

SENIOR CENTRAL



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WOCAM NEWSLETTER

WEB SITE: WWW.WOCAM.ORG

Attention



**Bingo's Back on
Wednesday, April 15th
And Breakfast at the Center
starts up Sat. April 4th.**

Have you missed our Pancake Breakfasts on Saturdays?

Or playing Bingo with your friends on Wednesdays?

Well the good news is "We're Back!" Bingo will open as usual at 5pm with food available and games beginning at 6pm. As before, you can play 14 games for a package costing as little as \$12. Of course, we'll have all the usual 'special' games for the Bingo Lovers. Please mark your calendars for April 15th and join us for the first

Bingo Game in 2009. and the other good news is the Saturday Pancake Breakfasts are also back! So mark your calendar also for April 4th, the first Saturday in April. We haven't set up the scheduled teams as yet so if you are interested in volunteering this year, call the office (646-7775). We can sign you up as a substitute if you don't want to be on a schedule.

There has been some discussion about the menu and there may be some changes this year.

Why don't you plan on joining us and get the Saturday breakfasts off to a good start with a record attendance.



Wocam Newsletter

**March 2009
Volume 6 Issue 3**

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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

We are trying to put together a group of volunteers to work on the recycling project in Ogunquit this Summer. If you are interested call the office (646-7775) and leave your name.

You will be called the end of March and asked to join a team of two or three people who will be responsible one day per week to collect recyclable bottles and cans from approx. eleven locations in Ogunquit.

If you are not available from May 1st to Oct. 15th you could register as a substitute, or register on a team and let us know which weeks you CAN'T be available and we'll GET YOU a substitute. If that sounds very complicated, it probably is (but it really isn't!) Bottom line, if you are interested in helping call the office. We could raise \$\$\$\$\$ (Maybe thousands!) for the Center.

What's Up At The Center ?

Please check your Newsletter Calendar for our daily schedule at the Senior Center. We are open Mon-Fri. from 9am -4pm. On Wed. evening @ 5 pm, a group of our members meet to play games (Game Night) they are always looking for more people to join them. Several activities are available during the week. We invite you to have your morning coffee and pastry. A donation of .50 cents and a chance to have one of Jack Leary's blueberry muffins, this is the best deal in Wells. Meet with your friends or come in and find some new ones. You can browse in the Gift Shop, there are some beautiful handmade items to choose from. The ladies from the craft shop keep very busy making unique things to tempt you!! March may be a bit of a dreary month, but can Spring be far behind? We hope the motto "in like a lion and out like a lamb" is true. The Bluebird and Robin have already been spotted and they always cheer us up.



BOD-Members
Meeting @ 4pm
Tuesday, Mar.10,

What's Up in March ?

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 **Tuesday, March 10**
@ 4 pm. We invite you to attend the
meeting. Your input is important to
the Senior Center.

March 6th Appreciation Dinner @
Friday → Billy's ChowderHouse"
@ 4.30pm See below for more information

March 9th Atria Luncheon
Mon. @ Noon → (see page 7 for more information)

March 12th Aetna Medicare Seminar
Thurs. @ 3:30 →

March 13th Free Seminar on Medicare Options
Fri. @ Noon → (see page 6 for more information)

March 15th Murder Mystery Dinner Theater
Sun. @ 4pm Call to reserve tickets and arrange seating
seating @ 3:30 → (See Page 6 for more information)

March 27th Free Seminar on Medicare Options
Fri. @ Noon → (see page 6 for more information)

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






Appreciation Dinners

This is to 'pay back' all the local restaurants who support us throughout the year. We are planning to go to Billy's, East, Varano's ,Bull & Claw, Mike's etc. and we'll order from the menu and be responsible for our own check. We want to go as a group to show our appreciation for all that they do for us. Next month.....Tuesday, April 7 @ The East Resturant @4:30pm. (sign up @ the Center)



Happy St. Patrick's Day
March 17th

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 Yoga 9:30 am Scrabble 1-3pm	3 Bowling 10 am Exercise 10:30 am Chicago Bridge 1-3 p Mahjong 1-3 pm	4 Exercise 10:15 am Craft Shop 1-3 p Cribbage 1:30 pm Game Night 5 pm	5 Coffee Club 9-11 Ask the Nurse 10 Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3	6 Pinochle 10am-12 pm Hand & Foot 1-3pm At Billy's Chowder- House Dinner 4:30	7 CLOSED
8 CLOSED	9 Yoga 9:30 am Atria Lunch 12 Noon  Scrabble 1-3pm	10 Bowling 10 am Exercise 10:30 am Chicago Bridge 1-3 p Mahjong 1-3 pm BOD-Member. Meeting @ 4	11 Exercise 10:15 Craft Shop 1-3 p Cribbage 1:30 pm Game Night 5 pm	12  Coffee Club 9-11 Ask the Nurse 10 am Computer Tutor 10. Exercise 10:30 am Line Dancing 1-3 pm Duplicate Bridge 1-3	13 Pinochle 10am-12 pm Hand & Foot 1-3pm	14 CLOSED
 16 <i>Murder Mystery Dinner Theater 4pm.</i>	17 Yoga 9:30 am Scrabble 1-3pm	18 Bowling 10 am Exercise 10:30 am Toenail Care (by appt. 11:20 -2:40) Chicago Bridge 1-3 p Mahjong 1-3 p	19 Exercise 10:15am Craft Shop 1-3 p Cribbage 1:30 pm Game Night 5 pm	20 Coffee Club 9 -11 am Ask the Nurse 10 am Exercise 10:30 am Line Dancing 1-3 Duplicate Bridge 1-3	21 Pinochle 10am-12 pm Hand & Foot 1-3pm	21 CLOSED
22 CLOSED	23 Yoga 9:30 am Scrabble 1-3pm	24 Bowling 10 am Exercise 10:30 am Toenail Care (by appt. 11:20 -2:40) Chicago Bridge 1-3 p Mahjong 1-3 p	25 Exercise 10:15 Craft Shop 1-3 p Cribbage 1:30 pm Game Night 5 pm	26 Coffee Club 9-11 Ask the Nurse 10 am Computer Tutor 10. Exercise 10:30 am Line Dancing 1-3 p Duplicate Bridge 1-3 p	27 Pinochle 10 am-12 Garden Club 10. Hand & Foot 1-3pm	28 CLOSED
29 CLOSED	30 Yoga 9:30 am Scrabble 1-3pm	31 Bowling 10 am Exercise 10:30 am Toenail Care (by appt. 11:20 -2:40) Chicago Bridge 1-3 Mahjong 1-3 p	Attention 	Thursday  March 12, 2009 Aetna Medicare Seminar @ 3:30 pm		

The Best Ice Pack !!!

Your never to old to learn something new. I learned this important information at the age of seventy-two, from a physical therapist named Dawn and I pass this idea on to you.



The perfect ice pack. Receipt : 3 cups of water , 1 cup of rubbing

alcohol mix together and put into a 1 gallon zip-lock freezer bag. Then, put it into **another** 1 gallon zip-lock freezer bag, (to protect it from leaks.) Place this in your freezer. Voila . You will have the best ice pack you have ever used. They will fit around your neck , over your leg, etc. and they last a long time. You can use them over and over. No more chunky ice cubes or frozen peas, you don't have to spend money for the fancy ones at the drug store either. As you can see I was impressed when Dawn showed me how to make the ice pack for Bob after his injury and it helps with the pain and swelling after a workout as well.

WHO WANT'S AN ESCUSE NOT TO DIET???

During the March doldrums, I want you to forget diets and remember this: "Life should not be a journey to the grave with the intention of arriving safely in a attractive and well preserved body . But rather to skid in sideways, chocolate in hand, body thoroughly used up, totally worn out and screaming

"Woo-Hoo what a ride."

Of course this is contra to all that we've been told by our Doctors and health providers. Maybe you should layoff the chocolate this and keep on with your programs and diets. (It was nice to imagine skipping diets for a while tho')



It's That Time Again.....when Kennebunk Savings sends out ballots to all their customers for their votes! Every vote counts so please fill out your ballot and vote for the Senior Center. The average vote has been worth at least \$20. to the non-profit organization voted for. Last year over 6,000 votes were cast and 170 different York County organizations received a check from Kennebunk Savings. Our check last year was for over \$1,900 and this year we are hoping for even more. We are counting on YOU.

Kennebunk Svgs.has been running this Community Investment program for over 12 years and we have been the fortunate recipient of many annual checks. This year's economic challenges could adversely affect the amount we receive so , please all of you with an account with Kennebunk Savings, watch for your ballot in your mail and vote for the Center as your non-profit of choice All ballots must be received by the bank by April 30th to be counted.

Let's try to beat 2008's donation by asking our friends, family and neighbors to also use their ballots and vote for US!



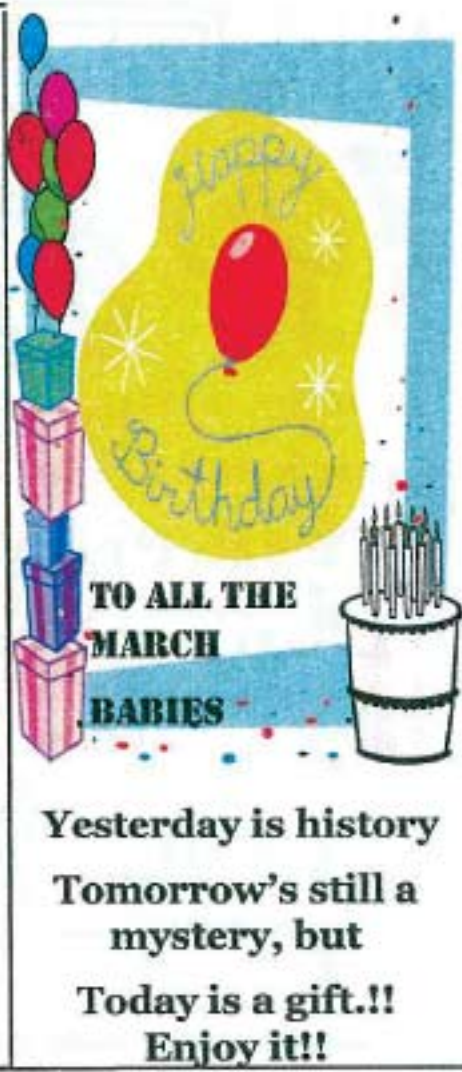
The Senior Center and the East

came together Friday, February 20th, 2009 when Mr. Li and his Staff from the East Restaurant in Wells provided the food for a fundraiser at the Wells/Ogunquit Senior Center, 300 Post Road, Wells. The East Restaurant donated a wonderful Chinese Buffet at the Center's bi-monthly raffle party, and over \$1,100.00 was raised for the Senior Center. Having advertised that the East Restaurant was catering the evening, resulted in a large turnout of over 80 people.



Lesley Mathews was the big winner with a prize of \$500. and Dan Hussey also did well winning \$100. There were a number of smaller cash prizes with all of the winning tickets being drawn by Representative Kathleen D. Chase. Of course, everyone who attended will tell you that they were all 'winners' after enjoying the East Restaurant's great buffet. The Senior Center holds these raffles six times per year with the next one on Friday, April 17th , 2009. If you wish more information or wish to participate, call the Senior Center office @ 646-7775.

Joyce Gaudette	Mar. 01	Mariene Benoit	Mar. 15	Sylvia Cable	Mar.25
Goran Hall	Mar.02	Don Peterson	Mar. 15	Marie Gordon	Mar.25
Tom Kanaan	Mar.03	George Fenderson	Mar. 16	Michael Mushnick	Mar.25
Ida Neistorowich	Mar. 04	Meg DeAgazio	Mar. 17	Joan Richard	Mar.26
Margaret Humes	Mar. 04	Francis Mailhot	Mar. 17	Charles Harmon	Mar.26
Philip McCurdy	Mar. 05	Mary Pat O'Connor	Mar. 17	Muriel Freedman	Mar.27
Leanne Cusimano	Mar. 06	Virginia Armour	Mar. 19	Wanda Birdsall	Mar.28
Colleen Ogilvie	Mar. 06	Paul Breen	Mar. 19	Bob Morrow	Mar.28
Annette Foisy	Mar. 09	Linda Lawrence	Mar. 20	Charles Hamlyn	Mar. 29
Janet Abendroth	Mar. 09	Joe Allara	Mar. 20	Nancy Fording	Mar.30
Harry Stathoplos	Mar. 10	June Messier	Mar. 21	Don Allen	Mar.30
Rene Greene	Mar. 10	Bob Jacobs	Mar. 23	Nancy MacGown	Mar.30
Mary Colton	Mar. 11	Frank DiPietro	Mar. 23	Mary Boardman	Mar. 30
Judith Deskus	Mar. 12	Hope Galeucia	Mar.24	Helen Garnsey	Mar.31
Bob Hamlyn	Mar. 13	Clinton Hatch	Mar. 24		



Welcome

NEW MEMBERS

Bonnie Ames
 Shirley & Jonathan Boone
 Marla & Steven Moody
 Roberta & James LeBlanc

&

A welcome back to
 Fran & Philip Clark. Fran is
 delighted to say that Phil is fi-
 nally retired and will be taking
 time to enjoy the Center and
 make or renew friendships

A Little Bird Told Me it's your
 "Anniversary"
 Happy Anniversary



GET WELL!

Margaret Gromlich and
 Priscilla Leary

Have both been in York Hospital
 recently and would love to hear
 from you. Cards are always a
 pleasure to receive.

Please check with the office if you
 need addresses.

Looking Ahead



For all of you organized people who keep a Daily Planner or a
 calendar of commitments, we are giving you some dates to keep in mind. This allows you to
 tell your family that you have made plans or to invite them to join you on some of our events
 and trips. Our 7th Annual Fashion Show will be on Thursday, May 28th and will be held at
 Jonathon's, Ogunquit. We have a wonderful menu to offer with 3 choices of entrée.

We are presently working on a trip to Boston with a Duck Tour, Maggiano's meal, and a visit to
 the JFK Library for Thursday, June 11th. Look for more info. next month. This trip will be
 sponsored by Bank of America so it will be radically discounted to members.



Fri. April 17th, 2009

Refreshments & Social Hour 5pm.
Raffle Drawing 6pm.

100 Club Raffle

Only 100 tickets to be sold!

Cash Prizes total \$1,000.!


Don't miss the



#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 at the office (646-7775)

All proceeds to benefit the Wells/Ogunquit Senior Center



Murder Mystery Dinner Theater
"The Fifth Gospel"

Presented by
Applause For A Cause
Directed by June Messier



Sunday, March 15th @ 4 pm

Menu
Glazed Ham , Jackie's Potatoes, Raisin Sauce
Green Beans/Rolls & Dessert

Tickets: \$20.
All proceeds to benefit the Senior Center

Garden Club

Friday, March 27th @ 10 am

The Garden Club will meet at the
Wells /Ogunquit Senior Center.

Guest speaker will be Janet Weaner
from Mud Meadows Farms.

Refreshments

For more information please call
Diana Abbot @ 646-2022



If you have been concerned about the coverage of your Medicare prescription plan. It's not to late. You have one more chance to switch to a Medicare Advantage plan. Dead line is March 31st.

On March 12th, 2009 @ 3:30pm.

Kathleen Chicoine will conduct a free seminar and explain about the Aetna Medicare Plan
If you are interested please sign up at the Center or call 1-800-694-2903.

More Information.....We have limited ticket availability for our next 100 Club so be sure and call if you want to hold a number or request a number. We already have a wait list for numbers!

You also want to call and hold your seats at our dinner/theater on March 15th. The seating is assigned and presently we still have tables of 6 available . You can hold seating and pay for your tickets at a later date.

We have had wonderful generous volunteers work on our garden out front of the Center in the past but this year we have nothing lined up for Spring cleaning. If you are interested in helping please call 646-7775.

Medicare "Birthday"

Free Seminars

Learn about your Medicare options. This can be a complicated process learning how to get the best plan for yourself or your family. These seminars will be held at a local restaurant every 2nd and 4th Friday (This month March 13th & 27th) Time: 10 am-11:30 am. Refreshments will be served.

Sign up at the Senior Center or call John Hirschauer @ 207-251-4032 for more information.

Please bring with you your Medicare card, Social Security Number, List of drugs, with dosage and information you have on current health insurance.

John Hirschauer will give the seminars. He is a trained volunteer in this field. Helping seniors for over three years with their Medicare questions.

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 to benefit the Wells/Ogunquit Senior Center.

Wed. April 1st, 2009

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

Members: \$55.

Non-members: \$60.

Wells / Ogunquit Senior Center & West of Wells proudly present

Remembering the 50's with The Four Aces

Thurs., May 14th,



Luciano's
at Lake Pearl
Wrentham, MA



Leaves @ 9:30
Returns @ 6pm

Meal Choice

Stuffed Breast of Chicken or Baked Haddock
also Includes Veg., Bread, Dessert, Coffee/Tea

\$76. Per Person....Members

\$80. Per Person... Non-members



Atria Luncheon



**L
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@
the Senior Center
Monday, March 9, 2009

@ 12 pm

Menu

Salad

Hearty Seafood Chowder

Rolls

Cream Cheese Brownies

Donation: Member \$5.00

Non-member \$6.00

**L
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Spring Fling @

Mohegan Sun Casino

Free Casino
Bonus
\$15. Buffet &
3x \$5 bets

Depart Wells 8am
Return Approx. 7pm

Date: Thursday,
Apr. 30th 2009

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

(This price includes Free buffet & gambling)

This could be you if you join
us on Apr. 30th

Or this could be



Sign up at the Senior Center or call
646-7775 This is our most popular trip
so sign up soon !!

All proceeds to benefit the Senior Cen-

Refund Policy on Trips

We try to be very flexible and refund as much as possible upon cancellation of a ticket but you understand that if we have already paid for the theater ticket or dinner/theater etc. we are no longer in control of those funds. Some venues allow us up to 48 hours while others require 30 days paid in advance. Rather than have a fixed policy we hope you'll trust that we do our very best to refund as much as possible. Of course we could have a fixed policy but then we couldn't refund at our discretion.

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PERMIT No. 15

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

Goodbye to Good Friends

Saturday, February 7th, 2009 was another sad day for our members when two of our longest standing members passed away. On Saturday morning Bob Archibald was gone, and by midnight Lil Chase had also left us. You all know Bob (the other half of Joy!) from selling raffle tickets at the Pancake Breakfasts, cooking at the Harbor fest and Chili fest, and participating and helping in our many functions.

We'll all miss him, but none more than Joy who will be moving back to Canada from whence she came over twenty years ago when they were wed. Joy will miss all of her friends at the Center but will be near her son and his family which will make her loss easier to bear.

And, of course, none of you should be strangers to Lil Chase (who was the other half of Fod!) She worked on the original pancake breakfasts on Route 9 at the Oldies and Goodies Coffee Shop raising money to build the new Center. Cribbage won't be the same without her, but it wasn't as

much fun for her either after Fod passed away last year. We all know that they have been reunited in a better place. To both Bob and Lil, Rest in Peace, to the rest of us, we'll miss them and have to get along without them.



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