

# **THE BUZZELL BUZZ**

## **APRIL 2019**

### **THE DEPARTMENT OF ELDERLY SERVICES**



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

On Sunday, April 7, 2019 the Wilmington Kiwanis—will be preparing and serving a delicious dinner. (Harrow' Pot Pies) We thank the Kiwanis in advance for their on going support to the department and the residents of Wilmington. Sign up at the font desk.

As you will see as you read this April newsletter, there are a number of opportunities in the upcoming weeks to share in some programs with students of Wilmington. You will be entertained by the Middle School Chorus, Enlightened by technology of a podcast and you can share your senior memories with this years High School student seniors. We are so fortunate in Wilmington to be able to have so many intergenerational programs. We hope you all participate in as many as you can.

You will also notice that we will be starting a new “Water Colors” Art Class in May. This was a result of the wonderful “Open House” and survey that was done with the Wilmington Arts Council. We hope to also have a Photography Class that may start in the summer.

Finally, we would like to say Thank you to all the volunteers of the AARP Tax Program who once again prepared over 200 tax returns for us this year. We are very grateful for the hardworking dedicated group who perform such a needed service.

#### **Podcast with WCTV entitled Who: Techin' About My Generation?**

**Tuesday, April 16, @1:00PM**

Come participate in a live podcast and join in a live conversation on how technology effects each generation differently but also how it can be similar on so many levels. We are looking for 8—10 volunteers to take part in this fun and first live podcast at the Buzzell Senior Center.



***“Thank you “***  
***Vicki and Peter MacLellan***  
***And Lou Cimaglia***  
***For a wonderful St. Patrick's Day Celebration!***





## APRIL BIRTHDAYS



Stanley Dancewicz

Theresa Temple

Barbara Sullivan

Bob Marino

Arthur Martell

Alma D'Antonio

Peggy Surrette

Joanne Kelleher

Terry Driscoll

Diane Hancox

Diane Holden

Lorraine Casey

Maureen Fiorenza

Shirley Pumfrey

Marie Vigliotti

*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!

## World Tai Chi Day

**Saturday, April 27, 2019 at 10:00AM**

### **Wilmington Town Common**

This year, World Tai Chi and Qigong Day is Saturday, April 27. This is an unprecedented global health and healing event that will unfold across the planet. The concept is that at 10:00a.m. in each local time zone worldwide, people are asked to practice Tai Chi and send out positive energy to heal the world. There will be over 80 nations and hundreds of cities involved. The motto is: "One World ... One Breath".

Oriental Healing Arts Association is celebrating this event in Massachusetts this year by gathering at the Wilmington Town Common, Church & Middlesex Ave, Wilmington, MA 01887. Arrivals start at 9:00a.m. The program starts at 9:30a.m. There will be group Qigong followed by group Tai Chi and then various demonstrations of different Tai Chi forms. The closing will be at 12:00p.m. at the latest. The event is open to the public whether you are a student of Tai Chi or would just like to learn more about this mind/body wellness activity and it's benefits. Seniors are invited since Tai Chi has been shown to reduce the risk of falling. In the event of rain, we will meet on Saturday, May 11.

This activity is fun to watch and there will be plenty of experienced instructors, including our star teach from the Buzzell Senior Center, Greta Nilsen. There is no charge for the event. If you can't attend, we ask that you meditate at 10:00a.m. on that day.



*TAI CHI EXERCISES*

### The Buzz Book Club

We will be meeting on Monday, April 22nd at  
1:00 p.m.

The book club selection for April is

“The Widow’s War” by Sally Gunning

Please contact the Senior Center if you are  
interested in this popular program!



### Friday Sewing Group

Meets every Friday from 10:00AM—12:00PM

A very informal group that gathers to share  
ideas, patterns and fun.

Come on down and join the FUN!!



### Doris’ Craft Corner



Friday, April 26, 2019

10:30 a.m.

“Painted American Flag Paddle”



Sign-up April 10th

### Lunch and Movie

Thursday, April 25 2019 at 12:00pm

“My Big Fat Greek Wedding”

Pizza, Salad and Dessert

Cost \$3.00 per person

Sign up week of April 8, 2019

### RED SOX SPIRIT DAY



Tuesday, April 9th

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!

### 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.



#### Clues:

1. Enjoys exercise class
2. Moved here from Stoneham
3. Has 10 grandchildren

We will choose one winner who will  
receive a prize!

GOOD LUCK !



**Thursday, June 13, 2019**

**Plymouth's 399th Birthday Tour—Harbour Cruise and Luncheon—\$70.00**

**Motor Coach Transportation**

**(\$89.00 non-residents) Sign-up on April 25th**

**Thursday, August 22, 2019**

**Newport Rail Excursion and Luncheon - \$70.00**

**Motor Coach Transportation**

**(\$89.00 non-residents) Sign-up on June 26th**



### **Art Show**

**We cordially invite you to join us at our**

**Annual Art Gallery Show**

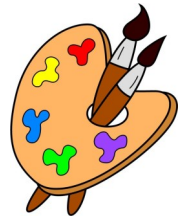
**Buzzell Senior Center**

**Thursday, May 23, 2019**

**1:00 p.m.**

**Come view the beautiful acrylics that are created by our painting students  
instructed by Steve Greco**

**Light Refreshments will be served**



### **Memory Café**

**"Our Moment Café"**

**Wednesday, April 17, 2019**

**1:00 p.m. - 2:30 p.m.**

**at the 4th of July Building**

**A Memory café is a special gathering place for those dealing with memory loss and their caregivers. The Café gives the person with memory loss and their caregiver an opportunity to socialize, participate in an activity and make new friends in a welcoming environment.**



## Caregivers Support Group

Caregivers support group will meet on Monday, April 22, 2019  
from 10:30 to Noon

This support group is opened to all who are interested.

If you are caring for a loved one, please join us.

If you have any questions, please contact  
Laura Pickett, our Case Manager at 978-657-7595.



### IN LOVING MEMORY



We express sympathy for the  
loss of our friends

Millie Blair  
Robert Ford  
Nadine Hanrahan  
Ray Allen  
Dick Boulton

### GET WELL WISHES



Louise Redgate  
Jackie Gray  
Walter Halley  
Peggy Lowell  
Charlotte Guthrie  
Barbara Maguire

### Tai Chi, Yoga and Zumba

#### Will Continue

Tai Chi with Greta on Tuesdays, at 1:00 p.m.  
through April 30th

身心神  
Body Mind Spirit

Yoga with Joan on Tuesdays, 2:30 p.m.  
through April 30th



Zumba with Kelli on Tuesdays, at 9:00 a.m.  
through April 30th



Registration is required with these classes



Happy Spring  
Kiwanis Luncheon  
Sunday, April 7, 2019  
At 12 noon

Come have fun with everyone and enjoy a  
great Harrow Pot Pie luncheon .

This free luncheon is sponsored by the  
Kiwanis Club of Wilmington.

Sign up at the front desk .







## **“Seniors to Senior “**

### **Legacy Writing Project**

Our Senior to Senior program with High School English teacher Lisa Desberg’s senior class is back by popular demand.

Come and Share your memories of your “senior year” with this years high school graduating class. This is a wonderful opportunity to get together with our neighbors from across the common.

The program will meet on **Tuesday, April 23, 2019 from 9:00AM—12:00Noon**

Space is limited. Please sign up at front desk.

Lunch will be provided!



### **Singing Students**

**Thursday, April,25, 2019 at  
10:00AM**

**What better way to start your day than  
with a cup of coffee and listening to the  
beautiful voices of the Wilmington Middle  
School Chorus.**

**Come on down and don’t miss out on the  
fun!**

### **New “Water Colors” Class**

We are very happy to announce this new art class that  
will start on

**Monday, May 6, 2019**

**12:30PM– 2:00PM**

This Watercolor class is to learn the basics of mixing colors and handling the watercolor medium. Beginners and intermediate are welcome to join this class where creation is about keeping it simple. Advanced students are also welcome to work on their own project under the teacher’s guidance, as needed. It will be fun and  
relaxing.




Space is limited— sign up week of 4/15—you will receive the list of supplies needed.

### **Thank you for your Support!**

We would also like to take this opportunity to thank Senator Bruce Tarr and Representative David Robertson for their continued support in our Home Delivered Meals Program. We are very fortunate to have our meals prepared by the dedicated staff at the Wilmington West Intermediate for over 20 years. They remark how our Town is very dedicated to the program and realize how important this daily interaction is to each participant. meal but a “Happy smile” that comes and greets all the participants.



# APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling	<b>2</b> 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	<b>3</b> 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	<b>4</b> 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	<b>5</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo	<b>6</b>
<b>7</b> 12:00PM <b>Kiwanis Luncheon</b>	<b>8</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling	<b>9</b> 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi  <b>RED SOX SPIRIT DAY</b>	<b>10</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers <b>Sign up for Doris Craft Class</b>	<b>11</b> 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	<b>12</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>13</b> Fun Singers performing at Woodbriar & Windsor Place
<b>14</b>  Water colors class sign up this week	<b>15</b> Patriots Day Center Closed 	<b>16</b> 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi  1:00– WCTV Podcast	<b>17</b> 9:30AM Beading 9:00AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Rep. from Senator Tarr's Office 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers performing at Care One	<b>18</b> 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting <b>1:30PM Commissioner's Mtg</b> 1PM Ceramics	<b>19</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>20</b>
<b>21</b> 	<b>22</b> 9:00AM Blood Pressure 9:45 AM SBF Exercise 10:30AM Caregivers 11AM Special Exercise 12:30PM Wii Bowling 1:00 Book Club 2:30 Quilting Class	<b>23</b> 9:00AM Seniors to Senior Program All Morning Classes Cancelled 1:00PM Mah Jongg 1:00PM Tai Chi	<b>24</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Moments Café 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	<b>25</b> 9:00AM Art Class 10:00—Middle School Chorus 10:00Signup Plymouth Trip 10:30AM Aerobics 11AM Knitting/	<b>26</b> 10:00AM Sewing 10:00AM Video Exercise 10:30 Doris Craft 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>27</b> World Tai Chi Day  Town Elections
<b>28</b>	<b>29</b> 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	<b>30</b> 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga				



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





# TOWN OF WILMINGTON

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

**CURRENT RESIDENT OR**



## **ACTIVITY PROGRAMS**

### **MONDAY**

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

### **TUESDAY**

ZUMBA CLASS 9:00  
AEROBICS 10:30  
TAI CHI 1:00  
MAH JONGG 1:00  
YOGA 2:30

### **WEDNESDAY**

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

### **THURSDAY**

ACRYLIC PAINTING 9:00  
AEROBICS 10:30  
KNITTING/CROCHETING 11:00  
CERAMICS 1:00

### **FRIDAY**

SEWING GROUP 10:00  
VIDEO EXERCISE 10-11  
SPECIAL EXERCISE 11-12  
BINGO 1-3  
CARDS 1:30-4

### **DAILY**

GAME ROOM -SOCIALIZATION  
KITCHEN 9-4:30

### **SENIOR VAN SERVICES**

MONDAY THRU FRIDAY  
PICKUPS FROM 9:00 AM TO 3:00 PM. MUST  
CALL TO SCHEDULE PICKUP. WE CAN NOT  
GUARANTEE TO ALWAYS HAVE  
AVAILABILITY.

## **SPECIAL PROGRAMS**

### **PODIATRIST**

3<sup>RD</sup> WEDNESDAY OF THE MONTH  
9:30 AM

**SHINE COUNSELOR**  
CALL FOR PERSONAL  
APPOINTMENT

### **CAREGIVERS GROUP**

3rd Monday of the Month  
10:30 AM

### **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

\*\*\* Activities are subject to change\*\*\*

Please contact Center for more information