



THE BUZZELL BUZZ

MAY 2018

THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



May has finally arrived! The daffodils, tulips and tree buds are blooming, especially refreshing to see after this intense winter we've had. To start, I would like to send a special Mother's Day wish to all Great Grandmothers, Grandmothers and Mothers in this beautiful month of May.

This is also the time of year that we can thank our many volunteers for all their support of services throughout the year. On Thursday, May 10, 2018, we will be having a Volunteer Appreciation Brunch at the Tewksbury Country Club in Tewksbury, MA. We are extremely fortunate to have the amount of volunteers and the dedication each volunteer shows – as Aesop stated “No act of kindness, no matter how small, is ever wasted.” We appreciate all the acts of kindness that all of our volunteers have shown. This event is just a small gesture of the gratitude to the over 100 volunteers for making the department stand strong.

On Tuesday, June 26, 2018, we will be having our Special Home Bound meals to welcome in the Summer! I want to thank the many volunteers that have stepped forward in offering to deliver the meals. We thank them for their ongoing support to the elders of Wilmington.

We are excited to announce that we are starting a new collaboration with the Wilmington Art/Cultural Council...“Better Together”. In meeting with their Board, it became evident that they have a lot of different opportunities to offer. As a team, we would like to explore what types of activities everyone may be interested in. They have provided a survey that you can find at the front desk of the senior center to fill out your interests and start “working together”.

Another new and exciting collaboration is with the students from the North Intermediate afterschool program. These fourth and fifth graders formed a group called V.I.C (Very Important Crocheters). They would like to be able to meet our Knitting and Crocheting Group to share what they have done and want to see what types of projects we do. Our first meeting will be on May 7, 2018. We will keep you all updated. Keep a watch on our Twitter account.



“Embracing the Emotions of an Alzheimer's Caregiver.”

Caring for a loved one with Alzheimer's can be stressful both physically and emotionally. On Thursday, May 24, 2018 at 12:00pm, the Center will be having “Embracing the Emotions of an Alzheimer's Caregiver.” This program will be presented by Mal Allard, Director of Memory Care @ Peregrine Senior Living. Mal is a Nurse, Board Certified Alzheimer's Educator and founder of the “Their Real World”.

A light lunch will be served. Please sign up at the front desk



What's happening that could affect you!

IMPORTANT LICENSE RENEWAL INFORMATION

From about the middle of March, you might have noticed that there has been and continues to be, more traffic near and in front of the Registry of Motor Vehicles. This activity has not eased up and we thought that you should know why, and how the "why" will affect you now and in the future.

In 2005, our federal government instituted a law called "THE REAL ID ACT". This act is intended to prevent identity fraud and it does affect those of us who use our driver's license as an ID, especially when flying. In order to comply with this ACT, the Registry has had to make changes to our Driver's License. While you can still use and obtain the old type of license on line, you must appear in person and bring more documents to obtain the new Real ID license.

Applicants will need a document that shows their Social Security number, another proving US citizenship such as a passport, or that shows lawful presence in the country, like an employment authorization card. Applicants will also need two documents proving Massachusetts residency, such as utility bills or bank statements.

The new Real ID licenses will include a small mark in the upper right corner that shows that the license does comply with federal rules, and as such it can be used and is acceptable as federal identification. Remember, that to get the Real ID license, you must appear in person at the Registry or a branch of the AAA.

Please remember that drivers **aren't required** to obtain a Real ID license, but if you don't, you will not be able to use your license as a valid form of ID when flying, even in the US.

Also, in order to enter a Federal Building after OCTOBER 2020, you would need the Real ID license or your Passport.

If you need or want more info about the license renewal requirements, go to: www.mass.gov/id site. Also, more information is available at the front desk of senior center.



Thursday, May 31, 2018

1:00 p.m.

"Mabel and Jerry" Part II

Romeo and Juliet meet Burns and Allen.

Sign up on Tuesday, May 9, 2018 at the front desk.

Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can.

Come join us in on the FUN!

We will be having light refreshments and lots of fun.





Upcoming Day Trips

June 7, 20178 \$30.00/ticket Calendar Girls

Live Performance at the Stoneham Theater

Sign up Friday, May 4, 2018 at 10:00AM

June 19, 2018 Lowell Spinners

Sign up at May 9, 2018 cost \$25.00/ticket

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

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

Transportation provided— leave center around 4:30PM

July, 11, 2018 Our Annual Cookout

Sign up Wednesday, June 6, 2018 at 10:00AM

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

Tickets will be \$7.00 per person

August 1, 2018 Gloucester Lobster Cruise

\$60.00/ticket (non-resident \$89.00/ticket)

Sign up Tuesday, June 12, 2018 at 10:00AM

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.



FUN DAY

Wednesday, August 22, 2018

FOOD – GAMES – PRIZES



Kimball's Farm Luncheon Event

Thursday, September 13, 2018



ALL TRIPS ARE NON-REFUNDABLE—if there are any questions, please contact the Buzzell Senior Center.



MAY BIRTHDAYS



Claire Baldassari
Marilyn DiBenedetto
Charlotte Guthrie
Paz Mendoz
Kathy Shea
Susan Delaney
Frank Puleo

Joan Bannon
Grace Santo
Anne Linehan
Grace Mullens
Charles Wayman
Irene Mercurio
Tom Tivnan
Pat Newhouse

Rose Carozza
Jeanne Grant
Pat McKenna
Marilyn Robinson
Sonia Whitmore
Sonny Mercurio
Ginny Wilson
Anne Marie Hill

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

Donald Sullivan
Representative Jim Miceli

GET WELL WISHES

Arlene Crossen
Carmen Hale
Francine Carlo
Tom Mills

Caregivers Support Group

Caregivers support group will meet
Monday, May 21, 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, May 9, 2018
between 10:30—11:30 a.m.



The Buzz Book Club

We will be meeting on Monday, May 21, 2018
at 1:00 p.m.

The book will be The Unlikely Pilgrimage of
Harold Frye or The Love Song of Queenie
Hennesy. Both books are by Rachel Joyce

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 next session will run from

Wednesday, May 2, 2018 to June 13, 2018

Please join us for a relaxed discussion about Dementia and Alzheimer's Disease

Hosted by:

Laura Pickett, Case Manager
Town of Wilmington
Department of Elderly Services

Lori Hayes, RN
Faith Community Nurse
The Parish of the Transfiguration

This will be a participant-led discussion. We want to hear about your needs for information, resources and education. We look forward to assisting you and your loved ones.



Date: Tuesday, May 8, 2018

Time: 4:30 – 6:00 pm

Place: Villanova Hall

126 Middlesex Ave Wilmington, MA 01887

RSVP: Lori Hayes

lorih@parishofthetransfiguration.org or
call 978-658-4665 ext. 109.

If you have questions, please contact either:

Laura Pickett, Case Manager
978.657.7595
lpickett@wilmingtonma.gov

Lori Hayes, RN Parish Nurse
978.658.4665 ext. 109
lorih@wilmingtoncatholic.com

Tai Chi

Tuesday, May 22, 2018

at 1:00PM

New instructor

Greta Nilsen, Certified Instructor

She will be doing a live demonstration.

**Formal Classes will begin in
June**



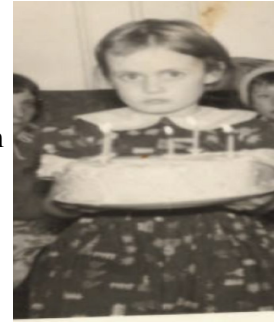
GUESS WHO?

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. One of the Andrew Sisters in last year's Talent Show
2. Plays cards in the afternoons in the kitchen with her friends
3. Loves playing Bingo

GOOD LUCK!



Lowell Spinners Game

Tuesday, June 19, 2018

Game time: 6:35 p.m.

Cost: \$25.00

Registration begins on May 9, 2018

Includes: Transportation, game ticket and a delicious barbecue at the Park!

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



Wilmington High School

Culture Club

Presentation on May 7, 2018

"Learn about India" - 2:30PM

You will be able to learn a bit of their language, culture and wonderful food.

Sign up at front desk.

This program is the next step to the great programming done by Elizabeth Murphy this past summer!

COMPUTER NEWS FOR MAY & JUNE, 2018

IT'S OVER! THE TAX SEASON IS FINALLY BEHIND US AND WE HOPE THAT EVERYONE WHO TOOK ADVANTAGE OF THE TAX PREPARATION PROGRAM HERE AT THE SENIOR CENTER IS RECEIVING A HUGE REFUND! (WE HOPE EVERYONE ELSE IS TOO!) WE ARE HAPPY BECAUSE WE GET OUR ROOM BACK AND CAN AGAIN RESUME THE TUESDAY/THURSDAY COMPUTER HELP SESSIONS. IF YOU HAVE QUESTIONS YOU'VE BEEN WAITING TO ASK, COME ON IN, WE'RE WAITING FOR YOU!

****TONY'S APP OF THE MONTH** (AND IT'S FREE!)**

"TIP CALCULATOR"

I THINK THIS App is one of the quickest, easiest and most handy tools available.

It will calculate your tip and split the bill among friends in just 5 seconds. I know, there's always someone in your crowd who claims they can do it mentally, but I always seem to struggle with this, so this app always works well for me. Try it; I know you'll like it!



May 2018



SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:00AM Zumba 10:30 AM Aerobics 1:00 PM Mah Jongg 2:30 PM Gentle Yoga	2 9:45 AM SBF Exercise 10:30 AM Pop Up Library 11AM Special Exer. 1:00 PM Country Line Dancing 1:00 PM Cards 3:00 PM Fun Singers	3 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 1:00PM Stress Management <i>1:00 Stress Management</i>	4 10:00AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards Calendar Girls Registration <i>Cinco De Mayo Spirit Day</i>	5 Annual Town Meeting
6	7 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling 2:30 PM World Culture Club	8 9:00AM Zumba 10:30 AM Aerobics 1:00 PM Mah Jongg 2:30PM Gentle Yoga 4:30PM Dementia & Alzheimer's Villanova Hall Sign up Mabel &	9 9:45 AM SBF Exer 10:30AM Pop Up Library 11AM Special Exer. 1:00 PM Line Dancing 1:00 PM Cards 3:00 PM Fun Singers Lowell Spinners Registration	10 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	11 10:00 AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	12
13 Happy Mother's Day 	14 9:30AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Bowling Competition	15 9:00AM Computer 9:00AM Zumba 10:30 AM Aerobics 1:00 PM Mah Jongg 2:30PM Gentle Yoga	16 9:30AM Podiatrist 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Cards 1:00PM Line Dancing 3:00 PM Fun Singers	17 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 Stress Management	18 10:00AM Video Exercise 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	19
20	21 9:30AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11AM Special Exercise 1:00PM Quilting 12:30PM Wii Competition 1:00 PM Book Club	22 9:00AM Computer 9:00AM Zumba 10:30 AM Aerobics 1:00 PM Mah Jongg 1:00PM Tai Chi Presentation 2:30PM Gentle Yoga	23 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Cards 1:00 PM Line Dancing 3:00 PM Fun Singers	24 9:15AM Comp. Class 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting w/North Students 12:00PM Alz./Caregivers Program Luncheon 1:00 PM Game Day 1:00 PM Ceramics	25 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	26
27	28 CENTER WILL BE CLOSED 	29 9:00AM Computer 9:00AM Zumba 10:30 AM Aerobics 1:00 PM Mah Jongg 2:30PM Gentle Yoga	30 9:45 AM SBF Exer. 11AM Special Exer. 1:00 PM Cards 1:00 PM Line Dancing 3:00 PM Fun Singers	31 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 1:00PM Mabel & Jerry Performance		



"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.