



THE BUZZELL BUZZ

THE DEPARTMENT OF ELDERLY SERVICES

AUGUST 2020



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

Hello! We hope this months newsletter finds you keeping cool and staying hydrated! Though the center is not open, staff is in the office. Do not hesitate to call with any needs you may have, especially during these hot and humid days. We are working hand in hand with our Board of Health to offer activities and classes that would be safe under the current guidelines, or anticipated eases in restrictions. With that said, we are excited to announce that we resumed some classes and activities outside at our center. Learn more about these activities, guidelines, and how to sign up for them on page 3.

Our Drive-Thru Luncheon in July was so much fun. It was great to see all of your smiling faces, we have truly missed that. This month we are going to have another Drive-Thru event thanks to an anonymous donor. This time it's a dessert and a little trivia game. See page 2 for more details. Sign up quick as space is limited!

Speaking of trivia, this month we are starting Zoom trivia as well. It's going to be a lot of fun so don't miss out. Find out our trivia topics, dates, and how to play on page 4. Zoom is a wonderful way to be able to keep in touch with friends and find out what is happening at the center. Zoom is not as intimidating as it sounds. Call the center and speak with Kelly if you are interested in signing up but need help or have questions.

During this time we are also working on updating our records. Give us a call to make sure we have all the correct information on file. We would also like everyone to know that if you want a puzzle or books from the center, just call us. We can pick some out and place them on the bench by our front door for you to pick up or arrange to drop them off to you. Make sure to continue to wear a face mask when in public. Keep practicing social distancing and good hand washing hygiene. We can do this!



Department of Elderly Services *Staff Contact Information*

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2020 CENSUS

Make sure to fill out the 2020 Census form. They can be completed online or mailed in. The census determines congressional representation, inform hundreds of billions in federal funding every year, and provide data that will impact communities for the next decade. **It is very important to participate. If you have any questions or need help please call the center and ask to speak to Patti.**

FACE MASKS



BIG THANK YOU to our Wilmington seniors who are sewing face masks and making sure we have enough for everybody. If you are in need of a face mask, please call us at the center. We even have special face masks designed for seniors with hearing aids!

AUGUST BIRTHDAYS



George Allan	Lois MacKenzie	Paula Splaine
Roberta Battite	Buddy Molyneaux	Pat Spurr
Linda DePietro Walsh	Carol Mills	Paula Samatis
Sharon Gray	Irma Moreau	Marilyn West
Cathie Hayes	Jane Palmer	
Warren MacDonald	Adele Passmore	
Howard Murray	Margaret Peabody	
Rosemary Murray	Ed Smith	

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!

DRIVE-THRU DESSERT & TRIVIA

Join us for Strawberry Shortcake! This will be a drive-thru style event. Also, answer these 5 trivia questions about Wilmington and win a prize, details below...



When: Wednesday August 12, 2020 at 1:00PM

Where: Buzzell Senior Center Parking Lot

Thanks to an anonymous donor, this event is free of charge!

Limited Space is available, please call the center to sign up.

On a piece of paper, write your name and your answers to the trivia questions below. Bring it with you to the Drive-Thru Dessert event and hand it in to a staff member. Answers will be tallied after the event. We will call whoever gets the most answers correct and they will win a prize and be mentioned in the September newsletter!

(If there are multiple winners, a name will be picked out of a hat)

****Answers to these trivia questions will be in the September newsletter****

Trivia Questions:

QUESTION 1: The Buzzell School opened in 1935. What year did this same building become the Buzzell Senior Center?

QUESTION 2: According to the last census in 2010, what was the total population of Wilmington?

A. 14,000-17,000

B. 18,000-21,000

C: 22,000-23,000

QUESTION 3: Name two of our Elderly Services Commissioners.

QUESTION 4: What is depicted on the Wilmington Town Seal?

QUESTION 5: Name one thing you found helpful in the July newsletter



Priscilla Troutman

We wanted to share with everyone that Priscilla's books are now here at the center. Feel free to call us if you would like to borrow any of them.

In addition to having a bookcase dedicated to Priscilla, we will also be making a special weight rack with her weights in her memory as well.



WALKING GROUPS

We are looking to see if there is an interest in starting a couple small walking groups that would meet weekly starting at the end of August.

Yentile Farm: Group would meet on Friday mornings.

Horn Pond in Woburn: Group would meet on Wednesday mornings.

Please call us at the center if you are interested in participating

SOME OF YOUR FAVORITE ACTIVITIES ARE BACK... OUTSIDE!



Following guidelines from the board of health, we have been hard at work to safely organize some of your favorite classes and activities outside. If you are interested in signing up for any of these activities below, please call the center.

SIGN UP IS MANDATORY

Face masks must be worn while walking about and while getting settled. Once you are at a safe distance, face masks can be removed during the activity. Make sure you bring water.

These activities will be as scheduled (weather permitting).

Tai-Chi with Greta: Mondays

Bocce: Tuesdays

Yoga with Joan: Thursdays

We are working on starting an acrylic art class outside too!





ZOOM TRIVIA

Give Zoom a chance, join Kelly for Zoom Trivia! This month's trivia will be from the 1950's and the 1960's. There will be 20 questions varying from Pop culture, movies, music, history, sports, and more! Test your knowledge, see some friendly faces, and have fun!

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. We encourage anyone interested to try Zoom to sign up for an event or speak with Kelly. Though the warm weather is here now and we are able to sit outside and catch up while social distancing, the weather may not always make this feasible. Lets all learn Zoom together and be prepared for those not so nice weather days!

**You must sign up for this event. See below on how to play and how to sign up.
Limited space is available. This event is free of cost.**

**TUESDAY AUGUST 11, 2020
9:30AM-10:30AM**

1950's Trivia

**TUESDAY AUGUST 25, 2020
9:30AM-10:30AM**

1960's Trivia

How to Play:

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

Winners will also be mentioned in the September Newsletter

There are two ways to sign up...

1. Simply call the center to sign up. Tell us the date you'd like to join and give us your email address. We will email you the link to the zoom event. On the day of the event, click on the link and you will be entered into the video chat.
2. Sign up online for any of these events at www.myactivecenter.com This is a secure and easy to use site to browse and sign up for events at our senior center and others in the area. Create an account using your *My Senior Center* card (the card you scan when you enter the center). If you do not have a card, call the center and we will assign you one. Next, choose Buzzell Senior Center as the closest center available. The site will remember that this is the preferred location. In the search bar, search "Zoom Trivia" and click on it. Click on the date you'd like to join and click register. A new screen will pop up, click register again. The event will then be added on your My Activity Center calendar. The Zoom Meeting link will be emailed to you a couple days before the event. A few minutes before it begins go to your email and click on the link, then you will be entered into the video chat.

STAY ACTIVE AT HOME

CHANNEL 99 FOR COMCAST
CHANNEL 39 FOR VERIZON



Yoga with Joan	Tuesdays and Thursdays at 2:00PM (Also available on our Facebook page)
Special Exercise with Mary and Fred	Mondays at 11:00AM Saturdays at 10:00AM (Also available on our Facebook page)
Zumba with Kelli	Video available to watch anytime on our Facebook page
Dance & Tone with Joie	Video available to watch anytime on our Facebook page

We are currently working on making new exercise videos

Head over to Facebook to watch any of these videos above at your convenience. To find us, type in www.facebook.com/BuzzellSeniorCenter or simply search Buzzell Senior Center on Facebook.



STAY HYDRATED!

It's easy to get caught up in daily activities and forget to drink water but it is important to make sure to stay hydrated. Here are some tips and benefits of staying hydrated!

Tips on how to stay hydrated:

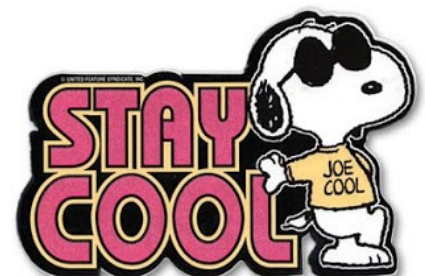
- Add liquids throughout the day
- Drink a full glass of water when taking a pill
- Drink a full glass of water before working out
- Sip water between bites during meals
- Grab water instead of soda
- Leave little reminders in the house or in your car to drink water.

Experience the benefits:

- Promotes cardiovascular health
- Keeps your body cool
- Helps muscle and joint function
- Cleanses your body both inside and out
- Keeps skin supple
- Kidney health

If you are in need of a fan, please do not hesitate to call the center
978-657-7595

We have a few fans that we can loan out



Thank you for our kitchen renovation!

On Monday, June 22, 2020, a brief presentation was done on the completion of the needed kitchen renovations. Here are some pictures with the true setup. We thank Senator Tarr and Representative Robertson for the FY20 Grant Award in the amount of \$30,000 and our Selectman for the \$10,000. We are also extremely appreciative to the Public Buildings Department for all of the intense labor that was needed in making it all come together.

T H A N K Y O U !





TOWN OF WILMINGTON

PRESORTED
STANDARD
US POSTAGE
PAID
WILMINGTON,
MA

CURRENT RESIDENT OR



TRANSPORTATION

Transportation is being provided for medical appointments only at this time. Call us at 978-657-7595 to schedule a ride. Please note that due to social distancing requirements, space on the van is limited.

