



THE BUZZELL BUZZ
JULY—AUGUST 2016
THE DEPARTMENT OF ELDERLY SERVICES

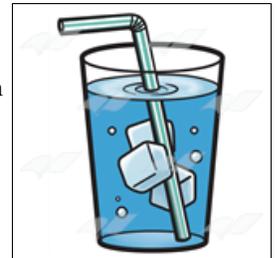
15 SCHOOL STREET, WILMINGTON, MA 01887
DIRECTOR: TERRI MARCIELLO
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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Summer is here! We hope this newsletter finds everyone in good health and ready to have fun. As we head into the summer months with the heat and sun we hope everyone can keep cool! Remember the best way to “beat the heat” is to drink large amounts of water even when you are not thirsty. While water is the best choice for refueling, any non-alcoholic, decaffeinated beverage such as lemonade can prevent dehydration and heat stress. If the temperature outside is rising, be certain you have access to even more water. It is crucial that you continue to drink even if you don't feel thirsty. Most of us need about six eight-ounce glasses of non-alcoholic, non-caffeinated liquids daily. You can also include foods that are high in water content such as fruits and vegetables, soup and yogurt. Another way to keep hydrated is ice cream—come join us on **Thursday, July 28, 2016 at 1:00PM**. Pelligrine Landing is sponsoring an **ice cream social at the center**, so come and cool off in our air conditioned center and enjoy an ice cream with all the toppings. A big thank you to Pelligrine Landing for this delicious treat



This year we will continue to have our annual “Fan Drive” to donate fans to people in need during our hot summers. The past several summers have proven to be very warm and many of the past recipients of the fans were greatly appreciative. We are in the process of receiving donated fans, and if you should know anyone in need of a fan or an air conditioner please call the center at 978-657-7595.

We would like to give a special thank you to the many volunteers that made our Special Home Bound Meal such a success on Tuesday, June 28, 2016. We were able to deliver over 85 “Panera” Lunch box meals to very happy recipients. This time we were able to have the assistance from The Reading Cooperative Bank in Wilmington, which was led by Nancy Brown, along with our other volunteers: Mary D'Eon, Grace Mullens, Maureen Fiorenza, Marilyn West, Gayle Regan, Bob Regan, Robin Theodos, Christine Murphy and Gail Protopapas. We thank everyone that made this all possible and wish a Happy 4th to all.

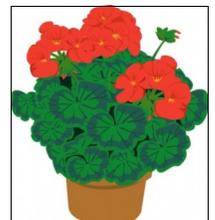


ATTENTION

Please note that this newsletter covers the events for July and August.

Thank you to Bertha Deprez and her daughter Christine for planting over 24 geraniums in our garden by the parking lot. They certainly add beautiful color and a wonderful addition to our center.

In addition, Bertha planted flowers in our front planter that bring additional aesthetics to the center.



July Recipes of the Month!

Did you know that July is **National Blueberry Month**?

The following recipes are perfect Fourth of July inspired breakfast or snack ideas & they incorporate blueberries!



Ingredients:

- 1 Pint Strawberries
- 1 Pint Blueberries
- 2 tablespoons lemon juice
- 4 bananas

Directions:

Mix the strawberries and blueberries together in a bowl, sprinkle with sugar and lemon juice, and toss lightly. Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas into 3/4-inch thick slices, and toss with the berries

Upcoming Day Trips!

September 27, 2016 Norman Rockwell Museum—Cost \$60.00

Sign up Thursday, July 7, 2016 10:00AM

October 13, 2016—The Old Mill & Tower Hill Gardens Foliage Special—
Cost \$50.00

Sign up on Thursday, September, 8, 2016 at 10:00AM

December 8, 2016—Wright's Farm & LaSalette Lights—Cost \$45.00

Sign up on Tuesday, November 15, 2016 at 10:00AM



ZUMBA

Zumba will be back in September.

This class has certainly caused a lot of energy in the building. On Tuesday, September 13, 2016 at 9:00AM—grab your sneakers and come enjoy our Zumba Class. This class will run for 6 weeks!

Sign up starting September 1, 2016

Thank you LL Bean

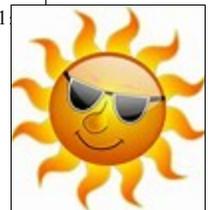
We would like to thank Jennifer Gariepy, regional director and her staff for their fabulous Kayak training program. The program has started and everyone loves it. Keep your eyes open for a potential class in September!

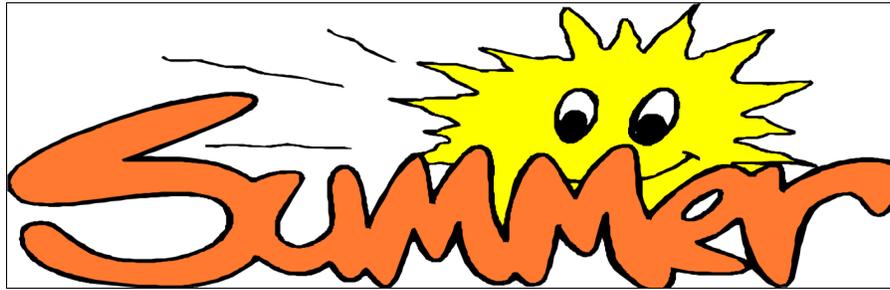


AUGUST 2016

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

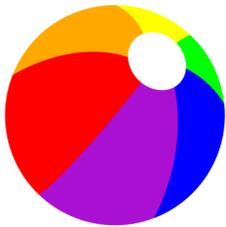
	1 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	2 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	3 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	4 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00Knitting 1:00 Game Day Beach Day at Silver Lake	5 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	6
	8 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 Movie "Great Outdoors"	9 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	10 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	11 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knittin 1:00 Game Day	12 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	13
	14	15 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	16 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	17 Podiatrist 9:45 AM SBF Exercise 11:00AM Special Exercise 5:00 Cool Down Supper No Line Dancing	18 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knittin 1:00 Game Day	19 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards
21	22 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	23 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:30PM 3B's	24 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:45PM Yoga	25 9:00AM Walking Group 10:30AM Jack's Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 Game Day	26 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	27
28	29 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	30 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii 2:30 PM 3B's	31 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:45PM Yoga			





Bocce's Back!

Bocce Court is available for anyone interested in playing. On Tuesday and Thursday mornings bocce is played at 9:30AM—but if this time does not work for you, feel free to try any time between 9AM-4:00PM, Monday through Friday. Please check at front desk before heading to the court area.

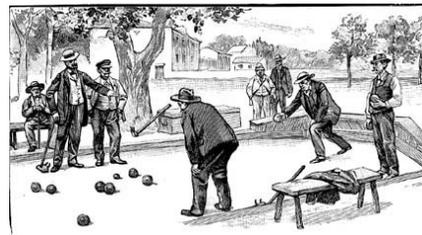


Fun at Silver Lake

A perfect way to start the month of August, the Wilmington Police Department is having its Annual Beach Day on August 4, 2016 at Silver Beach from 11:00AM to 2:PM. It's a great chance to spend some time with the Wilmington Police Department and visit with some friends, while enjoying one of Wilmington's outdoor treasures. If interested and need a ride, please call the Senior Center for transportation at 978-657-7595

Bocce at Jack's

On Thursday, August 25, 2016, at 10:30AM, Jack Cushing has generously offered his courts for a Bocce Tournament. Grab a friend and sign up for this fun chance to get some exercise and enjoy being outside on Jack's amazing courts. Space is limited—sign up at the front desk if you are interested.



August Cool Down Supper



**Come Relax
and have Dinner**

At the Buzzell Senior Center

On

Wednesday, August 17, 2016

At 5:00 PM

**Hot Dogs, Potato Salad, Chips and Ice
Cream**



August Movie

“The Great Outdoors”

John Candy and Dan Aykroyd are forced to share a vacation together - hilarious comedy of two families trying to enjoy their vacation with a lot of fun surprises along the way—

Monday, August 8, 2016 at 1:00PM

A true summer classic

Refreshments will be served.



July 2016



SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	2
3	4 Center Closed 	5 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	6 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	7 Sign up Norman Rockwell  Cookout	8 10:00 AM Video Exercise 10:30 Alcohol Painting 11:00AM Special Exercise 1:00 PM Bingo	9
10	11 9:300AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 –Movie “Breakfast at Tiffany’s”	12 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling Sign up for Ice Cream Social	13 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	14 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 Game Day	15 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	16
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24	25 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	26 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	27 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	28 Ice Cream Social (1:00PM) 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 11:00 Knitting Sign up for Summer Cool Dinner	29 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	30
31						

July Movie Event

“Breakfast at Tiffany’s”—Monday, July 11, 2016 @
1:00 P.M.

Stay cool in the nice air conditioning during the warmer weather and enjoy the great classic movie “Breakfast at Tiffany’s”.

Summer Computer News

Now that we enter the Summer months, our computer class sessions have ended and we hope to resume again in September. More news to come in future newsletters!

Have a great Summer!



“Alcohol Ink Painting”

Come join us on Friday July 8, 2016 at 10:30AM and learn something new— “Alcohol Ink” Painting. This free class will show you a new technique in painting. This technique will be done on a ceramic tile and you will have the beautiful masterpiece to bring home.

So come and join the fun—Please sign up at front desk to make sure there is enough supplies for everyone.

You will find beautiful samples of this art work in our main lobby.

Norman Rockwell Museum and Red Lion Inn Trip

On September 27, 2016

Sign up on Thursday, July 7, 2016 at 10:00AM

Cost \$60.00 per person



You’ll head to the Berkshires and visit the quaint village of Stockbridge and a delicious lunch at Red Lion Inn. After lunch you’ll visit the renowned Norman Rockwell Museum.

Yoga and 3B’s

Come Back In August!!

- **On Tuesday , August 23, 2016 at 2:30PM—** Brian will be back with his fabulously stimulating 3B exercise class. This program not only strengthens your bones and muscles it also stimulates the brain. This program will run for 6 weeks.
- **On Wednesday, August 24, 2016 at 3:45PM—** Joan will be back with her soothing and mediating form of yoga. This program not only helps strengthen you body but relaxes and calms your mind. This class will run for 6 weeks.
- **Sign up beginning August 1, 2016 for both classes**



Are you ready for a Wonderful Summer?

July 7—Annual Summer Cookout—12:00 P.M. (Tickets are \$7.00)SOLD OUT

July 20, 2016—Gloucester Lobster Trip (SOLD OUT)

July 28—Ice Cream Sundae Social—1:00PM (Sign-up the week of July 12th)

August 17, 2016—Summer Cool Down Supper—Sign up July 28, 2016

Remember keep to cool and hydrated all Summer long!!!

IN LOVING MEMORY

We express sympathy for the loss of our friends

Marilyn Chalifour

GET WELL WISHES

Walter Sevenser

Phyllis Taylor

Charlie Wayman

July and 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!

July Birthdays

Marge Lamkin

Tony Marino

Audrey Reed

Laura Caira

Carol Marino

Mary Lou Sims

August Birthdays

Robin Theodos

Roberta Battite

Jim Davey

Warren MacDonald

Adele Passmore

Gail Protopapas

Marilyn West

Special Happy Birthday to Joe Cannata



In celebrating his 100th! Birthday





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
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
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 9-4pm

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.