

THE BUZZELL BUZZ JANUARY 2015

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Terri's Notes

Welcome to 2015. We hope everyone had a wonderful holiday season and are ready for a fun and exciting New Year ahead.

Free Income Tax Assistance

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 appointments should be arranged through the Buzzell Senior Center – 978-657-7595. The program will be held on Wednesdays, starting on Wednesday February 4, 2015 thru Wednesday, April 15, 2015. The appointments will be scheduled between 9:00AM – 1:00PM. All returns are prepared with computer accuracy and with electronic filing for rapid refunds. Clients should bring:

- This year's tax information along with last year's tax returns to their appointments
- W-2 forms
- Your social security & pension information
- Tax forms sent by financial institutions
- Your property tax & water bills (for the Circuit Breaker Tax Credit)



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.

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.



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!

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!



Valentine's Day Luncheon - Friday, February 13, 2015—12:30PM

Join us during Love Week for a delightful luncheon to celebrate the ones we love!

Signups will start on January 15, 2015 and tickets will be \$5.00 per person.



Tips to Stay Healthy This Winter!

- Drink a lot of water!
- Eat a healthy diet with a lot of greens!
- Exercise regularly

(Try a class at the Center!!)

- Get the right amount of sleep every night
- Wash your hands regularly



Wilmington Trivia Breakfast Event

January 17, 2015—8:30AM



Join us on Saturday, January 17, 2015 at the Buzzell Senior Center for a fun event full of delicious breakfast food and lots of fun facts! Students from the *Rotary Interact Club* at the Wilmington High School will be joining us.

Tickets are \$4.00 a person

Let's see who knows Wilmington the best!!

Giving Back Week Donations!

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

(See next page for more information for this 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 in the area.

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

COOKING WITH JEAN!

JANUARY RECIPE OF THE MONTH— PEANUT BLOSSOMS (GLUTEN FREE)

- 1/2 CUP SUGAR
- 1/2 CUP PACKED LIGHT BROWN SUGAR
- 1/2 CUP GLUTEN-FREE PEANUT BUTTER
- 1/4 CUP SHORTENING
- 1/4 CUP BUTTER, SOFTENED
- 1 EGG
- 1 1/2 CUP BISQUICK GLUTEN FREE MIX
- 1/4 CUP SUGAR
- 48 HERSHEY KISSES, UNWRAPPED



—IN LARGE BOWL, MIX 1/2 CUP GRANULATED SUGAR, BROWN SUGAR, PEANUT BUTTER, SHORTENING, BUTTER AND EGG. STIR IN BISQUICK MIX. COVER, REFRIGERATE 1 HOUR OR UNTIL FIRM.

—HEAT OVEN TO 375 DEGREES (325 FOR DARK OR NONSTICK PANS). IN SMALL BOWL, PLACE 1/4 CUP GRANULATED SUGAR. SHAPE DOUGH INTO 1 INCH BALL; ROLL IN SUGAR. PLACE BALLS ON UNGREASED COOKIE SHEETS 2 INCHES APART.

—BAKE FOR 8 TO 10 MINUTES OR UNTIL LIGHT GOLDEN BROWN, IMMEDIATELY TOP EACH COOKIE WITH 1 CANDY KISS, PRESSING DOWN FIRMLY SO COOKIE CRACKS AROUND THE EDGE. REMOVE FROM COOKIE SHEET TO COOLING RACKS.

SERVING SIZE (1 COOKIE)

CALORIE (100), PROTEIN (1GM), CARBOHYDRATE (12GM), FAT (5 GM), S.FAT (2GM), CHOLESTEROL (10 GM), SODIUM (65 MG), FIBER (0)

IN LOVING MEMORY

We express sympathy for the loss of our friends

Arthur Krugaluk

GET WELL WISHES

Paul Agostino

Rose Bromander

Arlene Crossen

Nancy Brooks

Florence Lawrence

January Birthdays



Paul Agostino
Carmen Hale
Jean George
Sara Piazza
Connie Rando
Gwen Scott
Dot Shelly



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: _____

Are You Ready For A Challenge? Prepare yourself for ...

48 Days to Spring Into Happiness!



How many smiley faces can you find in this newsletter?

Have you noticed the smiley faces around the newsletter?

From **January 12-March 20, 2015**, the Buzzell Senior Center will be having 48 days of fun events and contests to spread happiness. Each week will be a different theme! To sign up for this challenge, you just have to stop by the front desk to sign the “Happiness Contract” the week of **January 12th, 2015!**

Upcoming Events:

January 22—Meditation Event (Harmony Week)

January 28—DJ Dan Maguire Singing Event (1:00PM) -
Sign up the Week of January 12, 2015! (DJ EVENT)

Stay tuned for more details and upcoming programs happening!
Together we can spread happiness and create great memories this winter!

**“Happiness is not something ready made.
It comes from your actions”**

- Dalai Lama



**Movie Event—“Mamma Mia!”
Monday, January 26, 2015—1:00PM**

Join us for music week and have the time of your life with Meryl Streep and an all-star cast in this undeniably fun celebration of mothers and daughters, old friends and newly found family!

Sign up at the front desk!



***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.



COMPUTER NEWS—JANUARY 2015

Every **TUESDAY** our Computer Guy is available in our computer room to help you with computer and iPad questions. Please make good use of him as he is quite willing to help. **For Thursdays, we will continue with offering our Two Hour Computer Workshops.**

Every week, we will offer a different topic for discussion, and you only need to commit two hours of your time. We call these our “Two Hour Computer Workshops”

On January 8th, the topic will be: **WHAT DOES A COMPUTER DO?** This workshop is offered for folks who are unsure of their ability to learn about and how to use a computer. We will discuss their fears about computer use, learn basic information about the computer, and practice turning the computer on, opening and closing programs, and turning it off. If you realize that computers are used on all facets of daily life and are curious about applying it to your daily routine, then spend two hours with us and find out. (if time permits, we’ll talk about the i-pad type options)

On January 15th, the topic will be: **YOU GOT A DIGITAL CAMERA FOR CHRISTMAS, NOW WHAT?**

Let’s get it out of the box and start using it! In this workshop we’ll look at the camera and see what it has to offer. We’ll take a quick tour of the features, how they apply to you and start to take some pictures. We will also look at what support programs and accessories you may want to use as you “GO DIGITAL” with your new camera!

On January 22nd, the topic will be: **COMPUTER FUNDAMENTALS-CREATING DOCUMENTS!**

Learn to write and edit documents, change font size and shape, understand the concept of copy and paste and properly save a document..

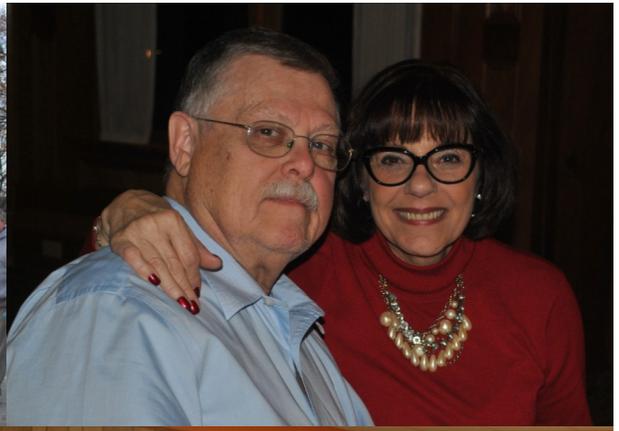
On January 29th, the topic will be: **UNDERSTANDING E-MAIL AND E-MAIL ATTACHMENTS!**

In this workshop, we will discuss sending and receiving e-mail, how to send email to multiple recipients, and how to hide e-mail addresses so that you are not guilty of spreading those addresses to those who shouldn’t have them.

We will also spend some time discussing the receipt of attachments, how to open them and save them and how you can send attachments such as documents and photographs to family and friends. **DON’T HAVE AN e-MAIL ADDRESS?** Come and we’ll help set you up with one and it’s FREE!

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

“Snow” Much Fun at the Buzzell Senior Center!



January 2015



SUN	MON	TUE	WED	THU	FRI	SAT
				<p>1</p> <p>CENTER CLOSED</p> 	<p>2</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p>	3
4	<p>5</p> <p>9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting</p>	<p>6</p> <p>9:00 AM Walking Group 10:30 AM Aerobics 11:00AM Arthritis Workshop 11:45AMWii Bowling 2:00PM—3B Fitness</p>	<p>7</p> <p>9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing</p>	<p>8</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day</p>	<p>9</p> <p>Loretta LaRoche 10:00 AM Video Exercise 11:00AMSpecial Exercise 1:00 PM Bingo 1:00 Cards</p>	10
11	<p>12</p> <p>9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting</p> <p>START OF THE 48 DAY CHALLENGE!</p>	<p>13</p> <p>9:00AM Walking Group 10:30 AM Aerobics 11:00 Arthritis Workshop 11:45AMWii Bowling 2:00PM—3B Fitness</p>	<p>14</p> <p>9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing</p>	<p>15</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:30PM - Commissioner's Meeting</p>	<p>16</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p>	<p>17</p> <p>Trivia Event 8:30AM</p>
18	<p>19</p> <p>CENTER CLOSED</p> 	<p>20</p> <p>9:00AM Walking Group 10:30 AM Aerobics 11:45AMWii Bowling 2:00PM—3B Fitness</p>	<p>21</p> <p>9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing</p>	<p>22</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day</p>	<p>23</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p>	24
25	<p>26</p> <p>9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM Movie Event "Mamma Mia!"</p>	<p>27</p> <p>9:00 AM Walking Group 10:30 AM Aerobics 11:45AMWii Bowling 2:00PM-3B Fitness</p>	<p>28</p> <p>9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00PM DJ Singing Event!</p>	<p>29</p> <p>9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day</p>	<p>30</p> <p>10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards</p>	31
<p>Schedule Updates</p> <p>Quilting will be postponed until end of February</p> <p>**All dates in this calendar are subject to change**</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
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

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.