

THE BUZZELL BUZZ **OCTOBER 2014**

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887
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MONDAY THRU FRIDAY—9:00AM-4:30PM

A NOTE FROM TERRI

Welcome to the month of October – the cool weather is starting and the beautiful leaves are soon to arrive. First, we would like to thank everyone who supported our Walk to End Alzheimer's. Our team members walked on Sunday, September 28, 2014 on the Paul Revere Park in Boston with many other supporters. It was a wonderful success. With everyone's donations, including Audrey Reed's the "Ham I AM" performance, Memory Flowers, and purple ribbons - we were able to reach our goal. Again, thank you for all your support!

There have been several questions concerning the property tax exemption program. On Thursday, October 23, 2014 at 1:00PM, the Town Assessor, Karen Rassias, will be having a presentation at the Wilmington Town Hall in the auditorium to explain the application process for Property Tax Exemptions for fiscal year 2015. She will discuss the eligibility criteria and if you received an exemption last year the importance to re-apply. Your qualifications and status may change year to year, as well as the eligibility requirements for certain exemptions that change annually. This is a great opportunity for your questions and concerns to be answered.

Just a note: We will be having an "Everything You Need to Know About the iPad" event presented by Anna at the Wilmington Memorial Library on October 21, 2014 at 2:30PM

Enjoy the information throughout the newsletter and don't forget to set your clocks back 1 hour before going to bed Saturday night November 1, 2014

Note: Date Change

**Podiatrist—Wednesday, October
22, 2014**

Our podiatrist will be visiting the center on
Wednesday, October 22, 2014 at 9:30AM

Join Our Weekly Walking Group!

Tuesdays & Thursdays at 9:00AM

Come enjoy the beautiful fall weather by joining the Buzzell Senior Center walking group! This walking route is a great way to start your day!

**Didn't Get A Chance To See Audrey Reed's Performance, "The Ham I AM" ?
Check it out on our website!**



http://www.town.wilmington.ma.us/pages/WilmingtonMA_Elderly/index

Stay up to date with everything going on at the Buzzell Senior Center!

Art Gallery Show

*You are cordially invited to join us at our
Art Gallery Show at the Buzzell Senior Center*

Thursday, October 2, 2014

1:00-3:30PM

**Come join us for our Art Fair—these works
of art are painted by our Acrylic Painting
Class that meets each week. All of the work
that is made is truly outstanding!**

Hair Appointments w/ Roberta

*Our hairdresser will be at the Buzzell Senior
Center on Wednesday, October 22, 2014.*

*Please call Roberta and make an
appointment with her!*

(781-245-6605)



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!

New Yoga Class



Starting on Wednesday, October 8th from 4:00-5:00PM, there will be a new yoga class happening at the Buzzell Senior Center. This will be a four (4) week program and will run until Wednesday, October 29th.

There are limited spots available for this program—If interested, please call the Buzzell Senior Center (978)-657-7595.

Mark Your Calendars!

Wilmington Fire Department Local Union 1370 Sponsored Breakfast - Saturday, October 25, 2014 at 8:00AM -Wilmington Knights of Columbus. **Free Event—sign up the week of October 6th!**

Halloween Dinner—Join us at the Senior Center on Thursday, October 30, 2014 at 5:00PM for a spooky, yet delicious dinner. Tickets go on sale Tuesday, October 7, 2014 at 10AM—\$6.00 per ticket
****Costumes are highly encouraged for our contest which includes prizes!****

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

RUSSIAN TEA CAKES (GLUTEN FREE)

OCTOBER 2014
RECIPE OF THE
MONTH

- 1 CUP BUTTER
- 1/2 CUP POWDERED SUGAR
- 1 TEASPOON VANILLA
- 1 EGG
- 2 1/4 CUPS BISQUICK GLUTEN FREE MIX
- 3/4 CUP FINELY CHOPPED NUTS
- 2/3 CUP POWDERED SUGAR



HEAT OVEN TO 400 DEGREES (375 FOR DARK OR NONSTICK PANS). IN LARGE BOWL, MIX BUTTER, 1/2 CUP POWDERED SUGAR, VANILLA AND EGG. STIR IN BISQUICK MIX AND NUTS UNTIL DOUGH HOLDS TOGETHER. SHAPE DOUGH INTO 1 INCH BALLS. ON UNGREASED COOKIE SHEETS, PLACE BALLS ABOUT 1 INCH APART. BAKE 10-20 MINUTES OR UNTIL SET BUT NOT BROWN. IMMEDIATELY REMOVE FROM COOKIE SHEETS TO COOLING RACKS USING SPATULA. HOT COOKIES ARE VERY FRAGILE. ROLL COOLED DOWN COOKIES GENTLY, IN POWDERED SUGAR; PLACE ON COOLING RACK TO COOL COMPLETELY.

MAKES 48 COOKIES... 1 COOKIE =
80 CALORIES, 0 GM PROTEIN, 8 GM CARBOHYDRATE, 5 GM FAT, 2.5 GM SATURATED FAT, 15 MG CHOLESTEROL, 90 MG SODIUM, 0 GM FIBER (SOURCE: BETTY CROCKER MIX IT UP DESSERTS (RODALE))

IN LOVING MEMORY

We express sympathy for the loss of our
friends

Joe Filipowicz

Frances Longo

Joseph Pelletier

GET WELL WISHES

Phyllis Hailey

Ginny Wilson

Mary McGuinness

Frances Bent

Mabel Daley

Roy Crowell

October Birthdays!



Bob Veno
Phyllis Allen
Ann Leder
David Moses
Laura Pickett
Carolyn Kenney
Marie Contrada
Mary McGuinness
Roy Crowell
Annette Mattaliano
Catherine Bimbo
Francis Zizis
June Thuillier

Betty Fama
Jim Durkee
Helen Durkee
George Smyth
Rose Crosson
Eula Hilbinger
Ed Melanson
Ed Conrad
Dorothy McGrath
Rosemarie Golisano
Gary Briere
Ella Efraimson
Helen Shea



**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 _____

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2014 and runs thru April 2015. 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	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727
5	\$72,763
6	\$82,800

Romance & Adventure: A Perfect Match - 60 Second Book Talks

Stop by the Senior Center on **Tuesday, October 7, 2014 at 2:30PM** for an exciting event brought to us by Anna at the Wilmington Memorial Library. Anna will be leading a fun discussion on ten different books in ten minutes! Come join us on this lightning tour through salty pirate yarns, breathless Westerns, and, of course, 18th century Scotland. There will be time for questions and mingling after!!



We're One Wilmington

The Buzzell Senior Center's Men Group had the pleasure of having Joe Martinello from *We're One Wilmington* join us for our Men's Breakfast on September 15, 2014. *We're One Wilmington* is a great organization that strives to strengthen the Wilmington community through volunteering and other charitable opportunities that support individuals, children and families, and other organizations in Wilmington.

For more information on this organization, visit <http://onewilmington.org/>

Middlesex Community College MILES Program (Middlesex Institute for Lifelong Education for Seniors)

Interested in taking some academic-oriented classes? The MILES Program on the Bedford campus of Middlesex Community College provides various courses for a nominal fee for Seniors!

On **Wednesday, October 15, 2014 from 2-4PM**, Middlesex Community College will be holding a Fall 2014 Opening Session for anyone who may be interested in these classes. You can meet the facilitators, enjoy light refreshments, and take a tour of the Bedford campus during this free event.

Bedford Campus Center, Café East
591 Springs Road, Bedford, MA 01730

If you have any questions, please contact Caitlin Campopiano at 781-280-3570



Annual Holiday Craft Fair

November 22, 2014

9:00AM-2:00PM

Buzzell Senior Center

15 School Street, Wilmington, MA 01887

(No Admission Fee)

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!

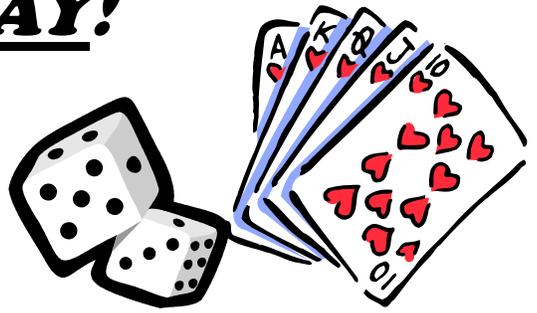
Items can be brought in the week of November 17, 2014

(Please no items before this date and no clothing!)



Thank You For A FUN DAY!

September 10, 2014





October 2014



SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing	2 ART FAIR 1-3:30PM 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	3 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	4
5 Sign up for the Wilmington Fire Dept. Local Union 1370 Sponsored Breakfast the week of Oct. 6th (Free Event!)	6 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	7 9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling 2:30PM—Romance & Adventures Book Event	8 9:45 AM SBF Exercise 11:00 AM - Special Exercise 1:00 PM Country Line Dancing 4-5PM Yoga	9 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:00 PM Game Day	10 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	11
12	13 COLUMBUS DAY CENTER CLOSED 	14 9:00 AM Walking Group 10:30 AM Aerobics 1:00PM Wii Bowling	15 NH TURKEY TRAIN TRIP! 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing 4-5PM Yoga	16 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 1:30PM—Commissioner's Mtg.	17 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	18
19	20 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	21 9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling 2:30PM iPad Tutorial	22 9:30AM –Podiatrist 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing 4-5PM Yoga	23 9:00 AM Walking 10:00 AM Art Class 10:30 AM Aerobics 1-2PM - Learn about Senior Tax Exemptions—Town Hall	24 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	25 Wilmington Fire Dept. Local Union 1370 Sponsored Breakfast 8:00AM
26	27 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 11AM Knitting/ Crocheting 1:00 PM Quilting	28 9:00 AM Walking Group 10:30 AM Aerobics 1:00 PM Wii Bowling	29 9:45 AM SBF Exercise 11:00 AM Special Exercise 1:00 PM Country Line Dancing 4-5PM Yoga	30 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 5PM Halloween Dinner 	31 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00 Cards	

REMEMBER TO TURN YOUR CLOCKS BACK 1 HOUR

SATURDAY NIGHT NOVEMBER 1, 2014!





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.