



THE BUZZELL BUZZ **JUNE 2015**

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

June is Alzheimer's & Brain Awareness Month – a time to shine a purple light for the millions of people living with Alzheimer's. Especially during the month of June, we decided to make our newsletter purple. Throughout the month of June, the Alzheimer's Association helps spread global awareness of our vision of a world without Alzheimer's. The highlight of this month is the celebration of The Longest Day on June 21. We encourage everyone on this day to "Go Purple" to show their support to end Alzheimer's — one of the largest diseases impacting the brain. Our department continues to support the Alzheimer's Association by our annual participation in the Walk to END Alzheimer's, which will be held in September. We also are extremely fortunate to have a live, one woman performance by Audrey Reed in the "Ham I AM—Part 2". She has a true understanding of Alzheimer's. How the disease not only affects the patient but also the family and caregivers, as her father and husband both suffered from the disease. Audrey is performing in their memory and wants all proceeds to go to the Alzheimer's Association.

Also, June is the Department of Elderly Services Volunteer Appreciation Month. As a reminder we will be celebrating on Thursday, June 11, 2015 to show our true appreciation to all the volunteers that help make our department as special and supportive to all that participate in our programs.

On behalf of the Buzzell Senior Center, we want to wish a Happy Father's Day to all of the dads!

Bocce Is Back!!

The Bocce Courts are now open! Join us for an "Opening Day" event on **Thursday, June 4, 2015 at 3:00 P.M.** There will be hot dogs and refreshments. Let's start the season off right!!

2015 Annual Cookout—Tuesday, July 7, 2015

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 will be \$7.00 per person and sign up will start on Thursday, June 18th at **10:00AM.**



Join The Walking Group!

Do you enjoy meeting new people? Enjoy walking? You'll LOVE our weekly Walking Group! This group meets every Tuesday and Thursday at 9:00 A.M. inside the Buzzell Senior Center and then goes on a nice stroll outside. This is such a great way to start your morning and have the chance to meet an awesome group of people!



If you have any questions about this group, please contact or stop by the Senior Center!

June Recipe—Healthy Pasta Salad

*As the warm weather is approaching, this is the perfect side dish to have at home or bring to a special occasion. This salad is served cold and has a lot of nutritional benefits.
(It tastes so good you won't even know it's healthy!!)*

Ingredients (Serves 4)

2 Cups of Quinoa Pasta
1 Tbsp Olive Oil
1/2 Cup Balsamic Vinaigrette
Juice of 1/2 a Lemon
2 Carrots (sliced)
1 Head of Broccoli
1 Red Pepper (diced)
Salt and pepper to taste



Directions

Completely cook 2 cups of the quinoa pasta—drain with cool water and then let pasta sit—In a separate bowl, mix 1 tbsp of olive oil with 1/2 cup of balsamic vinaigrette and lemon juice. Chop up all of your fresh vegetables and place in bowl with cooked pasta. Drizzle the dressing over the pasta and then place into the refrigerator—ENJOY!

Delvena Theatre Presents: “Murman, Minnie, Mae & Me”

Thursday, June 25, 2015—7:00 P.M.

Get ready for the Buzzell Senior Center's kick off event for **“Splash Into A Happy Summer”!** Bring your lawn chair to the green next to the Wilmington High School's parking lot and enjoy an excellent performance presented by Delvena Theatre. “Murman, Minnie, Mae & Me” is inspired by Ethel Murman, Minnie Driver, and Mae West. Sit back & relax and enjoy a nice night out with your friends & family!

We are also very excited to have the **“Frozen Hoagies”** food truck come and serve delicious home-made ice cream sandwiches and other delectable treats! (Available to purchase)

**Friends are family are all welcome to join—
Please sign-up at the front desk starting Thursday, June 4th!**

(Please sign up any additional family members during registration)

Audrey Reed's “The Ham I AM” Part II

Monday, June 29, 2015—1:00 P.M.



Join us for a great live performance by the wonderful Audrey Reed! Audrey is back and we hope you are ready for even more laughs! The cost is \$5.00 and all proceeds go to the *Walk to End Alzheimer's* that will take place in September. Sign-up starting Wednesday, June 10th.

Enjoy a “sweet frozen treat” after the performance and help raise money for an important cause!



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.”**

**June 25—Live Outdoor Performance “Murman, Minnie, Mae & Me”
(Presented by Delvena Theatre) - 7:00 P.M.**

June 29—Audrey Reed’s “The Ham I AM Part II” (Alzheimer’s Fundraiser)

July 9, 16, 23, 30—Outdoor Yoga w/ Joan Lawrence (Sign-up June 16th)

July 7—Annual Summer Cookout (Sign-up June 18th)

July 20—Paint Night (Sign-up July 1st)

July 30—Ice Cream Sundae Social (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

Rita Elmstrom
Mary Flemming
Anna Visconti
Frank Dunn
Ellen Corson

GET WELL WISHES

Mary McDonald
Doris Allen

June 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!

Leona Bombard
Helen Carver
Harold Carver
Mary D’Eon
Hazel Proto
Bernice Russo
Matthew Crossen
Robert Anderson



Buzzell School Reunion

80 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!*

3B Fitness Continues!

3B Fitness will continue throughout the month of June. This class will meet each Tuesday of the month (NO Class on June 30th) at 2:00PM.

June 21, 2015 marks the first day of Summer! Complete this puzzle and bring the completed sheet to the front desk of the Senior Center!



Summer Fun Word Search

N Z B E A C H K
 H Y R A R B I L
 Y I C A M P L R
 O C I N C I P F
 E B I C Y C L E
 I F U S A N D I
 V A C A T I O N
 E Y E K A L J D

PICNIC
 VACATION
 BEACH
 CAMP
 BICYCLE
 SAND
 LIBRARY
 LAKE



JUNE-AUGUST COMPUTER NEWS

Now that we enter the Summer Months, our Computer class sessions will end on June 30th. We hope to resume again this September.

HOWEVER, for the month of June (**except for June 4th thru June 9th**) we will have our "One on One" sessions for both Tuesdays and Thursdays! We will be here to offer help with questions about your computer, digital camera, I-Pod or I-Pad.

So, remember to drop in as the door will be open between 9:00 and 11:00AM. Otherwise, we hope you have a wonderful summer to relax & enjoy life and each other!

Poetry Hour With WHS Creative Writing Students!

Tuesday, June 9, 2015—10:45AM

Come down to the Senior Center on **Tuesday, June 9, 2015 at 10:45AM** for a fun event with some of the Wilmington High School Creative Writing Students! These students will be reading poetry from famous authors and writers.



You do not want to miss this fun and interactive event supporting these awesome students!

Please sign-up starting Tuesday, June 2nd!

Bring In Your Wedding Photos!

We want to see your wedding photos! Bring in a copy of your photo in the beginning of June and we will post it in the center—everyone will have to guess who 's who! Later in the month we will post the names—please do not bring any original photos (Staff can make a copy for you if needed)



Outdoor Yoga!

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

6:00 P.M.

As apart of the “**Splash Into A Happy Summer**” program, 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)



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

Sign-ups will begin June 16, 2015.

Reading Never Sounded So Good

Monday, June 8, 2015—1:00 P.M.

Do you or does someone you know have trouble reading traditional print because of a disability? Whether the print is too small and it strains your eyes, or if you have trouble holding a book or turning pages, or if you have a reading disability like dyslexia, you are eligible for *free library services* from the Perkins Library.

Debby King, Library Outreach Coordinator, and Gina Russo, Newline Specialist, will provide an overview of all the services available through the Perkins Library including a way to access an audio newspaper.



Upcoming Day Trips!

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

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 (Sign up—June 9, 2015) \$50.00/ticket.

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 and 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.

Summer 2015 Is Upon Us!





June 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting	2 <u>Sign up for Poetry Hour</u> 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness	3 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—4:30PM	4 <u>Sign up for live outdoor Performance</u> 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 3:00 P.M. Bocce Event	5 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	6
7	8 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00PM Perkins Library Discussion	9 <u>Sign-up for Plymouth Trip (10:00AM)</u> 9:00 Walking Group 10:30 AM Aerobics 10:45AM—Poetry Hour 1230PMWii Bowling 2:00PM 3B Fitness	10 <u>Sign up for the “Ham I AM Part II”</u> 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—4:15PM	11 Volunteer Appreciation Brunch Tewksbury Country Club 1:00 PM Game Day	12 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	13
14	15 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting <u>Sign up TOMORROW for Outdoor Yoga</u> →	16 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness 2:30PM Library 3D Printer Presentation	17 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing Gentle Yoga—4:15PM	18 <u>Sign-up for Annual Cookout</u> 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:30PM - Commissioner’s Meeting	19 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	20
21 Happy Father’s Day! 	22 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting	23 9AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling 2:00PM 3B Fitness	24 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing Gentle Yoga—4:15PM	25 9AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day 7PM “Murman, Minnie, Mae & Me” OUTDOOR LIVE PERFORMANCE	26 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	27
28	29 9:30AM Blood Pressure Audrey Reed’s “The Ham I AM” Part II 1:00 PM (Alzheimer’s Awareness Fund-raiser) 	30 9:00AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling	<div style="border: 2px solid black; padding: 10px;"> <p><u>Stay Social With Us</u></p> <p>Do you or anyone you know have a Twitter? Follow us @TheBuzzellBuzz and continuously stay updated no matter where you are. Let’s see how many followers we can get! Help us spread the word!</p>  <p style="text-align: center;"><i>Quilting will be postponed until September</i></p> <p style="text-align: center;">**All dates in this calendar are subject to change**</p> </div>			



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.