

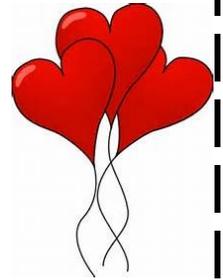


THE BUZZELL BUZZ

FEBRUARY 2016

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887
DIRECTOR: TERRI MARCIELLO
EMAIL: TMARCIELLO@WILMINGTONMA.GOV
TELEPHONE: 978-657-7595 OR 978-658-2258



MONDAY THRU FRIDAY—9:00AM-4:30PM

Terri's Notes

Here we are in February hoping that we don't see Punxsutawney Phil 's shadow so we can all enjoy an early Spring. For 2016, our theme is "On Track To Giving Back". This will give us the opportunity to give back to all the people, departments and organizations that help make the Buzzell Senior Center the place it is today. We began our journey with the Public Safety Department. On January 25, 2016 we had over 90 people come and enjoy a delicious lunch in the company of the Fire and Police Departments; sharing with them how we appreciate of all that they do for our community.. The next "Stop" for appreciation will be in March for our Town Selectmen and Public Officials. Throughout the year we will be making several stops proving to be a fun and interactive year for everyone.

The year 2016 will be the Buzzell Senior Center 30th Anniversary year. On April 6, 1986 the doors opened to the start of a whole new journey. We are so fortunate that a strong group of people got together and made our Senior Center. If anyone should have any fun pictures, old articles or projects that they did through the years please feel free to share with us. We will be having a special event on Wednesday, April 6, 2016 sharing wonderful memories and look back and see how everyone has taken part in molding the Senior Center into what it is today. There is be more information in the upcoming months—keep on the look out!

As a reminder, even though we are in February it is not too late to apply for Fuel Assistance. If you or anyone you should know finds themselves in need , please have them call us at 978-657-7595. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).

Free Income Tax Program

The Department of Elderly Services is excited this year to be able to provide the "Free Income Tax Assistance" through AAPR at the Wilmington Town Hall auditorium for elderly residents. Scheduled Wednesdays, starting on Wednesday February 3, 2016 thru Wednesday, April 13, 2016. The appointments will be scheduled between 9:00AM – 12:00PM. All returns are prepared with computer accuracy and with electronic filing for rapid refunds.

If anyone is in need of transportation, please make the arrangements at the same time you make your appointments when calling the Department of Elderly Services at 978-657-7595 and please feel free to call the department with any questions or concerns.(For list of required materials to bring, please contact senior center!)

As a reminder, these volunteers will also be at the Reading Municipal Light Building in Reading on Saturday mornings from 9:00AM-12:00PM. **(First come, first serve)**

Inclement Weather Policy

The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also canceled for the day. No meals are served and the van will not be available. The center will remain open for emergencies.

Grandparent Pancake Breakfast
Friday, February 19, 2016
8:30AM



Who doesn't love pancakes and all of the yummy toppings that come with them? We will be having a special grandparent breakfast event during school vacation week so that you can bring your grandchildren! Come enjoy delicious pancakes & a movie after!!

Tickets are \$4 per adult (children are free—MUST BE REGISTERED)
(Please be sure to register your grandchildren for this event during sign-up)

Sign-up will start on Thursday, February 4, 2016!

Identity Theft— Important Things to Remember!

The Buzzell Senior Center would like to thank Detective Nally & Lt. Pupa from the Wilmington Police Department for recently presenting some important information regarding scams and protecting your information.

- Read your credit reports
- Read your bank, credit card, and account statements, and the explanation of medical benefits from your health plan.
- Shred all documents that show personal, financial, and medical information before you throw them away.
 - Don't respond to email, text, and phone messages that ask for personal information.
- Create passwords that mix letters, numbers, and special characters. Don't use the same password for more than one account
 - Use anti-virus and anti-spyware software, and a firewall on your computer.

For more detailed information, pickup a copy of the "Identity Theft" pamphlet in the front lobby of the Senior Center!! (Please do not hesitate to ask any questions!!)

Winter Exercise Updates!



- **Zumba** is back starting Tuesday, February 9, 2016. This session will go until Tuesday, March 29, 2016. Please sign-up at the front desk.
- **3B Fitness & Yoga** are currently **FULL**. Stay tuned for more information on upcoming sessions!



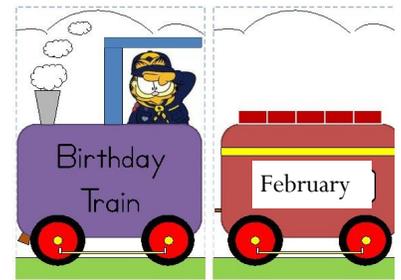
February Birthdays

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

**Please call the Senior Center to
confirm your birthday month so
that we can mention you in future
newsletters!**

Mary McDonald
Ray Allen
Helen Moulton
Joe Robarge
Joanne Bradley
Ingrid Rooney
Mary Kuchler
Al Minervini
Pat D'Antonio

Judi Simmons
Shirley Silver
Josie Ciaccio
Tom Walsh
Barbara DeVita
Pat Brennan
Phyllis Taylor
Gloria Szabo
Walter Moran
Joyce Miles
Frank Walsh
Inge Gwiazda



IN LOVING MEMORY

We express sympathy for the loss of our friends

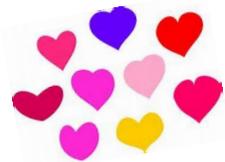
Frank Kelley
Mary Baldasarri
Doris Nash
Anthony Spinazola
June Thuillier

GET WELL WISHES

Charlotte DeMarco
Genevieve Frongillo
Rosemarie Bromander
Ingrid Rooney
Gail Dickson

Valentine's Day Luncheon-Friday, February 12, 2016—12:00PM

Join us for a delicious lunch at the Senior Center where we spend time with the people we love! Harrow's Chicken Pot Pie will be served. Students from the WHS Rotary Interact program will be here to lend a hand!



Tickets will be \$5 per person (Event currently FULL—please ask to be on waiting list)

All Aboard The "Thanks" Train!

This month, the Department of Elderly Services would like to take the time to thank the 5th Graders from the West Intermediate School in Ms. McNamara's art class for making beautiful place mats for our Home Delivered Meals recipients.

So many people were very happy this Holiday because of the generosity and kindness of this classroom.

Thank you!!

Stamp It UP! Card Making Class

Come try this introductory class led by Susan Bibber to making original and creative cards for friends & family using stamps.

Sign-up the week of February 22nd.
First class will be Wednesday, March 9, 2016 from
1:00-3:00PM.

(This is a three-class series on Wednesday's.
Classes will be on March 9, April 13, & May 11
from 1-3PM)



30th Anniversary of The Buzzell Senior Center!!



Can you believe that
is has been **30 YEARS?! It is time to
celebrate!** The 30th Anniversary of the
Buzzell Senior Center will be celebrated on
Wednesday, April 6, 2016. To get ready
for this special day, we are looking for your
help!

**Do you have any photos from the
center over the last 30 years? Please
drop off your photos at the center so
that they can be part of this special
day.**

Get ready for a fun and memorable event!!

Coffee Hour w/ Wilmington Police Department Friday, February 26, 2016 9:30-10:30AM

Come to the Senior Center on Friday,
February 26th and get the chance to sit and
chat with members of the Wilmington Police
Department. Coffee and light refreshments
will be served.

**If interested in attending, please let
the front desk know!**



Computer News

February 2016

Please remember, our computer volunteer is here in the computer room every Tuesday morning from 9:15AM-11:30AM
to answer your computer questions, so feel free to drop in.

As for our courses, this month we are offering a new topic! We will have a two week session and then repeat it again the
following two weeks. Our topic this month will be:



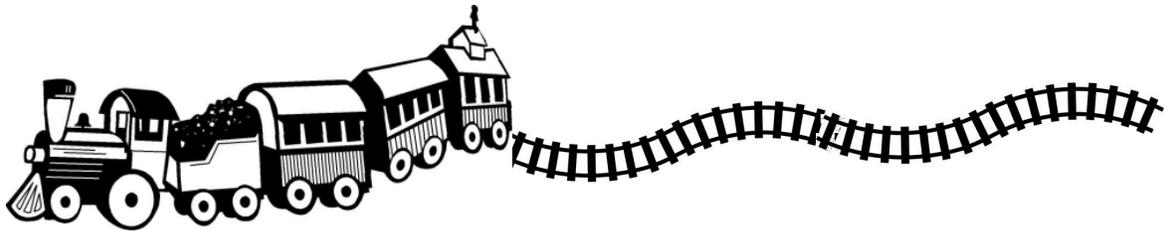
“The Wonders of the Internet”

During our two week session, we will essentially take a guided tour of the “Wonders of the Internet”, and look at interest-
ing and useful websites. We will cover if time permits, a look at setting your own home page, tabbed browsing, adding
and deleting favorites, and hints and suggestions that always bring on the comment from students who say “wow I didn't
know I could do that”

On **February 4th and 11th**, we will offer the first session, and repeat it again on **February 18th and 25th**. Remem-
ber, you only commit to one of these two sessions.

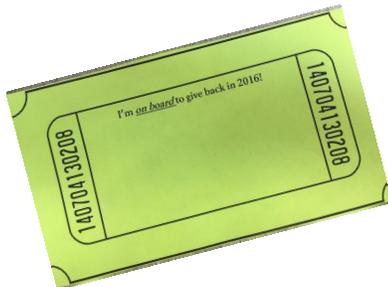
If you are interested, please sign-up or call the front desk as the size of the class will be limited to four students only.

“On The Tracks To Giving Back 2016!”



This year, our mission is to give back to our wonderful community! We are fortunate to have so many wonderful organizations, departments, and individuals that support the elders of Wilmington and who help make Wilmington the great town it is.

Our “Giving Back” train will be making a lot of fun stops along the way. Our second stop is for the **Town Selectmen & Public Officials**. We will be thanking them for all of their hard work and dedication during our St. Patrick’s Luncheon on Thursday, March 17, 2016
(More details to come soon!)



How do you participate?



Step 1—Sign the “Boarding Pass” at the front desk to show your commitment to giving back.

Step 2—Pick up your “Buzzell Express” loyalty card the week of February 8, 2016
(This card is eligible to get a punch for each major “Giving Back” event that we have throughout the year)

Step 3—Partipate in major Giving Back events in the months of March, May, July, September, & November (more details to come each month).

Step 4—Show us your favorite ways to give back and you may be given an extra punch on your loyalty card! (Donating to the food pantry, making an item for Project Linus, and other projects along the way)

In December of 2016, we will be collecting all completed loyalty cards for a chance to win the grand prize!

First event to receive a punch is at our St. Patrick’s Day Luncheon!

“Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more.”

~ Anthony Robbins





February 2016



SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	2 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness*	3 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing	4 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	5 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	6
7	8 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	9 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness*	10 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing	11 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	12 Valentine's Day Luncheon  No Exercise or bingo!	13
14	15 CENTER CLOSED  PRESIDENT'S DAY	16 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness*	17 NO EXERCISE EXCEPT 3:45PM YOGA SPECIAL TAX PROGRAMMING OCCURRING AT CENTER	18 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00PM Game Day 1:30PM Commissioner's Meeting	19 8:30AM— Grandparent Pancake Breakfast 1:00PM—Bingo 1:00PM—Cards NO EXERCISE !	20
21	22 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	23 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM—3B Fitness*	24 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga*	25 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	26 9:30AM Coffee Hour— Wilmington Police Dept. 11:00AM Special Exer. 1:00 PM Bingo 1:00 Cards No Video Exercise!	27
28	29 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting			<p>Please note:</p> <p>Zumba & 3B Fitness both require sign-up!!</p>		
				<p>UPCOMING CHANGES (PODIATRIST) -</p> <p>Please note the date changes for February 2016 2/24 (February—4th week)</p>		



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
CERAMICS 12:00
QUILTING 1:00

TUESDAY

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

AEROBICS 10:30
ACRYLIC PAINTING 10:00
KNITTING/CROCHETING 11:00
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
(Please note changes for January/February)

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.