



Wells Ogunquit Center At Moody
Senior Needs Committee
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Wells ME 04090

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SENIOR CENTRAL



Where Seniors Shine

WOCAM NEWSLETTER

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300 Post Rd. Rt. 1
Wells, ME 04090

Mailing Address:

P.O. Box 987
Wells, ME 04090

Email:

wocam2016@gmail.com

Billy's Chowder House 10th Annual Benefit Dinner

This year makes 10 years that Billy's Chowder House has opened their doors for a fundraiser to benefit the Wells Ogunquit Center At Moody! Every year, this event is one of the highlights for WOCAM members. The food and hospitality at Billy's Chowder House is fantastic, and 100% of the proceeds go to The Center.

Tickets' are \$20 and can be purchased at The Center, Billy's or Varano's.

Tickets go fast, so be sure to get yours today!

The Menu for this event includes:

- Cheese & Crackers
- An amazing array of hors d'oeuvres from Billy's and Varano's
- Clam Chowder
- Prime Rib
- Rice
- Vegetables
- Tossed Salad
- Garlic Bread
- Assorted Desserts



Christmas Party

YOU ARE INVITED!!!

Saturday, December 9 at The Center from 2-4 pm

There will be music, singing, food, games, & two door prizes worth \$50 a piece.

Bring an ornament to participate in a "Yankee Swap."

Admission is FREE!

Sign up at the Office.

WOCAM

Newsletter

December 2017

Volume 14 Issue 12

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The following is an excerpt from the [Huffington Post Blog](#):

The Ironman: Lew Hollander

It's called Ironman for a reason — the race is one of the toughest triathlons you can endure as an athlete. At 85, Lew Hollander is the oldest Ironman competitor in the world. He broke the Guinness Book of World Records three years ago at the age of 82, and is prepping for his 59th Ironman race this year.

The Oregon native decided to compete in his first Ironman competition at the age of 55, when he was looking for new challenges after retiring.

"Use it or lose it," Hollander says when asked for the secret of his longevity. "Don't say, 'Ow, my knee hurts'. If you get out and use it, your body will tend to make it better again. The only things you can control are the quality of your life and the length of your life. So go anaerobic every day. That's when you run out of air. It's not rocket science, you just run until you can't breathe anymore."

Huffington Post Blog, 08/21/2015 Updated Aug 21, 2016

PULMONARY REHABILITATION PROGRAM

at Kennebunk Center for Health & Rehabilitation



Charles Carlin, RRT

Specialized Staff & Advanced Training

Pulmonologist from Chest Medicine on staff/consult

Respiratory Therapist on staff/consult

Advanced Practice Registered Nurse (APRN)

Coordinated effort and establishment of working communication between all involved parties including hospital, practitioner, skilled nursing facility, and home health

Program Goals Manage Respiratory Symptoms

(dyspnea, fatigue)
Increase the ability to perform activities of daily living
Provide education to patients and families

Therapies Offered:

- Physical
- Occupational
- Speech/Language
- Respiratory

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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.



Inquiring Minds Want to Know....



Dear Editor: -Do you have a simple project that I can do to help The Center? BE
Dear BE: Absolutely! Annually we sponsor an ongoing collection of cans and bottles which are recycled through the CLYNK program. Center Member Lorraine Moulton spearheads this effort and has raised more than \$5000 annually to help add funds to The Center account. As your guests leave collect those empties and bring them to the lobby. Better yet, in the summer, help Lorraine with the sorting! And THANKS! -K

What's Up in December

Please check calendar for daily activities

December

Tues. Dec. 5 Billy's Chowder House Dinner—Waiting for Confirmation!

Thurs. Dec. 7 11 am Yankee Swap

Thurs. Dec. 7 12 am Traditional Holiday Dinner by Huntington Commons

Sun. Dec. 9 Christmas Party

Fri. Dec. 15 100 Club

Mon. Dec. 25 Closed for Christmas


January

Mon. Jan. 1 Closed for New Years

Mon. Jan. 15 Closed for Martin Luther King Day

Thurs. Jan. 18 Know the 10 Warning Signs of Alzheimer's Disease

Don't forget about Warming Saturdays starting on January 6!



Board Of Directors

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Vice Chair: Ron Allen (18)

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 Cindy Connelley (20)
 Bill Ekstedt (19)
 Rick Kranes (19)
 Ann Lamberti (20)
 Peggy Maillet (18)
 June Messier (19)
 Ray Farnham (18)
 Ron Allen (18)

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Co-Treasurer: Ron Allen

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 Bob Winn, Ogunquit, B.O.S.

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Office Assistants:

Doris Hanlon

June Messier

Activities & Newsletter

Liz Eickmann

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Special Events

Warming Saturdays

In January and February The Center opens its doors for anyone to come in and stay warm. We play games we serve food and we are entertained. Those who come are able to turn down their thermostats, saving money on their winter bills.

Volunteers and Donations are critical to the functioning of Warming Days, and we are looking for both. Please consider giving of your time at least one Saturday over the coming months.

Warming Days are open to everyone from 9 am—4 pm Saturdays in January and February. They are free and they are doing real good in our community.

Donations appreciated!!!

Line Up for January

January 6, Sponsored by Congdon's Donuts

Performer: Jazz Pianist, Caleb Eickmann

January 14, Sponsored by Bull & Claw

Performer: Warren King Top Hat

January 20, Sponsored by the Wells Fire Dept.

Performer: Dick and Janet Johnson Karaoke

January 27, Sponsored by the Town of Wells

Performer: Cedar Mountain Bluegrass Band




Anne Pope
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Send a Smile!

Call or send a card. Anniversary, Birthday, Get Well or welcome someone new to the Center!

Happy Anniversary!

Lynn & Paul Milewski 5
 Dolores & Charles Simmons 8
 Lorraine & Richard Shaughnessy 12
 Valerie & Ronald Brown 18
 Elizabeth F. & Charles Wilde 19
 Nancy & Les Lafond 22
 Joan & Jerome Quarry 23

December Birthdays!

Maria Trodella 1-Dec
 Janet Abendroth 2-Dec
 Elaine Bresnee/Flavin 2-Dec
 Mary McManus 2-Dec
 Carole Breda 2-Dec
 Donald Muse 3-Dec
 Lee Boudrot 3-Dec
 Kim Clothier 3-Dec
 Jean Gentile 4-Dec
 Judith Simonds 4-Dec
 Bob Macartney 6-Dec
 Linda Blanch 6-Dec
 Kathy Fleming 9-Dec
 Allen Sweet 10-Dec
 Nancy Mahoney 10-Dec
 Dot Capezzuto 11-Dec
 Helen Friot 12-Dec
 Joe Hakanson 13-Dec
 Pamela Arnold 14-Dec
 Marie McGuire 15-Dec
 Margaret Webb 15-Dec
 Marcy Smith 16-Dec
 Robert Smith 17-Dec
 Kay Leonard 17-Dec
 Bob Glidden Jr. 18-Dec
 Cheryl Oak 18-Dec
 Diane Charmaine 18-Dec
 Marilyn Darling 18-Dec
 Doris Hanlon 21-Dec
 Les Lafond 22-Dec
 Bob Howard 23-Dec

Christine Higgins 23-Dec
 Fred Marzouk 24-Dec
 Susan Jones 24-Dec
 Carol Delfino 24-Dec
 Sandy Downley 24-Dec
 Carol Forni 25-Dec
 Roberta LeBlanc 25-Dec
 Carol McGee 25-Dec
 Joanne Corduck 27-Dec
 Barbara McDonough 27-Dec
 Janet Pardus 27-Dec
 Mary Kathleen Foley 28-Dec
 Richard Shaughnessy 30-Dec
 Susan Jones 24-Dec
 Rodney Anderson 31-Dec

Condolences

We are sad to announce the passing of Elwyn Morrow.

Elwyn was instrumental in the founding of WOCAM. He procured a large donation to fund the building of The Center and he served on the first board of Directors.

Our hearts go out to Rose and all of his family and friends.

Huntington Commons Traditional Holiday Luncheon

Two weeks before Christmas and all through The Center,

Members were waiting for the Traditional Holiday Dinner.

Huntington Commons will arrive with their noses all red, food in their bowls and plates full of bread.

Looking at the Menu, their eyes filled with glee,

I hope that there's plenty of food left for me!

- Roast Beef Carving Station
- Salad
- Whipped Potatoes & Gravy
- Vegetables
- Rolls
- Mystery Dessert

December 7 at noon at The Center

Members \$7

Non-members \$9

Sign up in the office.

Yankee Swap

Each year prior to the Traditional Holiday Luncheon, we have a Yankee Swap. **You do not have to participate to attend the luncheon,** however, you are encouraged to take part as it is "a lot of fun."

Gifts for the Swap should be valued under \$10.

Sign up in the office!

Seeking Volunteers

- **Are you strong and hardy?** Be part of the Table Crew. The tables go up and down through the week for classes and events. We need help putting them up and taking them down.
- **We will need cooks and servers** next summer for our Pancake breakfasts. If you are not on a team, and would like to be, contact the office. If you would like to lead a team, let us know.

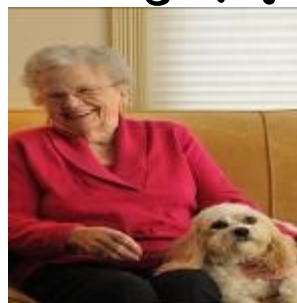
Chase & Hamlyn Gravel Wells, ME

207-646-8795

Come experience the all-inclusive Holiday lifestyle. Bring this ad for a free full-course luncheon or dinner. Learn about the national Holiday travel program and tour our beautiful and vibrant independent living community.

HOLIDAY RETIREMENT | **Kittery Estates**
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 220 State Road, Kittery, ME 03904 | 207-438-9111 | kitteryestates.com

Sentry Hill

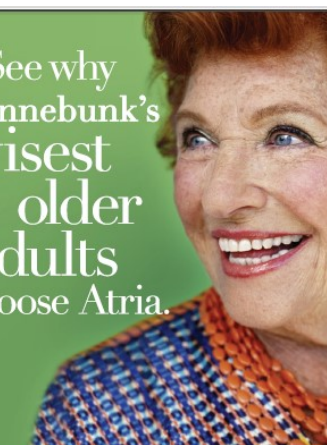


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Activities and Programs

AYLI Schedule

Renee will be here on the 1st and 3rd Wednesday of the month at the Center from 10AM—Noon to provide the AYLI vouchers for \$6.00 each. Enrollment is free and you may purchase up to 10 vouchers at any one time. A \$6.00 voucher buys you a great meal at a few of our area restaurants. This is a great way to get out for a bite at a very reasonable cost.

And.... Vicki, the Resource Specialist from

So. Maine Agency on Aging will be available to assist you. If you call her for an appointment at (207)396-6549 she'll meet with you here at the Center.

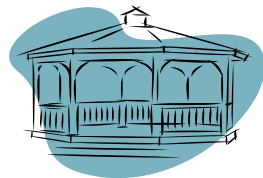


Ray Farnham, is our VFW and American Legion representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone at 646-8521 to schedule a personal appointment.

Also, many services are readily available at the **Sanford Veterans' Center** at 628 Main Street, Springvale. 207-490-1513.

Wells Harbor Concerts

Every Saturday July thru Labor Day
6:30 pm.



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Harbor Road, Wells

In case of rain: Ward Gym @ Jr. High on Route 1, Wells
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Mon-Weds.
7am—5pm



By Appointment
Thur. & Fri.

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Email: norteydental@gmail.com

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Brush-up on Your Card Skills / Learn a New Game

Pinocle Class will be held 9-10 am on Fridays. For more information call the Center 646-7775



Line Dancing

Instructor Diane Anderson

Monday (Beginners)

1:00-2:30

Thursday (Advanced) 1:00-2:30



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Christmas is just plain weird. What other time of year do you sit in front of a dead tree in the living room and eat candy out of your socks.

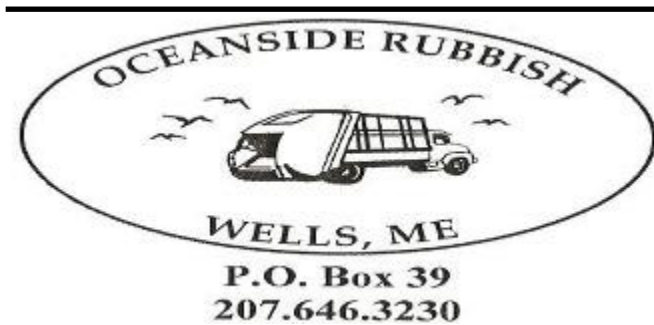


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Brush Up BRIDGE CLASS by Bob Howard

Bridge Class continues the 13 week cycle on Thursdays from 10AM to 12PM with Bob. The class covers the following conventions:

- ♣2/1
- ♥Transfers
- ♣Blackwood
- ♥Rozenkrantz
- ♣Openers 2nd Bids
- ♦LTC (Losing Trick Count)
- ♠Stayman
- ♦Bergen Raises
- ♠Responsive Bids to Openers
- ♦Review

Just \$2/Class! Come learn or brush up skills!

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Christmas Shopping Could Help The Center

WOCAM has joined Flipgive. Flipgive is an online marketplace. Places like Target, Walmart, Amazon, Macy's, and Kohl's are hosted on the marketplace. The list of vendors is long. If you buy items through the marketplace, The Center gets a portion of the profits. That portion varies according to the vendor. Some as much as 12%! This service only works by shopping online through the Flipgive marketplace.

To benefit The Center, type into your web-browser: <https://www.flipgive.com/f/469561>

BROADWEIGH DANCE

Thursday mornings from 9:15 – 10:15
\$6.00 per class.

The Studio is located at
2 Finson Road, South Berwick.



We have a wonderful line-up of shows for you this year @ Ogunquit Playhouse.

2017 SEASON ANNOUNCED

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Ragtime

Heartbreak Hotel
From Here to Eternity

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