



# **THE BUZZELL BUZZ** **AUGUST 2018**

## **THE DEPARTMENT OF ELDERLY SERVICES**

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



### **Happy August!**

The warm weather of July (the “Dog Days”) has passed us by but not to fear, August has arrived with a lot of enjoyable events for your summer pleasure. You will notice several events and programs throughout the newsletter. Please take note of the sign up dates due to the increased participation programs have been filling quickly . You don’t want to miss out.

I want to take this opportunity to thank everyone that showed support at our “Moving Wall” Dinner. We are extremely fortunate to have such dedicated leadership, Lou Cimaglia, in our Veterans’ Department and their willingness to bring the “Moving Wall” back to Wilmington. We thank you very much! We Will Never Forget!

The week of August 20, 2018, we are excited to have some special surprises sponsored by the Junior WOW (We’re One Wilmington). Everyone that participates in any or all activities, this week, has the chance to be lucky winners. To find out more , make sure you come and join in on the fun. We thank the Junior WOW for bringing great excitement to the Buzzell Senior Center .

Lastly, you have probably noticed there has been some beautiful additions that have been made to our center. We would like to thank our special “interior design “ staff for all of their hard work for making the center feel right at home.

Please remember to keep hydrated and enjoy this wonderful month of August. Please feel free to drop by in our air conditioned center and have fun and share a relaxing moment with your friends at the Buzzell Senior Center.



### **Parking Concerns**



It has come to my attention that there have been a number of people very upset that their cars have been damaged in the parking lot. Please report to the front desk if you see this, have it happen to you or have accidentally hit someone. Also, please make a report at the Wilmington Police Department. Please be attentive to the appropriate parking spaces—

Thank you!



## **FAMILY FUN WALK**

### **Grandparents Day Celebration at Yentile Farm**



**The Importance of Exercise for ALL Ages**

**Sunday, September 9, 2018**

**1:00PM– 3:00PM**

**Face Painting**

**Giveaways**

**Zumba by Kelli**

**Walk a Mile And you are Automatically entered into a raffle**



**Refreshments**

**Registration for the walk is at 1:00PM**

**Grant Provided by Massachusetts Council on Aging**

**Sign up at Buzzell Senior Center or Call at 978-657-7595**

### **Powerful Tools for *Caregivers***

Caring for a relative, friend or someone with a chronic illness can be stressful physically, emotionally and financially. There is help! The Wilmington Department of Elderly Services will be sponsoring a six long program entitled "Powerful Tools for the Caregiver". This program is presented by Minute-man Senior Services.

This six week class is designed to provide you, the caregiver with skills you need to take care of yourself. Topics include: tools and strategies to better handle the unique challenges faced by family caregivers; self-care behaviors, management of emotions, self-efficacy and use of community resources.

We hope to begin in late September, please check the September newsletter for exact dates and times. The workshop is free but registration is required. If interested, please contact Laura Pickett at the Buzzell Senior Center, 978-657-7595. Remember, caring for a loved one is easier with support.



## AUGUST BIRTHDAYS



Warren MacDonald  
Adele Passmore  
Roberta Battite  
Pat Spurr  
Ed Smith

Paula Samatis  
RoseMary Murray  
Paula Splaine  
Marilyn West  
Howard Murray

*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!

### GET WELL WISHES

Sandy Zenga



### IN LOVING MEMORY

We express sympathy for the  
loss of our friends



Peter Michals

### Caregivers Support Group

Caregivers support group will meet  
on Monday, August 20, 2018

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.



### The Buzz Book Club

We will be meeting on Monday,  
August 27, 2018 at 1:00 p.m.

The August book will be “

“Snowflower and the Secret Fan” by Lisa See

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



### HELP NEEDED—Volunteer Teacher

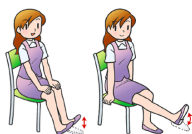
For our

Special Exercise Class

Anyone interested in volunteering to

Support this class, please speak to Terri.

It runs Mon-Wed-Fri at 11:00 to  
11:45 a.m.



### 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, August 8, 2018

At 10:30 a.m.





## Cruising the Charles River

October 3, 2018

Depart the Wilmington Senior Center at 9:00AM in a Motor Coach for Boston. You will first have a view of the “New Boston” where you will be able to see how the city of Boston has grown, then have a delicious **luncheon at the Cheesecake Factory**.

Once you have completed the wonderful luncheon you will board the Charles River Cruises where the Captain will provide a narrative of the views of Boston from the Charles River perspective.

Afterwards you'll have time to explore the stores at the Cambridge Side Galleria and arrive back at the center by 5:30PM.

**Sign up for this event will be on Thursday August 30, 2018 at 10:00AM**



**Cost is \$40.00 per Wilmington Resident ( \$84 non- resident)**

**Summer  
Fun Day!**

**“ FUN DAY “**

**FOOD—GAMES—PRIZES**

**Wednesday, August 22, 2018**

*10:00 a.m. to 3:00 p.m.*



Come try your luck at horse racing, roulette, blackjack and L-R-C (left, right center).

We are lucky to have **Blue Ribbon Barbeque** provide lunch for this great event .

The cost will be \$7.00 per person.

Games will begin at 10:00 AM—with the first horse race taking place at 11:00AM.

The tickets for the games will be \$5.00 for 25 tickets.

**Auction will be held at 2:00 p.m.**

participants can “bid” on a wide variety of prizes—at the auction.

Don't miss out on this day of fun. Space is limited.





*Thank  
you!*

### Bracelet Event Big Success

Thank you for your support to  
IPODS for Wounded Veterans

*Thank  
you!*

During the week of June 26, 2018, IPOds for Wounded Veteran's held a "Bracelet Event" at the Buzzell Senior Center and had many bracelets available to the public. For a five dollar donation you received not only a lovely bracelet but a ticket for a drawing for one of the five prizes. IPOds received \$820.00 in donations and the winners of the five prizes were Rosemarie Golisano, George Hooper, Rosemarie Bromander, Janice Murray and Joyce Miles. The proceeds will be used towards buying assorted electronics for the wounded veteran's in hospitals of New England. Thank you to all who participated. (written by Robin Theodos)



### Tony Marino's Retirement Party

Tuesday, August 14, 2018

10:00AM

We would like to take this opportunity to share in the excitement for Tony and his beautiful wife, Anna, who are moving to sunny Maryland.

Tony has been a magnificent dedicated volunteer computer instructor for our department for 17 years!

Come wish him well on his new adventure!



### Game Night

Thursday, August 16,  
2018



We will be having our Third

"Game Night".

4:30-7:00 p.m.

We will be serving a light dinner and everyone gets to relax and play card games, board games, bocce and even get to paint more "Wilmington Rocks". Don't miss out -

Sign up at the front desk.

### **DORIS' CRAFT CORNER**



**Friday, September 21, 2018**

**Fall Centerpiece**

**At 10:30 a.m.**

**Space is limited**

**Sign-up on Thursday, August 30th**

### AUGUST 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. New member at the center
2. Always smiling & laughing
3. Loves to decorate



**GOOD LUCK!**



# August 2018



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 9:45 AM SBF Exer. 11AM Special Exer. 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers <b>Gloucester Lobster Cruise</b>	<b>2</b> 8:00AM Walking Group 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics	<b>3</b> 10:00AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	<b>4</b>
<b>5</b>	<b>6</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling	<b>7</b> 8:00AM Walking Group 9:00AM Computer Class 10:30AM Aerobics 10:30AM BOCCI 1:00PMm Mah Jongg	<b>8</b> 9:45 AM SBF Exer. 10:30 AM Pop-up Library 11AM Special Exer. 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	<b>9</b> 8:00AM Walking Group 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics	<b>10</b> 10:00 AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	<b>11</b> Fun Singers At Woodbriar and Windsor Place
<b>12</b>	<b>13</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling	<b>14</b> 8:00AM Walking Group 9:00AM Computer Class 10:00AM Tony Marino's Retirement Farewell 10:30AM Aerobics 10:30AM BOCCI 1:00PMm Mah Jongg 1:00PM Tai Chi Class	<b>15</b> 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:30 PM Cards 3:00 PM Fun Singers performing off-site	<b>16</b> 8:00 Walking Group 9:00AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:00PM Commissioner's Mtg. 4:30PM Game Night	<b>17</b> 10:00AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	<b>18</b>
<b>19</b>	<b>20</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11:00AM Special Exercise 12:30 PM Wii Bowling	<b>21</b> 8:00AM Walking Group 9:00AM Zumba 10:30AM Aerobics 10:30AM BOCCI 1:00PMm Mah Jongg 1:00PM Tai Chi Class 2:30PM Gentle Yoga	<b>22</b> <b>All Classes Cancelled</b>  <b>ANNUAL FUN DAY</b>	<b>23</b> 8:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics	<b>24</b> 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	<b>25</b>
<b>26</b>	<b>27</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00PM Book Club	<b>28</b> 8:00AM Walking Group 9:00AM Zumba 10:30AM Aerobics 10:30AM BOCCI 1:00PMm Mah Jongg 1:00 PM Tai Chi Class 2:30PM Gentle Yoga	<b>29</b> 9:45 AM SBF Exer. 11AM Special Exer. 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	<b>30</b> 8:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics Sign-up for Doris' Craft Sign-up Charles River Cruise	<b>31</b> 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	



**"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  
Wii BOWLING 12:30

### **TUESDAY**

WALKING GROUP 8:00  
ZUMBA 9:00  
COMPUTER CLASS 9:00  
AEROBICS 10:30

### **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 2:30

### **THURSDAY**

WALKING GROUP 8:00  
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 1:30 -4:00

### **DAILY**

GAME ROOM -SOCIALIZATION  
KITCHEN 9-4:30

## **SPECIAL PROGRAMS**

### **PODIATRIST**

3<sup>RD</sup> 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**

3<sup>rd</sup> 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.