



THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

AUGUST 2021



BUZZELL SENIOR CENTER

15 SCHOOL STREET
WILMINGTON, MA
01887

TELEPHONE:

978-657-7595 OR
978-658-2258

MONDAY – FRIDAY

9:00AM– 4:30PM



NEWS & UPDATES

It is hard to believe it's August already! Hopefully the rainy days are finally behind us and we can start to enjoy the warm days of summer! In July, we started to invite classes to meet indoors gradually. It has been great to see everyone in the building again. We appreciate your continued patience as we work towards a new normal.

There are some exciting events planned for the next few months so make sure you read the entire newsletter! We would like to give a big round of applause to Delvena Theater group for their presentation of "I'll be Seeing Ya" that took place on Monday, July 19, 2021 in the Buzzell Senior Center. It was a great murder mystery that had everyone guessing! We are happy to announce another show brought to you by Delvena Theatre group that will be showing here at the center in September. See Page 2 for more details.

The Wilmington Community fund will be holding a town shredding day! Find out more information about this on page 4. Also on page 4; save the date! Meet with Richard Curran; Community Outreach Specialist for Senator Bruce Tarr's office.

We are most excited about announcing a Fox Tours trip coming up in October. Take a trip to the Spectacular Castle in the Clouds and see the beautiful Fall foliage! Lunch will be at Hart's Turkey Farm. Find out more and how to sign up on page 6.

You can find the class and activity schedule on the back of the newsletter. Call the center if you are interested in signing up for anything. More classes and activities will likely be added to the schedule in the Fall. Please note, that there will be no Zumba class on Thursday, August 12, 2021.

Senior Center Committee updates will be in next months Newsletter.

Department of Elderly Services Staff Contact Information

Director:

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HOME DELIVERED MEALS:

Please note that that there will be Minuteman Meals from Monday, August 16, 2021 to Friday, August 27, 2021 and also, no home delivered meals on Monday, August 30, 2021. If you have any questions, please do not hesitate to call.

IMPORTANT TO REMEMBER DURING THIS HEAT:

 Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

 If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.

If you are in need of a fan, please call the Senior Center at 978-657-7595. We have fans available. Remember, **STAY COOL & HYDRATE!**





Concert & Ice Cream

When: Tuesday,
August 17, 2021
at 1:00PM

Join us for music & ice cream! We will be hosting a Beatles cover band. Come, have fun and make your own ice cream sundaes! This event is free of cost.

Sign up will begin on Friday, August 6, 2021 at 9:30AM no earlier. Everyone must call for themselves.



SUMMER GAME NIGHT

Our popular "Late Night at the Senior Center—Game Night" is BACK!

Wednesday, August 11, 2021 4:30PM-6:30PM

Wednesday, August 25, 2021 4:30PM-6:30PM

Come and enjoy a bag dinner with friends and then stick around for cards, board games or rock painting. Space is limited. This event is free of cost. Call the center to sign up!

SAVE THE DATE!

When: Thursday, September 30, 2021
1:00PM at the Buzzell Senior Center.

More information to follow in the September newsletter!



The Delvena Theatre company is at it again...!

Meet Julia Child! - the beloved French Chef. A live performance featuring Lynne Moulton as Julia Child doing what she did best. Learn more about her life – from her privileged childhood in California when she had no interest in food, except for eating what the family's private chef prepared – to becoming one of the culinary legends of all time.

The audience will have the opportunity to view Julia on the set of *The French Chef* television show, an amusing and fun experience! After the performance, the cast will open up for discussion regarding Julia Child.

Wilmington Seniors needed to launch New Television Show!

Do you have the gift of gab? Has anyone ever told you "You should be on TV"? Do you think Seniors deserve a voice in Wilmington? WCTV wants you to have a platform in the community.



Join other interested seniors for our first Meet-up at WCTV on Wednesday, August 18th at 2PM.

Learn what it takes to make your own television show and have fun doing it.

Not interested in being on camera? There are opportunities to learn how to operate cameras, direct, or even design the set and lighting.

The goal is to create a new television program crewed and hosted entirely by you!

Be a part of this CREATIVE and EMPOWERING project! WCTV will provide the coffee!

Membership and Training at WCTV is free to Wilmington residents and can be done at your convenience, in a group, or one-on-one.

Questions or Concerns? Contact WCTV Executive Director Ryan Malyar, Ryan@wctv.org (978)657-4066



AUGUST BIRTHDAYS

George Allan	Lois MacKenzie	Marilyn West	Paula Splaine
Roberta Battite	Buddy Molyneaux	Howard Murray	Pat Spurr
Linda Walsh	Ed Smith	Rosemary Murray	Richard Spurr
Sharon Gray	Irma Moreau	Adele Passmore	Phyllis Healy
Cathie Hayes	Jane Palmer	Margaret Peabody	Pat Vayo
Robin Theodos	Frank Carta	Paula Samatis	Jane Hill

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!

AUGUST MOVIE RAFFLE



Call the center to sign up for our movie raffle! It is free to enter. We will be raffling off a movie and some movie snacks so you can have a fun movie night at home!

A lucky winner will be chosen on Monday, August 16, 2021.

BOOK CLUB

The Book Club meets on the 4th Monday of the month at 1:30PM. If you are interested in joining, please call the center at 978-657-7595. This month's book is Anxious People by Fredrik Backman

Next meeting is Monday, August 23, 2021 at 1:30PM

Caregivers Support Group



The role of a caregiver can be a very difficult one, especially during these last 15 months. The Department of Elderly Services is offering a Caregivers Support Group that meets on the third Monday of each month. If you are caring for a loved one, relative, or friend, come and meet with others who understand all that you are going through and who can offer support and provide helpful coping strategies. The group meets from 10:30AM to noon at the Buzzell Senior Center.

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



SAVE THE DATE: Pathways through grief A Support Group Educational Series



A SUPPORT GROUP EDUCATIONAL SERIES

Come for SUPPORT, EMPATHY AND UNDERSTANDING
When a life ends, those living are left to grieve their loss. This is often a painful process; it is hard to bear. Evidence shows that being with a group can facilitate the process of healing.

When: September 16 & 23, October 7 & 14 from 12:00PM-2:00PM

Wilmington Buzzell Senior Center, 15 School Street, Wilmington.

Sponsored by Beacon Hospice, an Amedisys Co; hosted by Wilmington Buzzell Senior Center
Facilitator: Nancy Duffy, Bereavement Coordinator. To participate, please pre-register by calling Laura Pickett 978-657-7595

**WILMINGTON COMMUNITY FUND:
FREE SHREDDING DAY**

Free shredding day for Wilmington Residents. There will be 2 onsite shredding trucks!

When: Saturday, August 28, 2021
9:00AM-12:00PM (or until trucks are full)

Where: 142 Middlesex Avenue/Wilmington Town Common
(Parking lot next to the 4th of July Building)

Sponsored by:
Wilmington Community Fund "People
Helping People" Since 1945
Learn more at commfund.org



- Present a valid picture ID for proof of residency
- Up to 5 banker boxes/bags of paper per vehicle
- Paper ONLY accepted from trunks or truck beds
- All containers must be taken back with you
- Paper clips, rubber bands, and staples don't need to be removed
- NOTE: Remove any binder clips or metal fasteners



Be environmentally friendly! If you don't need it, dispose it. Secure your personally identifiable information with on-site shredding. On-site shredding provided by Highland Shredding.

Prescription Advantage Article – Summer 2021

I'm in the "donut hole" What can I do??



If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap.

There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at www.prescriptionadvantagemma.org

Meet with Richard Curran

Is there something you'd like to talk to Richard Curran about? Well, you're in luck. Richard Curran is the Community Outreach Specialist for Senator Bruce Tarr's Office. He will be at the Senior Center in September to listen to your concerns and to answer any of your questions.

When: Thursday, September 23, 2021
11:00AM-2:00PM

Meetings will take place privately in the nurses office




ZOOM TRIVIA

Join Kelly for Zoom Trivia! This month is Comic/Cartoon Trivia and 1970's Trivia. Please see below how to play. Test your knowledge, see some friendly faces, and most of all... have fun! We are always interested in hearing your suggestions for Zoom Trivia topics, reach out to Kelly if you have a trivia idea!

If you are hesitant to sign up because you have never used Zoom, call the center and speak with Kelly. Zoom may seem intimidating but it is actually very easy and fun to use. Kelly can set up a one on one Zoom meeting with you and walk you through all the steps over the phone or just answer any questions you may have.

Winners will be announced in the September newsletter

 <p>COMIC/CARTOONS TUESDAY, AUGUST 10, 2021 9:30AM-10:30AM</p>	 <p>1970'S TUESDAY, AUGUST 24, 2021 9:30AM-10:30AM</p>
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HOW TO PLAY:

All you need is a pen and paper! I will ask a question and players will write down their answer. Once all players have their answer written down, everyone will hold up the piece of paper with their answer on it. I will be keeping score and whoever has the most correct answers at the end of the game will win a prize!

HOW TO SIGN UP:

1. Call the center and give us your email address. We will email you the link to the zoom event.

LET'S CONGRATULATE OUR WINNERS!

 <p>FAMOUS WOMEN TRIVIA: WINNER: <u>GEORGE ALLAN</u></p>	 <p>TOURIST ATTRACTIONS TRIVIA: WINNER: <u>GEORGE ALLAN</u></p>
 <p>MASSACHUSETTS HISTORY TRIVIA: WINNER: <u>GEORGE ALLAN</u></p>	 <p><u>JULY MOVIE RAFFLE WINNER:</u> Congratulations to <u>CHARLEN LANDRY</u></p>

TRANSPORTATION

Transportation is being provided for medical appointments, trips to the grocery store, salons, pharmacies etc.



Call the center at 978-657-7595 to schedule a ride. Please note that due to social distancing requirements, space on the van is limited.



Over the last few months we have received some large donations. We would love to help anyone who is in need, please give us a call if you could use any of these items.

- Boost and Ensure Drinks
- Incontinence products such as Depends and Poise
 - Hearing aid batteries.
 - Books
 - Puzzles
 - Puzzle Books
- We also have DVD's available to borrow. Call the center and we can give you the full list of titles!



*The Wilmington Senior Center Colorfully Presents!
New Hampshire's Beautiful Foliage &
The Spectacular Castle In The Clouds*

8:30 AM: Depart from the Wilmington Senior Center this morning on your luxury Silver Fox Coach as you make your way north for a delightful day amidst *the scenic fall splendor of New Hampshire*. *A delicious full course luncheon at Hart's Turkey Farm, renowned for their delicious turkey dinners as well as fresh, wholesome cuisine is included.*

*>>> Hart Turkey Farm Luncheon Includes <<<
Fruit Juice, Fresh Garden Salad, Hot Rolls & Butter,
Fresh Whipped Potatoes & Butternut Squash,
Beverage and Entrée.*



Please Choose Entrée: Roast Turkey Sirloin Of Beef Baked Haddock

After lunch, enjoy the beauty of the Lakes Region, *touring the estate of the eccentric millionaire Thomas Plant's Castle in the Clouds*. *This magnificent 5200 acre estate commands a panoramic view of Lake Winnepesaukee and the surrounding mountains, meadows and streams*. The Castle is truly a unique experience. A visit to the famous Moultonborough Country Store is also included. You'll return home at 5:30 PM after a wonderful day in scenic New Hampshire, the "Granite State".

When: Thursday, October 14, 2021

Tour Cost: \$60.00 for Wilmington Residents. Wilmington residents sign up begins on Tuesday, September 14, 2021 at 9:30AM

Keep in mind the actual cost is \$89.00 per person

If you have any questions, please call the center at 978-657-7595.



***Get a Leaf
Out Of Life!***



Important:

Fox Tours is requiring groups to ensure that all passengers have had the Covid-19 vaccine as a prerequisite to travel. This protocol is for the sole purpose of ensuring passenger safety and well being.

U.S State and Capitals Word Scramble:

Unscramble the letters in each line of column 1 to reveal a U.S State. Then, unscramble the letters in each line of column 2 to reveal a U.S Capital City. In column 3, write the corresponding letter from column 2 that matches the number from column 1. **Puzzle answers are on back page**

EXAMPLE



ANSWERS IN EXAMPLE
ARE BOLDED

<u>Column 1:</u> <u>U.S States</u>	<u>Column 2:</u> <u>U.S Capitals</u>	<u>Column 3:</u> <u>Match (Number & Letter)</u>
1. XATSE = TEXAS	A. ESMAL = SALEM	1. B. AUSTIN, TEXAS
2. NOROGE = OREGON	B. UNASIT = AUSTIN	2. A. SALEM, OREGON

Column 1: U.S States
1. WNE EIHRASPM
2. CNTCETNCOUI
3. ETSW IGVNIIAR
4. HEDRO NILDAS
5. IWAHIA
6. YNALPIENSVA
7.USHOT OAIARCNL
8. NWE SJREEY

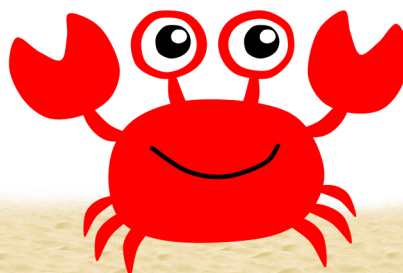
Column 2: U.S Capitals
A. THRANCOLSE
B. RSURHRGAIB
C. DONCROC
D. UNUHOOLL
E. DRVNEECIPO
F. RFDOTRAH
G. RONNTET
H. AOBLMCIU

Column 3: Match (Number & Letter)
1.
2.
3.
4.
5.
6.
7.
8.

		8						
2				5	4		6	9
		9	6					
1		4		7	6	8	3	5
8	9	5	2			6		1
7	3		5		1	2		
9	6		4		5		2	
				6	8	9		
	8	3	7		2	1	5	

SUDOKU:

Use deductive logic to complete the grid so that each row, each column, and each 3 by 3 box contains the numbers 1 through 9 in some order.
Puzzle answers are on back page
The solution is unique.





TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE PAID
WILMINGTON, MA
PERMIT NO 10

CURRENT RESIDENT OR



BUZZELL PROGRAMMING

CLASSES

Tai Chi with Greta	Mondays at 9:00AM
Special Exercise with Judy Special Exercise with Mary	Mondays at 10:30AM Wednesdays at 9:30AM
Yoga with Joan	Thursdays at 9:00AM
Art with Steve	Thursdays at 9:45 AM
Ceramics with Carol	Thursdays at 1:30PM
Zumba with Vera	Thursdays at 4:15PM
Chair Yoga with Joan	Fridays at 12:30PM

ACTIVITIES & GROUPS

Book Club	4th Monday of the month at 1:30PM
Caregivers Support Group	3rd Monday of the month at 10:30AM
Cards/Games	Wednesdays at 1:00PM
Knitting & Crocheting	Thursdays 10:30AM Fridays at 9:30AM
Poker	Fridays at 1:00PM
Bocce	Come play anytime! (Balls & Scoreboard are in the hallway by kitchen.)

PUZZLE ANSWERS

6	5	1	2	9	7	3	8	4
4	8	3	7	6	2	1	5	9
3	6	9	8	1	6	2	7	5
4	3	4	8	5	1	4	3	6
8	7	2	3	5	4	1	9	8
4	9	2	8	1	5	6	3	7
1	7	9	4	3	2	4	6	1
5	3	8	7	6	9	1	5	8
3	5	9	6	1	7	4	8	2
2	1	7	8	5	4	3	6	9
6	4	8	3	2	9	5	1	7

4. E. PROVIDENCE, RHODE ISLAND	8. G. TRENTON, NEW JERSEY
3. A. CHARLESTON, WEST VIRGINIA	7. H. COLUMBIA, SOUTH CAROLINA
2. F. HARTFORD, CONNECTICUT	6. B. HARRISBURG, PENNSYLVANIA
1. C. CONCORD, NEW HAMPSHIRE	5. D. HONOLULU, HAWAII



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