

Wiscasset Senior Center Newsletter

January 2012



Monthly Planner for January

Saturday 12/31 New Year's Eve

Sunday 1/1 New Year's Day

- Community Center & Senior Center Closed



Monday 1/2

- 8:00am to 11:30am Crafty Friends.
- 11:00am to noon. Walking in the gym.
- **No Lunch today!**

Tuesday 1/3

- 9:30am to noon - Cribbage

Wednesday 1/4

- Community Dinner (See Menu on page 4)
Celebration of all January birthdays.

Thursday 1/5

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

Friday 1/6

- 9:30am Crafty Friends.

Monday 1/9

- 8:00am to 11:30am Crafty Friends.
- 10:00am Morning Coffee Break (see insert)
- 11:00am to noon. Walking in the gym.
- Noon - **Lunch** (See Menu on page 4) Celebration of all January birthdays.

Tuesday 1/10

- 9:30am to noon – Cribbage

Wednesday 1/11

- Community Dinner (See Menu on page 4)

Thursday 1/12

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

Friday 1/13

- 9:30am Crafty Friends.

Monday 1/16 Martin Luther King, Jr. Day

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

Tuesday 1/17

- 9:30am to noon – Cribbage

Wednesday 1/18

- Trustee Meeting
- Community Dinner (See Menu on page 4)
- *Donations to St Philip's Food Pantry accepted today.*

Thursday 1/19

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

Friday 1/20

- 9:30am Crafty Friends.

Monday 1/23

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

Tuesday 1/24

- 9:30am to noon – Cribbage

Wednesday 1/25

- Community Dinner (See Menu on page 4)

Thursday 1/26

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

Friday 1/27

- 9:30am Crafty Friends.

Monday 1/30

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

Tuesday 1/31

- 9:30am to noon – Cribbage

Events

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



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From the Chair's Chair

Recently I received a note from our Membership Chairman, Tony Gatti who gave a copy of a letter to me to be distributed to the general public. At the same time, Patricia Barnes shared a

list of reasons for becoming a member of our organization. They are being published in this month's Newsletter with the hope that you will give consideration in joining the Wiscasset Senior Center.

Ellie Tracy

An Invitation

January, 2012

Greetings and Happy New Year from the Wiscasset Senior Center! We would like to take a minute to thank you for your participation in the Wiscasset Senior Center program in the past, and hopefully interest you in joining the Senior Center again this year. In our Summer membership drive approximately one -half of the WSC members of the past year renewed their Membership with us. We are hoping to add your name to our membership list in the next few weeks. As you know, we need the help of many Senior members to make your Center a success.

If you would like to renew your membership, please call Ellie Tracy, our Chairman, at 350-8023 or Earl Dighton, our Vice Chairman, at 882-6215 for further information. If you do not wish to become a member, perhaps you would like to make a donation to our Scholarship Fund which will be awarded in May to a 2012 senior attending Wiscasset High School residing in the Senior Center's areas of interest, Alna, Westport and Wiscasset.

The Wiscasset Community Center is excited to offer Wiscasset Senior Center Members a FREE day pass, just another benefit of being a member of the Wiscasset Senior Center! At the time of registration you will receive a Senior Day pass allowing you to experience all that the Community Center has to offer: lap and therapy pool, hot tub, fitness room, group exercise classes and senior activities. But most importantly, the opportunity to improve your health, while socializing with a wonderful group of folks, as we all strive to find that balance in life.

Recently, Patricia Barnes, a long-time member of WSC, recorded a number of reasons for joining the Seniors of Wiscasset. You will find them on the reverse side of this invitation,

It is a New Year, and we are hoping you will find the time to get in touch with us. Give it some thought, and please consider making it one of your New Year's Resolutions.

Tony Gatti, Membership Committee Chairman

Why Join the Wiscasset Senior Center

- Crafty? Do you do wood carving, or paint, or knit, or quilt or need training?
 - Join us Mondays or Fridays – 9 to 11 am
- Tired of your own cooking – Wish a healthy meal/low cost?
 - Join us for lunch Mondays or Thursdays @ 11:45 am
- Ever tried Cribbage –or need instruction?
 - Join us Tuesdays @ 9:15 am or Thursdays @ 5:45 pm
- Don't want to go to the theatre alone?
 - Join us – we arrange transportation, tickets and company
- Evenings out at a reasonable cost a rarity?
 - Join us 5:30 pm Wednesdays - dinner, entertainment and always good company
- Like to walk, BUT not in the cold or heat and alone?
 - Join us – walking in the Gym - Mondays & Thursdays @ 11 am
- Like to read?
 - Join us Thursdays @ 11:30 – Wiscasset Librarian Karen Delaney brings her "to-read" selections to intrigue you
- Wish you could help others, but need suggestions and maybe company?
 - Join us – Call Ellie Tracy @ 350-8023 OR – consider:
 - Food pantry cash plus food to be donated;
 - Thanksgiving/Christmas baskets for the hungry;
 - Deliver a meal to a homebound member;
 - Help sell craft items at a Fair;
- Brought to you by YOUR Senior Center
 - Visit us @ Wiscassetrec.com; click on **Programs** (top of page),
 - Then scroll down to **Senior Center**.

MINUTES OF WISCASSET SENIOR CENTER BOARD OF TRUSTEES MEETING DECEMBER 21, 2011,

The Wiscasset Senior Center Board of Trustees meeting was called to order at

9:30 a.m. by Chairman Ellie Tracy.

Trustees present: Ellie Tracy, Keith Bridgman, Earl Dighton, Larry Clark, Larry Roy, Newton Blakesley, Peggy Simmons, Cam Johnson. Also present was Doc

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Schilke, IPC, Todd Souza, Community Center Director, and Pat Barnes, Fund raising/Scholarship. Trustees Sally Sherman, Dick Grondin, and Tony Gatti were not present.

Chairman's report:

1. Ellie drafted two letters: (1) to WSC members who were members in 2010 but did not join in 2011 and (2) letter entitled "Morning Coffee Break" in an effort to get more members involved as SC volunteers. First get-together scheduled for January 9, 10:00 a.m. in the SC.

2. We should consider having our annual meeting on a Saturday morning, with breakfast, sometime in either May or June and anyone who is going to run for a trustee position should be available so that the membership can meet them.

3. Open House still in planning stage.

Secretary's report: Minutes of the November 16, 2011 trustee meeting were accepted by the Board as presented and placed on file. No additional report.

Treasurer's report: Larry does not have the town's final audit as yet. 134 people attended the "Breakfast with Santa". Our share of the proceeds was \$159. Report placed on file.

Todd Souza:

1. Thanks to the SC members who baked cookies for the Christmas tree lighting and for their participation in "Breakfast with Santa".

2. On January 5, the Town Budget Committee will be touring the WCC.

3. Two joint trips planned with the Bath Parks and Recreation on December 31 and January 15 to the Portland Red Claws basketball game.

4. A flyer will be mailed to the residents of Alna, Dresden, Edgcomb, Westport and Woolwich offering a 2-week trial membership during January 2012.

Committee Reports

Activities: Carolann Rines has offered to assist with the SC activities.

Constitution and By-Laws: Dick Grondin and Ellie have been in contact concerning the Policies and Procedures that may be changed within our Constitution. Contact Ellie if you are willing to assist with this endeavor.

Finance: No additional report.

Hospitality: No report.

Membership: Ellie has drafted a letter to be mailed to former members in an attempt to interest them in re-joining the SC.

House: Keith will check with Ken Perry to see if he needs floor mats in the kitchen.

Nominating: Trustees – If your term ends this year, please keep Ellie advised as to what your plans are. Motion made and seconded to officially vote Cam Johnson in as a SC trustee. Motion passed.

Publicity/Newsletter: The next Newsletter will be ready on December 27. Weekly ad for Wednesday dinners will again be placed in the Wiscasset Newspaper.

Member-at-Large: Not present. No report.

Unfinished Business

WSC Scholarship:(Pat Barnes) No report.

Fund raising: Application has been sent to Jo-Ann Fabrics requesting \$3000 for a commercial dishwasher for the SC.

New Business

Motion made, seconded and passed to give Christmas bonus to Ken Perry, Anita Greenleaf and Karen (librarian).

Peggy Simmons advised that three food baskets were distributed at Thanksgiving, plus five gifts were given to local children. This was a community project carried out by the SC membership.

Vice-Chair Earl Dighton mentioned encouraging members to pay SC dues on time.

Adjournment: There being no further business, the meeting was adjourned at 11:30 a.m. Next meeting on Wednesday, January 18, 2012 at 9:30 a.m.

Respectfully submitted,

Cam Johnson, Secretary

2011/2012 Wiscasset Senior Center Trustees:

Ellie Tracy	Chair	2014
Earl Dighton	Vice Chair	2014
Larry Clark	Treasurer	2012
Cam Johnson	Secretary	2013
Newt Blakesley		2012
Keith Bridgman		2014
Tony Gatti		2013
Larry Roy/Dick Grondin		2013
Peggy Simmons/Sally Sherman		2012

Wiscasset Senior Center Meeting Dates Board of Trustees

- January 18, 2012
- February 15
- March 21
- April 18
- May 16
- June 20

Agendas and Minutes will be posted in the Senior Center.

Community Dinner Cashiers

January – Ted Tracy & Larry Roy

February - ?

March – Pat & Earl Dighton

April - ?

May – Gail Burke & Jim Spurlin

June – Joan & Dick Grondin

Thoughts for January

"Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness." -George Sand [pen name of Amantine Aurore Lucile Dupin], novelist (1804-1876)

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Menu for January 2012

Price: For WSC & WCC 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 & WCC members, the price of Lunch is \$6 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.

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

Monday Lunches

January 2nd

CLOSED

January 9th

Pork pies
Green beans
Garden Salad
Fruit/ fruit juice
Dessert

January 16th

Torpedoes (Capt. Style)
(hamburger sandwich)
Green beans
Garden Salad
Fruit/ fruit juice
Dessert

January 23rd

Macaroni & meatballs
Peas
Garden salad
Fruit/fruit juice
Dessert

January 30th

Haddock
Oven fries
Spinach
Garden salad
Fruit/fruit juice
Dessert

Wednesday Dinners

January 4th

Meatloaf
Mashed Potatoes
Beets
Garden Salad
Fruit salad/fruit juice
Dessert

January 11th

Roast chicken leg quarters
Baked potatoes
Spinach
Garden salad
Fruit/fruit juice
Dessert

January 18th

Boiled dinner
(cabbage, carrot, potato, onion
corned beef)
Garden salad
Fruit/ fruit juice
Dessert

January 25th

Beef stew
Biscuits
Garden salad
Fruit/fruit juice
Dessert

Thursday Lunches

January 5th

Wedding Soup
Chicken salad sandwich
Garden salad
Fruit salad/fruit juice
Dessert

January 12th

Tuna casserole
Roasted carrots
Garden salad
Fruit/ fruit juice
Dessert

January 19th

Vegetable/pork soup
Ham sandwich
Garden salad
Fruit/fruit juice
Dessert

January 26th

Hot dogs on roll
Baked beans
Cole slaw
Garden salad
Fruit/fruit juice
Dessert



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 all lunches and dinners as well as at the Community Center front desk.

Wiscasset Senior Center Newsletter staff: Editor & Reporter - Doc Schilke, Director of Distribution – Natalie Demeny