



THE BUZZELL BUZZ **JULY—AUGUST 2017** **THE DEPARTMENT OF ELDERLY SERVICES**

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MONDAY THRU FRIDAY—9:00AM-4:30PM

Happy Summer

Summer is here! We hope this newsletter finds everyone in good health and ready to have fun. 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. While water is the best choice for refueling, any non-alcoholic, decaffeinated beverage such as lemonade can prevent dehydration and heat stress. If the temperature outside is rising, be certain you have access to even more water. It is crucial that you continue to drink even if you don’t feel thirsty. Most of us need about six eight-ounce glasses of non alcoholic, non caffeinated liquids daily. You can also include foods that are high in water content such as fruits and vegetables, soup and yogurt. Another way to keep hydrated is ice cream—come join us on **Thursday, August 3, 2017 at 1:00PM (details inside)**



This year we will continue to have our annual “Fan Drive” to donate fans to people in need during our hot summers. The past several summers have proven to be very warm and many of the past recipients of the fans were greatly appreciative. We are in the process of receiving donated fans, and if you should know anyone in need of a fan or an air conditioner please call the center at 978-657-7595.



We would like to give a special thank you to the many volunteers that made our Special Home Bound Meal such a success on Tuesday, June 27, 2017. We were able to deliver over 90 “Sunrise Kitchen” Lunch box meals to very happy recipients. This time we were able to have the assistance from our volunteers Mary D’Eon, Grace Mullens, Maureen Fiorenza, Marilyn West, Christine Murphy, Susan Bibber, Pat Spur, Joan Forestiere, Hazel Proto and Dot Getty. We thank everyone that made this all possible and wish a Happy 4th to all.



Hydration, fluid balance and chocolate tasting – Event–
on Thursday, July 20, 2017 at 1:00PM



Wilmington Massachusetts Memories Road Show

Saturday, September 30, 2017

10:00AM—3:00PM

Wilmington High School Cafeteria

Come find out more information at a meeting that will be held in August - more information to follow



Reminder

Gloucester Lobster Cruise

Tuesday, July 18, 2017

Be at the center for 9:30AM departure

Will return back to the center by 5:30PM



Reminder

Boston Museum of Fine Arts

Thursday, August 24, 2017

Departure at 9:00AM and will return at 5:30PM

Kayak with L.L.Bean is Back

LLBean has agreed to partnership with us to bring to the Senior Center a number of programs. The first will be "Summer Survival" that will be held on Thursday, July 13, 2017 at 1:00 PM. Come learn from the experts on keeping safe and sound during the summer months. Topics that will be covered include hydration, sun protections, tick protection and much more.

Our pilot program started last year and after a great response we decided to once again team up to bring Kayaking Back to the Senior Center. We will meet on four consecutive Thursday mornings from 10:30AM to Noon at Lake Quannapowitt beginning August 24, 2017. The knowledgeable staff at L.L. Bean will have you out on the water enjoying the beauty of the Lake, while at the same time learning some basic Kayaking skills. (Dates of this program—August 24, 2017 ; August 31, 2017; September 7, 2017 and September 14, 2017)

Cost is \$50.00 for the 4 week session.

Sign up is on Tuesday, August 1, 2017—space is limited.

Lastly, we are hoping to be able to provide "Fly Fishing " lessons.

If anyone is interested in this, please let us know.



Yoga

Come Back In August!!

On Wednesday, August 23, 2017 at 3:45PM- Joan will be back with her soothing and mediating form of yoga. This program not only helps strengthen your body but relaxes and calms your mind. This class will run for 6 weeks. Sign up August 1, 2017

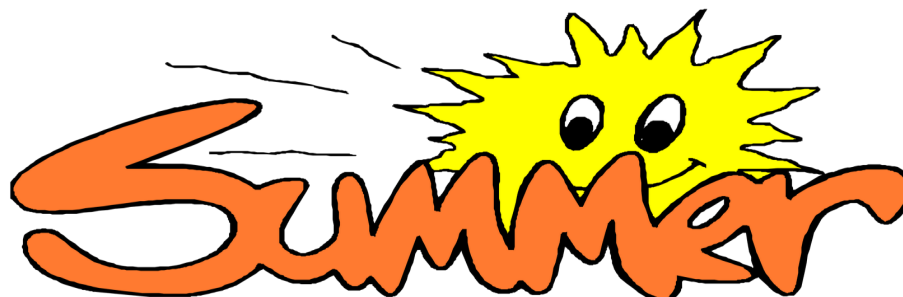


ZUMBA

Zumba will be back in September.

This class has certainly caused a lot of energy in the building. On Tuesday, September 12, 2017 at 9:00 AM—grab your sneakers and come enjoy our Zumba Class. This class will run for 6 weeks!

Sign up starting August 1, 2017



Bocce's Back!

Come enjoy a game of Bocce on Tuesdays and Thursdays
Anytime too!



Beat the Heat

Come and Enjoy an Annual tradition at the Center on
Thursday, August 3, 2017
At 1:00PM
Richard's Make Your Own
Sundae



Nothing says Summer like
ICE CREAM -

Sign up on Thursday, July 20, 2017

Upcoming Day Trips!

September 26, 2017

Cathedral of the Pines –

Cost \$50.00

Sign up Tuesday, August 8, 2017 10:00AM



Cooking for ONE

It's time to get cooking! Join Jon Riley, Director of Culinary Services at Atria Longmeadow Place, for a night of conversation, learning and most importantly tasting! Jon will share his tips on how to create his favorite fresh salads with a healthy twist. During his on-site cooking demonstration, you will learn that little tweaks to the way you prepare a salad, or the ingredients you use can make a big difference!

Jon looks forward to seeing you on August 21, 2017 at 4:00PM-5:00PM.

Sign up at front desk—space limited



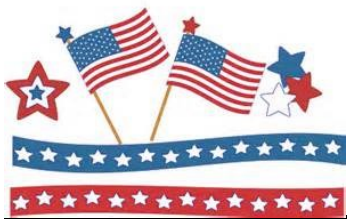
August Movie

“La La Land”

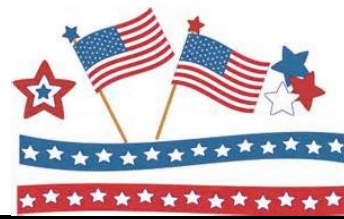
August 7, 2017 at 1:00PM

Starring Ryan Gosling and Academy Award Winner Emma Stone tells the story of Mia, an aspiring actress and Sebastian, a dedicated Jazz musician, struggling to make ends meet while pursuing their dreams.

Refreshments will be served.



July 2017



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	4 Center Closed 	5 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	6 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 Game Day	7 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	8
9	10 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	11 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling Sign up for Ice Cream Social	12 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing	13 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 Summer Survival with LLBean	14 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	15
16	17 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 10:30 Caregivers Group 1:00PM Great Taste Learn	18 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 11:30 Greet, Taste, Learn Part2 Gloucester Trip at Center for 9:00AM	19 Podiatrist 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	20 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 Hydration, & chocolate	21 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	22
23	24 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Great Taste Learn	25 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling 11:30 Greet, Taste, Learn Part2	26 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing Sign up FUN DAY !! 9:30AM Coffee Hour Welcome Staff	27 All Classes Cancelled ANNUAL COOKOUT	28 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00PM Bingo 1:00 Cards	29
30	31 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Great Taste Learn					



Coffee Hour

Welcome coffee for our newest staff members:
Senior Clerk—Paula Mirabella and Van Driver - Sonja Halliday.



Come and say hello and introduce yourself



Greet, Taste and Learn

Join Girl Scout , Elizabeth Murphy, as she brings to the Buzzell Senior Center, a wonderful unique program called “Greet, Taste and Learn”. This program will meet twice a week as Elizabeth brings the culture, language

and food from the following countries German, Ireland, and Mexico to us. We will meet on Monday’s where we will have a guest speaker and learn a bit of the language and on the Tuesday following we will have food from that country .

The following is the schedule:

(Germany) Monday, July 17, 2017 at 1:00PM Tuesday, July 18, 2017—11:30 AM tastings

(Ireland) Monday, July 24, 2017 at 1:00PM Tuesday, July 25, 2017 at 11:30AM tastings

(Mexico) Monday, July 31, 2017 at 1:00PM Tuesday, August 1, 2017 at 11:30AM tastings

This is a great opportunity to learn and have fun at the same time. Please sign up
At the front desk.

This event is great it goes with our theme : LIVE, LAUGH, LEARN!



Reminder: Caregivers Support Group

This group is held on the 3rd Monday of the month— Monday July 17, 2017 and August 21, 2017 from 10:30AM—noon. If you are caring for a loved one please feel free to join us. Also , if you are interested in learning more about the group feel free to call Laura Pickett, Case Manager at 978-657-7595.



Book Club

Our Buzz Book Club meets on Monday, July 31, 2017 and Monday August 28, 2017 at 1:00PM. It’s not too late to be part of this program. Summer is a great time to relax with a good book.

Live , Laugh Learn



AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling Sign up Zumba Yoga 11:30 Greet, Taste Learn	2 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	3 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00Knitting 1:00 Make Your Own Sundae	4 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	
6	7 9:300AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 Movie "La La Land"	8 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling Sign up for Cathedral of the Pines	9 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing	10 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 Game Day	11 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	
13	14 9:300AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise	15 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	16 Podiatrist FUN DAY 10:00AM to 3:00PM No Classes	17 9:00AM Walking Group 9:30AM Bocce 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 Game Day	18 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	
20	21 9:300AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 4:00PM Cooking for One	22 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii Bowling	23 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:45PM Yoga	24 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00 Knitting 1:00 Game Day	25 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:00 Cards	26
27	28 9:300AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Book Club	29 9:00AM Walking Group 9:30AM Bocce 10:30 AM Aerobics 1230PM Wii	30 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:45PM Yoga	31		



Are you Ready for Awesome FUN !

FUN DAY 2017

WEDNESDAY, AUGUST 16, 2017

10:00AM—3:00PM

The Original FUN DAY makes a return to the Senior Center—Come try your luck at horse racing, roulette, blackjack and L-R-C (left, right center).

We are also lucky to have the “Pizza Goddess” provide lunch for this great event . The cost will be \$5.00 per person. This will include her famous brick oven Pizza, Salad and drink, along with ice cream sandwiches for dessert.

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.

Then at 3:00 PM, an Auction will be held 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
Wednesday, July 26, 2017.



July and August Birthdays

*We can't help you blow out the candles
on your cake unless you tell us your
special day!*

July Birthdays

Marge Lamkin

Tony Marino

Audrey Reed

Laura Caira

Carol Marino

Mary Lou Sims

Carol Dwyer

August Birthdays

Robin Theodos

Roberta Battite

Jim Davey

Gordie Siteman

Warren MacDonald

Adele Passmore

Gail Protopapas

Marilyn West

Claire Carvalho



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
(Postponed until September)

TUESDAY

WALKING GROUP 9:00
AEROBICS 10:30
Wii BOWLING 1:00 PM

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY

WALKING GROUP 9:00
AEROBICS 10:30
ACRYLIC PAINTING 10:00
KNITTING/CROCHETING 11:00
CRIBBAGE/GAME DAY 1:00PM

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4pm

SPECIAL PROGRAMS

PODIATRIST

3RD 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
3rd 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.