



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180 • www.StonehamSeniorCenter.org
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OCTOBER 2016

LOOKING FOR A NEW BREAKFAST OPTION?

Stoneham Senior Center and Mystic Valley Elder Services are now serving breakfast. See page 2.

FUEL ASSISTANCE

Winter is fast approaching. If you are concerned about paying to heat your home, please see page 7.

SUDOKU TOUCH AVAILABLE NOW

Stoneham Disability Committee has granted a new Sudoku Touch to the Center for people with vision impairments. See page 4.

ANNUAL HEALTH FAIR

This fall, 26+ healthcare providers will gather at the Center for the Senior Health Fair. See page 2.

FALL ARTS

New arts & cultural offerings are on the way. Something for everyone, from Art Matters to Zentangle. Page 4.

MELD MAJOR ARTS GRANT RENEWED

Thanks to the efforts of MELD Inc., this year seniors will again have access to a range of arts and cultural programming. Page 4.

MEDICARE OPEN ENROLLMENT WORKSHOP

Join us at 11AM on Wed, 11/2 for a presentation.

DECK AND AWNING PROJECT COMPLETE

Come enjoy the beautiful fall colors and fresh air on our newly renovated deck! Your contributions enabled the The Senior Center Friends and the Senior Center to rehabilitate the Center's deck and install a new



awning. With the completion of this updated outdoor living space, we've expanded opportunities for everyone to get our "nature nutrients" every day.

BETTER LIFE HYPNOSIS

Join us for an exciting, informative and fun intro program. See page 2.

THINKING ABOUT REIKI? START HERE

Healing & Renewal's Judy Bousquin will offer an overview and sample treatments with time for Q&A. See page 3.

LIFELINE DEMONSTRATION

Want to see how Lifeline call button products and services work? See page 2.

HALLOWEEN PARTY

Get your costume ready, the Senior Center's annual Halloween party is coming up. See page 4.

NEW FITNESS CLASSES

We're adding new options for group fitness and recreation. See page 8.

SENIOR CENTER ANNOUNCEMENTS

Chair Yoga has proven very popular. For participant safety, the class is **limited to 35, no exceptions**. Reserve your spot by calling (781) 438-1157.



Like us on Facebook
www.facebook.com/
StonehamSeniorCenter

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MELD, Inc. is local community foundation focused on educational and cultural programs in Stoneham. Programs supported by MELD are indicated with the organization's logo.



The Senior Center Friends of Stoneham is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Programs supported by the Friends are indicated with the handshake logo.



The mission of the Stoneham Council on Aging is to provide outstanding services with kindness, respect and dignity and to offer outreach services for social, nutritional, medical issues and other unmet needs of Stoneham Seniors.

Dining

DAILY LUNCH AT CHEZ HENRI

Henry Fountain, Meal Site Manager. Join us Monday through Friday at noon for a nutritious hot lunch provided by Mystic Valley Elder Services. Call to reserve your meal by noon the previous business day at (781) 438-1157. Look for the daily menu within the calendar on page 5. A \$2 donation is recommended.

NEW! Breakfast Service

Stoneham Senior Center and Mystic Valley Elder Services are now serving breakfast every Tuesday at 10AM. Choose to eat in or take out. Menu will vary, but a typical menu may include hot and cold foods such as bagels, fruit and oatmeal. 136 Elm Street, \$2 suggested donation. To participate, sign up with Henry at (781) 438-1157.

Is Your Birthday in October? If so, join us for your FREE birthday lunch and cake on 10/28. Don't forget to call and reserve your meal by noon on the 27th!

Coffee & Conversation Each Monday at 9:30AM Join us for lively conversation and goodies.



Men's Breakfast Join us for hot delicious breakfast and great conversation. Wed 10/5 & Wed 10/19, 8AM.

COMING SOON! SILENT AUCTION

Come to the Center for some great fun and pick-up a nice holiday gift for a great price at this silent auction. Just bring a new, unwrapped gift with a minimum value of \$10.00 and a friend with the same! Light refreshments will be served. Fri 10/21, 1:30-3:30PM.

Health & Wellness

LIFELINE DEMONSTRATION Want to see how Lifeline call button products and services work? Winchester Hospital and Phillips Lifeline will help you understand the options available at this demonstration session. Thurs 10/27, 10:30AM.

SUDOKU TOUCH AVAILABLE NOW Stoneham Disability Committee has granted a new Sudoku Touch to the recreational gaming collection at the Senior Center. Sudoku Touch includes 40 different puzzles with bold numbers and braille.

BETTER LIFE HYPNOSIS Join us for an exciting, informative and fun 1 hour intro program. Andrew Morris, owner of Better Life Hypnosis will share relaxation exercises, dispel misconceptions, offer examples of being in hypnosis, and help determine how hypnotizable you may be. Wed 11/2, 10:30AM, FREE.

ANNUAL HEALTH FAIR This fall, 26+ healthcare providers will gather at the Center for the Senior Health Fair. We're partnering again with event sponsor Hallmark Health to offer this annual event. Lunch will be offered as well. Tues 11/15, 10AM-12:30PM, FREE.

FREE BLOOD PRESSURE CLINIC

Mon 10/3	10-11AM	Stoneham Board of Health
Mon 10/10	9:30-10:30AM	Hallmark Health
Th 10/20	11:30AM-1PM	Gtr Medford VNA/Ask a Nurse
Th 10/27	10-11AM	Gtr Medford VNA/Ask a Nurse

BETTER BUSINESS BUREAU 101

Worried about identity fraud or getting scammed? Join the BBB at the Stoneham Public Library for this workshop. Thurs 10/27, 11AM. Call Library to sign up at 781-438-2823.

CONCERNED ABOUT PNEUMONIA? Free for qualified Stoneham residents. Recommended for all persons 65 years and older, Stoneham Board of Health now has Prevnor 13 vaccine available to help protect against pneumonia. Prevnor 13 is a pneumococcal conjugate vaccine that protects against 13 types of pneumococcal bacteria. Prevnor 13 is given in addition to the Pneumonia vaccine (Pneumovax 23). Shingles vaccines are also available to qualified Stoneham residents. Call Peg Drummey, Board of Health Nurse at (781) 438-0501.

MEN'S & WOMEN'S HAIRCUTS The Barber Shop is open on Monday mornings, 9AM-1PM. Haircuts are \$8 at the Senior Center. Walk-ins welcome.



Mystic Valley Elder Services (MVES) is a nonprofit agency which partners with elders, adults living with disabilities, and caregivers residing in Stoneham and surrounding towns. They help you find what you need to live the way you want.

MVES works one-on-one with adults 60+ and adults of all ages living with disabilities to connect you to services that support your health, well-being, and independence. They provide care management, coordinate services and refer you to appropriate healthcare and home care providers. Many of the services are free or low-cost, depending on your income. For more information, give them a call at (781)324-7705 or visit www.mves.org.

ASK THE NURSE

My doctor told me I have Pre-Diabetes. What is that? Should I be concerned?

Pre-Diabetes means you have a much greater risk of developing Type 2 Diabetes, the most common form of Diabetes. Although people can develop Type 2 Diabetes at any age, it most often develops in middle aged and older people.

Glucose, often called blood sugar comes from the food you eat and is also made in your liver and muscles. Your blood carries the glucose to all of the cells in your body. The pancreas releases insulin into the blood. Insulin helps the glucose from food get into your cells. If your body does not make enough insulin or if the insulin does not work the way it should, glucose cannot get into your cells. It stays in your blood instead. Your blood glucose level then gets too high, causing pre-Diabetes or Diabetes.

Pre-Diabetes happens when your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as Diabetes. In Massachusetts, 35% of adults have pre-Diabetes, but most of them don't know they have it. The good news is that if you have pre-Diabetes, you can reduce your risk of getting Type 2 Diabetes. With modest weight loss and moderate physical activity, you can delay or prevent it.

Many people with Diabetes experience one or more symptoms, including extreme thirst or hunger, a frequent need to urinate and/or fatigue. Some lose weight without trying. Additional signs include sores that heal slowly, dry, itchy skin, loss of feeling or tingling in the feet and blurry eyesight. Other folks with Diabetes have no symptoms at all.

The best way to protect yourself from the serious complications of Diabetes is to manage your blood glucose, blood pressure and cholesterol, improve your diet and increase physical activity. You can reverse pre-Diabetes and reduce your risk of Diabetes in the future. Making healthy food choices and getting regular physical activity can lower weight, blood pressure and cholesterol and help you keep a normal blood sugar level.

Now dear Reader, go have that glass of unsweetened tea and enjoy this beautiful day.

Peg Drummey, Stoneham Board of Health Nurse, answers your questions on health. To submit a question, check at the front desk or email StonehamSeniorCenter@gmail.com.

PARKINSON'S SUPPORT GROUP The next meeting of the peer-led Parkinson's Disease Support Group will be on Tues, 10/4 at 1PM. Meets on the first Tuesday of each month.

THINKING ABOUT REIKI? START HERE Healing & Renewal's Judy Bosquin will offer a 1 hour overview and sample treatments with time for Q&A. Wed 10/19, 10:30-11:30AM, FREE.

MEDICARE OPEN ENROLLMENT WORKSHOP
Join us at 11AM on Wed, 11/2 for a presentation.

DO NOT IGNORE MEDICARE MAIL! 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 2017. 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!

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 your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

FREE HEARING CLINIC WITH APEX HEARING CARE Sign up for a Free Hearing Screening or a Check of Existing Hearing Aids. Call (781) 438-1157 for an appointment. Call (781) 872-1222 if you have questions. Wed 10/19, 12PM.

SHARPS CONTAINER If you need to dispose of needles or other medical sharp instruments, there is a designated medical sharps container located outside of the ladies' room on the first floor.

Arts & Entertainment

MAJOR ARTS GRANT RENEWED

Thanks to MELD Inc., seniors will again have access to arts and cultural programming this year. MELD Inc. will sponsor Art Matters, lunchtime piano accompaniment, art workshops series and seasonal choruses.

ZENTANGLE SERIES Zentangle, or Doodle Art, is a relaxing, abstract drawing style using structured patterns. Check out zentangle.com to see examples and learn more. 4 week class on Tuesdays 1-3PM, starting 10/4 ending 10/31 (no class on 10/10). \$25 per person. Call 781-438-1157 to reserve your spot.

ANGIE CRAFTS WITH PAPER

Make your own paper, paper beads, cards, paper baskets, holiday gifts and so much more. Your work may be featured at the Center or on StonehamSeniorCenter.org. First Tuesday of the month, 11AM-12:30PM, starting 10/4, \$2.

ART MATTERS: M.C ESCHER The hand is quicker than the eye. Join us for a look at the tricks of the art world from Da Vinci and Anamorphic art to Op art and the Magic Eye. We will take a special look at the work of M. C. Escher, a Dutch graphic artist who was a master of the paradox. Tues 10/4, 1PM. FREE thanks to MELD Inc.

CARDS AND GAMES CORNER

Wii Bowling	Mon 8:30AM
Cribbage Group	Mon & Fri 10AM
Bridge Group	Tues 8:45AM
Men's Cards	Tues & Th 12:45PM
Mah Jongg	Tues 12:30PM
Bingo	Wed 1PM
Beyond Beginners Bridge	Wed 12:30PM
Canasta Hand & Foot	Fri 10AM
Board & Card Games	Fri 1PM
Scrabble	Fri 1PM

BRAIN GAMES Have a good time while working your memory, problem solving, and language skills with fun brain games, every

other Monday right after lunch at 12:45PM. Mon 10/3 & 10/17.



SHERYL FAYE PRESENTS HISTORICAL WOMEN

Actress Sheryl Faye brings her acclaimed one woman show, Amelia Earhart to the Senior Center on Fri, 10/7, 1PM. Entertaining, and helps audiences truly understand the impact women have had on history.

AUTUMN DANCE

Featuring two kinds of dance at this special event with Entertainer Gary Leaneus. Line-dancers and traditional dance enthusiasts will both find plenty of songs to move to. Light refreshments. Fri, 10/14 2PM-4PM, \$5 per person.

HALLOWEEN PARTY Get your costume ready, our annual Halloween party is happening on Friday 10/28 at 12PM, FREE.

COMMUNITY CHORALE Under the musical direction of Tudor Bota. Join us for our fall season, "Connecting the Community One Song At a Time." Thursdays 7-9pm at the Senior Center. Fee: \$40 per season. Call 781-438-1157 or come by.

WATERCOLORS CLASS

Sign up for this project based class to learn basic watercolor techniques. You'll have 2-3 completed pieces by the end of the six week session. Limited to 10 participants. Mondays 11/7-12/12, 1-3PM, FREE thanks to MELD Inc.

LLAMA LLAMA Special inter-generational storytime in honor of the passing of author Anna Dewdney. Wed 11/9, 10:30AM, at Stoneham Library. Please sign up at the Center.

BOYS & GIRLS CLUB FOXWOODS EXCURSIONS

The Boys & Girls Club of Stoneham and Wakefield is offering monthly trips to Foxwoods for adults. For details, call Donna at (781) 832-3304. Next trip is 10/18.

CLUBS

The Red Hat Society - Meets the 3rd Wed. of each month at 1PM to plan member activities. Call Natalie Baldini at (781) 279-1810 for information.

60+ Club - Meets Wed 10/12, 12PM.

CRAFTING

Craft Group - Join Edie, Madeline and the rest of the gang on Mondays at 10AM.
Chair Caning - Each Tuesday from 9-11:30AM. Instruction provided by Richard Bardet.

Drop-In Drawing - Note new weekly date!

Tuesdays from 9-10:30AM. \$10 per class includes materials. Instructor Susan McFarland.

Crafts with Angie - Paper crafts 1st Tuesday of each month, 11AM-12:30PM, \$2

Knitting & Crocheting - Join Rona and friends on Wednesdays from 10AM-Noon.

Painting - Painting with Howard Thursdays at 9:30AM. Bring your own project and supplies.

Quilting - Classes with Cathy Granese on Thursdays, 10AM-Noon. \$3 per class.

Jewelry - With Pam Hodges, Thursdays at 1:30PM. \$5 per class. Call Pam at (781) 521-6214 to join. No drop ins.

MOVIE AND PIZZA

Every Thursday at 12:30pm; \$1 donation appreciated.

Enjoy a movie and pizza at the Senior Center. Thanks to

Andrea's House of Pizza at 498 Main Street (781) 438-4274 for their weekly

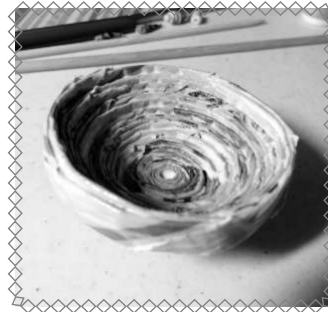
donation of "EXTRA ORDINARY" pizza!

10/6, Home Run (Drama), Scott Elrod, Dorian Brown. Recovering alcoholic coaches Little League team.

10/13, Eight Below (Family Adventure), Paul Walker, Bruce Greenwood. True story about 8 sled dogs in Antarctic.

10/20, Without Reservations (Romantic Comedy), Claudette Colbert, John Wayne. Woman writer falls for WWII hero.

10/27, The Grace Card (Drama), Louis Gossett, Jr. Michael Joiner. Cops tackle prejudice, loss and grief.



Paper crafts with Angie starting in October.



Paper beads.

October 2016 Calendar and Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Lasagna w/meatball, Seafood salad sandwich 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:55, Gentle Pilates 10, Cribbage; Craft Group 11, Men's Exercise 1, Combo Exercise 1-4, SHINE	4 10am, Breakfast NEW! Tomato basil soup, Pot roast 8:45, Bridge 9, Drop-in Drawing 9:30, Chair Caning 11, Angie's Paper Crafts 12:30, Mah-Jongg 12:45, Men's Cards	5 Chicken with creamy Italian sauce, Veg. chef salad (V) 8:30, Sorenson Aerobics 8:30, Walking Club 8:45 Group Meditation 9:45, Chair Yoga 10, Knit/Crochet; Bocce 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	6 Lemon dill fish, Roast beef & American cheese sandwich 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10, Quilting 12, Strength, Balance 12:30, Movie & Pizza 12:45, Men's Cards	7 Hot dog, Chicken pesto Caesar salad 8:30 Sorenson Aerobics 10, Pickleball (at BGC, 15 Dale Ct) 10, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble
10 Senior Center CLOSED for Columbus Day See Meal Site Manager, Henry Fountain, for sodium and calorie details. Each day you may select from a hot or cold lunch. ** Indicates a high sodium meal. (V) Indicates a vegetarian item.	11 10am, Breakfast NEW! Chicken cacciatore, Tuna salad sandwich 8:45, Bridge 9, Drop-in Drawing 9:30, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	12 Fish au gratin, Turkey chef salad 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 10, Bocce 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	13 Spinach & red pepper quiche (V), Chicken salad sandwich 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10, Quilting 12, Strength, Balance 12:30, Movie & Pizza 12:45, Men's Cards	14 Meatloaf, Mediterranean plate 8:30 Sorenson Aerobics 10, Pickleball (at BGC, 15 Dale Ct) 10, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble
17 Chicken marsala, Mediterranean tortellini salad 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:55, Gentle Pilates 10, Cribbage; Craft Group 11, Men's Exercise 1, Combo Exercise 1-4, SHINE	18 10am, Breakfast NEW! Fish w/lemon dill sauce, Roast beef & cheddar cheese sandwich 8:45, Bridge 9, Drop-in Drawing 9:30, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	19 American chop suey, Egg salad sandwich 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 10, Bocce 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	20 White bean & kale stew (V), Chicken pesto Caesar salad 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10, Quilting 12, Strength, Balance 12:30, Movie & Pizza 12:45, Men's Cards	21 Cheese omelette (V), Turkey & Swiss cheese sandwich 8:30 Sorenson Aerobics 10, Pickleball (at BGC, 15 Dale Ct) 10, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble



Macaroni & cheese *(V),
California chicken salad

8:30, Wii Bowling
8:30, Sorenson Aerobics
9, Haircuts
9:30, Coffee & Conversation
9:55, Gentle Pilates
10, Cribbage; Craft Group
11, Men's Exercise
1, Combo Exercise
1-4, SHINE

10am, Breakfast NEW!
Cheeseburger, Turkey &
Swiss cheese sandwich

8:45, Bridge
9, Drop-in Drawing
9:30, Chair Caning
12:30, Mah-Jongg
12:45, Men's Cards

Honey mustard chicken,
Tuna salad sandwich

8:30, Sorenson Aerobics
8:30, Walking Club
9:45, Chair Yoga
10, Knit/Crochet
10, Bocce
11-2, SHINE
11, Line Dancing
12:30, BB Bridge
1, Bingo

Creole fish, Ham &
American cheese
sandwich

8:30, Zumba Gold
9:15, Gentle Pilates
9:30, Painting
10, Quilting
12, Strength, Balance
12:30, Movie & Pizza at
12:45, Men's Cards

Apple glazed pork roast,
Vegetarian chef salad (V)

8:30 Sorenson Aerobics
10, Pickleball (at BGC, 15
Dale Ct)
10, Gentle Yoga
10, Cribbage
10, Canasta
1, Board & Card Games
1, Scrabble

28

27

26

25

Stuffed shells, Roast beef
& Swiss cheese sandwich

8:30, Wii Bowling
8:30, Sorenson Aerobics
9, Haircuts
9:30, Coffee & Conversation
9:55, Gentle Pilates
10, Cribbage; Craft Group
11, Men's Exercise
1, Combo Exercise
1-4, SHINE

What Does the Senior Center Mean to You?

"... Since I live by myself, I spend a lot of time alone. Coming to the Senior Center helps relieve that lonely feeling and I enjoy the camaraderie of friends."

"...I love coming to the Stoneham Senior Center. I enjoy the fitness programs of yoga with Alana, walking and talking with other seniors, and line dancing, which gives me stability."

Senior Center/Council on Aging Partner:

The Senior Center Friends of Stoneham

is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Funds are raised from individual donations, the weekly Bargain Barn, annual appeals, raffles, and the penny jar, along with special events. Programs supported by the Friends are indicated with the handshake logo.



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Peter Bamaby, Custodian

**136 Elm Street
Stoneham, MA, 02180
(781) 438-1157
(781) 438-1161
Fax (781) 279-4904
StonehamSeniorCenter.org**

Hours:

**Mon - Fri 8:30AM - 4PM
Lunch at Noon**

LET US PLACE YOUR AD HERE.

Government

U.S. CONGRESSWOMAN

KATHERINE CLARK

Holds office hours - **by appointment only** - at the Center on the 2nd Wednesday from 9-10AM. Please call 617-354-0292 to schedule.

STATE SENATOR JASON LEWIS

Holds office hours at the Center on the 2nd Friday of each month at 1:30PM.

TOWN SELECTWOMAN CAROLINE COLARUSSO

Holds office hours from 9-10:30AM on the 1st, 3rd & 4th Friday.

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, 10/18, at 3PM at the Center. Meetings are open to the public.

Human Services

FUEL ASSISTANCE UPDATE!

We are updating the ABCD Fuel Assistance process this year. If you need help paying for heating fuel this winter, contact Bryna Davis with Community Service Network housing advocates. Her telephone number is (781) 438-9254. Appointments with Bryna can be made Monday - Friday. Please pass this information along to any senior who may need assistance in paying for fuel this winter.

VETERANS SERVICES

Stoneham Veterans Agent James Devlin is available at the Senior Center Monday through Friday from 8AM-4PM. Veterans who need assistance with their benefits should call Jim at (781) 279-2664 to schedule an appointment.

SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE--ON MEDICARE) COUNSELING

Confidential counseling available at the Center on Mondays from 1PM-4PM and Wednesdays 11AM-2PM. Get help with such topics as Medicare, Medicaid and prescription drug coverage. Call (781) 438-1157 for an appointment.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Karol Bisbee will visit the Senior Center on Tues 10/4 at 2PM. Call (781) 438-1157 for an appointment.

Trips

DAYTRIPS WITH NANCY *Event Coordinator, Nancy McInerney, coordinate these daily trips to various locations throughout New England. Look for information on upcoming trips in each month's Sentinel and on the website.*

Stoneham Theatre Matinee: Uncanny Valley

What would you do with a second chance at life? Meet Julian, the robotic product of a life extension laboratory, and Claire, the neuroscientist tasked with teaching him to be human. This mesmerizing examination of the future travels to the ethical heart of humankind's bid to outrace mortality. Filled with moral ambiguity, this taut, smart drama asks how far are we willing to go to forget, while insisting on never being forgotten? Nancy will be in the theatre lobby between 1:40 and 1:50 PM with your ticket to the show. Wed 10/19, \$32; Showtime: 2PM, Deadline: Fri 10/14.

Last of the Red Hot Lovers

We are heading to the Newport Playhouse for "one of the best buffets in RI" and a great performance of "LAST OF THE RED HOT LOVERS". Middle-aged and married, overworked and overweight, Barney Cashman wants to join the sexual revolution before it's too late and arranges three seductions: the first, Elaine Navazio proves to be a foul-mouthed bundle of neuroses; Bobbi Michele is next, a 20-ish actress who's too kooky by half; finally comes September and Jeanette Fisher, a gloomy, depressed housewife who happens to be married to Barney's best friend. Sign up right away tickets go fast . . . Sun 11/6, depart 9:15AM, return 5:30PM, \$84, Deadline: Fri 10/14.

King Arthur Tour

Vermont here we come! First stop as usual for a delicious luncheon at the Norwich Inn. We will have a buffet of Chicken Piccata, Grilled Beef Tips, and Mediterranean Pasta. After lunch we will visit the King Arthur Flour Baking Education Center in Norwich, VT. We will have a guided tour and a yummy demonstration! Our last stop before heading home will be to the Vermont Country Store where we will take a stroll down memory lane and discover rows of jars filled with penny candy, brands from the past such as Tangee® Lipstick, Buster Brown Socks, and Tinker Toys. This is going to sell out fast, so book today! Sunday, October 23, 2016, Depart: 9:00 AM; Return: 7:00 PM; \$74 Deadline: Tue., Oct. 11th.

For More Information, check at the front desk or call (781) 438-1157.

Please park at the rear of the parking lot behind the Barn for day trips. We regret that we cannot provide special assistance with walking, dining and personal needs on trips.

Trip Cancellation Policy: Cancellation on or before registration deadline: Full refund. Cancellation after registration deadline: No refund

Senior Center staff reserve the right to modify itinerary as conditions require during trips.

FOOD PANTRY DRIVER Volunteers needed to go to Merrimack Valley Food Bank in Lowell at least once a month at 1PM on Wednesdays. Must have own vehicle - station wagon, SUV or truck - and be able to lift cases of food. Getting hard for an 83 yr. old man to continue. If we do not find someone we will lose our ability to get food from them. Will train! Please call Lorraine Savage at 781-438-7545 if you can help.

LAST CHANCE FOR BARN SALE The Barn will be open Thursdays 10AM-2PM through 10/6. Until then, continue to find great bargains. Donations will be accepted 9AM-3PM through Mon 10/3. Just pull up to the front door and come inside. We cannot accept Christmas goods or open boxes of puzzles. 2017 season will kick off in mid-April when we'll start accepting donations.

Fitness



NEW CHAIR YOGA

Due to popularity, we're adding a 45 minute Chair Yoga class on Thursdays at 1:15PM. Participation limited to 35 participants, so reserve your spot by calling 781-438-1157. FREE

NEW BOCCE GROUP Be part of a new Bocce group, meeting at the Senior Center on Wednesdays at 10AM. Call (781) 438-1157 for more information on joining this new group. Wednesdays, 10AM, FREE.

WEEKLY PICKLEBALL

Join us for Pickleball at the Boys & Girls Club of Stoneham, 15 Dale Court on Fridays. Pickleball brings together



Join us at Bocce on Wednesdays!

elements of tennis, badminton and ping-pong for a fun, social activity that's suitable for all fitness levels. This program and many other exciting programs for seniors, is presented by Life Care Center of Stoneham. Fridays, 10-11:30AM, FREE.

WEEKLY CLASSES

Get moving, get grooving, get fit, get healthy with the variety of exercise programs we have at the Center. Call (781) 438-1157 for information or to sign-up.

Monday

- » Jacki Sorenson Aerobics; 8:30AM-9:30AM, \$5
- » Gentle Pilates with Alice; 9:55AM-10:45AM, \$4
- » Men's Exercise; 11AM-12PM, \$4
- » Combo Exercise with Nancy; 1PM-2PM, \$4

Wednesday

- » Jacki Sorenson Aerobics, 8:30AM-9:30AM, \$5 (Free for first-timers)
- » Walking Club with Richard, 8:30AM, FREE
- » Chair Yoga, 9:45AM, **Limited to 35, no exceptions.** Call (781) 438-1157 to reserve your spot in advance. FREE
- » Bocce, 10AM, FREE
- » Line Dancing, 11AM, FREE

Thursday

- » Zumba Gold, 8:30-9:15AM, \$4*
- » Gentle Pilates, 9:15-10:00AM, \$4*
* \$6 to take both classes (\$2 discount)
- » Strength, Balance & Coordination with Nancy, 12PM-1PM, \$4
- » NEW! Chair Yoga, 1:15PM, **Limited to 35, no exceptions.** Call (781) 438-1157 to reserve your spot in advance. FREE

Friday

- » Jacki Sorensen Aerobics, 8:30-9:30AM, \$5
- » Gentle Yoga with Leila, 10-11AM, \$5
- » Pickleball, 10-11:30AM, Boys & Girls Club, 15 Dale Court, FREE thanks to Life Care Center of Stoneham

Transportation

SENIOR CENTER VAN

To and From the Center

If you need a ride to the Center, call (781) 438-1157. The comfortable 13-passenger van is available to transport you to and from the Senior Center on Mon, Wed, Thurs and Fri from 8:30AM until 3PM and Tues from 8:30-11AM. We offer daily pickups from Finnegan Hall at 9:30AM. This is a curb-to-curb service. Drivers are not able to assist passengers with physical limitations.

Cheap Eats

Tuesdays 11:30AM-3PM; \$3 + cost of your lunch. Call (781) 438-1157.

Grocery Shopping

Pickup between 8:45-9:15AM (3 Bag Limit), \$2 Wednesdays..... Leisure Ln, Mountain View Dr and Finnegan Hall
Fridays..... Private homes

Main Street Quick Stops

Thursdays 9-11AM; \$2
Starts at CVS in Redstone and runs continuously to the Library and back. Call the day before for home pick-up before 9AM.

Shopping Trip to Walmart

Fri 10/21, 1-3PM; \$2

ADDITIONAL TRANSPORTATION SERVICES

Medical Appointments

Transportation is available to medical appointments upon availability of a driver. 7 day advance notice is required. Call (781) 438-1157 to schedule.

Medication Disposal

Mondays from 10AM-Noon

The senior van will bring you to and from the police station to dispose of your unused and expired medications and prescriptions. Call (781) 438-1157 to sign up.

MBTA "The Ride"

Call (617) 337-2727.

Charlie Card

For those who need to renew or obtain a "Charlie Card" call the MBTA T-pass program at (617) 222-2070.

Trip Metro North

Get where you need to go with this free program of Mystic Valley Elder Services, that reimburses friends and neighbors who give you rides. Call the TRIP specialist at (781) 388-4819 to apply.

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from Linda Mantone,
from Arline Ballotta,
from Howard Porter,
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Anonymous

GIVING TREE

In the lobby of the Senior Center stands a Giving Tree, the name taken from the Shel Silverstein book of the same name that tells the story of a tree which lovingly provides food, activity, shade, covering, and finally rest over the lifetime of the boy in the story as he grows. It represents a life that keeps on giving and is happy to do so, and we use that reminder as an opportunity for members and visitors to make a contribution that will be used to fund activities at the Center. One family has used the Giving Tree four times. Once they placed a leaf in memory of a loved one. Once the leaf was in support of the Center. The final two were used to commemorate special events in the family. Every donation will support programs, services and operating expenses including repairs, maintenance and cleaning. Please consider giving a memorial or other sign of support by donating to the Giving Tree.



DONATION FORM

Yes! I want to help support the Senior Center. My donation in the amount of \$_____ is enclosed. Checks payable to: Stoneham Senior Center, 136 Elm Street, Stoneham MA 02180.

Name: _____

Address: _____

City _____ State: _____

Zip _____

Phone: _____

Email _____

___ Check here if you do **not** wish your \$10 or above donation to be listed in the Sentinel.

Donation made (select one)

___ for the Giving Tree

___ In memory / honor of _____

If you would like for us to send an acknowledgment of your honorary or memorial gift, please fill out the recipient's name and address below. _____
