



THE BUZZELL BUZZ AUGUST 2015

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Welcome to the month of August –where is the summer going? We have had so much fun with our “Splash Into A Happy Summer” program. The “Ham I Am Part II” was a huge success and our first outdoor event at the Swain Green went wonderfully as well. As you look through this month’s newsletter you’ll see there is still more fun heading your way!

We would like to take this opportunity to thank Eagle Scout Michael Dancewicz, a recent graduate from Wilmington High School, for the beautiful new addition in our parking lot. On the weekend of June 20, 2015, Michael along with several other volunteers, came together to construct our new supply shed to house all of our medical equipment for our “Medical Lending Program.” Michael put in a lot of hard hours making blue prints, getting supplies, and making sure it was properly placed in our parking lot for easy access. We are so appreciative for all his time and effort. We wish him the best with his future endeavors at University of Massachusetts Lowell where he will be a freshman in the Fall.



We are extremely fortunate for all the community support for our department. The Wilmington Methodist Church sponsored the Special Homebound Meal for the 4th of July celebration and this month the Abundant Life Church will be sponsoring a delicious meal on August 13, 2015 at the center. We thank them for their extreme generosity in supporting the elders of Wilmington.

Please remember to stay hydrated during this warm weather and always feel free to come to stay cool in our air conditioned center. Also, if you should know anyone in need of a fan or air conditioner please have them contact the center (978-657-7595).

Bocce Court

Our Bocce area is available to use Monday-Friday during center hours! As long as you have a partner, feel free to play whenever you would like. Come up to the front desk to get your game started!

Drivers Needed!

*We are currently looking for two types of drivers to assist the Buzzell Senior Center: **Home Delivered Meals***

***Driver** (delivering meals 1x per week)*

& Back-Up Van Driver.

These are both paid positions.

If interested, please visit or contact the Buzzell Senior Center.

Bingo Back-up Caller Needed!

We are currently looking for a back-up caller to be available at our Friday 1:00PM bingo program when needed. If you would like to learn more about our awesome bingo system and how to call a game we would love to hear from you!

Please give the center a call or stop by if interested.

August Movie Event

“The Imitation Game”

Monday, August 31, 2015—1:00PM

Come watch this *Academy Award* winning movie and also enjoy a sweet treat to celebrate **National Trail Mix Day!**

This movie follows a genius who under nail-biting pressure helped to shorten the war, and, in turn, save millions of lives.

To sign-up, please call or visit the center!

Summer Computer News

Now that we enter the Summer months, our computer class sessions have ended and we will resume again in September with a brand new and exciting program!

Be sure to check out next month’s newsletter for more details.



A Night Of Good Company—Dinner Sponsored by Abundant Life Church Thursday, August 13, 2015— 5:00PM @The Buzzell Senior Center

We are so fortunate to have a delicious dinner provided by the Abundant Life Church on Thursday, August 13, 2015 at 5:00PM! Join us for a nice night out with friends and with delicious food.

(Dinner will be at the Senior Center)

**This is a free event—sign-up is required and will begin the week of August 3rd!
(limited seating)**

Concert On The Common—Wilmington Band Alumni & The Buzzell Senior Center Fun Singers! Wednesday, August 5, 2015—5:00PM (Rain Date—August 6th)

This is a night of music you do not want to miss!

Watch as the Wilmington High School Alumni Band and the Buzzell Senior Center Fun Singers play and sing beautiful music on the common!



All ages welcome—bring your family and a lawn chair & get ready to have a great time!

3B Fitness Returns

Tuesday afternoons starting
August 18 through September 25
2:00-3:00PM

3B Fitness is back! This popular, fun & energetic class is one you must try! Instructor Brian Coyne is back to bring some fun to Tuesday afternoons.

Limited spots are available—please sign-up for this class on **Wednesday, August 5, 2015!**

“Hearing Health & Wellness”

**Presented by Mass Audiology
Thursday, September 24, 2015—1:00PM**

Join us for the **first** part of two series on September 24th with Mass Audiology! Members from the team will be providing information regarding hearing screenings.

On **Thursday, October 1st at 1:00PM**, there will be free-hearing screenings, hearing aid checkups, cleanings, and battery changes too!



Are you ready for a **SPLASH?**

The Department of Elderly Services is having a **WICKED** fun summer!
There are a lot of fun events planned so that we can all **“Splash Into A Happy Summer.”**

August 5—Outdoor Performance on the Town Common—Wilmington Band Alumni & The Buzzell Senior Center Fun Singers! - 5:00PM (Rain Date—August 6th)

**August 10—Karaoke Event (Refreshing, Smore-tastic dessert served) 1:00-3:00PM
(Sign-up starting the week of August 3rd)**

**August 13—Dinner sponsored by Abundant Life Church- 5:00PM
(Sign-up starting the week of August 3rd)**

*Make sure to keep checking our website and upcoming newsletters for more information on this fun program!
Together, we can spread happiness and have some fun in the sun!*

IN LOVING MEMORY

We express sympathy for the loss of our friends

Irma Gionfriddo Joan Jacobs—Curley
Anna Simmons Leo Gittzus
Louise Jenkins Simone Murray

GET WELL WISHES

Mary Lynch
Charlotte DeMarco
Charlie Wayman
Ann Melanson
Bob Ford
Rosemarie Bromander

August 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!

Edward Smith ♦
Robin Theodos
Roberta Battite
Jim Davey
Warren MacDonald
Adele Passmore
Gail Protopapas
Marilyn West
Ann Whitney



Buzzell School Reunion

80th Year Anniversary!

Date: September 20, 2015 - 1:00-6:00PM

**Anyone that attended the Buzzell School is invited.
Please make sure to sign up at the Buzzell Senior Center!**

Upcoming Day Trips!

August 20—Plymouth Getaway Tour \$50.00/ticket.

Spots are still available—Stop by the front desk to sign-up!

Travel to Plymouth, Massachusetts, where Pilgrims landed in 1620 and established New England's first English Colony. On arrival you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. Enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant. After lunch enjoy a 75 minute sightseeing Harbor Cruise on the Pilgrim Belle. Your captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches.

September 11—Essex Valley Steam Train & Connecticut Riverboat Trip \$60.00/ticket.

Spots are filling fast - sign-up at the front desk!

This trip features fine cuisine, an authentic Steam Engine Train ride, and a Riverboat Cruise. You will enjoy lunch at the Go Fish Restaurant and then when you arrive in the Town of Essex, CT, you will enjoy the scenery of the Connecticut River Valley, where you'll meet your Riverboat crew and vessel. You'll then cruise the Connecticut River on a relaxing, one hour narrated ride.

ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.

August Recipe OfThe Month

*August 10th is **National S'mores Day!** Let's celebrate with a healthier alternative that you can enjoy anytime. This divine combination of delicious ingredients is sure to curb any sweet tooth!*

Ingredients

4 whole reduced-fat graham crackers
1 large banana—sliced
1 bar Dove dark chocolate bar

Instructions

Heat a grill pan to medium-high heat and spray with some coconut oil spray—cut banana in thick slices and grill quickly for about 45 seconds on each side—Immediately place hot banana slices on top of chocolate in-between two graham cracker halves—Enjoy!

Karaoke Event (Featuring a SMORE-tastic Dessert)

Monday, August 10, 2015—1:00-3:00PM

(Sign-up starting the week of August 3rd!)



What better way to celebrate the start of **National Smile Week + National S'mores Day** than having an awesome and *sweet* karaoke event?

We will be having karaoke set-up for all of your favorite songs to sing! Join us also for a delicious and refreshing twist on S'mores—our own homemade, **build your own S'mores Sundae bar!**



Buzzell Senior Center Summer Interactive Bingo!

Let's have some fun play interactive bingo!

Every time you complete a square, show any staff member at that time & you will receive a stamp!

If you complete any type of bingo pattern, you will be put into a raffle for a cash prize!

Bingo patterns include: Four Corners, Cover-All, Diagonal, Outside Picture Frame, Plus Sign & more!

How many squares can you complete?

The challenge ends on August 31st! (All cards must be turned in to be entered into raffle!)

B	I	N	G	O
What makes the Buzzell Senior Center's S'more different?	Grab a cup of coffee at the center.	Come to the front desk & get a photo taken with a friend	Check out the beautiful paintings in the main function room!	Get a picture wearing your "Splash Into a Happy Summer" shirt!
Put a donation into the Food Pantry box in hallway	Bring your favorite recipe to front desk!	Bring a NEW friend to the center.	Put a suggestion into the "Suggestion Box" in the front lobby!	Sign in when you enter the Senior Center with your card!
Try one of Priscilla's exercise classes	Wear something yellow to the center!	Free Space	Check to see if you are on our mailing list!	Try a Country Line Dancing class on Wednesdays at 1:00PM
Come to a movie at the Senior Center	Come to a game of Bingo on Friday's at 1:00PM	Attend our Karaoke Event on August 10th!	Check with the front desk to make sure you filled out an Emergency Form	Check out a puzzle or book in the main hallway!
Fill out a "File For Life"	Take a <i>selfie</i> with a staff member!	Try the "Special Exercise" Class	Make a donation the "Alzheimer's Association" Walk	Have your Blood Pressure taken with Tracy on Monday morning's!

“Every Summer Has A Story”





August 2015



SUN	MON	TUE	WED	THU	FRI	SAT
	<p>It's SUMMER!</p>					1
2	3 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting Sign up for Karaoke Event & Abundant Life Dinner!	4 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling <i>Sign up for 3B Fitness Tomorrow →</i>	5 Outdoor Performance at the Common—5PM 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	6 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	7 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	8
9 National Smile Week 	10 National S'mores Day! 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM Karaoke and S'mores Event!	11 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling	12 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	13 Dinner Sponsored by Abundant Life - 5PM 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00PM Game Day	14 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	15
16	17 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting	18 9AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	19 9:30 AM Podiatrist 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing	20 Plymouth Day Trip 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 1:30PM Commissioners Meeting	21 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	22
23	24 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting	25 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	26 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing	27 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	28 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	29
30	31 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM—Movie Event "The Imitation Game"	Interactive Bingo Cards are due by Monday, August 31st!	**All dates in this calendar are subject to change**			



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
(Postponed until September)

TUESDAY

WALKING GROUP 9:00
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
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

COMMISSIONER'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.