



THE BUZZELL BUZZ NOVEMBER 2014

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



A NOTE FROM TERRI

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

The following are some great events we would like to share:

Veterans' Luncheon

Monday, November 10, 2014—12PM

Join us the day before Veterans' Day for a nice lunch to honor those who served our country. Tickets are \$3 dollars— If you bring a donation for the VA Hospital in Bedford you will get
FREE ADMISSION (Please bring item when signing up)

Sign up by stopping by the front desk at the Buzzell Senior Center starting November 3, 2014

(See Page 5 for acceptable items to donate)

Holiday Craft Fair - Saturday, November 22, 2014

The Wilmington Department of Elderly Services will be hosting our Annual Holiday Crafts Fair on Saturday, November 22, 2014 from 9AM-2PM at the Buzzell Senior Center. There will be a variety of prizes being raffled and tables that will offer an assortment of "crafted" items for purchase such as Christmas ornaments, scrap booking, jewelry treasures, baked goods and more! ***White Elephant Room*** Start putting aside your gently used items so our White Elephant Room will have plenty to choose from! Items can be brought in the week of November 17, 2014 **(Please no items before this date and no clothing!)**

Annual Giving Tree

On the day of the fair we will also have the starting of our "Annual Giving Tree" - a special tree in our lobby holding written ornaments sharing needed gifts for the elders of Wilmington. Feel free to come down and choose an ornament from the tree and bring your prepared gift back to the center wrapped for the holidays. Please have the prepared packages at the center starting the week of December 15, 2014—to make sure they will be delivered in time. These gifts are personally delivered to bring a bit of holiday cheer. If you should know anyone who could benefit from this program, please feel free to contact me or Laura Pickett at 978-657-7595. There are no names given out to the public, everything is kept confidential.

Do you have any suggestions for the "Buzzell Buzz" or our website? We would love to hear your feedback—Stop by the front desk to submit any recommendations!

Fire Prevention Discussion

Monday, November 17, 2014—1:00PM



Stop by the Senior Center and join Lt. Bill Cavanaugh as he leads an important talk on fire prevention in your home!

Roundtable Discussion With Mary DeLai, Superintendent of Wilmington Public Schools

November 17, 2014—11:30AM

Come welcome Superintendent Mary DeLai to the Buzzell Senior Center on Monday, November 17, 2014 at 11:30AM and have the chance to discuss various topics and exciting details regarding the 2015 opening of the Wilmington High School.

Loretta LaRoche Trip

The Buzzell Senior Center is thrilled to announce a great opportunity to see the fabulous Loretta LaRoche! This performance will be at the Stoneham Theater on Friday, January 9th, 2015 at 2PM. Loretta is an acclaimed stress expert, motivational speaker, author and humorist.

Tickets for this trip will be \$25.00 and the sign-up date is **December 1, 2014 at 10AM!**

This is sure to be a show you don't want to miss!

Wilmington Veterans Tell Their Stories

Thursday, November 6, 2014—7PM—
Wilmington Memorial Library

Wilmington Veterans Agent, Lou Cimaglia, will moderate a panel of Wilmington veterans, who will share their stories of serving in the Armed Forces.

Refreshments will be served. Call the Wilmington Memorial Library at 978-694-2099 to sign up!

Movie Event— “The Guilt Trip”

Monday, November 24, 2014—1PM

Join us on November 24, 2014 for a fun movie event! “The Guilt Trip” starring Barbra Streisand and Seth Rogen is a movie about an inventor who is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride.

Sign up at the front desk!

Save The Date!

Tewksbury/Wilmington Elks Annual Thanksgiving Dinner—November 6, 2014

Doors open at 5PM—Sign up at the front desk to get your ticket!

Veterans’ Luncheon—Monday, November 10, 2014—12PM

Sign up starting Monday, November 3, 2014!

Shine Event—Thursday, November 6, 2014— 1:30 PM

Minuteman Senior Services will be visiting the Buzzell Senior Center to present some information regarding MEDICARE Open Enrollment.

2014 Holiday Party -Tewksbury Country Club—December 10, 2014

Tickets will go on sale Tuesday, November 4, 2014 at 10AM and will be \$25.00 per ticket.

COOKING WITH JEAN!

NOVEMBER RECIPE OF THE MONTH—APRICOT-LEMON CHICKEN

- 1 TSP CURRY POWDER
- 1/2 TSP SALT
- 1/4 TSP PEPPER
- 4 (6OZ) SKINLESS, BONELESS CHICKEN BREAST HALVES
- COOKING SPRAY
- 1/2 CUP POLANER ALL FRUIT APRICOT SPREAD
- 2 TBSP LEMON JUICE
- 2 TBSP WATER
- 2 TSP GRATED LEMON RIND



COMBINE FIRST THREE INGREDIENTS IN A SMALL BOWL; RUB MIXTURE OVER CHICKEN.
 COAT A LARGE NONSTICK SKILLET WITH COOKING SPRAY AND PLACE OVER MEDIUM-HIGH HEAT
 COOK CHICKEN 6 MINUTES ON EACH SIDE OR UNTIL DONE. REMOVE CHICKEN FROM PAN AND KEEP WARM
 ADD APRICOT SPREAD, LEMON JUICE, AND 2 TBSP WATER TO PAN, STIRRING UNTIL SMOOTH.
 COOK OVER MEDIUM HEAT 1 MINUTE. SPOON SAUCE OVER CHICKEN; SPRINKLE WITH LEMON RIND

(MAKES 4 SERVINGS)

1 SERVING = CALORIES—245, PROTEIN—39.4, CARBOHYDRATE—14.5, FAT—2GM, S.FAT—.6GM, CHOLESTEROL—99MG, SODIUM -402 MG, FIBER—.3 GM

IN LOVING MEMORY

We express sympathy for the loss of our friends

Frances Bent
 Patricia Sencabaugh
 Raymond Butt

GET WELL WISHES

Alice Sullivan
 Jim Burbine
 Marge King
 Dennis Robichaud
 Peggy Lowell
 Robert Semmler
 John Conner

November Birthdays!



Shirley Hadfield
 Polly O'Brien
 Norma Powers
 William Smith
 Gerry Carrozza
 Frederick Hogan
 Millie Tenny
 Charles Corsaro
 John Hergenrother
 Marsha Agostino
 Bertha DePrez
 Joan Corsaro
 Mary Barbas
 Tony Mattaliano

Al Hale
 Mary Venditti
 Alice O'Brien
 Arlene Crossen
 Angelo Tummino
 Jim Banda
 Sandra Curtin
 Donna Minervini
 Barbara Glover
 Betty Molvar
 Donna Beaudoin
 Norman Lee

O'Neal Isom
 Barbara Zaino
 Robert Knight
 Ruth Preble

**If you would like to acknowledge your birthday. Please fill in the following information, tear this portion off and drop off to Front Desk at Senior Center (please print).

Name: _____ Month of Birth _____

Computer Classes for November 2014

Please remember, our computer volunteer is here in the computer room every **Tuesday morning** from 9:30 AM to 11:30 AM to answer your computer questions, so feel free to drop in.

On Thursday mornings, we will be offering a 3 week computer class session, and each session will be taught as one block of instruction. Once a class session has begun, we will not be able to accept any “walk-in” as it would not be fair for those folks already enrolled.

We will again offer our session called **“Introduction to Computers”** and it will run on Thursday mornings for 3 weeks. It is for new users of computers, or for those looking to refresh their memories or “start over again”. We will start on **Thursday, November 6th** and end on **November 20th**. Classes will be for two (2) hours starting at **9:30AM to 11:30AM**. If you are interested, please sign up or call the front desk as the size of the class will be limited to four students. Remember, we will be closed on November 27th for Thanksgiving!

Happy Thanksgiving everyone!

“Holidays Without a Cost”

Come by the Senior Center on Wednesday, November 5, 2014 at 9:00AM for a great activity led by Sue Carroccino R.N. regarding the holiday season and how to enjoy these weeks without the stress and a large burden on your wallet!



From 9-11AM there will be a blood pressure clinic and then from 11-1PM there will be a special photo activity!

Sudoku

				7				6
	1	4			6		2	
6				5				8
	2		9					
	6		8		2		4	
					5		6	
7				3				2
	9		1			5	3	
3				2				

Use deductive logic to complete the grid so that each row, each column, and each 3 by 3 box contains the numbers 1 through 9 in some order. The solution is unique

Stop by the front desk for the answers (and a sweet treat!)



PLEASE HELP OUR VETERANS

The Veterans at the Bedford VA Hospital can use our help and support.

During the late eighties the VA Hospital in Bedford was restructured from a psychiatric facility to a quasi full service VA Medical Center for both inpatient and outpatient care. The inpatient care is the focus of our support.

Although the VA provides healthcare to the Veterans, it does not provide preferred or brand name health and comfort items such as:

- Soap
- Shampoo
- Shaving Cream
- Mouthwash
- Dental Floss
- Hand Sanitizer
- Baby Powder
- Wet Wipes
- Body Wash, unscented
- Conditioner
- Razors
- Toothpaste
- Tissues
- Foot Powder
- Deodorant
- Q-Tips

**Please feel free to donate items to the Buzzell Senior Center on Monday, November 10, 2014 at our Veterans' Luncheon at 12PM (Free admission with donation when you sign up!)

The Veterans and Staff at Bedford will be most appreciative of your generosity!!

SAVE THE DATE! - Dear Soldier Campaign Barnes & Noble Bookfair

November 7-9, 2014

**Barnes & Noble Burlington
(98 Middlesex Turnpike, Burlington, MA 01803)**

Stop by the table at this local Barnes & Noble and grab the code to use when you checkout!

Can't attend the bookfair?

Visit bn.com/bookfairs to support online from 11/7/14– 11/14/14 by entering Bookfair ID 11318334 at checkout. Code is valid in all 50 States.



A Harvest Of Fall Memories



2014 Annual Art Gallery Show



2014 Walk to End Alzheimer's



Artwork created by: Roy Crowell



Artwork created by: Josie Ciaccio

November 2014



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Turn your clocks back 1 hour!
2	3 Sign up for the Veterans' Lunch 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting	4 9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling	5 9AM Blood Pressure 11AM Holidays without a Cost w/ Sue 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	6 Tewksbury/Wilmington Elks Annual Thanksgiving Dinner—5PM 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics	7 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	8
9	10 Veterans' Lunch—12PM 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting	11 CENTER CLOSED Veterans' Day 	12 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	13 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics	14 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	15
16	17 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 11:30 Superintendent Meet and Greet! 1:00 PM Quilting/ Fire Prevention Talk	18 9:00AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling	19 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing	20 9:00 AM Walking 10:00 AM Art Class 10:30 AM Aerobics 1:30PM—Commissioner's Mtg.	21 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	22 Holiday Craft Fair 9-2PM
23	24 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/Crocheting 1:00 PM Quilting 1PM Movie "The Guilt Trip"	25 9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling 2:30PM iPad Discussion Part 2	26 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing	27 Center Closed Thanksgiving 	28 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	29
30						



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

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 2:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

HAIRDRESSER

ONCE A 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.