



THE BUZZELL BUZZ THE DEPARTMENT OF ELDERLY SERVICES



MARCH 2022

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

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NEWS & UPDATES

We are almost there! Spring is just around the corner. It's so close you can count the days. Here at the center we have been planning some fun new events for the coming months. Make sure you keep an eye on our newsletters for save the dates and event sign ups. You won't want to miss out!

Income tax appointments are off to a great start. We thank our AARP volunteers for making this possible. In the February newsletter there was information about the senior circuit breaker. If you have questions or if you are in need of the senior circuit breaker form we have copies at the senior center.

Please note that there will be no Dance & Tone class on Tuesday, March 8, 2022 and Tuesday, March 15, 2022. There will be a new sign up for Tuesdays Chair Dancing class with Jan. Even if you have been attending this class for the last few months, you must sign up again. More information can be found on page 2. Chair dancing class will resume on Tuesday, March 22, 2022. There will be no crafting classes with Maureen or Doris for the month of March but both will resume in April.

The Department of Elderly Services will be sponsoring the St. Patrick's Day luncheon this year. Can you find all the shamrocks hidden throughout the newsletter? Be sure to play the drive-thru trivia game for a chance to win a prize. You may submit your answer even if you aren't attending the luncheon, just call the center with your name and your guess. More information about this event can be found on page 2.

Speaking of lucky winners, we had a lot of raffles and events in February. Take a look at page 4 to see who won. We will be having our candy raffle and movie raffle this month, more information on page 4. We will also be raffling off a snack basket! Stop by the center to enter, all of these raffles are free.

The feedback for the sand buckets for seniors program has been very positive. If you have received a sand bucket from this program and you are running low or are out of the sand/salt mixture, please call the senior center. Also, see page 5 for some important fire safety information from Lt. Ryan Quigley.

Stay up to date on the happenings for the new senior center. An update on the new senior center project is on page 6.



IMPORTANT MARCH DATES

Don't forget to SPRING FORWARD! Daylight Savings is Sunday, March 13, 2022. Make sure you move your clock one hour ahead. Just one week after this, on Sunday, March 20, 2022 marks the first day of Spring!

DRIVE-THRU LUNCHEON

- ♣ **When:** Wednesday, March 16, 2022
12:30PM
- ♣ **What's on the Menu:** Corned beef, turnips, carrots, potatoes from Rocco's
- ♣ This event is sponsored by the Department of Elderly Services. There is no charge to attend.

Sign up for this event begins on **Friday, March 11, 2022 at 9:30AM**
- ♣ **Drive Thru Game:** How many shamrocks can you find hiding around this newsletter?

BOOK CLUB

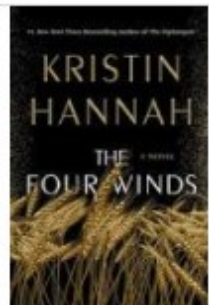
The Book Club meets on the 4th Monday of the month at 1:30PM.

If you are interested in joining, please call the center.

This months book is
The Four Winds

By: Kristin Hannah

Next meeting is
Monday, March 28, 2022 at
1:30PM



FUEL ASSISTANCE

It is not too late to apply for fuel assistance! Fuel Assistance can help pay part of your home's winter heating bill. Any Wilmington resident who is 60 years or older in need of fuel assistance, please call the center to set up your appointment for assistance in the application process. Residents under the age of 60 should contact the Billerica Veteran's Agent.



Household Size	Max. Gross Income
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

CHAIR DANCING CLASS



We will be having a new sign up for the Chair Dancing class. If you have been attending the class and would like to continue, please be sure to call and sign up.

Join instructor Jan Spillane for Chair Dancing! Chair dancing is an exhilarating way to improve muscle tone, flexibility and cardiovascular endurance. Not to mention you get to learn a variety of fun dance moves! Each week we perform dance movements on a chair that exercises the upper and lower body with the beat of the music.

Chair dancing is full of fun because we are getting aerobic exercise with energizing music, and thus your body is getting great exercise too! This class starts with a warmup including basic dance technique breakdown and drills. Then we jump right into a fun routine choreographed to music and designed to get your body moving and your heart pumping.

Please call the center to sign up. Class will resume on Tuesday March 21, 2022



CAREGIVERS SUPPORT GROUP



The role of a caregiver can be a very difficult one, especially during these last 2 years. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month.

If you are caring for a loved one, relative, or friend, come and meet with others who understand all that you are going through and who can offer support and provide helpful coping strategies.

This month's caregiver support group will focus on self-care for the caregiver. Caring for yourself is one the most important things we can do as caregivers- But it is often the first thing that we overlook. During this month's meeting we will discuss ways we can take care of ourselves which in turn will help us be better caregivers.

MARCH BIRTHDAYS



Rose Brooks	Terri Marciello
Frank Corvino	Roger Mills
Charlotte Demarco	Janice Murray
Jackie Draper	Linda Mytych
Joyce Duff	Kathy Perito
Betty Fournier	Peggy Reese
Patricia Kane	Don Rich
Paulette Mangano	Mark Ryan

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!



PROGRAM AT THE WILMINGTON MEMORIAL LIBRARY

Grandparents, are you missing your little loved ones that live outside of Wilmington? Join the public library's book group and enjoy books together virtually!

The Wilmington Memorial Library will host the Near & Far Book Group on the second Wednesday of each month. We'll read one book together as a group, have some fun discussions, and then families will have a chance to break off into groups and read a book or two together. Picture books are available at the library on the second floor. Just ask one of the staff members for suggestions!

This book club is for children in pre-school and elementary school and their grandparents.

HOW TO REGISTER:

Each Grandparent/Grandchild group should only register ONCE for both parties. If you're a grandparent registering, please provide your information as the Caregiver and list how many children will be joining you virtually. In the child's information, please include the email address of the parent. They are now registered with you and will receive the Zoom link when you do, at least one hour before the program.



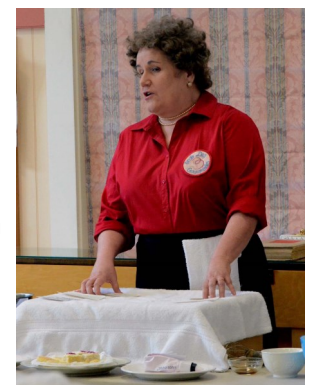
BON APPETIT, JULIA!



When: Thursday, April 21, 2022 at 1:00PM
SIGN UP BEGINS ON FRIDAY, APRIL 8, 2022 AT 9:30AM

A live performance featuring two actresses, *Bon Appetit, Julia!* is a sequel to Delvena Theatre Company's ever-popular *Meet Julia Child!* show. Set in the late 1980's, the show will focus on an insight into the beloved chef, Julia Child's, life at that time. Julia will be demonstrating her culinary skills, with real ingredients, and encouraging help from the audience. Julia being Julia! An interactive, fun show! The cast will open up after the show for discussion regarding Julia Child.

The Delvena Theatre Company was founded in 1992 and has performed at various venues, most often at the Boston Center for the Arts. The company was nominated for five Independent Reviewers of New England awards. Its production of 'Who's Afraid of Virginia Woolf?' was on Theatre Mirror's Best List for acting, directing and production. Presentations of 'Anna Weiss' and 'Beyond Therapy' were included on Theatre Mirror's best play list and 'Blue Heart' was placed on Aisle Say's best list. *Bon Appetit, Julia!* is supported in part by a grant from the Wilmington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Z ♣ M TRIVIA

Test your knowledge, see some friendly faces, and most of all... have fun! Please see below how to play.



We had a tie for Webster's
Dictionary Trivia in February.

CONGRATULATIONS TO
GEORGE ALLAN & LINDA WALSH!



The letter M: How it works: Either the topic of each question or the answer will begin with the letter M.

WHEN: Tuesday, March 29, 2022 11:00AM-12:00PM

Winner will be announced in the April newsletter

If you are hesitant to sign up because you have never used zoom, call the center and speak with Kelly. Zoom may seem intimidating but it is actually very easy and fun to use. Kelly can set up a one on one zoom meeting with you and walk you through all the steps over the phone or just answer any questions you may have.

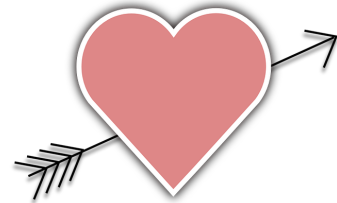
HOW TO PLAY:

Call the center to sign up and we will email you the zoom event link. All you need is a pen and paper! I will ask a question and players will write down their answer. Once all players have their answer written down, everyone will hold up the piece of paper with their answer on it. I will be keeping score and whoever has the most correct answers at the end of the game will win a prize!

DRIVE-THRU TRIVIA ANSWERS FROM 2-14-2022

1. How many valves does the human heart have? **ANSWER: 4**
2. What U.S President officially recognized February as Black History Month in 1976 during the celebration of the United States Bicentennial? **ANSWER: GERALD FORD**
3. What date is the full moon for February? **ANSWER: 2-16-2022**
4. Cupid shot a lot of arrows around this newsletter. How many can you find? Make sure to count all the arrows! **ANSWER: 14**

CONGRATULATIONS TO BEVERLY ROSE



Beverly won the
Valentine's Day drive thru trivia

CONGRATULATIONS TO JOYCE BROWN



Joyce won the February
movie raffle!

MOVIE RAFFLE

Call the center to sign up for our movie raffle! It is free to enter. We will be raffling off a movie and some movie snacks so you can have a fun movie night at home!



A lucky winner will be chosen on
Monday, March 21, 2022



CONGRATULATIONS TO ED MARCHESI

There was 127 candies in the jar. Ed Marchesi and Robin Theodos both guessed 127 so we chose a name at random. Congratulations Ed!

CANDY RAFFLE

Stop by the front desk to take a guess at how many candies are in the jar. Whoever guesses the closest without going over will win a special prize and of course... the candy!



A lucky winner will be chosen on
Monday, March 21, 2022

A MESSAGE FROM LT. RYAN QUIGLEY OF THE WILMINGTON FIRE DEPARTMENT



Spring is just around the corner. The days are getting longer and warm weather is on the way! As we move from being cooped up inside to spending time outside, it is important to keep fire safety in mind. The following fire safety tips should be used to help keep your home safe as you do your spring cleaning around the house.

Check the smoke alarms in your house. Working smoke alarms are the first line of defense in alerting residents of a fire. Working smoke alarms will detect smoke while a fire is still in the incipient (growth) stage and give residents time to evacuate before the fire grows too big. Check the smoke alarms to ensure that they are less than 10 years old (the date they were made is stamped on the back of the device). Any devices over 10 years old need to be replaced. Change the batteries and use the test button on the alarm to make sure they will work properly in the event of a fire. If you have separate carbon monoxide (CO) alarms, they should be tested and have the batteries changed as well.

Check and clean your dryer exhaust piping. Dryer exhaust piping can get filled with highly flammable lint over time.

This restricts the air flow coming out of the dryer and can create a fire hazard due to the high flammability of the lint. Exhaust piping with lots of lint buildup should be replaced. Outside of your house, ensure the exhaust vent from your dryer is working properly, free of any built up lint and not covered with snow or other debris.

Gasoline is used in many of the pieces of equipment we use to take care of the outside of our houses. Lawnmowers and leaf blowers are two examples of gas powered equipment. Make sure that gasoline is ALWAYS stored in a shed or detached garage. NEVER bring gasoline into your house. Gasoline should also be stored in a container specifically designed to hold gasoline and the container should be fully closed when not being used to fuel up equipment. Ensure the gasoline container is in good shape and free from damage. If you are questioning the condition of your gasoline container, it's much safer to just replace it. NEVER use gasoline for any other reason other than as fuel for your equipment. Don't use it to clean up sticky messes. Spring also gives us the opportunity to take out our grills and start cooking outside again. **Before using your grill, take the time to make sure it is still in good working condition.** Clean the inside of your grill for any grease buildup or old food that could burn and catch fire. Also carefully inspect inside your grill for any nests or spider webs that may have been built during winter. For gas grills, check the hose from your propane tank to the burners to ensure it is not damaged. Make sure the burners are free of debris and all of the holes are not obstructed to allow proper gas flow. Make sure your propane tank is free of any damage.

Fire safety is always important to keep in mind but often gets overlooked. For more information about fire safety during the spring (or any time of year), you can visit the National Fire Protection Association's website at <http://www.NFPA.org>, the Massachusetts Department of Fire Service's website at <https://www.mass.gov/orgs/departement-of-fire-services> or contact the Wilmington Fire Department's non-emergency number (978) 658-3346.

 *Enjoy the warm weather and stay safe!* 

UPDATE ON NEW SENIOR CENTER PROJECT



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

- The Senior Center Building Committee met on January 26 and February 9. It is meeting again on February 23, which is too late for inclusion in this Newsletter. The February 23 meeting is going to be an in-person meeting at the Town Hall.
- The Committee has also scheduled meetings for March 9 and 23. The Committee plans to meet twice a month to keep pace with the design process. We will post the meeting dates and any changes to the schedule on our website and on our Facebook and Twitter pages. We encourage you to attend these public meetings and provide input.
- At the January 26 meeting, the Committee got its first look at potential layouts of the building. Discussion took place on various issues including: the outside terrace area; placement of the cafe; location of rooms to achieve better flow through the building; location of bathrooms; importance of ADA compliance; location of entrance relative to parking area; possibility of outside pavilion; and shape of the building. The architect presented historical photos of Wilmington buildings for consideration when designing the building exterior.
- At the February 9 meeting, the architect presented updated building layouts. Following a discussion, the Committee reached a consensus on the most appropriate layout of the rooms and spaces. The architect and the Committee also reviewed site plans showing the location of the building and the parking areas. The pros and cons of the building at the front of the property and parking toward the rear of the property were discussed as well as the reverse with the parking in the front and the building toward the rear. The architect will be presenting additional site plan options at the February 26 meeting.
- A project flyer was included with all February water bills. You will continue to see public outreach in various forms. One of which will be a public forum. It will be held when the site plans and architectural plans are further along in the design process.
- Project Newsletter No. 6 is posted on the town's website. You can access all the newsletters and links to past virtual meetings of the Committee at: www.wilmingtonma.gov/projects.
- On February 16, 2022 Terri Marciello met with project architect Lee Morrisette at the Senior Center to review in more detail the proposed building layout.



The building and site plans for the project are developing quickly. We want you to be informed and involved. This will be your Senior Center. Let's make it what you want.

INCLEMENT WEATHER POLICY



The Department of Elderly Services storm policy states that when the Wilmington Schools are closed due to inclement weather, all scheduled Senior Center activities are also canceled for the day. No home delivered meals are served and the van will not be available for transportation. The center will remain open for emergencies.

Please note that you may receive automated calls from the senior center that will appear as (855) 997-7375 and may say Belmont, MA. These are not spam calls and will be recordings with important center information and updates. They may be voice recorded calls or automated calls. Feel free to call with any questions or concerns.



D	A	D	O	Z	U	G	C	R	U	Z	Y	T	W	O	V	Q	R
A	S	L	E	P	A	A	O	W	F	T	K	A	O	M	T	L	A
Y	D	O	O	D	K	M	O	C	E	S	C	B	E	D	L	L	I
L	U	G	H	N	F	E	A	H	R	D	U	N	U	I	E	A	N
I	N	F	S	A	E	S	B	A	U	O	L	V	E	G	P	B	B
G	K	O	E	L	A	Y	S	M	Z	A	F	R	R	E	R	T	O
H	M	T	S	E	S	C	P	P	E	U	P	O	D	O	E	E	W
T	S	O	R	R	T	O	R	I	P	S	H	A	N	O	C	K	A
S	H	P	O	I	N	L	I	O	A	Y	R	B	T	G	H	S	Q
A	A	V	H	S	G	L	N	N	I	A	O	E	E	N	A	A	T
V	M	F	S	Y	U	E	G	S	P	C	O	R	E	R	U	B	A
I	R	E	E	B	I	G	B	H	W	A	C	E	G	F	N	Y	P
N	O	H	O	O	P	E	A	I	C	J	R	Q	B	R	A	A	R
G	C	M	N	N	F	V	N	P	O	G	D	U	T	F	Q	F	T
S	K	V	O	D	M	A	R	C	H	M	A	D	N	E	S	S	T



shamrock hoop rainbow college parade games
basketball leprechaun horseshoe pot of gold
daylight savings championship march madness
green ireland spring dunk feast lucky



	9	5		1		4		
	1			9	8	7		2
7	3			6		9	5	1
9		1		8	3		7	5
5						8		
8			7	5			9	
3				7	2		4	8
		7	8		6		2	9
	8		9		5		6	

SUDOKU: Use deductive logic to complete the grid so that each row, each column, and each 3 by 3 box contains the numbers 1 through 9 in some order. The solution is unique.






TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



2	9	5	3	1	7	4	8	6
6	1	4	5	9	8	7	3	2
7	3	8	2	6	4	9	5	1
9	4	1	6	8	3	2	7	5
5	7	6	4	2	9	8	1	3
8	2	3	7	5	1	6	9	4
3	6	9	1	7	2	5	4	8
4	5	7	8	3	6	1	2	9
1	8	2	9	4	5	3	6	7

 **PUZZLE
ANSWER
FROM PAGE 7**

Please call the center if you are in need of hearing aid batteries or incontinence products. We also have puzzles, puzzle books, and DVDs available. Just give us a call!



Monday

BUZZELL PROGRAMMING

Wednesday

Tai Chi: 9:00AM

Blood Pressure Clinic: 9:30AM

Special Exercise: 10:30AM

Quilting: 1:00PM

Maureen's Crafty Creations Corner:
3rd Monday of the month at 1:00PM

Book Club: 4th Monday of the month at 1:30PM

Caregivers Support Group: 3rd Monday of the month at
10:30AM

Tuesday

Hiking Group: 9:00AM

Dance & Tone: 9:30AM

Chair Dancing: 1:00PM

Special Exercise: 9:30AM

Cards & Games: 1:00PM

Thursday

Yoga: 9:00AM

Art: 9:45AM

Knitting & Crocheting: 10:30AM

Ceramics: 1:30PM

Friday

Zumba: 9:00AM

Sewing: 9:30AM

Chair Yoga: 12:30PM

Poker: 1:00PM

