THE BUZZELL BUZZ
APRIL 2015

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Terri's Notes

Spring is here! Thank you to everyone who helped count down the days with us and make the best out of the cold weather! Warmer days are ahead and it's all because of your positivity and happiness! Are you ready for a splash?? STAY TUNED for our summer program will have many new and exciting events that will "Splash us into Summer"!

A big thank you to Peter MacLellan and Lou Cimaglia for their generosity for our St. Patrick's Day Luncheon. This was such a successful event and it would not have been possible without Peter and our Specialty Chef, Lou! The food was delicious and the room was full of happy people. Thank you to the Fun Singers and Irish Step dancers Krista and Madi for adding some great entertainment to this event.

This month is full of lots of fun. With the good weather heading our way, we have tried to schedule all types of programs. We are very excited about our new Gentle Yoga class and Brian Coyle the instructor from 3B Fitness is coming back. Also, we want to thank Wilmington High School for generously donating a recumbent exercise bike to us that is now in the game room for all to use.

The following are dates I would like to share with you to save on your calendars:

Saturday, May 2, 2015 Annual Town Meeting—there are several articles that you may find of interest
Memorial Day Luncheon in Memory of Our Veteran's—Friday, May 22, 2015
Volunteer Appreciation—Thursday, June 11, 2015

Important Reminder

All day programs will be cancelled on Wednesday, April 8, 2015 except for 4:30 Gentle Yoga.
Thank you for your cooperation!!

Wear Your Best Red Sox Attire For Opening Day!!
Monday, April 13, 2015

To celebrate opening day, let's wear our best Red Sox attire!
Join us for the movie "Fever Pitch" at 1:30PM, which is about one man's love for the Red Sox!!
(Sign-up at the front desk)

3B Fitness Returns!

Due to popular demand, 3B Fitness is back for another six week program!!

Starting April 21st, Brian Coyne will be at the Buzzell Senior Center at 2:00PM to teach this wonderful class that incorporates Bones, Balance, and Brain.

To attend this six week program, sign up is needed. Please contact the Buzzell Senior Center starting **Thursday, April 9, 2015** to guarantee your spot.

The Funniest Woman EVER!

Presented by Delvena Theatre Company

Thursday, May 7, 2015—1:00PM

@ Buzzell Senior Center

Because of the *Wilmington Cultural Council Grant*, we are excited to announce a performance of "*The Funniest Woman EVER!*" This is a two-person show featuring Lynne Moulton and Fran Baron. This production centers around the hilarious Totie Fields, a woman that Ed Sullivan and Merv Griffin called "The Funniest Woman EVER". "Totie" will perform some of her funniest stand-up comedy routines and interact joyfully with her audience. This is a fun time for all!

Sign-up starting Tuesday, April 14, 2015!

Healthy Eating Workshop (SPOTS STILL AVAILABLE!)

11:00-12:30 Every Tuesday until April 28th!

Healthy Eating is a **five-week workshop, meeting once a week for approximately 2 hours.** The sessions are educational and highly interactive. You will learn to develop your individual food plan utilizing the Choose MyPlate plan and how to read a nutrition label.

Sessions will include:
Making smart choices from every food group, finding balance between food and physical exercise and getting the most from your calories.

Topics will include:
Fiber and Whole Grains, Fruits and Vegetables, Protein and milk, Sweets, Portion Control, How to personalize your nutrition plan

To sign-up, please call or visit the Buzzell Senior Center.

Buzzell School Reunion

80 Year Anniversary!

Date: September 20, 2015

Anyone that attended the Buzzell School is invited

Please sign up at the Buzzell Senior Center

We are looking for memorabilia and stories!

Movies in April!

Join us for *two* movies this month to add some laughs into your day!

April 13th—Fever Pitch—1:30PM
(Wear your Red Sox gear for opening day!)

April 27th—Laugh-in
(Short Segment) - 1:30PM

Please sign up at the front desk!

Upcoming Events at the Wilmington Memorial Library!

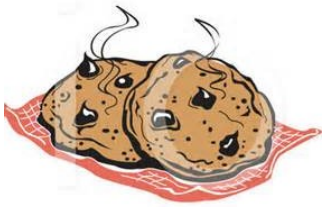
Thursday, April 16, 2015— "Walk Through the Delta" - Blues Concert (2:30PM)

A Walk Through the Delta is both an entertaining and educational overview of early 20th century southern music, primarily from the Black music of the day and its influence on the later jazz, rock music and even bluegrass. Songs are punctuated with foil humor while introducing the audience to the music styles and key performers of this era.

APRIL RECIPE OF THE MONTH— (HEALTHIER) PEANUT BUTTER & CHOCOLATE COOKIES

INGREDIENTS

- 1 CUP NATURAL, UNSALTED PEANUT BUTTER
- 2 OVERLY RIPE MASHED BANANAS
- 1/3 CUP GROUND FLAXSEED
- 1/2 TEASPOON BAKING SODA
- 1/4 TEASPOON SEA SALT
- 2 TEASPOONS VANILLA EXTRACT
- 1/2 CUP DARK CHOCOLATE CHIPS



DIRECTIONS

- MIX ALL INGREDIENTS INTO A BOWL AND STIR UNTIL COMBINED AND THEN ADD IN CHOCOLATE CHIPS. (IF MIXTURE IS TOO THICK YOU CAN ADD A FEW DROPS OF ANY MILK OF YOUR CHOICE)
- DROP A GENEROUS TABLESPOON OF BATTER ONTO A GREASED COOKIE SHEET AND BAKE AT 350 DEGREES FOR 8 TO 10 MINUTES. (YOU WANT THESE TO BE SLIGHTLY UNDERDONE)

ENJOY THESE HEALTHY TREATS! THESE COOKIES ARE FLOURLESS BUT FULL OF AMAZING FLAVOR. TO STORE, PUTTING INTO THE FREEZER IS BEST.

IN LOVING MEMORY

We express sympathy for the loss of our friends

Salvatore Bonasoro

Maureen Minichiello

GET WELL WISHES

Betty Bourassa

Don Albanese

Walter Sevener

April Birthdays

We can't help you blow out the candles on your cake unless you tell us your special day!

As we are updating our systems, please call the Senior Center to confirm your birthday month so that we can mention you in future newsletters!

Ruth Russo
Phyllis Gorman
Peggy White
Phyllis Hailey
Pat Wayman
Earl Hannibal
Diane Holden
Theresa Michaud
Helen Dinatale
Ro Donahue
Arthur Martell
Maureen Fiorenza

Bob Regan
Al Marshall
Jack Tannian
Charee Briere
Shirley Pumfrey
Bob Marino
Ed Leon
Ann Kavanaugh
Alma D'Antonio
Lorraine Casey
Stanley Dancewicz
Maureen Maher

COMPUTER NEWS FOR APRIL 2015

"Learning how to use a computer can be an exciting experience to an elderly person. Using the computer afterwards can be even more exhilarating." (Grace Covelli)

Is this you? You are a person who knows little or nothing about computers. You hear yourself say that "I'm too old" or that "computers are a fad". You may say that you have someone who can help you, so why should you bother to learn"? The problem is when you do ask for help, those folks suddenly become very "busy" or after a short while, they get frustrated with your questions and the session quickly comes to an end. Another thing that may deter some seniors from using a computer is the thought that computers are complicated machines and they are incapable of operating. This is simply not true!

Here are five reasons why you should learn how to use a Computer.

To connect with Family and Friends-

A PC (computer) is a tool you can use to stay contacted with family members & friends. You can use email messages & pictures can be exchanged.

To establish New Acquaintances-

Some seniors live alone and may feel isolated and disconnected. A computer can help such a person make new friends.

To quickly find important information-

A computer can help find valuable and even life-saving information. It's all there at the touch of your fingertips.

To save money-

With a computer, online coupons can be printed, bills can be paid, and shopping can be done.

To play fun games-

Many entertaining free games are available. There are many games that are brain stimulators and these may benefit any senior.

Just remember, Rome wasn't built in a day! None of the above is attainable unless you start with that first step. Decide to do it and call today.

We have set aside four classes where we can help get you started. We'll answer all the computer questions you have. All you need to do is sign up, so ask at or call the front desk.

The classes will be held on four consecutive Thursday's starting April 9th.
Please call now to reserve a seat. (April 9, 16, 23 &30th)

Remember, it all starts with you making that call!

Spring Fun with Wilmington High School Medical Careers Club

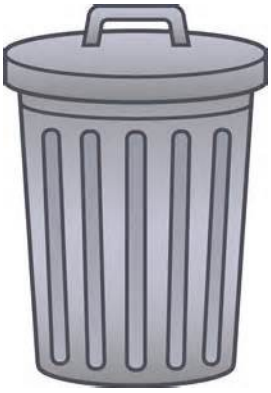
The Spring Fun Has Just Begun!

Join us on Wednesday, April 15, 2015 at 2:00PM for a fun day with the Medical Careers Club students from the Wilmington High School. What better way to start Spring than by decorating flower pots and planting flowers!

Refreshments will be served! Please sign up at the front desk starting Wednesday, April 1, 2015.

Trash Training Thursday, April 30, 2015—1:00PM

Stop by the center on Thursday, April 30th for a demonstration at 1:00PM regarding the new automated trash disposal process that will be utilized in Wilmington. If you have any questions, please contact the senior center.



Stay Tuned For What's To Come!

Fast forward your mind to sunnier days and a fun-filled summer! The Department of Elderly Services has a lot of fun events planned for the next few months. Below are a few day trips that will be happening this summer. These trips are through Fox Tours and transportation will be on motor-coach buses.

July 14—Cape Cod Trip (Sign up—May 19, 2015)
$50.00 per ticket

August 20—Plymouth Trip (Sign up—June 9, 2015)
$50.00 per ticket

September 11—Essex Valley Trip (Sign up—July 7, 2015)
$60.00 per ticket

Sign-up is at 10:00AM on each chosen date—ALL TRIPS ARE NON-REFUNDABLE
More details are to come for these trips in future newsletters—if there are any questions, please contact the Buzzell Senior Center.

Spring Has Sprung!

Paint Night 2015!

Indoor Beach Party

April 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing ***Sign up for spring fun event***	2 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	3 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	4
5	6 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	7 10:30 AM Aerobics 1230PMWii Bowling	8 ****NO DAY PROGRAMS TODAY EXCEPT FOR 4:30 GENTLE YOGA****	9 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day ***Sign up for 3B Fitness***	10 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	11
12	13 **RED SOX OPENING DAY!** 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting **1:30PM Movie Event—Fever Pitch**	14 10:30 AM Aerobics 1230PMWii Bowling **Sign up for "The Funniest Woman EVER!"**	15 **9:30 AM Podiatrist** 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing **2:00PM—Spring Activity w/ WHS Students** **Gentle Yoga—4:30PM**	16 10:00 AM Art Class 10:30 AM Aerobics **1:30PM - Commissioner's Meeting** **2:30PM—"Walk Through the Delta" blues concert at Wilmington Library**	17 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	18
19	20 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	21 10:30 AM Aerobics 1230PM Wii Bowling **2PM—3B Fitness**	22 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing **Gentle Yoga—4:30PM**	23 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	24 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	25
26	27 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting **1:30PM Movie Event—Laugh-in**	28 10:30 AM Aerobics 1230PM Wii Bowling **2PM—3B Fitness**	29 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing **Gentle Yoga—4:30PM**	30 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day **1:00PM Trash Training**		

<u>Schedule Updates</u>

****No day programs on Wednesday, April 8th except for 4:30 Gentle Yoga****

***The Tuesday/Thursday walking group will be postponed until further notice.**

<u>All dates in this calendar are subject to change**</u>**

TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR

ACTIVITY PROGRAMS

MONDAY
BLOOD PRESSURE CLINIC 9:00
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
KNITTING/CROCHETING 11:00
CERAMICS 12:00
QUILTING 1:00

TUESDAY
WALKING GROUP 9:00
(Postponed until further notice)
AEROBICS 10:30
Wii BOWLING 1:00 PM

WEDNESDAY
CRAFT CLASS 9-12
SBF EXERCISE 9:45 – 11
SPECIAL EXERCISE 11-12
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY
WALKING GROUP 9:00 -
(Postponed until further notice)
AEROBICS 10:30
ACRYLIC PAINTING 10:00
CRIBBAGE/GAME DAY 1:00PM

FRIDAY
VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

DAILY
GAME ROOM –SOCIALIZATION
KITCHEN 9-4:30

HAIRDRESSER
LAST WEDNESDAY OF MONTH
CALL FOR APPT.
781-245-6605

SPECIAL PROGRAMS

PODIATRIST
3RD WEDNESDAY OF THE MONTH
9:30

SHINE COUNSELOR
CALL FOR PERSONAL
APPOINTMENT

HOME DELIVERED MEALS
MONDAY-FRIDAY
COST $2.00
CALL FOR INFO
978-657-7595

COMMISIONER'S MEETING
3rd THURSDAY OF EVERY MONTH
AT 1:30 PM

SENIOR VAN
SERVICES
MONDAY THRU FRIDAY
PICKUPS FROM 9:00 AM THRU 3:00 PM. MUST CALL TO SCHEDULE PICKUP AT LEAST 48 HOURS IN ADVANCE. VAN SERVICES A 13 MILE RADIUS OF WILMINGTON.