



THE BUZZELL BUZZ

OCTOBER 2018



THE DEPARTMENT OF ELDERLY SERVICES

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MONDAY THRU FRIDAY—9:00AM-4:30PM



Better Together

Welcome to October, where has the summer gone - but you know New England , we will still be able to have a few warm days with the feeling of summer.

The next few months will be very busy - we are very happy to be able to extend our Yoga, Zumba and Tai Chi classes. As you read through this months newsletter you will see that Laura Pickett has been very busy working on our Caregivers Support Group, Powerful Tools for Caregivers Workshop and our new adventure “Our Moments” memory café for caregivers and their loved ones. If you should have any questions about any of these great programs , please feel free to call and speak with Laura or Terri to find out more.

We are very happy to welcome our new Lieutenant of Fire Prevention , Robert Varey to the Buzzell Senior Center. We will be having an workshop on Monday, October 15, 2018 at 1:00PM to meet him along with the Fire Deputy Bill Cavanaugh and the Fire Chief, Joe McMahon. October is Fire Prevention Month, so they will be discussing the importance of smoke and carbon monoxide detectors (making a list of who should be in need of getting one), importance of having the File of Life (which will be given out at discussion) and information about the up and coming “Remember When” workshop that is coming to the center later in the month. Light refreshments will be served.

This month is also the time of the year that the new fuel applications will begin. We have already processed over 25 renewal applications. If anyone should need assistance in their renewal applications, please feel free to contact the center at 978-658-7595. You will also see inside this months newsletter this years guidelines for the program, which starts on November 1, 2018. Again, feel free to call the center and we will assist you through the process. Let's hope for a better winter.

Lastly, we have received several calls from residents in concern of a telephone call that they have received from the “Senior Protection Company”. They are stating that you have funds that you are able to receive but need to speak with them and share some important information. This company is NOT REAL, it is another SCAM . Please do not even speak with them.

News Alert

Tai Chi, Yoga and Zumba

**They will all continue throughout the month
of October!!!**

Tuesday, October 9, 2018

Selectmen's Meeting at 7:00PM

They will be discussing the results of the Facilities Master Plan which will include the Senior Center and Senior Housing Plans.

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****

October



On Monday, October 15, 2018

At 1:00PM

Meet our new Fire Prevention

Lt. Robert Varey

Sign up the week of October 8, 2018

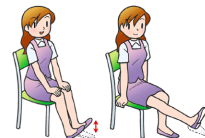
HELP NEEDED—Volunteer Teacher

For our

Special Exercise Class

Anyone interested in volunteering to support this class, please speak to Terri.

It runs Mon-Wed-Fri at 11:00 to 11:45 AM



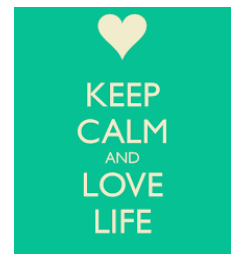
Mediation Classes

November there will be a six week Course

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

Come meet Kathleen Cammarata, Mediation 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.

Sign up October 23, 2018





**We are excited to announce
Grand Opening of “Our Moment Café”
Wednesday, October 17, 2018**



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

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



We are cordially invited to the Arts Council on

Thursday, November 1, 2018 @1:00PM

219 Middlesex Ave

This will be a great opportunity to see the wonderful programs and events that they offer. We are hoping to be able to come together and share ideas for different types of workshops such as: fabric art, photography, watercolors and much more.



**Come join in with a beautiful piano performance by
Bruce Margeson, refreshments and great discussion.**

Sign up the week of October 15, 2018



OCTOBER BIRTHDAYS



Kay Bimbo Roberta Burke Helen Durkee
Jim Durkee Joan Foresteire Freda Graham-Rogers
Alice Robb Rosemary Russo Bob Veno Diana Wilson

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

Susan Tocci
John Wallace
Maureen MacDonald
Judi Simmons

IN LOVING MEMORY

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



***Dwight Maxwell
Anne Kaizer
Inge Gwiazda***

The Buzz Book Club

We will be meeting on Monday, October 22nd at
1:00 p.m. The October book will be

Beartown by Fredrik Backman.

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



OCTOBER 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. Comes every Friday to play Bingo!
2. Butterflies and flowers in her hair
3. Always has a smile on her face

GOOD LUCK!

Caregivers Support Group

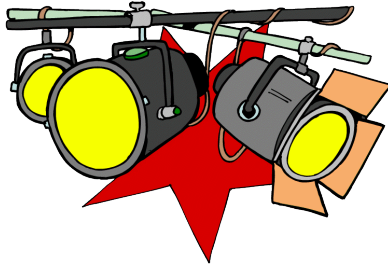
Caregivers support group will meet on Monday,
October 15, 2018

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)



A Fire and Fall Prevention Program for Older Adults is back by Popular Demand!

Remembering When is centered around 16 key safety messages – eight fire prevention and eight fall prevention - developed by experts from national and local safety organizations as well as through focus group testing in high-fire-risk states.

We are very excited that Wilmington will be able to provide this wonderful program this year with the collaboration of the Wilmington Fire Department and the Department of Elderly Services.

Class Schedule (subject to date change)

Monday, October 22, 2018 at 1:00PM

Monday, November 5, 2018 at 1:00PM

Monday, November 19, 2018 at 1:00PM

Certificate Presentation

December 3, 2018 at 11:00AM to 1:00PM

Refreshments will be served

Sign up will begin for this program on week of October 8, 2018



HOMESTEAD SEMINAR

Register of Deeds Richard P. Howe Jr. will present a

Free Homestead Seminar

On Thursday, October 11, 2018, at 1:00 p.m.

at the Buzzell Senior Center

Recording a Declaration of Homestead at the Registry of Deeds protects your home from creditors. Register Howe will explain how this valuable law works and will have blank Homestead forms for anyone who wishes to file one (the recording fee is \$35, cash or check). He will also discuss and answer questions about common real estate issues such as trusts, joint ownership of property, and mortgages.

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

Pumpkin Decorating

Come and join the Wilmington High School
Medical Careers Club on

Monday, October 29, 2018

At 1:00PM

For a Pumpkin Decorating Contest

**Bring your artistic Talent and we'll supply the
pumpkin and materials.**

Sign up at the front desk.



Game Night

Thursday, October 18 2018

We will be having our fourth

"Game Night".

4:30-7:00 p.m.

**We will be serving a light dinner and everyone
gets to relax and play card games, board games,
bocce and even get to paint more "Wilmington
Rocks". Don't miss out**

Sign up at the front desk.

Cost is \$3.00 per person.



DORIS' CRAFT CORNER

Ugly Sweater Ornament

Friday, October 19, 2018

At 10:00 a.m.

Space is limited

Sign-up on Friday, October 5, 2018





October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00—Quilting	2 8:00AM Walking Group 9:00 AM Zumba Class 10:00AM Powerful Tools 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi	3 9:00AM Charles River Trip 9:30AM Beading Group 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	4 8:00AM Walking Group 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day 1:00PM Ceramics	5 10:00AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards Sign up Doris Art Class	6
7	8 CENTER CLOSED  No home delivered meals	9 8:00AM Walking Group 9:00 AM Zumba Class 10:00AM Powerful Tools 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga Sign up for Fire Prevention	10 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30 PM Cards 3:00PM Fun Singers	11 8:00AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:00 PM Homestead Seminar	12 10:00 AM Video Exercise 10:00AM Sewing Class 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	13 Fun Singers At Woodbriar and Windsor Place
14	15 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30 AM Caregivers Group 11:00AM Special Exercise 2:30 PM Wii Bowling 1:00—Quilting 1:00PM Fire Prevention Program Sign up Arts Council	16 8:00AM Walking Group 9:00 AM Zumba Class 10:00AM Powerful Tools 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	17 9:30AM Podiatrist 9:30AM Beading Group 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Rep Sen. Tarr's Office 1:00 PM Line Dancing 1:00PM Moments Café 1:30 PM Cards	18 8:00 Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:30PM Commissioners Mtg. 4:30PM Game Night	19 10:00AM Video Exercise 10:00AM Doris' Craft 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	20
21	22 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling - North Reading 1:00—Book Club 1:00PM Fire & Fall Prevention Program 2:30PM Quilting	23 8:00AM Walking Group 9:00 AM Zumba Class 10:00AM Powerful Tools 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga Sign up Meditation	24 9:45AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers performing off-site	25 8:00AM Walking Group 10:00AM Art Class 10:30AM Aerobics 11AM Knitting/Crocheting 1:00PM Game Day 1:00PM Ceramics	26 10:00AM Video Exercise 10:00AM Sewing Class 10:00 AM Doris' Craft 11:00 AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	27
28	29 9:00AM Blood Pressure 9:45AM SBF Exercise 11:00AM Special Exercise 12:30 PM Wii Bowling 1:00PM —Quilting 1:00PM Pumpkin Decorating w/Medical Careers Group	30 8:00AM Walking Group 9:00AM Zumba 10:00AM Powerful Tools 10:30AM Aerobics 10:30AM BOCCI 1:00PM Mah Jongg 1:00 PM Tai Chi Class 2:30PM Gentle Yoga	31 9:45AM SBF Exercise 11AM Special Exercise 1:30 PM Cards 3:00PM Fun Singers 			



"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
QUILTING 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.