



# THE BUZZELL BUZZ

## NOVEMBER 2015

### 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

Welcome to the month of November. We would also like to take this opportunity to wish everyone a very Happy Thanksgiving Season. We thank the many volunteers, local organizations and students for all their hard and dedicated efforts to make the Department of Elderly Services a strong part of this community.

This holiday season there will be an "Annual Giving Tree," a special tree in our lobby holding written ornaments stating needed gifts for the elders of Wilmington. This tree will give the community the opportunity to help other people in our town. Feel free to come down and choose an ornament from the tree starting November 23, 2015 and then bring your prepared gift back to the center wrapped for the holidays. Please have the prepared packages at the center by week of December 14, 2016 to make sure they will be delivered in time. These gifts are personally delivered to bring a bit of holiday cheer to Wilmington elders. If you should know anyone who could benefit from this program please feel free to contact Terri Marciello at 978-657-7595. There are no names given out to the public, everything is kept confidential. The past several years have been overwhelming in support from the community and the appreciation from the elderly participants. Thanks in advance to the many residents who help make this event possible.

We would like to give thanks to the Wilmington/Tewksbury Elks in advance for sponsoring a delicious and entertaining Annual Thanksgiving Dinner that will be held on Thursday November 5, 2015 at 6:30PM. There will be raffle prizes, dancing. Come and share in the fun. **Please sign-up at the front desk!**

Lastly, this year we will not be having our Annual Holiday Fair. There were limited amount of craft participants and we found it to the best interest of the center to not have the fair this year. We do plan to have a special similar event in the Spring. **Home Delivered Meals Participants:** There will be no Home Delivered Meals on November 11<sup>th</sup> (Wednesday/Veteran's Day), and also November 25<sup>th</sup> through Friday November 28<sup>th</sup> due to the Thanksgiving Holiday.

*The Department of Elderly Services would also like to wish all of our Veteran's a Happy Veteran's Day on November 11th. We are so appreciative and thankful for all that you have done for our country.*



#### Come Watch Special Moments from the "Buzzell School Reunion"

Monday, November 9, 2015—1:30PM

We will be having a showing of the "Buzzell School Reunion" here at the Senior Center in the large function room! WCTV and Audrey Reed have worked so hard to put together footage from this special event that took place in September.

Refreshments will be served—please sign-up and let us know that you will be attending!

### AAA Safe Driving for Seniors

Tuesday, November 10, 2015—10AM-3PM

*Grandview Farm Conference Center*

*55 Center Street, Burlington, MA*

This program will discuss how to stay driving as safely as possible for as long as possible. This is a great way for you to stay current with driving on today's roadways— and voice your opinions and concerns about driving as well!

This program is free of charge—for registration and more information, call AAA at 401-868-2000 x2120

### Smoke Detectors

As a reminder, if you or anyone you know needs a smoke detector—please do not hesitate to contact the Senior Center. Terri Marciello and Lt. Bill Cavanaugh from the Wilmington Fire Department will be visiting homes to assist anyone who may need this FREE service.



### Upcoming Social Events (SAVE THE DATE)

#### **Wilmington/Tewksbury Elks Senior Thanksgiving Dinner 2015— Thursday, November 5, 2015 (6:30PM) FREE EVENT**

Doors open at 5:00PM, dinner starts at 6:30PM Sign-up and get your ticket at the Buzzell Senior Center. (Event will be held at the Tewksbury/Wilmington Elks located at 777 South Street in Tewksbury)

#### **Dinner Sponsored by the Friendship Lodge—Tuesday, December 1, 2015 (6:00PM) FREE EVENT**

Join us for a delicious pasta & meatball dinner that you do not want to miss! We are very fortunate to have this dinner sponsored by the Wilmington Friendship Lodge. *Sign-up starting November 9th!*  
(Event will be held at the Buzzell Senior Center)

#### **Luncheon Sponsored by Kiwanis Club of Wilmington—Sunday, December 6th (12:00PM) FREE EVENT**

Spend your Sunday afternoon with us and the Kiwanis Club of Wilmington! This luncheon is sponsored by the Kiwanis Club and sure to be a great time. (Event will be held at the Buzzell Senior Center) -  
*Sign-up starting November 16th!*

#### **2015 Annual Holiday Party- Wednesday, December 9, 2015—6:30PM- Tewksbury Country Club**

Tickets are \$25/person—fun music and entertainment provided by DJ Dan!!

*Purchase your tickets starting Thursday, November 12th!*

### Movie Event—White Christmas

**Monday, November 30, 2015—1:00PM**

Let the holiday movies begin! Come ring in the holiday season by watching this classic movie! “White Christmas” is a movie about A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general. **(Sign-up at the front desk!)**

*Snacks will be served.*

## November 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!

(We are updating our systems)

Charlie Corsaro  
Donna Minervini  
Arlene Crossen  
Barbara Glover  
Judy Rachdorf  
Marsha Agostino  
Bertha DePrez

Joan Corsaro  
Krystyna Webber  
Angelo Tummino  
Betty Molvar  
Al Hale  
Polly O'Brien  
Tony Mattaliano



### IN LOVING MEMORY

We express sympathy for the loss of our friends

John Neville                      Ruth Henderson  
Chris O'Keefe                      Ginger Dudley  
Rita Creedon  
Roger Carignan

### GET WELL WISHES

Warren MacDonald

Dottie Noel

Marion Nee

### Exercise Class Updates!

#### \*\*3B Fitness\*\*

3B Fitness is back! Come join this class that  
incorporates "Bones, Balance, & Brain".

Classes will start November 3, 2015 and go  
until December 15, 2015 @2:00PM

**Class on 11/3 will begin at 3:00PM!**

(No class on November 24th)

Call or visit the center to sign-up!

#### \*\*Gentle Yoga\*\*

Joan is back on Wednesday afternoons to instruct you  
through some nice yoga!

What better way to start the holiday season than by  
relaxing and practicing this beneficial exercise.

Classes will start on Wednesday, November 18th and  
go until December 23rd. (4:15PM)

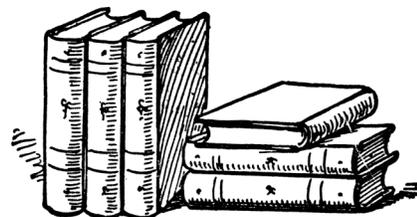
Call or visit the center to sign-up!

### Homebound Library Delivery Service

Would you like to borrow books, DVDs, etc.  
from the Wilmington Memorial Library but have  
no one available to go to the library for you? Then  
you should know about the Homebound Library  
Delivery Service provided by volunteers.

We have volunteers who will go to the library and  
bring the books and materials to your home. Just  
contact Ann St. Onge (978-658-5036), coordina-  
tor of the Homebound Volunteers. You can also  
call the Adult Services Librarian, Kim Rowley  
(978-658-2967), at the library and request a  
volunteer.

Remember this is a **FREE** service provided by  
volunteer Friends of the Library.



### **SHINE Open Enrollment Fall 2015**

#### **DATE CHANGE—PLEASE NOTE**

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: it is important to review, understand and save this information!

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

**There will be an Open Enrollment Presentation at the Buzzell Senior Center on Tuesday, November 3, 2015 at 1:00pm.**

### **Home Modification Loan Program Presentation**

#### **DATE CHANGE—PLEASE NOTE**

Meet Alan Trebat from Community Teamwork as he explains the Home Modification Loan Program, a program that depending on income, provides loans up to \$30,000 to homeowners seeking to make modifications to their homes.

These loans have helped many finance such projects such as home security features, air filtration systems, ramps wheelchair and stair lifts, widened doorways, bathroom and kitchen modifications, and more.

**The NEW date for this presentation is Thursday, November 12, 2015 at 1:00PM**

*Please sign-up for this presentation by calling or visiting the Buzzell Senior Center!*

### **HOLIDAY COOKIE SWAP!**

**Monday, November 23, 2015—1:30PM**

Back by delicious demand, we will be having another cookie swap this year right in time for Thanksgiving! Bake your favorite type of cookie and bring to share with the group! You will have the best dessert platter at your Thanksgiving dinner.



**To sign-up, please call or stop by the center!  
(Please also let us know what you will be making)**

### **Introducing: Zumba Gold!**

Have you ever wanted to try Zumba? Well now is your chance! Zumba Gold is perfect for older adults who are looking for a modified Zumba class. This class recreates the original dances at a lower-intensity.

Instructor Kelli will introduce you to easy-to-follow choreography that will leave you feeling great!

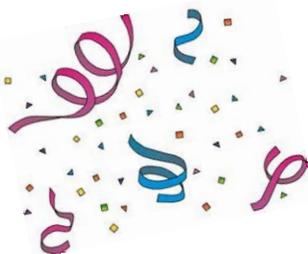
This class is so much fun you won't believe that this is actually a workout.

Classes will begin on Tuesdays starting November 3 through December 8 at 9:00AM—

to register, please call or visit the Buzzell Senior Center.

(978-657-7595)

Limited space available—please sign-up!





## *Step Towards A Healthy & Happy Fall At The Buzzell Senior Center!*

The Department of Elderly Services is going to keep you on your toes, moving & socializing! We are excited to present many different health programs and initiatives over the new few weeks to make this autumn extra special!



### Upcoming Events (November)

- SHINE Open Enrollment Presentation—November 3rd (1:00PM)
- Wilmington/Tewksbury Elks Senior Thanksgiving Dinner—November 5th (6:30PM)
- “Buzzell School Reunion” Footage—November 9th (1:30PM)
- Home Modification Loan Program Presentation—November 12th (1:00PM)
- Crafts w/ WHS Students! - November 20th (11:30AM)
- Holiday Cookie Swap—November 23rd (1:30PM)

### Fuel Assistance 2015

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2015 and runs thru April 2016. Fuel Assistance can help pay part of your home’s winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call to set up your appointment for assistance in this application process with Terri Marciello (Director)/Laura Pickett (Case Manager) at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran’s Agent (978-671-0968).

Household Size	Maximum Gross Income
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704
5	\$73,897
6	\$84,089

## COMPUTER NEWS FOR NOVEMBER-DECEMBER 2015

We have been approached again to offer classes for those who have very little knowledge about computers.

We could not ignore that request, so we want to open up that opportunity to any and all of you who want the same thing. Beginning in November, we will have a four (4) week session on “Computers for beginners.” We are not interested in knowing why you need this help, but we want to help.

What we don't want, is you being looked upon by family and friends as somehow “lacking” because we don't have the knowledge and skill needed to use a computer.

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 what to refresh your knowledge once again, come and see us, we promise to help! We have set aside class time in November and December, so all you need to do is sign up, so ask at the front desk.

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

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

### **Crafts With Wilmington High School Students!**

**Friday, November 20, 2015—11:30AM**

We are very excited to have members of the Medical Careers Club and the Community Service Club (Club WHS) come to the Senior Center to participate in some fun crafts right in time for Thanksgiving.

Come join us for this fun afternoon (no craft experience necessary—just come and have an awesome time)

**Light refreshments will be served. Please sign-up starting November 5, 2015**



### **2015 Annual Holiday Party Wednesday, December 9, 2015—6:30PM Tewksbury Country Club**

Let's celebrate the holiday season together with a delicious dinner! Come to the Tewksbury Country Club for an evening of delicious food, socializing, and fun music provided by DJ Dan!  
**(Back by popular demand!!)**

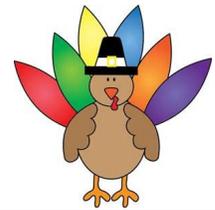
Get your dancing shoes ready for a great time!

**Tickets are \$25 per person.  
Get your ticket starting November 12th!**





# November 2015



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	3 9:00AM Zumba 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling <b>1:00 SHINE Presentation</b> 3:00PM 3B Fitness <b>(PLEASE NOTE TIME CHANGE FOR 3B Fitness)</b>	4 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing	5 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 craft event with WHS Students!</i>	6 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	7
8 Sign-up for Friendship Lodge Dinner →	9 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:30 Buzzell Reunion Video Showing	10 9:00AM Zumba 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness	11 CENTER CLOSED  Veteran's Day	12 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day Signup—Holiday Party	13 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	14
15	16 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting  <b>Sign-up for Kiwanis Luncheon (FREE EVENT)</b>	17 9:00AM Zumba 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PMWii Bowling 2:00PM 3B Fitness	18 <b>9:30AM Podiatrist</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing 4:15 Gentle Yoga	19 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day <b>1:30PM Commissioner's Meeting</b>	20 10:00 AM Video Exercise 11:00 AM Special Exercise <b>11:30AM Crafts with WHS Students</b> 1:00PM Bingo 1:00 Cards	21
22	23 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting <b>1:30PM Cookie Swap</b>	24 9AM Zumba 9:15AM Comp. Class 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling  <b>NO 3B FITNESS!</b>	25 9:45 AM SBF Exercise 11:00AM Special Exer. 1:00 PM Country Line Dancing  <u><i>No Home Delivered Meals</i></u>	26 CENTER CLOSED  <b>THANKSGIVING</b> <u><i>No Home Delivered Meals</i></u>	27 10:00 AM Video Exercise 11:00 AM Special Exer. 1:00PM Bingo 1:00 Cards  <u><i>No Home Delivered Meals</i></u>	28
29	30 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting  <b>1:00PM "White Christmas" Movie</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  
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**

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. VAN SERVICES A 13  
MILE RADIUS OF WILMINGTON.