



Wells Ogunquit Center At Moody  
Senior Needs Committee  
300 Post Rd.  
PO Box 987  
Wells ME 04090

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

**Office and Lounge Open**

Mon-Fri 9AM-4PM

Membership \$30 Single/  
\$50 Couple

*Beautiful Function Hall for  
Rent*

www.wocam.org

Facebook:  
WOCAM Senior Center

**Senior Central**



**Phone: 207-646-7775**

Location:  
300 Post Rd. Rt. 1  
Wells, ME 04090  
Mailing Address:  
PO Box 987  
Wells, ME 04090

Email:  
wocam2016@gmail.com

**A Chilling Night at Drafty Castle**



**Sunday, March 4 at 4 pm**, Applause for a Cause will present their dinner theatre production of "A Chilling Night at Drafty Castle." Tickets are \$20.

*The Lady of Drafty Castle has had to accept paying guests and is hosting an odd mix of American tourists, Questionable family members, along with detectives and servants. One has a secret identity and another is a murderer.*

Dinner is included in this night of entertainment. We would like to thank IGA for their help with catering.

**St Patrick's Day Luncheon**

Thursday, March 15 at noon the Atria will provide a delicious St. Patrick's themed luncheon. Be sure to sign up for this wonderful meal which will include:

- Corned Beef
- Cabbage
- Potatoes
- Carrots
- Soda Bread
- Ice Cream Puff with vanilla ice cream & hot fudge



The cost is \$8 for members and \$10 for non-members.

.....

**Do you shop at Amazon?** Amazon has a program called Amazon Smiles. This program gives money to charitable organizations for every purchase made. When you shop, type in [smiles.amazon.com](https://smiles.amazon.com), select "Senior Needs Committee of Wells & Ogunquit." The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases. The purchase price is the amount paid for the item minus any rebates and excluding shipping & handling, gift-wrapping fees, taxes, or service charges.

**WOCAM**

Newsletter  
February 2018  
Volume 15 Issue 3

**Inside Story**

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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.


**We want to know...**

Tell us your favorite thing about WOCAM.

What is one thing you would like to see change at WOCAM?

What trips or activities would you like to experience through WOCAM?

**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

**Kennebunk**  
Center for Health & Rehabilitation, LLC

158 Ross Road, Kennebunk, ME 04043  
207.985.7141 | F 207.985.1867  
www.KennebunkCenterRehab.com

 "We are pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of race, color, religion, sex, handicap, familial status or national origin."



**Board Of Directors**

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**Vice Chair:** Ron Allen (18)

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 Doris Hanlon  
 June Messier

**Activities & Newsletter**

Liz Eickmann

**Volunteer Receptionists:**

- Taryn Allen
- Bonnie Guptill
- Doris Morgridge
- Lorraine Moulton

**Website:**

Liz Eickmann

**What's Up in March**  
 Please check calendar for daily activities

March

Sat. March 3	9th Warming Saturday, Lunch by People's United Bank/Music by Carolyn Hutton Drowned Valley
Sun. March 4 4 pm	Dinner Theatre production <i>A Chilly Night at Drafty Castle</i> brought to you by Applause for a Cause
Wed. March 7 9 am—6 pm	Peabody Essex Museum Trip. <i>Georgia O'Keefe Exhibit</i>
Fri. March 9 3 pm	<i>Deadline for DC Trip payment</i>
Mon. March 12 3 pm	March Madness Deadline
Thurs. March 15	Atria St. Patrick's Day Luncheon

April

Thurs April 19-22	DC Trip
Fri. April 20	100 Club
TBA	Huntington Commons Spring Luncheon

**March Madness Tournament Pool**

Come in and fill out a NCAA Tournament Game Sheet. Sheets are \$10 per person. The winner will receive 50% of all money collected. WOCAM will keep the remainder.



**Sheets must be turned in before Monday, March 12 at 3 pm.**

**Seriously, Folks...**

Why do people wear shamrocks on St. Patrick's Day? .... Regular rocks are too heavy.

Why don't you iron 4-Leaf clovers? .... Because you don't want to press your luck.

How is a best friend like a 4-leaf clover?.... Because they are hard to find and lucky to have.

**Warming Saturdays**



Saturday, March 3 is our last Warming Day. We play games, serve food, and are entertained. Come here and turn down your home thermostat.

Warming Days are open to everyone from 9 am—4 pm They are free , but donations are gratefully received.

**March 3**, Sponsored by People's United Bank  
 Performer: Carolyn Hutton Drowned Valley Band

**Sentry Hill**



*Successfully Serving the Seniors of York*

Call today to schedule a visit to see for yourself and enjoy a meal  
 2 Victoria Court, York ~ 207-363-5116 ~ sentryhillyorkharbor.com



**Anne Pope**  
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 office: 800-450-7784



Contact me for a **FREE Home Analysis!**

**A Sunrise Senior Living Community**

**Kim Weiner**  
 Director of Sales  
 1 Huntington Common Dr.  
 Kennebunk, ME 04043  
 Main (207) 985-2810 fax (207)985-4049  
 toll free (800) 585-0533  
 Kimberley.weiner@sunriseseniorliving.com  
 www.sunriseseniorliving.com

**Washington DC Trip**

The deadline to join the DC trip is March 9!

Program Highlights Include: World War II Memorial, Vietnam Memorial, Martin Luther King Memorial, FDR & Korean Monuments, New Air & Space Museum at Dulles, Lincoln & Jefferson Memorials, Arlington National Cemetery—including Kennedy gravesites (JFK, Bobby, Teddy.)

**Trip dates are April 19-22.**

Cost is \$659 per person for a double, and \$869 for a single. Gratuities included.



**Medicare Solutions**  
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 Licensed Sales Agent

**PO Box 7178 Ocean Park, ME 04063**  
**Office: 207 219 9707\***  
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 For directions, visit www.yorkhospital.com/wells

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- Surgery Associates

**York Hospital**  
**in Wells**

Emergency & Walk-in Care  
 8am-8pm 7 days a week



## Send a Smile

Call or send a card. Anniversary, Birthday, Get Well or welcome a newcomer to the Center.

### Happy Birthday!

Sofie Zirulovic	1	Diane Carberry	19
Sue Layne	1	Nancy Byrne	19
Sandy Magill	3	Joe Allara	20
Richard Trachimowicz	4	Lucille LeBlanc	21
Michael O'Neil	4	June Messier	21
Janet Lowry	5	Judith Keating	22
Rita Caruso	5	Sue Kerekes	22
Jone Thurston	5	Anita Herald	23
Philip McCurdy	5	Jo-Ann Beaulieu	23
Colleen Ogilvie	6	Jacqui Grant	23
Barbara Chisholm	6	Sheila Hamwey	23
Gene Glennon	6	Linda Arsenault	23
Gilda (Jill) Moroney	7	Frank DiPietro	23
Susan Browning	7	Debra Bailey	24
Carl Toreson	7	PJ Guilmette	25
Isabelle Coleman	8	Marie Gordon	25
Dolores Fairburn	8	Sylvia Cable	25
Annette Foisy	9	Margaret Maillet	26
Janet Abendroth	9	Barbara Burns	26
Marcia Coleman	10	Jane Miliotis	26
Gary Nettleton	11	Gary Stevens	26
Judith Deskus	12	Bryan Zuerner	26
Donald Toothaker	12	Rita Zuerner	27
Robert Hamlyn	13	Sheila Marble	28
David Jutras	14	Nancy McGown	30
Meredith Kerr-Priest	15	Diane Pratt	30
Donald Peterson	15	Maureen Dupee	30
Dennis Madigan	15	Nancy MacGown	30
Ada Seckofsky	16	Beth Vezeau	31
Pamela Higgins	16		
Meg DeAgazio	17		
Frances Mailhot	17		
Virginia Armour	19		

### Happy Anniversary!

Susan & Robert Hatch	3/1
Virginia & John Olson	3/5
Betty S. & Charlie Forss	3/10
Mary & Bob McManus	3/17

### Welcome New Members

Milt Vargelis  
Kathy Skala  
Mark Higgins  
Joanne LaMothe  
Pamela Kryskow

### Heart Healthy Recipe

#### Turkey & Bean Tostadas with Avocado-Tomato Salsa

#### Avocado-Tomato Salsa

- 1 Avocado
  - 1 Cup frozen corn, thawed & drained
  - 1 Jalapeno pepper, seeded & finely chopped
  - 2 Tbsp finely chopped red onion
  - 2 Tbsp lime juice
- #### Tostada Ingredients
- Cooking spray
  - 6 inch corn tortillas
  - 8 oz ground turkey breast
  - 12.5 oz can black beans, rinsed & drained
  - 2 Tbsp water

#### Directions

1. In a small bowl stir together all the salsa ingredients. Set Aside.
2. Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Spray with cooking spray.
3. Place the tortillas on the baking sheet. Spray the tortillas with cooking spray. Poke tortillas with a fork. Bake for 5 minutes per side.
4. In a medium saucepan cook the turkey over med-high heat for 4 minutes until cooked through. Stirring to break into small pieces. Transfer to a plate.
5. In a large saucepan, cook the beans and water over medium-high heat for 5 minutes. Using a potato masher (or fork) coarsely mash the beans. Stir in the cooked turkey.
6. Assemble the tostados. Spread the bean and turkey mixture over each tortilla. Spoon the salsa on top.

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## Peabody Essex Trip

Works by the famed artist, **Georgia O'Keefe** will be on display at the Peabody Essex Museum in Salem Massachusetts. We will be leaving the Center at 9 am on Wednesday, March 7 to see this amazing exhibit. Entrance to the Museum is \$18, plus we will charge a \$5 fee for travel expenses. Please be sure to plan on money for lunch and dinner.



## Sweatshirt Mania

Show your pride in our wonderful Senior Center. Purchase a sweatshirt with our logo and slogan on it. All sweatshirts will come in a beautiful turquoise.

- Full zip front
- 7.2 oz poly/cotton blend
- Contrast jersey hood lining and draw-cord
- Tear-away neck label for comfort
- Front pouch pocket with media pocket
- \$40

Order will be placed March 14.





220 Clay Hill Rd.,  
Cape Neddick, ME

Welcome Seniors!  
Phone: 207-361-2272

*Present this coupon to receive 20% off your food with a 5:30 reservation.*

## 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.





220 State Road, Kittery, ME 03904 | 207-438-9111 | kitteryestates.com




*Wishing you Continued Success From a Member Who Appreciates The Center.*





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# Activities and Programs

## AYLI Schedule

Renee will be here on the **3rd Wednesday of the month** at the Center from **11:30 am—1 pm** 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.

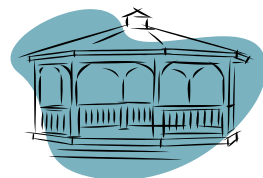


**Ray Farnham**, is our **VFW and American Legion** representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

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

## Wells Harbor Concerts

Every Saturday July thru Labor Day 6:30 pm.



Made possible with

**Harbor Road, Wells**

In case of rain: Ward Gym @ Jr. High on Route 1, Wells  
For more information call: 646-5596

Mon-Weds. 7am—5pm



By Appointment Thur. &

**Nii Norte Lokko, DMD  
General Dentistry**

1333 Post Road (Rte. 1), Unit 1A, Wells, Maine 04090

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

Pinochle 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



## Friendly Bridge

Tuesdays, 12 pm—3pm

Come enjoy a game of Friendly Bridge. This group plays for fun. No cut-throat play with this group.

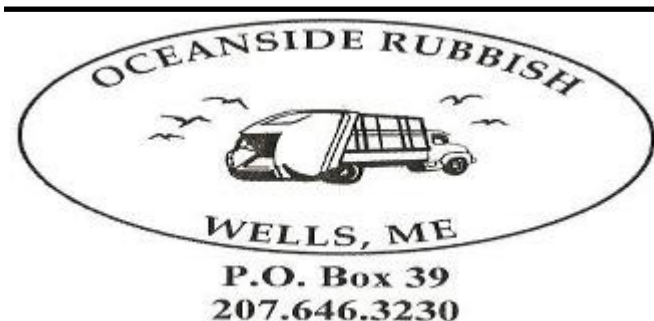


## Home Instead Senior Care

- Companionship
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- Medication reminders
- Incidental transportation
- Personal care



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# In The Know and On the GO!

We are all on our own path to

## Wellness And Balance



Gentle/Adaptive Yoga

Mon 2:45-3:45

Weds 9:30-10:30

With Janine Robichaud  
Work on Alignment, Strength  
Balance and proper Breathing  
Use a chair Or bring your own mat!  
\$4/members and \$8/non-members  
Find Vitality, Inner Peace  
And Joy!!

## 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 2 Diamond
- ♣Openers 2nd Bids
- ♦LTC (Losing Trick Count)
- ♠Stayman
- ♦Bergen Raises
- ♠Responsive Bids to Openers
- ♦Review



Just \$3/Class! Come learn or brush up skills!

## Durgin Pines

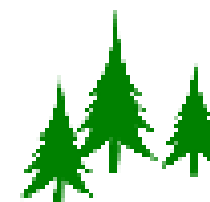
Rehabilitation - Nursing Care

Getting Better, Going Home

9 Lewis Road, Kittery

(207)439-9800

durginpines.com



## Art Class

Mondays 2 pm—4 pm

Beginning January 22

Favorite local artist, *Virginia Souza*, will be our Instructor.

There will be a \$20 charge for this class.



## 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.

(207)646-5511

www.OgunquitPlayhouse.org

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