



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

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

NOVEMBER 2017

RESTORED DOLLHOUSE RAFFLE

Take a chance on winning a beautifully restored dollhouse!
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MEDICARE BACK BRACE SCAM

There is a new scam out there. Learn how to protect yourself. Page 4.

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SENIOR CENTER ANNOUNCEMENTS

Amazon shoppers, you can now choose the Senior Center Friends of Stoneham as the recipient of your support when you shop at Amazon Smile. All of Amazon's products are available when you shop smile. amazon.com at the same price. The difference is that a percentage of each item you purchase will support the Center! For instructions on how to set this up visit stonehamseniorcenter.org/support-us/amazon-smile/

New Pickleball League! Head over to Stoneham Middle School on Thursday nights from 6-8PM. All skill levels are welcome. Register online at www.stonehamrec.com or call the Stoneham Rec Office at 781-279-2609. \$5 per night drop in. There is also Pickleball, Fridays from 9:30-11:30am at the Stoneham Boys & Girls Club.

The Senior Center will be closed November 10th for Veterans' Day and November 23rd for Thanksgiving Day.

Miss playing basketball? Co-ed pick up basketball games for those 60+ may be starting on Wednesdays from 8:30-9:30AM at BCG. Call the Center if interested!

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MELD, Inc. is a 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.



Like us on Facebook
www.facebook.com/StonehamSeniorCenter

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.

Program Spotlight

Senior Discounts in & around Town

Restaurants

- **Applebee's:** 15% off for ages 60+
- **Ben & Jerry's:** 10% off for ages 60+
- **Boston Market:** 10% off for ages 65+
- **Chili's:** 10% off for ages 55+
- **D'Angelo's Sandwich:** 10% off for ages 65+
- **Denny's:** 10% for 55+
- **Dunkin Donuts:** Free donut with purchase of a large/extra-large coffee with an AARP card
- **Friendly's:** Discounts vary for ages 60+
- **Fuddruckers:** 10% off on certain meals for ages 55+
- **IHOP:** 10% off for 55+
- **Long John Silver's:** Various discounts available for 55+
- **Outback Steakhouse:** AARP members save 15% Monday thru Thursdays
- **Subway:** 10% off for 60+

Fast Food Restaurants

- **Burger King:** 10% off beverages for ages 60+
- **Chick-Fil-A:** 10% or a free small beverage for ages 55+
- **Kentucky Fried Chicken:** Free small drink for ages 55+
- **McDonald's:** Various discounts available on coffee for ages 55+
- **Taco Bell:** 5% off and a free beverage for ages 65+
- **Wendy's:** 10% off for ages 55+

Retail Stores

- **Bed Bath & Beyond:** 10% off for ages 55+
- **Dress Barn:** 10% off for ages 55+
- **Goodwill:** 25% discounts on Tuesdays for ages 62+
- **Hallmark:** 10% off on certain days of the week
- **Kohl's:** 15% off for ages 60+
- **LensCrafters:** AARP members receive 30% off
- **Michael's Craft Store:** Receive 10% off on Tuesdays for ages 60+
- **Salvation Army Thrift Store:** Receive up to 50% off for ages 55+
- **TJ Maxx:** Receive 10% off on certain days of the month for ages 55+

Drug Stores

- **Rite Aid:** 10% off on Tuesdays & 10% off prescriptions
- **Walgreens:** "Senior Day" once a month, 55+

Travel

- **Airlines:** Most airlines such as American, Southwest, United and U.S. Airways will provide various discounts for ages 65+
- **Transportation:** Amtrak- receive 15% off for ages 62+ Greyhound- ages 62+ may request for 5% off
- **Hotels:** Most popular hotels such as Best Western, Hampton Inn, Marriot, Comfort Inn, Holiday Inn, etc. offer various discounts

MBTA

- **Local buses:** \$.85
- **Subways:** \$1.10
- **Inner express buses:** \$2.50
- **Outer express buses:** \$3.50
- **Commuter rails or ferry services:** 50% off regular fares
- **Can purchase a monthly pass, which is good for unlimited travel on local buses and subways for only \$30. Need to be 60+ to be eligible for a Senior CharlieCard**

Attractions

- **AMC Theater:** 20% off regular adult admission for ages 60+, Discounts for 60% off on Tuesdays
- **IMAX Theater:** \$11.50 ticket (plus fees) for seniors
- **Boston Duck Tours:** Tickets at \$31.00 for seniors ages 62+
- **Showcase Cinemas:** \$6.00 on Senior Wednesdays for ages 60+
- **Supercuts:** \$2.00 off haircuts for seniors ages 60+
- **Stone Zoo:** General admission ticket at \$14.95, ages 62+
- **Franklin Park Zoo:** Ticket at \$16.95, ages 62+
- **National Parks:** Senior lifetime pass, \$10, that can be used at over 2000 federal recreation sites across the nation for ages 62+
- **New England Aquarium:** Ticket at \$24.95 for ages 60+
- **Museum of Fine Arts Boston:** Admission at \$23 for ages 65+
- **Museum of Science:** Ticket \$21 for ages 60+

Arts & Entertainment

CARDS AND GAMES CORNER

| | |
|-------------------------|-------------------|
| 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 |

THROW BACK THURSDAY: 1950'S DINNER SOCIAL

Thurs., November 30th, 2:30-4:30PM, Free
Join us for a trip down memory lane for this fun and interactive social! There will be music, an early "old time" favorite" dinner, and an opportunity to flex your mental muscle with a variety of 50's themed games and activities! Generously sponsored by Winchester Hospital.

ART MATTERS: WOMEN ARTISTS I

Tuesday, November 6th, 1pm

Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. There are many examples of how she has flourished and failed, been celebrated or crushed, but in almost every instance, needing to be better than their male competitors to be taken seriously. Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th Century. Sponsored by MELD.



FALL CONCERTS ARE BACK!

Head to the First Congregational Church by the Common in Stoneham and enjoy several shows this fall and winter. Sponsored by MELD.

Saturday, November 18th, 7PM

Piano, Violin, & Cello - Tudor Domescu, Velleda Miragias, and Tudor Bota

Saturday, December 16th, 7PM

Tudor Bota & Friends play Christmas music



CANDLEPIN BOWLING

Mondays, 1:30PM, Woburn Bowladrome
31 Montvale Ave, Woburn, MA 01801

We are a non-league bowling group that welcomes all seniors who want to join in on the fun. Come whenever you want without the obligation of having to commit to a specific amount of time or put you out financially. It is all about getting together with old friends, making new friends, having fun and keeping it light. Whether you are skilled, a beginner or a middle of the road bowler, ALL are welcome. Price per string is \$3.50, shoe rental included. If you have any questions please don't hesitate to contact Nancy at (781) 844-5479 or Email: Nanabelle2007@verizon.net

THANKSGIVING BREAKFAST & FOOTBALL GAME

Thursday, November 23rd

Join us and the Stoneham Booster Club for breakfast Thanksgiving morning at the First Congregational Church. After breakfast, there will be transportation to Reading to watch the Stoneham High School Spartans play against the Reading Rockets. Transportation to the church can be requested if needed. Sign up at the Center for this fantastic event and to support our Spartans!

DOLLHOUSE RAFFLE

This beautifully restored dollhouse, originally built by our friend and member Howie Porter in the 1970's, is being raffled by the Senior Center Friends of Stoneham. The family that originally purchased the dollhouse from Howie donated it to the Center earlier this year. Local artist and volunteer Angie Adams decided to restore it to pristine condition and now it looks as good as new! Raffle tickets are \$5 each or three for \$10. They are available at the Center. The drawing will be held at the Senior Center's holiday party in December. Stop by and get your tickets Monday-Friday from 8:30AM-4:00PM!

VOLUNTEERS NEEDED!

We need volunteers for the Seniors to Seniors program at Stoneham High School! Spend an afternoon telling stories of growing up! Call the Center if interested.

AUTUMN CRAFT WITH NANCY

Friday, November 17th, 1PM, Free

Make your home a little more festive! Come by the Center and make an Autumn themed craft with Nancy!

CRAFTING

Craft Group - Join the gang on Mondays, 10AM.

Chair Caning - Every Tuesday from 9-11:30AM. Instruction provided by Richard Bardet.

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.

WATERCOLOR WORKSHOP

Mondays, November 6th-27th, 1-3PM, \$20 per person

This will be a project based class using multiple watercolor techniques. Each week the demonstration will be followed by an opportunity to practice, then work on a project introduced by the instructor. By the end of the four weeks you will have at least two completed pieces. All materials will be supplied, class limited to 10. Sponsored by MELD.



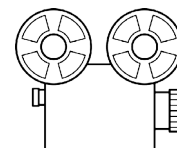
ZENTANGLE WORKSHOP

Friday, November 3rd & 17th, 1-3pm, \$7 per person

Try a different form of creative expression. Zentangle, or Doodle Art, is a relaxing, simple, soothing, abstract drawing style using structured patterns. Learn patterns, relax and create beautiful art. No drawing skill required. It's fun, inspirational, creative and enhances relaxation and focus. Check out zentangle.com to see examples and learn more.

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!

11/2, The Beautiful Fantastic (Romantic) Jessica Brown Findlay, Tom Wilkinson. Whimsical tale of garden clean-up

11/9, A New Leaf (Comedy) Walter Matthau, Elaine May. Playboy chases wealthy woman

11/16, The Pursuit of Happiness (Drama) Will Smith, Jaden Smith. Father and son struggle to beat the odds

11/23, Closed for Thanksgiving.

11/30, Shall We Dance (Musical) Fred Astaire, Ginger Rogers. 1938 Gershwin musical aboard ocean liner

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 6. A \$2 donation is recommended.

Is Your Birthday in November? If so, join us for your FREE birthday lunch and cake at noon on 11/24. Don't forget to call and reserve your meal by noon on the 23rd!

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

Men's Breakfast Join us for hot delicious breakfast and great conversation. Wed 11/8 & 11/22, 8AM.



VETERANS COFFEE

Thursday, November 26th, 10AM

Join us again for a special coffee time for veterans to come together and socialize. This event will happen on the last Thursday of each month. Thank you, Tom Moran, the Veteran's Liaison, from Compassionate Care for sponsoring this event each month!

BRAIN GAMES

Monday, November 13th & 27th, 12:45PM

Have a good time while working your memory, problem solving, and language skills with fun brain games, every other Monday right after lunch. Please join us - *no sign ups necessary!*



MEDICATION DISPOSAL

Have expired or unused medication? Call the Center, Mondays from 10AM-12PM to arrange transportation to the Stoneham Police Station to dispose of it safely.

FREE BLOOD PRESSURE CLINIC

| | | |
|-----------|--------------------------|-----------------------------|
| Mon 11/6 | 10-11AM | Stoneham Board of Health |
| Mon 11/11 | 9:30-10:30AM | Hallmark Health |
| Th 11/16 | 11:30AM-1PM | Gtr Medford VNA/Ask a Nurse |
| Th 11/23 | Thanksgiving - No Clinic | |

Health & Wellness

CHARLIE CARD EVENT

Friday, November 3rd, 9-11AM

State Representative Michael Day, the Stoneham Council on Aging, and the MBTA invite you to come to the Center to receive a discounted T pass. To qualify, you must be 65 years or older and present a valid government issued ID.

WATER: THE WOW DRINK PRESENTATION

Thursday, November 9th, 11AM

Join Candace Quigley, registered dietitian from Mystic Valley Elder Services, for a presentation where we will sample some great tasting water and discuss how to keep your body working at its best.

MEN'S & WOMEN'S HAIRCUTS WITH SIS

The Barber Shop is open on Monday mornings, 9AM-12:30PM. Haircuts are \$8 at the Senior Center. Walk-ins welcome.

ENERGY ASSISTANCE

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts household who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Last year, the Fund helped thousands of individuals pay an energy bill. To qualify for assistance, an applicant's gross household income must fall between 60 and 80 percent of the state's minimum income levels. To determine if you are eligible for assistance, please visit www.magoodneighbor.org. To apply, visit your local Salvation Army Community Center. If there is not an office in your area, please call 339-502-5900.

FREE HEARING CLINIC WITH APEX HEARING CARE

Wednesday, November 15th, 12PM.

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.

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 at the Senior Center.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment is upon us. This period lasts from October through December 4th. Do not wait to enroll. If you have questions, contact a SHINE counselor who can help you pick the right plan for your needs. You can schedule a free, confidential appointment by calling (781) 438-1157

PARKINSON'S SUPPORT GROUP

The next meeting of the peer-led Parkinson's Disease Support Group will be on Tuesday, 11/7 at 1PM. Meets on the first Tuesday of each month.



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.

MVES's Referral & Information Service has monthly office hours at the Center. ***In November, staff will be here from 10am to 12pm on Thursday, 11/16.***

BEWARE OF THE MEDICARE BACK BRACE SCAM

Scammers may pretend to represent insurance or healthcare companies. There is a new twist: calls from "Medicare" claiming to have your new back brace. The scam works by you answering the phone and a "Medicare Representative" scammer will typically follow one of two patterns. They will either offer you a back brace or claim that a caregiver previously called about a back brace for you. If you show interest, the scammer will start asking you for personal information, such as your Social Security Number or a Medicare number to access benefits. Don't fall for these phony claims even if the calls are persistent. Ask for more information on the company, many scammers will hang up when you press for more information.

Protect yourself by following these tips:

1. Medicare should already have your basic information. If Medicare or another government organization contacts you, they should already have your address, name, and other basic info. A call claiming you have been identified for an offer, but doesn't have your name or other information, is probably blasted to thousands of phone numbers
2. Never share your Medicare number with an unsolicited caller. Treat your Medicare number like your credit card information or other personal details. Do not share it with unsolicited callers.
3. Check BBB tips. For more information about healthcare scams, check bbb.org/healthcarescams or bbb.org/scamtips
4. Report scams that you have through the BBB Scam Tracker – bbb.org/scamtracker

MEMORY CAFE

Monday, November 13th, 5:30-7:30PM

Join the Stoneham Council on Aging at Fusillis Cucina (107 Main Street) in Reading for a Memory Café. This is a free, open, and welcoming event for caregivers and their loved ones with dementia. Enjoy pizza, salad, and soda while connecting with others in the community. RSVP by calling the Stoneham Senior Center at 781-438-1157.

ASK THE NURSE

I know we are in flu season, but there are so many vaccination choices that I am confused on which one to get. Can you explain all these different flu vaccines?

Choices, choices, choices, it's all about choices from detergent to toilet paper to crackers, so why not flu vaccine. I will try to break it down for you.

1. **Quadrivalent Influenza Vaccine:** this is the regular flu vaccine. It is designed to protect against four different flu viruses. There is a quadrivalent flu shot that can be given to children as young as 6 months of age. Other quadrivalent flu shots are approved for people 3 years and older. There is no preference for one vaccine over another among the recommended, approved injectable influenza vaccines. There are many vaccine options to choose from but the most important thing is for all people 6 months and older to get a flu vaccine every year.
2. **High-Dose:** is an injected flu vaccine formulated for folks age 65 years and older. Like other flu vaccine, High-Dose is made up of the three flu strains most likely to cause the flu during the upcoming season. The High-Dose vaccine contains four times as much flu virus antigen which is the part of the vaccine that stimulates the immune system. Doctors are recommending Hi-Dose for older adults because as we age we produce 50 to 75% fewer antibodies, which protect against the vaccine antigens than do younger adults. Evidence that a High-Dose flu vaccine can compensate for this difference originally comes from studies that found higher post vaccine antibody levels in older adults who received High-Dose flu vaccines than in those who received standard flu vaccines.
3. **Intradermal Flu Vaccine:** is approved for folks age 18 to 64 years of age. It is injected into the dermal layer of the skin instead of into the muscle like a traditional flu shot. The dermal layer of skin contains high concentrations of dendritic cells. These cells play a key role in helping the body generate an immune response. Intradermal flu vaccine requires 40% less antigen, which is the part of a vaccine that helps your body build up an immune response to a disease to be as effective as the traditional flu shot. Although the Intradermal flu vaccine has almost half the amount of antigen than the traditional flu shot studies have shown the immune response to be similar.
4. **Quadrivalent Nasal Spray** is a live vaccine but has not been approved for the 2017-2018 season.

Whatever you decide which is best for you, remember vaccination is the best way to prevent flu. Now Dear Reader, set yourself down and have that cup of tea. Decaf, regular, hot or ice, with milk, lemon or black, the choice is yours.

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.

November 2017 Calendar and Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>See Meal Site Manager, Henry Fountain, for sodium & calorie details. Each day you may select from a hot or cold lunch.</p> <p>** Indicates a high sodium meal. (V) Indicates a vegetarian item.</p> | | <p>1</p> <p>Turkey tetrazzini w. zucchini, Tuna salad sandwich</p> <p>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Bocce 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo</p> | <p>2</p> <p>Seafood chowder, Creole fish w. rice & beans, Turkey & Swiss cheese sandwich</p> <p>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 10, Quilting 12, Flexibility & Strength 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair Yoga 1:30, Jewelry</p> | <p>3</p> <p>Lentil spinach soup, Meatloaf & gravy, California chicken salad</p> <p>8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 2, Billiards</p> |
| <p>6</p> <p>Split pea soup, Roast turkey & gravy, **Ham & Swiss cheese sandwich</p> <p>8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE</p> | <p>7</p> <p>Chicken & vegetable soup, Cheeseburger w. potato wedges, Cottage cheese fruit plate (V)</p> <p>8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards</p> | <p>8</p> <p>Corn chowder, Marsala chicken w. egg noodles, Seafood salad sandwich</p> <p>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Bocce 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo</p> | <p>9</p> <p>Italian garden vegetable soup, Crumb topped macaroni & cheese (V), Roast beef & provolone cheese sandwich</p> <p>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 12, Flexibility & Strength 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair Yoga 1:30, Jewelry</p> | <p><i>There will be no lunch served today in observance of Veteran's Day</i></p> |
| <p>13</p> <p>Cream of pumpkin soup, Orange almond chicken, Roast beef & Provolone cheese sandwich</p> <p>8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE</p> | <p>14</p> <p>Seafood chowder, Potato fish filet in cream sauce, **Chef salad w. turkey</p> <p>8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards</p> | <p>15</p> <p>Beef stew w. corn, Egg salad sandwich (V) w. summer potato salad</p> <p>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Bocce 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo</p> | <p>16</p> <p><u>THANKSGIVING SPECIAL</u> Roast turkey & gravy, w. cornbread stuffing, whipped potatoes & chives</p> <p>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 10, Quilting 12, Flexibility & Strength 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair Yoga 1:30, Jewelry</p> | <p>17</p> <p>Florentine soup, Broccoli mushroom quiche (V), Curry chicken salad</p> <p>8:30, Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 2, Billiards</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 20 Vegetable soup, Chicken cacciatore w. ziti, Tuna salad sandwich 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE | 21 Cream of butternut squash soup, Baked fish in broccoli cheese sauce, Roast beef & American cheese sandwich 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards | 22 **Hotdog w. baked beans & cole slaw, Egg salad sandwich (V) 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Bocce 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo | 23 There will be no lunch served today in observance of Thanksgiving Day | 24 Beef vegetable soup, Spinach & red pepper frittata (V), **Turkey & Swiss cheese sandwich 8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 2, Billiards |
| 27 Florentine soup, Stuffed shells w. meatball, Tuna salad sandwich 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE | 28 Tomato basil soup, Greek chicken w. ratatouille, Roast beef & Swiss cheese sandwich 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards | 29 Lentil stew (V) w. herbed brown rice, Chicken salad sandwich 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Bocce 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo | 30 Chicken vegetable soup, Pork roast w. apple glaze, Egg salad sandwich (V) 9:30, Painting 10:15, Sorenson Aerobics 12, Strength & Balance 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair yoga | <i>"... I love to come for the entertainment and fellowship with other people who enjoy doing the same things!"</i> |

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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**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**



Come to the Center and purchase tickets for a chance to win this beautiful doll house!

Thank You to Our Generous Donors

DONATIONS TO THE CENTER

Anonymous

In Honor of Marie Grace's generous gift of two tickets to the Greater Boston Stage Company, from Jacqueline Christie

David Mahoney

GE MATCHING DONATIONS

If you are a current or retired GE employee, the company matches donations! Please make a notation on your check "Eligible for GE Foundation Match". Then call 1-800-305-0669, the GE Matching Gift Center, and give them your social security number along with our zipcode (02180), the amount and date of your gift and they will match your donation! Please take a moment to help our program grow.

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 Stoneham Senior Center

___ 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. _____

Government

STATE SENATOR JASON LEWIS

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

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, 11/21, at 3PM at the Center. Meetings are open to the public.

TOWN ADMINISTRATOR The Town Administrator, Tom Younger, will be at the center on the 1st Thursday of the month. Thursday, 11/2 at noon.

TOWN SELECTWOMAN CAROLINE COLARUSSO

Holds office hours at the Center on the last Friday of the month from 9-10:30AM

Resources

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Karol Bisbee will visit the Senior Center on Tues 11/7 at 2PM. Call (781) 438-1157 for an appointment.

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, i.e. Aid and Attendance pension, should call Jim at (781) 279-2664 to schedule an appointment. **NO DROP-INS.**

SHINE COUNSELING

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

MASS DENTAL SOCIETY

Guide to sources of low/no cost dental care. Website: massdental.org Telephone: 1-800-342-8747

PHARMACY OUTREACH PROGRAM

Through Massachusetts College of Pharmacy and Health Services Website: mcphs.edu/pharmacyoutreach Telephone: 1-866-633-1617

Trips

DAYTRIPS WITH NANCY Event Coordinator, Nancy McInerney, coordinates these daily trips to various locations throughout New England. **Checks or cash, no bills over \$50 please.**

WHITE MOUNTAIN HOTEL BRUNCH

Sunday, November 12, 2017; Depart: 9:00 AM/Return Approximately: 8:00 PM; Price: \$69

The White Mountain Hotel & Resort has an Award Winning, All-You-Can-Eat Grand Sunday Brunch favorite since 1990 and we are heading there this November day! After this amazing brunch we will be off to North Conway for some great shopping ranging from antique shops, country stores and many name brand outlets. Start or finish your Christmas shopping!

THE EDWARDS TWINS WORLD FAMOUS IMPERSONATORS

Wednesday, December 6th @ 11:30 AM at Montvale Plaza; Price: \$65.95

No better way to enjoy these two amazing entertainers than in VIP seating with an exquisite meal only the Montvale Plaza can serve. If you've never seen them this is the time to treat yourself to the best celebrity impersonators like you've never seen before. Seats are very limited to 24 people and this show will sell out fast so sign up ASAP to insure you get to come.

GREATER BOSTON STAGE COMPANY - She Loves Me

Formerly the Stoneham Theatre – Wed., Dec. 7th; Showtime: 2:00 PM; Price: \$37; Make checks payable to GBSC. Deadline: November 30th

She Loves Me Love letters, mistaken identity, and a dash of Christmas in this sweeping romantic musical. Direct from a hugely successful Broadway revival, this delightful, romantic Tony-Award winning Broadway musical tells the story of Amalia and Georg, co-workers in a department store, who fall in love with each other without knowing it through anonymous lonely heart letters.

KENNEBUNKPORT CHRISTMAS PRELUDE

Sunday, December 10, 2017; Depart: 10:30 AM/Return Approx.: 8:00 PM; Price: \$72. Deadline: December 1st.

Get in the Christmas Spirit as we travel to Kennebunkport, Maine for the Christmas Prelude! This celebration first began in 1982. The whole town transforms into a Winter Wonderland. Start your Christmas shopping at the Christmas and craft fairs located throughout the town. This picturesque town will leave you in the holiday spirit! There are so many activities & events scheduled throughout the day. Before we go to the spectacular Christmas Prelude we will stop for an included lunch at one of our favorite restaurants, Warren's in Kittery.

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.

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP with the North Suburban Child and Family Resource Network – offered September through June. Call (781) 246-5187 for specific dates, time and locations.

INTERNET, CABLE, PHONES, ETC.. PLANS DISCOUNTS

AT&T: Special Senior Nation plan for those 60+ that includes 200 any-time minutes and 500 night and weekends, along with mobile to mobile calling for \$29.99

Verizon: \$29.99/month with 200 anytime minutes for ages 65+

Comcast: \$9.95/month (plus tax) for internet at home, ages 62+. For \$149.99 (plus tax) seniors can get a desktop or a laptop computer. Call 1-855-850-4550 with eligibility questions or more information.

Fitness

CLASS DESCRIPTIONS

ADVANCED TAI CHI CLASS

Continue to practice Tai Chi and expand your knowledge of new forms. Some experience with Tai Chi is helpful for enjoyment of this class. Drop-in fee: \$5/class Wednesdays at 2:15PM.

LATIN DANCE - LEARNING THE BASICS

Whether you would like to learn the basic steps to latin dancing or you already know how to dance, but wish to perfect your technique, this class is great for you. Come practice some new and fun moves, and learn to loosen up those hips. Some of the rhythms include Salsa, Merengue, Cumbia, Bachata, Reggaeton, & Belly Dance. No dancing experience needed. All levels are welcome!

THANK YOU TO OUR FITNESS CLASS SPONSORS!



WEEKLY CLASSES

Get moving, get grooving, get fit, get healthy with the variety of exercise programs we have at the Center. All classes are \$2 per class payable to the Senior Center upon arrival to classes. Each class has a max size of 25 participants on a first come, first serve basis. Participants must be 60 years old or older.

Monday

- » Jacki Sorenson Aerobics; 8:30AM-9:30AM
- » Men's Exercise; 11AM-12PM
- » Balance & Coordination with Nancy; 12-1PM

Tuesday

- » Jacki Sorenson Aerobics, 8:30AM-9:30AM

Wednesday

- » Jacki Sorenson Aerobics, 8:30AM-9:30AM
- » Walking Club, 8:30AM, Approximately 1 mile. Newcomers get a shirt and pedometer. Breakfast to follow sponsored by Stoneham Credit Union.
- » Chair Yoga, 9:45AM
- » Bocce, 10AM
- » **NEW Latin Dance - Learning the Basics, 11AM

Thursday

- » Jacki Sorenson Aerobics, 8:30AM-9:30AM
- » Line Dancing, 10AM-11AM
- » Flexibility & Strength with Nancy, 12PM-1PM
- » Chair Yoga, 1:15PM

Friday

- » Jacki Sorensen Aerobics, 8:30-9:30AM
- » Gentle Yoga with Leila, 9:45-10:45AM
- » Pickleball, 9:30-11:30AM, Boys & Girls Club, 15 Dale Court
- » Billiards, after 2PM

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. **This is a curb-to-curb service. Drivers are not able to assist passengers with physical limitations. Transportation is available to seniors (60 and over) who live independently in the community.**

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
Mon. - Leisure Ln, Mountain View Dr. & Finnegan Hall
Fri. - 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 11/17, 1-3PM; \$2

ADDITIONAL TRANSPORTATION SERVICES

Medical Appointments

Transportation is available to medical appointments upon availability of a volunteer driver. 14 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.

MVES Trip Metro North Program

If you're 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and have a life with TRIP. This free program gives you money to reimburse friends, neighbors, and in some cases, certain relatives, for taking you anywhere you want to go. Call (781) 388-4819 to learn more.

WHAT'S GOING ON AT THE CENTER?

Let's look back at some of the events that happened at the Senior Center this past month.



Our booth at the Farmer's Market was a great success!



Check out the dollhouse up for raffle. Stop by the Center to buy tickets!



Enjoying our excursion to Wachusett Brewery last month.



Delvina Theater Company's performance of "Louise's Girls"



Thank you to all who visited our Town Day booth!



The Wachusett Brewery tour was interesting. Join us on another trip soon!