

# **THE BUZZELL BUZZ**

**AUGUST 2019**

## **THE DEPARTMENT OF ELDERLY SERVICES**

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

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**TELEPHONE: 978-657-7595 OR 978-658-2258**

**MONDAY THRU FRIDAY—9:00AM-4:30PM**



**Summer certainly has arrived!**

We hope this newsletter finds everyone in good health and ready to have fun. You will see below the importance of staying hydrated and cool as we have all found necessary for this summer. We also wanted to share that we do have several fans if anyone finds they should be in need of one. Do not hesitate in calling with any needs you may have during these hot, humid days.

We want to thank everyone for being so understanding during the week of July 15, 2019, while we had our floors refurbished. They came out wonderful and we are extremely appreciative.

Please take your time and review all the fun programs and events. You will see that our exercise programs are back starting the week of August 19, 2019. There are two day trips that are available along with great evening events that everyone should be able to enjoy.

On September 28, 2019 is Good Neighbor Day. The Department of Elderly Services would like to acknowledge that extra special good neighbor. That person that gets the mail, takes out the trash, shovels the walkway, picks up groceries and just goes above and beyond. Please give the name and address of this special neighbor to the front desk or call us at 978-657-7595 by Wednesday, September 23, 2019 and we will make sure that your good Samaritan is acknowledged with a special baked treat. There are so many special people that make up our community, this is one way that we can give back to those that make Wilmington the special place it is!



### **IMPORTANT TO REMEMBER During this HEAT**

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to Buzzell Senior Center, the shopping mall, movies, Wilmington Memorial library, or a friend's house.





## AUGUST BIRTHDAYS



Warren MacDonald

Lois MacKenzie

Rosemary Murray

Roberta Battite

Sharon Gray

Cathie Hayes

Howard Murray

Adele Passmore

Paula Samatis

Ed Smith

Paula Splaine

Pat Spurr

Linda Walsh

Marilyn West

Carol Mills

Buddy Molyneaux

Paul D'Eon

Margaret Peabody

Irma Moreau

*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!

**Friday, August 9, 2019**



**Come Enjoy the music from the "Beatles"**



**At The Buzzell Senior Center at 1:00PM**

**4EverFab formed in late 2012. Four musicians - Bob Hinsman, Kevin Dooley, Phil Donovan and Fran Hart - who have always had a deep love for the music of The Beatles, came together to make this happen.**

**4EverFab - New England's Best Beatles Tribute Band  
The Beatles...Nicely Played**

**Sign up at the front desk**

### **Medicare Scam Alert**

It has come to our attention that there several people in our community that have been receiving calls stating it is extremely important to confirm your personal information in order to continue your health insurance coverage.

Medicare or Medicaid would **never randomly** call you personally to make sure their information is correct.

**This is just a reminder never to give out your social security number or any personal account information over the phone.**

Any concerns always feel free to contact the senior center at 978-657-7595.

### The Buzz Book Club

We will be meeting on Monday, August 26,  
2019

at 1:00 p.m.

The book club selection for August is

“The Red Coat” by Dolly Carlson

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



### GUESS WHO?

This is the baby picture of  
someone who comes to the  
Center! Take a close look and  
place your answer in the con-  
tainer located on the front  
counter or call the center with  
your answer.



#### Clues:

1. Enjoys Special Exercise
2. Avid Book Reader
3. Loves playing Bingo at the Center

We will chose one winner who will receive a  
prize!

**GOOD LUCK**

**Summer  
Fun Day!**

“ FUN DAY “

**FOOD—GAMES—PRIZES**

**Wednesday, August 28, 2019**

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

**Cost: \$7.00**



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

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.—where participants can “bid” on a number of prizes

We will be having Pizza, Salad and Dessert

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

Sign up on August 5, 2019

### Dinner and Live Entertainment

**Monday , August 12, 2019 at 4:30PM**

**Pasta, Meatballs and Fun with the Wilmington High School Summer “Music Group”**

**\$4.00 per person**



## Fun Trips

### The Vermont Country Store & The Green Mountains

Wednesday, October 9, 2019

Wilmington Residents: \$55.00

(\$79.00 non-residents)

Sign-up on August 14, 2019 At 10:00AM



© Can Stock Photo - csp31498249

## Granite State Chocolate & Wine

Wednesday, September 18, 2019

Wilmington Residents: \$70.00

(\$89.00 non-residents)

Sign up Tuesday, August 27, 2019 at 10:00AM

More information enclosed



## Game Night

Thursday, August 15, 2019

Come and enjoy a light dinner with friends and then stick around for cards, board games or rock painting. Pictionary too!

Space is limited

Cost \$3.00 per person

Sign up at front desk



## EXERCISE IS BACK!

The week of August 19th

### Zumba

Tuesday, August 20, 2019 @ 9:00AM

### Tai Chi

Tuesday, August 20, 2019 at 1:00PM

### Yoga

Tuesday, August 20, 2019 @2:30 PM

### Line Dancing

August 21, 2019 @ 1:00PM



## August Movie

Tuesday, August 13, 2019 at 1:00PM

## Fried Green Tomatoes

With Jessica Tandy, Kathy Bates,

Mary Stuart Masterson and

Mary Louise Parker

Refreshments

Sign up at front desk

**\*\*\*Scam ALERT\*\*\***

If Social Security should call you to report you are no longer able to use your Social Security card due to fraud and to call them as soon as possible—**this is a SCAM - Please do not respond**—In speaking with the Lowell Social Security Office—they have been receiving many calls of concern and share they would not call to cancel anyone's card.



**IN LOVING MEMORY**

**We express sympathy for the loss of our friends**

Bertha Deprez

O'Neal Isom

Maureen McHugh

**Memory Café “Our Moment Café”**



**Wednesday, August 21, 2019**

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

**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.**

**Caregiver's Group**

**Caregivers Support Group**

**Caregivers support group will meet on Monday, August 19, 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.**





*The Wilmington Senior Center Presents!*

# *Granite State Chocolate & Wine Tour*

*Wednesday,  
September 18, 2019*



**9:00 AM** Depart from the Wilmington Senior Center on your luxury Silver Fox Coach for a wonderful day combining great cuisine and a unique vineyard in New Hampshire. *New Englanders have lots to cheer about - their sports teams, the beautiful ocean and lake waters, scenic foliage, but also their chocolatiers. Today you'll visit one of the best, Sanborn Fine Candies in Hampton Beach, voted the "Seacoast's Best Candy Shop" with the best dark chocolate in NH! You'll actually receive a complimentary small box!* Then you'll travel to Warren's Lobster House for a delicious full course luncheon with a variety of entrées (see below) for you to enjoy. Just scrumptious! *Now you'll visit New Hampshire's largest and well noted vineyards, The Flag Hill Winery. Winner of the 2017 "Best Wine in NH Gold Medal", Flag Hill has a reputation for growing superb grapes and for consistently making premium quality, award winning wine from cool climate viticulture. Your tour includes a wine tasting, where you can also purchase some of their tasteful products.* You'll depart for home after a relaxing day of great food, chocolates and wine, arriving back home at 5:30 PM.

<<> Please Choose Entrée Selection at Signup! <>>

☐ Crab Crusted Salmon

☐ Top Sirloin Steak

☐ Ritzy Filet of Fresh Haddock

☐ Seafood Casserole

**TOUR COST:** \$89.00 Per Person

**TOUR DATE:** September 18, 2019

**PLEASE CONTACT:**

The Wilmington Senior Center @  
978.657.7595

**Gourmands...Awake!!!**





# AUGUST 2019



SUN

MON




TUE

WED

THU

FRI

SAT

				<b>1</b> 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting	<b>2</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>3</b>
<b>4</b>	<b>5</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling  <i>Sign-up for Fun Day</i>	<b>6</b> 8:00AM Walking Group 10:30AM Aerobics 1:00PM Mah Jongg	<b>7</b> 9:30AM Beading Group 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers	<b>8</b> 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	<b>9</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Cards 1:00 PM 4EverFab  <i>Bingo cancelled</i>	<b>10</b> Fun Singers performing at Woodbriar & Windsor Place
<b>11</b>	<b>12</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling  <b>4:30PM Dinnertime Music</b>	<b>13</b> 8:00AM Walking Group 10:30AM Aerobics 1:00PM Mah Jongg  <b>1:00PM Movie</b>	<b>14</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers  <i>Sign-up for Vermont Country Store Trip</i>	<b>15</b> 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:30PM Commissioners Meeting <b>4:30PM Game Night</b>	<b>16</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>17</b> 
<b>18</b>	<b>19</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11AM Special Exercise 12:30PM Wii Bowling	<b>20</b> 8:00AM Walking Group 9:00AM Zumba 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	<b>21</b> 9:30AM Podiatrist 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers performing at CareOne	<b>22</b> 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics  <b>8:00AM Newport Trip</b>	<b>23</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>24</b>
<b>25</b>	<b>26</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Book Club	<b>27</b> 8:00AM Walking Group 9:00AM Zumba 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga <b>10:00AM Sign up Granite State</b>	<b>28</b> All activities & classes are cancelled  <b>FUN DAY</b> <b>10:00-3:00 p.m.</b>	<b>29</b> 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	<b>30</b> 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>31</b>



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 9:00  
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