

THE BUZZELL BUZZ THE DEPARTMENT OF ELDERLY SERVICES APRIL 2024

**BUZZELL
SENIOR CENTER**
15 SCHOOL STREET
WILMINGTON,
MA 01887
TELEPHONE:
978-657-7595 OR
978-658-2258
MONDAY – FRIDAY
9:00AM– 4:30PM


**Department
of Elderly Services**
*Staff Contact
Information*

Director:
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Assistant:**
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Van Driver:
Sonja Halliday

NEWS & UPDATES

Happy spring! We made it through the winter and are excited to welcome some warm weather. Besides the warm weather, there are a lot of other things to be excited for. We have many new classes and activities beginning.

Quick update on our new belly dancing class. The introduction class was rescheduled to Tuesday, April 2, 2024 at 11:00AM. People are welcome to sign up for this 5 week course which officially begins on Tuesday, April 16, 2024 at 11:00AM.

We had a great turn out for our new Strength and Stretch class on Mondays at 3:30PM and there was a lot of positive feedback after class. Also new, beginning in April on Wednesdays at 11:00AM, there will be a group playing the popular domino game called Mexican Train. More information about Mexican Train can be found on page 4.

On Friday, April 26, 2024 we will be having a sock hop! More information about this event can be found on page 2. Due to some scheduled functions, there are a couple important updates to the April calendar. Cornhole will be on Friday, April 19, 2024. There will be no chair yoga class on Friday, April 26, 2024.

Our free income tax appointments have been going well. The appointments that had to be cancelled due to the snow storm have been rescheduled. We are so thankful to our AARP volunteers for all their hard work.

On page 6, take a peek at the progress of our new senior center! Reminder that the Annual Town Meeting is scheduled for Saturday, May 4, 2024 at 9:00AM. More information about the Annual Town Meeting can be found on the town website.

The center will be closed on Monday, April 15, 2024 for Patriot’s Day. Please note that there will be no home delivered meals on this date as well. Minuteman meals will be served from Tuesday, April 16 through Friday, April 19, 2024.

EXERCISE SIGN UPS

Our exercise classes run in 6 week intervals. Wilmington residents take priority. If you are a Wilmington resident and were on a wait list after the March sign ups, you will be offered class first.

**This is an in person sign up beginning on Monday, April 22, 2024 at 10:00AM for the 6 week classes that begin on Monday, April 29, 2024.
(EXCLUDING SPECIAL EXERCISE CLASS)**

TRANSPORTATION



Transportation is available for local medical appointments as well as trips to the salon/barber, grocery store, or pharmacy. Call the center to book your ride!

SOCK HOP

When: Friday, April 26, 2024, at 2:00PM

Bring a donation for the food pantry to join the sock hop!

Get your poodle skirts, leather jackets and your dancing shoes ready to join us for a 50's style sock hop.



DJ Richard Bendel will be spinning all your favorite dance records of this era. Come on down and enjoy an afternoon of music and dance. Sign up begins on Wednesday, April 10, 2024 at 10:30AM

BRIDGING GENERATIONS

When: Friday, April 5, 2024

From 9:30AM-10:45AM

Join the Wilmington High School students for rock painting. Call the center to sign up!



TECH HELP WITH BRAD

When: Tuesday, April 9, 2024 at 11:30AM

(2nd Tuesday of each month) Call the center to sign up.



Brad McKenna spent fourteen years working in the IT Department for Partners Healthcare before going back to school for his master's in library and information sciences. He's been the technology librarian at the Wilmington Memorial Library since 2014. His favorite piece of technology he owns are his hearing aids. His favorite piece of technology he used in the library is the VCR used to digitize old home movies.

He can help you with such things as social media and email; laptops, tablets, and phones; and, of course, any of the library services.

TEA PARTY

When: Wednesday, April 10, 2024 at 1:00PM

Cost: \$4.00



We have rescheduled the tea party! If you signed up for this event when it was scheduled for January, then you are still signed up. Please call the center if you have any questions or are interested in joining.

OUR MOMENT CAFÉ



We are excited to announce the grand reopening of Our Moment Café on Wednesday, April 17, 2024 from 1:00PM-2:30PM at the 4th of July Building.

All are welcome to come!

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

Our Moment Café will meet on the third Wednesday of every month from 1:00PM-2:30PM at the 4th of July building. If you have any questions, please feel free to contact Terri Marciello or Laura Pickett.



CAREGIVERS SUPPORT GROUP

This month our Caregivers Support Group will be on
Monday, April 22, 2024 from 10:30AM-12:00PM.

The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us.

APRIL BIRTHDAYS

Herbert Bouley	Diane Holden	Albert Marfleet	Susan Robbins
Elaine Coy	Angela Holman	Patricia Malone	Ruth Russo
Evelyn Cushing	Carol Hurley	Alfred Marshall	Ruth Sampson
Alma D'Antonio	Irene Katz	John Martins	Mary Sheehan
Janice Denehy	Ann Kavanaugh	Theresa Michaud	Barbara Siccone
Helen Dentali	Joanne Kelleher	Esther Morse	Nancy Slater
Barbara Doucette	Marcia Kent	Evelyn Olivari	Linda Swasey
Terry Driscoll	Brian King	Shirley Pumfrey	Peggy Surette
Barbara Farrell	Elizabeth Krugaluk	Janet Reinhart	Rachelle Toth
Phyllis Gorman	Maureen Maher	Elwin Rice	Patricia Wayman

We can't help you blow out the candles on your cake unless you tell us your special day! Call the senior center to confirm your birthday month so that we can mention you in future newsletters!



"SHOULD I STAY OR SHOULD I GO" EDUCATIONAL WORKSOP

When: Wednesday, April 24, 2024 at 1:00PM

Come learn from several local certified professionals on **Wednesday, April 24, 2024 at 1:00pm** as each speaker shares their knowledge and takes questions. Speakers are as follows: **David Tourtillott, CRMP®** (What's a Reverse Mortgage and how they work), **Elder Law Attorney Wendy Guthro** (importance of Estate Planning in retirement to avoid probate & preserve your home & other assets), **Ellen Bartnicki, SRES® Seniors Real Estate Specialist**, (Housing market update & importance of working with a SRES when rightsizing into a new home), **Anne Lucas, Decluttering Specialist & Senior Move Manager** (what to do with all my stuff). Call the center to sign up!

DEATH & TAXES WORKSHOP



When: Thursday, April 11, 2024 at 2:00PM

Presented by Erin DiCarlo of Dovetail Companies, this visioning workshop will leave participants with an easy to use tool they and their families can use to outline their individual wishes, goals, and specifics for their own death experience.

Veronica Viveiros, a local estate planning attorney will discuss probate, pre-planning to avoid tax implications, and the importance of having all your legal ducks in a row. Call the center to sign up!

BINGO

Join us for BINGO! Bingo is on the first and third Wednesday of the month at 1:00PM. No need to sign up. Just stop by!



Wednesday,
April 3, 2024
at 1:00PM

Wednesday,
April 17, 2024
at 1:00PM

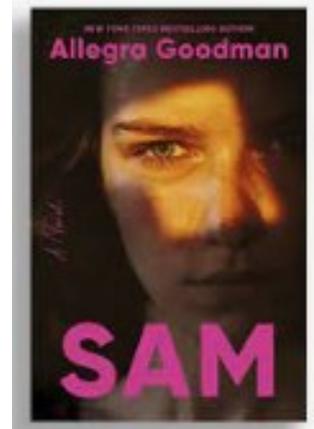
Please bring small bills, preferably ones or fives to play.

BOOK CLUB

The Book Club meets on the 4th Monday of the month at 1:30PM. The next meeting is **Monday, April 22, 2024 at 1:30PM**

This month's book is
Sam

By: Allegra Goodman,
2023



HIKING GROUP

The Hiking Group meets on Tuesdays and Thursdays to hike in various locations both locally and in surrounding towns. If you are interested in joining, please register by calling the senior center.

As of the close for this newsletter, there were 4 hikes, and 25 attendees and 2 more hikes to go!



WOOD CARVING

When: Friday, April 12, 2024
from 10:00AM-12:00PM

Friday, April 26, 2024
from 10:00AM-12:00PM

The project is TBD



FUN SINGERS

When: **Wednesdays at 3:00PM**
Beginning on Wednesday, May 1, 2024

The fun singers are looking for people who love to sing. You don't have to be a singer, you just need to carry a tune.

The fun singers are not a choir, chorus, chorale group, or glee club. Just a group that gets together to have fun singing all those old songs of yesterday with the residents. **Call the center to sign up!**



*"Music is the
memory of
your life"*

MEXICAN TRAIN

New group meeting weekly!
Interested in learning how to play?
Or, already know how to play and
want to join the fun?

No need to sign up, just stop by!

When: **Wednesdays at 11:00AM**



CANDY RAFFLE

**CONGRATULATIONS TO
ED MARCHESI**

There were 110 candies in the jar. Ed guessed closest with 107.

Make sure to stop by the front desk to enter our April candy raffle.

**One lucky winner will be chosen on
Tuesday, April 23, 2024**

SAVE THE DATE: GAME NIGHT



When: Thursday, May 9, 2024
from 4:30PM-7:00PM

Cost: \$4.00



Join us for a light dinner, dessert, and evening full of fun!

***Sign up for this event will be in person beginning Tuesday,
April 16, 2024 at 10:00AM***

Upcoming Game Night dates:

Thursday, June 13, 2024

Thursday, July 11, 2024

Thursday, August 8, 2024

Thursday, September 12, 2024

SAVE THE DATE: HERB GARDEN

When: Wednesday, May 1, 2024 at 1:00PM



Cost: \$3.00

Come learn about the properties of popular flowers herbs and then plant your own! Topics include growing small flowers and herbs indoors and outdoors, including different presentation ideas. We will also review what herbs are both edible and ornamental. Participants leave with a small seed starter kit and their choice of a variety of seeds. *Please note – seed selections are limited by availability and season.* **Call the center to sign up!**

SAVE THE DATE

HAPPINESS: WHAT IT LOOKS LIKE AND HOW TO ACHIEVE IT

When: Wednesday, May 8, 2024 at 1:00PM

Join us for a discussion with Henry Quinlan about happiness. Henry is a renowned publisher and owner of Omni Publishing Company.

Call the center to sign up!



Presentation Comments:

“This was wonderful. I have never heard anyone talking about this and it makes so much sense. Thank you.”

-Carol Wilson, Waltham

“I have had two successful careers, but this is information that I needed to hear.”

-Joan Orr, Waltham

“Everyone loved it.”

-Tina Close, Concord Senior Center

SAVE THE DATE: RUN FOR THE ROSES

And they're off...

Come and get ready for the Kentucky Derby at the Buzzell Senior Center on **Friday, May 3, 2024**

Women-wear your most creative, stunning fascinators.
Gentleman-how about your most stylish bowtie as we all get ready for the "Run for the Roses".



Come and try your luck at the "track" and pick your favorite horse for the win, place or show.

Races start at 2pm. Come share in the excitement, refreshments, and prizes!

Sign up Tuesday, April 23, 2024 at 10:00AM

SAVE THE DATE: MEMORIAL DAY LUNCHEON

When: Thursday, May 23, 2024 at 12:00PM

Join us for hotdogs and beans.

More information including the cost and how to sign up will be in the May newsletter.



NEW SENIOR CENTER UPDATE

Look at our building progress!



APRIL 2024

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2	3	4	5	6	
<ul style="list-style-type: none"> • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • STRENGTH & STRETCH 3:30PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • BELLY DANCING INTRO 11:00AM • FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • MEXICAN TRAIN 11:00AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> • ZUMBA 9:00AM • SEWING 9:30AM • BRIDGING GENERATIONS 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM 		
7	8	9	10	11	12	13
<ul style="list-style-type: none"> • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • STRENGTH & STRETCH 3:30PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • TECH HELP 11:30AM • FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • SIGN UP SOCK HOP 10:30AM • MEXICAN TRAIN 11:00AM • CARDS & GAMES 1:00PM • POKER 1:00PM • TEA PARTY 1:00PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM • DEATH & TAXES 2:00PM 	<ul style="list-style-type: none"> • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM 		
14	15	16	17	18	19	20
<ul style="list-style-type: none"> • CENTER CLOSED: PATRIOT'S DAY 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • SIGN UP GAME NIGHT 10:00AM • BEADING 10:30AM • BELLY DANCING 11:00AM • FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • MEXICAN TRAIN 11:00AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM • OUR MOMENT CAFÉ 1:00PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • COMMISSIONERS MEETING 1:30PM • FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CORNHOLE 2:00PM 		
21	22	23	24	25	26	27
<ul style="list-style-type: none"> • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • CAREGIVERS SUPPORT 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • BOOK CLUB 1:30PM • STRENGTH & STRETCH 3:30PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • SIGN UP RUN FOR ROSES 10:00AM • BEADING 10:30AM • BELLY DANCING 11:00AM • FUNCTIONALLY FIT 2:00PM • CANDY RAFFLE 	<ul style="list-style-type: none"> • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • MEXICAN TRAIN 11:00AM • CARDS & GAMES 1:00PM • POKER 1:00PM • "SHOULD I STAY OR SHOULD I GO" 1:00PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM 	<ul style="list-style-type: none"> • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • POKER 1:00PM • SOCK HOP 2:00PM 		
28	29	30				
<ul style="list-style-type: none"> • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • STRENGTH & STRETCH 3:30PM 	<ul style="list-style-type: none"> • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • BELLY DANCING 11:00AM • FUNCTIONALLY FIT 2:00PM 					



TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



my seniorcenter™



Next time you are at the center, please take a moment to stop at the front desk. We would like to update your profile and make sure we have correct information for you including your emergency contacts.

This will only take a minute or two.

REMINDER!

Just a friendly reminder that it is very important to sign in to all events, activities, and classes every time you come to the center.



If you do not have a card to scan, please ask for a new one at the front desk.

REMINDER

We ask that you stay at home if you are sick. We have been noticing more and more people coming to the center for activities that are not feeling well. This includes, but is not limited to COVID-19, colds, coughs, flu, stomach bugs, etc. Lets be mindful of the health of others. If you do not feel good, stay home and get some rest.



AVAILABLE AT THE CENTER

- Incontinence products & flushable wipes
 - Hearing aid batteries
 - Medical equipment
- Nutritional Drinks (*Ensure/Boost*)
 - Puzzles
- Books and Puzzle Books
 - DVD's

Call the center if you are in need!