



THE BUZZELL BUZZ

SEPTEMBER 2019

THE DEPARTMENT OF ELDERLY SERVICES



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MONDAY THRU FRIDAY 9:00AM-4:30PM



SEPTEMBER NOTES

Welcome National Senior Center !



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 . It is such a great time of year to enjoy many fun activities. We are excited that our Zumba Class is starting again with Kellie, Yoga Class with Joan, and Tai Chi with Greta. Soon our crafts will be back with Doris too. We are extremely excited about a new collaboration with the Wilmington Memorial Library. The Wilmington Memorial Library has received a grant to be able to provide a Healthy Aging Series in Wilmington, Massachusetts. This grant promotes community wide conversations and dialogue around what is healthy aging, along with a wonderful collaboration that can bring about lectures and programs to better educate all ages on this issue. You will find out more through our monthly newsletters, website and social media platforms. We look forward to this new endeavor.

I would like to take this opportunity to thank Susan Devlin and all of her many volunteers for making FUN DAY 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!

Remember, Sunday, September 8, 2019, is "Grandparents Day" and we will be having our Family Fun Day at Yentile Farm Park from 1:00PM –3:00PM. There will be prizes, Tai Chi with Greta and Zumba with Kelli. Bring your family and friends down and have some fun.

Lastly, please make sure you drop by to meet Patti Meehan, our new Assistant Case Worker for the Department of Elderly Services and Veteran Services. We will be having a coffee hour on September 10, 2019, more information enclosed.



Reminder

Home Delivered Meals Participants: There will be no Home Delivered Meals on Monday, September 2, 2019 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.





SEPTEMBER BIRTHDAYS



Harry Atamian	Ethel Butters	Manuel Chaves
Jean Hartka	Al LaValle	Peggy Lowell
Thomas Moran	Ed Nash	Sandy Rice
Harry Stewart	Josephine Miano	

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!

Audrey's Corner of Conversation



I'd like to thank everyone again for coming to the Commissioners Meeting last month and listening to my talk on the New Senior Center.

Remember "Better Together" "It's Our Time". If you have any ideas on how to help make this happen, put your suggestions in the "Suggestion Box" located in the main lobby of the Senior Center.

We will be having an "Continued Conversation" light lunch on Friday, September 20, 2019 from 12:00PM—1:00PM at the center.

Also, please mark your calendar's for the
Selectmen's Meeting on Monday, September 30, 2019
(More information to follow).



Good Neighbor Program

Good Neighbor Day is on September 28, 2019. The Department of Elderly Services would like to acknowledge that extra special good neighbor. That person that gets the mail, takes out the trash, shovels the walkway, picks up groceries and just goes above and beyond.

Please give the name and address of this special neighbor to the front desk or call us at 978-657-7595 by Wednesday, September 25, 2019 and we will make sure that your good Samaritan is acknowledged with a special baked treat. There are so many special people that make up our community, this is one way that we can give back to those that make Wilmington the special place it is!



The Buzz Book Club

We will be meeting on Monday,
September 23, 2019 at 1:00 p.m.

The book club selection for September is
"Educated" by Tara Westover



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

September Movie Day

Thursday, September 12th

At 1:00 p.m.

Bridges of Madison County

Starring Clint Eastwood and
Meryl Streep



Senator Tarr's Office Hours

Richard Curran, Community Outreach Specialist, for Senator Bruce Tarr's office will be visiting on Wednesdays to listen to your concerns and answer your questions from
11:00 to 12:00 p.m.

September 18, 2019

October 16, 2019

November 20, 2019

December 18, 2019

EXERCISE PROGRAMS

Zumba with Kelli: Tuesdays at 9:00AM

Tai Chi with Greta: Tuesdays at 1:00PM

Yoga with Joan: Tuesdays at 2:30PM

SBF Exercise: Mondays and Wednesdays
at 9:45AM

Aerobics: Tuesdays and Thursday at
10:30AM

Special Exercise: Monday, Wednesday
and Fridays at 11:00AM



"Keep Fit Forever"

IS BACK

Sponsored by Fit Body Boot Camp

Starting Friday, September 20, 2019 through Friday October 25, 2019

(Fridays for Six weeks 10:00-10:45 a.m.)

Ageless Strength, Timeless Strength, Forever Young

Exercise is the key to staying strong, energetic and healthy as you get older. This class is only for those 60+ who want to age well, live life to the fullest and have fun while strength training, balancing, moving, and stretching. Wear sneakers, comfortable clothing and bring your energy! Other fun equipment will be provided.

If interested, please sign up at front desk and space is limited.

Instructor: Talia Erinna



Fuel Assistance Program

The Community Teamwork, Inc. Fuel Assistance Program is available to new applicants starting November 1, 2019 and runs thru April 2020. 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 2019-2020

<u>Household Size</u>	<u>Maximum Gross Income</u>
1	\$37,360
2	\$48,885
3	\$60,351
4	\$71,846



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



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 2020. 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
Thursday, November 7, 2019 at 1:00PM
At the Buzzell Senior Center
Do Not Wait Until It's Too Late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a SHINE appointment, call the center at 978-657-7595.

Caregivers Support Group

**Caregivers support group will meet on Monday, September 16, 2019
from 10:30 to Noon**

This support group is opened to all who are interested.

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.**



IN LOVING MEMORY



We express sympathy for the
loss of our friends

Paul D'Eon
Francis Zizis
Janet O'Connor
Jack Tannian

GET WELL WISHES

Ed Smith
Ethel Butters
Tom Pazyra
Polly O'Brien
Helen Carver



Memory Café “Our Moment Café”

Wednesday, September 18, 2019

11:30 AM—1:00p.m. (*Please note the time change*)

at the 4th of July Building



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.

WOW JUNIOR THANK YOU

We would also like to give a BIG Thank You to W.O.W Junior, and their members for sponsoring a fun raffle event the week of August 12, 2019. Everyone that participated in any or all activities that week, had the chance to be lucky winners. The following were our lucky winners pulled on August 16, 2019

\$50.00 As Good As It Gets Gift Card Winner: Rose Bromander

\$50.00 CVS Gift Card Winner: Sue Carbone

\$50.00 Barnes and Noble Gift Card Winner: Dot McGrath

\$45.00 99 Restaurant Gift Card Winner: Norrine Solari

\$30.00 Dandi-Lyon Gift Card Winner Gail Dickson

Red Sox vs Yankees (2) Tickets Winner Gail Dickson





FAMILY FUN DAY



FUN for EVERYONE

Grandparents Family Day Celebration

at Yentile Farm Park

Sunday, September 8, 2019

1:00PM– 3:00PM



Giveaways

Zumba by Kelli

Tai Chi with Greta

Refreshments

Reading Never Sounded So Good...

The Perkins Library is a free public library for people who have difficulty reading regular sized print. This includes people who are blind, visually impaired, physically unable to hold a book or reading disabled. A special part of the Library of Congress, the Perkins Library is part of the National Library Service for the Blind and Physically Handicapped (NLS) and services the entire Commonwealth of Massachusetts with accessible and completely free materials shipped right to your door. While many people only associate Perkins with vision loss but it is important to know that many more people may qualify for this service. Perhaps someone has 20/20 vision but the book is inaccessible. If a person has arthritis, paralysis, or any other condition which makes it difficult to hold a book or turn pages, they are also eligible. Come find out more!



Thursday, September 26, 2019 at 1pm.

Welcome

Patti Meehan

Assistant Case Worker for Elder Services
and Veterans Services Department

Join us for a Coffee Hour on
Tuesday, September 10, 2019
9:30AM—10:30AM



Upcoming Events

Family Day @Yentile Park—September 8, 2019

Wine and Chocolate Tour—September 18, 2019

Game Night - September 19, 2019

Vermont Country Store—
October 9, 2019

Game Night—October 17, 2019

Home Modification Loan Seminar—October 24

Halloween Party—October 31, 2019

Medicare Open Enrollment Meeting—November 7

Veterans Day Luncheon—November 8, 2019

Holiday Party - December 11, 2019



Game Night—Thursday, September 19, 2019 (4:30-7:00PM)

Come and enjoy a light dinner with friends and play your favorite board and card games or rock painting.

Cost \$3.00—sign up at front desk.



SEPTEMBER 2019



SUN

MON




TUE

WED

THU

FRI

SAT

1 	2  CENTER CLOSED	3 8:00AM Walking Group 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	4 9:30AM Beading 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	5 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics	6 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	7
8 Grandparents FUN Day 1:00-3:00 PM 	9 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Group 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	10 8:00AM Walking Group 9:00AM Zumba Class 9:30AM Welcome Coffee Hour for Patti 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	11 9:45 AM SBF Exercise 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	12 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM Movie Day	13 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	14 
15	16 9:00AM Blood Pressure 9:45AM SBF Exercise 10:30AM Caregivers Support Group 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	17 8:00AM Walking Group 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	18 9:30AM Beading 9:30AM Podiatrist 9:45 AM SBF Exercise 11AM Special Exercise 11:00AM Rep.Senator Tarr's Office 1:00PM Line Dancing 1:00PM Moments Cafe 1:30PM Cards 3:00PM Fun Singers performing off-site <i>Granite State Trip</i>	19 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:30PM Commissioners Mtg. <i>4:30PM Game Night</i>	20 10:00AM Sewing 10:00AM Keep Fit Forever 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards 12:00PM Informational w/Audrey	21 Fun Singers performing at Woodbriar & Windsor Place
22 	23 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Book Club 2:30PM Quilting	24 8:00AM Walking Group 9:00AM Zumba Class 10:30AM Aerobics 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	25 9:45 AM SBF Exercise 11:00AM Rep. from Senator Tarr's Office 11AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	26 8:00AM Walking Group 9:00AM Art Class 10:30AM Aerobics 11AM Knitting/ Crocheting 1:00PM Ceramics 1:00PM Perkins Library	27 10:00AM Sewing 10:00AM Keep Fit Forever 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards Good Neighbor Day Program	28 National Good Neighbor Day 
29	30 9:00AM Blood Pressure 9:45AM SBF Exercise 11AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting					



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 9:00
SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
QUILTING 1:00
WII BOWLING 12:30

TUESDAY

ZUMBA CLASS 9:00
AEROBICS 10:30
TAI CHI 1:00
MAH JONGG 1:00
YOGA 2:30

WEDNESDAY

SBF EXERCISE 9:45 - 11
SPECIAL EXERCISE 11-12
COUNTRY LINE DANCING 1:00
CARDS 1:30-4
FUN SINGERS 3:00

THURSDAY

ACRYLIC PAINTING 9:00
AEROBICS 10:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00

FRIDAY

SEWING GROUP 10:00
VIDEO EXERCISE 10-11
SPECIAL EXERCISE 11-12
BINGO 1-3
CARDS 1:30-4

DAILY

GAME ROOM -SOCIALIZATION
KITCHEN 9-4:30

SENIOR VAN SERVICES

MONDAY THRU FRIDAY
PICKUPS FROM 9:00 AM TO 3:00 PM. MUST
CALL TO SCHEDULE PICKUP. WE CAN NOT
GUARANTEE TO ALWAYS HAVE
AVAILABILITY.

SPECIAL PROGRAMS

PODIATRIST

3RD WEDNESDAY OF THE MONTH
9:30 AM

SHINE COUNSELOR
CALL FOR PERSONAL
APPOINTMENT

CAREGIVERS GROUP

3rd Monday of the Month
10:30 AM

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

*** Activities are subject to change***
Please contact Center for more information