



THE BUZZELL BUZZ **MARCH 2018**

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887
DIRECTOR: TERRI MARCIELLO
EMAIL: TMARCIELLO@WILMINGTONMA.GOV
TELEPHONE: 978-657-7595 OR 978-658-2258

MONDAY THRU FRIDAY—9:00AM-4:30PM



On Tuesday, March 20, 2018, Spring will officially arrive!!! How exciting. Keeping in mind our theme this year is "Better Together". We have some great events and activities for everyone to be a part in and enjoy "Together". As you read through this newsletter, prepare yourselves for great events but you may want to notice the many shamrock's, to take part in our newest contest. How many Shamrocks are rocking through the pages. Bring your answer to the center. We will draw a lucky winner from all the correct responses.

In advance, we would like to thank Peter MacLellan for sponsoring a wonderful meal for our Annual St. Patrick's Day Luncheon that will be held at the Wilmington Knight's of Columbus on Friday, March 16, 2018 at 12:00 PM. We are very lucky to have this meal prepared by our specialty chef Lou Cimaglia and his team. Back by popular demand, we will have a wonderful entertainer—Joe Leary singing Irish songs to all of us. Make sure to wear your best green and your Irish spirit! Come relax and enjoy an excellent afternoon with good food and friends.

Come meet Pat McMillen, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on Thursday, March 22, 2018, at 1:00 p.m. to speak about many aspects of Medicare. You will be able to participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

On Friday, March 23, 2018 at 1:00PM, we will be having an "Appreciation" presentation for the Wilmington High School students that created our new 2018 "Better Together" logo. Feel free to drop by to meet these outstanding and creative students. Light refreshments will be served.

Lastly, you will notice in this month's newsletter, a great event on Thursday, April 12, 2018, where we are working "together" with the Wilmington Library, WCTV and the Wilmington Historical Commission in pulling our community history between the 1940's and the 1970's. This event is to help preserve the many stories of Wilmington. If you are interested, please fill out the form that is attached in this newsletter or call the center. We are extremely excited to take part in such a great event!



"Better Together"

These are our lucky logo winners!



St. Patrick's Day Luncheon

Friday, March 16, 2018 12:00PM



On St. Patrick's Day, the Buzzell Senior Center will be having a delicious homemade corned beef and cabbage luncheon at The Knights of Columbus where we will be celebrating this special holiday. Come relax and enjoy an excellent afternoon with good food and friends. We will also have live entertainment by Joe Leary—back by popular demand!

This lunch is sponsored by Peter MacLellan. We are so fortunate for Peter's continued generosity. We are also very lucky to have this meal prepared by our specialty chef Lou Cimaglia.

Space is limited - contact Paula for further information



GUESS WHO?



This is the baby picture of someone who comes to the Center! Take a close look and place your answer in the container located on the front counter or call the center with your answer. A Prize will be given to one winner!



Clues:

1. Great at crocheting, knitting and quilt making.
2. Extremely busy lady
3. Commissioner

Trivia Breakfast



Sponsored by The Rotary Club

Saturday, March 10, 2018

8:30-10:30 a.m.

Cost \$4.00

Sign up at the front desk
or call 978-657-7595

Join the FUN!!



CHANGE DATE **REMINDER**

Podiatrist will be here on the 2nd
Wednesday for this month only.

Wednesday, March 14, 2018 beginning
at 9:30 a.m.

Doris Art's Corner



Spring Hats

Friday, March 9, 2018

At 10:00AM

(space is limited)

Please bring your glue gun
and flowers



Sign up now at the Center!



MARCH BIRTHDAYS



	Don Rich	Kathy Perito
Irene Conlin	Paulette Mangano	
Maureen MacDonald	Patricia Kane	Terri Marciello
Priscilla Mickle	Linda Mytych	Jackie Draper
Mark Ryan	Florence Boutwell	
Roco Valente	Peggy Reese	Tom Mills
Frank Devita	Frank Corvino	

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!

IN LOVING MEMORY

We express sympathy for the loss of our friends

GET WELL WISHES

Pat and Dick Boulton
Mary D'Eon
Claire D'Entremont



Save the Dates

Sunday, April 29, 2018

"Better Together Talent Show"
At the Wilmington High School



Thursday, May 10, 2018

Volunteer Appreciation Brunch

Thursday, June 7, 2018

"Calendar Girls"
Stoneham Theater
7:30PM



"Stress Management through Self-Care!"



You are probably aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But do you realize that your ability to manage stress is just as important for your overall health and well-being?

Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing stress. This interactive two-part course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need!

"Stress Management through Self-Care" will take place on both Thursday, April 26 AND Thursday, May 3 from 1:00 – 2:15 p.m. at the Buzzell Senior Center in the large function room. Please register for both FREE sessions at the Buzzell Senior Center in person, or by calling 978-657-7595.

Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, and a NASM Senior Fitness Specialist.



Caregivers Support Group

Caregivers support group will meet

Monday, March 19, 2018

from 10:30 to Noon.

This support group is opened to all who are interested. If you have any questions, please contact

Laura Pickett at 978-657-7595.



Pop-Up Library

Simplify your Wednesday mornings!

Choose some reading materials while you're at the center. The Wilmington Memorial Library will have a "pop-up" library on

Wednesday, March 7, 2018

between 10:30—11:30 a.m.



The Buzz Book Club



We will be meeting at 1:00 on Monday,

March 26, 2018 to discuss

"The Boys in the Boat" by Daniel James Brown
in honor of the Olympics.

Contact Senior Center if you are interested in this popular program.



Line Dancing Class



Line Dance classes will run 6 weeks at a time.

The current six week

schedule will be from

March 7—April 11, 2018





Life in Wilmington 1940s – 1970s

We are interested in your stories and photos of Wilmington!

Are you a long-time resident of Wilmington? If so, please consider sharing your Wilmington photos and stories from the 1940s through the 1970s to help preserve this period of history.

We are interested in recording stories of your Wilmington life:

- What was it like to grow up in Wilmington? What was school life like?
- What you did for fun? Where did you shop?
- What it was like to raise a family?

We are interested in scanning your photos depicting Wilmington during the 1940s – 1970s:

- Businesses such as the Black Cat, Scotty's Donut Shop, Grants, Friendly's, etc.
- Recreation such as Silver Lake, Thompson Grove, the bowling alley, the theater, etc.
- Construction such as the building of 93.
- Scenes from farm life, the train station, the schools, etc.

You may bring up to ten photos. If you have more, we can arrange to scan them later.

The scanning and recording will take place **Thursday, April 12, 9:30 am – 12:30 pm and 1:30 pm – 4:30 pm at the senior center.** The Wilmington Memorial Library will set up a scanning station to capture your photos and WCTV will set up a recording station to record your memories. This should only take 30 – 60 minutes of your time.



If you are interested in participating, please fill out the information below:

Name(s): _____

(you may participate with your spouse, friend, etc. if you would like)

Phone number: _____ Email: _____

How long have you lived in Wilmington? _____

What are some of the things you would like to talk about?: _____

Do you have photos you would like to share? _____ How many? _____

What time is best for you? Thursday, April 12, 9:30 – 12:30 pm _____ or 1:30 – 4:30 pm _____

Wilmington Memorial Library

175 Middlesex Ave.

Wilmington, MA 01887

Telephone: 978-658-2967

Information To Share

Home Modification Loan Program (HMLP)



Sponsored by CEDAC

(Community Economic Development Assistance Corporation)

HMLP is a state funded lending program that provides loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities.

Are you eligible?

Do you own your home?

Are you, or a household member, an elder or have a disability or limitation that is professionally documented?

Does the proposed modification relate to the beneficiary's ability to function in the home on a day-to-day basis?

Is your household gross income at or below 200% area medium income for Metro Boston FMR area?

This program is not a home repair. Some examples of projects funded through HMLP include ramps and lifts, hardwired alarm systems, fencing, sensory spaces and bathroom and kitchen adaptations.

If you think you might be eligible, contact Community Teamwork Inc.:
Alan Trebat, 978-654-5741

The application and more information can be found at: cedac.org/hmlp.
Here you can also watch a brief video on the loan process.



Spring

SPRING INTO FUN

Join us at the Center as we Spring into Fun every Tuesday for the month of March.

Stop by the Center and help us countdown to the Spring with a surprise each Tuesday until March 20, 2018—the first day of Spring!





Welcome
Spring



March 2018



SUN	MON	TUE	WED	THU	FRI	SAT
Reminder: Day Light Savings— March 11, 2018! 				1 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics	2 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	3
4	5 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling	6 9:00AM Zumba** 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg 2:30 PM Gentle Yoga	7 9:45 AM SBF Exer Pop Up Library 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	8 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics	9 10:00 AM Video Exercise 10: Doris' Art 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	10 Trivia Break fast
11 Day Light Savings!	12 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling	13 9:00AM Zumba** 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg 2:30 PM Gentle Yoga	14 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	15 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:00 PM Commissioners Meeting	16 No Classes Held Today St. Patrick's Day Celebration at K of C 	17
18 	19 9:30AM Blood Pressure 9:45AM SBF Exercise 10:30 AM Caregivers Group 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling	20  9:00AM Zumba** 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg 2:30 PM Gentle Yoga	21 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	22 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00PM Medicare 1:00 PM Game Day	23 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:00PM Appreciation Presentation 1:30 PM Cards	24
25	26 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00PM Wii Bowling 1:00 PM Book Club	27 9:00AM Zumba** 10:30 AM Aerobics 1:00 PM Tai Chi 1:00 PM Mah Jongg 2:30 PM Gentle Yoga	28 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	29 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics	30 10:00 AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	31

"BETTER TOGETHER"



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 9:30
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
Wii BOWLING 1:00

WEDNESDAY

CRAFT CLASS 9-12
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:30-4
FUN SINGERS 3:00
GENTLE YOGA 3:45

THURSDAY

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

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:00-4

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.