



SENIOR CENTRAL



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WOCAM NEWSLETTER

We Are Generation of Survivors

This article is dedicated to those of us born between 1930-1979. and survived! First, we survived being born to moms who smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing, tuna from a can and didn't get tested for diabetes. Then after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints. We had no childproof lids on medicine bottles, locks on doors or cabinets and when we rode our bikes, we had baseball caps not helmets on our heads. As infants & children, we would ride in cars with no car seats, no booster seats, no seats belts, no air bags, bald tires, and sometimes no brakes. Riding in the back of a pick-up truck was always a special treat. We drank water from the

garden hose and not from a bottle. We shared one soft drink with four friends, from one bottle and no one actually died from this. We ate cupcakes made with lard, white bread, real butter and bacon. We drank Flavor-aid made with real white sugar and we weren't overweight. Why?? Because we were always outside playing....that's why! We would leave home in the morning and play all day, as long as we were back when the streetlights came on.. No one was able to reach us all day, and we were Ok. We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem. We did not have I-pods, Play Stations, Nintendo's and X boxes. There were no video-games,

no 150 channels on cable, no video movies or DVD's, no surround-sound or CD's, no cell phones, no personal computers, no Internet and no chat rooms.

WE HAD FRIENDS

and we went outside and found them. We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. We got spanked with wooden spoons, switches, ping pong paddles, or just a bare hand and no one would call child services to report abuse. We ate worms and mud pies made from dirt and the worms did not live in us forever. We were given BB guns for our 10th birthdays made up games with sticks and tennis balls and although we were told it would happen, we did not put out very many eyes. We rode bikes or walked to a friend's house and knocked on the door con't on pg 4

WOCAM

Newsletter

February, 2011

Volume 8 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 ability to pay.

News From The Office

I want to express my thanks to everyone who sent cards or spoke to me about the death of my mother. Nothing can prevent grief when a loved one is lost, but I am so grateful for the outpouring of support from all of you who care so much. Thank You Suzi

The weather has been so bad during Jan. Mortons keeps us plowed out and they shovel the walk way. The office puts down ice melt by the front door. We ask all our members to be extremely careful in the parking lot and the walkway to the front door. Please be cautious.

Your Newsletter is late this month, this is due to a computer virus. Our apologize to you all.



Letter to the Editors



"WE COULD NOT FIND A PARKING PLACE" Not a letter but a comment/complaint by a member who was disappointed on our 1st Day of Warming. Unfortunately the Senior Center has only a certain amount of spaces to park a car. We can park across the street (Salt Marsh Circle) along both sides of the road. However we understand that is not ideal, since you are farther away from the Center and have to cross Rt 1. In the summer months that can be hazardous. The best way to make sure you get a parking spot is to arrive early on the days you think will be a problem, if you are handicapped please park in front, come in and request help, speak with the Office Manager or the person in charge. We will try to accommodate you by having someone either move their car or someone to park your car across the street. We are sorry for any inconvenience with the parking issue. Most of the time it is not a problem. More parking spaces has been on the Senior Center's wish list since we opened. Someday we hope to acquire the land to expand our parking and make us all happy.

Thank you Marie & Sheena

What's Up At The Center ?



Board Of Directors

Chairperson: Joe Allara (13)
 Vice Chair: George Hersom (11)
 Secretary: Paul Weiner (13)
 Treasurer: Ron Allen (11)
 Asst. Treasurer: June Messier (12)

Directors At Large

Valerie Brown (12)

Kathy Chase (13) John Graves (11)
 Christine Tremblay (12)

Honorary Board Members

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

BOD/ Meeting
Tues. Feb. 15th, 6pm

What's Up in February ?

Please check the calendar for all the daily activities

Don't forget: "Ask the Nurse" if you have questions or need blood pressure taken every Thurs. or Fri. 10am-2pm.

If you have not been to the Senior Center for the Days of Warming in January, you are missing out on lots of fun, food and entertainment. There are four Saturdays this month, Please join us to see what it's all about.

Sat. Feb. 5th	9am-4pm Day of Warming
Sat.. Feb. 12th	
	9am-4pm Day of Warming
Fri. Feb. 18th	5 pm 100 Raffle Club, Pot Luck Supper,
Sat. Feb.. 19th	
	9am- 4pm Day of Warming
Thur.. Feb. 24th.	(see page 3 for entertainment schedule)
	Mohegan Sun Casino Trip Meet @ the Wells Transportation Station 8am
Sat. Feb. 26 the	9am- 4pm Last Day of Warming (see page 3 for entertainment schedule)

Office Staff

Office Manager: Suzi Franklin
 Office Asst: Doris Hanlon

Activities & Newsletter Staff:

Sheena Allara.....Marie Hastie
 Website: Bob Bussiere



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Specializing in Senior's Real Estate Needs





Come Dine With Us.....



Days Of Warming/ February's Schedule

Saturday, Feb. 5th Staff.....Marie
Lunch @ 12:30 pm.

Provided and served by People's Credit Union.
Salad & Rolls
American Chop Suey (Bob Howard—chef)
Dessert

Entertainment: Karaoke with Marie 10am-noon
Marker Art Demo: Bob Hastie 1pm-2 pm



Saturday, Feb. 12th Staff.....Doris
Lunch provided by Ogunquit Rotary
Chowder/ Sandwiches, Chips & Pickles
Dessert

Entertainment: Warren King & Top Hats 11:15am



Saturday, Feb. 19th Staff.....Sheena
Lunch @ 12:30 pm.

Provided and served by People's United Bank
Salad & Rolls

Baked Ham/ Pot./ Veg. Dessert

Entertainment: Eric Andrews Trio ?? Needs to be confirmed

Saturday, Feb. 26th Staff.....Sheena
Lunch @ Noon

Provided and served by Wells Family Practice
Salad, Chicken Marsala, (Bob Howard chef) Bread & Dessert
Entertainment: Karaoke / 10-noon ..Marker Art/ 1-2 pm

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Catering

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John Edmonds

(207) 646-2087

Atria's

St Patrick's Day Luncheon

Wednesday,

March 16th, 2011 @ Noon

Atria will come to the Senior Center to provide us
with a genuine St Patrick's Lunch

Members:
\$6.
Non-Mem
\$7.

Menu
Salad & Soda Bread
Corn Beef & Cabbage
Pot. & Carrots
St Patrick's Day Cake.
Green Punch



100 Club Raffle

Tickets:
\$25.00

Friday, February, 18th. 2011

Social / Pot Luck Dinner 5 pm

Raffle 6 pm

Cash Prizes of \$1,150. !

Please Sign up for Pot Luck & bring
a guest.



Come in and pay for your held #'s
or release them to people waiting to participate.

Ramsdell's Barber Shop & Styling

Open: Mon. thru Fri. 8am-6pm

Saturday 8am -3pm

Route 1, Wells

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Tom Ramsdell—Proprietor



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Estimates

For List of Services see Page 7

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Bus: 207-641-2186 Toll Free: 888-871-0900

nancy.hafford.jw68@statefarm.com



Con't from page 1

or rang the bell or just walked in and talked to them.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! These generations have produced some of the best risk-takers, problem solvers and inventors ever. The past 50 years have been an explosion of innovations and new ideas. What can kids today do besides push buttons?

We had freedom,, failure, success and responsibility, and we learned how to deal with it all. If you are one of them, CONGRATULATIONS. You might want to share this with others who had the luck to grow up as kids, before the lawyer and the government regulated so much of our lives for our own good. Alas, some of the things we did not have then, are very beneficial to us now, like seat belts, that save lives, progress is how we go forward and we realize we only have our memories of what we think were the best years to grow up. Our children and grandchildren will have their own ideas of the world to look for-

Winners Your Body Works Lottery

- Sheena Allara
- Barbara Burns
- Carol Buehler
- Pat Donoghue
- Bonnie Guptill
- Marie Hastie
- Lorraine Moulton
- Joan Richards
- Sheila Tuffs



Our many thanks to Beverly Steele and her crew @ Your Body Works in Wells, Maine who donated gifts and gift certificates for our Center.

Water Cooler Jug

You may have noticed a stray water cooler jug on the floor by the front desk. Well we put it there on purpose. Water cooler jugs make great containers for loose change (money). Most of us have a dish or something on your dresser to collect all the change in your pockets or purse. The Center is hoping to collect lots of loose change in this jug. It is surprising how pennies, nickels, dimes, and quarters add up to \$\$\$ After we fill it up, we'll think of a way to have a lottery guess on how much is in the jug. When you drop in the center, don't forget to drop some coins into the water jug. Your help is gratefully appreciated. Thank You

100 Club Raffle

The Winners Fri. Dec. 17th, 2010

\$500. Muriel Goodrich & Dolores King!

\$100. Kathy Chase

\$75. Priscilla Leary

\$75. Lorraine Moulton




Win a Pencil Portrait



This original Bob Hastic Portrait can be yours for only \$2.00 per chance or \$5.00 for 5 chances. Bob requires a clear photo (head size at least 2") of the subject. We will draw the winning ticket on the last Day of Warming 2/26/11 You will receive an 11x14 matted, framed, and ready to hang.

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E-Mail: pweiner@gwi.net





Send A Card Page



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



Happy Birthday to You !!



Jeanne Dunn	2/01	Cal Conniff	2/10	Rachel Walker	2/14	Barry Wolfson	2/22
Brenda Bacon	2/01	Barbara Levey	2/11	Patricia Koerber	2/16	Dolores Ferrin	2/23
Frank Ranta	2/03	Dot Capezzuto	2/11	Don Horigan	2/16	Charles Dahill	2/23
Helen Wood	2/05	Jack Leary	2/12	Anna Bullard	2/17	Paul Weiner	2/23
Pat Paty	2/06	J. Lincoln Morgan	2/12	Patricia Faucher	2/17	Ernest Paras	2/24
Charles Anderson	2/06	Ryna Lipkind	2/13	James Reed	2/17	David Barton	2/24
Kathy Peterson	2/07	Jean LaBossiere	2/13	Nelson Welch	2/18	Sheila Tuffs	2/25
Greta Glorioso	2/07	Christine Tremblay	2/13	Mary Kathleen Foley	2/19	John Putman	2/25
Marty King	2/07	Ken LaBossiere	2/13	Barbara Wallace	2/19	Ruth Wilkinson	2/27
Eleanor O'Connor	2/08	Tom Walton	2/13	Arthur McGinn	2/19	Jane Perkins	2/27
Marie Ciampa	2/09	Barbara Welch	2/14	Pat Gibeley	2/20	Age is a state of mind,	
Jacqui Grant	2/09	Audrey Familgetti	2/14	Chet Galeucia	2/20	If you are young you don't mind	
Paul Winn	2/09	Brenda McDermott	2/14	Frank Wolfgang	2/21		



Happy Anniversary

June & Roger Messier	2/01
Lee & Bill Boudrot	2/06
Grace & Gary Littlefield	2/11
Muriel & Jordan Freedman	2/14
Emile & Paul Eichelroth	2/19
Ruth & Dick Eaton Sr.	2/22
Eileen & Charles Dahill	2/26



Welcome to New Members

Dick Brigham
Marilyn Eimon
Joe Gorman
Diane & Peter Malley
Tim O'Leary
Elaine & Richard Squillace



Cal Conniff, Dennis Madigan
Bob Maurais,
John Miller &
Marlie Philips



Gone from us
but always in our
hearts

Our Sympathy
To the family of Suzi Franklin
on the death of her mom
June Clapp
(10/26/1918—1/12/2011
To the Family of
Kathy & Butch Chase & Bob Hamlyn
On the death of mom & wife
Lorraine Hamlyn
(Nov.22/1930—1/15/2011)

(207) 646-6303

Gerry's Beauty Salon

32 Davis Street
Wells, Maine 04090-1108

Gerry Paradis

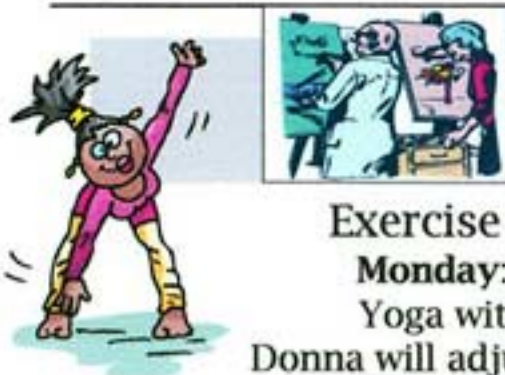


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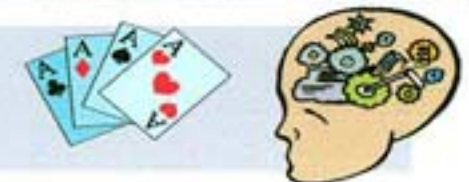
KATHLEEN D. CHASE
STATE REPRESENTATIVE

142 BRANCH RD.
WELLS, ME 04090

HOUSE OF REPRESENTATIVES
2 STATE HOUSE STATION
AUGUSTA, MAINE 04333-0002



*What to Do, What to Do, What to Do,
Come to the Senior Center we have something for you.*



Exercise The Body

Monday: 9:30 am

Yoga with Donna

Donna will adjust the class to fit everyone .

Tuesday: York Hospital provides exercise class. Chair exercise @ 10 am Regular Exercise @ 10:30 am. York Hospital does require a doctor's ok, you may obtain a form at the Senior Center.

Wednesday: 10:15 am

Aerobic Exercise with Robin. Robin will put you through your paces.

Thursday: 10:45 am York Hospital again conducts this class and the requirements are the same.

Line Dancing is an enjoyable way to get your exercise. A beginner class @ 12:30 pm and 1 pm regular line dance. Tina has this class in fine fiddle, they are so good we sometime ask them to perform for us.

Nurture Your Creative Side

Monday: 1-3 pm

Marker Art Class How many times have you heard "I can't draw a straight line." Bob Hastie says you can. You only need your finger to paint with. It's a fun medium to work with and the results will surprise you.

Wednesday: 1-3 pm

Craft Room Join this group of very talented crafters making handcrafted items for the Gift Shop. You are welcome to visit and see what it's all about and share some of your talents with them.



Exercise Your Mind

Monday: 1-3 pm Scrabble and Canasta

How many two letters words do you know? Both Scrabble & Canasta players are looking for more players.

Tuesday: 1-3 pm Chicago Bridge, Chicago bridge is a beginning form of bridge, easier to learn, then you can move up to the big time. Mahjong 1-3 pm (they play with tiles) that's all I know. They are willing to teach you if you would like to play

Wednesday: 1:30 pm Cribbage

15/2—15/4 you hear that all over the room. Very popular game at the Center. Game Night 4-6 pm "Fact or Crap" , "Smart Ass" , Trivia. Peg will find out right away if you are smarter than a 5th grader. You will lose your inhibitions and have so much fun you won't care.

Thursday: 10 am 2x monthly

Computer Tutor Bob Bussiere teaches us how to work our computers, keep up with e-mail, check out the internet.

Most anything you want to know, Bob can help you out.

Friday: 10 am-12pm Pinochle.

After a few lessons on how to hold your cards, how to count, how to bid. This card game will have you rearranging your Fri. morning so you don't miss it.

Hand & Foot 1-3 pm (yes there is a card game with that name) I think someone in Florida started it.

On Thur. & Fri. 10am-2 pm we have a nurse who will be glad to take you blood pressure and answer questions concerning health. Tues, you may schedule toenail care with a RN from the York Hospital. Flu shots in the Fall. The Senior Center participates in the "As You Like It " Program run by SMAA. Meal tickets available Mon.-Fri. 9am-4pm. For \$4.00 each. We schedule different speakers through out the year to address concerns of interest to our seniors. Trips, Luncheons, Fashion Show, Yard Sale, 100 Club Raffle, Our famous Pancake Breakfast, Bingo from Apr. — Oct. We are a full active Senior Center and we keep our Seniors busy!!!!

Wells Harbor Concerts

Every Saturday
July 3rd thru
Sept. 4th
6:30 pm.



Harbor Road, Wells

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In case of rain: Ward Gym @ Jr. High on Route 1, Wells
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On The Road Again.....



Thurs. Feb. 24th, 2011.....Mohegan Sun

Mohegan Sun Casino



Don't let the cold get you down. It's warm at the Casino. Leave Wells Transportation Center @ 8 am ...Back in Wells by 7 pm
\$37. Ticket includes: Coach Transp. Buffet and Casino Bonus.
Seating is limited so make your reservations ASAP to avoid disappointment.

Cancellation Policy for Trips etc.

The Wells/Ogunquit Senior Center has the following Cancellation Policy concerning all trips and shows. (Show Tickets are non-refundable once we purchase them.) Transportation is by motor coach and requires a minimum number of people (varies by trip) to cover our cost. If you sign up for a trip and decide to cancel, these cancellation fees will apply to the coach portion{30 -15 days 75% refund,} {14 -8 days 50%} the last week of trip no refund. Exceptions are for medical reasons only. It is difficult to plan trips, when people sign up, then forget, or in some cases sign up twice. Seating arrangements depends on when we receive payment. If you want to sit close to the front of the bus, get the payment in asap. Exceptions are made for special needs persons. Sheena and I try to plan events/trips that are both interesting and cost friendly. This takes much planning and once we put the sign up sheet out for a event/trip, we depend on the people who sign up for that trip to honor their reservation.

Thurs. Mar.10th..Danversport Yacht Club



Club

Join us on Thurs. March 10th for a

St. Patrick's Day Celebration at the Danversport Yacht Club.



\$74. Members and \$78. Non Mem.

Choice of Boneless Chicken Breast or traditional Irish Corned Beef & Cabbage

Line Dancing before lunch and great entertainment after lunch.

You can't go wrong in this great venue with Dennis O'Gorman entertaining us.



Limited seating so plan ahead...

Seadogs and Di Millo's

Thursday May 19th, 2011

\$52. Members....\$55. Non Members

Dinner at DiMillo's on the waterfront after the game. Our timeline still to be formed (daytime game). Ball game tickets are here!



"Road to the Scottish Highlands"

Meadowbrook Pavilion, Laconia, NH

Buffet lunch at The Common Man Inn

Tuesday, September 13th, 2011

\$75.00 Members.....\$79.00 Non Members



Refunds will be issued in full up to 30 days before trip. See additional policy above.

Some of the Services offered by:

Basement, Attic, Garage & Storage Clean outs & Organizing

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York Hospital

 in Wells

Senior Needs Committee of Wells & Ogunquit



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Thank You

Our Coffee Station
Did you know that coffee and pastries are available Monday—Friday 9 am at the Center for just \$1.00 This is the best deal in town, include interesting friends to talk to and a comfortable atmosphere . That's hard to beat.



We are very appreciative to **Congdon's Donuts** in Wells, ME who have been so supportive in giving us donuts/pastries every week and **Huntington Common** in Kennebunk, ME who have asked us how they can help out the Center and generously agreed to supply us with our own brand of coffee to go along with our donuts/pastries.
Thank You , Thank You.



Wishing you continued success. From a member who enjoys the Center.



Richard Littlefield
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