



THE BUZZELL BUZZ **NOVEMBER 2018**

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887
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MONDAY THRU FRIDAY—9:00AM-4:30PM



November will be “Thankful Month” for the Department of Elderly Services. The Department is extremely fortunate to have such strong community support and we would like to thank the community businesses, organizations and residents for their on going support!

In this month of Thanksgiving—please join us on Wednesday, November 14, 2018 at 10:30AM for Special Coffee Hour in honor of Helen and Jim Durkee for over 20 years of volunteer service to the center. Jim for many years volunteered as our camera man for the monthly Commissioners meetings and Helen was the leader of our Special Exercise class.

The Buzzell Senior Center will once again have our “Annual Giving Tree,” a tree decorated in ornaments with ideas of needed gifts for elders of Wilmington. The Giving Tree gives the community an opportunity to help others in town. Beginning the week of November 26, 2018, feel free to come down to the Center and choose an ornament. We ask that you bring the wrapped gift (with tag) back to the Center by the week of December 17, 2018, to ensure that gifts are delivered in time. These gifts are delivered personally and truly bring a smile to all who receive. If you know of any elders who would benefit from some holiday cheer, please contact Terri Marciello, (tmarciello@wilmingtonma.gov) or Laura Pickett (lpickett@wilmingtonma.gov) at 978-657-7595. All names are kept confidential. We thank you in advance for once again bringing the spirit of the holidays to those in need.

We would like to thank the Wilmington /Tewksbury Elks, in advance, for their generosity in serving a delicious Thanksgiving Meal on Thursday, November 1, 2018, along with fun and prizes.

A reminder that the Buzzell Senior Center will be closed on Monday, November 12, 2018: (Veteran's Day) Thursday, November 22, 2018 (Thanksgiving Day) and Friday, November 23, 2018 for the Thanksgiving Holiday. There will be no Home Delivered Meals on these dates.

We wish you all a Happy Thanksgiving!



The Department of Elderly Services would also like to acknowledge all Veterans' on this Veteran's Day, November 11, 2018. We are appreciative and thankful for all that you have done for our country.

Our Special Homebound Holiday Meal, sponsored by the WOW Organization, will be delivered on Tuesday, December 4, 2018. Please sign up if you are interested in helping deliver

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2018 and runs thru April 2019. 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 to set up your appointment for assistance in this application process with Terri Marciello/Laura Pickett at 978-657-7595. Wilmington residents that applied last year and are receiving renewal applications in the mail may also call for an appointment. Residents under the age of 60 should contact the Billerica Veteran's Agent (978-671-0968).

Renewal information is being sent out - please feel free to call the center to assist you with this process. All copies can be made at center .

Below are the new income guidelines for 2018 -2019

<u>Household Size</u>	<u>Maximum Gross Income</u>
1	\$35,510
2	\$46,437
3	\$57,363
4	\$68,289

****We will start new applicants in October****

DRIVERS NEEDED

Looking for home delivered meal drivers for mother's hours.

Call Senior Center at 978-657-7595 for more information.



We are in need of a "fill-in" Bingo Caller for Fridays at 1:00 p.m.

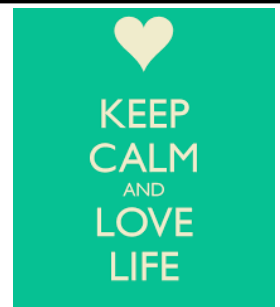
If interested, please contact the Senior Center

Meditation Classes

November there will be a six week Course

Starting Thursday, November 8, 2018 at 12:15PM

Come meet Kathleen Cammarata, Meditation teacher trained through Andy Kelly of The Boston Buddha. Kat believes that a dedicated meditation practice can benefit anyone, and is passionate about teaching it. By practicing meditation, it allows us to live more presently, with a deeper sense focus and awareness in the present moment. Some of the benefits of meditation include a greater sense of awareness, acceptance, focus, and creativity.





**We are excited to announce
“Our Moment Café”**



What is a Memory Café?

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 .

“Our Moment” Café meets on

The 3rd Wednesday of each month

1:00—2:30PM

We will be meeting at the 4th of July Building

142 Middlesex Avenue

Wilmington MA

(On Wednesday, November 21, 2018 we will be having a Tai Chi Class)

This program is sponsored by the Wilmington Department of Elderly Services

Donation generously funded by

WOW (Were One Wilmington) And Assisting Hands Home Care of Wilmington

Medicare Open Enrollment Informational Session

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2019. During Medicare Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! There will be a meeting on

Wednesday, November 7, 2018 at 1:00PM

Do Not Wait Until It's Too Late!

At the Buzzell Senior Center



NOVEMBER BIRTHDAYS



Robert Bertwell
Barbara Glover
Judy Hubbard
Judy Rachdorf

Arlene Crossen
Fred Hogan
Gene Leary
Peter Indrisano

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!

GET WELL WISHES

Maureen MacDonald
Bertha Deprez
Pat Kane
Marge MacDonald



IN LOVING MEMORY

**We express sympathy for the
loss of our friends**

***Charles Rooney
Donald Peak***



The Buzz Book Club

**We will be meeting on Monday, November 26,
2018 at 1:00 p.m. The November book will be
The Immortal Life of Henrietta Lacks by**

Rebecca Skloot

**Please contact the Senior Center if you are
interested in this popular program!**



NOVEMBER 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. Excellent Italian Cook
2. Part of the knitters/Crocheters
3. Loves to play Bingo

GOOD LUCK!

Caregivers Support Group

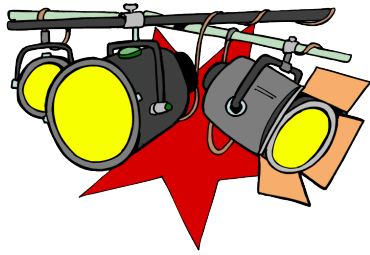
**Caregivers support group will meet on Monday,
November 19, 2018**

from 10:30 to Noon

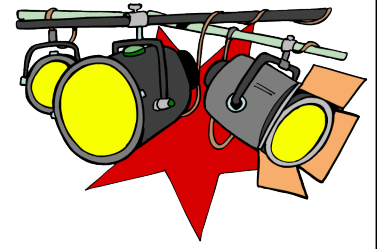
**This support group is opened to all who are inter-
ested. If you are caring for a loved one, please join
us.**

**If you have any questions, please contact Laura
Pickett, our Case Manager at 978-657-7595.**





**Wilmington Has Talent
Holiday Edition
Sunday, November 25, 2018**



**At the Wilmington High School Auditorium
159 Church Street
From 2:00 –4:00PM**

Directed and Produced by Audrey Reed

Tickets are \$7.00

All proceeds go to the

**Wilmington High School Scholarship
Fund**

(Tickets at center or at the door)



**We are fortunate to get a special early access to one
of**

Wilmington's favorite Holiday events—

Festival of Trees.

**On Friday, November 30, 2018 we have a personal
invitation to a an early viewing of the**

“Festival of Trees” that is held at

Villanova Hall at Saint Thomas Church from

9:00—10:30AM

**This free family-friendly event features a
raffle of spectacular holiday trees, wreaths
and baskets. There will be tea and coffee
and refreshments.**



**Raffle tickets available for \$10.00 a sheet
of 25 tickets**

“Special Coffee Hour”

For

Helen & Jim Durkee

For over 20 years of

Volunteer Services

to the Department of Elderly Services

Wednesday, November 14, 2018

At 10:30AM



**Special Thank you to the Wilmington Fire Fighters Union 1370
for hosting a delicious breakfast on**

Saturday, October 20, 2018

**THANK
YOU**

2018 ANNUAL HOLIDAY PARTY

Wednesday, December 5, 2018

6:30 p.m. - 10:00 p.m.

Tewksbury Country Club



Let's celebrate the holiday season together with a delicious dinner!
Come to the Tewksbury Country Club for an evening of delicious food,
socializing, and fun.

Music provided by DJ Dan!

(Back by popular demand!!)

Get your dancing shoes ready for a great time!

Tickets are \$25 per person. (Chicken or Fish)

Sign up on November 14, 2018 at Front Desk



DORIS' CRAFT CORNER

"Gnomes"



Friday, November 16, 2018

At 10:00 a.m.

Space is limited

Sign-up on Friday, November 2nd



Veterans Luncheon

Friday, November 9, 2018

at 12PM






Join us for a nice lunch to honor all who served our
country, and deserve a special day.

Tickets are \$4.00 (Veteran's Are free)

*Sign up by stopping by the front
desk at the Buzzell Senior Center*



November 2018

SUN	MON	TUE	WED	THU	FRI	SAT
			November 1, 2018 Wilmington/Tewksbury Elks Dinner 5:00PM doors open 6:30PM Dinner 	1 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day 1:00PM Ceramics 1:00PM Arts Council	2 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	3
4	5 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 1:00PM Quilting 2:30 PM Wii Bowling	6 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	7 9:30AM Beading Group 9:45 AM SBF Exercise 11AM Special Exercise 1:30 PM Cards 3:00PM Fun Singers	8 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1:00 PM Game Day 1:00 PM Ceramics	9 NO CLASSES ALL DAY 12:00PM Veteran's Luncheon	10 Fun Singers At Wood-briar and Windsor Place
11	12 CENTER CLOSED  No Home Delivered Meals	13 9:00 AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	14 10:30AM Helen & Jim Coffee Hour 9:30AM Podiatrist 9:45AM SBF Exercise 10:30AM Pop-up Library 11AM Special Exercise 11:00AM Sen. Tarr's 1:00PM Line Dancing Sign up Holiday Party	15 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1:00 PM Game Day 1:00 PM Ceramics 1:30PM Commissioners Mtg.	16 10:00AM Video Exercise 10:00AM Doris' Craft 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	17
18	19 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11:00AM Special Exercise 1:00PM Quilting 1:00PM Fire & Fall Prevention Program 2:30PM Quilting	20 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	21 9:00 AM Beading Group 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Our Moment Cafe 1:30PM Cards 3:00PM Fun Singers performing off-site	22 CENTER CLOSED  No Home delivered meals	23 CENTER CLOSED  No Home delivered	24
25 Holiday Edition Talent Show 2:00-4:00 p.m. at Wilmington High School	26 Giving Tree Begins 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 1:00PM Quilting 1:00PM Book Club 1:00 PM Wii Bowling Tournament	27 9:00 AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	28 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	29 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 12:15PM Meditation Class 1:00 PM Game Day 1:00 PM Ceramics :	30 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards 9:00 Festival of Trees	



"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
Wii BOWLING 12:30
QUILING 1:00

TUESDAY

WALKING GROUP 8:00
ZUMBA 9:00
COMPUTER CLASS 9:00
AEROBICS 10:30
TAI CHI 1:00
GENTLE YOGA 2:30

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

THURSDAY

WALKING GROUP 8:00
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 1:30 -4:00

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.