



# THE BUZZELL BUZZ FEBRUARY 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 February. Our "Spring into Happiness" campaign started off wonderfully and this month the fun continues. You will find many surprises in this month's newsletter. Please take advantage of all the fun—and keep on "smiling".

This month we are also starting our Annual Free Income Tax Program which many of you have already signed up for. Remember, when preparing your taxes not to forget about the Massachusetts Senior "Circuit Breaker" Tax Credit. For tax years beginning on or after January 1, 2001, senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes they paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$1,050 for the tax year beginning January 1, 2014.

To be eligible for the credit for the 2014 tax year, a taxpayer must be 65 years of age or older before January 1, 2015 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence, and must not be the dependent of another taxpayer. The taxpayer's total income cannot exceed \$56,000 for a single filer who is not the head of a household, \$70,000 for a head of household, or \$84,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed \$691,000. **Note:** *No credit is allowed if the taxpayer claims the "married filing separate" status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer.*

### 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.

### Check Us Out Online!

Have you seen our website? You can download the *Buzzell Buzz* and stay updated with everything happening at the Buzzell Senior Center!

[Find us at www.town.wilmington.ma.us/Pages/WilmingtonMA\\_Elderly/index](http://www.town.wilmington.ma.us/Pages/WilmingtonMA_Elderly/index)

## St. Patrick's Day Lunch Event

**Tuesday, March 17, 2015—12:30 PM**

On St. Patrick's Day, the Buzzell Senior Center will be having a delicious homemade corned beef and cabbage luncheon to celebrate this special holiday! This lunch is sponsored by Peter MacLellan. We are so fortunate for Peter's continued generosity. We are also so lucky to have this meal prepared by our specialty chef Lou Cimaglia. Come relax and enjoy an excellent afternoon with good food and friends.

Make sure to wear your best green!

**Sign up starting on Tuesday, March 3, 2015.**



Happy St. Patrick's Day

### ***The Dance Company Performance— Thursday, February 5, 2015 @ 1:00PM***

We are so excited to have *The Dance Company* come to the Buzzell Senior Center to perform for us!

The performance will begin at 1:00PM.



### **10 Ways to Be Happy!**

1. Smile
2. Connect with nature
3. Learn something new
4. Eat your favorite food
5. Sing!
6. Do a good deed
7. Be active
8. Set a goal
9. Meditate
10. Be present



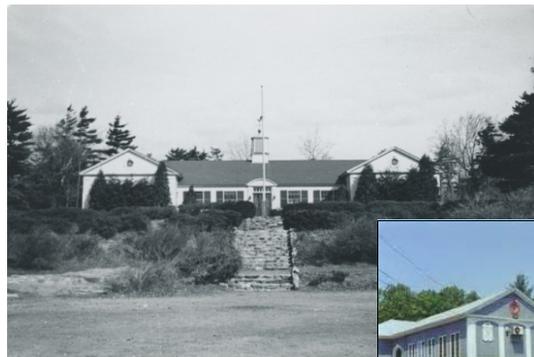
### **Buzzell School Reunion 80 Year Anniversary!**

**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!



**FEBRUARY RECIPE OF THE MONTH—**  
**RUTH'S RIDICULOUSLY GOOD SAUSAGE SOUP!**

STAY WARM THIS WINTER WITH A NICE WARM CUP OF SOUP! THIS RECIPE IS AWARD WINNING—ENJOY!

**INGREDIENTS**

- 2 PACKAGES ITALIAN CHICKEN SAUSAGE
- 1 SMALL ONION—DICED
- 14 CUPS LOW CALORIE, LOW SODIUM COLLEGE INN CHICKEN BROTH
- 1 LARGE CAN PASTENE KITCHEN READY TOMATO
- 1 PACKAGE FRESH BABY SPINACH
- 1 CUP (GLUTEN FREE) PASTINA PASTA OR RICE
- GRATED CHEESE



**DIRECTIONS**

- REMOVE SAUSAGE FROM CASING AND BROWN WITH MINCED ONION—ADD CHICKEN BROTH—BRING TO SIMMER—ADD PASTA & TOMATO—COOK 15-20 MINUTES—ADD SPINACH—COOK UNTIL SPINACH HAS WILTED—WHEN READY TO SERVE, ADD CHEESE ON TOP OF BOWL



THIS SOUP IS HEALTHY AND FULL OF HEARTY INGREDIENTS THAT IS SURE TO PLEASE EVERYONE!

WHAT RECIPE MAKES YOU HAPPY?  
LET US KNOW!

**IN LOVING MEMORY**

We express sympathy for the loss of our friends

Diane Fielding  
Norma Powers  
John Elia  
Betty Gantz

Lillian Lawler  
George Kelley  
Michael Russo  
John Waterman

**GET WELL WISHES**

Louise Redgate  
Camille Michals  
Ann Peters

**February Birthdays**



Al Minervini  
Pat D'Antonio  
Judi Simmons  
Ed Sousa  
Shirley Silver  
Paul Bergman  
Joe Robarge  
Ray Allen  
Barbara DeVita  
Phyllis Taylor

Gloria Szabo  
Helen Moulton  
Joyce Miles  
Mary Kuchler  
Dorothy Loder  
Mary McDonald  
Frank Walsh  
Florence Lawrence



If you would like to acknowledge your birthday—Please fill in the following information, tear this portion off and drop off to Front Desk at Senior Center (please print)

Name: \_\_\_\_\_

Month of Birth: \_\_\_\_\_

# 48 Days to Spring Into Happiness!

Have you signed up for the “48 Days to Spring Into Happiness” yet?  
It’s not too late! Come by the center to join in on the fun and commit to happiness!

## Upcoming Themes:

### February 2-6 (Giving Back Week)

\*Dance Company Performance—  
Thursday, February 5, 2015—1:00PM

\*Start bringing in your donations to the center  
for local organization in need of clothing for  
babies.

(Stop by the Buzzell Senior Center for list of  
needed items)

### February 9-13 (Love Week)

Valentine’s Day Luncheon—2/13 at  
12:30PM—\$5.00 per ticket  
(Sign up at the front desk)



\*Exercise classes will be cancelled

### February 16-20 (Mardi Gras Week)



Get ready to celebrate Mardi Gras on **Tuesday, February 17, 2015 at 12:00PM** at the  
Buzzell Senior Center! This luncheon will be energetic and full of fun times! Sit down and  
enjoy traditional Mardi Gras foods and entertainment.

**Tickets are \$5.00 per person—sign up at the front desk!**

\*Exercise classes will be cancelled

### February 23-27 (Humor Week)

Join us for “happy” hour Monday, February 23  
through Thursday, February 26!  
We will be playing a different segment each day  
that will bring a lot of laughs.  
Snacks will be served.

Monday 2/23—Dean Martin (1:30 PM)  
Tuesday 2/24—Carol Burnett (1:30 PM)  
Wednesday 2/25—I love Lucy (2:30 PM)  
Thursday 2/26—Laugh-in (1:30 PM)

*Please sign-up at the front desk!*

### March 2-6 (Express Yourself Week)

Paint Night—Monday, March 2, 2015—4:00PM  
Showcase your *inner painter* and participate in the  
Buzzell Senior Center’s first ever paint night! At this  
event you will create a beautiful painting that you can  
keep! This event will be led by instructor Steve  
Greco.

No painting experience necessary!  
*Refreshments & Appetizers will be served.*

Tickets are \$5.00 per person -  
Limited spots are available—reserve your  
spot at the front desk!

## Giving Back Week Donations!

Want to help donate items for our Giving Back Week during the  
**48 Days to Spring Into Happiness Challenge?**

The Department of Elderly Services is excited to have the opportunity to help out a local organization in constant need of clothing and other items for young babies.

*Please stop by the Buzzell Senior Center to get a list of items needed!*

**Donations can be brought to the center starting February 2, 2015**

## IRS Scams

The IRS periodically alerts taxpayers to schemes that fraudulently use the IRS name, logo or web site clone to gain access to financial information in order to steal identities and assets.

The address of the official IRS website is [www.irs.gov](http://www.irs.gov). Don't be misled by sites claiming to be the IRS but address ends in .com, .net, .org, or any other designations instead of .gov.

**If you receive or see anything suspicious, please reach out to the Treasury Inspector General for Tax Administration (TIGTA) toll-free hotline at 1-800-366-4484.**

## Computer Classes for February 2015

Please remember, our computer volunteer is here in the computer room every **Tuesday morning** from 9:00 AM to 11:30 AM 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 interesting and useful web sites. 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 that I could do that!"

On Feb. 5 and Feb. 12<sup>th</sup>, we will offer the first session, and repeat it again on February 19 and February 26<sup>th</sup>. **Remember**, 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.**



*“It’s not about how much we have, but how much we enjoy, that makes happiness.”*



# February 2015



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting	3 10:30 AM Aerobics 1230PMWii Bowling 2:00PM—3B Fitness	4 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	5 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day <b>1:00 PM Dance Company Performance</b>	6 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	7
8	9 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting	10 10:30 AM Aerobics 1230PMWii Bowling 2:00PM—3B Fitness	11 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	12 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	13 <b>12:30PM Valentine's Day Luncheon</b> 	14
15	16 <b>CENTER CLOSED</b>  <b>President's Day</b>	17 Mardi Gras Celebration 12:00 PM 	18 9:30AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	19 10:00 AM Art Class 10:30 AM Aerobics <b>1:30PM - Commissioner's Meeting</b>	20 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	21
22	23 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting <b>1:30 PM—Dean Martin</b>	24 10:30 AM Aerobics 1230PM Wii Bowl- ing <b>1:30PM—Carol Burnett</b>	25 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing <b>2:30PM—I love Lucy</b>	26 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day <b>1:30 PM Laugh-in</b>	27 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	28
<p><b><u>Schedule Updates</u></b></p> <p><b>Quilting will be postponed until end of February.</b></p> <p><b>The Tuesday /Thursday walking group will be postponed until Spring.</b></p> <p><b><u>**All dates in this calendar are subject to change**</u></b></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  
KNITTING/CROCHETING 11:00  
CERAMICS 12:00  
QUILTING 1:00  
(Postponed until End of February)

### **TUESDAY**

WALKING GROUP 9:00  
(Postponed until Spring)  
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 Spring)  
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**

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**  
**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.