



THE BUZZELL BUZZ **JULY 2015**

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

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. Also, feel free to come to the center and enjoy the air conditioner.

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.



I would like to take this opportunity to thank Steve Berghaus for his wonderful suggestion to have our Men’s Group visit the World War II Museum in Natick MA. The museum is a private collection of all the artifacts that made up life during the 1930’s and 1940’s. It is a glimpse into the information, influences and life in all of the countries that engaged in World War II. We were able to experience this amazing museum as a group and again thank Steve for bringing it to our attention

2015 Annual Cookout—Tuesday, July 7, 2015—12:00PM

Grab your ticket to the best cookout of the summer! We will be having hot dogs, sausage, chicken, and of course fried dough and Richie’s slush!

Tickets are \$7.00 per person—Please call center to check on availability!



A Friendly (Parking) Reminder

In order to provide safety to our guests, please only park in the appropriate parking spots in our lot that are marked. Any cars that are not in the correct areas will be asked to relocate to another spot.



Thank you for your understanding and cooperation!

July Movie Event

“Mamma Mia”—Monday, July 27, 2015 @ 1:00 P.M.

Stay cool in the nice air conditioning during the warmer weather and enjoy the movie “Mamma Mia”.

Light snacks will be served
Please sign up at the front desk!

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!

Summer Paint Night Monday, July 20, 2015—5:00 P.M.

Due to popular demand, we will be having another paint night with instructor Steve Greco! This event will definitely help you

“Splash Into a Happy Summer”

All levels welcome & experience is not necessary. Just bring a smile and get ready to have a fun time!

Tickets are \$5.00—Light refreshments will be served

Start signing up on Wednesday, July 1st!



Check out a picture from our February event!

Karaoke Happy Hour

Tuesday, July 28th—3PM until Close

Thanks to a generous donation from a special friend of the Senior Center, we are very excited to have a new karaoke machine available in the building!

Join us on **July 28th** for a fun and musical event!

Refreshments will be served

(Come join the fun even if you do not want to sing—we would love to see a lot of faces at the event!)

Sign-up at the front desk starting **July 14th!**



Outdoor Yoga!

Thursdays in July (9th, 16th, 23rd, 30th)

6:00-7:00 P.M.

Come try some outdoor yoga with instructor Joan Lawrence! This class will be held on the green next to the Wilmington High School parking lot.

(Below the Senior Center)

Note: This class is designed for those who do not need a chair for support—there will not be any chairs available outside.

Please sign-up at the front desk!





Are you ready for a **SPLASH?**

The Department of Elderly Services is ready to have a **WICKED** fun summer! We hope that you are ready too! There are a lot of fun events being planned so that we can all **“Splash Into A Happy Summer.”**

July 9, 16, 23, 30—Outdoor Yoga w/ Joan Lawrence (6:00-7:00 P.M.)

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

July 20—Paint Night—5:00PM (Sign-up July 1st)

July 30—Ice Cream Sundae Social—1:00PM (Sign-up the week of July 6th)

Make sure to keep checking our website and upcoming newsletters for more information on this fun program! Together, we can spread happiness and have some fun in the sun!

IN LOVING MEMORY

We express sympathy for the loss of our friends

Richard Smith
George Simmons
Bob Corcoran
Ruth Carroll

GET WELL WISHES

Marge King
George Flibotte
Don Albanese
Angie Muccioli

July 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!

Marge Lamkin
Tony Marino
Audrey Reed
Tom Marden
Laura Caira
Carol Marino
Mary Lou Sims



Buzzell School Reunion

80th Year Anniversary!

Date: September 20, 2015

Anyone that attended the Buzzell School is invited.

Please make sure to sign up at the Buzzell Senior Center for this event!

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!

Like these simple, yet delicious recipes? Take a picture and bring it to the front desk!!

(Prize will be awarded for the most creative & fun photo!)

Red, White and Blue Toast!

Ingredients:

- *1 Slice Whole Grain or Ezekiel Bread (Found in the Freezer Aisle)
- *1 Tablespoon unsalted, natural peanut butter or almond butter
- *Assortment of fresh fruit (blueberries, strawberries, raspberries, and bananas are excellent options!)

Directions:

Toast bread to liking, spread peanut butter on the toast and then place fruit on top! This snack or breakfast is full of fiber and good sources of fat to keep you satisfied.

Fruity Yogurt Bowl

Ingredients:

- *1 cup greek yogurt (Plain is the best option—if the taste is too bitter you can mix in a packet of stevia!)
- *1 Tablespoon Ground Flaxseed
- *Assortment of fresh fruit—berries, cherries, bananas, pineapple, ect.

Directions:

Throw all ingredients into a bowl and mix together! This is a perfect protein filled snack or breakfast with an excellent source of healthy fat from the flaxseeds.

Upcoming Day Trips!

July 14-Cape Cod Canal's 101st Anniversary Tour \$50.00/ticket.

Trip is currently FULL—please call to be put on our waitlist!

You will be traveling to beautiful Cape Cod, where you'll arrive in Sandwich, the oldest town on the Cape. Get ready to visit the Sandwich Glass Museum, where you'll view real glass blowing artisans creating world renown pieces of art. At noon, you will arrive at the Daniel Webster Inn, for the Grand Buffett. After your buffet you will go on a two hour cruise of the Cape Cod Canal.

August 20—Plymouth Getaway Tour \$50.00/ticket.

Spots are still available—Stop by the front desk to sign up!

Travel to Plymouth, Massachusetts, where Pilgrims landed in 1620 and established New England's first English Colony. On arrival you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. Enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant. After lunch enjoy a 75 minute sightseeing Harbor Cruise on the Pilgrim Belle.

Your captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches.

September 11—Essex Valley Steam Train & Connecticut Riverboat Trip (Sign up—July 6, 2015) \$60.00/ticket.

This trip features fine cuisine, an authentic Steam Engine Train ride, and a Riverboat Cruise. You will enjoy lunch at the Go Fish Restaurant and then when you arrive in the Town of Essex, CT, you will enjoy the scenery of the Connecticut River Valley, where you'll meet your Riverboat crew and vessel. You'll then cruise the Connecticut River on a relaxing, one hour narrated ride.

Sign-up is at 10:00AM on each chosen date—ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.

Buzzell Senior Center Summer Interactive Bingo!

Let's have some fun play interactive bingo!

Every time you complete a square, show any staff member at that time & you will receive a stamp!

If you complete any type of bingo pattern, you will be put into a raffle for a cash prize!

Bingo patterns include: Four Corners, Cover-All, Diagonal, Outside Picture Frame, Plus Sign & more!

How many squares can you complete? Start completing this game on July 1st!

The challenge ends on August 31st! (All cards must be turned in to be entered into raffle!)

B	I	N	G	O
Try a yoga class with instructor Joan!	Grab a cup of coffee at the center.	Come to the front desk & get a photo taken with a friend	Check out the beautiful paintings in the main function room!	Get a picture wearing your "Splash Into a Happy Summer" shirt!
Put a donation into the Food Pantry box in hallway	Bring your favorite recipe to front desk!	Bring a NEW friend to the center.	Put a suggestion into the "Suggestion Box" in the front lobby!	Sign in when you enter the Senior Center with your card!
Try one of Priscilla's exercise classes	Wear something yellow to the center!	Free Space	Attend the Annual Ice Cream Social (July 30)	Try a Country Line Dancing class on Wednesdays at 1:00PM
Come to a movie at the Senior Center	Come to a game of Bingo on Friday's at 1:00PM	Come to our Paint Night! July 20th (\$5/ticket)	Check with the front desk to make sure you filled out an Emergency Form	Check out a puzzle or book in the main hallway!
Fill out a "File For Life"	Take a <i>selfie</i> with a staff member!	Try the "Special Exercise "Class	Make a donation the "Alzheimer's Association" Walk	Have your Blood Pressure taken with Tracy on Monday morning's!



“Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.”





July 2015



SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Automated Trash Program begins! <u>Sign up for Paint Night</u> 9:45 AM SBF Exercise 11:00AM Special Exercise <u>NO LINE DANCING!</u>	2 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 3:00 P.M. Bocce	3 Center Closed 	4 Happy Fourth of July!
5	6 Sign up for Ice Cream Sundae Social & Essex Valley Trip! 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting	7 Annual Cookout  **No exercise**	8 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	9 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 6:00PM Outdoor Yoga	10 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	11
12	13 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting Cape Cod Trip Tomorrow! →	14 Sign-up for Karaoke Happy Hour 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	15 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	16 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:30PM-Commissioner's Meeting 6:00PM Outdoor Yoga	17 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	18
19	20 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 5:00PM Paint Night	21 9AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	22 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	23 9AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 6:00PM Outdoor Yoga	24 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	25
26	27 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1PM—Movie Event "Mamma Mia"	28 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 3PM Karaoke Happy Hour!	29 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	30 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 6:00PM Outdoor Yoga	31 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	
Please note: *Line Dancing on July 1st will be cancelled! *Quilting is postponed until September. <u>**All dates in this calendar are subject to change**</u>						



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 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
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

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.