



THE BUZZELL BUZZ

MARCH 2020

THE DEPARTMENT OF ELDERLY SERVICES



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MONDAY THRU FRIDAY—9:00AM-4:30PM

March News and Updates



On Thursday, March 19, 2020, Spring will officially arrive!!! How exciting. We are also excited about the many activities that will be available for everyone this month.

We now have a full team—and we are so happy to have Kelly Fordham—our new Senior Clerk, settling in very well. Thank you to everyone for making this transition a very easy one for all of us.

To keep you updated, there will be more fun happenings at the center—as in improvements. You will notice we have new doors to the Arts and Crafts room and Game room. We will be getting our new cabinets that were made by Department of Correction, MassCor Industries of Massachusetts. Soon to follow, new countertops, and floors. We thank you for your patience, while all of this is being done to better our environment. We also want to thank the Public Buildings Department for getting this all in place for us and trying to work around our schedule.

On Thursday, March 19, 2020 at 4:30PM, we will be starting off our first Fun Night, on the first day of Spring. We will be serving a light dinner and everyone will be able to relax, play card games, board games, bocce and even get to paint more “Wilmington Rocks”. Don’t miss out - cost \$4.00. Sign up at front desk.

We are very happy to share that an Eagle Scout, David Woltag, from Troop 56, will be revitalizing our Bocce Court as part of his project. He hopes to have the final project in place the first week of April. His plan includes being able to have plant boxes and solar lighting. We thank him in advance for his dedication in making this possible.

We will be having our Special Home Bound meals to welcome in the Spring! It will be on Tuesday, April 14, 2020. I want to thank the many volunteers that continue to step forward in offering to deliver the meals.



Lastly, on Sunday, March 23, 2020 at 12 noon, the Kiwanis Club will be sponsoring a Free Spring Luncheon at the center. Please feel free to signup at the front desk. (space limited)



REMINDER TO PLEASE SCAN IN

Don’t forget to scan in for all activities, services, and events at the front desk. If you have any issues, we are here to help.



MARCH BIRTHDAYS



Frank Corvino
Jackie Draper
Patricia Kane
Paulette Mangano
Linda Mytych
Don Rich

Charlotte DeMarco
Joyce Duff
Terri Marciello
Tom Mills
Kathy Perito
Rocco Valente

Frank DeVita
George Filbotte
Rose Brooks
Janice Murray
Peggy Reese

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!

Chair Yoga with Joan Lawrence

Starting in April: Thursdays from 2:00PM-3:00PM

Just sign up and you are on your way to enjoying the many possible health benefits of Chair Yoga:



Improved Balance and Stability
Improved Flexibility and Joint Health
Improved Respiration (Breathing)
Reduces High Blood Pressure
Reduces Anxiety
Yoga Encourages Mindfulness



In chair yoga class you will begin to relax, breathe and enjoy the present moment while taking advantage of having time for yourself. Relaxing music, unscented candles and essential oils (for those who like it). Class pace is slow in order to teach the proper way to do poses and stretching of the muscles using the yoga straps. Each class will end with a quiet meditation which helps to release tension from our body and minds.

Class space is limited so be sure to sign up the week of March 16th



Popsicle Birdhouses

Thursday, March 12, 2020 at 1:00PM

We are lucky to have local college student Jessica Moore back with us on Thursday, March 12, 2020 at 1:00PM. Jessica will be leading us in a "birdhouse" project. Just in time for Spring! Jessica will supply all the materials, you provide the creativity.

Sign up at the front desk



The Buzz Book Club

We will be meeting on Monday, March 23rd at 1:00 p.m.

The book club selection for March is

The Book Woman of Troublesome Creek

By Kim Michele Richardson and Katie Schnorr

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

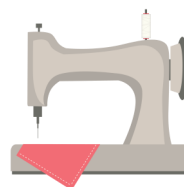


Friday Sewing Group

Meets every Friday from 10:00AM—12:00PM

A very informal group that gathers to share ideas, patterns and fun.

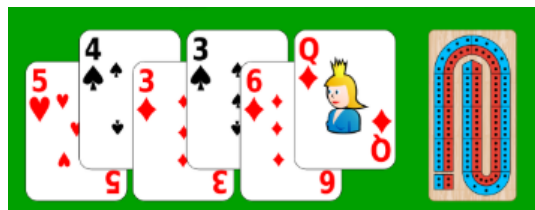
Come on down and join the FUN!!



Cribbage

Come play with us!

Thursdays from 9:00AM-12:00PM in the Game Room



Inclement Weather Policy



The Department of Elderly Services storm policy states that when the Wilmington Public Schools are closed due to inclement weather, all scheduled Buzzell Senior Center activities are also canceled for the day. There will be no home delivered meals and our van will not be available. The center will remain open for emergencies.

Volunteers Needed!

Tuesday, April 14, 2020

Special homebound meal

Spring holiday

Sign up at the Front Desk



Instant Pot



Friday, March 20, 2020

11:00AM—1:00PM

Come learn what your Instant Pot can do.

Have FUN!

Don't miss out on the fun!

Limited space available

Save The Date

Thursday, June 11, 2020

Volunteer Appreciation Brunch

More Information to follow

Wednesday, July 29, 2020

Casablanca by the Sea—Portland Maine

Cruise around islands, lighthouses, Civil War Forts and seals basking on the rocks in the Casco Bay. Then a great luncheon at the Bull & Claw Restaurant.



Tuesday, September 29, 2020

Back by Popular Demand -

Norman Rockwell Museum & Lion Inn

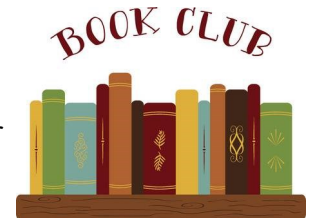
Massachusetts Berkshires in the Fall. Discover the Village of Stockbridge through Norman Rockwell's eyes –Have lunch at the Famous Red Lion Inn



Scouts and Seniors

Friday, April 24, 2020 3:00-4:00PM

Memories are so important to everyone, especially capturing them. Come join our book club, where we shall read novels from important points in history from your lifetime. Books or chapters will be assigned over a two or three week time period, and at our meetings we will discuss what you thought, and your own experiences from that time, whether you agree or disagree with what was said in the book. We hope to learn about you and hope that others can learn from you as well. We also hope that you will learn more about yourself as you travel back to revisit your memories or stories you have previously been told. Please join us at our informational meeting where you can learn about us, and our goals for this book club, as well as vote for the book of your choice. See you there!



Memory Café

"Our Moment Café"

Wednesday, March 18, 2020

1:00 p.m. - 2:30 p.m.

at the 4th of July Building

142 Middlesex Avenue

Wilmington MA



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.

Caregivers Support Group

Caregivers support group will meet on Monday, March 16, 2020
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

Dick Vayo

Bernie Wagstaff

David Grise

Frank Esielionis

GET WELL WISHES

Lisa Fanikos

Diane Ward

Helen Carver

Rosemary Bromander

Pat Vayo



Tai Chi, Yoga and Zumba

Will Continue

Tai Chi with Greta on Tuesdays, 1:00 p.m.



Yoga with Joan on Tuesdays, 2:30 p.m.



Zumba with Kelli on Tuesdays, 9:00 a.m.



Please make sure you check in



Save the Date

Thursday, May 14, 2020

At 7:00PM

Speaker Mal Allard will Present:

“Basic Survival Skills”

Helpful information when caring for a loved one with Dementia at home. This can be helpful for those who need some additional information and support in handling the day to day “stuff” that happens when caring for a loved one with dementia.

Please sign up at the front desk or call 978-657-7595



Horn Pond Hiking with Arnold Peterson

Tired of being cooped up indoors? The good news is that Spring is just around the corner and so is the warmer weather. Lets get active outdoors! We are looking to see if there is an interest in getting a group together to hike around Horn Pond in Woburn.

The distance around Horn Pond is 2.46 miles and it is about a 2 hour hike. Hikers will need to wear weather appropriate clothing and good shoes. Hikers will also be responsible for bringing the proper equipment with them; protection from the sun and insects, walking sticks or poles for balance and water.

The group will meet on Friday mornings at 9:30am in the Summer and 10:00am in the Winter in the main parking lot for Horn Pond. We are looking for participants who would like to be alternate leads for the group and participants who can ensure that no one is left behind.



If you are interested in joining this group, please let us know.



Community Health and Wellness Fair Saturday, March 14, 2020

9:00AM- 12:00PM

Location: Wilmington Knights of Columbus



Spring into action and improve your health! Local businesses and organizations specializing in mental and physical wellness will be on hand to answer questions and showcase their products/services. Complimentary health screenings, demonstrations, giveaways, prize drawings, and more. Free to the public--all welcome!

Provided in collaboration with the Wilmington/Tewksbury Chamber of Commerce and the Buzzell Senior Center; partially funded with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners.



Time To... Spring Ahead

Sunday, March 8, 2020

It is time to set our clocks **one hour** ahead!

This is a sign that spring is on its way!





MARCH 2020



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:30AM Blood Pressure 10:00AM Keep Fit Forever 11:00AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	3 9:00AM Zumba Class 1:00PM Mah Jongg 1:00PM Tai Chi 2:30 PM Gentle Yoga	4 9:30AM Beading 9:30AM Dance & Tone 11:00AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	5 9:30AM Art Class 9:00AM Cribbage 11:00AM Knitting/Crocheting 1:00PM Ceramics 1:00PM Game Day	6 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	7
8 Spring Ahead! 	9 9:30AM Blood Pressure 10:00AM Keep Fit Forever 11:00AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	10 9:00AM Zumba Class 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	11 9:30AM Dance & Tone 11:00AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	12 9:30AM Art Class 9:00AM Cribbage 11:00AM Knitting/Crocheting 1:00PM Popsicle Birdhouse 1:00PM Ceramics 1:00PM Game Day	13 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	14 9:00AM 12:00PM Wellness Fair
15	16 9:30AM Blood Pressure 10:00AM Keep Fit Forever 10:30AM Caregivers 11:00AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	17  St. Patrick's Day Celebration 9:00AM Zumba Class 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	18 9:30AM Beading 9:30AM Podiatrist 9:30AM Dance & Tone 11:00AM Special Exercise 1:00PM Moments Café 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	19 9:30AM Art Class 9:00AM Cribbage 11:00AM Knitting/Crocheting 1:00PM Ceramics 1:00PM Game Day 1:30PM Commissioner's Meeting 4:30PM Fun Night	20 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 11:00AM Instant Pot 1:00PM Bingo 1:00PM Cards	21
22 Kiwanis Spring Luncheon 	23 9:30AM Blood Pressure 10:00AM Keep Fit Forever 11:00AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting 1:00PM Book Club	24 9:00AM Zumba Class 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga	25 9:30AM Dance & Tone 11:00AM Special Exercise 1:00PM Line Dancing 1:30PM Cards 3:00PM Fun Singers	26 9:30AM Art Class 9:00AM Cribbage 11:00AM Knitting/Crocheting 1:00PM Ceramics 1:00PM Game Day	27 10:00AM Sewing 10:00AM Video Exercise 11:00AM Special Exercise 1:00PM Bingo 1:00PM Cards	28
29	30 9:30AM Blood Pressure 11:00AM Special Exercise 12:30PM Wii Bowling 1:00PM Quilting	31 9:00AM Zumba Class 1:00PM Mah Jongg 1:00PM Tai Chi 2:30PM Gentle Yoga				



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

TUESDAY

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

WEDNESDAY

DANCE & TONE 9:30
SPECIAL EXERCISE 11:00
CARDS 12:00
COUNTRY LINE DANCING 1:00
FUN SINGERS 3:00

THURSDAY

CRIBBAGE 9:00
ACRYLIC PAINTING 9:30
KNITTING/CROCHETING 11:00
CERAMICS 1:00
GAME DAY 1:00

FRIDAY

VIDEO EXERCISE 10:00
SPECIAL EXERCISE 11:00
BINGO 1:00
CARDS 1:00

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.