



THE BUZZELL BUZZ

APRIL 2018



THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Happy April, it has arrived. After having such a challenging Winter, we certainly welcome the month of April!

This month, we are also excited to welcome our new Elderly Services Assistant, Lisa Fanikos. She is starting on Monday, April 2, 2018. We will be having a coffee hour for her on Tuesday, April 3, 2018. We encourage you to come down and introduce yourself and share about our center.

There has been discussion about starting a new sewing class. We are happy to share that on Friday, April 13, 2018 at 10:00AM will be the start of this new and fun class. Feel free to bring your portable sewing machines and any pattern ideas. This is a group activity, so all ideas and suggestions are welcome. Come find out what it is all about!

As you can see, with the growing interests and activities that are being provided at the center, we are starting to have the need to spread "our wings". On Thursday, April 5, 2018 will be the first time that the Buzzell Senior Center has extended its programs to the 4th of July Building. This is a very new idea and we are going to have our Acrylics Painting Class meet there for the months of April and May 2018. We are fortunate to be able to use this Wilmington Landmark and we thank everyone who made this possible.

On Monday, April 23, 2018, the Wilmington Friendship Lodge—Mason's will be preparing and serving a delicious dinner. We thank them in advance for their on going support to the department and the residents of Wilmington. Sign up date for this event will be starting on Tuesday, April 10, 2018.

Lastly, you will notice throughout the newsletter some new and exciting future events and programs that we hope you can take part. And don't miss our "Wilmington Has Talent Show" on Sunday, April 29, 2018—where you can kick up your feet and have lots of fun!



"Thank you "
For a wonderful St. Patrick's Day
Luncheon



Doris Art's Corner

Two fun crafts in one fun day
Sun visors and macro made key chains

Friday, April 20, 2018

10:00AM

(space is limited)

Please bring your scissors



**"Attracting Birds, Butterflies,
and Other Beneficials"**
with naturalist John Root



*Learn how to welcome song-
birds, hummingbirds, butter-
flies, and other beneficial or-
ganisms to your yard and
neighborhood.*

*Also perennials for edible landscaping and
attracting beneficials will be offered for
sale.*

Monday, April 23 at 1:00 PM

GUESS WHO?

This is the baby picture of someone who comes to the Center! Take a close look and place your answer in the container located on the front counter or call the center with your answer. A Prize will be given to one winner!



Clues:

1. Very crafty
2. Loved to make "Angels"
3. Enjoys Chair Exercise

GOOD LUCK!

Middle School Students

from the Abundant Life School

At the Center

on Thursday, April 19, 2018

From 8:00-9:00 a.m.

For Continental Breakfast along with singing
and having fun to start your day



RED SOX SPIRIT DAY



Thursday, April 5, 2018

The Red Sox Home Season Opener.

Show your Red Sox Spirit by wearing your
favorite Red Sox Apparel.

There will be Trivia and prizes and lots of
fun!

Lowell Spinners Game

Tuesday, June 19, 2018

Game time: 6:35 p.m.

Cost: \$25.00

Includes: Transportation, game ticket and a
delicious barbecue at the Park!





APRIL BIRTHDAYS



Stanley Dancewicz
Alma D'Antonio
Maureen Fiorenza
Bob Marino Arthur Martell
Peggy Surrette
Joanne Kelleher
Terry Driscoll

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!

IN LOVING MEMORY

We express sympathy for the loss of our friends

Daniel Maloney Wilfred Deveau
Joseph Odlum Jessie Hudson –Fanjoy
Ingrid Rooney

GET WELL WISHES

Tom Mills
Kay Bimbo
Audrey Riddle

Stay Tuned For What's To Come!

Sunday, April 29, 2018

"Wilmington 5th Talent Show"
At the Wilmington High School

Thursday, May 10, 2018

Volunteer Appreciation Brunch

Tuesday, June 19, 2018

Lowell Spinners Game



Thursday, June 7, 2018

"Calendar Girls"
Stoneham Theater
7:30PM



Thursday, May 31, 2018

Mabel & Jerry, Part II Performance



"Stress Management through Self-Care!"



You are probably aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But do you realize that your ability to manage stress is just as important for your overall health and well-being?

Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing stress. This interactive two-part course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

"Stress Management through Self-Care" will take place on both Thursday, April 26 AND Thursday, May 3 from 1:00 – 2:15 p.m. at the Buzzell Senior Center in the large function room. Please register for both FREE sessions at the Buzzell Senior Center in person, or by calling 978-657-7595.

Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, and a NASM Senior Fitness Specialist.



Caregivers Support Group

Please note change in date

Caregivers support group will meet

Monday, April 23, 2018

from 10:30 to Noon

This support group is opened to all who are interested. If you have any questions, please contact

Laura Pickett at 978-657-7595.



Pop-Up Library

Simplify your Wednesday mornings!

Choose some reading materials while you're at the center. The Wilmington Memorial Library will have a "pop-up" library on

Wednesday, April 4, 2018

between 10:30—11:30 a.m.



The Buzz Book Club

We will be meeting at 1:00 on Monday, April 23, 2018 to discuss the Straight Man by Richard Russo.

Contact Senior Center if you are interested in this popular program.



Line Dancing Class

Line Dance classes will run 6 weeks at a time.

The next session will run from

May 2, 2018 to June 13, 2018



Please join us for a relaxed discussion about Dementia and Alzheimer's Disease

Hosted by:

Laura Pickett, Case Manager
Town of Wilmington
Department of Elderly Services

Lori Hayes, RN
Faith Community Nurse
The Parish of the Transfiguration

This will be a participant-led discussion. We want to hear about your needs for information, resources and education. We look forward to assisting you and your loved ones.



Date: Tuesday, May 8, 2018

Time: 4:30 – 6:00 pm

Place: Villanova Hall

126 Middlesex Ave Wilmington, MA 01887

RSVP: Lori Hayes

lorih@parishofthetransfiguration.org or
call 978-658-4665 ext. 109.

If you have questions, please contact either:

Laura Pickett, Case Manager
978.657.7595
lpickett@wilmingtonma.gov

Lori Hayes, RN Parish Nurse
978.658.4665 ext. 109
lorih@wilmingtoncatholic.com

Computer Class is Back!!

Starting the Week of April 16, 2018 -

Tony will be back to help one on one with computer and laptop trainings.

If you feel that this would be helpful to you –the schedule is

Tuesday and Thursday mornings. (9:00AM—10:00AM)

Please call to set up an appointment or feel free to drop by



Come Celebrate

Our 5TH “Wilmington Has Talent”

The theme this year is

“Better Together”

Sunday, April 29, 2018

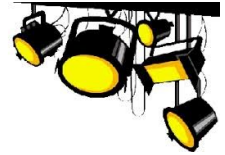
2:00PM—4:00PM

At the Wilmington High School Auditorium

All proceed go to our Wilmington High School Scholarship Fund

Tickets are sold at the Buzzell Senior Center and at the Door

\$7.00 for the ‘Best Wilmington Talent’ on earth!



AUTOMATED CALLS

All **automated calls** originating at the Senior Center will appear as 617-440-3507 and the City that is listed on your caller ID will be Somerville.

These calls are “recordings” with information on such items as Men’s Breakfast, Home Delivered Meals updates, upcoming trips and events. Feel free to call with any questions or concerns



MY SENIOR CENTER



It is extremely important that everyone visiting the center, swipes their My Senior Center card and register for which activities and/or program they are attending at the Center. This information is extremely important for State and Municipal Grants.



****Please take the time to register at each visit****



April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 Easter 	2 Welcome Lisa 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	3 9:00AM Zumba** 9:30AM Lisa Coffee Hour 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg 2:30 PM Gentle Yoga	4 9:45 AM SBF Exercise 10:30 AM Pop Up Library 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	5 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics RED SOX SPIRIT DAY	6 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	7
8	9 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling	10 9:00AM Zumba** 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg Sign up for Mason Dinner	11 9:45 AM SBF Exer Pop Up Library 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	12 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics	13 10:00 AM Video Exercise 10:00Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	14
15	16 Patriot's Day Center Closed 	17 9:00AM Computer 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg	18 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Cards 3:00 PM Fun Singers	19 8:00 AM—Breakfast at Center 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics	20 10:00 AM Video Exercise 10:00 Doris' Craft 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	21
22	23 9:30AM Blood Pressure 9:45AM SBF Exercise 10:30 AM Caregivers Group 11AM Special Exercise 1:00PM Quilting 1:00 PM Book Club 1:00 PM Butterfly & Bird 5:30PM Mason Dinner	24 9:00AM Computer 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg	25 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Cards 3:00 PM Fun Singers * Show Rehearsal	26 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:00 PM Stress Management	27 10:00 AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	28 Town Elections
29 Talent Show 2:00-4:00 PM WHS	30 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling 1:00 PM Book Club					



"BETTER TOGETHER"

What better place to be than at the Buzzell Senior Center!





TOWN OF WILMINGTON

**PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10**

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:30
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
Wii BOWLING 1:00

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 – 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:30-4
FUN SINGERS 3:00
GENTLE YOGA 3:45

THURSDAY

WALKING GROUP 9:00
ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00
CRIBBAGE/GAME DAY 1:00

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:00-4

DAILY

GAME ROOM –SOCIALIZATION
KITCHEN 9-4:30

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.