

**WOCAM**  
Where Seniors Shine

**E-MAIL**

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**SENIOR CENTRAL**

**WOCAM NEWSLETTER**

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## Are you on a sign-up Sheet?

We enjoy planning trips, dinners and other activities for the Senior Center. It's fun and we try to find interesting things to do and places to see. It does take much time, effort, coordination and good old fashioned haggling (THEY say I'm good at this!) to get the best deals to offer our membership for these events. After planning them, we put out a sign-up sheet. There are a certain number of spaces available, when the seats are filled (bus holds 46 seats) or we reach a limit on the number of people for a dinner, etc. We start a wait list. This is where we have a problem and we have now developed a plan to address this. Our new policy will be: Anyone who signs up for an event, or trip, must have full payment in 1 week prior to the event. In some cases

when we have to prepay for theater seats or cruise spaces, that week may be extended to whatever the venue requires (possibly 2 weeks). We will make one phone call to remind you, then your name will be removed from the sign-up sheet and a wait listed person will be assigned your spot. This will also apply to the 100 Club Raffle, We have members who would like to purchase a ticket, but there are none available. If you no longer want your ticket you should release it for someone else. There will be exceptions such as; an emergency or a call to us to explain your situation. We believe this will make our sign-up sheets more equitable to all our members. If you sign up early and hold a space and then forget or decide

not to go and do not inform us soon enough to make arrangements until the last minute, that sometimes prevents someone else from participating. We do not wish to make anyone responsible for the outside costs of tickets etc. but if you have promised to pay and the tickets are ordered the expenses incurred will be yours. (Cont. on pge. 4)



You're unbelievable! You're incredible! You have really surpassed all of our expectations! These results prove that we can do anything when we work together. What are we talking about? (Cont. on Pge. 4)

**WOCAM Newsletter**  
 Sept 2009  
 Volume 6 Issue 9

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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

Membership Dues help support the different programs, activities and trips @ the Senior Center. We value each and every one of you and want you to continue receiving your newsletter. It is with great reluctance that we delete any membership. Last month we placed phone calls and we sent newsletters with highlighted address labels to several members who dues had expired. Many delinquent members appreciated the reminder and responded, and renewed their membership. We decided to extend a courtesy mailing one more month. We are sending past due members their newsletter with a circle around the address. If you receive a newsletter with the circle, and have renewed, please contact us immediately so we can correct it. However, October's newsletter will be mailed to current members only. As we all know, the cost of postage is quite expensive. Newsletters will still be available at the front desk at the Senior Center. Thank you for your continued support, Marie & Sheena

## Letters to the Editor

*Dear Editors, I recently joined the Center (August 17th) and received a card that says my membership expires July 31st. '10. At the same time I renewed my Grandfather's membership and his card expires June 30th. '10. Why are the renewing dates different? Jane S. (answer on page 6)*

### What's Up At The Center ?



#### What's Up in Sept ?

Please check the calendar  
for all daily activities

#### Board Of Directors

Chairperson: Frank Wolfgang (11)  
Vice Chair:  
Secretary: Paul Weiner (10)  
Treasurer: Ron Allen (11)  
Asst. Treasurer: June Messier (12)

#### Directors At Large

Joe Allara (10) Valerie Brown (12)  
Kathy Chase (10) John Graves (11)  
Christine Tremblay (12)

BOD/Membership Meeting  
will be held on **Tues. Oct. 8th**  
@ 4 pm.

We invite any member to attend  
your input is important to us.

#### Office Staff

Office Manager: Suzi Franklin  
Office Asst: Doris Hanlon

#### Activities & Newsletter Staff:

Sheena Allara.....Marie Hastie  
Website: Bob Bussiere  
Senior Center Aide: Ken Chase

Every  
**Saturday** →

Pancake Breakfast 8-11 am  
All you can eat Pancakes, with  
2 sausages, Coffee and OJ  
Roll back price \$4:50!



Every →  
**Wednesday**

**Bingo !** Doors open @ 5 pm Games @ 6 pm  
Prizes, Food & Fun

**Monday 7th** →

Closed- Labor Day

**Monday 14th** →

Open Mic Karaoke Night 5 pm-7 pm

**Thursday 24th** →

Motor Coach Trip to Foxwood Casino  
Leave Wells Transportation Center @ 7:30 am

**Monday 28th** →

Atria Luncheon @ the Center 12 pm

Open  
**Monday-**

**Friday**  
9 am-4 pm

**Saturday**  
8 am-11 am

## Visit Our Gift Shop

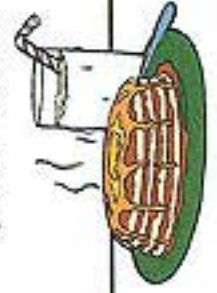

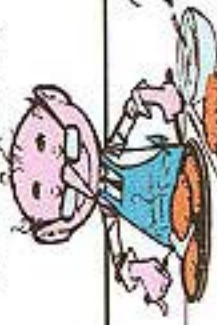

Hand Crafted Items Sweet Baby Things, Mittens,  
Hats, Scarf's, Aprons Tissue Box Covers, and don't  
forget the special Dammit Doll. We have several  
beautiful gifts and if you take the time to browse you  
will find something special!

**GIFTS Galore**



WATCH  
OUT FOR THE  
CHILDREN

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Save On Your Energy Bill</b></p> <p>Monday August 31, 2009 @ Noon</p> <p>Light Lunch Provided by Foot Bridge Restaurant</p> <p>A program/demonstration to show us how we could save on our energy bills</p>	<p>1 Chair Exercise 10 am</p> <p>Exercise 10:30 am</p> <p>Toenail Care 11:20 am</p> <p>Chicago Bridge 1-3 pm</p> <p>Mahjong 1-3 pm</p> <p>Game Night 4pm</p>	<p>2 Exercise 10:15 am</p> <p>Craft Room 1-3 pm</p> <p>Cribbage 1:30 pm</p> <p>Bingo @ 5 pm</p> <p><b>BINGO!</b></p>	<p>3 Ask the Nurse 10 am</p> <p>Exercise 10:30 am</p> <p>Line Dancing 1-3 pm</p> <p>Dup. Bridge 1-3 pm</p>	<p>4 Pinochle 10am-12pm</p> <p>Hand &amp; Foot 1-3 pm</p>	<p>5 Pancake Breakfast 8-11 am (Gold Team)</p> 
6 Closed	<p>7</p> <p><b>CLOSED LABOR DAY</b></p>	<p>8 Chair Exercise 10 am</p> <p>Exercise 10:30 am</p> <p>Toenail Care 11:20 am</p> <p>Chicago Bridge 1-3 pm</p> <p>Mahjong 1-3 pm</p> <p><b>BOD/Mem. Mtg. 4 pm</b></p>	<p>9 Exercise 10:15 am</p> <p>Craft Room 1-3 pm</p> <p>Cribbage 1:30 pm</p> <p>Bingo @ 5 pm</p> <p><b>BINGO!</b></p>	<p>10 Ask the Nurse 10 am</p> <p>Computer Tutor 10 am</p> <p>Exercise 10:30 am</p> <p>Line Dancing 1-3 pm</p> <p>Dup. Bridge 1-3 pm</p>	<p>11 Pinochle 10am-12pm</p> <p>Hand &amp; Foot 1-3 pm</p>	<p>12 Pancake Breakfast 8-11 am (Red Team)</p> 
13 Closed	<p>14 Yoga 9:30 am</p> <p>Marker Art 1-3 pm</p> <p>Scrabble 1-3 pm</p> <p>Canasta 1-3 pm</p> <p>Karaoke 5-7 pm</p>	<p>15 Chair Exercise 10 am</p> <p>Exercise 10:30 am</p> <p>Toenail Care 11:20 am</p> <p>Chicago Bridge 1-3 pm</p> <p>Mahjong 1-3 pm</p> <p>Game Night 4 pm</p>	<p>16 Exercise 10:15 am</p> <p>Craft Room 1-3 pm</p> <p>Cribbage 1:30 pm</p> <p>Bingo @ 5 pm</p> <p><b>BINGO!</b></p>	<p>17 Ask the Nurse 10 am</p> <p>Exercise 10:30 am</p> <p>Line Dancing 1-3 pm</p> <p>Dup. Bridge 1-3 pm</p>	<p>18 Pinochle 10am-12pm</p> <p>Hand &amp; Foot 1-3 pm</p>	<p>19 Pancake Breakfast 8-11 am (Green Team)</p> 
20 Closed	<p>21 Yoga 9:30 am</p> <p>Marker Art 1-3 pm</p> <p>Scrabble 1-3 pm</p> <p>Canasta 1-3 pm</p>	<p>22 Chair Exercise 10 am</p> <p>Exercise 10:30 am</p> <p>Toenail Care 11:20 am</p> <p>Chicago Bridge 1-3 pm</p> <p>Mahjong 1-3 pm</p> <p>Game Night 4 pm</p>	<p>23 Exercise 10:15 am</p> <p>Craft Room 1-3 pm</p> <p>Cribbage 1:30 pm</p> <p>Bingo @ 5 pm</p> <p><b>BINGO!</b></p>	<p>24 Ask the Nurse 10 am</p> <p>Computer Tutor 10 am</p> <p>Foxwood Trip @ 7:45am</p> <p>Exercise 10:30 am</p> <p>Line Dancing 1-3 pm</p> <p>Dup. Bridge 1-3 pm</p>	<p>25 Pinochle 10am-12pm</p> <p>Hand &amp; Foot 1-3 pm</p>	<p>26 Pancake Breakfast 8-11 am (Blue Team)</p> 
27 Closed	<p>28 Yoga 9:30 am</p> <p>Marker Art 1-3 pm</p> <p>Scrabble 1-3 pm</p> <p>Canasta 1-3 pm</p> <p><b>Atria Luncheon 12</b></p>	<p>29 Chair Exercise 10 am</p> <p>Exercise 10:30 am</p> <p>Toenail Care 11:20 am</p> <p>Chicago Bridge 1-3 pm</p> <p>Mahjong 1-3 pm</p> <p>Game Night 4 pm</p>	<p>30 Exercise 10:15 am</p> <p>Craft Room 1-3 pm</p> <p>Cribbage 1:30 pm</p> <p>Bingo @ 5 pm</p> <p><b>BINGO!</b></p>	<p><b>Game Night @ Tuesday Night</b></p> <p>Do You enjoy Trivia Pursuit? Guesstures, Taboo or Pictionary?</p> <p>Or do you have a favorite game you wish to introduce us to? Come join the fun on Tuesday night you could be on a winning team. Meet new friends.</p>		

# It's Never Too Early To "Talk Turkey"

Today I want to talk about REAL turkeys! You all know about costs rising and income shrinking so we are trying to help the kids out at the Junior High with the cost of the Annual Thanksgiving Dinner that they put on every year for the area seniors. We are posting a board as of Sept. 1st in the hopes that we can raise some money to pay for this year's turkeys since the eighth graders do all the work and provide all the desserts and fixings to provide us with a great afternoon and dinner over the holiday. We are requesting a donation of \$5. to put 'half of a turkey' on the board or \$10. to put the whole turkey. Each \$5. purchase will give you one entry into a



'thank you' raffle which has some small prizes to say, you guessed it, 'thank you for helping'.

We have 40 turkeys or 80 half turkeys to post on the board and hope that you will come in and put up a turkey or mail in a donation for this worthy cause.

## FLU SHOT CLINICS

( *Yes!* It is that time again! )

Open to the Public as well as Members



Provided by York Hospital

Regular Fall Flu Shots  
Cost TBA next Newsletter

Tuesday, October 20th, 12:00-3:30 pm

Tuesday, November 3rd, 12:00-3:30 pm

H1N1 Flu Shots- Date & Cost TBA -

Dates when H1N1 Vaccine is ready and safe for people. Estimated to be : Nov. 10th, 17th, '09 or Dec. 1st, 2009. Any of these dates may switch from H1N1 to regular Flu Vaccine depending on availability. We are in touch with York Hospital about this and will keep you informed as new information becomes available.

Cont. from pge. 1

Are you on a sign-up Sheet?

A while back we had problems with early sign-ups demanding front row seating and we sorted that out by making the rule: first paid gets assigned first seats on the bus. The only exception to that is Staff (Marie, Doris and myself) who are required to be up-front to organize bus activities, give out tickets, communicate with the driver and in general facilitate our day's events. One of our members (who knows who she is but shall remain nameless) suggested that we don't let anyone 'sign-up' unless they pay. She says another organization that she belongs to has that policy, "Pay Up at Sign Up!" Of course, wouldn't you know it, the person suggesting that policy is the biggest offender and doesn't pay until the last minute. She promises to do better in the future! We would prefer not to adopt that policy since it is not always convenient for our members to pay right away. Please work with us on this and help us continue to provide you with quality outings at good value and luncheons, dinners, raffle parties etc. that we can all participate in equitably. Thank You.

(Cont. from page 1)

**You're the BEST!**

## HANNAFORD'S JULY

RETURNABLE DEPOSIT BOTTLE DRIVE. With the help of all our favorite people (tourists, vacationers, renters, seasonal visitors etc.) we broke all our records for bottle donations this year. We have been part of the Hannaford program for the past five years but never have we had a donation of this magnitude. **\$757.88!** So a great big Thank You to Hannaford's and all of you and your friends for making this possible.

## Hannaford Gift Cards

While on the subject of Hannaford's goodwill, we are being asked to again run the "gift card order" program. Those of us who have used these are all re-ordering because of the convenience and the 5% Hannaford donates to the Center for each purchase. To date we have ordered \$4,400. ! Orders must be in and paid for by Oct. 23rd

100 Club Raffle Fri. Aug, 21, 2009

Congratulation to our winners:

Top prize: \$500. Ann Hussey (Of course Dan Hussey collected it, but he says he will share!)

\$100. winner Dolores King & Muriel Goodrich

**Next 100 Club Raffle Friday, October 16th, 2009** Be sure you obtain your ticket ASAP. This will be near Halloween so..... if you feel brave it might be fun to come in costume!!



This is our Send-a-Card Page. If you see a friend listed here, I'm sure they would love to get a greeting or a word of comfort from you. Unfortunately we do not have ESP so we have no way of knowing if some of our members are ill or shut-in. If you are aware of anyone could you give us a call @ 207-646-7775  
Everyone appreciates something in their mailbox to cheer them up.



# Happy Birthday



Ellen Aromando	Sept. 01	Ray Morin	Sept 08	Barbara Sorensen	Sept 19
Patricia Prendergast	Sept 01	James Shaw	Sept 08	Stephen Oliver	Sept 19
Fred Birdsall	Sept 01	Sandra Weiner	Sept 09	Fred Connelly	Sept 19
Paul Ersing	Sept 01	George E. Wilson	Sept 09	Dolores J. King	Sept 20
Betty Talbot	Sept 02	Theresa Martin	Sept 10	Marie Lavoie	Sept 20
Polly Baston	Sept 03	Bonnie Guptill	Sept 11	George Gallant	Sept 21
Kurt C. Benedict	Sept 03	Irene Rouleau	Sept 11	Anne Lynch	Sept 23
Leila Kupper	Sept 04	Elizabeth Desharnais	Sept 12	Sue Wiggins	Sept 24
Norma Miller	Sept 06	Paul Eichelroth	Sept 14	Dick Eaton Sr.	Sept 25
Marjorie Matson	Sept 06	James LeBlanc	Sept 14	Brian McDonald	Sept 27
Joe Graham	Sept 07	Peter Sullivan	Sept 14	Bob Coleman	Sept 27
Blanche Feinberg	Sept 07	Anne Cole	Sept 17	Miriam Blanchard	Sept 28
Shirley McDonough	Sept 07	Eunice Desjardins	Sept 19		



# Happy Anniversary



Joanne & Bob Jacobs	Sept 01	Lee & Stephen Oliver	Sept 12
Ginny & John Putnam	Sept 01	Jeanne & George McGonagle	Sept 13
Priscilla & Jack Leary	Sept 02	Marie & David Gordon	Sept 13
Marietta & Norman Hebert	Sept 06	Janet & Martin Schorer	Sept 17
Mae & Bob Cady	Sept 07	Claire & Gordon Sirois	Sept 17
Joan & Joe Graham	Sept 07	Jean & John Ladderbush	Sept 19
Marla & Philip McCurdy	Sept 08	Ida & William Neistorowich	Sept 19
Leila & Alan Kupper	Sept 09	Judi & Jack O'Donnell	Sept 22
Blanche & Yale Feinberg	Sept 09	Ruth & Joe McCluskey	Sept 27
Kathleen & Thomas Eaton	Sept 10	Marion & Gerald Bojas	Sept 28
Mary & Edward Cormier	Sept 11		

Eleanor M. Bartus  
 Connie Bemis - Claire Brown  
 Margaret & James Calder  
 Joyce Gallivan  
 Joyce & David Iles  
 Robert Ross - Marilyn Y. Welch

*In Sympathy we mourn the passing of*

Margaret Humes

March 4, 1937- August 8, 2009

Lois Eileen (Nickie) Wagner

December 24, 1933- August 8, 2009



Wocam Newsletter



*Barbara Ambrose and Yvonne Mann donated some wonderful items for our Gift/Craft Shop.*

*Ellie Carberry's family brought some of Ellie's music books to the Center. Ellie donated the piano in the sitting room and we all remember Ellie's sing-a-longs.*

*Our thanks and appreciation to you.*



**Bob Jacobs who is recovering from Lung surgery**

**Valerie Brown as she prepares for her surgery**

(cont. from Page 2) Letters to the Editors

Dear Jane: All memberships prior to June 30th 2009 were recalibrated to run out on June 30th 2009. So all existing members as of June 30th will renew annually on June 30th of each year.

To make it fair to new members, such as you, you will renew annually on the anniversary month of joining. In your case, August 1st, 2010. This gives you a full 12 month membership. It also gives the Center a small cash flow throughout the year as new members will be renewing every month beginning August next year. We will review the membership in four or five years and possibly do a recalibration again to make everyone a June 30th renewal. In the meantime, we hope we have answered your question. Sheena and Marie

# Marker Art Class

A New Marker Art Class will begin after Labor Day

*Each Monday: First Class Monday, Sept. 14th, 21st, 28th and last class will be Oct. 5th.*

*Summer will be over and you can get back to a schedule. Why not consider taking an art class? Bob Hastie is the instructor and he always says, "Anyone can draw." It's fun to explore your talent and Marker is a great medium to try. Cost: \$60 Non-members \$80 This includes all your art supplies and 4 two hour lessons with Bob. The class is limited to 9 students with a minimum of 5 students to have the class. Please sign up @ the Senior Center and pay the artist at your first lesson.*



## Holiday Craft Fair & Candy / Bake Sale

Saturday, Nov. 21st, 2009

8am — 1pm

6 ft. Crafter's Table: members \$10. non-mem \$12.

Attention All Bakers & Candy Makers

We are requesting your assistance in making this event a success. Please sign up at the Center if you can help.



Come and shop for that special holiday gift or pick up some homebaked goodies and leave the baking to us.



# A Matter Of Balance

September 14– November 2, 2010

Every Mondays 1-3 pm

Are You concerned about falling? Many older adults experience concerns about falling and restrict their activities. "A MATTER OF BALANCE" is an award-winning program designed to manage falls and increase activity levels.



This program emphasizes practical strategies to manage falls. Who Should Attend? Anyone interested in improving balance, flexibility, and strength. Anyone who has fallen in the past. Any one who has restricted activities because of falling concerns.

Donation: \$20. for an 8 session class



Join the Karaoke Team for open mic night of Karaoke

Monday, Sept. 14th, 2009 @ 5 pm-7pm . We have a large selection of songs to choose from, you can come as you are, sing, dance or just sit back and listen, you can also sing along with us.

Karaoke Night is free and there will be refreshments.

Bring your friends. We do have fun. It's our version of American Idol!



This little "Smiley Face" could be you on Dec. 11th if you come in and pick a lucky number in our "Big Win Raffle"! We will be serving refreshments and wine first of course, then on to the lucky 31 people going home with \$\$\$\$!



So far we have approx. 33% of the tickets paid for. We also have a number of people with tickets on reserve. You can come in and put a hold a specific number if you feel it might be lucky for you. Remember, only 300 tickets to be sold. Your odds are terrific. You could be a WINNER! Think...\$\$\$



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# On The Road Again.....



## Foxwood Casino

Here We Come!

Thurs. Sept. 24th, 2009

7:30am – 7pm

Bingo, Slots, Shops,  
Poker or Museums?



Bonus: \$10 meal voucher &  
\$15 in Keno Bets



Members  
\$37.

Non-  
Members  
\$40.

7:30 am–7:30 pm

Thurs. October 15th, 2009

## Coastal Maine Foliage Trip

Members: \$59.00

Non-Members: \$64.00

Hollywood Slots, Bangor for buffet lunch

\$5. free slot play before lunch

The Wyeth Exhibit @ Farnsworth Museum  
Owls Head Transportation Museum



## Come Dine With Us.....



### Varano's "ItalianFest"

Thursday, Oct.22nd, 2009

Social Hour 5:30 pm– 6:30 pm

Dinner : 6:30 pm

Tickets available @ Varano's or  
Billy's Chowderhouse, Mile Rd, Wells ME  
and Wells/Ogunquit Senior Center, 300  
Post Rd. Wells . Donation: \$20.  
includes Tax & Gratuity

#### Menu

Caesar Salad & Garlic Bread  
Chicken Marsala  
Eggplant Parmigian  
Roasted Potatoes, Mixed Veg.  
Chef's Choice of Dessert  
Beverage

  
**Great Food**  
**Door Prizes**  
**Cash Bar**

This event is sponsored by Dick & Sherri Varano to Benefit the Wells/Ogunquit Senior Center

## Atria Luncheon

Monday Sept 28th, 2009

Noon @ the Senior Center

Chef Bruce is serving,

Salad, Garlic Bread,  
Chicken Cacciatore  
German Chocolate  
Cake.

Members: \$5.

Non-Members: \$6.



## WOCAM

### Mac & Cheese Luncheon

Monday, Oct 5th

Sing- A-Long 10:45 am

Lunch

12 Noon

Members: \$5.

Non-Members: \$6.

#### Menu

Salad, Garlic Bread, Mac&Cheese  
Dessert: Strawberry Shortcake

NONPROFIT  
 ORG.  
 U.S. POSTAGE  
 PAID  
 WELLS, ME.  
 PERMIT No. 15



## Where Were You?

*Where were you when the world stopped turning that Sept day ?  
 Out in the yard with your wife and children or working in some office in L.A. ?  
 Did you stand there in shock at the sight of that black smoke rising against that blue sky ?  
 Did you shout out in anger, in fear for your neighbor or did you just sit down and cry ?  
 Did you weep for the children who lost their dear loved ones and pray for the ones who don't know ?  
 Did you rejoice for the people who walked from the rubble and sob for the ones left below ?  
 Did you burst out in pride for the Red, White and Blue  
 and the heroes who died just doin' what they do ?  
 Did you look up to heaven for some kind of answers and look at yourself and what really matters?  
 Where were you when the world stopped turning ?  
 Were you teaching a class full of children or driving down some cold interstate ?  
 Did you feel guilty cause you're a survivor, in a crowd room ? Did you feel alone ?  
 Did you call up your mother to tell her you love her and dust off that bible at home  
 or open your eyes in hopes it never happened or close your eyes and not go to sleep ?  
 Did you notice the sunset for the first time in ages, speak to some stranger on the street?  
 Did you lay down at night and think of tomorrow, go out and buy you a gun ?  
 Did you turn off that violent movie you were watching and turn on "I Love Lucy" reruns ?  
 Did you go to church and hold hands with some strangers or stand in line to give some of your blood ?  
 Did you just stay at home and cling tight to your family and thank God you had someone to love ?  
 Where were you when the world stopped turning that September Morning ?      9/11/2001*

These are some of the lyrics from an Alan Jackson song and we thought it would be appropriate after eight years to remind us all of how fortunate we are to live in the USA . Speaking for myself, I was in Dunkin Donuts watching T.V. while waiting for my order and I thought it was a movie that was on T.V. at first.



My family was visiting from Scotland and had to get back into Canada for their flight home. They had great difficulty at the border because of the security and closed border crossings. **So where were YOU?**

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