

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

JULY 2023

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

Staff Contact Information

Director:

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Van Driver:

Sonja Halliday

NEWS & UPDATES

Happy summer! Jim Munsey helped the center kick off summer by stopping by to perform his magic show. We would like to thank Jim for extending our belief in magic. It was a great way to celebrate the first day of summer. Jim is truly phenomenal in his craft.

With summer officially here, it's important to remember to stay hydrated. Also, if you are in need of a fan please do not hesitate to ask! Just call the center at 978-657-7595, we have fans available if needed.

Please note that there will be no line dancing instructor for the months of July and August; Sam will return after Labor Day. However, the class has decided to continue to meet to dance at the same scheduled time at the center on Thursdays.

This month, we have our annual cookout, game night, movie day and more! Also, on page 3 there are some important save the dates for future months that you will want to mark on your calendar.

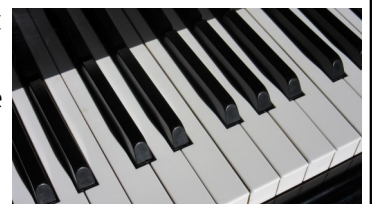
Thank you to everyone who participated in "Who are they?" the wedding photo game. Find out who won this game and also who won the candy raffle on page 4.

Esther's garden is coming along! Tomatoes, cucumbers, and flowers are all off to a great start. Esther has a unique gardening technique of planting in bales of straw instead of the in the ground or in pots of soil. Esther's garden is right outside the center. Make sure you stop by and take a look.

Lots of exciting decisions are being made regarding our new senior center. Make sure you stay up to date on all the happenings of the new senior center by reading a quick update on page 6.

PIANO LESSONS FOR STUDENT

We have a unique request. A 12 year old Wilmington student would love the opportunity to continue to practice piano during the summer months. If you have a piano in your home and would be interested in teaching this young student, please contact the center for more information.



Please note that the center will be open on Monday, July 3, 2023 for all normally scheduled classes/events.

The center will be closed on Tuesday, July 4, 2023 in observation of the Fourth of July.

There will also be no home delivered meals on Tuesday, July 4, 2023.

ANNUAL COOKOUT

Join us for a day of fun and food! Joe Leary Entertainment will be here to play some songs for us.

When: Wednesday, July 12, 2023

At 12:00PM

Mastrorilli's will be catering this event

Cost: \$7.00

Sign up will begin on
Thursday, July 6, 2023 at 10:00AM.



FREEZE POP DAY

National freeze pop day is Saturday, July 8, 2023.



In celebration of this, stop by the center **any time on Thursday, July 6, 2023** for a cool treat!

MONTHLY BIRTHDAY CELEBRATION

When: Tuesday, July 25, 2023 at 11:30AM

The monthly birthday celebration will be the 4th Tuesday of every month. Come join the party. There will be cake and lots of laughs. Anyone is welcome to come, whether its your birthday month or you would just like to help others celebrate theirs!



Call the center to sign up.

GAME NIGHT

When: Thursday, July 27, 2023
from 4:30PM-7:00PM

Cost: \$5.00



Join us for a light dinner, dessert, and evening full of fun! ***Sign up for this event will be in person beginning Monday, July 10, 2023 at 10:00AM***

This month, Game Night is on the last Thursday of the month.

Mark your calendar for future Game Night dates:
Thursday, August 17, 2023 &
Thursday, September 21, 2023.

POWERFUL TOOLS FOR THE CAREGIVER

The Department of Elder Services is sponsoring "Powerful Tools for the Caregiver" presented by Minuteman Senior Services. By taking care of your own health and well-being you become a better caregiver. This **six week course** is designed to build the skills caregivers need to take better care of themselves while caring for a loved one.

Powerful Tools for the Caregiver will help you reduce stress, improve self-confidence, balance your life effectively, communicate in challenging situations, increase ability to make tough decisions and locate helpful resources. **Program will be held on Tuesday, October 3, 10, 17, 24 and November, 7 & 14, 2023. This class is held from 1:00-2:30PM. (No class on October 31, 2023)**

Space is limited, please call the center to sign up.



CAREGIVERS SUPPORT GROUP

This month our Caregivers Support group will be on
Monday, July 24, 2023 at 10:30AM



The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us.

JULY BIRTHDAYS

Charles Biondo	Joan Dancewicz	Ruth Gronemeyer	Chuck Osgood	Debbie Smith
Ann Bonarrigo	Gail Dickson	Dolly Junek	Emily Pastore	Elaine Sousa
Joyce Brown	Carol Dwyer	Joseph McCarthy	Louise Redgate	George Taylor
Joseph Candelino	Shirley Estrella	Alfred Meuse	Audrey Reed	Priscilla Ward
Rita Capuano	Christine Ford	Richard Miano	Glenna Sandberg	Donna Wayman
Helen Carta	Barbara Gillespie	Cecilia Miller	Mary Lou Sims	Carolyn Zaya

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!

SAVE THESE DATES!



Make your own sundae day:

When: Wednesday, August 9, 2023 at 1:00PM

Sign up for this event will be on Monday, July 24, 2023 at 10:00AM (This event costs \$2.00)



Rootbeer Float Day:

When: Wednesday, August 23, 2023 at 1:00PM

Sign up for this event will be on Wednesday, July 26, 2023 at 10:00AM

"Coffee and Conversation: Right size Your Life by Downsizing Your Stuff"

When: On Wednesday, September 13, 2023, at 1:00PM

The Department of Elder Services will be holding several programs during the month. Dovetail Companies will be presenting "Coffee and Conversation: Right size Your Life by Downsizing Your Stuff." Dovetail Companies is located right here in Wilmington and was founded to help manage the complex steps needed to ensure a smooth transition to a new living situation. During this presentation, several strategies will be discussed to help with downsizing our "stuff". Light refreshments will be served, call the center to sign up.

Panel Discussion about Services in the Community:

When: Tuesday, September 19, 2023 at 6:00PM

As we get older, some may experience health issues that affect our ability to safely maintain our homes. The Department of Elderly Services will be sponsoring a panel discussion to help answer some of these concerns. Kelly Magee-Wright, from Minuteman Senior Services, Maryann Barry from Visiting Nurse and Community Care and Sylvia Clark from Benchmark Assisted Living will discuss ways their prospective agencies may be of help. Light refreshments will be served, call the center to sign up.

Five Wishes

When: Wednesday, September 27, 2023 at 1:30PM

One of the most difficult conversations to have is about end of life decisions. 5 Wishes is a document combining a Living Will, Health Care Proxy and Power of Attorney in addition to addressing matters of comfort and spirituality. Dr. Susan Carrachino, a Wilmington resident for over 30 years and a registered nurse for the past 28 years, as well a current full time Associate Professor for Mass College of Pharmacy Health Science. Dr Carrachino has led numerous discussions on the benefits of 5 Wishes and brings her experience and insight to explain the importance of this document. Light refreshments will be served, call the center to sign up.

CANDY RAFFLE
CONGRATULATIONS TO
DAVID COUTURE

There were 139 Bullseyes in the jar. David guessed closest with 137.

Make sure to stop by the front desk to enter our July candy raffle.



One lucky winner will be chosen on
Monday, July 17, 2023

WHO ARE THEY?

CONGRATULATIONS TO PAULETTE MANGANO

Paulette had 11 correct answers.

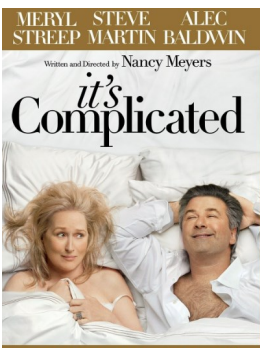
Tied for second place with 8 correct answers is Tommie Carlson and Karen Mullens. Thank you to everyone who gave us their wedding photo to display and to those who played the game!



Make sure to check out the "Who Are They?" game board in the large function room as the correct answers are now displayed under each photo.

MOVIE DAY

Join us on Wednesday, July 26, 2023 at 1:00PM



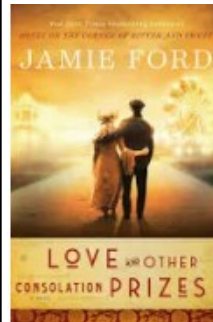
It's Complicated (2009) comedy, drama, romance.

When attending their son's college graduation, a couple reignite the spark in their relationship. But the complicated fact is they're divorced and he's remarried.

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, July 24, 2023

This month's book is
Love and Other Consolation Prizes

By: Jamie Ford (2017)

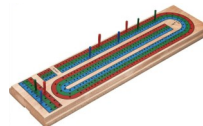
REGULARLY SCHEDULED CLASSES

WII BOWLING



Mondays at 11:30AM
Wii Bowling is led by Gene Leary

CRIBBAGE



Mondays at 1:00PM
This group is led by Jack Cushing.
Feel free to bring your own board.

BEADING GROUP



Tuesdays at 10:30AM
The beading group is led by Robin Theodos.

BLOOD PRESSURE CLINIC



Wednesdays at 9:00AM
with our Town Nurse
Jennifer Pereira.

INDOOR SENIOR CORNHOLE

When: Friday, July 28, 2023 at 2:00PM
(4th Friday of the month)



Indoor cornhole is led by Audrey Reed



BINGO

Join us for Bingo! Bingo is on the first and third Wednesday of the month. No need to sign up, just stop by!

Wednesday, July 5, 2023 at 1:00PM

Wednesday, July 19, 2023 at 1:00PM

Please be sure to bring small bills, preferably 1's or 5's to play

WOOD CARVING

The New England Woodcarvers (NEWC) are happy to offer a woodcarving class at the Wilmington senior center. Class are every other Friday between 10:00AM and noon and is limited to 8 people. The class is free with the exception of the wood. The wood may cost anywhere between \$1 to \$5 dollars depending on the project. Anyone signing up for the class is encouraged to bring their own carving knife.



The instructor is Darren Boehm who is a resident of Wilmington and a member of the New England Woodcarvers. Darren dabbles in various types of woodcarving from chip carving, spoon carving, caricature carvings and even chainsaw carvings. He is assisted by Mike Quigley who is a certified mountain man and an expert bush crafter. He enjoys carving knife handles, gun stocks, & green wood.

This month, we will be carving candies and making them into Christmas ornaments. It is never too early to start carving Christmas ornaments. Classes will be held on Friday, July 7, 2023 & Friday, July 21, 2023 at 10:00AM Please call the center to sign up.

HIKING GROUP

The Wilmington senior center hiking group walks every Tuesday. We walk in favorable weather but also in other conditions such as mist or fog. These hikes are in both local and adjacent towns. Our walks are 1 to 2 hours long depending on the weather and the mood of the walkers. Walks are led by Arnie with Rick as a co-leader.

These walks provide exercise and are also a great learning experience. Walking outside helps us to better understand nature. Both Arnie and Rick are very knowledgeable and point out many interesting things during the walk. Better weather increases attendance. This past May we had 25 walkers! Our goal is to safely get outdoor exercise all while meeting other seniors.

People have inquired about faster and longer walks. We would like to add a second weekly 9AM walk on a Thursday or Friday but need to have at least one or two more seniors that can walk 2 to 3 times a month.

If you are interested in joining our walks, please be sure you are registered at the senior center first. After registering, you may email Arnie at alp4982@gmail.com Please put "WWWW" in the subject line, to be added to the scheduled walks email list. Info will be provided at that time.



NEW SENIOR CENTER UPDATE

Here's what has been happening since our last Update in the June Newsletter

- The Senior Center Building Committee met on Wednesday, June 14, 2023, at the Town Hall. The focus of the meeting was on the interior design features. There was a detailed discussion on the kitchen design with the architect and the kitchen consultant. The kitchen will be a full service kitchen with the ability to serve 200 meals. It is designed for reusable dishware with a dedicated dish room. It will have a walk-in refrigerator and freezer. It also has a meal staging area, a prep area and a food storage area. The cooking area has a griddle, 6 burner range, convection oven and steamer.
- The Wednesday, June 14, 2023, meeting also had a discussion of the interior design for all the other rooms. For each of the rooms, various options were reviewed for flooring, walls and lighting. The flooring will consist of carpet, luxury vinyl tile, ceramic tile and epoxy depending on the intended use of the room. Wall finishes include wainscoting, acrylic panels and painting. Various lighting fixtures were discussed, again based on intended use of the room. The use of various acoustic materials was also discussed. The Committee was pleased with interior design concepts presented.
- On June 15 at the Elderly Services Commission Meeting, Director Terri Marciello reviewed the presentation provided by the architect at the previous night's Building Committee meeting.
- The date of the next Committee meeting has not been set but will be posted on the town's website at: www.wilmingtonma.gov/calendar.

The project team is working to make our new Senior Center a welcoming place for all Wilmington seniors. We are excited by the progress of the project and we are looking forward to a Fall Groundbreaking. This Senior Center will have a positive impact on our community and will be something we all can be proud of.



JULY 2023

SUN	MON	TUES	WEDS	THUR	FRI	SAT
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2	3 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	4 ★ 4TH OF JULY CENTER CLOSED ★	5 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	6 • FREEZEPOP DAY (ALL DAY) • GENTLE YOGA 9:00AM • ART 9:45AM • SIGN UP COOK OUT 10:00AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	7 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	8
9	10 • TAI CHI: 9:00AM • SIGN UP GAME NIGHT 10:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	11 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	12 • BLOOD PRESSURE 9:00AM • ANNUAL COOKOUT 12:00PM • CARDS & GAMES 1:00PM • POKER 1:00PM	13 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM	14 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM	15
16	17 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • CANDY RAFFLE	18 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • FUNCTIONALLY FIT 2:00PM	19 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • BINGO 1:00PM	20 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • COMMISSIONERS MEETING 1:30PM	21 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	22
23	24 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • CAREGIVERS SUPPORT 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • BOOK CLUB 1:30PM	25 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • MONTHLY BIRTHDAY CELEBRATION 11:30AM • FUNCTIONALLY FIT 2:00PM	26 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • SIGN UP ICE CREAM SUNDAY 10:00AM • CARDS & GAMES 1:00PM • POKER 1:00PM • MOVIE DAY 1:00PM	27 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM • GAME NIGHT 4:30PM	28 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CORNHOLE 2:00PM	29
30	31 • TAI CHI: 9:00AM • SIGN UP ROOTBEER FLOAT DAY 10:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM					



TOWN OF WILMINGTON

CURRENT RESIDENT OR

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The Department of Elder Services is looking for Home Delivered Meal Drivers 1 morning per week, 2-3 hours. Perfect for a retiree looking to fill a few hours. Job sharing with a friend would be fine too! Drivers are paid a stipend and receive transportation mileage.

If you are interested or would like more information, please call the center at 978-657-7595

CALL THE CENTER IF YOU ARE IN NEED OF...

- Male or female incontinence products
 - Flushable wipes
 - Hearing aid batteries size 312
- Medical equipment such as walkers, wheelchairs, commodes, showers chairs, etc.
- Puzzles
- Books
- DVDs
- Puzzle books