



# **THE BUZZELL BUZZ**

## **DECEMBER 2018**

### **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**



#### **Terri's Notes**

Can't believe we are in our last month of 2018—What a year it has been. Our theme of "Better Together" has certainly rung true this year—from events at the Senior Center to the collaboration with the Wilmington Arts Council, Wilmington Schools and fantastic organizations in our community to the trips that have taken us on new adventures. We would like to send a huge thank you to our own Audrey Reed for the wonderful directions and production of "Wilmington Has Talent—Holiday Edition Talent Show"—and to the entire cast who made this such an entertaining way to kick off the holiday season.

This year we will continue ringing in the holiday season with our "Annual Giving Tree," a special tree in our lobby holding written ornaments stating needed gifts for the elders of Wilmington. The community has given overwhelming support to this yearly program. Feel free to come down and choose an ornament from the tree and then bring your wrapped gift back to the center wrapped for the holidays, by the week of December 17, 2018.

I would also like to take this opportunity to thank all the wonderful volunteers that will be helping to deliver over 85 Special Homebound meals that are being prepared by Rocco's Restaurant and sponsored by WOW ( Were One Wilmington). We thank everyone for their support in making this all possible.

Lastly, please join us on Thursday, December 27, 2018 from 1:00PM—3:00PM to celebrate all that was 2018 , as we look forward to what 2019 has in store for us. We'll have some appetizers—drinks—desserts as we reminisce about 2018 and plan for 2019.



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#### **Happy Holidays**

The Department would like to wish you and your families a very Happy,  
Healthy and Safe New Year!





There will be no Book Club in the month of December.

Next group discussion will be on Monday, January 28, 2018 at 1:00 p.m.

The book club selection for January is "Into the Water" by Paula Hopkins

### DRIVERS NEEDED

Looking for home delivered meal drivers for mother's hours.

Call Senior Center at

978-657-7595

for more information.



### December Social Events

#### 2018 Annual Holiday Party—

Wednesday, December 5, 2018 at 6:30 p.m.



#### **Tewksbury Country Club**

Tickets are \$25/person—fun music and entertainment provided by DJ Dan!!

***Purchase your tickets at the front desk.***



### New Years Celebration

Thursday, December 27, 2018

1:00—3:00 p.m.



Come joins us celebrate all that was 2018 as we look forward to 2019

Come Leave Your Mark In 2108 for 2019!

Surprise Appetizers will be served

**Cost \$5.00** per person—space is limited

Sign up at front desk





## December Birthdays



Gertrude Boudreau	Janice Buckley	Al Morelli	William McLeod
Joanne Corvino	Joyce Dalton	Hazel O'Brien	Carolyn Martino
Sheila Elfman	Gina Franculli	Carol O'Kane	Janice Weed
Jackie Gray	Barbara Maguire	Patricia Richard	Mary Schultz
Carolyn Martino	William McLeod	Sandy Zenga	Paul Surette



*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



### GET WELL WISHES

Charlie and Pat Wayman  
Beverly O'Malley  
Frank DeVita



### 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.



### 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.

We will choose one winner who will receive a prize!



GOOD LUCK !



## Gingerbread House

On Thursday, December 6, 2018, bring your best holiday creativity to decorate gingerbread houses. Join students from the Wilmington High School Medical Careers Club for this fun event.

Decorating will begin at 1:00 p.m., please sign up at the front desk.

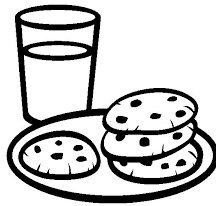


## Ugly Sweater Contest

Join us on

Thursday, December 13, 2018

At 1:00PM



## Holiday Cookie Swap

Wednesday, December 19, 2018

At 1:00PM

Back by delicious demand, we will be having another cookie swap this year. Bake your favorite type of cookie and bring to share with all your friends!

Come join the FUN!

## Save the Dates

Thursday, January 31, 2019

Luncheon at the Buzzell Senior Center

More information to follow

LUNCHEON

LUNCHEON



## Memory Café

### “Our Moment Café”

Wednesday, December 19, 2018

1:00PM-2:30PM

at the 4th of July Building

142 Middlesex Avenue

Wilmington MA

We will be having our Buzzell Senior Center Fun Singers

They will lead us in a holiday sing a long and of course some holiday refreshments



## Caregivers Support Group

Caregivers support group will meet on Monday, December 17, 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.



## A Piece to our Health Puzzle... Mental Health

Our need to keep ourselves healthy as we age includes our need to take care of our mental health as well—Join Wilmington Police Department - Samantha Reif Health & Recovery Coordinator Lt. Joe Desmond as they teach participants the risk factors and warning signs of a variety of mental health challenges common among older adults—This program will meet at the Buzzell Senior Center (4-part series, must attend all 4 days to receive your certificate).



Thursday, January 10, 2019 @ 11:00AM -1:00PM

Tuesday, February 12, 2019 @11:00AM -1:00PM

Thursday, March 14, 2019 @ 11:00AM-1:00PM

Thursday, April 18, 2019 @11:00AM -1:00PM



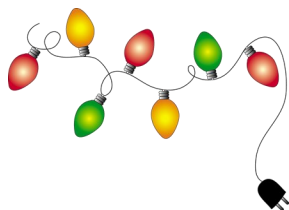
Sign up at front desk if you are interested—any questions please speak with Terri

## Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2018 and runs thru April 2019. Fuel Assistance can help pay part of your home's winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call to set up your appointment for assistance in this application process with Terri Marciello/Laura Pickett at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).

Renewal information is being sent out - please feel free to call the center to assist you with this process. All copies can be made at center.

Below are the new income guidelines for 2018 -2019



### FAMILY SIZE

### MAXIMUM ANNUAL GROSS INCOME

1

\$35,510

2

\$46,437

3

\$57,363

4

\$68,289



# *And Now We Welcome The New Year— What A Year It Has*



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





# December 2018



SUN	MON	TUE	WED	THU	FRI	SAT
	<i>Merry Christmas and Happy Holidays to you and your families!!!</i> 					1
<b>2</b> <b>Hanukkah Begins</b> 	<b>3</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 11:00AM Fire Prevention Certificate Presentation 1:00PM Wii Bowling	<b>4</b> 10:30AM Aerobics 1:00PM Mah Jongg	<b>5</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers 6:30PM Annual Holiday Party at Tewksbury Country Club	<b>6</b> 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1PM Game Day 1:00PM Gingerbread House Decorating w/Medical Careers Group 1PM Ceramics	<b>7</b> 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>8</b> Fun Singers performing at Woodbriar & Windsor Place
<b>9</b>	<b>10</b> 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling	<b>11</b> 10:30AM Aerobics 1:00PM Mah Jongg	<b>12</b> 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	<b>13</b> 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1:00PM Game Day 1:00PM Ceramics 1:00PM Ugly Sweater Day	<b>14</b> 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>15</b>
<b>16</b>	<b>17</b> 9:00AM Blood Pressure 9:45 AM SBF Exercise 10:30 Caregivers Support Group 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling	<b>18</b> 10:30AM Aerobics 1:00PM Mah Jongg	<b>19</b> <b>9:30AM Podiatrist</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:00PM Moments Café 1:00PM Cookie Swap 1:30PM Cards 3:00PM Fun Singers performing offsite	<b>20</b> 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1PM Game Day 1PM Ceramics <b>1:30PM Commissioner's Mtg.</b>	<b>21</b> 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>22</b>
<b>23</b> 	<b>24</b> 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise Center closes at 12:30PM <b>CHRISTMAS EVE</b>	<b>25</b> <b>CENTER CLOSED</b> 	<b>26</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers	<b>27</b> 10:00AM Art Class 11AM Knitting/Crocheting All afternoon activities cancelled for our 1:00 PM <b>New Years Celebration</b>	<b>28</b> 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>29</b>
<b>30</b>	<b>31</b> 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling					





# TOWN OF WILMINGTON

CURRENT RESIDENT OR

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



## ACTIVITY PROGRAMS

### **MONDAY**

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

### **TUESDAY**

WALKING GROUP 9:00  
ZUMBA CLASS 9:00  
AEROBICS 10:30  
Wii BOWLING 12:30  
YOGA 2:30

### **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

### **THURSDAY**

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

### **FRIDAY**

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 THRU 3:00 PM. MUST  
CALL TO SCHEDULE PICKUP AT LEAST 48  
HOURS IN ADVANCE. VAN SERVICES A 13  
MILE RADIUS OF WILMINGTON.

## SPECIAL PROGRAMS

### **PODIATRIST**

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

### **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