



swellsogunquit@maine.rr.com
web site: www.wocam.org

SENIOR CENTRAL



WOCAM NEWSLETTER

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300 Post Rd. Rt. 1

Wells, ME 04090

P.O. Box 987

P.O. Box 9

Moody, ME 04054



wet paint



Life Explained

On the first day God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. Let me have twenty years and I'll give back the other forty." and God agreed. On the second day, God created the dog. God said "Sit all day by the door of your house and bark at anyone who comes in or walks past. I'll give you a life span of twenty years." The dog said, "That's too long to be barking. Give me ten years and I'll give back the other ten."

So God agreed. (sigh)

On the third day God created the monkey. God said, "Entertain people do monkey tricks make them laugh. I'll give you a twenty year life span."

Monkey said, " How boring, monkey tricks for twenty years? I don't think so. Dog gave you back ten, so that's what I'll do

too Okay?" And God agreed again. On the forth day God created man. God said, " Eat, sleep, play, enjoy. Do nothing, just enjoy , enjoy. I'll give you a life span of twenty years." "What? Only twenty years? No way man. Tell you what, I'll take my twenty and the forty the cow gave back, and the ten the dog gave back and also the ten the monkey gave back. That makes eighty years, okay?" "Okay, said God. You've got a deal."

So that is why for the first twenty years we eat, sleep, play, enjoy, and do nothing; for the next forty years we slave in the sun to support our family; for the next ten years we do monkey tricks to entertain our grandchildren; and for the last ten years we sit in front of the house and bark at everybody that goes by.
The End.

Laughter is the sun that drives winter from the human face
Victor Hugo

Over the last few weeks the building committee and a volunteer crew, have been painting the interior walls of the Senior Center. This has not disrupted our regular schedule at the Center. The plan was to paint during the off hours. However, there are some "wet paint" signs around, you should be aware of. We apologize in advance for any inconvenience this has been to our members.

We have a beautiful Senior Center and we will have been here six year in July. It's time to spruce up the inside walls.

Our book shelves have a large selection of books and we are expecting new book-cases soon to take care of the overflow. Many thanks to Robert Glidden who pro-

Cont. on page 4

**WOCAM
Newsletter
February 2010
Volume 7 Issue 2**

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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

News From The Office

ATTENTION VOLUNTEERS Are you filling out the time you volunteer at the Senior Center? This is easy to forget . As a non-profit organization, keeping track of these hours is very important. Gift Shop, Front Desk , Painting the walls, anything you do on a volunteer basis. The Red Volunteer Note Book @ the front desk is for this purpose. Please fill out name, date, type of volunteer work, and the number of hours. If you need assistance ask Suzi or someone at the desk. The number of volunteers hours we post, helps us to qualify for grants and other donations.
Thank You.



Letters to the Editor



Dear Editors: (1) Why don't we have lunch everyday at the Center? Most of the Senior Centers do provide a lunch. Signed M. C. The answer to this question is the budget. We try to bring a luncheon once a month, either Atria or, with the help of volunteers, we cook it ourselves. The Center does have a fully equip kitchen but no chef. This may be something we could do in the future.

(2) Why did the Senior Center have a picture of a naked girl on the walls? This question

What's Up At The Center ?



What's Up in February ?

Please check the calendar
for all the daily activities

Board Of Directors

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

Directors At Large

Valerie Brown (12)

Kathy Chase (10) John Graves (11)
George Hersom (11)
Chrisine Tremblay (12)

Honorary Board Members

Karl Ekstedt, Wells, B.O.S.
Michael Score, Ogunquit, B.O.S.

BOD/Membership Meeting
is Tues. Feb. 9th, 2010

PANCAKE BREAKFAST & BINGO

Stopped for the winter
See you in April !!

Saturday
Feb. 6th →

Warming Day Marker Art Demo 10 am
Lunch provided by Pine Tree Cafe Karaoke 1-2:30 pm

Saturday
Feb. 13th →

Warming day Eric Andrews Jazz Combo 10 am
Lunch provided by Ogunquit Rotary

Tuesday
Feb. 16th →

Mohegan Sun Trip
Meet @ Wells Transp. Station @ 7:45 am

Friday
Feb. 19th →

100 Cub Raffle Party
Italian Food 5-6 pm Raffle 6-7 pm

Saturday
Feb. 20th →

Warming day "Top Hats" 10 am
Lunch provided by Ocean Bank Fun Bingo 1 pm

Tuesday
Feb. 23rd. →

Luncheon Mac & Cheese @ Noon

Saturday
Feb. 27 →

Warming day Sculpy Demo. 10 am
Lunch Mike's Clam Shack, Karaoke 1 - 2:30pm

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



Visit the Gift

Shop

February 2010

Mon- Fri.




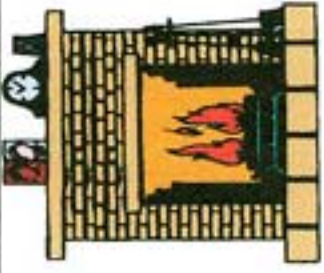
9 am- 4pm

Grasp that quick cup

of Coffee &

Donut only \$1.00



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Closed	1 Yoga 9:30 am Marker Art Class 1-3 pm Scrabble 1-3 pm Canasta 1-3 pm	2 Chair Exercise 10 am Exercise 10:30 am Toenail care 11:40 am Chicago Bridge 1-3 pm Mahjong 1-3 pm	3 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm	4 Coffee Club 9-11 am Ask the Nurse 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup Bridge 1-3 pm	5 Pinochle 10 am- 12 pm Hand & Foot 1-3 pm	6 Warming Day 9 am-4 pm Games Lunch Entertainment
7 Closed	8 Yoga 9:30 am Marker Art Class 1-3 pm Scrabble/Canasta 1-3 pm	9 Chair Exercise 10 am Exercise 10:30 am Toenail care 11:40 am Chicago Bridge 1-3 pm Mahjong 1-3 pm BOD/Mem Mt. 4 pm	10 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm	11 Coffee Club 9-11 am Ask the Nurse 10 am Computer Tutor 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup Bridge 1-3 pm	12 Pinochle 10 am- 12 pm Hand & Foot 1-3 pm	13 Warming Day 9 am-4 pm Games Lunch Entertainment
14  Closed	15  Closed	Mohegan Trip 7:45 6 Chair Exercise 10 am Exercise 10:30 am Toenail care 11:40 am Chicago Bridge 1-3 pm Mahjong 1-3 pm	17 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm	18 Coffee Club 9-11 am Ask the Nurse 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup Bridge 1-3 pm	19 Pinochle 10 am- 12 pm Hand & Foot 1-3 pm 100 Club Raffle Party 5 pm- 7 pm	20 Warming Day 9 am-4 pm Games Lunch Entertainment
21 Closed	22 Yoga 9:30 am Marker Art Class 1-3 pm Scrabble 1-3 pm Canasta 1-3 pm	23 Chair Exercise 10 am Exercise 10:30 am Toenail care 11:40 am Luncheon 12 pm Chicago Bridge 1-3 pm Mahjong 1-3 pm	24 Exercise 10:15 am Craft Room 1-3 pm Cribbage 1:30 pm Game Night 4 pm	25 Coffee Club 9-11 am Ask the Nurse 10 am Computer Tutor 10 am Exercise 10:45 am Line Dancing 1-3 pm Dup Bridge 1-3 pm	26 Pinochle 10 am- 12 pm Hand & Foot 1-3 pm	27 Warming Day 9 am-4 pm Games Lunch Entertainment
28 Closed	<div style="text-align: center;">  <p>High Lights of The Month</p> <p>Don't Forget To Join Us On</p> <p>Saturday 9am-4 pm</p> <p>For The Popular Warming Days.</p> <p>Hang Out, Relax, Enjoy Yourself</p> </div>					

Tuesday, Feb. 9th BOD/Membership Meeting 4 pm
 Tuesday, Feb. 16th Mohegan Sun Casino Trip
 Friday, Feb. 19th 100 Raffle Club (Italian Food Tonight!!) 5 pm
 Tuesday, Feb. 23rd Luncheon @ the Senior Center (Mac & Cheese)



Letters to the Editors



was ask some time ago. A member donated "on loan" a piece of art work, a print of a nude girl in the water. This was a print of a famous painting "Sept Morn" by artist Paul E'mile Chabas hanging in the Metropolitan Art Museum in N Y City. The painting caused a sensation and provoked a scandal in the US which resulted in a court case. It was said by the Mayor of New York "There's too little morning and too much maid." We thought it was tasteful, and hung it in the lounge area. We did not mean to offend anyone, however, a member was offended, and requested her membership back. (Don't come in a lookin for this painting, it has since been removed.) The person who donated the piece, wanted it displayed better and took it back. We think them for the loan of the painting. (It was a fine piece of art and we enjoyed it) Marie & Sheena



A Painless Way to Help

IF You are like most of us, you try to recycle bottles and cans to help the environment. This is a great way to help the Senior Center. We provide you with Clynk bags with our labels on them, just ask at the office. When you take the filled bags to Hannaford's Clynk. The profit will go directly to the Senior Center.



Last Summer we had 7 crews that collected the recyclables in Ogunquit. It took very devoted volunteers to tackle this dirty, time consuming job, however it resulted in \$\$\$ for the Center. We are considering if we will do it again this summer. If you would be willing to be on a team to collect recyclables. Please call the office 646-7775



"As You Like It"

Wells/Ogunquit Senior Center has been added as a site to register and obtain your meal ticket for the "As You Like It" Program. This program, run by Southern Maine Agency on Aging, is made possible by donations and federal grants. For a suggested donation of \$4.00 you can purchase a meal ticket good at certain locations. At present, Bonanza Steakhouse in Sanford, York Hospital Cafeteria, are nearest to us. The Agency is trying to add different locations. We hope some restaurants in Wells will participate. You must be over 60 yrs. old to be eligible and fill out a registration form, available at the Senior Center. There are no limits on how many meal tickets you purchase or what time you go. Thus the name

"As You Like It" Cost: \$4.00

Wishing Well

HELP!! WE ARE WISHING FOR A SPECIAL VOLUNTEER WITH SOME EXPERIENCE IN ADVERTIZING TO HELP US EACH MONTH NOTIFYING OUR LOCAL NEWS OUTLETS VIE OF A PRESS RELEASE OF THE EVENTS AT THE SENIOR CENTER ON A MONTHLY BASIS.. THEY SHOULD KNOW HOW TO WORD AND ISSUE A PRESS RELEASE. IF YOU ARE THAT SPECIAL

SOMEONE PLEASE CONTACT
Marie or Sheena @ 646-7775

ANOTHER ITEM ON OUR WISH LIST IS A CHAIR FOR OUR OFFICE. NOT TOO BIG AND IT WOULD NEED TO MATCH THE COLOR SCHEME IN THE LOUNGE AREA A KIND OF SAGE GREEN COLOR. LIKE A SETTING ROOM CHAIR.



(Cont. from Page 1) bookcases we have at the present time. He is building us the extra book shelves so we need to keep the books neat. We do believe our library rivals the Public Library. Please feel free to browse for a good book to borrow. Take as many as you like. We also sell our books. 4 paper backs for \$1. or 2 Hardcover books for \$1..



MATCHING GRANT

We would like to thank Huntinton Foundation for the opportunity of a \$7,500 matching grant to help fund an emergency generator to keep WOCAM up and running in a power outage so that we can serve as a warming center for Senior Citizens in our community, whose home power may be out. We still must come up with money to match the grant. If anyone cares to donate, we will have a donation jar at the Center, or they can send donations to WOCAM at Post Office Box 9, Moody, ME 04054. We will also be submitting any grant request we can find to help with the match.

The AAA Mature Operators Class graduated 17 people on January 15th.. Congratulations to everyone who participated and a thank you to Rayette from AAA for bring this program to the Senior Center. This is a way for seniors to refresh and improve their driving skills and it helps get us the insurance premium discount.

Send A Card Page

An Anniversary, Birthday, Get Well or to Welcome someone new to the Center.
Make someone's day by calling or sending them a little message.



Happy Birthday



Jeanne Dunn	2/01	Barbara Anderson	2/12	Barbara Wallace	2/19
Brenda Bacon	2/01	Frances Martel	2/12	Arthur P. McGinn	2/19
Fabian Werkowski	2/03	Jack Leary	2/12	Pat Gibeley	2/20
Frank Ranta	2/03	J. Lincoln Moran	2/12	Chet Galeucia	2/20
Marie Hamlyn	2/04	Ryna Lipkind	2/13	Pam Wolfgang	2/21
Natalie Rawding	2/04	Tom Walton	2/13	John Massaro	2/21
Charles Anderson	2/06	Brenda McDermott	2/14	Charles Dahill	2/23
Kathy Peterson	2/07	Rachel Walker	2/14	Paul Weiner	2/23
Marty King	2/07	James Calder	2/14	Ernest Paras	2/24
Eleanor O'Connor	2/08	Patricia Koerber	2/16	David Barton	2/24
Jacqui Grant	2/09	Mary Nora McNally	2/16	Sheila Tufts	2/25
Paul Winn	2/09	Don Horigan	2/16	John Putnam	2/25
Cal Conniff	2/10	Anna Bullard	2/17	Sandra Grady	2/26
Clara Ashworth	2/11	Patricia Faucher	2/17	Ruth Wilkinson	2/27
Barbara Levey	2/11	James Reed	2/17	Jane Perkins	2/27
Dot Capezzuto	2/11	Elizabeth Jones	2/18	Dot Tull	2/27

Old People shouldn't eat health foods. They need all the preservatives they can get!



Happy Anniversary

Lee & Bill Boudrot	2/06
Grace & Gary Littlefield	2/11
Carol & Paul Ersing	2/13
Emilie & Paul Eichelroth	2/19
Ruth & Richard Eaton Sr.	2/22
Clara & George Ashworth	2/23
Eileen & Charles Dahill	2/26

Welcome to our New Members

Barbara & Carl Anderson
Pamala & Frank Card
Beverly & Raymond Dufresne
Jim McIntyre
Lauren Reece
Nancy Roman
Barbara & Nelson Welch
Brianna Worthington



Am I my brother's keeper? No, but we should care about each other.

We have approx. 550-600 members here at the Center. Some come in often, others maybe just for a Flu Shot, or once a month to a luncheon. It's so important to keep in touch with our friends and neighbors. You might say "Gee I haven't seen Mary or John lately, wonder how their doing". You think they have family and you forget about it. Everyone is busy with their lives. Take the time, make the call, you will feel better. The Center appreciates being notified if a member is ill or could use company. Some people might think your being meddlesome but most of us benefit from being concerned about others, and most of us feel good knowing someone else cares how we are getting along.



To Philip Clark, who donated over 70 VCR Movies. Some of them are brand new, never been opened. You are welcome to borrow any of them to view at home. You may also buy them for \$2./ \$3. per Like the Books on the shelves. At this time, we request no more donations of books or tapes. This is a matter of space, we're running out of it!!!! Thanks



Our condolence to the family of

Yale Feinberg
May 24, 1931
January 4, 2010



MARKER ART CLASS

A new Marker Art Class will begin February 2010 Dates: Monday, Feb. 1st, 8th and 22nd (There will be only 3 classes in Feb. due to the Presidents Day Holiday)

Please sign up @ the Center if you would like to take this class. Cost: \$45. Members Non-mem \$55.

This includes all your art supplies and 3 two hour lessons with artist Bob Hastie.

Audiology Evaluations



Are you sometimes unsure of what other around have said? Do you wish that people would speak louder? Do you often ask family members and friends to repeat themselves. Do you have trouble hearing over the telephone? Hearing impairment is one of the most untreated disorders among the over 50 population. It causes social isolation, depression and safety concerns in our elderly. Marty Layne Associates are offering a free audiologic evaluation which can rule out medically caused hearing impairments, define the effect of hearing loss and predict the patient's success with amplification. They will be at the Senior Center Monday, March 1st at 11 am. Refreshments will be served. Please sign up and join us for this important program.



"FRACTURED FOLLIES"



The Wells High School Auditorium is the place to be on Saturday March 6th at 7 pm. Under the direction of June Messier. The "Applause for a Cause" troupe will be sponsoring the 10th edition of the Wells Fractured Follies. This popular variety show is packed with talent to offer entertainment and fun for everyone. One of the show's highlights is the All Male Revue (under the choreography of Kathy Chase) which features some of the area's prominent males in a dance routine. This is perhaps the most unique act in the evening schedule, but it is a varied program. There are performers, actors, and dancers. A Spring fling to offer you an enjoyable evening and a chance to see our local talent at a reasonable price. The event is a fundraiser for the Senior Center.

Tickets are available at the Wells Ogunquit Senior Center.

Tickets: \$10. or \$12 at the door.

Storm date: Sunday, March 7th, 2010

For more information please call 646-7775



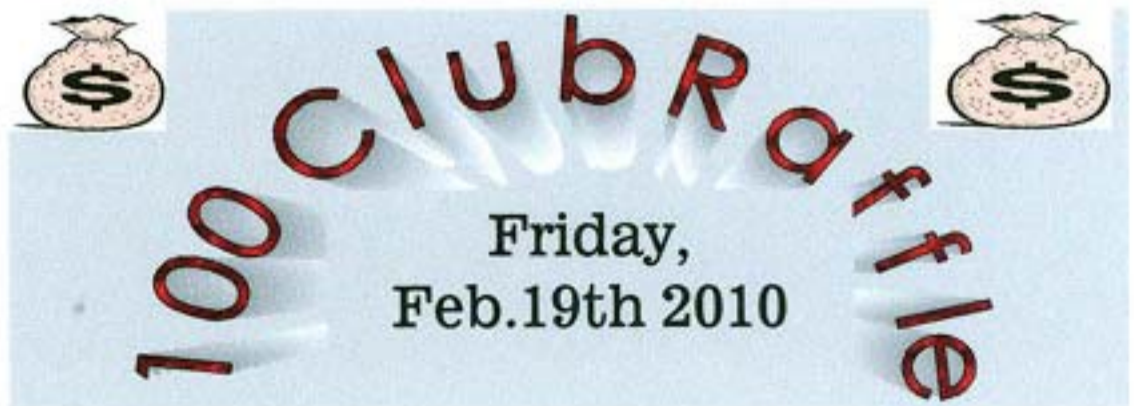
XLIV Superbowl

Be a "Player" on Super Bowl Sunday.



Date: Feb. 7, 2010

"Catch "the right score @ the end of the 1st,2nd,3rd and 4th Quarter and win! \$\$\$ There are 45 squares available. Only \$20 each. We have \$1,500 in cash prizes to give away. \$375 each quarter. Even tho the Patriots will have to wait another year for the playoffs, those of us who like to watch football and the SuperBowl can pick out another favorite team and cheer them while having some entertainment and some excitement knowing you can be a winner if the score is in the block you picked.. P.S. If all the spaces are not sold, the prize money will be adjusted to give out the money collected.



SURPRISE
SPECIAL
ATTRACTION
TONIGHT !!

(\$1,000 in cash prizes)

Italian food 5-6 pm
6-7 pm Raffle Drawing

Please reserve and get your payment into the office asap.

We hold your ticket until 7 days before the drawing at which time we release the # to anyone who wants a ticket.

Cost: \$20.



We had Beverly and the crew from Your Body Works visit the Senior Center in December with very favorable comments from those who had 'body work' done. Our-selves included. It's a pamper me time and makes one think they are a celebrity for a

day. . We thought everyone would enjoy this experience in the right atmosphere, after the Holidays when you need a stress remover.

Our Members have been invited to visit Your Body Works in Wells. We would receive a similar deal but we are requesting that everyone sign up for all three of these mini sessions. Cost: \$25.

Nail Mini Mani, Express Facial, and a Chair Massage.

Date: Wednesday, Feb. 24th 10 am- 1 pm

For more information : please call 646-7775



On The Road Again.....



Riverdance Show



The Hanover Theatre in Worcester Sunday, April 11th 2010

Leaving Wells Transportation Center 9:30 am
Stop @ McDonald's Haverhill from 10:30-11 am
Arrive Maxwell-Silverman's Toolhouse Restaurant 12 pm
(to park the bus)
Shuttle to Theater for 1 pm Matinee.
Shuttle back to Restaurant @ 3:30 pm for a Buffet Lunch
Home to Wells approx. 7 pm

Members:	Non-Members
\$82	\$90



Members:
\$37.
Non-Member:
\$40

Mohegan Sun Casino
Tuesday, Feb. 16th, 2010
Leaves Wells Transp. Center @ 8 am
Return back to Wells 7 pm
Your Casino Bonus Package includes: Bus, Meal Coupon, Gambling bets, and a Casino Gift!

Sign up at the Senior Center or call 646-7775

Notice this trip is scheduled for a Tues.



Four Celtic Women

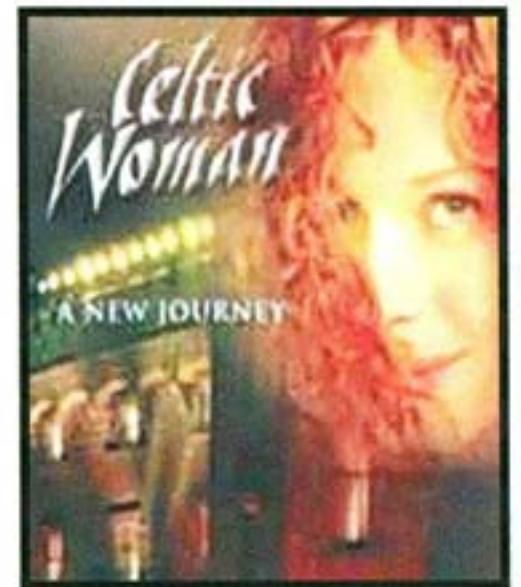
@ Venus DeMilo
Swansea, MA.

Thursday, March 18th,
2010 includes

Dinner/Transportation + Show
sign up AsaP

For more information call 646-7775

COST:	\$74.95
Members :	\$79.99
Non members:	



Come Dine With Us.....



York Hospital Urology Associates

The Wells/Ogunquit Senior Center will introduce and welcome Dr. Poplowski, Dr. Stahl and Jane Berlew, CUNP from the York Hospital Urology Associates, along with a physical therapist from the Physical Therapy Dept. They will be at the Center on Monday, March, 8th @ Noon to host an informal educational presentation providing information on services available at the York Hospital in Wells, relating to Comprehensive Specialized Urology care for all ages. A boxed luncheon, Lobster Roll, chips, apple slices, another dessert and a beverage will be served. An alternative to Lobster Roll, (chicken salad, egg salad, etc.) will be provided, if you notify us when you sign up. The public is invited to attend. We will have a sign up sheet to determine how many people plan to attend. A donation of \$ 7. per person is requested.

All proceeds to benefit the Wells/Ogunquit Senior Center.



LUNCHEON @ THE CENTER

TUESDAY, FEB. 23RD, 2010

JOIN US FOR THIS FAVORITE LUNCH.

Members:
\$5.00

MENU
SALAD, GARLIC BREAD
MAC & CHEESE
LAYER CAKE
BEVERAGE

Non-Members:
\$6.



Senior Needs Committee of Wells & Ogunquit



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

DAYS OF WARMING

Visit the Wells/Ogunquit Senior Center on any Saturday 9 am–4 pm during February and enjoy this special program. We invite all our members and friends to see our Center in action. There is fun, food and entertainment at no charge! We play cards, games, do puzzles, watch movies, enjoy some kind of entertainment and have a light lunch in the company of fellow friends. This is a perfect way to meet other people and stay connected. Several of the business in our community have donated lunch and their help, and with the volunteers who come every week, this program is sure to make this a “Place where Seniors Shine.” You can turn the heat down at your house and enjoy the camaraderie here. Make an effort to keep the cabin fever at bay while the cold weather chills the bones. Even the name “Days of Warming” sounds good !!

Feb 6th
Games, Cards Etc.
Marker Art Demo
Karaoke
Lunch
Pine Tree Cafe

Feb. 13th
Games, Cards, Etc.
Eric Andrews Jazz Combo
Making Valentines
Penn. Dutch “Cake Walk”
Lunch
Ogunquit Rotary



Feb. 20th
Games, Cards, Etc.
Fun Bingo with Ron
“Top Hats”
Lunch
Ocean Bank

Feb. 27th
Games, Cards, Etc.
Sculpy Demo
Karaoke
Lunch
Mike’s Clam Shack

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