

# **THE BUZZELL BUZZ** **MAY 2016**



## **THE DEPARTMENT OF ELDERLY SERVICES**

**15 SCHOOL STREET, WILMINGTON, MA 01887**

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**MONDAY THRU FRIDAY—9:00AM-4:30PM**



### **Terri's Notes**

May has finally arrived! The daffodils, tulips and tree buds are blooming, especially refreshing to see after this intense winter we've had. To start, I would like to send a special Mother's Day wish to all Great Grandmother's, Grandmother's and Mother's in this beautiful month of May.

We would like to take this opportunity to thank everyone that helped make our 30th Anniversary such a great success; especially Audrey Reed for assembling all the photos, the Fun Singers for their fabulous performance and Mary McDonald for her wonderful poem she read to everyone and you will find in the following pages.

On Wednesday, May 18, 2016 we will be having a Volunteer Appreciation Brunch at the Tewksbury Country Club in Tewksbury. "Volunteers: The Strength and Heart of Wilmington". This is the department's opportunity to thank the many volunteers that make our center what it is today. The Department is extremely fortunate to have such a large group of volunteers who consistently show their dedication.

### **Memorial Day Luncheon**

**Friday, May 27, 2016—12:00 P.M.**

We will be having a nice ziti & meatball luncheon on May 27, 2016 to honor our Veteran's.

Tickets are \$5.00—if you bring a donation for **LOCAL HEROES, Inc.** you will get and a **hole punch on your Buzzell Express Card** (Please bring item when signing up)

**Veterans are free.**

**For list of items to donate, please see the bottom of Page 6.**

**Sign ups will be on Tuesday, May 10, 2016 at 10:00 A.M. at the Buzzell Senior Center**

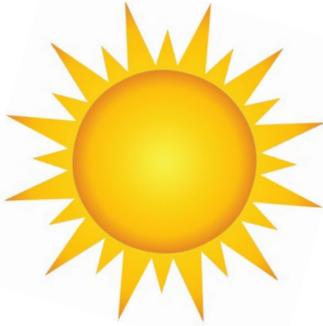


### **Stay Social With Us.. Now Let's See How Many Followers We Can Get This Year !**

Do you or anyone you know have a Twitter? Follow us **@TheBuzzellBuzz** and continuously stay updated no matter where you are.

*Help us spread the word!*





## **TOWN WIDE YARD SALE**

**Reserve Your Table Now**

**Saturday June 11, 2016**

**9:00AM –2:00PM**

**At the**

**Buzzell Senior Center**

**Tables \$25.00**

**Join us for some food and fun!**

**Sign up at the Front Desk**

## **Fire Safety**

**Continuing Our Series**

**Part 2 will be held on Monday May 23, 2016— 11:00AM—12Noon**

**Part 3 will be held on Tuesday May 24, 2016— 11:00AM—12Noon**

**Join Lt. Cavanaugh from the Wilmington Fire Department as he continues his series on important Fire Safety information. We are having a special lunch on the last session for those who attends these two sessions.**

**Sign up at the Front Desk.**

### **Are you sick of the Registry Lines?**

The Department of Elderly Services is starting a new pilot program to assist elders with online transactions for the Massachusetts Registry of Motor Vehicles; example include:

- Renewing Massachusetts driver's licenses online (if the person is under the age of 75)
- Renewing a motor vehicle registration
- Change of address

Please call ahead so we can set up an appointment for you.

### **Movie in May!**

**"Brooklyn"**

**Monday, May 16, 2016—1:00 P.M.**

After immigrating from Ireland, Ellis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between 2 nations and 2 men

**Sign up at the front desk!**

**Trivia Breakfast**

**Sponsored by Wilmington Rotary**

**Compliments of Rotary Interact**

**Saturday May 7, 2016**

**From**

**8:00AM—10:00AM**

**Come start your day with a Wonderful Breakfast prepared by the top Chef Jack Cushing and Rotary Interact students. Then try your hand at some of the best Trivia in Wilmington!**

**Trivia Will be at 9:00AM**

**Please sign up at front desk.**

**Wilmington Senior Center**

**By Mary McDonald**

There's a little grey building set on a hill  
Come if you want to, come if you will,  
The staff will greet you with a smile and hello,  
When you arrive and when you go.  
We're happy to greet the friends that we meet.  
The games that we play, surely make your day.  
Won't you come join us, either by car or by bus.  
Stay awhile and leave with a Smile!



**IN LOVING MEMORY**

**We express sympathy for the loss of our friends**

Jean Hanley

**GET WELL WISHES**

Betty Bourassa

**May 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!*

Geraldine Familitti  
Irene Conlin  
Jeanne Grant  
Paz Mendoza

Grace Mullens  
Charlie Wayman  
Frank Puleo  
Walter Sevener  
Don Albanese



**Bowling League**

People have been questioning the possibility of having a Bowling League. After a bit of research, we have found that Wamesit Lanes will be able to work with us for a Spring league (May through August). Anyone interested please speak with the front desk—978-657-7595. Space limited.

Cost \$13.00 per person per week

## **COMPUTER NEWS FOR MAY & JUNE, 2016**

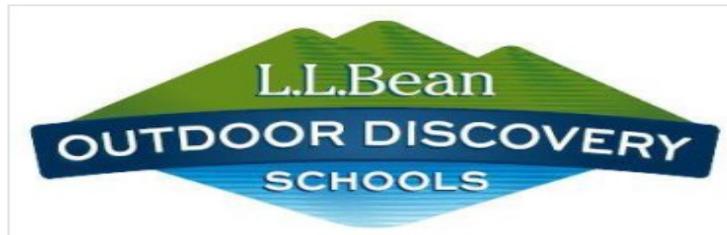
**FOR MAY & JUNE**, we will make a slight change to what we normally do.

We will proceed as usual of having our regular schedule of offering Computer help for “one on one” computer questions on every **TUESDAY**.

**FOR JUNE**, we will extend this policy of “One on One” questions to every **Thursday** as well. Please remember that this also includes questions **about i-pad’s, i-phones and Digital Cameras, or any topic you may want to talk about.**

It would be helpful if you would drop in between 9 to 11A.M. during these two days, or better yet, call and make an appointment. This way you can insure that you will have at least a ½ hour dedicated to your particular situation. Call or speak to anyone at the front desk to sign up.

Thank You.



### **Introduction to Recreational Kayaking**

This four part course covers all the basic skills and safety techniques essential to recreational kayaking. Here, you will learn the essentials of recreational kayaking, including launching techniques, paddling equipment, kayaking safety, reading weather conditions, and more. You'll learn about paddling terminology and basic paddling strokes. Our instructors will lead you step by step through each stroke, helping you hone and refine your abilities throughout the course. Each day, a short, guided tour with the group, will allow you to practice your skills while getting a close-up view of the wildlife that inhabit these waters. Our skilled guides will happily share their extensive knowledge of the sport of kayaking, the local waters and the history of the surrounding area. All necessary paddling equipment is provided. Cost is \$50.00 per person for the four weeks.

Class Dates: June 23rd, 30th and July 7th, 14th

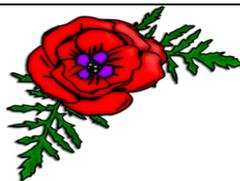
Anyone interested speak to Laura Pickett or Terri Marciello

### Prescription Advantage

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole.”

*If you reach that gap, your prescription drug costs rise dramatically!* Don't let this happen to you: **Prescription Advantage** can help! **Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill that gap.

Call Prescription Advantage *today* at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more! Also feel free to call the Senior Center to set up a SHINE appt.



### Remembrance

*We would like to invite your family and friends to a Memorial Service presented by Beacon Hospice and the Wilmington Senior Center Staff to remember your loved ones. As we memorialize those whose lives have touched ours, we remember the special gifts they have shared with us. The service will take place:*

**Date:** *Thursday, May 12, 2016*

**Time:** *1:00pm - 2:00pm*

*At the Buzzell Senior Center—please sign up at front desk.*



### Upcoming Day Trips!



**June 22, 2016 (Sign up—May 3, 2016) \$50.00/ticket.**

#### Vine to Wine Tour

You will travel west along the Mohawk Trail to Deerfield where you visit the Yankee Candle Store before enjoying a delicious Luncheon at Chandler's Restaurant. Your entrée choices are Fresh Haddock, Vegetable Lasagna or Roasted Turkey. After lunch you'll travel to nearby Jacksonville, Vermont where Honora Vineyards, one of Vermont's best wineries are located and where the fun begins. You'll arrive back in Wilmington around 6:30PM.

**July 20, 2016 (Sign up—June 9, 2016) \$60.00/ticket.**

#### Gloucester Lobster Cruise

You'll depart from the Senior Center at 9:30AM and head to Gloucester MA. Once you arrive you will board the new and luxurious Beauport Princess Cruise Ship for a delicious buffet of “New England Clam Bake”.

Chowder, Steamed Lobster and BBQ Chicken, Potatoes, Corn on the Cob and Chocolate Mousse.

**September 27, 2016—(Sign up—July 7, 2016) \$60.00/ticket.**

#### Norman Rockwell Museum & Red Lion Inn

You'll depart at 8:00AM from the center and head to the Massachusetts Berkshires to visit the quaint village of Stockbridge - where you'll visit shops and have a delicious lunch at Red Lion Inn. After lunch you'll visit the renowned Norman Rockwell Museum, where you will have the opportunity to experience Rockwell's artistic styling and view the images that helped define American identity throughout the 20th century as portrayed on front pages of the Saturday Evening Post. You'll arrive back at the center around 6:30PM

**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.**



# April Showers Bring *May* Flowers



## Donations for Memorial Day Luncheon

Please bring one of the following items with you when you sign-up at the Senior Center! These are just a few items that you can bring—**there is a complete list posted in the Senior Center.** Thank you for all of your continuous support to LOCAL HEROES, Inc.

- Cup-a-Soup
- Peanut Butter
- Jelly (no glass)
- Oatmeal/Granola Bars
- Rice Krispie Treats
- Chex Mix
- Beef Jerky
- Toothbrush
- Toothpaste
- Powdered Drink Mix
- Shampoo/Conditioner
- Package Tuna
- Gum/Candy
- Instant Oatmeal
- Mach 3 Razors
- Stick Deodorant
- Tissues
- Hand/Foot Warmers
- Sunscreen
- Socks
- Crossword Puzzles
- T-shirts/Longjohns



# May 2016



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	3 9:00AM Walking 10:00AM <b>Sign up – Vine to Wine</b> 10:30 AM Aerobics 1230PMWii Bowling <b>2PM—3B Fitness</b>	4 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing <b>Gentle Yoga—3:45M</b>	5 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 PM Game Day	6 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	7 <b>Trivia Breakfast 8:00AM-10:00AM</b>
8 Mother's Day 	9 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Quilting	10 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling <b>2PM—3B Fitness Sign-up Memorial Luncheon</b>	11 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing <b>Gentle Yoga—3:45M</b>	12 9:00AM Walking 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 PM Game Day 1:00PM Remembrance Ceremony	13 10:00 AM Video Exercise 11:00AM Special Exercise 12 Surprise 1:00 PM Bingo 1:00 Cards	14
15	16 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting <b>1:30PM Movie Event "Brooklyn"</b>	17 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling <b>2PM—3B Fitness</b>	18 <b>9:30 Podiatrist</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing Volunter Appreciation Gentle Yoga 3:45PM	19 9:00AM Walking Group 10:00 AM Art Class 11:00AM Knitting 10:30 AM Aerobics	20 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	21
22	23 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Fire Safety 11AM Knitting/Crocheting 1:00 PM Quilting	24 9AM Walking Group 10:30 AM Aerobics 11:00PM Fire Safety 1230PM Wii	25 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 2:00PM 3B Fitness <b>Gentle Yoga—3:45M</b>	26 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00AM Knitting 1:00 PM Game Day <b>1:30PM - Commissioner's Meeting</b>	27 <b>Memorial Day Luncheon—12:00PM</b>  *No Exercise**	28
29	30 CENTER CLOSED  <b>Memorial Day</b>		<b>Save the Date- June 13, 2016 7:00PM At Library "5 Wishes"</b>			30
31			<b>**All dates in this calendar are subject to change**</b>			



# 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**

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  
11:00 KNITTING  
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

## SPECIAL PROGRAMS

### **PODIATRIST**

3<sup>RD</sup> 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**  
3<sup>rd</sup> 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.