



THE BUZZELL BUZZ

JUNE 2019

THE DEPARTMENT OF ELDERLY SERVICES



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MONDAY THRU FRIDAY—9:00AM-4:30PM



JUNE NOTES

June has finally arrived and summer will be officially here on June 21, 2019!

On Thursday, May 9 2019, we had our Volunteer Appreciation Brunch at the Tewksbury Country Club in Tewksbury. "Volunteers: The Strength and Heart of Wilmington". This is the department's opportunity to thank the many volunteers that make our center what it is today. The Department is extremely fortunate to have such a large group of volunteers who consistently show their dedication. This year we gave special recognition to Becky McGrath from WOW(Were One Wilmington), in supporting our "Memory Café" and Special Home Bound Meals, and Mary Deon, Mark Ryan, and Diana Wilson for all of there outstanding support to the senior center.

As you read through the newsletter you will notice many great events and new programs. We are starting a new exercise program "Keep Fit Forever". We are also bringing back the "Walking group" at Yentile Farm on Tuesday and Thursday mornings at 8:00AM. "Game Night" will start on Thursday, June 20, 2019 from 4:30-7:00PM. And as you see below we are getting the Bocce Court all set for games to begin! Don't miss out on the fun.

The Wilmington Department of Public Buildings has started to make wonderful improvements throughout the building. You will notice the new lighting throughout, paint touch ups in the lobby and preparing for further work in July—such as the flooring in the large event room. We are also very happy to have a new refrigerator and freezer, made possible by the Executive Office of Elder Affairs Grant.

Lastly, this month we are having our Annual Special Home Bound Meal for the start of the 4th of July Events - anyone interested in delivering these wonderful meals, if interested, please call the center at 978-657-7595.



Mikayla Webster, student volunteer



Our Walking Group is Back!

Do you enjoy 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 (Starting Tuesday, June 11, 2019) 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.



June 16, 2019 _ Happy Father's Day
to all the Dad's, Grandfather's and Great Grandfather's





JUNE BIRTHDAYS



Terry Bourque	Sonja Carlson	Helen & Harold Carver
Evelyn Conlin	Pat Driscoll	George Suprenant
Matthew Crossen	Bernice Russo	Hazel Proto
Mary D'Eon	Marie McLeod	Rosemary Kludjian
Philip Kaufman	Rita Woodside	Leona Bombard
		Arnold Peterson

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!

Medicare in a Minuteman Minute

Traveling with Medicare and Medicare Advantage

Written by: Elaine Miller, Minuteman Senior Services Regional SHINE Program Director. For more information visit www.medicare.gov/coverage/travel

So, you've spent hours excitedly planning your next vacation destination and can't wait to travel but did you also research how well your health insurance plan will travel with you?

People with Original Medicare (OM) can travel anywhere in the United States and its territories with access to medical care from most doctors and hospitals. The covered services and copayments associated with Medicare Part A and Medicare Part B remain the same nationwide. If you're heading to the Virgin Islands, Puerto Rico, or Guam you're covered! You are also covered if you're on a cruise ship and fall ill in waters connected to United States land or if you are on vacation closer to Canadian or Mexican emergency services than American.

But what about travel abroad? Does Medicare provide coverage if you're touring Europe? Original Medicare generally doesn't provide for medical care outside of the United States, but most Medicare Advantage or Medicare replacement plans do provide global coverage for emergencies so it's a good idea to contact your insurance provider prior to traveling. In many cases, a foreign hospital will bill your plan so don't forget to pack your MA card. If the medical facilities abroad will not bill your insurance directly keep all receipts until your return home and submit to your MA plan for reimbursement.

Travel insurances is also available at an additional cost—it provides seamless coverage for medical emergencies and evacuations. If you do plan to be out of the country for an extended period it's worth a visit to your travel agent to learn about some of the short term plans available for purchase that will provide extra emergency medical benefits.



ANNUAL COOK-OUT

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

Come enjoy hot dogs, hamburgers, sausage, chicken,

Richie's Slush and Fried Dough!

Tickets: \$7.00 per person Sign up starting June 18, 2019



The Buzz Book Club

We will be meeting on Monday, June 24th
at 1:00 p.m.

The book club selection for June is
"The News of the World" by Paulette Jiles
Please contact the Senior Center if you are
interested in this popular program!



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
located by the hallway by kitchen.**

Special Homebound Meal

To Celebrate

Independence Day!!

Volunteer Drivers Needed



**Please call the center if you are in-
terested.**

Tuesday, June 25, 2019

Line Dancing Class

**Line Dance classes will run through Wednes-
day, June 26, 2019**

**There will be no classes for the month of July
Start again August 21, 2019**

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:

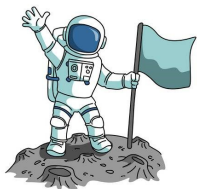
1. Fabulous Crocheter
2. Loves Quilting
3. Vacation home in York Beach

We will choose one winner



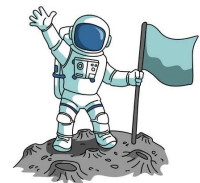
who will receive a prize!

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



Our popular “Late Night at the Senior Center—Game Night” is schedule for Thursday, June 20th from 4:30—7:00 p.m. 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

Power of Flower Project

What says summer in New England more than flowers? Join the “Power of Flowers Project on Friday, June 21 2018 from 11:00—12:00 p.m. as they demonstrate how they transform flowers that were left behind into stunning beautiful bouquets. Space limited sign up at front desk.



Summer Exercise Schedule

ZUMBA

No Classes in July

Restart Tuesday, August 20 to October 8, 2019
at 9:00

Gentle Yoga

No Classes in July

Restart Tuesday, August 20 to October 9, 2019
at 2:30 p.m.

Be on the Look Out

Discussion with Officer Chalifour & BBB

If it seems like there is a new scam every day to watch out for—THERE IS! Join representatives for the Better Business Bureau and Wilmington Community Liaison Officer Paul Chalifour to learn about scams so that you can prepare and protect yourself from predators.

This will be held on Tuesday, June 18th at
1:00 p.m.

Caregivers Support Group

Caregivers support group will meet on Monday, June 17, 2019
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.



IN LOVING MEMORY



We express sympathy for the
loss of our friends

Donna Lutz
Eileen Neville
William Jensen
John Conner

GET WELL WISHES

Barbara Maguire
Gail Dickson
Marie Vigliotti
Joanne Roberto
Peggy Kane
Officer Chalifour



Memory Café "Our Moment Café"

Wednesday, June 19, 2019

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

at the Conference Room of the Public Safety Building

1 Adelaide Street, Wilmington, MA



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 environment.

New and Exciting Exercise Program

"Keep Fit Forever"

Sponsored by Fit Body Boot Camp

Starting Friday, June 21, 2019 (Fridays for Six weeks 10:00-10:45 a.m.)

Ageless Strength, Timeless Strength, Forever Young



© Can Stock Photo

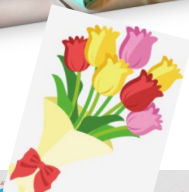
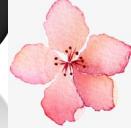
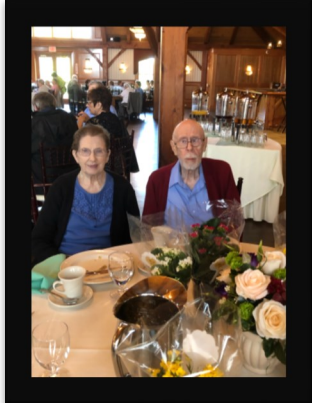
Exercise is the key to staying strong, energetic and healthy as you get older. This class is only for those 60+ who want to age well, live life to the fullest and have fun while strength training, balancing, moving, and stretching. Wear sneakers, comfortable clothing and bring your energy! Other fun equipment will be provided. If interested, sign up at front desk, space is limited.

Instructor: Talia Erinna








a Heartfelt 

THANK YOU

TO OUR VOLUNTEERS!



JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 12:30PM Watercolor Class	4 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	5 9:30AM Beading Group 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	6 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM Dear Ann & Abby Performance	7 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	8
9	10 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 12:30PM Watercolor Class	11 8:00AM Walking Group 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	12 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	13 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics Plymouth Trip	14 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards 	15 Fun Singers performing at Woodbriar & Windsor Place
16 	17 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11AM Special Exercise 12:30PM Wii Bowling 12:30PM Watercolor Class	18 8:00AM Walking Group 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 1:00PM BBB Scam Program No Yoga Class Sign up cookout	19 9:30AM Beading 9:30AM Podiatrist 9:45 AM SBF Exercise 11:00AM Rep. from Senator Tarr's Office 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 1:00PM Moment's Café 3:00PM Fun Singers performing at Care One	20 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:30PM Commissioners Mtg. 4:30PM Game Night	21 10:00AM Sewing 10:00AM Keep Fit Forever 10:00AM Video Exercise 11:00AM Special Exercise 11:00AM Power of Flower 1:00PM Bingo 1:00PM Cards	22
23	24 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 12:30PM Watercolor Class 1:00PM Book Club	25 8:00AM Walking Group 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga Special Homebound Meal Delivery	26 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers Sign-up Newport Trip	27 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	28 10:00AM Sewing 10:00AM Keep Fit Forever 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo	29
30						
	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

3RD 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