



# **THE BUZZELL BUZZ**

## **JULY 2019**

### **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 Independence Day**

We hope this newsletter finds everyone in good health and ready to start the summer. 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 even when you are not thirsty. While water is the best choice for refueling, any non-alcoholic, decaffeinated beverage such as lemonade can prevent dehydration and heat stress.



This month the Department of Elderly Services is excited to share that we will be having our floors re-done in the large room. This will take place on the week of July 15, 2019. We will be unable to have programs or activities during this week in the building. We will have the walking Group at Yentile Park, Art Class at 4th of July Building and Keep Fit Forever at the Gym continue due to the programs being offsite. During that week, the office will be open. We will provide transportation and you can drop by if you need to meet with staff. Most importantly, we are having our Annual Cookout on Thursday, July 11, 2019 - before all the action begins.



With the summer heat of July we will be having two ice cream events, a fun informational from Reading Municipal Light Department, “How We Can Cut Back” on Wednesday July 24, 2019 at 1:00PM. We will be serving Richardson’s Ice Cream with all the fixings immediately following. Cost \$2.00 per person. Sign up at front desk.

On Wednesday, July 31, 2019 at 1:00PM , we will be having a friendly visit from Nick’s Ice Cream Truck as part of the premier of “Wilmington Remembers” - a productions made by WCTV, that several of you were involved with last year. So come on down and see the “Stars” of Wilmington.

Please make sure you read through the newsletter to make sure you do not miss out on any schedule changes.

#### **CONGRATULATIONS**

We are very happy to announce that Zachary Dancewicz received the Department of Elderly Services High School Scholarship this year. We wish him the very best in his future endeavors and so happy that we got to meet him through his Eagle Scout Project.



*Congratulations!*



*Congratulations!*



## JULY BIRTHDAYS



Joe Candelino	Rita Capuano	Joan Dancewicz
Carol Dwyer	Christine Ford	Barbara Gillespie
Marge Lamkin	Carol Marino	Joanne Martinos
Audrey Reed	Audrey Riddle	Richard Miano
Louise Redgate	George Taylor	Judy Tully
		Mary Lou Sims

*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**



**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**



### Reminder

### ANNUAL COOK-OUT

**Thursday, July 11, 2019 at 12:00 p.m.**



### The Buzz Book Club

We will be meeting on Monday, July 22nd  
at 1:00 p.m.

The book club selection for July is

“She would be King” by Wayetu Moore

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



### Bocce Is Back!!

**The court is 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  
located in the hallway by kitchen.**

### Medicare Scam Alert

It has come to our attention that there several  
people in our community that have been receiv-  
ing calls stating it is extremely important to con-  
firm your personal information in order to con-  
tinue your health insurance coverage.

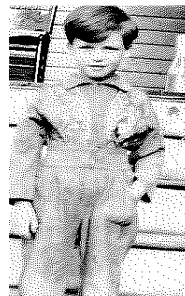
Medicare or Medicaid would **never randomly**  
call you personally to make sure their infor-  
mation is correct.

**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.

### GUESS WHO?

This is the baby picture of someone who comes to  
the Center! Take a close look and place your an-  
swer in the container located on the front coun-  
ter or call the center with your answer.

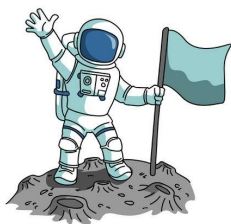


#### Clues:

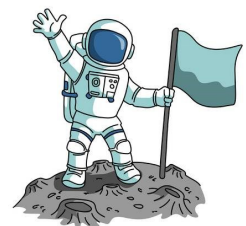
1. “Sweet” Guy in more than  
one way
2. Lives in Tewksbury
3. Still has a full head of hair

We will choose one winner  
who will receive a prize!

**GOOD LUCK !**



**The 60s, Moon Memories, and More  
Tuesday, July 9, 2019  
9 am-1 pm  
Buzzell Senior Center**



The 60s shout beehive hairdos, bell bottom pants, granny glasses, and more. It was the era of JFK and the race to the moon, Vietnam, and civil rights. Do you have memories or personal photos you would like to share of this decade? Do you have memories of the moon landing? If so, stop by the Buzzell Senior Center from 9am to 1 pm and share them!

WCTV will do the recording (oral recording if you prefer not to be videotaped); photos will be scanned on site and returned. Help us capture the spirit of the 60s!

**Sign up at front desk**



### Fun Trips

#### Newport Rail Excursion and Luncheon

\$70.00 Wilmington Residents

Thursday, August 22, 2019

Motor Coach Transportation

(\$89.00 non-residents) Sign-up on June 26th

#### 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



### Game Night

Due to the work being done at the center on the week of July 15, 2019

Game Night will be on Thursday, July 25, 2019 from 4:30PM—7:00PM



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

Space is limited

Sign up at front desk Cost \$3.00 per person



### Exercise Schedule

#### Gentle Yoga and Tai Chi

Classes the first 2 weeks in July

#### New Session:

Tuesday, August 20—October 9, 2019

2:30 p.m.



### Zumba

And

#### Line Dancing

will start back on

The week of

August 19, 2019

*Enjoy your summer*



**\*\*\*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



Peggy Kane

**GET WELL WISHES**

Ed Smith  
Jack Cushing



**Memory Café “Our Moment Café”**

**Wednesday, July 17, 2019**

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

**4th of July Building**



socialize, participate

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



**Caregiver's Group**

**This months group will meet on Monday, July 22, 2019 due to work on building.**

**At 10:30 a.m.**



**Summer  
Fun Day!**

Save the Date for **“FUN DAY “**

**FOOD—GAMES—PRIZES**

**Wednesday, August 28, 2019**

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



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.



More information to come—Sign up day August 5, 2019





# *Fox Tours Colorfully Presents!* ***The Vermont Country Store***

*<<< Featuring >>>*

*The Vermont Country Store,  
The Grafton Village Cheese Company,  
& Delicious Luncheon*

**Wednesday, October 9, 2019**

*8:00 AM Depart this morning on your luxury Silver Fox Coach. Enjoy the byways of New England as you head west today. New Englanders have favorite places to visit, and on today's tour you'll experience some of Vermont's best! You'll first make your way to Brattleboro, Vermont, and The Grafton Village Cheese Store. Purveyors of the tastiest cheeses you'll ever enjoy, The Grafton Cheese*

*Store is known for its world class cheddar cheese. Now you'll know what all those Vermont cows are used for! You'll then enjoy a delicious Luncheon at the New England House Restaurant in Brattleboro, Vermont. Your entrée choices are: Pan Seared Salmon and Maple Apple Pork Loin. Yum! A Green Salad, Dessert and Beverage are also included. Next you'll visit the Vermont Country Store in Rockingham, VT, stocked with thousands of practical and intriguing necessities for family leaving. With countless antiques and oddities from floor to rafters, you'll find everything from granny forks to cold weather socks. As you stroll through the store you may well be tempted to sample a crisp, juicy apple, some zesty cheese or delicious fudge. You'll make your way back home at 6:00 PM after a delightful day experiencing a delightful trip to Vermont, "The Green Mountain State".*

**Sign-up Wednesday, August 14, 2019**

**Cost: \$55.00     Wilmington Residents**

**Tour Cost: \$79.00 Per Person**

**Tour Dates: Wednesday, October 9,**

*Select Entrée: ☐ Pan Seared Salmon    ☐ Maple Apple Pork Loin*

**Tour Includes:** *Vermont Country Store Visit, Delicious Luncheon,  
The Grafton Village Cheese Shop, Luxury Silver Motor Coach*




**Please Contact:** *Fox Tours @ 800.342.5998*

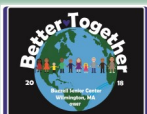
**<>Experience The Green Mountain State!<>**



# JULY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling	<b>2</b> 8:00AM Walking Group 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	<b>3</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers	<b>4</b> <b>Center is Closed</b> 	<b>5</b> 10:00AM Keep Fit Forever 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>6</b>
<b>7</b>	<b>8</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling	<b>9</b> 8:00AM Walking Group 9:00AM 60's Memories 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	<b>10</b> 9:30AM Beading Group 9:30AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers	<b>11</b> <b>8:00AM Walking Group</b> <b>All classes cancelled</b> 	<b>12</b> 10:00AM Keep Fit Forever 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>13</b> Fun Singers performing at Woodbriar & Windsor Place
<b>14</b>	<b>15</b> <b>All Activities at the Center are cancelled</b>	<b>16</b> 8:00AM Walking Group (Yentile Farm) <b>All Activities at the Center are cancelled</b>	<b>17</b> 3:00PM Fun Singers performing at Care One <b>All Activities at the Center are cancelled</b>	<b>18</b> 8:00AM Walking Group (Yentile Farm) 10:00AM Acrylic Painting (4th of July Bldg) <b>All Activities at the Center are cancelled</b>	<b>19</b> 10:00AM Keep Fit Forever (offsite) <b>All Activities at the Center are cancelled</b>	<b>20</b>
<b>21</b>	<b>22</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Book Club	<b>23</b> 8:00AM Walking Group 10:30AM Aerobics 1:00PM Mah Jongg	<b>24</b> 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers 1:00PM Reading Light Ice Cream Social	<b>25</b> 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1:00PM Ceramics <b>4:30PM Game Night</b>	<b>26</b> 10:00AM Sewing 10:00AM Keep Fit Forever 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	<b>27</b>
<b>28</b>	<b>29</b> 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling Tournament	<b>30</b> 8:00AM Walking Group 10:30AM Aerobics 1:00PM Mah Jongg	<b>31</b> 9:45 AM SBF Exercise 11AM Special Exercise 1:30PM Cards 3:00PM Fun Singers 1:00PM Ice Cream Truck			



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