



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

NONPROFIT
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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

What is a Tailgate Sale?

A Tailgate Sale is a chance for people to sell items out of the back of their vehicle. Sellers will have a parking space and offer their wares out of the back. Each parking spot will cost \$10 for the day. Keep the money from any sales, OR donate the money to WOCAM. When the sale is over, close your tailgate and drive away.

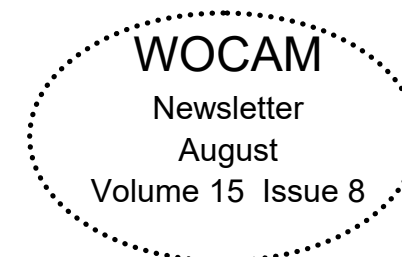
When will this take place? Saturday, September 1 at 1 pm in the back parking lot. Buyers will park in the front lot.

In addition to the Tailgate Sale, We will have snacks and drinks. We could use volunteers to run a snack table. And, we need bakers to bring in items to sell.

There will be a some fun surprises. This will be a great event for people of all ages. Tell your neighbors.



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.



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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.

Dear Members,


Thank you for the friendship and the wonderful memories.

I am leaving WOCAM to be the administrator for a new trade school in Biddeford.

I wish you all the greatest success in the future.

Best Wishes,
Liz Eickmann

PULMONARY REHABILITATION PROGRAM
at Kennebunk Center for Health & Rehabilitation



Specialized Staff & Advanced Training

Pulmonologist from Chest Medicine on staff/consult
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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:
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• Occupational
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• Respiratory

Charles Carlin, RRT

Kennebunk
Center for Health & Rehabilitation, LLC

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 "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 August

Please check calendar for daily activities

August

Friday, Aug. 3 8 am	Cabbage Island Trip - Leaving from Wells Station
Friday, August 17 11:30 am	Downsizing Seminar
Friday, August 17 5 pm	100 Club—Potluck
Thursday, Aug. 23 noon	Sentry Hill Luncheon

September

Saturday, Sept. 1 1 pm	Tailgate Sale
Monday, Sept. 3	Closed for Labor Day
Friday, Sept. 7 1 pm—3 pm	Balance Screening
Friday, Sept. 14 1 pm—3 pm	Balance Seminar
Friday, Sept. 21 1 pm—3 pm	Balance Seminar
Friday, Sept. 28 1 pm—3 pm	Balance Seminar

Board Of Directors

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Vice Chair: Ray Farnham

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Lorraine Moulton (21)
Ray Farnham (21)
Kathy Chase (20)
Cindy Connelley (20)
Bill Ekstedt (19)
Rick Kranes (19)
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June Messier (19)

Treasurer: June Messier
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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

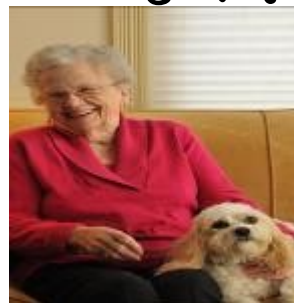
Volunteer Receptionists:

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

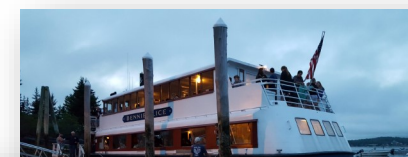
Cabbage Island

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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Surgery Associates

York Hospital
in Wells

Emergency & Walk-in Care



Balance Screening & A Matter of Balance

Sponsored by York Hospital!

Educational Program

These events are meant to help identify balance and strength concerns, and to empower you to promote active independence through awareness of risks, and to share resources related to fall prevention for older adults and their families.



Balance Screening: Have your balance checked with 3 quick activities and learn about different risk factors such as balance, blood pressure, and medications that may contribute to your chance of falling. Friday, Sept. 7 from 1-3pm.

A Matter of Balance Workshop (8 week commitment) Do you have Concerns about Falling? You'll learn a gentle exercise program, home safety tips, and how to get up if you've had a fall - Gain confidence and reduce your risk of falls. Friday, Sept. 14—Friday, November 9 from 1-3pm. (No class on Friday, October 12.) Limited to 15 students.

Both are free. To register for either event, please call Susan at Southern Maine Agency on Aging at 207-396-6578.

Pancake Breakfasts

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.

Send a Smile

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

Happy Birthday!

- | | | | |
|----|-------------------|----|-------------------|
| 1 | Elayne Star | 22 | Linda Abel |
| 1 | Stanley Baer | 22 | Stella Bassett |
| 2 | David Sanderson | 23 | Elaine Gordon |
| 2 | Paula Singer | 23 | Alice Hritz |
| 3 | Margaret Carlin | 23 | Judy Ross |
| 3 | Evelyn Penney | 23 | Mary Ann Simensen |
| 4 | Jo-Ann Panniello | 23 | Cynthia Dubea |
| 4 | Marie Szykniej | 24 | Carole Culhane |
| 6 | Susan Kanak | 27 | Muriel Freedman |
| 6 | Nancy Mulcahy | 27 | Barbara Jeffers |
| 7 | Valerie Brown | 27 | Rose Morrow |
| 10 | Maureen Maillet | 27 | Frank Parillo |
| 10 | Murray Ingraham | 28 | Robert Ferns |
| 10 | Rick Kranes | 31 | Linda Peterson |
| 11 | Janine Cantin | | |
| 11 | Maude Hoke | | |
| 13 | Shirley Ducharme | | |
| 13 | Roger Manzo | | |
| 15 | Walter Deskus | | |
| 16 | Bonita Kershaw | | |
| 16 | Marie Hastie | | |
| 17 | Barbara Wefers | | |
| 17 | Sandra Lytle | | |
| 18 | Roberta Horn | | |
| 18 | Barbara Ingraham | | |
| 18 | Doris Morgridge | | |
| 20 | Patricia McDonald | | |
| 21 | Joyce Toth | | |
| 21 | Larry Mann | | |
| 22 | Ruth Bland | | |

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

Happy Anniversary!

- | | |
|----|----------------------------|
| 1 | Sandra & Richard Lytle |
| 2 | Stephanie & Alfred Bennett |
| 3 | Sheena & Joe Allara |
| 12 | Patricia & Henry Musser |
| 14 | Lauren & Arthur Wong |
| 15 | Joan & Roger Manzo |
| 18 | Joan & Reg Grinebas/Kolias |
| 19 | Pamela & Frank Higgins |
| 22 | Mary & Paul Vachon |
| 29 | Barbara & Murray Ingraham |
| 30 | Gerry & Pat Patry |
| 31 | Lanie & Joe Havens |

Welcome New Members!

Monica Brzezinski
 Claudia Demartini
 Alice Hritz
 Oliver Paolucci

Thank you to Oliver Paolucci.

Oliver regularly helps put up and take down tables. He helps with a number of things at 100 Club and Bingo, including the sale of wine and 50/50 tickets.

**Chase & Hamlyn
 Gravel
 Wells, ME
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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.



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email: anne.pope@beangroup.com
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 office: 800-450-7784



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toll free (800) 585-0533

Kimberley.weiner@sunriseseniorliving.com

www.sunriseseniorliving.com

Sentry Hill Luncheon

On August 23 at noon Sentry Hill will prepare a meal for us. Tickets are \$8 for members and \$10 for non-members.

Choose between White Fish with Sauce and Garnish or their Famous Meatloaf.

Mashed Potatoes and Seasonal Vegetables

Plus a special Sentry Hill Dessert

Plus we are waiting to hear about surprise entertainment...

Downsizing Seminar

An Educational Program

"Are you at a time in your life when you are considering downsizing? Perhaps you are thinking about ridding yourself of some of your possessions or selling your house. Are you ready? Susan DeQuattro Ar-rand, a Senior Real Estate Specialist with Coldwell Banker York Realty, will discuss the upside to downsizing, getting your home ready, and pricing it to sell. She will introduce you to her downsizing right hand woman, Deborah Levine, helping you on your way. A Door prize raffle and a handbook titled "Moving On" will be given out for each participant."

Come learn about Downsizing on Friday, August 17 at 11:30 am in the WOCAM Function Hall.

August 100 Club

The next 100 Club is August 17 at 5pm.

The meal is Potluck.

Please sign up in the office to bring a dish to share.

We will need appetizers, casseroles, chili, bread, dessert, and drinks.

Check with the office to see if any tickets are available. Tickets are \$25 and offer the chance of winning cash prizes.



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.



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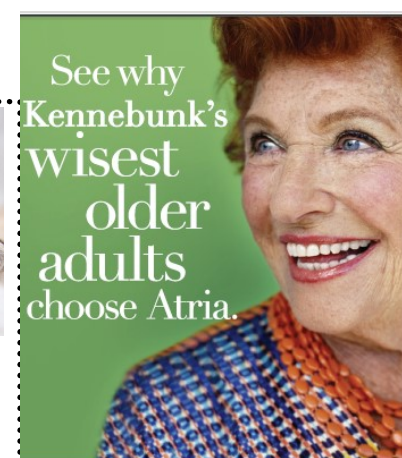
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See why
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 wisest
 older
 adults
 choose Atria.



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

Call 207.985.5866 today to schedule a tour and complimentary lunch.

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One Penny Lane | Kennebunk

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.

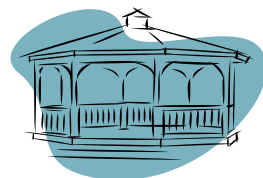


Ray Farnham, is our VFW and American Legion representative. He will assist veterans with locating services and benefits in our area. Ray is available at the Center by appointment. Please call his home phone (646-8521) to schedule a meeting.

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.

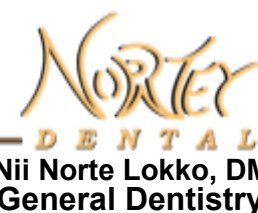


Made possible with your donations.

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.



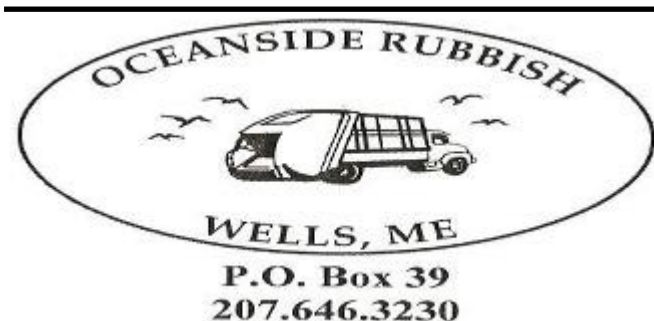
Home Instead Senior Care

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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!

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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
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(207)646-5511

www.OgunquitPlayhouse.org

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