

FALL

Wiscasset Senior Center Newsletter

September 2010

Monthly Planner for September

Wednesday 9/1

- **Community Dinner** (See Menu on page 4)
Celebration of all September birthdays.
- 6:30pm Bingo

Thursday 9/2

- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)
- 12:30pm Bingo.
- 6:00pm Cribbage.

Friday 9/3

- 9:30am Crafty Friends.

Monday 9/6 Labor Day (Center is closed)

Tuesday 9/7

- 9:30am to noon – Cribbage

Wednesday 9/8

- **Community Dinner** (See Menu on page 4)
- 6:30pm Cards, Games and Conversation

Thursday 9/9

- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)
- 12:30pm Bingo.
- 6:00pm Cribbage.

Friday 9/10

- 9:30am Crafty Friends.

Saturday 9/11 Patriot Day



Sunday 9/12 Grandparent's Day

Monday 9/13

- 8:00am to 11:30am Crafty Friends.
- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4) Celebration of all September birthdays.
- *Donations to St Philip's Food Pantry will be accepted today.*

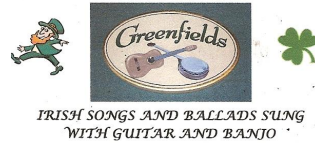
Tuesday 9/14 Vote Today!

- 9:30am to noon – Cribbage in gym



Wednesday 9/15 Prime Rib Dinner!

- **Community Dinner** Prime Rib (\$12 for all.



Reservations are required! Please note that you must make a reservation by signing up on the previous Wednesday, 9/8, or by calling the front desk by noon Monday 9/13.)

- 6:30pm Greenfields in concert
- *Donations to St Philip's Food Pantry will be accepted today.*

Thursday 9/16

- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)
- 12:30pm Bingo.
- *Donations to St Philip's Food Pantry will be accepted today.*
- 6:00pm Cribbage.

Friday 9/17

- 9:30am Crafty Friends.

Monday 9/20– Anniversary Party –

- 8:00am to 11:30am Crafty Friends.
- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)
- After lunch – Trustee Meeting

Tuesday 9/21 Cribbage & Pot-Luck Lunch

- 9:30am to noon – Cribbage & Lunch

Wednesday 9/22

- **Community Dinner** (See Menu on page 4)
- 6:30pm Cards, Games and Conversation

Thursday 9/23 First Day of Autumn

- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)
- 12:30pm Bingo.
- 6:00pm Cribbage.



Friday 9/24

- 9:30am Crafty Friends.

Saturday 9/25 DEA National Take Back Day

- Unwanted drugs will be collected – free.

Monday 9/27

- 8:00am to 11:30am Crafty Friends.
- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)

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Tuesday 9/28

- 9:30am to noon – Cribbage

Wednesday 9/29

- **Community Dinner** (See Menu on page 4)
- 6:30pm Cards, Games and Conversation

Thursday 9/30

- 11:00am to noon. Walking in the gym.
- **Lunch** (See Menu on page 4)
- 12:30pm Bingo.
- 6:00pm Cribbage.

Events

(All events are subject to change. Please check the local newspapers or at the Senior Center for changes and new events!)

Activities & Notes

Wed September 1 – Birthdays & Bingo

All September Birthdays will be recognized for the Dinner crowd. Bingo after dinner.

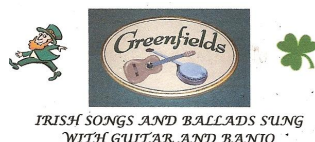
Mon September 13 – Birthdays

All September Birthdays will be recognized for the Lunch crowd.

Mon September 13, Wed September 15, & Thurs September 17 Food, other items and cash will be collected for St Philip's Food Pantry

All collected items will be taken to the Food Pantry on Thursday afternoon.

Wed September 15 – Greenfields Concert



Mon September 20 – Anniversary Party

It has been a long standing tradition to have a Lobster Bake to celebrate the founding of the Wiscasset Senior Center. This is an expensive dinner and if not enough sign up we could suffer a large loss.

This will be a great meal and party. We will serve lobster or BBQ Chicken. \$12 for lobster and regular price for chicken. Reservations are required! You must specify which option. Please note that you must make a reservation between Monday, 9/13 & Thursday 9/16 at noon. Please sign up during a meal with the cashier. **Do not call the front desk – calls to the front desk will not be honored.** Note: If sufficient reservations are not made by noon on 9/16, a substitution of entrée will be made as well as a price adjustment.

Tues September 21 – Cribbage & Pot-Luck Lunch

Please sign up for the lunch. Please indicate if you will be bringing an item. Sign up list will be posted on the bulletin board. Lunch is immediately after Cribbage and is open to players and non-players alike for a pot-luck item.

Sat September 25 – National Take Back Day

On September 25, 2010, DEA will coordinate a collaborative effort with state and local law enforcement agencies to remove potentially dangerous controlled substances from our nation's medicine cabinets.

Locations of sites in Lincoln County will be publicized.

Sept or Oct – Boat Tour & Lunch/Supper

Boat trip out of Boothbay Harbor after Labor Day followed by lunch/supper. For WSC members the transportation to the boat and part or all of the boat tour will be paid for by a grant we have received. The meal will be on your own. Watch the bulletin board and newspapers for details and sign-up list.

Friday October 8 – Trip to Hollywood Slots

This trip is sold out but we do have a waiting list. See Sally for this.

October 12 to 14 – NH Fall Foliage Trip

This trip is sold out but we do have a waiting list. See Sally for this.

“Walking in the Gym” Mon & Thurs

11:00am to noon the Community Center gym will be open to all seniors free of charge.

Cribbage - Tuesday & Thursday

Every Tuesday morning and Thursday evening except as noted.

Crafty Friends – Mon 8 to 11:30 & Fri 9:30 to 11:30

All kinds of crafts welcome. Lessons on occasion. Help and advice always available.

Wiscasset Library – Thurs 11:30 to Noon

The librarian will be present with a select number of books.

08/16/10 Trustee Meeting Notes

Attending Trustees were Doc Schilke, Larry Clark, Jane LaBreck, Keith Bridgham, Earl Dighton, Dick Grondin, Cam Johnson, Larry Roy and Sally Sherman. Newt Blakesley and Peggy Simmons did not attend the meeting.

A motion was made to accept Patty Bridgham's resignation, take her complaints under advisement and move on. The motion was seconded and approved by a majority of Trustees.

Dick Grondin offered to join the Constitution & Bylaws Committee (Newt Blakesley is Chair) and assist Newt in coming up with election

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procedures that will be put into effect for the June 2011 election.

A motion was made and seconded to appoint Cam Johnson as replacement for the Trustee position held by Patty. Vote was unanimous. Cam will serve one year and then this position will be up for a 2-year election next June. Cam will be able to run at that time. (This is according to our Bylaws.)

Treasurer's report: Reports were distributed and reviewed.

Cribbage Lunches were discussed. To cut costs, it was suggested to make the lunches Pot Luck. This may be tried.

Doc mentioned that Spectrum Generations has notified us that the Nutrition Services Incentive Program (NSIP) funding has been reduced for the fiscal year 10/1/2009 to 9/30/2010. The decrease is from \$0.6531 to \$0.6083. Therefore, we have been overpaid by \$152, which will be deducted from future reimbursements.

Motion made and seconded to accept the Treasurer's report as presented. Vote was unanimous.

The list of Committees for the 2010/2011 fiscal year was reviewed. Anita green joined the Greeting Card Committee and Dick Grondin joined the Constitution & Bylaws Committee. Otherwise, there was no change. There have been no indications of interest in the Committees by any WSC members.

Membership Committee Report:

As of 8/16, there are 115 members (84 resident members and 31 non-resident members).

Old Business:

1. Goals for 2010/2011

1.1. Proposed Goals: The following goals were reviewed. Motion made and seconded to accept the goals for the coming fiscal year. Vote was unanimous.

1.1.1. Reduce Wiscasset Taxpayer support to \$5,000 max over the next 5 years. We will reduce the 2011/2012 budget by at least \$1,000. The Finance Committee should make proposals on how to accomplish this goal to the Trustees for discussion and implementation.

1.1.2. Get Lunch numbers consistently 30 to 40 or more

1.1.3. Get Dinner numbers consistently 60 to 70 or more

1.1.4. Increase membership to 190 or more

1.1.5. Fill all Committees – Require Committees to perform duties according to the Bylaws.

1.1.6. Increase entertainment, speakers & activities. Goal of 1/month after/before lunch and 2/month after/before dinner. Goal of at least 1 new weekly/monthly activity not associated with the meal program.

1.1.7. Start at least 2 new methods of publicity

1.2. Methods to be used to attain goals:

1.2.1. TBD – prelim list by Sept Trustee Mtg.

2. Discussed having sign near road advertise “Community Dinners” or “Public Suppers” and not “Senior Center”. Earl will look into feasibility of doing that.

New Business:

1. List of free times for WSC expansion – We need to develop a list of times to expand offerings according to our goals.

2. LC TRIAD SAD – Tenth Annual - Sat 10/30 – 10 to 1? – BBH El school - WSC will have table and/or run a fun bingo game.

3. Discussed file cabinet lock. Decided to get a new lock since many keys are out.

Next Regular Meeting: Monday, September 20, 2010 after lunch.

Community Dinner Cashiers

September – Pat Viles & volunteer

October – no volunteers yet

We need cashiers. We depend on volunteers. If you would like to be a cashier, see Doc to sign up for this job.

Thought for September

“It has always seemed strange to me that in our endless discussions about education so little stress is laid on the pleasure of becoming an educated person, the enormous interest it adds to life. To be able to be caught up into the world of thought -- that is to be educated.” Edith Hamilton, educator and writer (1867-1963)

Wiscasset Senior Center
Trustee Meeting Minutes 07/19/2010

Menu for September 2010

Price: For WSC members 60 & over the suggested donation for Lunch is \$6 and \$8 for Dinner. For non-members 60 and older the suggested donation for Lunch is \$8 and \$10 for Dinner. For all other WSC members, the price of Lunch is \$6 and Dinner is \$8. For WCC members, the price of Lunch is \$8 and Dinner is \$8. For all others the price of Lunch is \$8 and Dinner is \$10. Special meals such as the Prime Rib dinner are priced higher and this price will be noted elsewhere. Children aged 10 years and under will be charged \$6 for Dinner with only ½ slice of prime rib on Prime Rib night.

Lunch: Served at noon.

Community Dinner: Social hour w hors d'ourves 4:30pm – 5:30pm. Dinner served at 5:30pm

Meal Reservations Please! Call 882-8230 at least TWO days in advance! Cancel reservation if unable to attend!

Notes: All meals are served with one slice of bread/roll/biscuit, margarine, salad dressing, 8 oz of low fat milk, 4 oz fruit juice, coffee, tea, and water. Also a sugar free dessert is available for each meal. Alternate entrées are available when requested due to taste or dietary reasons. This request should be made at least 2 hours before mealtime. Raw vegetable and/or cheese and whole grain cracker platters are also available at each meal. The menu is subject to change.

Format of menu: Entrée listed first. Indented items below entrée are the items normally served with the entrée. Last items not indented are dessert or items served separately. All items are available with each meal and are of sufficient quantity to serve each diner who has made a reservation.

Entrées are served cafeteria style. Margarine and water are placed on the tables. Other items are self-serve.

Monday Lunches



September 6th

LABOR DAY

September 13th

Chicken salad roll
 Garden/vegetable salad
 Cole slaw
 Fruit salad
 September birthdays cake

September 20th

Lobster bake or
 BBQ chicken
 Corn-on-cob
 Potato salad
 Garden/vegetable salad
 Fruit salad
 Cookie bars



September 27th

Angel hair pasta with
 Meatballs & sauce
 Garden/vegetable salad
 3 bean salad
 Fruit
 Lemon pie

Wednesday Dinners

September 1st

Roast Turkey w gravy
 Mashed Potatoes
 Peas & Onions
 Garden/vegetable salad
 Fruit salad
 September birthdays cake

September 8th

Broiled salmon or Teriyaki chicken
 Baked potato
 Broccoli w cheese sauce
 Garden veg salad w croutons
 Fruit bowl
 Ice cream sundaes

September 15th

Prime rib
 Mashed potatoes
 Mixed vegetables
 Garden/vegetable salad
 Fruit salad
 Lemon cake

September 22nd

Baked ham
 Baked potato – white or sweet
 Carrots
 Garden/vegetable salad
 Fruit salad
 Carrot cake

September 29th

BBQ beef
 Oven potatoes
 Garden/vegetable salad
 Harvard beets
 Fruit salad
 Brownies

Thursday Lunches

September 2nd

Fish Cakes
 Coleslaw
 Creamed Corn
 Sweet Potato Wedges
 Fruit Salad/Fruit
 Lemon Squares

September 9th

Chopped sirloin with
 Mushroom gravy
 Mashed potatoes
 Corn
 Garden/vegetable salad
 Fruit salad
 Banana split cake

September 16th

Oven fried chicken
 Pasta salad
 Cole slaw
 Garden/vegetable salad
 Fruit salad
 Chocolate chip cookies

September 23rd

Corn chowder
 Ham & cheese sandwich
 Garden/vegetable salad
 Fruit
 Pistachio pudding

September 30th

Haddock chowder
 Green beans
 Fruit
 Garden/vegetable salad
 Biscuits
 Oatmeal raisin cookies

Please Read the Local Newspapers
 Senior Center news appears weekly in the *Wiscasset Newspaper* and the *Lincoln County News*.
 The *Wiscasset Senior Center Newsletter* is published monthly on or about the last Wednesday of the month for the next month. The Newsletter is available at all lunches and dinners as well as at the Community Center front desk.