



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

NONPROFIT
ORG.
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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

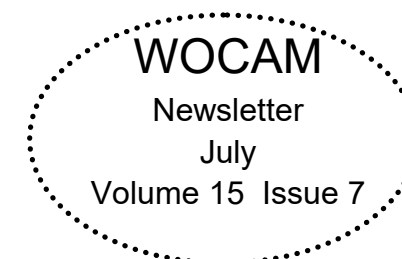
Email:
wocam2016@gmail.com

Thank you and Welcome!

WOCAM members want to thank exiting board members Peggy Mailett and Ron Allen for their service on the board. Both members have served several years and have volunteered countless hours of time and talent to our wonderful Senior Center. Be sure to thank them both for their wonderful contributions.



Welcome new board members, Lorraine Moulton and Stephanie Bennett. We look forward benefitting from their insights and wisdom.



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

WOCAM is a non-profit 501c organization. We receive no help from local or state government. We depend entirely on membership fees, donations from both private citizens and local businesses (including the ones advertising in this newsletter.) Please be sure to let our supporters know that we appreciate their help in doing the good work we do on behalf of seniors citizens in our community.

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude.



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



Spirit of Broadway

Presents

Simply Show Tunes

Once again, Spirit of Broadway will present their show, Simply Show Tunes. This has been a favorite in the past. Don't miss your chance to see it on **Sunday, July 15 at 6 pm.** Tickets will be \$10 in advance or \$12 at the door.

Do you shop at Amazon? Amazon has a program called Amazon Smile. This program gives money to charitable organizations for every purchase made. When you shop, type in smile.amazon.com, select "Senior Needs Committee of Wells." 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.

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

<i>July</i>	
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
Thurs. July 19 1 pm	Lunch at the Atria
<i>August</i>	
Friday, Aug. 3 8 am	Cabbage Island Trip - Leaving from Wells Station
Tuesday, Aug. 14 noon	Durgin Pines Lunch
Friday, August 19	100 Club

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.



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E-mail:
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For directions, visit www.yorkhospital.com/wells

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Pediatrics
Surgery Associates
Surgery Associates

York Hospital
in Wells
Emergency & Walk-in Care



6/29/2018



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.



We are the lucky recipients of the Hannaford Helps Reusable Bag Program in July.

Tell your friends and family, purchases of this bag will support WOCAM!

Send a Smile

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

Happy Birthday!

- | | |
|------------------------|---------------------|
| 1 Dan Hussey | 20 Joanne Colley |
| 3 Carol M Ellison | 21 Judy Mendes |
| 4 Jeannette Doherty | 23 Marianne Winnett |
| 4 Pamela Valentinas | 25 John Olson |
| 4 Roberta Parillo | 27 Janice Garrity |
| 5 Ann Lamberti | 28 Frank Card |
| 6 Belinda Harfoush | 28 Lillian Chutsky |
| 6 Jerome Quarry | 30 H. Jane Clark |
| 6 Ray Farnham | 31 Frank Wolfgang |
| 7 Donna Berg | |
| 7 Nancy Lafond | |
| 8 Dorothy Flynn | |
| 9 Jason Lipkind | |
| 9 Joseph Panniello | |
| 9 Joyce Iles | |
| 9 Marcy Laliberte | |
| 9 Sandy Bloom | |
| 10 Helene Roberts | |
| 10 William Penney | |
| 12 Virginia Olson | |
| 14 Donna O'Brien | |
| 15 Ron Allen | |
| 15 Cal Conniff | |
| 15 Carole Black | |
| 15 Juliette Stathoplos | |
| 15 Marie Rosi | |
| 15 Marilyn Ludden | |
| 16 Sheena Allara | |
| 18 Phil Martin | |
| 19 Beverly Link | |
| 20 Dave Mulcahy | |
| 20 Gary Singer | |

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

Happy Anniversary!

- | |
|--------------------------------|
| 1 Holly & Frank Szydlo |
| 3 Joyce & James Chapman |
| 3 Patricia & Ralph Minichiello |
| 3 Marie & Bob Hastie |
| 11 Joan & Rick Goodrich |
| 11 Pamela & Frank Wolfgang |
| 24 David & Susan Collier |
| 31 Colleen & Harry Hanson |

Welcome New Members!

- | | |
|--------------------|------------------------|
| Becky Crosson | Elizabeth Shaw |
| Cynthia Dubea | Conna & Eric Theriault |
| Gina & Bob Higgins | Lee Wernick |
| Angela K Riquier | |
| Ann Shaughnessy | |

Thank you to Peg Noonan.
Peg's name was left out of the program for the Fashion Show.
We appreciate all you do for WOCAM and in particular your work on the Fashion Show

Of special note:

Winnie & Paul Mason have moved to the Atria.
Best wishes to them in their new home.

Summer BBQ Lunch & Entertainment

At Atria Kennebunk—1 Penny Lane, Kennebunk

1 pm on the patio

Thursday, July 19

Meal will include the following:

- Fresh Fruit,
- Pasta Tortellini
- Potato Salad
- Grilled Vegetable Medley
- Corn on the Cob
- Grilled Steak
- BBQ Chicken
- Famous Sundae Bar!



Limit 50 Guests

Members \$10

Non-Members \$12



July Raffle Benefitting Wells Senior Student Trip to D.C.

Each year WOCAM sponsors a student. You can help by purchasing a raffle ticket.

Prize includes:

- Bottle of Wine
- \$25 gift certificate from Jackies Too at Perkins Cove
- \$25 gift certificate to The Steakhouse
- \$20 in Scratch Tickets

Tickets are 1 for \$5 or 3 for \$10. Tickets will go on sale July 1. Drawing will be held at noon on July 31.

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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direct: 603-828-1316
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Contact me for a **FREE Home Analysis!**

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www.sunriseseniorliving.com



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

See why Kennebunk's wisest older adults choose Atria.

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MEMORY CARE
One Penny Lane | Kennebunk

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Restaurant - Weddings - Events
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Phone: 207-361-2272

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

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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.

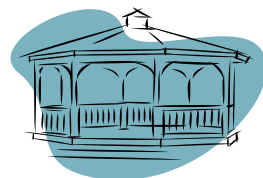


Ray Farnham, is our VFW and American Legion representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

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.

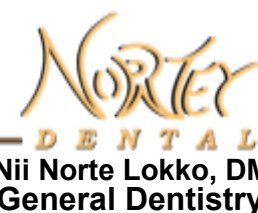


Made possible with your donations.

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.

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.

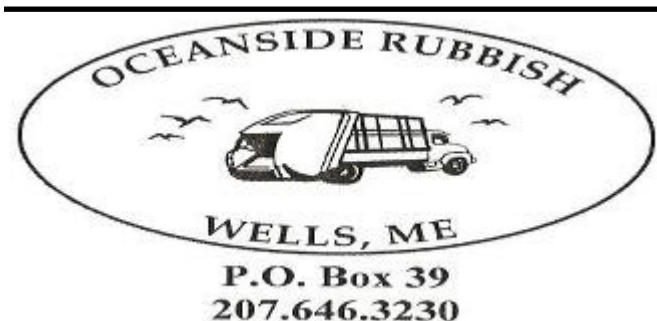
Home Instead Senior Care

- Companionship
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- Medication reminders
- Incidental transportation
- Personal care



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We are all on our own path to
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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

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Wells, ME