



Monthly Planner for March

Monday 3/1

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

Tuesday 3/2

- 9:30am to noon - Cribbage

Wednesday 3/3

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

Thursday 3/4

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

Friday 3/5

- 9:30am Crafty Friends.

Monday 3/8

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

Tuesday 3/9

- 9:30am to noon – Cribbage

Wednesday 3/10 Special Antique RoadShow

- **Community Dinner** (See Menu on page 4)
- 6:30pm Antique RoadShow

Thursday 3/11

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



Friday 3/12

- 9:30am Crafty Friends.

Sunday 3/14 Daylight Saving Time begins

Monday 3/15

- 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
- ***Donations to St Philip's Food Pantry will be accepted today.***

Tuesday 3/16

- 9:30am to noon – Cribbage

Wednesday 3/17 St. Patrick's Day

- **Community Dinner** (See Menu on page 4)
- 6:30pm Cards, Games and Conversation
- ***Donations to St Philip's Food Pantry will be accepted today.***

Thursday 3/18

- 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 3/19

- 9:30am Crafty Friends.



Saturday 3/20 First Day of Spring

Monday 3/22

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

Tuesday 3/23

- 9:30am to noon – Cribbage

Wednesday 3/24

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

Thursday 3/25

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

Friday 3/26

- 9:30am Crafty Friends.

Sunday 3/28 Palm Sunday

Monday 3/29 Passover begins

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

Tuesday 3/30

- 9:30am to noon – Cribbage

Wednesday 3/31

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

Wiscasset Senior Center Newsletter

March 2010

Events

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

Activities & Notes

Mon March 1 – Birthdays

All March Birthdays will be recognized for the Lunch crowd.

Wed March 3 – Birthdays & Bingo

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

Wed March 10 – Antique Roadshow

This will be an extra special RoadShow. John Bottero will host the show as usual but Jay Robbins from the Lincoln County Historical Association will also be there. Please bring any antiques you want appraised by these gentlemen.

Mon March 15, Wed March 17, & Thurs March 18 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.

"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. Specific books etc may be available. Call the library ahead of time and if the item is available, the librarian will bring it on Thursday.

Antique Road Show Wednesday March 10

The Wednesday evening Antiques Road Show will be held again on March 10, 2010. This is the second Wednesday of the month so mark your calendars and start looking around your house for items to bring.

John Bottero, licensed auctioneer and Vice President of Thomaston Place Auction Galleries, will once more host the Antiques Road Show. John is very knowledgeable about the value and history of all kinds of antiques. He will give a verbal appraisal of each item but more importantly, he will spend several minutes explaining the background of the antique and the times in which it was produced. He is an excellent speaker and keeps the audience entertained.

Joining John for this event will be Jay Robbins, Lincoln County Historical Association's executive director, who has agreed to bring a few items from the LCHA collection that he and John will discuss. Jay will tell about the specific item and its relation to Lincoln County and John will give an idea of what a similar item in the hands of a private collector would be worth.

This special collaboration between John Bottero and Jay Robbins will highlight the 250th anniversary of Lincoln County and Pownalborough.

If you have antiques that are specific to Lincoln County or that have some association with the County, please consider bringing them to the Road Show. It would be a great way to celebrate the 250th anniversary by seeing items that were a part of the era.

Budget time and the numbers are not good

As a department within the Town of Wiscasset, the Senior Center had to give the Town its budget for the next fiscal year 2010/2011. The Chairman and Treasurer presented a proposed budget to the Trustees. There was one problem. It looked like we would have to ask the taxpayers for another \$1,000 over last year's budget. This was not a viable plan.

Below is a summarized version of our budget. First, we do not have any employees. We contract with Steve White to buy the food and cook the meals. We pick up the expense of a WCC employee to do dishwashing and cleanup. There is no way we could find a volunteer to do the dishwashing so we pay. We hope that the Personnel expense will remain flat next year.

We spend little on supplies and equipment looking more toward donations and fundraising to obtain need items.

Food itself is a big expense. However, Steve does an excellent job in holding down costs and making use of leftovers. He does work under the added strain of not knowing exactly how many will dine, how many will want an alternative and having to meet government nutritional guidelines.

On the revenue or income side, we do get \$0.80 per meal for each person served who is over 60 years old. We do get income from the meals that people pay for when they come to a lunch or dinner. Nevertheless, as the number of meals served goes up and down so does the income.

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We also get a small amount from the membership dues. The number we used for this coming year is optimistic.

By going over various alternatives to decrease costs or to increase revenue, we could not come up with a budget that would be the same as last year. Therefore, we decided to fundraise the additional \$1,000.

Wiscasset Senior Center		2011 Budget
	<u>Expenses</u>	
Personnel		
	Personnel	25,206.00
Supplies/Equipment		
	Supplies/Equipment	200.00
Groceries		
	Groceries	28,000.00
	Total Expenses	53,406.00

	<u>Revenue</u>	2011 Budget
Subsidy		3,700.00
Income - meals		35,200.00
Fund raising - SCW		1,000.00
Membership		2,300.00
	Revenue	\$42,200.00
	Expenses	53,406.00
	Taxpayer	\$11,206.00

Fundraising is only a stopgap action to keep us going for the next fiscal year. If during the next year the drop in dining attendance and membership cannot be reversed, we will have to seriously consider stopping the meal program and in effect, ending the Wiscasset Senior Center as we know it today.

The decision is not with the Trustees but rather with the members. Will you take an active part to keep it going?

The Chairman of the Trustees has suggested making the following as goals for next year. What do you think? Can we do this much?

- Get Lunch numbers consistently 30 to 40
- Get Dinner numbers consistently 60 to 70
- Increase membership from current 133 to 200
- Fill all positions on the Board of Trustees
- Fill all Committees
- Reduce Taxpayer amount to \$10,000 in 2011/2012

Snow? Canceled?

We will always try to serve the meal if possible. But don't take a chance if you feel the roads are not to your liking. If in doubt as to whether there will be a meal or not, call the Community Center. A decision on **Lunch** will be made by **10:00am** and a decision on **Dinner** will be



made by **2:00pm**. Remember that the Community Center may delay opening in the morning to give time to clear the parking lots, so don't call too early.

This applies to Cribbage and all activities at the Senior Center. If the Community Center is open we will try to hold the activity if enough people are able to make it. Call the Community Center to find out if they are open. Feel free to stay home if the weather or roads are not to your liking. Don't take a chance with your safety.

Free Income Tax Help for Seniors

Counselor Carol Ostermann will be available by appointment only at the Community Center. All Seniors in the area are eligible for this assistance. You do not have to be a member of the Wiscasset Senior Center or the Wiscasset Community Center. All appointments will be at the Wiscasset Community Center. To make an appointment, call Carol at 633-6748.

Membership 2009-2010

1. Membership is for a year, July 1, 2009 through June 30, 2010, and is open to all.
2. Membership renewal fees are due July 1 and must be paid by July 31. Payment must be made at the front desk of the Community Center.
3. New memberships may be taken out at anytime for the current year at the yearly rate. There will be no pro-rating for partial year.
4. Within 4 weeks of payment of dues, a membership card or renewal sticker will be available from the Trustee Treasurer.

Community Dinner Cashiers

March – Earl Dighton and Larry Roy
April – Jane LaBreck and Keith Bridgham

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 the Month

“Do not condemn the judgment of another because it differs from your own. You may both be wrong.” -Dandamis, sage (4c BCE)

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.

Wiscasset Senior Center Newsletter

March 2010

Menu for March 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: 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

March 1st

Baked Mac&Cheese w ham
Coleslaw/Cornbread
Three bean salad
Garden veg salad w croutons
Pears
March birthdays cake

March 8th

Tuna melts
Oven fries
Coleslaw
Garden veg salad w croutons
Fruit salad
Brownies

March 15th

Grilled Ruben
Oven fries
Coleslaw/Garden salad
Sliced peaches
Baked Custard

March 22nd

Raviolis
Garlic bread
Garden veg salad w croutons
Fruit salad
Sautéed spinach w garlic
Chocolate chip cookies

March 29th

Chicken ala king
Mashed potato
Green beans
Garden veg salad w croutons
Fruit salad
Rolls
Ice cream

Wednesday Dinners

March 3rd

Roast lamb w mint jelly or
Stuffed chicken breast
Carrots/Garden veg salad
Roasted potatoes
Rolls/Cranberry sauce
Fruit salad
March birthdays cake

March 10th

Sweet & sour Pork w garden
vegetables
Rice
Rolls/fruit cup
Garden veg salad w croutons
Pineapple upside down cake

March 17th

Boiled Dinner – Ham or Corned
beef w Potatoes, Carrots, Cabbage,
Onions, Turnips
Rolls
Garden veg salad w croutons
Key lime pie

March 24th

Meatloaf
Mashed potato
Harvard beets
Green beans
Garden salad
Rolls
Fruit salad
Chocolate Pie

March 31st

Roast pork loin w stuffing
Sweet potato
Wax beans
Garden veg salad w croutons
Rolls
Baked apples
Applesauce cake

Thursday Lunches

March 4th

Beef barley soup w chicken sandwich
Garden veg salad w croutons
Peaches
Rolls
Tapioca pudding

March 11th

Fish & chips (oven fries)
Coleslaw
Rolls
Garden veg salad w croutons
Fruit cup
Lemon sherbet

March 18th

Ham & scallop potato casserole
Garden veg salad w croutons
Rolls
Pears
Pistachio pudding

March 25th

Split pea soup
Chicken salad roll
Garden veg salad w croutons
Sliced peaches
Grapenut pudding

