



THE BUZZELL BUZZ THE DEPARTMENT OF ELDERLY SERVICES JULY 2022

BUZZELL SENIOR CENTER

15 SCHOOL STREET
WILMINGTON, MA
01887

TELEPHONE:

978-657-7595 OR
978-658-2258

MONDAY – FRIDAY
9:00AM – 4:30PM



Department of Elderly Services

*Staff Contact
Information*

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NEWS & UPDATES

Happy Summer! It's so nice to finally be able to say these words! June was a busy month and we had so much fun. We are thankful to have had Julie Stepanek join us for a three session ukulele class and even had Jim Munsey wow us with his magic show. Also, we celebrated the first day of Summer with ice cream under the tent, thank you to Nick's Ice Cream truck for stopping by!

Howie Newman will be outside under the tent performing "Knock on Wood" on Thursday, July 7, 2022. The sign up for this event was in June but if you missed it, call the center to see if there is still space. More details about this concert can be found on page 4.

Some important class reminders: There will be no Dance & Tone class on Tuesday, July 5, 2022 and the quilting group made a decision to take some time off this Summer and will not be meeting until further notice.

Speaking of classes... we have a new exercise class twice a week called **FUNctionally Fit** that you are sure to love. This class is a total body workout and as the title describes... it's a lot of fun! Sign up is required, see more information about FUNctionally Fit with Paula on page 2. Sign up for Wilmington residents first and if space is still available, the class will be open to sign up for out of town seniors.

Please note if you are signing up for an event (this goes for all types of sign ups whether in person or via phone) you may only sign up yourself and those living in your household. Also, for events that cost money, please bring cash or check to the sign up event.

With Summer officially here, it's important to remember to stay hydrated. See some tips on how to stay hydrated on page 6. Also, If you are in need of a fan this Summer please do not hesitate to ask! Just call the center at 978-657-7595, we have fans available if needed.

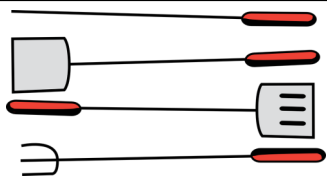
Make sure you stay up to date on all the new Senior Center project happenings! A lot of important building details are being decided on. See an update on the new Senior Center project on page 6.

Stay cool!



Happy 4th of July! The center will be closed on Monday, July 4, 2022 in celebration of the 4th of July. Please note that there will be no home delivered meals on this date as well.

If you have any questions, please call the center at 978-657-7595.



ANNUAL COOK OUT – JULY 13, 2022

We are very excited to be able to have our annual cookout this year and you won't want to miss it! Mastrorilli's will be serving hamburgers, hotdogs, fried dough, and watermelon.

WHEN: Wednesday, July 13, 2022 at 12:00PM

Sign up for this event will begin on
Wednesday, July 6, 2022 at 10:00AM.

WHERE: Senior Center, seating both indoor and outside under the tent!

This sign up is in person only with \$7.00 due at the time of sign up. Please see the front page news and updates section of this newsletter for important sign up information.

COST: \$7.00

We look forward to seeing you there!



BINGO

Bingo is back! Join us once a month for bingo starting **Wednesday, July 6, 2022 from 1:00PM-3:00PM**. No sign up needed, just come on by!



Bingo in August will be on **Wednesday, August 3, 2022 from 1:00PM-3:00PM**.

BOCCE

Stop by the center any time you'd like to use our bocce court, no need to call ahead. When the center is open, bocce balls, scoreboard, and rake are located inside the center in the hallway. You may use the bocce court when the center is closed but you will need to bring your own equipment.



GAME NIGHT



Join us for Game Night on **Thursday, July 21, 2022!** It will be held from 4:30PM-7:00PM, indoors or out in our outdoor tent area. You will be able to have a light dinner, dessert and fun activity. (\$5.00 per person). Don't miss out on the fun!

Sign up for this event will begin on **Friday, July 15, 2022 at 10:00AM**. \$5.00 is due at sign up. Please see the front page news and updates section of this newsletter for important sign up information.

BOOK CLUB

The Book Club meets on the 4th Monday of the month at 1:30PM. **The next meeting is Monday, July 25, 2022 at 1:30PM**

If you are interested in joining, please call the center.

This month's book is Little Fires Everywhere
By: Celeste Ng



FUNCTIONALLY FIT

When: Tuesdays & Thursdays from 2:00PM-3:00PM (Class begins on Tuesday, July 12, 2022) (No class on the third Thursday of every month)

We were all made to move! Functional Fit with Paula is FUNctional exercise that mimic common activities, train several muscle groups simultaneously to help improve the overall function of your body, boosting muscle strength and endurance that will allow you to complete everyday activities more efficiently.

Using hand held weights, small balls, low impact moves, and the support of a chair if needed. You will work on cardiovascular and muscle endurance, muscle strength, balance challenges, and an overall total body workout to keep you fit for life!

Sign up for this class will begin on **Tuesday, July 5, 2022 at 10:00AM**. Please see the front page news and updates section of this newsletter for important sign up information.



NEW CLASS!

July Birthdays



Charles Biondo	Christine Ford	Audrey Reed
Joyce Brown	Barbara Gillespie	Louise Redgate
Rita Capuano	Dolly Junek	Mary Lou Sims
Joseph Candelino	Cee Miller	Glenna Sandberg
Carol Dwyer	Joanne Martinos	Rose Sciuto
Joan Dancewicz	Richard Miano	George Taylor
Gail Dickson	Joseph McCarthy	Donna Wayman
Shirley Estrella	Emily Pastore	Priscilla Ward

We can't help you blow out the candles on your cake unless you tell us your special day! Call the senior center to confirm your birthday month so that we can mention you in future newsletters!

CAREGIVERS SUPPORT GROUP



The role of a caregiver can be a very difficult one, especially during these last 2 years. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month.

This months meeting will be on Monday, July 25, 2022 from 10:30AM-12:30PM.

UPCOMING 3 PART ALZHEIMER'S SERIES

Do you have some concerns about yourself or a loved one regarding memory issues? The Department of Elderly Services together with the Alzheimer's Association of NH/MA will be presenting a 3-part series to answer some of these questions.

On **Wednesday, August 31, 2022**, the Alzheimer's Association will present the **"10 Warning Signs"**. This 60-minute program will help you recognize common signs of the disease in yourself and others and will include steps to take and how to talk with your doctor. This program will be held at 6:30pm at the Wilmington Methodist Church, 87 Church Street, Wilmington, MA

On **Wednesday, September 28, 2022**, the Alzheimer's Association will present **"Dementia Conversations"**. This 45-minute program will focus on how to approach someone who is experiencing changes in memory, thinking and behavior and will provide tips and strategies for difficult (but important) conversations about changes that may be related to dementia. This program will be held at 6:30pm at the Wilmington Memorial Library, 175 Middlesex Ave. Wilmington, MA.

On **Wednesday, October 26, 2022**, the last of the series will be **"Understanding and Responding to Dementia Related Behaviors"**. This program by the Alzheimer's Association will review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with Alzheimer's and dementia such as agitations, confusion and more. This program will be held at 6:30pm at the Buzzell Senior Center, 15 School Street, Wilmington, MA.

Registration is required. Please call the Buzzell Senior Center at 978-657-7595 to sign up for these programs. Light refreshments will be served.



EVENT REMINDER!

"KNOCK ON WOOD" A HOWIE NEWMAN CONCERT EVENT

When: Thursday, July 7, 2022 from 6:30PM-8:00PM

The sign up for this event was in June. Call the center to see if space is still available.



Howie Newman will be performing "Knock on Wood." Knock on Wood is a high-energy acoustic folk-rock duo, featuring singer-songwriter Howie Newman. Combining acoustic guitar with fiddle, mandolin and pleasing vocal harmonies, the duo performs old rock classics from performers like Elvis Presley, the Beatles, the Drifters and Johnny Cash. It's very lively and lots of fun, with great musicianship along with a bit of humor here and there. For more information, including videos and music samples, visit www.howienewman.com/knockonwood.

Refreshments will be served



CANDY RAFFLE

CONGRATULATIONS TO
MARY MURPHY

Mary won the June candy raffle. There were 188 butter-scotch candies in the jar and Mary guessed closest with 179.

Make sure to stop by the front desk and enter the candy raffle for this month.

One lucky winner will be chosen on Friday,
July 22, 2022.



ZOOM TRIVIA



CONGRATULATIONS TO
LINDA WALSH!

Linda won art trivia in June



ZOOM TRIVIA

Join Kelly for zoom trivia! This month's trivia topic is General Knowledge II. Test your knowledge, see some friendly faces, and most of all... have fun! We are always interested in hearing your suggestions for zoom trivia topics. If you have an idea, call the center and ask to speak with Kelly. **If you are hesitant to sign up because you have never used zoom, call the center and speak with Kelly.** Zoom may seem intimidating but it is actually very easy and fun to use. Kelly can set up a one on one zoom meeting with you and walk you through all the steps over the phone or just answer any questions you may have.

HOW TO SIGN UP & PLAY: Call the center and give us your email address. We will email you the link to the zoom event. All you need is a pen and paper! I will ask a question and players will write down their answer. Once all players have their answer written down, everyone will hold up the piece of paper with their answer on it. I will be keeping score and whoever has the most correct answers at the end wins!



GENERAL KNOWLEDGE II

WHEN: Tuesday, July 19, 2022
from 11:00AM-12:00PM

**Winner will be announced in the
August newsletter**

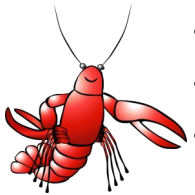




MAINE'S FAMOUS "BULL AND CLAW" LOBSTER BAKE

When: Wednesday, July 27, 2022
Bus departs from Senior Center at 9:00AM Expected arrival back to Senior Center is 6:30PM.

Choose your entrée at sign up, choices include:



- Maine Lobster
- Prime Rib
- Cranberry Stuffed Chicken Breast



Your Cost: \$60.00
(actual cost \$99.00)

Sign for this event will begin on **Friday, July 8, 2022 at 10:00AM**. Please see the front page news and updates section of this newsletter for important sign up information. Also, please come prepared to choose your entrée (choices listed above...) Limited space is available.

Trip Details: Depart this morning on your luxury Silver Fox Coach for a great tour with you and your friends! Arriving in Maine, "The Pine Tree State" you'll travel along the coast past scenic towns and attractions until arriving in Wells. Now be ready for a lobster feast at The Bull and Claw restaurant beginning with a cup of delicious clam chowder, sauteed mussels, fresh Maine clams, tossed green salad, fresh baked bread and rolls, and an entrée choice of delicious Maine lobster, succulent prime rib, or cranberry stuffed chicken breast. Your feast includes a hot blueberry crisp dessert with french vanilla ice cream! Yum! After departing, you'll continue along the Atlantic seacoast and make a visit to scenic Ogunquit, where you'll have time to visit quaint shops. Finally, you'll visit the outstanding Yummies in Kittery and experience candies ranging from old time vintage candies to fresh 'made in Maine' chocolates—what fun! You're expected arrival home will be approximately 6:30PM after a most pleasant down east day.



CRANE ESTATES TOUR

When: Wednesday, August 24, 2022

Tour details: Bus pick up at the Senior Center at 8:00AM. Drive to Crane's Estate in Ipswich, MA for 9:30AM tour. After the tour, lunch will be at the Village Restaurant in Essex, MA. More information regarding meal options to follow. Estimated arrival back to the Senior Center is 3:00PM.

Cost: \$40.00

Sign up for this event must be in person at the Senior Center on **Monday, July 25, 2022 at 10:00AM**. Please see the front page news and updates section of this newsletter for important sign up information. Limited space is available.



CHARLES RIVER CRUISE

When: Thursday, September 8, 2022

Tour details: Enjoy a 70-minute, fully-narrated sightseeing cruise along the Charles River. Your captain and crew will both entertain and educate while pointing out the historic and cultural sights of Boston and Cambridge. Sights include Beacon Hill, Esplanade Park, the Back Bay, Boston University, M.I.T., Harvard and countless sailboats and rowers!

After the tour, lunch will be at the Cheesecake Factory. More information regarding meal options and transportation (arrival/departure) will be in the August newsletter.

Cost: \$50.00

Sign up date for this event will be announced in the August newsletter. Please see the front page news and updates section of this newsletter for important sign up information. Limited space is available.



IMPORTANT REMINDER THIS SUMMER

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If you are in need of a fan, please contact the Senior Center.

UPDATE ON NEW SENIOR CENTER PROJECT

Here's what has been happening since our last Update in the June Newsletter

- On June 8, a Community Information Session was held at the Buzzell Senior Center at 5 PM. Its purpose was to reach out to the residents and allow them to tour the existing Senior Center; review site plans, floor plans and architectural renderings; and meet with the architect and our OPM (Owners Project Manager). Members of the Senior Center Building Committee, including George Hooper (Chair), Diane Allan (Vice Chair), Theresa Manganelli and Terri Marciello were present to answer questions from the 32 residents in attendance. This community outreach was well received and brought those in attendance up to date on the status of the project.
- At 6 PM the regular meeting of the Senior Center Building Committee was held at the Senior Center. Many of the 32 residents who attended the information session remained for this meeting.
- The architect from Dietz and Co. showed an updated floor plan with additional details. There was consensus among the Committee on the layout of the spaces as shown on the plan.
- The Committee reviewed several different exterior siding and roofing options and asked the architect to price the clapboard and stone exterior option.
- Three options for heating and cooling (HVAC) systems were discussed. After reviewing the pros and cons of each option, the Committee selected the Variable Refrigerant Flow (VRF) heat pump system based on its initial cost, operating cost and flexibility.
- The building structural framework will be a composite wood structure consisting of Mass Timber (engineered wood), typical wood trusses and stick framing in various parts of the building.
- The next meeting of the Senior Center Building Committee is scheduled for Wednesday, July 6 at 6 PM in the Town Hall.

Good progress is being made on the project. As we go through the Summer and into the Fall, various aspects of the project will be going on simultaneously. Stay engaged; ask questions; attend meetings. This is your Senior Center. Let's make it what you want.



AT THE BEACH

L U F O S T B A T H I N G S U I T L
 L A I G B W G U U M P Z M S H T U E
 A L T X O E S U Q J A E E Y V I M W
 B E J E A O F N G W A V E S U I R O
 Y E F S R U U D F X T F C O W A E T
 E B J U D M V D Y H E Z U S I R T F
 L S L N W B E S A N D C A S T L E S
 L I L S A R D R A O B F R U S U K H
 O R A C L E S S E A G U L L S E C E
 V F B R K L M X D A E A O L G U A L
 V Y H E R L N A E C O Z A A X Y J L
 E N C E A A M G E R O D O N Y R E S
 T N A N I R A O R O N R S U T Y F A
 I U E C O O L E R A V E S A U A I J
 K S B I A P U T S I L M H N C D L U

Ocean
 sandals
 Sunny
 Sand castle
 Surf board
 Towel
 Cooler
 Umbrella
 Swim
 Life Jacket



Seagulls
 Waves
 Sunscreen
 Beach Ball
 Frisbee
 Volley ball
 Boardwalk
 Bathing suit
 Kite
 Shells

			7				4	
9	2		5				8	
			9					
1		8	3	5	2		6	4
	5			7		2	9	
	6	2	4	9	1	5		
2	4		1		9	3		6
	7	9		4				2
	1	6	2	3		4		9

SUDOKU: Use deductive

logic to complete the grid so that each row, each column, and each 3 by 3 box contains the numbers 1 through 9 in some order. The solution is unique.



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



Please call the center if you are in need of any of the following items...
Male/Female incontinence products, hearing aid batteries size 312, nutritional drinks (ensure, boost),
puzzles, books, DVDs, and puzzle books.

BUZZELL PROGRAMMING



Monday

Tai Chi: 9:00AM

Blood Pressure Clinic: 9:30AM

Special Exercise: 10:30AM

Book Club: 4th Monday of the month at 1:30PM

Caregivers Support Group: 3rd Monday of the month at 10:30AM

July meeting will be the 4th Monday of the month at 10:30AM

Tuesday

Hiking Group: 9:00AM

Dance & Tone: 9:30AM

FUNctionally Fit: 2:00PM

Wednesday

Special Exercise: 9:30AM

Cards & Games: 1:00PM

Poker: 1:00PM



Thursday

Yoga: 9:00AM

Art: 9:45AM

Country Line Dancing: 10:30AM

Knitting & Crocheting: 10:30AM

Ceramics: 1:30PM

FUNctionally Fit: 2:00PM



Friday

Zumba: 9:00AM

Sewing: 9:30AM

Chair Yoga: 12:30PM

Poker: 1:00PM

