



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

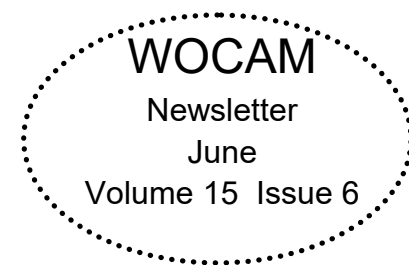
Annual Meeting

Please plan to attend the 2018 Annual Meeting on
June 19 at 4 pm.

We will be voting on new Board Members, New
Officers, and changes to the By-Laws.

*Bring your hopes, concerns, and best wishes for
WOCAM's continued well-being.*

**Annual
Meeting
June 19
4 pm**



Inside Story

What's Up in June	Pg. 2
Maine Botanical Garden	Pg. 3
Activities & Programs	Pg. 4
In the Know & On the Go!	Pg. 5
Send a Smile!	Pg. 6
Special Events	Pg. 7
Calendar/ Schedule	Insert

A Message from Your Board

Dear WOCAM members & friends,

Many thanks for supporting our Senior Center by paying your annual dues, donating your time and energy, attending events and trips, working/volunteering, and buying raffle tickets and advertisements.


WOCAM is entirely funded by you and some very generous local businesses.

We have worked diligently to review finances, staff, and operations to ensure that we are in good financial standing, put forth a welcoming environment inclusive of all, maintain a first class building, and move forward with "boomers booming". Please continue to participate, laugh, and volunteer as we cannot do this without YOU.

Ask Office Manager, Liz Eickmann, how you can help!

WOCAM is a 501c non-profit.

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



**WOCAM 16th Annual Fashion Show
Out of the Blue**

Start planning for the Fashion Show on June 8 at 11 am. Taking place at Jonathan's in Ogunquit, we will enjoy a day of style and glamour while raising funds for our beloved Senior Center.

There will be raffle prizes, door prizes, and favors. Performers, *Richard & Nancy*, will provide music. Meal choices will include Chicken Piccata, Lemon Baked Scrod, and Roast Loin of Pork.

Tickets for the event are \$40 per person.

Raffle Tickets are available. Winners will be picked at the Fashion Show. \$1 for 1, \$5 for 8. Come to the office and check out our great prizes!

Glennon Pork Loin Luncheon

Gene Glennon has generously offered to put on a Luncheon Fundraiser for WOCAM on June 28 at noon.

The menu includes:


- Chicken Sausage & Black Bean Castaway Soup
- Stuffed Pork Loin
- Potato
- Vegetable
- Irish Brown Raisin Bread
- Black Forest Cake.

Tickets are \$8 for members and \$10 for non-members.

Only 50 tickets sold. Come in and get yours today!

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 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."



What's Up in June

Please check calendar for daily activities

June	
Friday, June 8 11 am—3 pm	Fashion Show
Wed. 6, 13, 20, 27 4:30—Door Open 6 pm Play Starts	Bingo
Wed. June 13 1 pm	Huntington Common Seafood Luncheon in the Bradford Building at Huntington Common of Kennebunk
Thurs. June 14 10 am	Opportunity Alliance Program
Fri. June 15 5 pm	Hundred Club
Monday, June 18 Helpers arrive at 9 am Social begins at 10 am	Ice Cream Social for Wells Jr. High
Tues. June 19 4 pm	WOCAM Annual Meeting
Thurs. June 28 Noon	Glennon Pork Loin Dinner
Wed. June 27 9 am—3 pm	Coastal Maine Botanical Garden Trip
July	
Wed. July 4	Office Closed for Independence Day.
Sun. July 15 6 pm	Spirit of Broadway
Wed. July 18 8:50 am	JFK Memorial Library & Musuem Trip Leaving from Well's Train Station

Board Of Directors

Chairperson: Ray Farnham (18)

Vice Chair: Ron Allen (18)

Directors At Large

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

Treasurer: June Messier

Co-Treasurer: Ron Allen

Honorary Board Members

- Karl Ekstedt, Wells, B.O.S.
- Bob Winn, Ogunquit, B.O.S.

Office Staff

Office Manager:

Liz Eickmann

Office Assistants:

- Doris Hanlon
- June Messier

Activities & Newsletter

Liz Eickmann

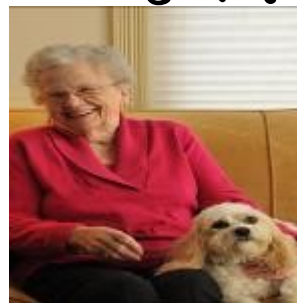
Volunteer Receptionists:

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

Website:

Liz Eickmann

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

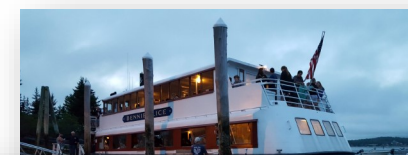
Cabbage Island

We will be leaving at 8 am on August 3 for Cabbage Island.

"Your Downeast Clambake adventure begins with a scenic tour of Boothbay Harbor aboard the Bennie Alice, en route to Cabbage Island in Linekin Bay... A succulent feast of Maine lobsters and clams with all the traditional fixin's await you." - From the Cabbage Island Website

The cost includes tickets to Cabbage Island and transportation aboard a VIP Travel Bus. Space is limited.

Member price is \$100. Non-members is \$110.



Medicare Solutions
James K. D'Ambrosio
Licensed Sales Agent

PO Box 7178 Ocean Park, ME 04063

Office: 207 219 9707*

Fax: 888 909 5189

E-mail:

jameskdambrosio@gmail.com

Convenient, high-caliber health care close to home (207-646-5211)
112 & 114 Sanford Rd. Rt. 109 Wells, ME 04090
For directions, visit www.yorkhospital.com/wells

Building A
Wells Emergency & Walk-in care
Walk in Laboratory
CT Scan & Imaging
Cardiology
Oncology
Family Practice
Orthopedic Associates
Building B
Physical Therapy
Wound Care
Breast Care/Mammography
Pediatrics
Surgery Associates
Surgery Associates

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



JFK Memorial Library and Museum Trip on July 18

We will leave from Wells Train Station at 8:50 am and arrive at North Station. There we will take a cab from the station to JFK Memorial Library. The Museum has a Café where you can purchase lunch. After our visit, we will stop for dinner in Little Italy (Boston's North End).

Tickets for this event are \$60. This includes the cost of train, museum, and taxi. Bring additional money to pay for lunch and dinner.

Pancake Breakfast Schedule

Saturdays through October 6 we will be having pancake breakfasts from 8 am—11 am on Saturday mornings. At \$6 it is the best deal in town.

All-You-Can-Eat Blueberry or Buttermilk Pancakes with two sausages, orange juice and coffee.

Pancake Team Schedules are on the back of the Calendar Insert.



Opportunity Alliance Program

On June 14 at 10 am Opportunity Alliance will present a program on volunteer opportunities in the area. One of their programs is a Foster Grandparent and Senior Mentor Program. Many young people can benefit from the knowledge and experience of retirees. Come see this informative talk!

Send a Smile

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

Happy Birthday!

Rick Goodrich	1	Terry Shallow	20
Mary Saucier	1	Barbara Wood	21
Priscilla Irwin	2	Frank Szydlo	21
Mary DeMarco	4	Linda Bourque	22
Paula Mann	4	Bill Ekstedt	22
Jean Stapleton	7	June McNiven	24
Mary Stewart-Edwards	9	Milt Vargelis	24
Sheila York	9	Angela Bishop	26
Pamela Kryskow	9	Mary Gallagher	27
Joan Goodrich	10	Kathleen Jones	28
Betty Kreie	10	Mary Megeaski	29
Kathy Skala	10		
David Jutras	11		
Carolyn Parks	11		
Carlene Winn	11		
Rick Goodrich	11		
Holly Szydlo	13		
Cynthia Barton	14		
Karin Daley	15		
Jane Duggan	15		
Anne Hussey	16		
Gail Trust	16		
Elizabeth Ford	17		
Diane Violette	18		

If you are aware of any illness or death, please contact Lorraine in the office.

Happy Anniversary!

Gerry & Jane Duggan	15
Liz & Jim Eickmann	20
Larry & Paula Mann	21
Chuck & Mary Stewart-Edwards	22
Dick & Angela Bishop	28

Welcome New Members!

Marjorie Osheroff & Jim Fitzgerald	Mary Perkins
Don & Margaret Gray	Wendy Broms Levine
Rose Marie Lizotte	Janice Sveda & Lucretia Eterginio
Debby Warshawsky	Maureen Brown
Gary Dunn	

We are sad to announce the passing of Bunny Friedman, Stanley Baer, and Deloris Fairborn. Our greatest sympathies to their friends and families.

Our heartfelt condolences also to Sandy Hill in the loss of her son, John.

**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.



Anne Pope
REALTOR®

email: anne.pope@beangroup.com
direct: 603-828-1316
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

New Opportunities:

- If you would like to be on a team for a mini-golf tournament benefitting the Wells Rotary, see the office.
- If you are interested in forming a bowling league, see the office.
- If you play an instrument and would like to participate in a jam session, see the office.
- If you would be interested in a book discussion group, see the office.
- If you have experience with finance or budgets, see the office.



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

Maine Botanical Garden Trip

On Wednesday, June 27 at 9am we will be heading up to Boothbay to visit some extraordinary gardens!

Join us for this outing and see the brand new **Butterfly House!!!** (Opening—June 1.)

Sign up at the desk. Tickets will be \$50 and include transportation and admission to the gardens.



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.



Call 207.985.5866 today to schedule a tour and complimentary lunch.

Atria KENNEBUNK

INDEPENDENT LIVING | ASSISTED LIVING
MEMORY CARE

One Penny Lane | Kennebunk



GEORGE WILSON
Associate Broker
Licensed in ME
O: 207.251.4762 ext. 706
m: 207.251.2941
gwilson@alandrealty.com
Buyer & Seller Representation
Residential & Commercial Brokerage
Real Estate Development



Activities and Programs

AYLI Schedule

Amanda 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.

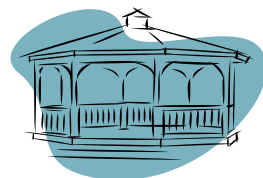


Ray Farnham, is our VFW and American Legion representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

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.

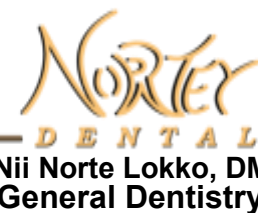


Made possible with your donations.

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. & Fri.

**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.

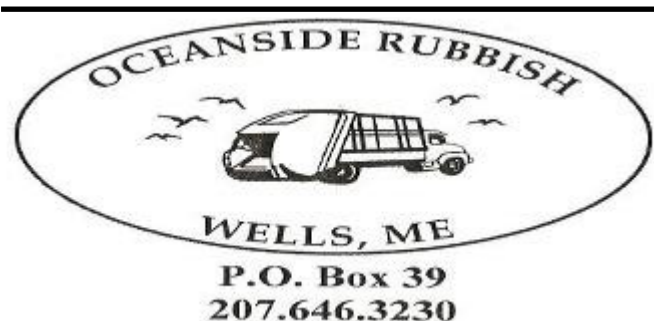
Home Instead Senior Care

- Companionship
- Meal preparation and planning
- Medication reminders
- Incidental transportation
- Personal care



85 Main Street Kennebunk, ME 04043 • 207.985.8550

273 York Street York, ME 03909 • 207.363.6550
www.homeinstead.com * hiscme@homeinstead.com



**WELLS, ME
P.O. Box 39
207.646.3230**

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 Friday 9:30-10:30

With Janine Robichaud
Work on Alignment, Strength
Balance and proper Breathing
Use a chair Or bring your own mat!
\$5/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 Classes

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

Mondays 1—3 pm

Original Art Class
\$20 per lesson

Thursdays 10 am

Drawing for Beginners
\$7 per lesson



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

State Farm

Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710

Nancy Hafford, Agent

960 Sanford Road, P.O.Box 1679

nancy.hafford.jw68@statefarm.com

