

# THE BUZZELL BUZZ

## THE DEPARTMENT OF ELDERLY SERVICES

### OCTOBER 2023

#### 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*

#### Director:

Terri Marciello  
TMARCIELLO@WILMINGTON  
MA.GOV

#### Case Manager:

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LPICKETT@WILMINGTON  
MA.GOV

#### Senior Clerk:

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#### Coordinator

#### Assistant:

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DHURLEY@  
WILMINGTONMA.GOV

#### Assistant Case

#### Worker:

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PMEEHAN@WILMINGTON  
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#### Van Driver:

Sonja Halliday

#### NEWS & UPDATES

*Happy fall!* We hope everyone enjoyed their summer. We have a lot of events coming up including; Fun Day, a Halloween party, and a farewell party for our Town Manager Jeff Hull. Keep reading for more details about all of these upcoming events!

It's getting to be that time again, where many of us find ourselves in the kitchen. So, we are going to start recipe sharing again. See below for more information about this. Speaking of meals, we are still looking for volunteers that would be interested in delivering for our Special Homebound Meals on Tuesday, December 5, 2023. Call the center if you are interested or would like more details.

Please note that there will be no Functionally Fit class on Thursday, October 5, 2023, Thursday, October 19, 2023, and Tuesday, October 31, 2023. There will also be no BINGO for the month of October due to the scheduling of some large events we have coming up.

Fuel assistance is back beginning November, 1, 2023. See page 6 for the updated income guidelines. Renewal forms are also being sent out for those who previously had fuel assistance. Anyone that needs assistance filling out the renewal form, or anyone interested in applying can call the center to make an appointment with Terri or Laura.

On Wednesday, October 11, 2023 we will be having a flu vaccine clinic at the Senior Center. You must call the center to register for this beginning on Monday, October 2, 2023 through Friday, October, 6, 2023. When you call to register, you will be given a time to arrive for your vaccine.

Back by popular demand is Nancy's No Sew Quilt class. Class will be on Monday, November 13, 2023. Participants will be making a holiday quilt. More information about this can be found on page 5.

Stay up to date on all the happenings of the new Senior Center on page 6!

The center will be closed on Monday, October 9, 2023 for Columbus Day. There will be no home delivered meals on this date as well. If you have any questions please call the center at 978-657-7595.

#### RECIPE SHARING



Do you have a favorite holiday recipe? We would love for you to share it with us! You can submit any kind of recipe you'd like. Just make sure the recipe is neatly written and gives clear and concise ingredients/instructions. Feel free to put your name on it and let us know where the recipe came from or any other details you'd like to share. You can send us the recipe in the mail, drop it off at the center, or email it to Kelly at [kfordham@wilmingtonma.gov](mailto:kfordham@wilmingtonma.gov). We will pick one recipe to share in each newsletter for the coming months.

### FUN DAY



When: Wednesday, October 4, 2023  
from 10:00AM-3:00PM



A lunch from AJ's Kitchen will be served. Space is still available if you are interested in joining the fun. It is \$5.00 to join. Make sure you pay prior to the event. Call the center to sign up!

*\*Please note that all other classes and activities will be cancelled this day.*

### HALLOWEEN PARTY

Join us for a Halloween Party!

When: Tuesday, October 31, 2023  
At 12:30PM

Come in costume to enter our costume contest!

We will have three of our Elderly Service Commissioner's as judges. It's going to be real spooky and a whole lot of fun!

Prizes will be awarded for the best costume.

What's on the menu? Pasta & meatballs

Cost: \$5.00

Sign up for this event will begin on Tuesday, October 17, 2023 at 10:00AM

*\*Please note that Functionally Fit will be cancelled on the day of the Halloween party\**



### CAREGIVERS SUPPORT GROUP

This month our Caregivers Support group will be on  
Monday, October 16, 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.

### POWERFUL TOOLS FOR THE CAREGIVER

The Department of Elder Services is sponsoring "Powerful Tools for the Caregiver" presented by Minuteman Senior Services. By taking care of your own health and well-being you become a better caregiver. This six-week course is designed to build the skills caregivers need to take better care of themselves while caring for a loved one. Powerful Tools for the Caregiver will help you-reduce stress-improve self-confidence-balance your life-effectively communicate in challenging situations-increase ability to make tough decisions and locate helpful resources.

This program will be held on Tuesday, October 3, 10, 17, 24  
and November, 7 & 14 from 1:00PM-2:30PM.  
(Please note there is no class on October 31, 2023)

*This program is currently full*



## OCTOBER BIRTHDAYS

Janet Amrock	Geraldine Debernardo	Irene Hoffman	Alice Robb	Annette Shelley
Rita Bergamo	Mary Denehy	Paula Kalin	Stephen Robbins	Bob Veno
Bill Bannon	Helen Durkee	Bill Leahy	Elizabeth Roberts	Paul Welch
Kay Bimbo	Joan Foresteire	Jean Miceli	Sandra Romsey	Diana Wilson
Carmen Bonarrigo	Freda Graham-Rogers	Dot McGrath	Rosemary Russo	
Gary Briere	John Gennetti	Annette Mattaliano	Debra Russo	
David Couture	Rosemarie Golisano	Sheldon Maga	Jean Shibilia	
Roy Crowell	Lauren Healy	Donna Ouellette	Janet Senesi	

*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!*

### MONTHLY BIRTHDAY CELEBRATION

**When: Tuesday, October 24, 2023 at 11:30AM**

The monthly birthday celebration will be the 4th Tuesday of every month. Come join the party. There will be cake and lots of laughs. Anyone is welcome to come, whether its your birthday month or you would just like to help others celebrate theirs!

*Call the center to sign up*

### JEFF HULL'S FAREWELL PARTY

**When: Wednesday, October 18, 2023  
At 1:30PM**

Join us for a farewell party for our Town Manager Jeff Hull. Thanks to his support, not only is the Department strong but we are getting a new Senior Center!

*Please call the center to sign up*

### HAPPINESS: WHAT IT LOOKS LIKE AND HOW TO ACHIEVE IT

**When: Wednesday, October 25, 2023 at 1:00PM**

Join us for a discussion with Henry Quinlan about happiness. Henry is a renowned publisher and owner of Omni Publishing Company.

*Call the center to sign up!*



#### *Presentation Comments:*

"This was wonderful. I have never heard anyone talking about this and it makes so much sense. Thank you."

*-Carol Wilson, Waltham*

"I have had two successful careers, but this is information that I needed to hear."

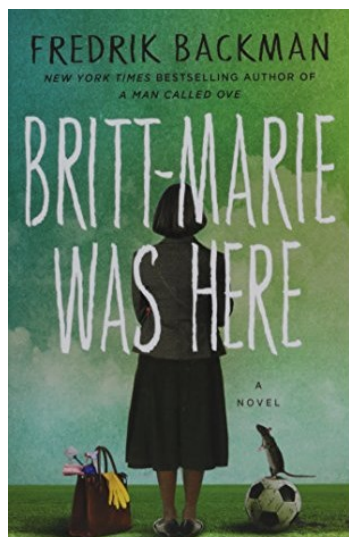
*-Joan Orr, Waltham*

"Everyone loved it."

*-Tina Close, Concord Senior Center*



### BOOK CLUB



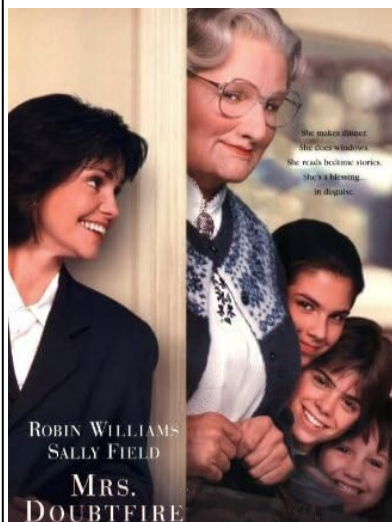
The Book Club meets on the 4th Monday of the month at 1:30PM.

The next meeting is Monday, October 23, 2023

This month's book is Britt-Marie was here

By Fredrik Backman (2017)

### MOVIE DAY



When: Monday, October 30, 2023 at 1:00PM

**Mrs. Doubtfire**  
Comedy, Drama (1993)

After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

### WOOD CARVING

The New England Woodcarvers (NEWC) are happy to offer a woodcarving class at the center. Class is every other Friday between 10:00AM 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 encouraged to bring their own carving knife.



The instructor is Darren Boehm who is 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.

This month, we will be carving a candy corn with a face. *Call the center to sign up*

Classes will be held on Friday, October 13 2023 and Friday, October 27, 2023

### CANDY RAFFLE **CONGRATULATIONS TO ERNIE BAY!**

There were 248 candies in the jar.  
Ernie guessed closest with 247!

Make sure to stop by the front desk to enter our October candy raffle.

One lucky winner will be chosen on

**Friday, October 20, 2023**

### HIKING GROUP



The Hiking Group meets on Tuesdays and Thursdays to hike in various locations both locally and in surrounding towns.

If you are interested in joining, please register at the Senior Center first and then you will be connected to the group via email with Arnie.

### BINGO



There will be no BINGO for the month of October

### INDOOR CORNHOLE

Indoor cornhole will continue to be held on the 4th Friday of the month.

**When: Friday, October 27, 2023 at 2:00PM**

## SAVE THESE DATES!



### NO SEW QUILT

Join Nancy on **Monday, November 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.

November's No Sew Quilt will be a holiday one! **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. Come and join the fun. Her work will be displayed in the Senior Center lobby.

**Sign up for this class will begin on Wednesday, October 25, 2023 at 10:00AM**

*Limited space available.*



### "A SHOW OF SHOWS"

**When: Friday, November 17, 2023 at 1:00PM**

Come see yourself and your friends! Audrey Reed has edited many hours of footage from "Wilmington Has Talent" and "The Ham I Am". It's going to be a blast from the past that you won't want to miss.

*Call the center to sign up.*

### COOKIE SWAP

**When: Wednesday, December 13, 2023**

Mark your calendars! More information will be the in November newsletter.



### A CHRISTMAS CAROL

**When: Friday, December 8, 2023 at 1:00PM**

***Sign up begins on Monday, November 6, 2023 at 10:00AM***

The Christmas season comes alive with Delvena Theatre Company's production of the beloved story of *A Christmas Carol* by Charles Dickens. A dramatic reading of *A Christmas Carol*, complete with period costumes, features a narrator and two actors with more than 60 years experience among them.



Watch in fascination as Marley comes back from the dead to help Scrooge amend his miserly ways here on earth and transform himself in a pleasant, giving old gentleman. With the help of three ghosts – the Ghost of Christmas Past, Ghost of Christmas Present and the Ghost of Christmas Future – the audience will be mesmerized as old Scrooge takes a long look at his life and reevaluates its path.

Classic Christmas music puts the finishing touch on this wonderful message of hope and love – so fitting for the Christmas season!



### FLU VACCINE

**When:** Wednesday, October 11, 2023  
From 12:00PM-4:00PM

**Where:** The Senior Center

*Sign up begins on Monday, October 2, 2023 and ends on Friday, October 6, 2023. You will be given an appointment time when you call to sign up.*



### FUEL ASSISTANCE

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting October 1, 2023. Fuel Assistance can help pay part of your home's winter heating bill. This program begins on November 1, 2023. 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 with Terri or Laura at 978-657-7595.

Renewal information is currently being mailed to Wilmington residents that applied last year. Please call the center for an appointment if you need assistance with the renewal form. (Residents under the age of 60 should contact the Billerica Veteran's Agent at 978-671-0968). Please feel free to call the center if you have any other questions. Also, all copies can be made at the center.

Household Size	Max. Gross Income
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

### UPDATE ON NEW SENIOR CENTER PROJECT

- The Senior Center Building Committee had a meeting on September 20 at the Town Hall at 6 PM. The main topic was the discussion of the bids received from the General Contractors on September 15. The discussion was led by our OPM who made a slide presentation. There were 5 bids received. The lowest bid was \$16,857,000 submitted by J & J Contractors, Inc. of Billerica, Ma. The bids were discussed along with the project budget. Our OPM explained how the budget and cost estimates were prepared prior to last November's Special Town Meeting. The original budget carried an inflation factor of 7%. The OPM prepared a graph showing the cost of municipal building projects in Massachusetts. It showed the recent rate of inflation for municipal projects was nearly 20%. Following a review of the budget, it was determined that to award the project to the low bidder, it would require an additional \$1.8 million. After discussing various options to obtain the additional money, it was decided to transfer that amount from the grant funds received by the town under the federal American Rescue Plan Act. This transfer requires approval of the Select Board.
- At its meeting on Monday September 25, the Select Board listened to a presentation from Senior Center Building Committee and the OPM on the project financing. Following a discussion, the Select Board voted unanimously to authorize the transfer of \$1.8 million from the American Rescue Plan Act to the Senior Center Building project.
- With sufficient funds now available, the town will be able to sign a construction contract with the low bidder within a couple of weeks. Soon thereafter, we will be having a Ground Breaking at the project site and actual construction will begin.
- The Senior Center Building Committee has a meeting tentatively scheduled for Wednesday October 11 at 6 PM at the Town Hall.

**WE DID IT!** Thank you to everyone who was with us on this long and winding road to a new Senior Center. It took a long time and there were some bumps in the road along the way but we persevered and now we are ready to begin a new chapter for Wilmington Seniors.





# OCTOBER 2023

SUN	MON	TUES	WEDS	THUR	FRI	SAT
1	2 SIGN UP BEGINS FOR FLU VACCINE CLINIC • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	3 FLU VACCINE CLINIC SIGN UP • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • POWERFUL TOOLS 1:00PM • FUNCTIONALLY FIT 2:00PM	4 FLU VACCINE CLINIC SIGN UP FUN DAY 10:00AM-3:00PM *ALL OTHER CLASSES/ACTIVITIES ARE CANCELLED*	5 FLU VACCINE CLINIC SIGN UP GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM	6 SIGN UP ENDS FOR FLU VACCINE CLINIC • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM	7
8	9 COLUMBUS DAY: CENTER CLOSED	10 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • POWERFUL TOOLS 1:00PM • FUNCTIONALLY FIT 2:00PM	11 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • FLU VACCINE CLINIC 12:00PM-4:00PM • CARDS & GAMES 1:00PM • POKER 1:00PM	12 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	13 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM	14
15	16 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • CAREGIVER SUPPORT 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM	17 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • SIGN UP HALLOWEEN PARTY 10:00AM • BEADING 10:30AM • POWERFUL TOOLS 1:00PM • FUNCTIONALLY FIT 2:00PM	18 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • CARDS & GAMES 1:00PM • POKER 1:00PM • JEFF HULL FAREWELL PARTY 1:30PM	19 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • COMMISSIONER'S MEETING 1:30PM	20 • ZUMBA 9:00AM • SEWING 9:30AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CANDY RAFFLE	21
22	23 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • BOOK CLUB 1:30PM	24 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • BIRTHDAY CELEBRATION 11:30AM • POWERFUL TOOLS 1:00PM • FUNCTIONALLY FIT 2:00PM	25 • BLOOD PRESSURE 9:00AM • SPECIAL EXERCISE 9:30AM • SIGN UP NO SEW QUILT 10:00AM • CARDS & GAMES 1:00PM • POKER 1:00PM • "HAPPINESS" WITH HENRY QUINLAN 1:00PM	26 • GENTLE YOGA 9:00AM • ART 9:45AM • KNITTING & CROCHETING 10:30AM • COUNTRY LINE DANCING 10:30AM • CERAMICS 1:30PM • FUNCTIONALLY FIT 2:00PM	27 • ZUMBA 9:00AM • SEWING 9:30AM • WOOD CARVING 10:00AM • CHAIR YOGA 12:30PM • POKER 1:00PM • CORNHOLE 2:00PM	28
29	30 • TAI CHI: 9:00AM • SPECIAL EXERCISE 10:30AM • WII BOWLING 11:30AM • CRIBBAGE 1:00PM • MOVIE DAY 1:00PM	31 • HIKING GROUP 9:00AM • DANCE & TONE 9:30AM • BEADING 10:30AM • HALLOWEEN PARTY 12:30PM				



# TOWN OF WILMINGTON

CURRENT RESIDENT OR

PRESORTED  
STANDARD  
US POSTAGE PAID  
WILMINGTON, MA  
PERMIT NO 10

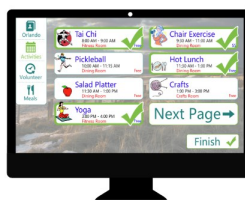
## my seniorcenter™



Next time you are at the center, please take a moment to stop at the front desk. We would like to update your profile and make sure we have correct information for you including your emergency contacts. This will only take a minute or two.

### **REMINDER!**

Just a friendly reminder that it is very important to sign in to all events, activities, and classes every time you come to the center. If you do not have a card to scan, please ask for a new one at the front desk.



### **CALL THE CENTER IF YOU NEED...**

- Male or female incontinence products
  - Flushable wipes
  - Hearing aid batteries
- Medical equipment such as walkers, wheelchairs, commodes, showers chairs, etc.
  - Nutritional Drinks (Ensure/Boost)
  - Puzzles
  - Books and Puzzle Books
  - DVD's