

SENIOR CENTRAL



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WOCAM NEWSLETTER

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The Center's Best Kept Secret



**Wocam
 Newsletter**
FEBRUARY 2009
Volume 6 Issue 2

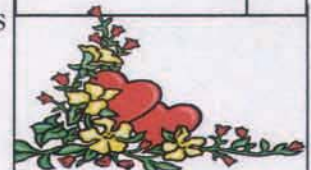
Someone once referred to our craft/gift shop that way, and if you take the time to wander around the small 12'x 12' room you'll know exactly what they meant. This year many of us discovered the wonderful hand-made original (and reasonable) items that made our gift giving special and unusual. (The gift NOT the giving!) Under the direction of Sylvia Cable and Peg Noonan the crafters, Joy Archibald, Gloria Bushee, Marla McCurdy, Marjorie Matson, Ann Reed

and Mary Saucier (with the addition of a few others from time to time) create the most astonishing things that are subsequently sold to help meet the Center's budget. Our craft room opened in the last Century (that sounds like ancient history but was actually in 1999!) when Sylvia, Joy and Gloria did a little crocheting, knitting and sewing and sold the items at the Thrift Shop which we ran at the Coffee Shop on Route 9. Upon ar-

rival in the new building in 2004, the program blossomed into what we have now with the addition of Peg Noonan's many talents and the assistance of the rest of the team. All of our summer visitors to the pancake breakfasts know what a treasure we have as they shop on a Saturday morning for that special gift to bring home from vacation. But do **you?** Do **you** know what hidden treasures are there? (Cont. on page 4)

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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 apologize to our members who received , incorrectly, a "last issue notice " on the January Newsletter. The office is updating our XL computer membership list and some errors occurred. To all our members who called to correct our mistake, we say thank you.
2. A reminder to everyone who knows and to those who are not aware. We have a **Suggestion Box** at the Center and we welcome any ideas or comments you wish to give the office.

What's Up At The Center ?

The Center will be closed Feb.16th, for President's Day. If the Wells Schools are closed for implement weather the Center will also be closed. Check your newsletter Calendar for our daily activities.

Congratulations to our three new BOD members. Kathy Chase & June Messier have served on the BOD in previous years. Joe Allara has been a volunteer extraordinaire since before the Center moved to Post Road. This will fill the vacancies on the Board. Serving on the BOD is a challenging position, and to those willing to come forward and volunteer we owe our gratitude and thanks. We presently have a nine member board. Elections are held at our annual membership meeting in June, 2009.



What's Up in February ?

Board Of Directors

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

Directors At Large

Joe Allara (10) Kathy Chase (10)

John Graves (11)

June Messier (09) George E. Wilson (09)

Assistant Treasurer..... June Messier

At the Jan BOD Meeting

The BOD voted to hold the next combined BOD/Membership meeting on Tues., March 10th, 2009 @ 4pm. (BOD may meet before on a as needed basis.)

The BOD also named three new members to fill the vacancies on the BOD

Office Staff

Office Manager: Suzi Franklin
 Office Asst: Doris Hanlon
 Activities & Newsletter Staff:
 Sheena Allara.....Marie Hastie
 Website: Bob Bussiere
 Coffee Shop: Ruth Woodward

Feb. 2nd Mon.



Huntington Common Luncheon: Noon

Feb. 7th Sat.



Warming Days: 9am-4pm Movie
 Karaoke/ Marie Light Lunch

Feb. 11th Wed.



Free Seminar: 10:30 am With Barbara Lee Chertok
 The Economy-What Happened-What to do now?

Feb. 14th Sat.



Warming Days: 9am-4pm Movie—Lunch
 Making Wallpaper Gift Bags With Evelyn Lauletta
 (Please bring the following items to make bags) @1:30pm
 Pencil or Pen, Glue "tacky", Hole Punch, 20" of 1/2" ribbon
 (items can be shared, if you do not have something)

Feb. 20th Fri.



100 Club Raffle Party: social hr. 5pm— drawing 6pm
 (Ticket holders only) Chinese Buffett—Prizes—
 call the office to purchase a ticket.

Feb. 21st Sat.



Warming Day: 9am-4pm Movie—Lunch
 David Hollis on the Piano

Feb. 26th Thur

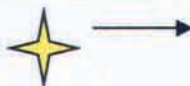


Mohegan Sun Casino 7:30 am @ the
 Wells Transportation Center



(Sign up @ the Senior Center)

Feb. 27th Fri.



Senior Program Series 10:30am-1pm
 Please see pg 6 for details of this program.

Feb. 28th Sat.



Warming Day: Movie—Lunch
 Learn to Paint (Pictures) Karaoke
 With Suzi With Marie

I can't believe I never knew this!!

(Don't you even try and act like you all ready knew this either.)

I had to go into the kitchen and check this out for myself. Whoever looks at the end of your aluminum foil box? You know when you try to pull some foil out and the roll comes out of box. Then you have to put the roll back in the box and start over because the darn roll always comes out at the wrong time.

Well, I would like to share this with you. Yesterday I went to throw out the empty Reynolds foil box and for some reason I turned it and looked at the end of the box, and written on the end it said, "Press here to lock end". Right there on the end of the box is a tab to lock the roll in place. How long has this little locking tab been there? I then looked at a generic brand of aluminum foil and it had one, too. I checked a box of Saran wrap and you guessed it, it had one too! I can't count the number of times the Saran wrap roll has jumped out when I was trying to cover something up. Over the holidays I 'shared' this info with my 32 year old son hoping to show him that parents are still smarter than their kids, but to my disgust he already knew all about the little tabs. So, I'm sharing this with you hoping that I'm not the only person in the world that didn't know about this.

Sheena

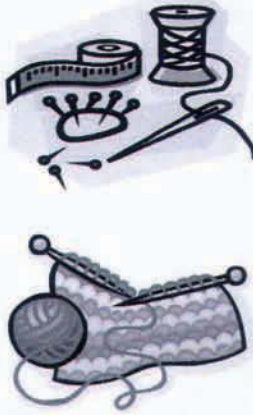
(cont. from page 1)

The Center's Best Kept Secret

Have YOU ever shopped, or even browsed, in the gift shop? Have you ever looked for a small gift and been thrilled to find out that our Dammit Dolls just fit your requirements perfectly? Or have you located that unusual gift right there at the Center under your nose all this time without even

realizing it? The shop is packed with wonderful things and it is entertaining and enlightening to browse, if not shop, so please give it a visit during our Saturday Days of Warming or when you are at the Center during the week. You'll be surprised, as was I, at how fitting the title "The Center's Best Kept Secret" really is.

P.S. Doesn't everyone know someone who could use a 'dammit doll' at one time or another in their life?



" This, I Remember "

That is the Title on a Notebook at the Senior Center. You might not have noticed it, Don't pass it by, Inside, some of our members have shared their memories of by-gone days. We invite you to read and contribute and join us in our trip down memory lane.

Reminiscing about events that happened in the past, reminds us how far we have come and how different we are, it also creates a bond between young and old. It gives us seniors something in common. Some memories are hard to bare but all memories have value and make us who we are.



As Bob Hope says "Thanks For The Memories."

+MEET KEN CHASE

Ken is our newest staff member and took over Ruth Woodward's position in January. This doesn't mean 'No more Ruth'. It just means that she'll come and go when she feels like visiting or volunteering so I expect we'll all get to enjoy her company much as we do right now. Ken realizes that he has big shoes to fill but those of us who have met him know that he'll do his best to fill them. For starters, he has a great sense of humor. E.g. When asked for personal information to introduce himself, he said, "Well, I'm tall, thin, young, good-looking and available. Of course I'm joking!" Actually he has a degree from Northeastern University and has an extensive background in building construction and maintenance so he will be an asset on our building committee. (We've already drafted him!) He hails originally from Quincy, Mass. but more recently lived in Eliot and China, Maine. He has 4 children, 13 grandchildren and 3 great-grandchildren so he'll take some catching up to. His roommate is a friendly pooch called Freckles and he will discuss Freckles like he is a person. E.g. Freckles decided to shut off his hearing aid so that he couldn't hear me and then took off for some alone time. I, like an idiot, asked, "Does Freckles really have a hearing aid?" Of course not but that is Ken way of saying he was ignored when he yelled at Freckles to 'Come!' Then Freckles left for the afternoon on his own! If you haven't yet said 'hello' to Ken please stop by and meet our newest 'helper' at the Center

Jeanne Dunn	Feb. 1	<i>Happy Birthday to all our February Babies</i>		Arthur P. McGinn	Feb. 19
Brian Kavanagh	Feb. 1	Joan C. Jordan	Feb. 13	Barbara Wallace	Feb. 19
Frank Ranta	Feb. 3	Ryan Lipkind	Feb. 13	Pamela Wolfgang	Feb. 21
Natalie Rawding	Feb. 4	Tom Walton	Feb. 13	Charles Dahill	Feb. 23
Charles Anderson	Feb. 6	Brenda McDermott	Feb. 14	James Loughran	Feb. 23
Marty King	Feb. 7	Rachel Walker	Feb. 14	Paul Weiner	Feb. 23
Jacqui Grant	Feb. 9	Joseph Forsythe	Feb. 15	David Barton	Feb. 24
Paul Winn Sr.	Feb. 9	Patricia Koerber	Feb. 16	Ernest Paras	Feb. 24
Barbara Levey	Feb. 11	Mary Nora McNally	Feb. 16	Sheila Tufts	Feb. 25
Elizabeth Kavanagh	Feb. 12	Frank Bochniewicz	Feb. 17	Dot Tull	Feb. 27
Jack Leary	Feb. 12	Anna Bullard	Feb. 17	Ruth Wilkinson	Feb. 27
William Martel	Feb. 12	James Reed	Feb. 17	Harriet Kazubal	Feb. 28
Jean McAdoo	Feb. 12	Patricia Faucher	Feb. 17	Barbara Townley	Feb. 28



Old age is when you find yourself one bend-over to pick up two things

Happy Anniversary

(Walk through this world me)

Jean & George Wilson	Feb.4
M.Elizabeth & Joseph Hoyt Sr.	Feb.6
Lee & Bill Boudrot	Feb.6
Grace & Gary Littlefield	Feb.11
Carol & Paul Ersing	Feb. 13
Muriel & Jordan Freedman	Feb.14
Emilie & Paul Eichelroth	Feb.19
Ruth & Richard Eaton	Feb.22



Welcome to our new

Members

- Patricia Faucher
- David Hollis
- Goran Hall
- Rosemary A. Hayden
- Katherine & Robert McGee
- Sharon Sargent
- Jeannette Welch

GET WELL

Bob Hastie had an accident is now @ home in Wells



Roslyn Crawford
Bob Hamlyn
Lil Chase @ Atria
All would welcome visits or cards

Did we miss your January birthday or anniversary in last month newsletter? Please except our apologies for this. We would list them now, however , the list was long and space is limited. Every effort is being made to clear this up, so that it doesn't happen again. Thank You.

Hypothermia

Stay safe in cold weather!!

Being outside in the cold or even in a very cold house can lead to hypothermia- (what happens when your body temp gets very low.) Older adults can lose body heat fast, this leads to dangerous health problems .

Some tips to avoid hypothermia:

Set your heat @68 degrees or higher.

Wear long johns, throw a blanket over your legs. Wear socks and slippers.

Always dress for the weather outside on cold days.

Wear hat and & scarf, you lose body heat when your head is uncovered

Find safe ways to stay active even when it's cold outside!!

Free Seminar

Feb. 11th, 2009 Wednesday -10:30am

@Senior Center

with Barbara Lee Chertok

The Economy-What Happened?-What Do We Do Now?

Who, How, What, When, Where. and Why? These Questions will be addressed

Refreshments will be served.

To Our Membership

We would like to add to your membership card an in " case of emergency " contact person . This could be a life saving situation . It might be necessary to contact someone on your behalf and this information could be very important.

Please call the office if you would like us to place this information on your card.

646-7775



Line Dancing is in full swing @ the Center. If you would like to join them, you can begin anytime, the class meets on Thursday from 1 pm-2:30 pm. The instructor says it is geared for beginners and safe for those with knee or hip problems. P.S. Bring appropriate foot wear.

Senior Program Series

Fri., February 27th, 2009 10:30am-1pm
@ the Senior Center

This Program will offer a discussion on Senior housing options. Socializing and your input on future topics. A Complementary Lunch and a special Raffle will be provided to those who attend the program. Seating is limited. Please RSVP to Carolyn Weller

1-207-363-2497 ex 140

Safe Money
 Discussion & Information
 9 am Alternation Fri.
 Starting Feb. 13, 2009
 Anyone Welcome
 No Cost!
 John Hirschauer, CFP

Market Art Plans

Marker Art Class Canceled
 May resume the class in Apr.



Tap Dance

Have you ever wanted to learn to tap dance? We will offer this on Wed. afternoon during June- August, if we have enough people. There is a sign up sheet @ the Center at no cost to our members.

This will give us something to do besides go to the beach.



DAYS OF WARMING 9AM-4PM ON SATURDAY'S



Presented By The Bank Of America

Our January Days of Warming are a great success, averaging 40-50 people for lunch. We encourage you to tell your friends, family and relatives (no age requirements) about this program. Everyone is welcome. We always have a Movie, and a complimentary lunch, plus other entertainment. This is a great opportunity to socialize with your neighbors. Plenty of coffee and the card tables are always set up. Join your friends for a "friendly" game of Pinochle or Bridge or Cribbage. The purpose of this program is to provide ourselves and our neighbors with a warm place to enjoy each other's company during these cold winter months, when it is most important to make an effort to avoid "Cabin Fever".

Bank of America sponsors "Days of Warming", with additional funding from the Ogunquit Women's Club and the Ogunquit Rotary Club. Sysco, the Senior Needs Committee, Shields Meats, Bull and Claw, Jackie's Too, Pine Tree Gardens Café, Congdon's Donuts, and Atria Kennebunk are providing lunches. A special donation from Bob and Joy Archibald in memory of Ellie Carberry provided us with music by David Hollis at the Piano, he will be back to play for us in February. A special thank you, from our hearts to each of you.

And we have the most wonderful volunteers who signed up to help us with our Day of Warming. We could not do this without you!!! Thank You, Thank You!!

Thanks

A little time and much effort can result in big bucks for the Senior Center

(I know this, as my son made a down payment on his home just collecting cans & bottles.)

WOCAM is building seven member teams of two people each to help with bottle & can returnables during the summer months. This should raise a substantial amount of money for our Center. If you are available to help, please call the office and speak with Suzi 646-7775.

If you join this effort, you will be getting exercise, cleaning up the environment, and showing your support of the Senior Center, a win-win situation.



If you are interested in donating your recycled cans and bottles to help the Seniors, you can ask Suzi for a tagged Clink bag, for recycling @ Hannaford's.



Huntington Common

Luncheon

(Here at the Center)

WHEN: Monday - February 2, 2009

TIME: 12 Noon

MENU

Beef Stroganoff

Salad

Bread

Mixed Fruit Cobbler a la Mode

Cost: \$5. Members

\$6. Non-Members

(Sign-Up Required)



We Still Have Tickets Available . Join us for our first trip in the New Year!

Thursday
Feb. 26th, 2009



Mohegan Sun Casino Trip

Bus leaves from the Wells Transportation Center 8:00 am. Back in Wells 7:00pm

Includes \$30. Casino Package
(Free Buffet and \$15. of gambling)

Sign up at the Senior Center or Call 646-7775
This trip is very popular so sign up soon

\$40. Non-members
\$35. Member's price




Coming Attraction

Murder Mystery Dinner Theatre
"The Fist Gospel"
Presented by
Applause For A Cause
Directed by June Messier
Sunday, March 15, 2009 @ 4pm
Tickets: \$20.

Tickets will go on sale and Dinner Menu will be decided 'soon'
All proceeds to benefit the Senior Center



Do you feel lucky ?

100 Club Raffle!!

Special Event

For Ticket Holders Only

You can only attend this party if you have a raffle ticket, a guest ticket or a \$10. meal only ticket.

Feb.20, 2009

5-6 pm Social Hour

6-7 pm Raffle

Enjoy this delicious Chinese Buffet and you could be our 1st big winner in the New Year. Top prize is \$500. runner up gets \$100. Also assorted smaller prizes will be given out.

Buffet provided by
EAST RESTAURANT

\$20. includes.
Raffle & Buffet

\$6. for Guests of
ticket holders

\$10. Anyone! !



"Heaven Can Wait"



Amesbury Playhouse

Hilarious show about a man who gets a new life after death. Choice of meal:

Menu

Sliced Roast Beef, Roast Pork, Baked Haddock or Stuffed Chicken Breast. Soup or salad, Veg. Pot. Rolls, Chef's Dessert & Bev.

Price includes: Tax, Gratuity, meal, show & transportation. All proceeds benefit the Wells/ Ogunquit Senior Center.

Wed. April 1st, 2009

Departing Transportation Center @10:15 am .
Return @ 5 pm

Members:\$55.

Non-members \$60

St Patrick Luncheon

Cost: \$5. members \$6. non-members

Monday, March 16th,2009 @ noon

Please join us at the Center, as we celebrate an early St Paddy's Day.

The Music (Karaoke), food and atmosphere will be Irish. The Center will

be providing the lunch. Those that can cook that is, I know how to make the soup green, I wonder what kind of dessert is Irish. Put on something green and come have some fun!!



Green Soup



NONPROFIT
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WELLS, ME.
PERMIT No. 15

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

Renting Our Facility

(300 Post Rd. Wells, Me.)

The Center may be rented for Weddings, Receptions, Private Parties, Reunion, Meetings and other functions.

The Social/Lounge area accommodates up to 40 and our Function Room 30'X60' seats 125 people. Full Kitchen privileges are included with the Function Room rental.

\$200. Donation Function Room/Kitchen, based on 3 hour time

\$150. Donation Social/Lounge Area "*****"

\$350. Donation To rent both areas. "*****"

\$25. Donation For each additional Hours

Go to the Center's web site to view our facility (www.wocam.org)

The web site also includes our rental policy. You are welcome to visit the Center and check out the rental space,

Mon.-Fri. 9am -4pm Please call 207-646-7775

We offer a discounted rental cost to our members.

(some conditions apply)



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