

THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

MARCH 2023

BUZZELL

SENIOR CENTER

15 SCHOOL STREET
WILMINGTON,
MA 01887

TELEPHONE:

978-657-7595 OR
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MONDAY – FRIDAY
9:00AM – 4:30PM



Department of Elderly Services

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NEWS & UPDATES

On Monday, March 20, 2023, Spring will officially arrive!!!

We are excited about the many activities that will be available for everyone this month. Please take your time to review all the events and sign up times. We will be having our St. Patrick's Day Luncheon at the center on Friday, March 17, 2023—sign up for this event is on March 7, 2023 at 10:00AM.

Start to search through and find...Nancy Sandreuter, is having another No Sew Collage Quilt—a “Pineapple” and Doris Craft’s Class is back! Included in the FUN is alive performances and “Pizza Talk” too.

We want to take this opportunity for the many generous donations of candy, coffee, morning muffins for after class, snacks, jewelry making beads and gift certificates for our special events. Please know that you have made a difference and it is extremely appreciated.

Lastly, here is a recent picture of our youngest member celebrating turning 2 moths old. She wants to wish everyone a “sweet” hello and hopes to meet all of you soon.



Caregivers Support Group

Our Caregivers Support Group will be held on Monday, March 20, 2023 at 10:30AM. The role of the caregiver can be a difficult one. If you are caring for a loved one, please feel free to join us. This months topic will be a short TED TALK- “The Joy of Now:

Caregivers tale”.



SAVE THE DATE

FUN DAY IS BACK—WEDNESDAY, MAY 31, 2023

IMPORTANT SPRING FORWARD

Don't forget to **SPRING FORWARD!** Daylight Savings is Sunday, March 12, 2023. Make sure you move your clock one hour ahead. Just one week after this, on

Monday, March 20, 2023 marks the first day of Spring!



UPDATE ON NEW SENIOR CENTER PROJECT

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

On January 25, 2023, the Senior Center Building Committee met with the OPM and the architect via Zoom. The Agenda included reviewing the general site design along with an outline of the steps that are planned for the next 2 months. This is referred to as the Design Development Phase of the project. There was also discussion on the entrance to the building and how to make it look more prominent. The architect presented some sketches of proposed changes. Following comments from the Committee, the architect will present a more detailed design for the entrance at the next meeting. The architect discussed the various approvals and permits that will be required for the project. The site design will need Planning Board approval. There will also be meetings with various town departments, including Fire Department, DPW and the town's Community Development Committee to discuss the project and receive their input. A permit from Mass. DOT will also be required for the driveway entrance from Main Street (Route 38). The architect is planning to submit an application with plans for Site Plan Approval to the Planning Board by March 9 to get on the agenda for the April 4 Planning Board meeting.

On Friday, February 3, 2023, the architect, Lee Morrisette, met with Terri Marciello to review room layouts and materials.

The next Senior Center Building Committee meeting is scheduled for March 8 at the Town Hall. The meeting will focus on the exterior design of the building including the entrance, patio, service locations and proposed building materials.

The project continues to move forward on schedule toward a Fall construction start. This is your Senior Center; we encourage you to continue to stay engaged.

The "Me" Decade

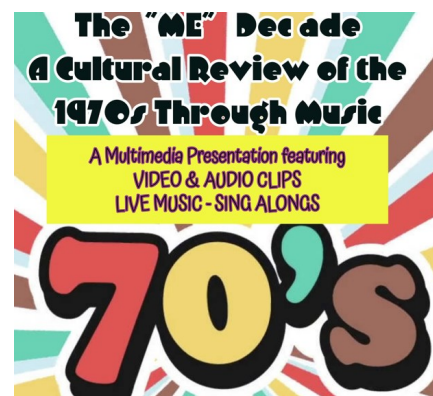
Friday, March 24, 2023 At 1:30PM

A Cultural Review of the 1970s Through Music

The "Me" Decade - A Cultural Review of the 1970s Through Music is a multimedia presentation that highlights the cultural nuances of the 1970s. This presentation features live acoustic music and audience sing-along, coupled with audio and video clips showing the best (and sometimes the worst) of the 1970s. The decade of the 1970s conjures up images of Watergate, the end of the Vietnam War, the election of a peanut farmer to the Presidency, rampant inflation, the rationing of gas and more. There was no shortage of musicians willing to comment on the cultural happenings of the 1970s. These included Crosby, Stills, Nash and Young, Chicago, Simon and

Garfunkel, Yes, The Band, Bob Dylan, and others. Sign up starting the week of March 13, 2023.

This program is sponsored by the Wilmington Arts Council



Reminder

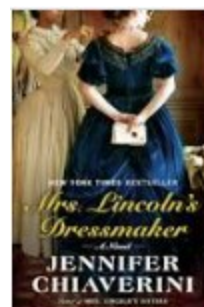
This month the
Town Nurse, Jennifer Pereira
will be having Blood Pressure Clinic on
Wednesdays—starting at 9:00AM .

Due to Tax Season



The **Book Club** meets on
the 4th Monday of the
month at 1:30PM. **The
next meeting is Monday,
March 27, 2023**

*The Book Club is currently
full and not able to
accept new members at
this time.*



This month's book
is Mrs. Lincoln's
Dressmaker

By: Jennifer
Chiaverini

MARCH BIRTHDAYS

Carmen Belanger	Bob Cornish	Tina Garrity	Ed Sarasin	Pat Sutherland
Steve Berghaus	Frank Corvino	Dot Getty	Janice Murray	Irene Tarara
Helen Brady	Shirley DiRusso	Pat Kane	Kathy Perito	Kathy Warford
Jim Brennick	Jackie Draper	Jeff Linehan	Peggy Reese	Robert Welch
Connie Castronovo	Jean Finnerty	Paulette Mangano	Don Rich	Cathy Woods
Roseann Cheney	Elizabeth Fournier	Peg Mar	Mark Ryan	Mary Jane McDonagh
Doug Cheney	Genevieve Frongillo	Terri Marciello	Carol Skilling	

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

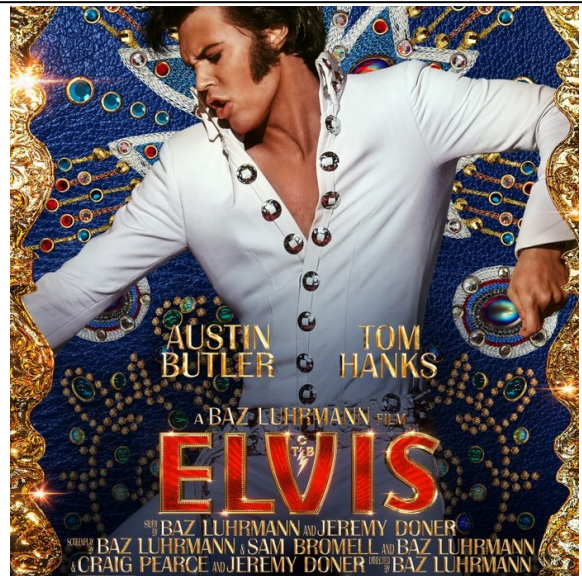
CONGRATULATIONS TO Linde Kashian

Linde won the January candy raffle. There were 1617 M&M's in the jar and she guessed closest .

Make sure to stop by the front desk and enter the candy raffle for this month.



One next lucky winner for March will be on
Thursday, March 23, 2023



Movie Day— Elvis
Monday, March 20, 2023
At 1:00PM
Light Refreshments

“

Doris's "SMASHED CAN" Florals



Welcome back to Doris's Craft Class—she will be holding a class on Wednesday, April 12, 2023 at 11:00AM.

If you could bring a few silk flowers—and all other supplies will be available at the time of the class.

Sign up will start on Wednesday. March 22, 2023.

No Sewing Collage Quilting

with Certified instructor Nancy Sandreuter. Join Nancy on Monday, March 13, 2023 at 1:00PM.

Collage quilting is the process of cutting out portions of fabrics to assemble and reproduce "pictures". Patterns are abundant for this process. Even if you are not a quilter you will enjoy collage quilting. There is NO SEWING to create your piece of fabric art. Sewing is only required to quilt and apply a binding. This month the collage picture will be of pineapples. **The cost will be \$30.00**—which includes all that you will need to make your own beautiful Collage Quilt and the finishing touches.

Nancy Sandreuter is a certified teacher for the Laura Heine method of collage quilting. During class we will create small collage quilts for the Holidays. Come and join the fun. Her work will be displayed in the Senior Center lobby. **Sign up starts Friday, March 3, 2023 . Limited space available.**



Cribbage

Mondays @ 1:00PM

Who is interested in getting involved with the new Cribbage group?

This group is led by Jack Cushing

Feel free to bring your boards

Beading Group

Lead by : Robin Theodos

When: Tuesdays at 10:30AM.

Tuesday, March 7th, 14th, 21st, 28th

Call the center to sign up for this activity

Thank you to Ann Marie for her generous donation of beads

BINGO is back...

No sign up needed, just come on by!

This month, Bingo will be on

Wednesday, March 1, 2023

Wednesday, March 15, 2023

Please be sure to bring small bills,
preferably 1's or 5's to play

"COFFEE WITH A COP"

With Wilmington Police Detective Butch Alpers

When: Wednesday,

March 22 2023 at 10:00AM

Stop by for a cup of coffee and chat with Wilmington's finest.

Sign up the front desk.





St. Patrick's Day Luncheon

Friday, March 17, 2023 @12:00PM



On St. Patrick's Day, the Buzzell Senior Center will be having a delicious corned beef and cabbage luncheon, where we will be celebrating this special holiday. Come relax and enjoy an excellent afternoon with good food and friends.

We will be having Claire Harrington, 14 year old from Arlington Massachusetts Irish Step Dance for us. She dances at the Brady Academy of Irish Dancing in Quincy Massachusetts. She currently is a Freshman at Austin Prep and a New England Champion—2nd in National Championships, 9th in the World Championships and on February 15 won the All-Ireland Finals in Killarney Ireland. We are so excited and privileged to have Claire perform here at the Buzzell Senior Center.

Sign up is on Tuesday, March 7, 2023 at 10:00AM

Cost \$7.00

Pizza Talk and Tasting!

Wednesday, March 29, 2023 @1:00PM

Did you know there's a Pizza Hall of Fame?

Neither did we! Learn about the different types of pizza and how they are made, including Massachusetts own "South Shore Bar Pizza".

We will also review pizza recipes, healthier alternatives, and pizza history, including pictures of past and current hidden gems of the pizza world. Sample pizza available for tasting. If you like pizza, don't miss this presentation!

Sign up Monday, March 13, 2023 at 10:00AM—space limited



Computer Take Over Scam—on the Rise

Financial institutions in the area have recently seen an uptick in customers falling victim to computer/account takeover scams. This type of scam happens when a fraudster will pose as a trusted organization like a financial institution, Microsoft, Pay Pal, etc. The fraudster will then insist the individual login into their online banking and/or send funds via wires, gift cards, or even withdraw cash from their accounts to convert into bitcoin using local bitcoin ATMs.

Consumer scams happen on the phone, through the mail, e-mail, or over the internet. They can occur in person, at home, or at a business. There are several steps you can take to protect yourself and others from fraud and scams. Here are some tips to protect yourself from falling victim:

- Remember that caller ID can be faked.
- If you receive an unexpected email or text, watch out for misspelled words. Fraudulent texts and emails often have typos.
- If you think an email, text, or call might be a scam, play it safe. Just hang up and call the number on the back of your card.
- Regardless of how legitimate the request may seem, do not share numbers, passwords for accounts, credit cards, or Social Security with anyone.

Do not get pressured into acting quickly.

Wood Carving Class

The New England Woodcarvers (NEWC) are happy to offer a woodcarving class at the Wilmington Senior Center. Class are every other Friday between 10 AM and noon and is limited to 8 people. The class is free with the exception of the wood. The wood may cost anywhere between \$1 to \$5 dollars depending on the project. Anyone signing up for the class is encourage to bring their own carving knife. Future classes will be announced on a month by month basis depending on the availability of the instructor but it essentially every other Friday.



The Instructors

The instructor is Darren Boehm who a resident of Wilmington and a member of the New England Woodcarvers. Darren dabbles in various types of woodcarving from chip carving, spoon carving, caricature carvings and even chainsaw carvings.

He is assisted by Mike Quigley who is a certified mountain man and an expert bush crafter. He enjoys carving knife handles, gun stocks, & green wood.

The Project

The class will try and complete one project every month. The project for March is a carving and painting a Leprechaun Top Hat. Cost is \$1

Class Sign Up

You can sign up for March classes at the front desk. The March classes will held on

Friday March 3,

Friday March 17 and

Friday March 31

From 10 AM to Noon at the Wilmington Senior Center.

Indoor Senior Cornhole



Led by Audrey Reed

Looking for something FUN and different. Come on Down and give CORNHOLE a try.

If you have never played before—that is not a problem. This is a simple, easy and fun game to play.

Friday, March 31, 2023 at 2:00PM

(After Chair Yoga)

Don't miss out

MARCH 2023

SUN MON TUES WEDS THUR FRI SAT

			<div>1</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PMBingo 1:00PM</div>	<div>2</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALLY FIT 2:00PM</div>	<div>3</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMWood Carving 10:00CHAIR YOGA 12:30PMPOKER 1:00PMSign up—No Sew Quilt</div>	<div>4</div>
5	<div>6</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PM</div>	<div>7 st. Patrick's sign up 10:00AM</div> <div><ul style="list-style-type: none">HIKING GROUP 9:00AMDANCE & TONE 9:30AMBeading 10:30amFUNCTIONALLY FIT 2:00PM</div>	<div>8</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PM</div>	<div>9</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALL FIT 2:00PM</div>	<div>10</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMCHAIR YOGA 12:30PMPOKER 1:00PM</div>	<div>11</div>
12	<div>13</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PMNo Sewing 1:00PMPizza Talk Sign up 10:00AM</div>	<div>14</div> <div><ul style="list-style-type: none">HIKING GROUP 9:00AMDANCE & TONE 9:30AMBeading 10:30amFUNCTIONALLY FIT 2:00PM</div>	<div>15</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PMBingo 1:00PM</div>	<div>16</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCOMMISSIONER'S MEETING 1:30PMCERAMICS 1:30PM</div>	<div>17</div> <div><ul style="list-style-type: none">SEWING 9:30AMWood Carving 10:00AMSt. Patrick's Day Lunch-eon</div>	<div>18</div>
19	<div>20</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PMMovie 1:00PM</div>	<div>21</div> <div><ul style="list-style-type: none">HIKING GROUP 9:00AMDANCE & TONE 9:30AMBeading 10:30amFUNCTIONALLY FIT 2:00PM</div>	<div>22</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AM10:00 Sign up Doris CraftCARDS & GAMES 1:00PMPOKER 1:00PM</div>	<div>23</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALLY FIT 2:00PM</div>	<div>24</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMCHAIR YOGA 12:30PMPOKER 1:00PMMe Decade 1:30PM</div>	<div>25</div>
26	<div>27</div> <div><ul style="list-style-type: none">TAI CHI: 9:00AMSPECIAL EXERCISE 10:30AMCribbage 1:00PMBook Club 1:30PM</div>	<div>28</div> <div><ul style="list-style-type: none">HIKING GROUP 9:00AMDANCE & TONE 9:30AMBeading 10:30amFUNCTIONALLY FIT 2:00PM</div>	<div>29</div> <div><ul style="list-style-type: none">BLOOD PRESSURE 9:00AMSPECIAL EXERCISE 9:30AMCARDS & GAMES 1:00PMPOKER 1:00PMPizza Talk Time 1:00PM</div>	<div>30</div> <div><ul style="list-style-type: none">GENTLE YOGA 9:00AMART 9:45AMKNITTING & CROCHETING 10:30AMCOUNTRY LINE DANCING 10:30AMCERAMICS 1:30PMFUNCTIONALLY FIT 2:00PM</div>	<div>31</div> <div><ul style="list-style-type: none">ZUMBA 9:00AMSEWING 9:30AMWood Carving 10:00AMCHAIR YOGA 12:30PMPOKER 1:00PMCorn Hole 2:00PM</div>	



TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CALL THE CENTER IF YOU ARE IN NEED OF...

- Male or Female Incontinence Products
- Hearing Aid Batteries Size 312
- Nutritional Drinks such as Ensure, Boost and Glucerna
- Puzzles
- Books
- DVDs
- Puzzle Books

COVID UPDATE

With many tools now available for reducing COVID-19 severity, such as availability of vaccine, boosters, and treatment, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the pandemic. CDC has updated its guidance for people who know they have been exposed to COVID-19.

- If you were exposed to COVID-19, regardless of your vaccination status: CDC recommends that instead of quarantining, you wear a high-quality mask for 10 days and get tested 5 full days after your last exposure (day 6).
- If you have COVID-19: regardless of vaccination status, you should isolate from others for 5 days. If after 5 days you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, you should test on Day 6. If the test is negative, you may end isolation but should continue masking around others and in public. If the test is positive, you should continue to isolate.

Individuals with moderate illness or severe illness or with a weakened immune system, should isolate through day 10 and consult your doctor before ending isolation.