 and Under/Active Duty/Veterans/
First Responders Free



Location:
For The Love of Food
& Drink
411 Post Road, Wells

SCAN FOR MORE
INFORMATION!



December 5th– Rental in the evening

December 7th– **Christmas Craft Fair**– 9:30-2pm

Homemade goodies made by our members

Lots of crafters selling their crafts throughout the Senior Center

December 10th– **Billy's Chowder House benefit dinner**–

Doors open at 4:45pm–please car pool from the Senior Center
Chief Putnam has approved parking on road if necessary

5pm -Appetizers 5:30pm -Meal

December 13th– Rental in the evening

December 14th– **Dress a Girl** event- 8-12pm

December 15th– **Celebration of Life**– 1-3pm-Lorraine Moulton

Music by Shades of Grass

December 17th– **Christmas Luncheon**– Limited 80 ppl.

11-12pm Music provided by Two Gals & A Guy

Lunch served at noon

Provided by Avita of Wells

Donation—\$10 Member/\$12 Guest

December 19th– Board of Directors meeting– 4-5:30pm

All members are welcomed

December 20th– 1:30-2:30pm– Featuring entertainer -

Brian Stankovich- Christmas sing a long social– RSVP

sponsored by Home Instead

December 20th– 3:30-5pm- 100 Club drawing– **PIZZA**

December 21st– Rental

December 24th– **Closing at Noon**

December 25th– **Merry Christmas**–

Senior Center closed

December 26th– Senior Center opens up at 9am

December 27th to 30th– Senior Center **CLOSED**–

replacement of roof

100 CLUB RAFFLE

MERRY CHRISTMAS

Friday
December 20
3:30 - 5 pm

8 Door Prizes

TOP PRIZE
\$500

JUST \$20 a TICKET !!!

ONLY 100 TICKETS SOLD !!!

\$1000 TOTAL GIVEN AWAY

14 CASH Prizes of \$25-\$500

TOP PRIZE \$500 CASH

PIZZA & BEVERAGES

Tickets at front desk

Upcoming Events

The Wells Ogunquit Senior Center

300 Post Road

CHRISTMAS FAIR

Saturday December 7 ~ 9:30 am - 2 pm



Santa's List

- ✓ Amazing Raffle Basket
- ✓ Pies & Christmas Cookies
- ✓ Craft Items & Baked Goods
- ✓ Coffee & Eggnog to Go
- ✓ Tables to rent

FMI 207-646-7775

Merry!
Merry!



Did we
mention
PIES??



Dress A Girl Around the World, Northern New England (DAGNNE) chapter, makes dresses for at-risk and needy girls. Its goal for 2025 is to make and distribute 7,000 dresses for girls in Kenya, Zimbabwe, Dominican Republic, Honduras, Nicaragua, Guatemala, Philippines, Columbia, and the Republic of Georgia.

Please come create dresses with us at

Wells Ogunquit Center,
300 Post Rd/Rte 1, Wells, ME

Saturday, December 14 from 8 am to noon!


There is plenty to do for both sewers and non-sewers.
Sewers, please bring your sewing machine, your sewing kit, thread and an extension cord.



Christmas Gathering

December 17th, 2024

11-12pm Music provided by Two Gals & One Guy

12pm Delicious Meal provided by 

Donation -\$10 Members/ \$12 Guest

Limited 80 people

50/50 - 8 tickets for \$5

Door prize drawings to everyone attending

Christmas Sing-Along



Brian Stankovich performing a Christmas Sing Along

sponsored by 

Come enjoy the Spirit of Christmas

December 20th, 2024

Time: 1:30-2:30pm

RSVP so we can plan ahead

Everyone will enjoy Christmas cookies and eggnog



Blue Christmas

A service of hope and healing

December 8, 2024
5:00 - 6:00 PM

Lighthouse Church
544 Post Road, Wells, ME

We have all experienced loss and sometimes find it hard to celebrate the holidays. We invite you to join us as together we enter a safe, sacred space to reflect, remember, and respect each person's journey.

**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 Bucky and Mark!!
Returnable Every cent counts!!!

****Looking for a member to give of their time once a week to pick up bottles at the Wells Transfer Station**

Best time to pick up is usually in the afternoon around 2pm



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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- Recognize the benefits of "unretiring" or returning to the workforce.




CRAFTS

Find the perfect hostess gift, new baby gift or a present for a special friend at the Wells Ogunquit Senior Center Craft Shop. Shop for beautifully hand-crafted items ideal for gift-giving or home décor.

**Wells Ogunquit Senior Center
Craft Shop.**

Shop for beautifully hand-crafted items ideal for gift-giving or home décor.



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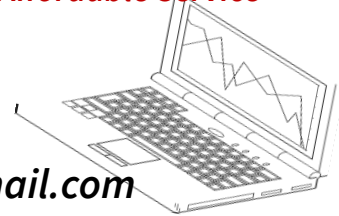
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Kimberly Guerrette

December 2024

Wells Ogunquit Senior Center



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Meditation 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)	3 9-10am Healthy Choices 10:30-11:30am Exercise 11:30-2:30pm Friendly Rubber Bridge 12-4pm Rug Hooking group 4-5:30pm Game Night	4 Meditation Yoga 11:30-2:30pm Mah-Jongg 12-2:pm Craft Room 1-3pm Cribbage	5 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members) Rental	6 Yoga 11:30-2:30pm Mahjongg 1pm Dominos	7 Christmas Fair 9:30-2pm- throughout the Center 16 -Crafters/ Baked goods made by our members Amazing Raffle Basket Support Local
8	9 Meditation 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)	10 9-10am Healthy Choices 10:30-11:30am Exercise 11:30-2:30pm Friendly Rubber Bridge 12-4pm Rug Hooking Christmas party Billys Chowder house Benefit dinner	11 Meditation Yoga 11:30-2:30pm Mah-Jongg 12-2:pm Craft Room 1-3pm Cribbage	12 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)	13 Yoga 11:30-2:30pm Mahjongg 1pm Dominos Rental	14 Dress a Girl 8-12pm Sewers & non sewers needed
15 Celebration of Life Lorraine Moulton 1-3pm Music by Shades of Grass	16 Meditation 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) 2:30- volunteers assisting in centerpieces & set up for Christmas event on 17th	17 9-10am Healthy Choices NO EXERCISE 11:-12pm-Music provided by Two Gals & A Guy 12pm Christmas Meal- limited 80 Members \$10 member/\$12 Non member 4-5:30pm Game Night	18 Meditation Yoga 11:30-2:30pm Mah-Jongg 12-2pm Craft Room 1-3pm Cribbage	19 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members) 4-5:30 Board meeting All members are Welcomed	20 Yoga 11:30-2:30pm Mahjongg 1pm Dominos 1:30-2:30pm—Brian S. entertaining Christmas sing along Sponsored by Home Instead of Wells 3:30pm 100 Club Pizza- sign up	21 Rental
22	23 Meditation 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)	24 9-10am Healthy Choices 10:30-11:30am Exercise Closing at Noon!	25  Happy Hanukkah Begins at sunset	26 10:30-11:30 Exercise 11-3pm Duplicate Bridge 1-2:30pm Improver Line Dancing (\$5 Members, \$7 Non- Members)	27 Senior Center Closed	28
29	30 Senior Center Closed	31 9-10am Healthy Choices 10:30-11:30am Exercise 11:30-2:30pm Friendly Rubber Bridge	01  Happy New Year! Senior Center Closed	Like us on Facebook Wells Ogunquit Senior Center		
				Schedule subject to change without notice Call ahead if in doubt 207-646-7775		