



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

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www.wocam.org

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WOCAM Senior Center

Senior Central



Phone: 207-646-7775

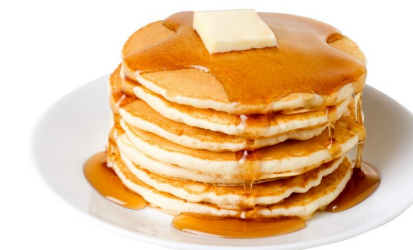
Location:
300 Post Rd. Rt. 1
Wells, ME 04090
Mailing Address:
PO Box 987
Wells, ME 04090

Email:
wocam2016@gmail.com

Short Stack Order Up!

Pancake Breakfasts are starting
in May.

If you like to have fun with a
group of friends, join one of our
Teams. We have slots available.



All-You-Can-Eat Blueberry or
Buttermilk Pancakes with two sausages, orange juice and coffee is
available from 8 am to 11 am Saturdays starting in May and running
through October.

Pancake Breakfasts raise money for WOCAM.

At \$6, it is the Best Deal in Town!



BINGO

Who is ready to play? Bingo starts on
May 2. Doors open at 4:30 pm. Play
starts at 6 pm.

Hot Dogs and other goodies are availa-
ble.

Come out and enjoy a fun night.



Inside Story

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Maine Wildlife Park Trip

On May 17 we have a trip planned for **Maine Wildlife Park**.

This is a beautiful park dedicated to Maine's native animals. It is a small park, but the trip will require walking. *Wheelchairs may be rented for \$3.* The entire park is wheelchair accessible.


Charge for this event is \$20. Seating is limited. Contact the office for your spot.

Sign up and payment due by May 9.

For cancellations after May 9 there is a fee of \$5



PULMONARY REHABILITATION PROGRAM
at Kennebunk Center for Health & Rehabilitation




Specialized Staff & Advanced Training
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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

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• Physical
• Occupational
• Speech/Language
• Respiratory

Kennebunk
Center for Health & Rehabilitation, LLC

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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.

What's Up in April

Please check calendar for daily activities



April

Sun. April 1	Easter
Tues. April 10	Personal Care Support Presentation
Sun. April 15 2:45 pm	Stars on Ice Trip
Tues. April 17	Huntington Commons Spring Luncheon
Fri. April 20	100 Club

May

TBA	Sentry Hill Luncheon
Saturdays 8 am—11 am	Pancake Breakfasts
Wed. 2, 9, 16, 23, 30 4:30—Door Open 6 pm Play Starts	Bingo
Wed. May 9	Deadline to Sign up for Maine Wildlife Park Trip
Thurs. May 17 10 am	Maine Wildlife Park Trip

Personal Care Support Program

Margie Gamball from Comfort Care in Kennebunk will be here on April 10 at 10 am. She will demonstrate nursing techniques for personal care support, including bathing, dressing, and getting out of a chair. Some basic body mechanics can help make the job easier. Margie will also share resources and will answer any questions you may have about caring for a loved one. Sign up in the office for this FREE class.



Stars On Ice Trip

Here is your chance to see something truly spectacular!!!



“This year’s *Stars on Ice* tour will put American fans front and center to experience the best of the U.S. Figure Skating team that competed in Pyeongchang, South Korea... U.S. National Champion **Nathan Chen**, the first skater to land five different quadruple jumps in a single competition program, three-time National Champion and 2016 World Silver Medalist **Ashley Wagner**, two-time Ice Dance National Champions and three-time World medalists **Maia & Alex Shibutani**, 2017 U.S. Ladies Champion **Karen Chen**, as well as National Champion, and huge crowd favorite, **Jason Brown**. The Emmy Award-winning production will also feature U.S. Olympic royalty, Ice Dance Gold Medalists **Meryl Davis & Charlie White**.”*

Sunday, April 15. A bus will leave WOCAM AT 2:45 pm to arrive for the 4:00 pm show.

Tickets will be \$40 and include transportation there and back. **Pay by April 3!**

*Cross Arena Website



Board Of Directors

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Vice Chair: Ron Allen (18)

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- Bill Ekstedt (19)
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Activities & Newsletter

Liz Eickmann

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Website:

Liz Eickmann



Call 207.985.5866 today to schedule a tour and complimentary lunch.

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Surgery Associates



Send a Smile

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

Happy Birthday!

Jean Beattie	1	Barbara Moore	16
Nancy Muse	1	William Penney	16
Alfred Bennett	1	Lorraine Cullen	17
Francine Woolley	2	Sandra Broomfield	19
Raymond Coleman	2	Marguerite Murphy	19
Dori Brooks	3	Robert Hatch	20
Emilie Eichelroth	3	Dianne Trachimowicz	21
Betty Hamlyn	3	Eleni Paras	21
Amy Callihan	4	James Johnson	23
Marilyn Eimon	4	Chuck Edwards/Stewart	24
David Hollis	5	Sandra Keith	25
Jane Fenderson	6	Adele Gray	26
Sandra Hill	6	Patricia Musser	26
Michael Gibbs	6	Emma LeBlanc	26
Joan Bates	7	Anthony Rocha	26
Janan Tudisco	7	Bob Robinson	26
Susan Hatch	8	Betty Putnam	27
Elaine Stein	8	Dick Graham	28
Lee Downing	9	Arthur Simensen	28
Ronald Brown	9	Minnie Szykniej	29
Paul Clothier	9	Joan Koliass	29
Kathleen McLoughlin	10	Joan Grinebas/Koliass	29
Pat Hardy	10	Muriel Goodrich	30
Robert Pedersen	10		
Diane Chabot	11		
Carol LeClair	11		
Jean Graul	12		
Frances Lunt/Snow	14		
Anne Smith	14		
Connie Bemis	15		
Ann Reed	15		
Joan Maloney	16		
Lorraine Moulton	16		

Happy Anniversary!

David & Nancy Byrne	1
Barry & Jeanne Wolfson	9
Arthur & Mary Ann Simensen	15
Steven & Nancy Kwederis	16
Donald & Barbara Allen	17
William & Evelyn Penney	19
Dave & Nancy Mulcahy	26
Charles & Maureen Dupee	27
Joseph & MaryAnne Ricca Preskul-Ricca	30

Welcome New Members

Rhonda Bovio & Sharon Farnham

Welcome home, Lillian Chutsky. Lillian is eager to reconnect with her WOCAM friends.

Huntington Commons Presents A Spring Luncheon

Tuesday, April 17 at noon at WOCAM.

The Meal will be:

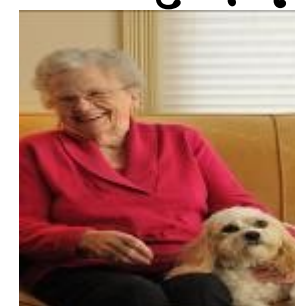
- Rice Pilaf & Vegetables
- Chicken Cordon Bleu
- Rolls & Butter
- Strawberry Shortcake

Members \$7 / Non Members \$10

Limited to 65



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




220 Clay Hill Rd.,
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Welcome Seniors!
Phone: 207-361-2272

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

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Contact me for a FREE Home Analysis!

A Sunrise Senior Living Community

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www.sunriseseniorliving.com

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.

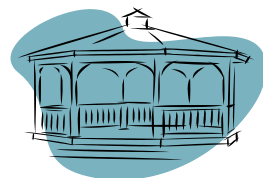


Ray Farnham, is our **VFW and American Legion** representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

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.

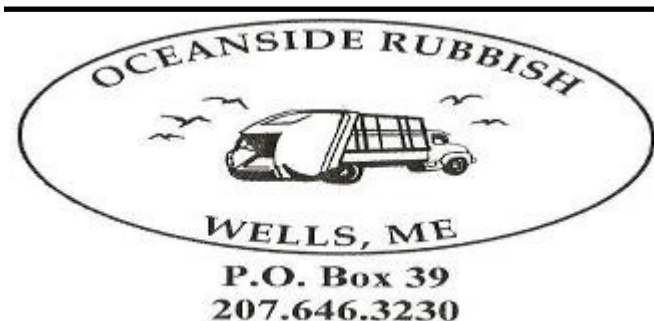


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Weds 9:30-10:30

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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

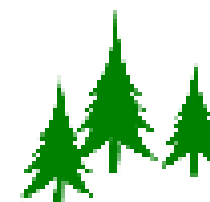
Rehabilitation - Nursing Care

Getting Better, Going Home

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(207)439-9800

durginpines.com



Art Class

Mondays 1 pm—3 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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