

## SENIOR CENTRAL



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WOCAM NEWSLETTER

WEB: SITE: WWW.WOCAM.ORG

# Our Nine Days of Warming

In the beginning.....our BOD applied for and received a Grant from the Bank of America which was the seed money to provide a warm, socializing, nourishing, environment during some of the severe winter weather months in Maine.

The Ogunquit Rotary, Ogunquit Women's Club, and Bob & Joy Archibald added to the funds and we were off and running. Our Nine Days of Warming were aided by the donations of meals for each "Day" from Atria Kennebunk, Bull & Claw Restaurant, Congdon's Donuts, Jackie's Too, Pine Tree Gardens Café, Shields, and Sysco. With their assistance we served over 500 meals working with 38 people who contributed over 600 volunteer hours.

Programs during the eight hour day included, painting classes, karaoke, crafts, movie mornings, piano and sing-a-long, board games, free fun bingo, card games, jigsaw puzzles, and included a hot lunch. This was a real community event with businesses and individuals alike contributing, co-operating, coordinating, and communicating to create and deliver a very successful program to benefit the area residents

every Saturday in January & February.

Everyone who participated had nothing but good things to say about the program. Remarks ranged from a simple, "this is wonderful" to a more lengthy "these nine Saturdays have been a Godsend to me during Jan. & Feb. They have been something to look forward to every week and I'm sorry that they aren't continuing through March. They have made the winter seem so much shorter." And we all know that "shorter" winters in Maine is what we strive for! Almost 40 people volunteered to make this work and we appreciated every single hour you put in. This was definitely one of those time when the 3 R's of volunteering worked. We Requested, You Responded and we achieved great Results.

To all of you, a simple thank you is insufficient and that fact is recognized by the Legislature in Augusta. So a Legislative Sentiment will be read on the floor during session at the State House on this April 9th, 2009. We plan to be at the State House for this event and will keep you posted on how it goes in next month's newsletter. If you are interested in joining us check page 4 to get more detailed

Wocam Newsletter  
 April 2009  
 Volume 6 Issue 4

### Inside Story

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### 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.

## News From The Office

1. We have a lost & found box at the Senior Center, in the coat closet. There are several articles in this box. Hats, mittens, gloves and etc. Would you check and see if any of these items are yours. We will donate the items to Goodwill if they remained unclaimed.

2. Please notify the office of any changes to your membership card, change of address or telephone number, etc, and let us know of any incorrect information we have, birthdays or anniversary dates. With your help we can keep your information current and private.

Thank you

## What's Up At The Center ?

The Senior Center is open Monday-Friday 9am-4 pm. Always check your Newsletter Calendar for activities on the week-end or after 4 pm during the week. **Bingo** is back every Wednesday evening, beginning April 15th. The doors open at 5 pm and the games begin at 6 pm. Our popular **Pancake Breakfast** returns to the schedule on Saturday, April 4th. 8am-11am. The Gold, Red, Blue and Green Teams will be back in service and the breakfast menu will be updated and some changes are being considered. The cost will remain the same \$5. Game Night will move to Tuesday at 4 pm. We invite you to come in and join us, see how much fun we have. The Center has so much to offer. The very best place to find a friend and become involved with your community. Enjoy your coffee and pastries with conversation. If making crafts is what you like to do, check out the craft workshop on Wednesday 1-3 pm. There is something here for all. "The Place Where Seniors Shine"



### What's Up in April ?

#### Board Of Directors

Chairperson: Frank Wolfgang (11)  
 Vice Chair: Jim Nadeau (09)  
 Secretary: Paul Weiner (10)  
 Treasurer: Ron Allen (11)  
 Asst. Treasurer: June Messier (09)

#### Directors At Large

Joe Allara (10)    Kathy Chase (10)  
John Graves (11)  
George E. Wilson (09)

**BOD/Membership Meeting**  
 will be held on **Tues. April 14th**  
 @ 4 pm. We invite you to attend the meeting. Your input is important to the Senior Center.

#### Office Staff

Office Manager: Suzi Franklin  
 Office Asst: Doris Hanlon

#### Activities & Newsletter Staff:


Sheena Allara.....Marie Hastie  
 Website: Bob Bussiere  
 Coffee Shop: Ruth Woodward  
 Senior Center Aide: Ken Chase

- |   |   |  |
|---|---|--|
| <p><b>April 1st</b><br/>                 Wednesday</p>                                    | → | Amesbury Playhouse trip ( Heaven Can Wait ) meet @ the transportation center at 10 am  |
| <p><b>April - Every</b><br/>                 Saturday<br/>                 4,11,18,25</p> | → | <p><u>Pancake Breakfast</u> 8-11 am</p> <div style="text-align: right;"></div>  |
| <p><b>April 7th</b><br/>                 Tuesday</p>                                      | → | <p style="text-align: center;"><i>East Restaurant</i></p> Appreciation Dinner @ 4:30 pm <div style="text-align: right;"></div>          |
| <p><b>April 15th</b><br/>                 Every Wed.</p>                                  | → | <p><u>Bingo is Back!!</u> Doors open @ 5 pm<br/>                 Prizes, Food &amp; Fun</p>  |
| <p><b>April 17th</b><br/>                 Friday</p>                                      | → | 100 Club Raffle @ 5 pm Drawing @ 6pm<br>Prizes, Food, & Fun Get your ticket ASAP   |
| <p><b>April 20th</b><br/>                 Monday</p>                                      | → | Sing-a-long @ 11 am-11:45<br>Comfort Lunch @ noon Mac/Cheese, salad, rolls & dessert   |
| <p><b>April 27th</b><br/>                 Monday</p>                                      | → | Free EFT Class —11 am-12:30pm see pg. 5  |
| <p><b>April 30th</b><br/>                 Thursday</p>                                    | → | Mohegan Sun Casino Bus Trip<br>Meet @ the transportation center<br>@ 7:45 am return approx. 7 pm <div style="text-align: right;"></div> |

Our condolence to Freda Aldridge on the death of her beloved son:  
 Our thoughts and prayers are with you.  
 Milton (Hank ) Aldridge    Mar. 9/09



# APRIL 2009

	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Amesbury Bus Trip--Mon. 1st --leaves @ 10:15            Pancake Breakfast begins-- Sat. 4th            Bingo begins --Wed. 15th            100 Club Raffle--Fri. 17th            Sing-a-long/and Comfort Luncheon--Mon. 20th            Mohegan Bus Trip--Thurs. 30th, leaves @ 7:45</p>					
5		6	1	2	3	4
	Yoga 9:30 am Scrabble 1-3 pm	Bowling 10 am Exercise 10:30 am Toenail care 11 :20 am Chicago Bridge 1-3 pm Mahjong 1-3 pm East Restaruant 4:30	Amesbury Trip 10:15 Exercise 10:15 am Craft workshop 1-3 p Cribbage 1:30 pm	Coffee Club 9-11 am Ask the Nurse 10 am Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3	Pinochle 10 am-12 pm Hand & Foot 1-3 pm	Pancake Breakfast 8-11 am (Gold Team )
12		7	8	9	10	11
	Closed	Exercise 10:30 am Toenail care 11 :20 am Chicago Bridge 1-3 pm Mahjong 1-3 pm Mem/BOD mtg. 4pm Game Night 4 pm	Exercise 10:15 am Craft workshop 1-3 p Cribbage 1:30 pm	Coffee Club 9-11 am Ask the Nurse 10 am Computer Tutor 10 a Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3	Pinochle 10 am-12 pm Hand & Foot 1-3 pm	Pancake Breakfast 8-11 am (Red Team )
19		13	15	16	17	18
	Closed	Yoga 9:30 am Scrabble 1-3 pm	Exercise 10:15 am Craft workshop 1-3 p Cribbage 1:30 pm <b>Bingo</b> 5 pm	Coffee Club 9-11 am Ask the Nurse 10 am Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3	Pinochle 10 am-12 pm Hand & Foot 1-3 pm <b>100 Club</b> <b>Raffle 5 pm</b>	Pancake Breakfast 8-11 am (Green Team )
26		20	22	23	24	25
	Closed	Yoga 9:30 am Sing-a-long 11-11:45 <u>Comfort</u> <u>Luncheon</u> @ noon Scrabble 1-3 pm	Exercise 10:15 am Craft workshop 1-3 p Cribbage 1:30 pm <b>Bingo</b> 5 pm	Coffee Club 9-11 am Ask the Nurse 10 am Computer Tutor 10 a Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3	Pinochle 10 am-12 pm Hand & Foot 1-3 pm	Pancake Breakfast 8-11 am (Blue Team)
26		27	29	30	 <p><b>100 Club Raffle</b>  <b>Friday, 17th 5 pm</b>            Get your ticket ASAP</p>	
	Closed	Exercise 10:30 am Toenail care 11 :20 am Chicago Bridge 1-3 pm Mahjong 1-3 pm Game Night 4 pm	Exercise 10:15 am Craft workshop 1-3 p Cribbage 1:30 pm <b>Bingo</b> 5 pm	Coffee Club 9-11 am Ask the Nurse 10 am Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3 <b>Mohegan Trip</b>		



# A Win - Win Situation!

How would you like to make a cash donation to the Center without it costing you a dime?



“What’s the catch ?” you might ask. There is none.

We will have a sign up sheet at the Center to order \$100. Hannaford Gift Cards, and for every 10 that we order Hannaford’s will give us a \$50. Gift Card to be used by the Center.

I know that we don’t all shop all the time at Hannaford’s but surely most of us spend at least \$20. a week at Hannaford’s for the things we need or forgot while doing our weekly shopping. The cards are used like Debit Cards at the register when you finish shopping. Balances on the cards can be used for anything in the store ( with the exception of lottery tickets!) and are good forever. You get your \$100. back in groceries and the Center gets \$5. for every card sold. You get convenience and we get a donation!

We can order in quantities of 10 or more, so please sign up and make a no-cost donation to your Senior Center. This program could conceivably bring in hundreds of \$\$\$\$ as the credits could be used in raffles or for purchasing food for our different events. Help us make this fundraiser a success. Thank you in anticipation of your participation. *Sheena*

# Augusta Bound!



We are Augusta bound on Thursday, April 9th, 2009 and have a sign-up sheet at the Center for all you volunteers who participated and worked on our Days of Warming program. Our very own Representative Kathleen (Kathy) D. Chase has chartered a bus to bring us to the State House to be recognized by our Legislature. We will be leaving the Wells Transportation Center at 7:30am to arrive at the State House @ 9am. We leave the State House @ approx. 11.45 for lunch (to be arranged.) Lunch is at your own expense . After lunch we plan to visit the Maine State Museum for 1:30 hours before leaving for home at 3:30pm. This will bring you back to Wells approx. 5pm. Any space available (potentially 20 seats) will be offered to ANYONE who has EVER volunteered for ANYTHING at the Center!) on a first come basis. Please sign up (if you haven’t already) so that we can have a huge representation of the Senior Center on that day.



## ELECTIONS FOR THE BOARD OF DIRECTORS



The largest and most important Membership Meeting of our organization happens on the second Tuesday of June. Please mark your calendar and plan to attend. This Organization is run by a Board Of Directors and we hold elections to fill term vacant positions every year in June. This year there will be three positions on the BOD ending in 2009. It is vital to the Senior Center to have qualified candidates to serve on the BOD. It’s a volunteer, sometimes time consuming, and sometimes a difficult position. We rely on our Board to make decisions that serve our membership and our Senior Center best. The voice of the membership needs to be heard and one of the ways is attending the Membership Meetings and voting for the Board of Directors in June. In May the Newsletter we will give more information on the candidates.

We are a young organization, serving the seniors in this community, and we rely on donations, pledges, and help from the community and volunteers to keep our doors open. This makes our BOD and Members who volunteer @ the Senior Center vital to us!!!

### To All Our Volunteers.....

#### A Toast

By Suzanne Hartgraves

Raise your glasses in the air and give three rousing cheers to all of the extraordinary super volunteers. They always share their time with enthusiastic hearts. They appear from out of nowhere to do their special parts. Whenever there’s a project or a task to be completed, you can always count on them, they never are defeated. Their smiles are genuine and their attitudes are winning. Surely they must be the ones who keep this old world spinning. So if there is a job to do- Don’t shrink back in fear, just seek out the expertise of a Volunteer.....

We Make **R**quests – get **R**esponses– & achieve **R**esults.

We **C**oordinate/**C**o-operate/& **C**ommunicate all for the good of our **S**enior **C**enter and the **C**ommunity.

If you would like to be among this elite group of super people we have the answer, come on down to the Senior Center. There is a spot for you. We have several task that require these special volunteers.

1. **Gardening:** Take care of the front of the building. Water, Weeding, Planting and making us look good.
2. **Recycle Team:** To collect the recyclables in Ogunquit from May until October. This will give the Senior Center revenue and help clean up our environment .
3. **Coach:** To be a coach in a balance workshop.
4. Serving on the Pancake team or helping out with Bingo
5. Help folding the Newsletter

Call the office @ 646-7775 and learn about these task and others that require some willing volunteers.



## HAPPY ANNIVERSARY

Harriet & Bob Kozubal	3-Apr
Ruth & Tom Wilkinson	5-Apr
Geraldine & Kenneth Paradis	6-Apr
Ann & Simon Brusgulis	7-Apr
Marilyn & Russell Darling	7-Apr
Barbara & James Chisholm	12-Apr
Carol & Fred Harvey	12-Apr
Barbara & Donald Allen	17-Apr
Evelyn & William Penney	19-Apr
Sue & Raymond Wiggins	19-Apr
Susan & John Freeman	20-Apr
Mary & John Hirschauer	24-Apr
Judith & John Bolstridge	29-Apr

This is the month the ladies get to show off their Easter Bonnets  
April showers bring May flowers, Spring has Sprung



Joy Archibald has moved to Canada to be near her son. Her new address

Joy Archibald  
1081 Dunham St.  
Kingston, Ont. K7P2K2

If you know of a member who is ill or in rehab would you call the office and let us know.

Doris Clogston is at:

St. Andre Health Care

407 Pool St

Biddeford, ME 04005

Frank DeTrano

Margaret Gromlich

Priscilla Leary

All would appreciate a call, card or a visit.



# Happy Birthday



Mary Coggrshall	Apr-01	Clinton Hutch	Apr-08	Lorraine Moulton	Apr-16	Eileen Dahill	Apr-26
Irene Duffy	Apr-01	Arlene Murphy	Apr-08	Vivian Sweet	Apr-18	Adele Gray	Apr-26
Emilie Eichelroth	Apr-03	Tom Wilkinson	Apr-08	Sandra Broomfield	Apr-19	Bob Robinson	Apr-26
Dawn Nadeau	Apr-04	Shirley Roach	Apr 10	Thomas Lonergan	Apr-19	Rachel Juneau	Apr-27
David Hollis	Apr-05	Louis Samia	Apr 10	Greta Martin	Apr-20	Carol Mushnick	Apr-27
Frances Prince	Apr-05	Jean Graul	Apr-12	John Staley	Apr-20	Betty Putnam	Apr-27
Audrey Woodward	Apr-05	Jay Boomer	Apr-12	Arlene Breen	Apr-21	Dick Philopena	Apr-28
Jane Fenderson	Apr-06	Russell Darling	Apr-12	Phyllis Cusimano	Apr-21	Priscilla Boomer	Apr-29
Sandra Hill	Apr-06	Betty Fleetwood	Apr-13	Eleni Paras	Apr-21	Barbara LeBlanc	Apr-30
Joan Bates	Apr-07	Anne Reed	Apr-15	Mary Foster-	Apr-22	Muriel Goodrich	Apr-30
Doris Fader	Apr 07	Antoinette Fusco	Apr-16	John Secor	Apr-22	Steve Moody	Apr 30
Elaine Stein	Apr-08	Joan Maloney	Apr-16	Ann Festa	Apr 24	Dunan Jones	Apr-30

## EMOTIONAL FREEDOM TECHNIQUES

Learn some simple and natural techniques to relieve stress, emotional anxiety and physical aches and pains. Learn how to "tap" into the natural energy resources in your own body—a simple technique that uses your own energy pathways ...similar to acupuncture...but without the needles!! Comfort at your fingertips without the use of drugs ...so no side effects! And you can do it yourself!

Melanie Papa is an R.N. with a certificate in EFT. She will be at the Senior Center on Monday, April 27th 11am-12:30pm to give a free preview of this technique.

If you are interested in finding out more about this, we invite you to come and see what it's all about.

Please call 207-636-4578 or 646-7775 for information.



A Special Thank you to the cast of "Applause For A Cause" and their director June Messier. For bringing the Murder Mystery Dinner Theater to the Senior Center we enjoyed it very much.

Proceeds were donated to the Center.

Our volunteer crew did a wonderful job, cooking, serving and cleaning up...Doris, Peg, Bonnie, Sylvia, Linda, Suzi, Marie, Pat and Diane & Rod. And anyone who helped at the event, A Big Thank You!!

### Great Decisions 2009

Our own Richard Eaton will host this discussion group at the Wells Public Library . 3 sessions Friday 10 am-11:30 am Apr.3rd, May 1st , June 5th. Thought-provoking analyses on 8 issues. Some featured topics: US & rising global powers, energy and the global economy, global food supply.

These issues are of concern to all of us. No charge, but you should pre-register. Please call 646-4565

### Computer Tutor Class

Bob Bussiere — NetVision Technologies teaches this class.

The class meets every other Thursday @ the Senior center. Free classes to help you become a computer expert or just to learn the ropes. Beginners are always welcome. Bob takes care of the Senior Center's web site. Check it out!! : [www.wocam.org](http://www.wocam.org). It's great,



Thank you Bob. Classes in Apr. 9th, and 23rd. @ 10 am

### Wanted: Volunteer Coach

To be trained to provide Balance Workshops. A Matter of Balance need coaches with good communication skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coach training will be held @ the Senior Center on:

Tuesday and Friday, April 28th and May 1, 2009 @ Noon.

### The Clothesline project

Friday, April 3, 2009 @ Noon

Decorate your own T-Shirt and learn about family violence (Elders also get abused)

Anyone can participate, refreshments, fun and Information. Sign up @ the Center

### Notice:

Bowling will end for the session on Tuesday, April 7, and will resume in September. Please call Tom Walton @ 337-8700 for more information

No banquet this year, however the bowling group will meet at Cisco's in Sanford

### THE CENTER HAS A NEED FOR SOMEONE THAT LIKES BOOKS

To straighten out our bookshelves and put them in some sort of order. We have a good selection and anyone can borrow a book to read. Check with the office.



### GARDEN ACTIVITIES FOR MARCH

#### "Gardening with Bob Foisy"

**Layout Garden Plot:** This will allow you to know how to get those veggies you want to fit into your plot and what seeds and plants to buy.

**Buy Seeds:** Buy seeds early to insure that you get the varieties you want.

**Buy Potting Supplies:** You will need potting soil, peat pots (2 1/4 inch), potting trays with clear cover and grow lights. 4 ft florescent shop lights with standard bulbs work fine.

**Start Seeds The Last Week Of March:** Start broccoli, cabbage, cauliflower, egg plant, peppers and tomatoes.

1. Fill pots to 1/2 in from top with potting.
2. Place 3 seeds in each pot.
3. Cover with 1/2 in potting soil.
4. Tamp lightly.
5. Place in tray, add water to bottom of tray and cover.
6. Place under grow lights.
7. When seeds germinate remove cover.
8. Keep **moist** by putting water in tray not on **plant**
9. When plants first true leaves are on, thin to your best plant.
10. Keep grow lights 2-4 inches from plants.



### MARKER ART CLASS WILL HELD IN MAY.

Date: May 4th, 11th, 18th and because of the holiday, the last class will be on June 1st,

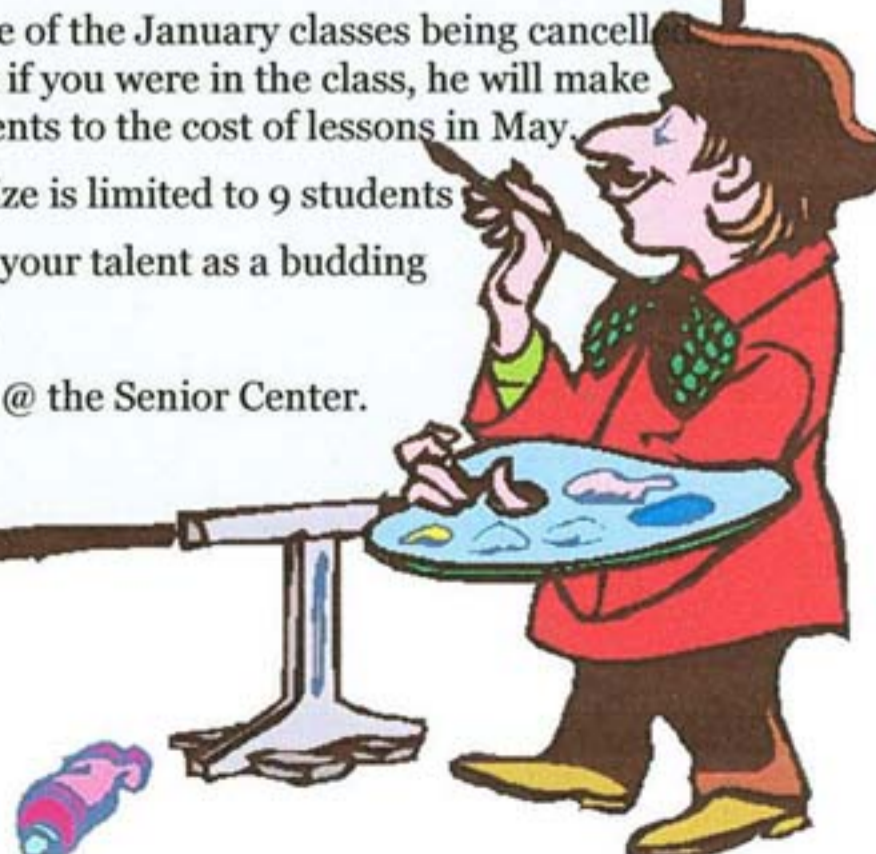
Time: 1-3 pm

Cost: \$60 (this includes all your art supplies, four weeks of lessons and your instructor.) and you will have a painting to take home.

Because of the January classes being cancelled Bob says if you were in the class, he will make adjustments to the cost of lessons in May.

Class size is limited to 9 students  
Explore your talent as a budding  
Artist!!

Sign-up @ the Senior Center.



# East Restaurant



**Appreciation Dinner**  
**Tues. April 7th, 2009**  
**@ 4:30 pm**

Join us when we gather at Mr. Li's East Restaurant for dinner on Tues., April 7th.

This is say "thank you" to the East Restaurant for all the wonderful support they give the Senior Center. Good Food, and our friends together would make a fine dining experience!!  
**See You There!!**



**SING-A-LONG**  
 Monday, April 20th @  
 11am-11:45 am  
 Join us to sing the old songs  
 and stay for the luncheon

## M E N U

### COMFORT LUNCHEON @ NOON

Mac & Cheese  
 Salad & Rolls  
 Dessert

Sign up at the Center

Cost: \$5. Members—\$6. Non-members

Fri. April 17, 2009

## 100 CLUB RAFFLE

REFRESHMENTS & SOCIAL HOUR 5 PM

RAFFLE DRAWING @ 6 PM

Only 100 tickets to be sold!!

Cash Prizes total \$1,000!

Don't miss the boat!!



#'s are held from 1 raffle to the next so please get your ticket asap to be sure of joining us on this evening of fun and prizes.

**Raffle Tickets \$20.** (Guests \$3.) Available @ the office (646-7775)

All proceeds to benefit the Wells/Ogunquit Senior Center.

## Mohegan Sun Casino

On the road again.

Thursday, April 30th, 2009. The motor coach departs from Wells Transportation Center 7:45 am returns approx. 7 pm

Member's: \$37 Non-members: \$40

(This price includes: Free buffet and \$15 gaming bets)

We have lots of fun on this trip. Playing bingo trivia on the way down.

Sign up @ the Senior Center or call 646-7775 for more information.

All proceeds to benefit the Senior Center.



## Remembering the 50's with The Four Aces

### LUCIANO'S @

Lake Pearl Wrentham, MA

After the show we'll stop at the Wrentham Mall for 1-1-1/2hr

Returning to Wells by 7:30pm

If the majority wishes.

### Meal Choice

Stuffed Breast of Chicken Baked Haddock  
 With Vegetables, Bread, Dessert, Coffee/ or tea.

**PRICE: \$76. -MEMBERS**

**\$80- NON-MEM.**

Includes: **LUNCHEON,  
 SHOW & MOTOR COACH**

Motor Coach departs: Wells Transportation Center @ 9:30 am Call 646-7775 for more  
 Cancellation fee may apply: please check with group leader.

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Senior Needs Committee of  
Wells & Ogunquit  
300 Post Rd.  
Wells, Me. 04090

### “ Story of the Newsletter in Color ”

Our March Newsletter was sent out to the membership in beautiful color. We thought it was wonderful. It occurred because of a glitch— We had a new copier on order (a rental ) that was promised to us in time to print the March edition. The agent for the company ( to save his bacon ) offered to print our Newsletter for us. We gave him the original color copy and did not tell him we usually run them in black & white. Voila!! We received all 500 copies in glorious color. The good news is, they were copied for free. Alas the bad news is, it would cost over \$300. to print it in color each month. Therefore, we are back to black & white. So sorry. However we now have a copier that is capable of better quality printing with a better lenses to pick up half-tones. We can expect to send out a new and improved copy of your Newsletter. As always we appreciate your comments or suggestions. Just contact us , (Marie or Sheena ) @ the Senior Center office — 646-7775



### Kennebunk Savings Bank 2009 Community Investment Ballot



As we told you in last months Newsletter, **KSB recently notified us that Wells/Ogunquit Senior Center will be included on their ballot which they will be mailing to customers in Feb. bank statements and in special mailings to Kennebunk Financial Services and Morris Ins. customers. Based on their customer's votes, KSB commits a portion of its earnings to area nonprofits and charitable organizations through this program. Last year 170 Organizations received support in this program.**

**Supporters and members of Wells/Ogunquit Senior Center, who are also KSB customers, are entitled to vote and we urge you to cast your vote for your favorite charity. (We sincerely hope it is the Senior Center.) Last year we were awarded a grant of over \$1,900. Each vote, on average, has been worth at least \$20. So please vote! For Us of course! Voting must be received by the bank by April 30th to be counted. Thank you for your vote!!**

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