



THE BUZZELL BUZZ

SEPTEMBER 2017

THE DEPARTMENT OF ELDERLY SERVICES

15 SCHOOL STREET, WILMINGTON, MA 01887



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"Live, Laugh, Learn"



Welcome National Senior Center and National Alzheimer's Month!

I hope everyone had a wonderful summer. It always seems to go by so quickly. It's hard to believe that Autumn is upon us. As you read through your newsletter you will find that we have many different programs and events that we would love for you to take part in. It is such a great time of year to enjoy many fun activities. We are excited that our Zumba Class will be starting again with Kellie, and the Yoga Class with Joan. Our crafts are back with Doris too. You will also notice our continued collaboration with LL Bean and a fun event with the Wilmington Memorial Library. Come join in on the fun here at the center and there will be special surprises & prizes throughout the month.

An event we are very excited about is on Wednesday, October 4, 2017. We will be going to Kimball's Farm in Westford Ma for a day of FUN! On this fantastic day we will have transportation from the center to arrive at Kimball's Farm for a delicious BBQ that includes Grilled Chicken, Sirloin Burgers, Veggie Burgers, 1/4 Hot Dogs, Grill Cheese, Grilled Veggie Skewers, Potato Salad, Corn on the Cob and Watermelon. You will then be able to walk around and enjoy the many activities at Kimball's and lastly be able to enjoy their Legendary Ice Cream Buffett. So make sure you bring your appetite and your sense of adventure. Sign up for this event will be on Tuesday, September 12, 2017 at 10:00AM. The cost of this event will be \$25.00 per person. Don't miss out!

I would like to take this opportunity to thank everyone that was involved in FUN Day. It was a huge success. Everyone had so much fun and there were certainly a lot of laughs at the LIVE auction. There is so much work that goes into all these special events and it would not be possible without STRONG support from all of our volunteers. Thank you!

Lastly, this month is very special in raising awareness and donations for the Alzheimer Association. On Thursday, September 14, 2017, we will be having a "Root Beer Float Day". This event will help raise funds for the Walk to End Alzheimer's on Sunday, September 24, 2017. We will also be having "Forget-Me-Not" flowers posted in the front lobby with your donations. This is a disease that is effecting/affecting so many families. Let's try to make a difference.

Reminder

Home Delivered Meals Participants: There will be no Home Delivered Meals on Monday, September 4th due to the Labor Day Holiday. Just a reminder to please call the center if you need to cancel or hold a meal due to a medical appointment on your delivery days.

Fly Fishing

Tuesday, September 19, 2017

Swain Green at 10:30AM

This comprehensive course, taught by LL Bean, teaches you the basics of fly casting in a fun, relaxed atmosphere. Our skilled instructors will guide you, step-by-step, through the four-part cast, false cast and roll cast. We'll explain how to strip and shoot line, as well as how to tie basic fishing knots. You'll have ample time to practice each skill with an instructor and on your own. You'll finish this course with an excellent foundation of fly-casting knowledge. Sign up at the front desk if you are interested starting September 6, 2017.

All necessary fly-casting equipment is provided. Come join the fun!!!



Caregivers Support Group

This group is held on the 3rd Monday of the month— Monday, September 18, 2017 from 10:30 a.m.— noon at the Buzzell Senior Center. If you are caring for a loved one, please feel free to join us.

For more information, please contact Laura Pickett, Case Manager at (978) 657-7595 or lpickett@wilmingtonma.gov



EXERCISE PROGRAMS

Walking Group: Tuesdays & Thursdays at 9:00 a.m.

Zumba with Kelli: Tuesdays at 9:00 a.m

SBF Exercise: Mondays and Wednesdays at 9:45-11:00 a.m.

Special Exercise: Monday, Wednesday and Fridays at 11:00 a.m.-12:00 p.m.



Medicare Open Enrollment Information

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 2018. 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. *To schedule a SHINE appointment, call the senior center or 1-800-AGE-INFO (1-800-243-4636) ... then press or say 3. If you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications. Call early to get a SHINE appointment during Open Enrollment!*

There will be a group presentation on Tuesday, November 7, 2017 at 1:00 p.m.

Do Not Wait Until It's Too Late!

September Birthdays

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! (We are always updating our systems, please inform us of any corrections/additions.)



Josie Gregory

Jean Hartka

Kim Lynn

Al LaValle

Peggy Lowell

Betty Rice

Lorraine Pellerin

Dorothy Robichaud

Alice Hoooper

Milton Freeman

Ethel Butters

Sandy Rice

IN LOVING MEMORY

We express sympathy for the loss of our friends

Bob Phaneuf

Robert Anderson

Marion Nee

Bill Gibbs

Shirley Zimmerman

Bill Brookings

GET WELL WISHES

Charlotte DeMarco

Georgia Vogel

Paul Minichiello

Georgia Boudreau



GUESS WHO?

This is the baby picture of one us at 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.

We will choose one winner!



GOOD LUCK

Doris' Craft Corner



Sign-up on September 13, 2017 for the following classes

Friday, October 13, 2017 -

Flag Pin

Friday November 17, 2017—

Snowman Hats

Friday, December 8, 2017—

Angels

All classes start at 10:00AM

Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2017 and runs thru April 2018. 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 2017-2018

Household Size

Maximum Gross Income

1

\$34,380

2

\$44,958

3

\$55,537

4

\$66,115



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



L.L. Bean Free Walking Event

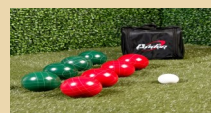
Join us for a great hike in
Harold Parker State Forest.!

We plan to look for wildlife and travel around Brackett Pond; Collins Pond and Field Pond. Please make sure you wear appropriate hiking clothing; waterproof footwear (if possible) and dress for the weather, layers are best.

Please bring a small day pack with snacks, water and any personal medications you may need.

Dates: Thursday, September 21, 2017
Thursday, September 28, 2017
Thursday, October 5, 2017
Thursday, October 12, 2017

Transportation can be provided by our van. Sign up at front desk, where time and location will be shared.



Bocce back at Jack's

By Popular Demand

Thursday, September 21, 2017 at 11:30AM

Sign up the first week of September

Learn Ukulele Class

Tuesday, October 10, 2017 at 1:00 p.m.

Due to it's popularity were are having her come back to have fun and learn more songs.

Sign up at front desk, starting
September 12, 2017 space limited

UPCOMING EVENTS & DAY TRIPS

- ♦ Gentle Yoga—Tuesday, September 12, 2017 at 2:30 p.m. (Registration is full)
- ♦ Zumba: Tuesday, September 12, 2017 at 9:00 a.m. (Registration Required)
- ♦ Cathedral of the Pines: Tuesday, September 26, 2017 (Registration Required)
- ♦ Kimball Farms: Wednesday, October 4, 2017 — 11:00-4:00 p.m. (Sign-ups on Tuesday, September 12, 2017)
- ♦ Learn Ukulele Class—Back by popular demand on Tuesday, October 10, 2017 at 1:00 p.m. (Registration is required)
- ♦ Dinner Sponsored by The Masons: Monday, October 16, 2017 at the Center (Sign-up on September 27, 2017) Enjoy a yummy macaroni & cheese delight
- ♦ Halloween Party: Come join all the spooky fun at our Annual Halloween Party on Tuesday, October 31, 2017—More information to follow
- ♦ North Shore Music Theatre presents 42nd Street—Wednesday, November 1, 2017 (Sign-ups begin on October 3, 2017)
- ♦ Veteran's Luncheon: Thursday, November 9, 2017 - More information to follow

NORTSHORE MUSIC THEATRE

Trip Date: Wednesday, November 1, 2017
(2:00PM Matinee Show)

Sign up Tuesday, October 3, 2017

Come and meet those dancing feet in 42nd Street, the glamorous, Tony Award-Winning, 1930's musical spectacular. The stakes are high when a young chorus girl fresh from Allentown, PA, is given the once-in-a-lifetime chance to become a star in musical that recalls both the classic days of Broadway and the golden age of movie musicals. With sensational tap numbers, lavish costumes, and one show-stopping tune after another, you will be thoroughly entertained from the first note to the final tap.

Cost \$35.00



CATHEDRAL OF THE PINES

Tuesday, September 26th

Cost \$50.00 for Wilmington Seniors

Cost: \$69.00 for non-residents



Departure from: The Senior Center at 9:00 a.m.

Return time: 5:30 p.m.

Exploring New Hampshire's best attractions: Travel the Rindge, Cathedral of the Pines, Anheuser Busch Brewery and the Maple Sugar House. You will enjoy a delicious luncheon at the Parker's Maple Barn for an authentic Parker's Maple Sugar Feast!



September 2017



SUN	MON	TUE	WED	THU	FRI	SAT
					1 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	2
3	4 CENTER CLOSED  <u>No Home Delivered Meals</u>	5 Walking Group: 9:00 AM Aerobics: 10:30 AM Wii Bowling: 12:30 PM	6 9:00 AM Craft Class 9:45 AM SBF Exercise 11 AM Special Exercise 1:00 PM Line Dancing 1:30 PM —Cards 3:00 PM Fun Singers	7 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics	8 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	9
10	11 9:00AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting	12 9:00 AM Walking Group: 9:00AM Zumba is back 10:30 AM Aerobics 1230PMWii Bowling 2:30 p.m.—Yoga Class Kimball's Sign up:10:00AM	13 Sign up - Doris Crafts 9:45 AM SBF Exercise 11 AM Special Exercise 1:00 pm Line Dancing 1:30 PM —Cards 3:00 PM Fun Singers	14 9:00 AM Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00PMRoot Beer Float	15 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	16
17	18 9:00AM Blood Pressure 9:45 AM SBF Exercise 10:30 Caregivers Support Group 11AM Special Exercise 1:00PM Quilting	19 Walking Group: 9:00 a.m 9:00AM Zumba is back 10:30 AM Aerobics 1230PMWii Bowling 2:30 p.m.—Yoga Class 10:30 Fly Fishing	20 9:30AM Podiatrist 9:00 AM Craft Class 9:45 AM SBF Exercise 11 AM Special Exercise 1:00 pm Line Dancing 1:30 PM —Cards 3:00 PM Fun Singers	21 <small>National Alzheimer's</small> L.L. Bean Walking Event 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Game Day 1:00 PM Ceramics 1:30PM Commissioner's Meeting 11:30AM Bocce at Jack's	22 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	23
24 Alzheimer's Walk 	25 9:30AM Blood Pressure 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Quilting 1:00 PM Book Club	26 Cathedral of the Pines 9:00-5:30 p.m. 9:00 AM Walking Group 9:00AM Zumba is back 10:30 AM Aerobics 1230PMWii Bowling 2:30 p.m.—Yoga Class	27 9:00 AM Craft Class 9:45 AM SBF Exercise 11 AM Special Exercise 1:00 pm Line Dancing 1:30 PM —Cards 3:00 PM Fun Singers 1:30 PM —Cards Sign up Mason's Dinner	28 9:00 AM LL Bean Walking Group 10:00 AM Art Class 10:30 AM Aerobics 11AM Knitting/ Crocheting 1:00 PM Ceramics 1:00 PM Game Day	29 10:00 AM Video Exercise 11:00AM Special Exercise 1:00 PM Bingo 1:30 PM Cards	30 ROAD SHOW At HIGH School 10:00AM



What better place to be than at the Buzzell Senior Center!



Alzheimer's Awareness Month

This month, you can help fight the stigma surrounding Alzheimer's disease, educate others and begin to change the way we look at Alzheimer's. Help us create a conversation across the globe. Speak up about the facts. Alzheimer's is NOT normal aging or "a little memory loss", it is a progressive and fatal disease. On Sunday, September 24, 2017, the Department of Elderly Services is taking action by joining the 2017 Walk to End Alzheimer's in Cambridge MA. The following are some ways you can help in raising funds.



Buy a "Forget-Me-Not" at the front desk. Flowers will be sold for \$1.00 and any other donations will be accepted. The flowers can be dedicated to a loved one who has been or is effected by Alzheimer's. These flowers will be presented in the Buzzell Senior Center lobby. Let's help to continue to make a difference!

Root Beer Float Day

We will be hosting a Root Beer Float Day offering Richardson's Ice Cream for \$3.00 in support of Alzheimer's on Thursday, September 14, 2017. Remember to sign-up for this event at the front desk. Help make a difference and attend this fun event and you will help with your donation to this worthy cause. All proceeds and generous donations will go directly to the Alzheimer's Association.



Wilmington Mass. Memories Road Show



Save the Date: Take Your Place in Massachusetts History!

Do you live, work, or go to school in Wilmington? Or did you at one time? This program is a shared event that celebrates each person's family history and contribution to the community. Please join us and bring one to three photographs to be scanned and included in the public digital archive at openarchives.umb.edu.

Saturday, September 30, 2017
Wilmington H.S. Cafeteria
10 am – 3 pm



For more information contact Charlotte Wood at cwood@wilmlibrary.org.



TOWN OF WILMINGTON

***PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10***

CURRENT RESIDENT OR



ACTIVITY PROGRAMS

MONDAY

BLOOD PRESSURE CLINIC 9:00
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00

TUESDAY

WALKING GROUP 9:00
ZUMBA 9:00
BOCCE 9:30
AEROBICS 10:30
Wii BOWLING 12:30 PM
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 9:00
ACRYLIC PAINTING 10:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CRIBBAGE/GAME DAY 1:00PM
CERAMICS 1:00

FRIDAY

VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

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.