



THE BUZZELL BUZZ

MARCH 2016

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

March has arrived and Spring is right around the corner. This month we have several fun programs.

Our next event for "On the Track for Giving Back" will be on Thursday, March 17, 2016 at 12:00PM to show our gratitude to the Town of Wilmington Selectman along with the Town Manager and Assistant Town Manager for their on going support. The sign up for this event will be starting on Thursday, March 3, 2016. Once again, this wonderful event is sponsored by Peter MacLellan and prepared by our "superman" Lou Cimaglia.

As you read through the newsletter you will find that we have some great workshops and seminars: Fire Safety, three week workshop and "Show Your Fun Colors" seminar.; Paint Your Own Treasure Box paint night event; and Stamp it Up workshop". So make sure you sign up for all the fun this month.

This month we are also preparing for our 30th Anniversary celebration for the Buzzell Senior Center that will be held on Wednesday, April 6, 2016 – you will be hearing more exciting information throughout the month.

We would like to take this opportunity thank the Rotary Interact Club for making Valentine's Day so special along with the "Fun Singers" led by Marge Lamkin for performing many romantic ballads that set the mood and to the generous donations for our raffle prizes. We would also like to give a special thank you to Jennifer Kennedy for the hand-made Valentine card for everyone at the luncheon along with our home delivered meals recipients. Students from Jen Mahon's classroom at the Boutwell School also made beautiful cards as well.

Lastly we are having a Special Homebound Meal on Tuesday, March 22, 2016 sponsored by the Wilmington Windsor Place. If you are interested in volunteering your time to deliver, please let the front desk know.

Bingo News

Do you like to play bingo? Enjoy interacting with a fun group of people? If you would like to learn more about our awesome bingo system and how to call a game we would love to hear from you!

Give us a call or stop by if you are interested!

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.

St. Patrick's Day Luncheon
Thursday, March 17, 2016—12:00PM

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 very 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 Thursday, March 3, 2016

(GET YOUR FIRST PUNCH ON YOUR LOYALTY CARD!!!)

Fire Safety

Three week series—
March 21, March 28, & April 4th.
11:00AM-12:00PM

Join Lt. Cavanaugh from the Wilmington Fire Department as he brings three weeks of important fire safety information to us! Each week will have a different theme.

We will be having a special lunch on the last session for those who attend **each week** of this program!

Sign-up is required for this program -
Stop by the front desk to put your name on the list!

*Thank you to the Wilmington Fire Dept. for
sponsoring this program!*

"Show Your Colors" Special Event

Thursday, March 24, 2016
1:00PM

Take a moment to pick your favorite color: do you prefer orange, gold, green or blue? In this test, originally developed by personality innovator Don Lowry in 1978, you'll discover how closely that color matches your natural-born temperament! The true colors personality test is an excellent way of understanding yourself and understanding others. What are our strengths & weaknesses? How do others perceive them & us?

Come in & learn about yourself, your spouses, family & friends. We'll have a lot of fun, laughter & insight.

Make sure to sign-up for this fun event!

Exercise Updates!



- **3B Fitness** will restart on Tuesday, April 5, 2016. Please sign-up at the front desk starting **Tuesday, March 22nd!** (Spots are limited)
- **Zumba & Gentle Yoga** are both currently **FULL**. Please stay tuned for future sessions!



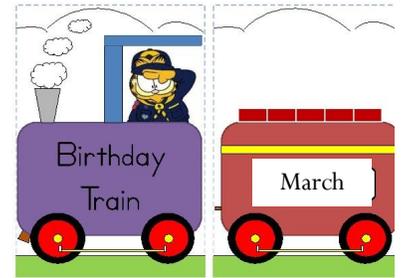
March Birthdays

*We can't help you blow out the candles
on your cake unless you tell us your
special day!*

**Please call the Senior Center to
confirm your birthday month so
that we can mention you in future
newsletters!**

Charlotte DeMarco
Tom Mills
Peggy Reese
Mary Carbone
Maureen MacDonald-
Dot Getty
Robert Brown
Bob Cornish
Joyce Duff
Joann Roberto
Ann Rich
John King

Kathy Perito
Ann Melanson
Joan Murphy
Antoinette Defuria
Mark Ryan
Irene Conlin
Rocco Valente
Frank Devita
Don Rich
Florence Boutwell
Jackie Draper
Tom Mills
Marion Nee
Terri Marciello



IN LOVING MEMORY

We express sympathy for the loss of our friends

Earnest Whitcomb
David Nickerson
Barbara Welch
Albert Gilson

Maureen Chisholm
Joseph Maguire
Berta Marshall

GET WELL WISHES

Irene Conlin
Ann Morrell
Eileen Banks
Charlotte Guthrie

Paint Your Own Treasure Box! Monday, March 21, 2016—4:30PM

Join instructor Steve Greco as he leads us through painting your own treasure box! This is a paint night with a fun twist! These boxes can be used in your home or even given as a gift.

**The price of this event is \$5.00 per person—
Sign-up at the front desk starting Wednesday, March 9, 2016!**

All Aboard The "Thanks" Train!

This month, the Department of Elderly Services would like to take the time to thank Jennifer Kennedy and also the students from Jen Mahon's class at the Boutwell School for all of the beautiful homemade Valentine's Day cards.

This holiday is so special because of you!



Stamp It UP! **Card Making Class**

Come try this introductory class led by Susan Bibber making original and creative cards for friends & family using stamps.

Sign-up at the front desk!
First class will be Wednesday, March 9, 2016 from
1:00-3:00PM.

(This is a three-class series on Wednesday's.
Classes will be on March 9, April 13, & May 11
from 1-3PM)



30th Anniversary of The Buzzell Senior Center!! (Save The Date)



Can you believe that it has been **30 YEARS?! It is time to celebrate!**

The 30th Anniversary of the Buzzell Senior Center will be celebrated on **Wednesday, April 6, 2016 from 2:00-5:00PM.**

To get ready for this special day, we are looking for your help!

**Do you have any photos from the center over the last 30 years?
Please drop off your photos at the center so that they can be part of this special day.**

Get ready for a fun and memorable event!!



**Still Buzzin' Strong
30 Years and
Beyond!**

Computer News

March 2016

We have been approached again to offer some classes for those who have little or no knowledge about computers.

So, starting March 10th, we will have a four (4) week session on **“Computers for beginners.”**
(And anyone else who wants a refresher class)

We are not interested in knowing why you need this help, but we want to help.

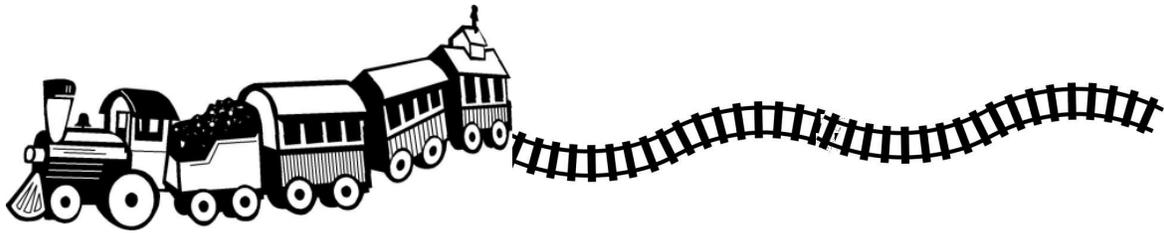
What we don't want, is for you to be looked upon by family and friends as somehow “lacking” because we don't have the knowledge and skill needed to use a computer. You can do it! I personally am tired of hearing stories about how 4 year olds are helping their grandparents use a computer... So, if you feel the same way, or just want to refresh your knowledge, come and see us, we promise to help!

We have set aside the class time, so all you need to do is sign up, so ask at the front desk.

Also, please remember that Tuesdays are reserved for “one-on-one” help. If you need help with your computer, or just have a question, come in and see us.

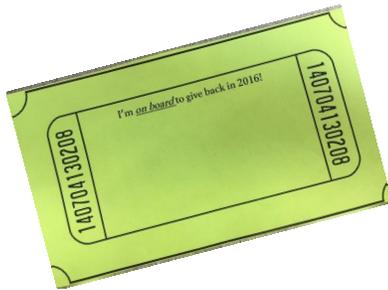
By the way, if you want to use the new Hallmark Greeting Card program we have, or see what it's all about, drop in and we'll get you started on making your own greeting cards. Save your money and make your greeting cards here. They will be better, cheaper and more appreciated when it has the personal message only you can write!

“On The Tracks To Giving Back 2016!”



This year, our mission is to give back to our wonderful community! We are fortunate to have so many wonderful organizations, departments, and individuals that support the elders of Wilmington and who help make Wilmington the great town it is.

Our “Giving Back” train will be making a lot of fun stops along the way. Our second stop is for the **Town Selectmen & Public Officials**. We will be thanking them for all of their hard work and dedication during our St. Patrick’s Luncheon on Thursday, March 17, 2016.



How do you participate?



Step 1—Sign the “Boarding Pass” at the front desk to show your commitment to giving back.

Step 2—Pick up your “Buzzell Express” loyalty card
(This card is eligible to get a punch for each major “Giving Back” event that we have throughout the year)

Step 3—Partipate in major Giving Back events in the months of March, May, July, September, & November (more details to come each month).

Step 4—Show us your favorite ways to give back and you may be given an extra punch on your loyalty card! (Donating to the food pantry, making an item for Project Linus, and other projects along the way)

In December of 2016, we will be collecting all completed loyalty cards for a chance to win the grand prize!

****First event to receive a punch is at our St. Patrick’s Day Luncheon!**

"Happiness doesn't result from what we get, but from what we give."



Wii Bowling Tournament @ North Reading



WHS Rotary Interact Students—Valentine's Day Luncheon





MARCH 2016



SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling	2 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	3 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day <i>Sign-up for St. Patrick's</i>	4 10:00 AM Video Exer 11:00AM Special Exer 1:00 PM Bingo 1:00 Cards	5
6	7 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting <i>Sign-up for St. Patrick's Day Luncheon!</i>	8 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling	9 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 1:00PM STAMP IT UP 3:45PM Gentle Yoga <i>Sign up for paint event!</i>	10 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	11 10:00 AM Video Exer 11:00AM Special Exer 1:00 PM Bingo 1:00 Cards	12
13 Day Light Savings!	14 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	15 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PMWii Bowling	16 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	17 St. Patrick's Day Luncheon 12:00PM  No EXERCISE!	18 10:00 AM Video Exer 11:00AM Special Exer 1:00 PM Bingo 1:00 Cards	19
20	21 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Fire Safety Series 1:00PM Quilting 4:30PM— Paint Event (Treasure Boxes)	22 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling <i>Sign-up for 3B Fitness!</i>	23 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 3:45PM Gentle Yoga	24 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00PM "Show Your Colors" Special Event	25 10:00 AM Video Exer 11:00AM Special Exer 1:00 PM Bingo 1:00 Cards	26
27 Easter Sunday 	28 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Fire Safety Series 1:00PM Quilting	29 9:00AM Zumba** 9:15AM Comp. Class 10:30 AM Aerobics 1230PM Wii Bowling	30 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing	31 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day	Please note: Zumba, 3B Fitness, & Yoga all require sign-up!!	
Reminder: Day Light Savings—March 13th!!						



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
CERAMICS 12:00
QUILTING 1:00

TUESDAY

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

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 9-4:30

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.