



## **THE BUZZELL BUZZ** **DECEMBER 2014**

### **THE DEPARTMENT OF ELDERLY SERVICES**

**15 SCHOOL STREET, WILMINGTON, MA 01887**  
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**MONDAY THRU FRIDAY—9:00AM-4:30PM**



#### **Terri's Notes**

We would like to send a HUGE thank you to the Annual Fair Committee led by Audrey Reed, public relations leader Gail Protopapas and Mary D'eon our kitchen coordinator along with many awesome volunteers that helped make this years fair such a success. We had wonderful crafters, food and unbelievable raffle prizes, along with the best White Elephant room in town run by Gloria Szabo. Enclosed you will find the many business that help support this event.

The Department of Elderly Services would like to extend a big thanks to the Kiwanis Club for their Annual Holiday luncheon that will be on Sunday, December 7, 2014 at the Buzzell Senior Center at 12 noon. It is a wonderful way to kick off the holiday season with good food and great friends. Thanks again!

We are having our Holiday Party Wednesday, December 10, 2014 at the Tewksbury Country Club. There are seats still available. We will be having a delicious sit down dinner along with live entertainment by DJ, Dan McGuire, who always has many surprised throughout the night. Sign up is at the front desk.

The Department of Elderly Services would like to take this opportunity to thank everyone for making the Year 2014 a wonderful and memorable year. We are extremely appreciative to all our volunteers that assist with teaching classes, supporting daily activities along with the many events that occur throughout the year. We would also like to thank the many organizations , businesses and Wilmington students for their on going support. We are always reminded in so many ways how fortunate we are to be a part of the Wilmington Community. Thanks to everyone.

#### *New Years Open House*

*Tuesday, December 30, 2014—1:00-3:00 P.M.—Buzzell Senior Center*  
*\$2.00 per ticket*

Ring in the new year with all of your friends at the Buzzell Senior Center! Join us for music, games, and tasty appetizers. Tickets are \$2.00 per person, please sign up at the front desk starting the week of **December 8, 2014!**



*Do you have any suggestions for the "Buzzell Buzz" or our website? We would love to hear your feedback—Stop by the front desk to submit any recommendations!*

## Loretta LaRoche Trip

The Buzzell Senior Center is thrilled to announce a great opportunity to see the fabulous Loretta LaRoche! This performance will be at the Stoneham Theater on Friday, January 9th, 2015 at 2PM. Loretta is an acclaimed stress expert, motivational speaker, author and humorist.

Tickets for this trip will be **\$25.00** and the sign-up date is **December 1, 2014 at 10AM!**

This is sure to be a show you don't want to miss!

## Cookie Swap!

Who doesn't like a delicious cookie? Take part in the Buzzell Senior Center's first cookie swap! It is the time of the year when the best cookies are made. What fun to make extra in order to share! The cookie swap will be on **Monday, December 22, 2014 at 1:00PM**. The swap will be limited to 15 people.

Please bring 3 1/2 dozen cookies or dessert bars to trade. Let's have fun with cookies and holiday music!



**There are limited spots available—please sign up at the front desk the week of December 8th!**

*(Please have an idea of what kind of cookie you would like to bring when signing up)*

**The Buzzell Senior Center would like to thank the businesses who helped contribute to our Holiday Craft Fair—thank you for all of your support!!**

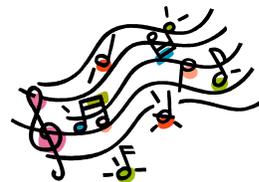
- |                          |                        |
|--------------------------|------------------------|
| - T4 Nails               | - Pacific Grove        |
| - Chili's Restaurant     | - Elias' Country Store |
| - Capellini's            | - CVS                  |
| - Candlewood Lanes       | - As Good As It Gets   |
| - Joe Fish               | - Pizza Mia            |
| - Red Heat Tavern        | - Sunrise Kitchen      |
| - Golden Ginger          | - Cardsmart            |
| - Ninety Nine Restaurant | - Harrow's Pies        |
| - Great American Tavern  |                        |

## Wilmington High School

### Chorus Performance!

*Students from the Wilmington High School Chorus will be visiting the Buzzell Senior Center in December to perform some holiday music!*

**Date to be announced!**



## Annual Giving Tree

The "Annual Giving Tree" - a special tree in our lobby holding written ornaments sharing needed gifts for the elders of Wilmington is back! Feel free to come down and choose an ornament from the tree and bring your prepared gift back to the center wrapped for the holidays.

Please have the prepared packages at the center starting the week of December 15, 2014—to make sure they will be delivered in time. These gifts are personally delivered to bring a bit of holiday cheer.

If you should know anyone who could benefit from this program, please feel free to contact Terri Marciello or Laura Pickett at 978-657-7595. There are no names given out to the public, everything is kept confidential.

**COOKING WITH JEAN!**

**DECEMBER RECIPE OF THE MONTH—FUDGE BATTER PUDDING**

READ ALL DIRECTIONS BEFORE STARTING TO MAKE  
SET OVEN FOR 350 DEGREES

- 2 TBSP MELTED MARGARINE
- 1 CUP SUGAR
- 1 TEASPOON VANILLA
- 1 CUP FLOUR
- 8 TABLESPOONS HERSHEY'S COCOA
- 1 TEASPOON BAKING POWDER
- 3/4 TEASPOON SALT
- 1/2 CUP MILK
- 1/2 CUP CHOPPED NUTS
- 1 2/3 CUP BOILING WATER



THIS PUDDING WHEN BAKED HAS A CHOCOLATE SAUCE ON BOTTOM AND CAKE ON TOP.

MIX MARGARINE, 1/2 CUP SUGAR AND VANILLA TOGETHER

SIFT FLOUR, 3 TABLESPOONS COCOA, BAKING POWDER AND 1/2 TEASPOON OF SALT TOGETHER AND ADD ALTERNATELY WITH MILK TO FIRST MIXTURE; MIX WELL AND STIR IN NUTS

MIX TOGETHER 1/2 CUP OF SUGAR, 5 TABLESPOONS COCOA, 1/4 TEASPOON SALT AND BOILING WATER.

POUR INTO 8 X 8 X 2 INCH BAKING PAN AND DROP BATTER BY TABLESPOONS ON TOP.

BAKE IN 350 DEGREE OVEN FOR 40-45 MINUTES. DELICIOUS WHEN EATEN WARM AND STILL GOOD COLD.

CUT INTO THIRD IN BOTH DIRECTIONS FOR A TOTAL OF 9 SERVINGS.

1 SERVING =

CALORIES (213), PROTEIN (4.4 GM), CARBOHYDRATE (36 GM), FAT (2.2 GM), S.FAT (0), CHOLESTEROL (0), SODIUM (74.7 MG)

**IN LOVING MEMORY**

We express sympathy for the loss of our friends

Mary McGuinness  
Helen Downs  
John Tandyke  
Betty Fama  
Robert Loud  
Carlo Gubellini

Hilda Crescitelli  
James Manuel  
Betty Precopio  
Frank Sferrazza  
Patricia Ellsworth

**GET WELL WISHES**

Louise Jenkins  
Joe Croft  
Frank Walsh

**December Birthdays**



Dennis Robichaud  
Noreen Biondo  
Robert Semmler  
Anna Simmons  
Louise Jenkins  
Diane Morrissey  
Doris Allen  
Laura Guimaraes  
Jackie Gray  
Eileen Thebeau  
Robert Smith  
Dottie Noel  
Gerry Thuillier

Jesse Figueiredo  
Maria Figueiredo  
Judith Connell  
Eleanor Cleary  
Claire D'Entremont  
Judy Cassitus  
Rita Elmstrom  
Heinz Stemmler  
John Mytych  
Al Morelli  
Robert Ford  
Irene Vardaro  
Celia Cornish

# Arthritis Self Management Workshop

Each Tuesday, for 6 weeks beginning December 9, 2014

11:00AM—12:30PM

A six-week course designed to give people with arthritis the knowledge and skills needed to take a more active part in the management of their disease.

Learn

1. Basic information about arthritis
2. Strategies for decreasing pain
3. Ways to relax and deal with stress
4. Proper use of exercise
5. Facts about arthritis medication
6. Strategies for dealing with depression
7. Good nutritional habits
8. Management of fatigue
9. Energy conservation and joint protection



This is workshop you do not want to miss! **(Free of Charge)** Limited spots available—to sign up, please contact the Buzzell Senior Center at 978-657-7595 **Starting December 1, 2014.**

## Gingerbread House Decorating

Come join us on Monday, December 15, 2014 to create gingerbread houses! Students from the Wilmington High School Medical Careers Club will be joining us for this fun event!



Decorating will begin at 1:00PM—Please sign up at the front desk!!

## New Fitness Class—3B Senior Fitness

*The Buzzell Senior Center is excited to announce a new exercise class starting in January!*

3B Senior Fitness revolves around “Balance, Bones, and Brain” It is a comprehensive fitness program designed specifically for the senior population. It is fun and it is really catching on in the Merrimack Valley and Southern New Hampshire area.

During this class, you will work on balance, the bones by using hand weights and resistance bands, and the brain with the usage of trivia. No class is exactly the same and each time you participate you are sure to have a great time with a lot of laughs. The bottom line is you will challenge you body and mind each time you do this class.

Join Brian Coyne as he instructs this popular class at the Buzzell Senior Center starting Tuesday, January 6, 2015

*Brian Coyne is a Nationally Certified Personal Trainer with the National Academy of Sports Medicine (NASM) and has been in the industry for over a decade.*

**Fire and Fall Prevention Discussion**  
**Tuesday, December 16, 2014—1:30PM**

Join Lt. Cavanaugh as he leads an important discussion on staying safe in your home this winter! He will be talking about preventing fires and falls.



**Movie Event**

**“Christmas With The Kranks”**

On Monday, December 29, 2014 at 1:00PM join us to keep the holiday season going!  
*With their daughter away, her parents decide to skip Christmas altogether until she decides to come home, causing an uproar when they have to celebrate the holidays at the last minute.*

**Bingo Caller Needed!**

Interested in volunteering to become a bingo caller on Friday afternoons? We are currently looking for someone who would like to help out at 1:00PM for Bingo!

**If interested, please call the Buzzell Senior Center at 978-657-7595 !!**

**COMPUTER NEWS—DECEMBER 2014**

Every **TUESDAY** our Computer Guy is available in our computer room for “one on one” computer help or questions. This also includes questions about your i-pad’s and Digital Cameras, so give us a try if you need help.

**For THURSDAY’S in December, we will offer three of our “two hour only” Computer Workshops.**

Each week, we will offer a **different** topic for discussion, and you only need to commit two hours of your time for **any** or **all** of these subjects.

On **December 4<sup>th</sup>**, the topic will be: **WHAT HAPPENED TO MY STUFF?**

Has this ever happened to you? You spend much time and energy composing and typing an important letter or document or you have received a special photo and you decide to save these to your computer. You hit the “save” button and assume that you will have access to these items in the future. However, when you try to retrieve them, they are gone. Well, this workshop will help you with learning all about **File Management** which is learning and understanding how to save documents or pictures and be able to retrieve them in the future.

On **December 11<sup>th</sup>**, the topic will be: **GIZMO’S EXPLAINED.**

We hear these terms used all the time, terms like “Facebook” or “Twitter” & “Tweet”, or we hear folks who like to read thinking about buying a “Nook or a Kindle Fire” or perhaps they want to purchase an “I-Pad.” Those that have Digital Cameras may talk about buying a larger “Memory Card” or folks complain about needing a new thumb drive or flash drive. And your say to yourself “What the heck are they talking about”? Well this workshop will hopefully answer those types of questions and more, and take the mystery out of those confusing Computer terms.

On **December 18<sup>th</sup>**, the topic will be: **HOW TO DO WEB STUFF.**

This day will include the following questions and answers will be explained. Find out:

How to be safe on the web...

How to buy airline tickets...

How to map out a car trip...

How to do something or find out information about some specific topic...etc.etc.

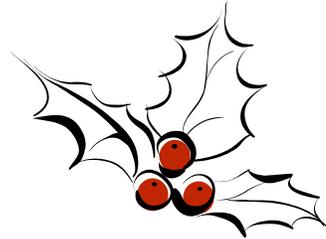
Remember, you can sign up for **any** one or all of these workshops as your commitment is only for two hours on any given Thursday. Call or speak to anyone at the front desk to sign up.



*There is so much to be **thankful** for!*



# December 2014



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 <b>Kiwanis Holiday Party 12:00PM</b>	8 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting	9 9:00 AM Walking Group 10:30 AM Aerobics 11:00AM Arthritis Workshop 1:00 PM Wii Bowling	10 9AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing <b>Holiday Party—6PM Tewksbury Country Club</b>	11 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	12 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	13
14 <b>Week to Bring in Giving Tree Gifts!</b>	15 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting <b>1:00PM Gingerbread House Decorating</b>	16 9:00AM Walking Group 10:30 AM Aerobics 11:00 Arthritis Workshop 1:00 PM Wii Bowling <b>1:30PM—Fire &amp; Fall Prevention</b>	17 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	18 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00PM Commissioner's Meeting	19 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	20
21	22 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting <b>1PM Cookie Swap</b>	23 9:00AM Walking Group 10:30 AM Aerobics 11:00AM Arthritis Workshop 1:00 PM Wii Bowling	24 9:45 AM SBF Exercise 11:00 AM Special Exercise <b>CENTER CLOSING AT 12:00PM!</b>	25 <b>Center Closed Christmas</b> 	26 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	27
28	29 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting <b>1:00PM Movie Event</b>	30 9:00 AM Walking Group 10:30 AM Aerobics 11:00AM Arthritis Workshop 1:00 PM Wii Bowling <b>1-3PM New Years Open House</b>	31 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing	<b>Center is closed on New Years Day Happy 2015!</b>		



# 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  
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 2:30-4

### **DAILY**

GAME ROOM -SOCIALIZATION  
KITCHEN 9-4:30

### **HAIRDRESSER**

ONCE A MONTH  
CALL FOR APPT.  
781-245-6605

## SPECIAL PROGRAMS

### **PODIATRIST**

3<sup>RD</sup> 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**

3<sup>rd</sup> 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.