



THE BUZZELL BUZZ JUNE 2017

THE DEPARTMENT OF ELDERLY SERVICES

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Terri's Notes

June has finally arrived—and summer will be officially here on June 21, 2017!!

This month's newsletter you will find fun events, informative seminars and exercise brought back just for you. We also will be having a surprise activity on June 21, 2017 to welcome the start of the summer season. (No Hints Allowed).

We also have a new and exciting on day program - Ukulele Class, yes you read it correctly—It will be on Monday, June 19, 2017 at 1:00PM. We will have a class for 20 interested participants to see what it is all about—live, laugh, learn. Please sign up at the front desk. Come join the fun.



It is also that time of year where you have to be more aware of keeping hydrated. You don't have to drink only plain water to get hydrated. Coffee, tea, fruit juice, sweetened beverages, fruits, and vegetables all contain water. Did you know that the new fashion accessory is your water bottle—so remember to bring it with you no matter where you go.



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Remember, come and enjoy the fun here at the Buzzell Senior Center. You will learn, laugh often and just enjoy living in the moment!



Come join in a "Refreshing New Way"
To Kick Off the Summer....????!!!
Wednesday, June 21, 2017 at 2:30PM



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 9:00 A.M. inside the Buzzell Senior Center and then go on a nice stroll outside. This is such a great way to start your morning and have the chance to meet an awesome group of people! Meet at the center on June 8, 2017 at 9:00AM to start your walking adventure



If you have any questions about this group, please contact or stop by the Senior Center!

Fun Singers

Do you enjoy singing?

Do you like having fun?

Consider becoming a member of the Fun Singers. We practice every Wednesday at 3Pm at the Buzzell Senior Center. Our group performs at the Woodbriar, Windsor Place Assisted Living and Care One of Wilmington on a monthly basis.

“Share Your Voice with others. When words fail, music speaks”.



Shakespeare

“Brain Body Fitness”

Is Back by Popular Demand

For the Month of June

Exercise your brain and your body at the same time! Aerobic, strength, balance and stretching exercises are interwoven with brain games and mental challenges that will make you think, move and laugh.

Come join the fun! It will start on Friday , June 2, 2017 through June 30, 2017 at 11:30.



Truly Eleanor

Presented by Delvena Theatre Company
Buzzell Senior Center

Monday, June 12, at 1:00 PM.



Here in this 3-person, live performance, Eleanor shares some of her most private and meaningful moments - her lonely childhood; her joyous courtship/marriage with her fifth cousin, Franklin; her devastation at Franklin's love affair with her social secretary; her resolve to make him president after his polio diagnosis; her involvement in his presidency; and her eventual triumph at the United Nations. "Truly Eleanor" takes a candid look at our greatest First Lady's courage and at her great contributions to human rights and liberty for all. The cast will open up for discussion of the subject matter after the performance.

Refreshments will be served

“Take Me Out To the Ball Game...”

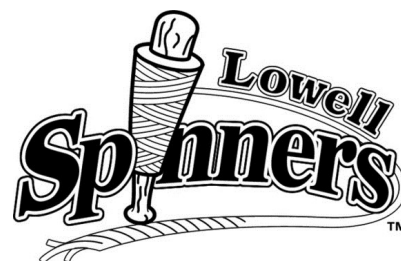
Come join us as we go to the Lowell Spinners and Spinners Home Plate BBQ

Tuesday, June 20, 2017 for a 6:35 game

All you can eat buffet begins one hour prior to game -

Enjoy ribs, pulled pork, BBQ chicken, hot dogs, hamburgers, veggie burgers, potato salad, cole slaw, fresh salad and baked beans—Cash bar available—

Tickets \$25.00—transportation provided— leave center around 4:30PM





HAPPY SUMMER TIME!

IT HAS FINALLY ARRIVED!

Our Annual Cookout

Thursday, July 27, 2017 at noon

Come enjoy hot dogs, hamburgers, sausage, chicken, Richie's Slush

and

Of course

Fried Dough

Tickets will be \$7.00 per person

Sign up on Friday, June 16, 2017 at 10:00AM



WELL WISHES

Angie Muccioli

Mary D'Eon

Ann Morrell

Marion Nee

George Flibotte

Gene Leary

June Birthdays

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

As we are updating our systems, please call the Senior Center to confirm your birthday month so that we can mention you in future newsletters!

**Pat Driscoll
Leona Bombard
Helen Carver
Harold Carver
Mary D'Eon
Hazel Proto
Bernice Russo
Matthew Crossen
Robert Anderson**



Yoga

Will continue on Wednesdays

at

3:45PM

For the month of June



Reminder

Caregivers Support Group

Monday, June 19, 2017

10:30AM-12Noon.



Be Aware of Your Finances—How to Protect Yourself

Financial abuse is a growing crime and Reading Cooperative Bank wants to safeguard you by providing information on common scams and what you can do to protect yourself.



Did you know?

- People over 50 years old control over 70 percent of the nation's wealth
- Senior financial abuse is estimated to have cost victims at least \$2.9 billion last year alone.

Find out more on Monday, June 5, 2017 at 1:00PM—light refreshments will be served.



Learn How to Keep Electric Rates Low – Info Session by RMLD

Tuesday, June 27, 2017 at 1:00PM

About 25% of the charges that make up an electric bill are determined by the level of energy consumed during one hour of the year. This hour, known as peak demand, represents the highest point of electricity consumption for all of New England, and is a key factor in RMLD's future power supply costs. Reducing the amount of energy consumed during the peak demand hour will result in significant future cost savings for RMLD customers!

Join us and learn about our **Shred the Peak** campaign and how you can help RMLD keep electric bills low!

Bocce Is Back!!

The court is cleaned up and ready for a summer of fun! Grab your sneakers and a friend and join us for "Opening Day" event on **Thursday, June 15, 2017 at 3:00 P.M.**

Hot Dogs will be served. Sign up at front desk.



Special Homebound Meals



The Department is sponsoring our special homebound meal on

Tuesday, June 27, 2017

This is a wonderful way to kick off the July Fourth Holiday!

If interested in helping in delivery please contact the center.

Sunday, June 18, 2017

Happy Father's Day to all the Dad's, Grandfather's and Great Grand Father's



The Buzz Book Club

What better way to “Live ,Laugh, Learn than through the discovery of a new book...

Come join Gigi for an informational meeting on starting a new book club here at the Buzzell Senior Center. Gigi is an avid reader herself and volunteers at the Wilmington Memorial Library. She has some wonderful ideas that she would love to share.

Come on by Monday, June 26, 2017 at 1:00PM for some light refreshments.



Home Delivered Meals Driver

Needed

One day a week

Please speak with Terri or Laura

At center or call 978-657-7595



Upcoming Day Trips!

Peabody Essex Museum

Thursday, June 28, 2017 at 10:00AM

Explore over 200 years of History of Maritime at Peabody Essex Museum. Then you will travel to Gloucester for a delicious luncheon on the waterfront at the Gloucester House Restaurant. After lunch you will visit scenic Rockport with fine shops, and a beautiful seaside view.

July 18, 2017 \$60.00/ticket (non-resident \$89.00/ticket)

Gloucester Lobster Cruise

After departing from the Center 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.

August 24, 2017 \$55.00/ticket (non-resident \$79.00/ticket)

Sign up June 13, 2017—10:00AM

Boston's Museum of Fine Arts

The trip will start with a tour of the Boston Common, the State House, and the beautiful Public Gardens. Then delicious luncheon is included at the Venezia Restaurant. This is followed a visit to the Museum of Fine Arts.

You will view collections from around the world which includes over 450,00 objects.



Sign-up is at 10:00AM on each chosen date—ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.

Live, Laugh, Learn!



With
Appreciation



June 2017



SUN	MON	TUE	WED	THU	FRI	SAT
				1 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00AM Knitting 1:00 PM Game Day	2 10:00 Special Exercise 11:30 Brain body Fitness 1:00 PM Bingo 1:00 Cards	3
4 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Be Aware of Your Finances—SCAMS	5 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Be Aware of Your Finances—SCAMS	6 9:00 Walking Group 10:30 AM Aerobics 1230PMWii Bowling	7 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:00PM Fun Singers Gentle Yoga—3:45PM	8 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11:00AM Knitting 1:00 PM Game Day	9 10:00 Special Exercise 11:30 Brain body Fitness 1:00 PM Bingo 1:00 Cards	10
11 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Truly Eleanor	12 9:30 AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Truly Eleanor	13 9:00AM Walking Group 10:30 AM Aerobics 1230PMWii Bowling 10:00AM sign up Museum Fine Arts	14 9:30 AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 1:00 PM Country Line Dancing 3:00PM Fun Singers Gentle Yoga—3:45PM	15 9:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting 1:00PM Game Day 1:00 Commissioners Meeting 3:00PM Bocce	16 10:00Sign up Cookout 10:00 Special Exercise 11:30 Brain body Fitness 1:00 PM Bingo	17
18 Happy Father's Day! 	19 9:30AM Blood Pressure 9:45 AM SBF Exercise 10:30 Caregivers Group 11AM Special Exercise 1:00PM Ukulele Class	20 9AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling 4:30 Lowell Spinners Game	21 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 2:30 Kick -Off Summer 3:00PM Fun Singers Gentle Yoga—3:45PM	22 9AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM knitting 1:00 PM Game Day Remember When Graduation	23 10:00 Special Exercise 11:30 Brain body Fitness 1:00 PM Bingo 1:00 Cards	24
25	26 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00 Buzz Book Club	27 9:00AM Walking Group 10:30 AM Aerobics 1230PM Wii Bowling 1:00PM Reading Municipal Light Special Homebound Meal	28 9:45 AM SBF Exercise 11:00AM Special Exercise 1:00 PM Country Line Dancing 3:00PM Fun Singers Gentle Yoga—3:45PM Peabody Essex Trip	29 Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM knitting 1:00 PM Game Day	30 10:00 Special Exercise 11:30 Brain body Fitness 1:00 PM Bingo 1:00 Cards	



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
YOGA 3:45

THURSDAY

WALKING GROUP 9:00
AEROBICS 10:30
ACRYLIC PAINTING 10:00
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 9-4:30

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.

Zumba will be back in September