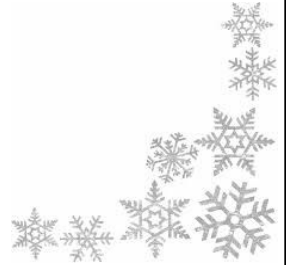


THE BUZZELL BUZZ
FEBRUARY 2019
THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887
DIRECTOR: TERRI MARCIELLO
EMAIL: TMARCIELLO@WILMINGTONMA.GOV
TELEPHONE: 978-657-7595 OR 978-658-2258

MONDAY THRU FRIDAY—9:00AM-4:30PM



Terri's Notes

Welcome to 2019! We hope everyone had a wonderful and joyous holiday season and are ready for a fun and exciting New Year! Enclosed you will find some wonderful programs and events for the upcoming month!

The Department of Elderly Services is excited this year to be able to provide the “Free Income Tax Assistance” through the AARP program at the Buzzell Senior Center – 15 School Street for Wilmington residents age 60 and older. Scheduled appointments should be arranged through the center – 978-657-7595. The program will be starting in February. All returns are prepared with computer accuracy and with electronic filing for rapid refunds. Clients should bring:

- This year's tax information along with last year's tax returns
- W-2 forms
- Your social security & pension information
- Tax forms sent by financial institutions
- Your property tax & water bills

If anyone is in need of transportation, please make the arrangements at the same time you make your appointments when calling the Department of Elderly Services at 978-657-7595 and please feel free to call the department with any questions or concerns.



Monday, February 25, 2019 at 1:00PM

Officer Paul Chalifour is going to be making his famous “Pecan Pie” for all of us along with a great discussion. Make sure you don't miss out! Come join the FUN!

Sign up on the week of February 11, 2019

Inclement Weather Policy

The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Buzzell Senior Center activities are also canceled for the day. There will be no home delivered meals and our van will not be available. The center will remain open for emergencies.





Sending Thanks

**Wilmington Methodist Church
and
Boy Scout Troop 56
along with many supportive residents**

We would like to extend our heart felt thank you to all who so generously contributed to this year's Giving Tree. We were able to provide over 200 elders with a holiday gift. This was all made possible by huge hearts of our Wilmington Community. A special thank you to Jane Palmer from the Methodist Church and the Boy Scouts Troop 56 for their contributions!!!



JANUARY BIRTHDAYS

Kathy Brennick	Sarah Piazza	Dot Shelley	Patricia Meeker
John Wallace	Paula Agostino	Sylvia Barbas	GeeGee Kaufman
Carmen Driscoll	Robert Dudley	Joanne Fisher	Margery Spear
Jean George	Cathy Jensen	Rose LaVerde	Constance Rando
Dick Morgan	Nancy Brooks	Patricia Palman	James Palman



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!



FEBRUARY BIRTHDAYS

Lloyd Brooks	Barbara DeVita	Frank DeVita
Mary Kuchler	Linda MacDonald	Paul MacDonald
Thelma Peters	Gloria Szabo	Myra Tenhuisen
Pat D'Antonio	Carol Gingras-Sharpe	Mary Kiesinger
Marylou LaBossiere	Dorothy Loder	Dick Searfoss
Judi Simmons	Phyllis Taylor	Frank Walsh
		Tom Walsh



"A Little Bit of Ireland

Sunday, March 17, 2019 at 2:00PM

At the Reagle Theater in Waltham, MA

Join us for one of New England's largest St. Patrick's Day celebrations! Featuring Irish tenors, step dancing, a glimpse into a Celtic pub, the charms of an Irish band, and the lilt of laughter with a master Irish comic.

Tickets are \$30.00 per person including transportation

Sign up on Tuesday, February 19, 2019 at 10:00AM

**A Little Bit of
IRELAND**

The Buzz Book Club

We will be meeting on Monday, February 25th

The book club selection for February is

"Us Against You" by Fredrik Backman

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



Tips to Stay Healthy This Winter!

- Drink a lot of water!
- Eat a healthy diet with a lot of greens!
- Exercise regularly
- Get the right amount of sleep every night
- Wash your hands regularly

(Try a class at the Center)



IN LOVING MEMORY

We express sympathy for the loss of our friends

Pat Boulton

Lena Mercurio

Maureen Hughes

Barbara Howe

Don Albanese

Shirley Peterson



GET WELL WISHES

Mary Kuchler

Diane Holden

Warren MacDonald

Grace Santo



JANUARY 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:

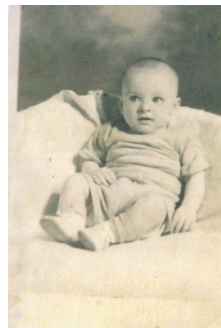
1. Golfer
2. Takes part in our trips
3. Enjoys Priscilla's Classes

We will choose one winner who will receive a prize!

GOOD LUCK !

FEBRUARY 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. Coast Guard Veteran
2. New Wilmington Resident
3. Plays Cards at the Center

We will choose one winner who will receive a prize!

GOOD LUCK !





Valentine's Day



Thursday, February 14, 2019—12:00 p.m.

Sign up on February 4, 2019 Cost \$5.00

Join us for a delicious lunch at the Senior Center along with the Wilmington High School Rotary Interact students. Spend your afternoon with people we love!

Harrow's Chicken Pot Pie will be served.



St. Patrick's Day Celebration



Friday, March 15, 2019 at 12:00 p.m.

To celebrate St. Patrick's Day, the Buzzell Senior Center will be having a delicious homemade corned beef and cabbage luncheon at The Knights of Columbus where we will be celebrating this special holiday. Come relax and enjoy an excellent afternoon with good food and friends. We will also have live entertainment by Joe Leary—back by popular demand!

This lunch is sponsored by Peter MacLellan. We are so fortunate for Peter's continued generosity. We are also very lucky to have this meal prepared by our specialty chef Lou Cimaglia.

Sign up on Tuesday, February 19, 2019

Doris' Craft Corner

Come see what new craft Doris has up her sleeve or in this case, around her neck!

"Ink Blot Scarves"

Friday, February 22, 2019 at 10:00 a.m.

All materials will be supplied.... Space is limited

Sign-up on Wednesday, January 30, 2019



Memory Café

"Our Moment Café"

Wednesday, February 20, 2019

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

at the 4th of July Building

142 Middlesex Avenue

Wilmington MA



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, February 25, 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.



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

Tai Chi, Yoga and Zumba

Tai Chi with Greta will begin on Tuesday,
January 8th at 1:00 p.m.



Yoga with Joan will begin on Tuesday,
January 15th at 2:30 p.m.



Zumba with Kelli will begin on Tuesday,
January 15th at 9:00 a.m.



Space is limited, please call 978-657-7595
to register for these popular classes

Line Dancing Class is back

Drop in on Wednesdays at 1:00 p.m.

Session will run from

January 9—February 27th



Back by Popular Demand

Meditation Class

Help relieve your stress on

Thursdays at 12:15 p.m.

Session will run from

Thursday January 17—Thursday, March 7



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
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1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289



The Circuit Breaker



The Circuit Breaker is a property tax credit that was designed by the Legislature with the hope of alleviating some of the burdens that property taxes create.



Who is Eligible?

- Taxpayers who are Massachusetts residents, age 65 or older by December 31, 2018 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older).
- Taxpayers must own or rent residential property in Massachusetts and occupy the property as your primary residence.
- Taxpayers must have an annual income of \$57,000 or less for a single filer, \$72,000 or less for a head of household, and \$86,000 or less for joint filers.

How to Apply?

You must file a Massachusetts State Income Tax return and include Schedule CB, the Circuit Breaker Credit form.

How much is the tax credit?

\$1,100.00 as of 1/1/2018.



FEBRUARY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	2
	3 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling <i>Sign up for Valentine's Day Celebration</i>	4 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	5 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	6 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers	7 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1PM Ceramics	8 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards
9 Fun Singers performing at Woodbriar & Windsor Place	10 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling <i>Sign up for Pecan Pie w/Officer Chalfour</i>	11 9:00AM Zumba Class 10:30AM Aerobics 11:00AM Mental Health 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	12 9:30AM Beading Group 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Our Moment Cafe 1:30PM Cards 3:00PM Fun Singers	13 ALL CLASSES ARE CANCELLED Valentine's Day Celebration at 12:00 	14 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	15 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards
16 CENTER IS CLOSED 	17 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga <i>Sign up for St. Patrick's Day Celebration and Trip</i>	18 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Rep. from Senator Tarr's Office 1:00PM Moments Cafe 1:30PM Cards 3:00PM Fun Singers performing at Care One	19 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1PM Ceramics 1:30PM Commissioner's Mtg.	20 10:00AM Sewing 10:00AM Video Exercise 10:00AM Doris' Craft 11:00AM Special Exercise 1:00PM Bingo	21 9:00AM Blood Pressure 9:45 AM SBF Exercise 10:30AM Caregivers Group 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Book Club 1:00PM Pie w/Officer Chalfour	22 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga
23 9:30AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers						



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

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

ACRYLIC PAINTING 9:00
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

3RD 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