



# THE BUZZELL BUZZ

## JULY 2018

### THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887

DIRECTOR: TERRI MARCIELLO

EMAIL: [TMARCIELLO@WILMINGTONMA.GOV](mailto:TMARCIELLO@WILMINGTONMA.GOV)

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



**MONDAY THRU FRIDAY—9:00AM-4:30PM**

#### Happy Summer



HiToon.com #1408230



Summer is finally here! As we head into the summer months with the heat and sun, we hope everyone can keep cool! Remember the best way to “beat the heat” is to drink large amounts of water. The key to staying hydrated is to drink plenty of water. But sometimes that is easier said than done. When you’re thirsty, your body is already dehydrated. So it’s important to drink water regularly even if you don’t feel particularly thirsty. Keeping a glass of water with you at home and carrying a water bottle when you travel are good reminders to replenish your fluids regularly. Looking for some variety? You can also make a large pitcher of sugar-free iced tea to keep in your fridge for a refreshing – and hydrating – drink. Or try a refreshing sugar-free popsicle to get additional liquids. Staying hydrated isn’t just about drinking a lot of water. There are a number of other precautions you can take to avoid dehydration during the summer. Stay inside when possible, especially during the hottest part of the day, and try to stay in the shade while spending time outside.

Another way to keep cool is to come to the Buzzell Senior Center to have a refreshing drink with your peers and enjoy the air conditioning. Enclosed you will find fun events and programs. One example of this is on Thursday, July, 19, 2018, we will be having our second “Game Night”. 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. Cost is \$3.00 per person.

Lastly, we are having a spaghetti and meatball dinner on Thursday, July 26, 2018 we will be having a spaghetti and meatball dinner to support and honor the opening of “The Wall” that will be at the Wilmington Common—July 26, 2018 through July 30, 2018. The cost of this dinner is \$6.00 per person. Sign up is Starting Tuesday, July 10, 2018.

#### Protect Yourself from Fraud

When scammers pretend to be technical support who have detected viruses or other malware on your computer—be very cautious. They may try to convince you to buy fake security software, giving them access to your credit card number, **Don’t give out financial information on an unsolicited call.**

#### 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. Please be attentive to the appropriate parking spaces—Thank you!



## **Summer Schedule**



### **Line Dancing Class**

Line Dance classes will run  
6 weeks at a time.  
Wednesdays, July 18— August 29, 2018 at 1:00 p.m.  
**(No Classes on August 15 and 22)**

### **ZUMBA**

No Classes in July  
Tuesday, August 21 to October 9, 2018 at 9:00 a.m.

### **GENTLE YOGA**

No Classes in July  
Tuesday, August 21 to October 9, 2018 at 2:30 p.m.

### **Join the Walking Group**

Do you enjoy meeting new people? Enjoy walking? You'll love our weekly Walking Group! This group meets every Tuesday and Thursday at 8:00 a.m. at Yentile Farm Park. This is such a great way to start your morning and have the chance to meet an awesome group of people!

Please sign up at the Buzzell Senior Center.

Meet us at Yentile Farm Park and make sure you bring your water bottles.



## **Save the Date**

**Thursday, September 13, 2018**

**Kimball's Farm Luncheon Even**

Sign up : Wednesday, July 25, 2018 at 10:00AM

**Thursday, September 27, 2018**

**Isabella**—Live Performance by Delevna Theater Group at the Center

Sign up on Thursday, September 6, 2018

**Sunday, September 9, 2018**

Go4Fun Grandparents Day Celebration at Yentile Farm

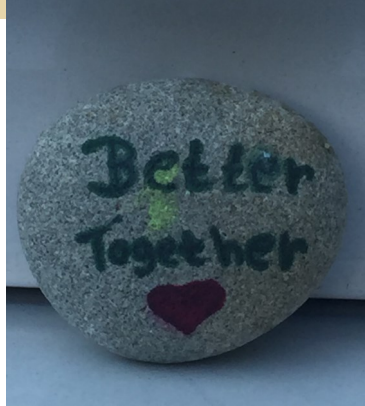
**Wednesday, October 3, 2018**

**Charles River Tour/Cheesecake Factory**

Sign up—Tuesday, September 11, 2018









## JULY BIRTHDAYS



Rita Capuano  
Carol Dwyer  
Carol Marino  
Audrey Reed  
MarLou Sims  
Louise Redgate

Joan Danciewicz  
Marge Lamkin  
James Moran  
Audrey Riddle  
Marguerite Smith  
Richard Miano

*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

Paz Mendoza  
Peggy Kane  
Pat & Dick Boulton  
Jim Durkee  
Laura Cairra  
Michele Nortonen  
Al Hale

### IN LOVING MEMORY

We express sympathy for the  
loss of our friends



Grace Bovitz  
Domenic Danieli, Sr.  
Elna McFadden-Santini

### Caregivers Support Group

Caregivers support group will  
meet on

Monday, July 16, 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, July 23, 2018  
at 1:00 p.m.

The July book will be "Digging to America" by  
Anne Tyler

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



### "Moving Wall" at the Wilmington Common

The "Moving Wall" is a 3/5 scale of the Vietnam Memorial in Washington DC, it stands six feet tall at the center and covers almost 300 feet from end to end. This Traveling Memorial stands as a reminder of the great sacrifices made during the Vietnam War. It was made for the purpose of helping heal and rekindle friendships and to allow people the opportunity to visit loved ones in their home town who otherwise may not be able to make the trip to Washington.

It will be visiting the Town of Wilmington from Thursday, July 26, 2018 through Monday, July, 30, 2018, through the dedication of Lou Cimaglia, our Veterans Agent, and his staff.

You can visit the wall at anytime during the above dates and there will be a ceremony each night at 7:00PM.







## Kimball's Farm

**Back by Popular Demand**

**Thursday, September 13, 2018**



We will be going to Kimball's Farm in Westford Ma for a day of FUN! On this fantastic day we will have transportation from the center to arrive for a delicious BBQ that includes Grilled Chicken, Sirloin Burgers, Veggie Burgers, 1/4 Hot Dogs, Grill Cheese, Grilled Veggie Skewers, Potato Salad, Corn on the Cob and Watermelon. You will then be able to walk around and enjoy the many activities at Kimball's and lastly be able to enjoy their Legendary Ice Cream Buffett. So make sure you bring your appetite and your sense of adventure. Sign up for this event will be on Wednesday, July 25, 2018 at 10:00AM. The cost of this event will be \$25.00 per person. Don't miss out!

## Gloucester Lobster Cruise

**Back by Popular Demand!**

**August 1, 2018**

**\$60.00/ticket (non-resident \$89.00/ticket)**

**Sign up Tuesday, June 12, 2018 at 10:00AM**



You will board the new and luxurious Beauport Princess Cruise Ship for a tour through Gloucester Harbor, followed by a delicious "New England Clam Bake". You will then travel to Salem to view displays of Maritime History of the area.

## **" FUN DAY "**

**FOOD—GAMES—PRIZES**

**Wednesday, August 22, 2018**

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



**Summer  
Fun Day!**

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.** where participants can "bid" on a number of prizes—at the auction.

Don't miss out on this day of fun. Space is limited. Sign up will be on Monday, July 9, 2018



## Summer Camp—Brain Gains

We are extremely fortunate to have Amy DeFrancesco, a student working towards her masters in Occupational Therapy at Bay Path University, who will bring a 5 session program that will not only stimulate our brains but have lots of fun doing it. She graduated from Tewksbury Memorial High School in 2012 and then went to Worcester State University and received her Bachelor's degree in Psychology in 2016. She began her Master of Occupational Therapy program at Bay Path University in 2017.

We will be meeting on

Thursday, July 12, 2018 at 1:00PM

Tuesday, July 17, 2018 at 1:00PM

Thursday, July 19, 2018 at 1:00PM

Tuesday, July 24, 2018 at 1:00PM

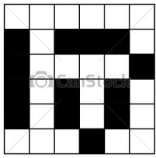
Thursday, July 26, 2018 at 1:00PM

Each session will be approximately 1 hour long. You do not have to be at each session in order to participate.

Some of the activities will be —Jenga, Name That Tune, Jeopardy and giant crossword puzzles just to mention a few. We will also make stress balls and utilize adult coloring books. Amy hopes to incorporate meditation and deep breathing in dealing with our everyday stresses.

The goal is to allow everyone the opportunity to discuss how we cope with current stressors in our lives, but most importantly having fun doing it! Amy is extremely enthusiastic and is looking forward to meet everyone.

Space is limited—sign up starts Thursday, July 5, 2018



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## **Bocce Is Back!!**

**The court is cleaned up and ready for a summer of fun! Grab your sneakers and a friend and make some teams and have a blast.**

**The balls and scoreboard are at the front desk.**



## **JULY 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. Big "Talker"
2. Part of the "Charlestown Crew"
3. Extremely Active




**GOOD LUCK!**





# July 2018



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling	3 8:00AM Walking Group 9:00AM Computer Class 10:30AM Aerobics 1:00PM Tai Chi 1:00PMm Mah Jongg	4 <b>CENTER IS CLOSED</b> 	5 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	6 10:00AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	7
8	9 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling  <b>Sign-up for Fun Day</b>	10 8:00AM Walking Group 9:00AM Computer Class 10:30AM Aerobics 1:00PM Tai Chi 1:00PMm Mah Jongg  Sign up for July 26th Dinner	11 <b>All classes are cancelled for the day</b> <b>ANNUAL COOK-OUT</b> 	12 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 2:30PM Sing —a-long 1:00PM Summer Camp— Brain Camp	13 10:00 AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	14  Fun Sing- ers At Woodbri- ar and Windsor Place
15	16 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 10:30AM Caregivers Group	17 8:00AM Walking Group 9:00AM Computer Class 10:30AM Aerobics 1:00PMm Mah Jongg 1:00PM Summer Camp—Brain Camp	18 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:30 PM Cards 1:00PM Line Dancing 3:00 PM Fun Singers performing off-site	19 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 1:30PM Commissioner's Mtg. 1:00PM Summer Camp— Brain Camp	20 10:00AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	21 
22	23 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00PM Book Club	24 8:00AM Walking Group 9:00AM Computer Class 10:30AM Aerobics 1:00PMm Mah Jongg 1:00PM Summer Camp—Brain Camp	25 9:45 AM SBF Exer. 11AM Special Exer. 1:30 PM Cards 1:00 PM Line Dancing 3:00PM Fun Singers  10:00 Sign up Kimball's Farm	26 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 1:00PM Summer Camp— Brain Camp <b>Opening Day of Moving Wall</b>	27 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	28
29	30 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling	31 8:00AM Walking Group 9:00AM Computer Class 10:30AM Aerobics 1:00PMm Mah Jongg				



**"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.