

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

FEBRUARY 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

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Sonja Halliday



NEWS & UPDATES

Happy Valentine's Day! It is already February which means that we are one month closer to those warm weather days. I think we have all begun the mental countdown to the first day of spring (as of February 1st, it's 48 days if you were wondering).

This month there will be **no Line Dancing class on Thursday, February 8, 2024**. The **Tea Party** that was scheduled for January 10, 2024 has been rescheduled to Wednesday, April 10, 2024. The **Instant Pot** has also been rescheduled, date is to be determined. More information about these two events will be in future newsletters.

Two of our most popular luncheons are coming up! On Valentine's Day we have our Harrows Chicken Pie luncheon with Rotary Interact, more information about this can be found on page 2. Save the date for our **St. Patrick's Day luncheon** on March 14, 2024, more information on page 3.

The **No Sew Quilt class** was hard at work for their January project. Photos of some of the pieces can be seen on page 4. We encourage you to take a peek at this newsletter in color to see just how beautiful these collages came out. Our newsletter can be found on our Facebook page or at the Town of Wilmington website.

As expected, our income tax sign up was very busy. We appreciate everyone's patience while we answered calls. If you have an appointment, make sure to review the list of items that you must bring with you. This list can be found in the January newsletter on page 6. It is very important that you come prepared. On page 5, there is some information about the Senior Circuit Breaker tax credit. Take a look to see if you are eligible to claim this refundable credit on your Massachusetts personal income tax return.

On page 6, check out some photos of our new Senior Center and read an update about what's been going on since last month. The progress is incredible!

Please note that the center will be closed on Monday, February 19, 2024 for President's Day. There will be no home delivered meals on this day as well. Our inclement weather policy is on the back page. Make sure to familiarize yourself with the policy so you are prepared when there is a storm.

IMPORTANT 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.



BRIDGING GENERATIONS

**When: Saturday, February 10, 2024
from 10:00AM to 12:00PM**



This is a new intergenerational program created by Wilmington High School students. Come join the fun with these innovative students for games and refreshments at the Senior Center.



Sign up was in January. Call the Center to see if space is still available!

COCOA & CONSERVATION

When: Wednesday, February 28, 2024 at 1:00PM

Stop by for a cup of hot cocoa and a discussion with Valerie Gingrich (*Planning & Conservation Director*) regarding Section 3A MBTA Communities Zoning. This will be a good chance to learn more or ask questions about this Zoning Act.



**Call the center
to sign up on
Tuesday,
February 13,
2024**

VALENTINE'S DAY LUNCHEON WITH ROTARY

INTERACT

**When: Wednesday, February 14, 2024
at 12:30PM
at the Senior Center**

What's on the menu?:

Harrows Chicken Pie



***Sign up begins on Thursday, February 1, 2024 at
10:00AM. Limited space is available.***

WOOD CARVING

**When: Friday, February 2, 2024
& Friday, February 16, 2024
From 10:00AM- 12:00PM**

This month's project is Olaf, the snowman from Disney's Frozen!



SENATOR FINEGOLD AID OFFICE HOURS



Senator Finegold's aid, Janice Phillips, will be holding office hours at the Senior Center. Stop by to chat!

**When: Thursday,
February 15, 2023 at
10:00AM**

STRENGTH & STRETCH

**When: Mondays at 3:30PM
(Beginning on March 25, 2024)**

Call the center to sign up beginning March 4, 2024

Jennifer is an AFAA certified personal trainer with 20 years experience teaching fitness classes.

Her "Strength and Stretch" class uses fitness balls, resistance bands and dumbbells to strengthen and lengthen the entire body. Chairs are used for seated exercises as well as for support in standing exercises. Jennifer ends her classes with a 5 minute meditation using breath work and moves inspired by Tai chi and Qi Gong.



INDOOR CORNHOLE

When: Friday, February 23,
2024 at 2:00PM

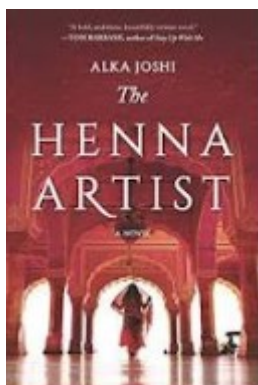
Call the center to sign up!



BOOK CLUB

The Book Club meets on the
4th Monday of the month at
1:30PM. The next meeting is
Monday, February 26, 2024
at 1:30PM

This month's book is
The Henna Artist
By: Alka Joshi, 2020



CAREGIVERS SUPPORT GROUP



This month our Caregivers Support
Group will be on **Monday, February 26,**
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.

PEN PAL PROGRAM

Are you curious to find out what older adults are up to
at other senior centers around the state? Are you
interested in connecting with and learning about older
adults from other towns in Massachusetts?

There is a new "PenPal" program that we would like to
start up with other senior centers in the state. This
would be a nice way to meet some other people and to
make new friends. Letters would be written monthly or
bi-monthly. Letters would be sent "In Care Of" to the
"other" senior center. This would keep your address
confidential.



If you are interested, please contact
Laura Pickett at
978-657-7595 or at
lpickett@wilmingtonma.gov

BINGO

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



Wednesday,
February 7, 2024
at 1:00PM

Wednesday,
February 21, 2024
at 1:00PM

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

SAVE THE DATE: ST. PATRICK'S DAY LUNCHEON

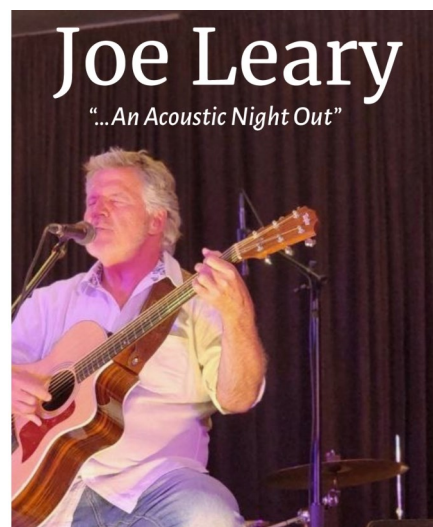
Save the date for our
traditional St. Patrick's Day luncheon! Joe Leary will
be performing for us!

When: Thursday, March 14, 2024 at 12:00PM

Cost: \$7.00

Sign up for this event will be in person on February
27, 2024 at 11:00AM

More information will be announced in the March
newsletter



FEBRUARY BIRTHDAYS

Pat Brennan	Carol Gingras-Sharpe	Al Minervini	Sobhana Oum	William Tucci
Josie Ciaccio	Lawman Johnson	Linda MacDonald	Tom Pazyra	Phyllis Taylor
Priscilla Cipriani	Cindy Jones	Sandra Minchello	June Plumer	Jeanette Valente
Pat D'Antonio	Mary Kiesinger	Walter Moran	Joseph Rolando	Karen West
Thomas DeLetter	Mary Kuchler	Joyce Miles	Gloria Szabo	Tom Walsh
Stephen Flynn	Barbara Kaveney	Ann McGibbon	Roslyn Santangelo	Dorothy Walsh
Rhoda Frango	Toni LaRivee	Joseph Maiella	Edward Sousa	Richard Wetzler

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!

CANDY RAFFLE CONGRATULATIONS TO CAROL SKILLING!

There were 44 candies in the jar and Carol guessed closest with 42! Make sure to stop by the front desk to enter our February candy raffle.

One lucky winner will be chosen on
Tuesday, February 20, 2024

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 5 hikes, 20 attendees and 1 more hike to go!

NO SEW QUILT

Check out the latest work from some of our No Sew Quilt participants for the January project. What lovely work!

Thank you to Nancy Sandreuter for instructing.



THANK YOU TO...



The Lowell Five recently gave a generous donation of \$5,000 to the Senior Center. We are extremely grateful and will share updates of the use in our next newsletter.



Rocco's Restaurant sponsored our New Years luncheon. The meal was fantastic. It was a great way to welcome 2024!



The Kiwanis Club sponsored a luncheon in January serving the very popular Harrows Chicken Pies. It was a great gathering.



Valerie Gingrich (*Planning & Conservation Director*) and Jayne Wierzbicki (*Planner/Economic Development Coordinator*) had a great discussion with the Men's Group regarding Section 3A MBTA Communities Zoning.

THE CIRCUIT BREAKER TAX CREDIT FOR 2023

Certain seniors who own or rent residential property in Massachusetts, as their principal residence, are eligible for a refundable tax credit. As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2023 is \$2,590. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

WHO IS ELIGIBLE:

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by December 31 of the tax year.
- You must file a [Schedule CB](#) with your Massachusetts personal income tax return.
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2023, your total Massachusetts income doesn't exceed:
 - \$69,000 for a single individual who is not the head of a household.
 - \$86,000 for a head of household.
 - \$103,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.
- The assessed valuation of the homeowner's personal residence as of January 1, 2023, before residential exemptions but after abatements, cannot exceed \$1,025,000.



HOW TO APPLY:

Full-year resident taxpayers who have previously filed a Massachusetts return are eligible to file an income tax return and apply for the Senior Circuit Breaker Tax credit on [MassTaxConnect](#) for free. If you're eligible, complete [Schedule CB](#) with your Massachusetts state income tax return and either submit with MassTaxConnect or by mail.

NEW SENIOR CENTER UPDATE

Here's what has been happening on the project since our January Newsletter:

The Senior Center Building Committee met on January 3 at the Town Hall. Our OPM brought the Committee up to date on the site work. A decision was made regarding the cost and the off-site disposal of the large boulders that were removed during excavation. The OPM reported that the foundation work was completed.

The OPM reported that the underground utilities within the building footprint are expected to be completed by the end of January. The project remains on schedule.

A sub-committee, consisting of Terri Marciello, Lilia Maselli and Diane Allan, was named to begin evaluating the furniture and equipment that will be incorporated into the project.

The next meeting of the Committee is scheduled for Wednesday, February 7, 2024 at the Town Hall.



FEBRUARY 2024

SUN	MON	TUES	WEDS	THUR	FRI	SAT
				1 • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • SIGN UP VALENTINE'S LUNCHEON 10:00AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	2 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	3
4	5 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	6 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	7 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	8 • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	9 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM	10 BRIDGING GENERATIONS 10:00AM
11	12 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	13 • SIGN UP COCOA & CONSERVATION • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	14 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • VALENTINE'S LUNCHEON 12:30PM • CARDS & GAMES 1:00PM • POKER 1:00PM	15 • HIKING GROUP 9:00AM • GENTLE YOGA 9:00AM • ART 9:45AM • FINEGOLD OFFICE HOURS 10:00AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • COMMISSIONER'S MEETING 1:30PM	16 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	17
18	19 CENTER CLOSED: PRESIDENT'S DAY	20 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM • CANDY RAFFLE	21 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	22 • 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	23 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CORNHOLE 2:00PM	24
25	26 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • CAREGIVERS SUPPORT 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • BOOK CLUB 1:30PM	27 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • SIGN UP ST. PATRICK'S DAY LUNCHEON 11:00AM • FUNCTIONALLY FIT 2:00PM	28 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • COCOA & CONSERVATION 1:00PM	29 • 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		



TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
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WILMINGTON, MA
PERMIT NO 10

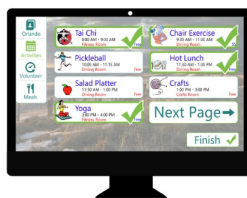
my seniorcenter™



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.



INCLEMENT WEATHER POLICY

The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also cancelled for the day. No home delivered meals are served and transportation is cancelled. The center will remain open for emergencies.

Please note that you may receive automated calls from the Senior Center that may appear as coming from Belmont, MA. These are not spam calls and will be recordings with important center information and updates. They may be voice recorded calls or automated calls. Feel free to call with any questions or concerns.



CALL THE CENTER IF YOU NEED...

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