



A PUBLICATION OF THE STONEHAM SENIOR CENTER

# Stoneham Sentinel

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

OCTOBER 2017

## **RESTORED DOLLHOUSE RAFFLE**

Take a chance on winning a beautifully restored dollhouse!  
Page 3.

## **DON'T IGNORE YOUR MEDICARE MAIL**

With open enrollment coming up, it is more important than ever to read your Medicare mail. Page 4.

## **ARTMATTERS: FRANCISCO GOYA**

Learn about one of the last of the Great Masters. Page 3.

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The Traveling Toothfairy is back at the Center! Page 5.

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There have been a few changes to the fitness schedule and policies. Page 10.

## **HALLOWEEN PARTY**

Join us for some spooky Halloween fun. Page 3.

## **MEDICARE INFORMATION**

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## **DIABETIC SHOE CLINIC**

The Diabetic shoe clinic is back at the Center this month!  
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## **COMPUTER CLASS**

Computer classes are starting this month at the Boys and Girl's Club in Stoneham! Page 3.

## **FIRE AND FALL PREVENTION PRESENTATION**

Join us at the Stoneham Police Department to learn about how to make your home fire and fall safe. Page 5.

## **DAY TRIPS WITH NANCY**

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## **STONEHAM COMMUNITY CHORALE**

The Stoneham Community Chorale practices at the Center on Thursday nights. Page 3.

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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.



*Stop by and buy some raffle tickets for a chance to win this beautiful dollhouse restored by volunteer Angie Adams!*



Like us on Facebook  
[www.facebook.com/StonehamSeniorCenter](http://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

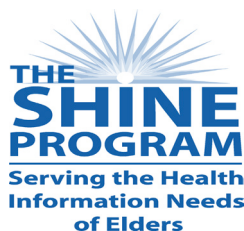


**Are you spending too much for your prescription drugs?**  
**Let SHINE help you find the right Medicare drug plan.**

***Medicare Open Enrollment***  
***October 15 – December 7***

**SHINE provides *free & unbiased* health insurance counseling for Medicare beneficiaries of all ages**

**Call your local Senior Center or Council on Aging  
or 1-800-243-4636 to schedule an appointment.**



# Arts & Entertainment

## 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

## ART MATTERS: FRANCISCO GOYA

*Tuesday, October 3rd, 1PM*

Known as the last of the Great Masters and the first of the Modern Masters. As Spain's conscience and chronicler, Goya documented the Royal Court with a sarcastic edge born of justice. A versatile artist, he created paintings, etchings & lithographs, tapestries, and frescos. His career spanned an explosive era of Spanish history, which he portrayed with unflinching honesty. He observed clearly both the highborn with their excesses & the madness of the masses, and he painted both with an unprecedented dedication to truth. 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 Dornescu, Velleda Miragias, and Tudor Bota

*Saturday, December 16th, 7PM*

Tudor Bota & Friends play Christmas music



## LIBRARY & READING CORNER

Come enjoy our new reading corner on the first floor put together by our summer interns! Also, don't forget that there is a library on the second floor. Take a book to read, and leave another for somebody else to enjoy.

## COMPUTER CLASSES

There will be computer classes running October 3rd through November 9th at the Boys and Girls Club of Stoneham on Tuesday & Thursdays from 10am-12pm. The Tuesday class will be an introductory class and the Thursday will be more advanced. This class is free thanks to the Stoneham Senior Center Friends, Inc. This session, instructor TJ can answer your questions and help you with any electronic gadget (phone, laptop, Kindle, iPad, etc.) to troubleshoot any issues you may be having on Fridays.

**Tuesday class:** 9:30-11:30AM; Introductory  
**Thursdays class:** 9:30-11:30AM; Advanced  
**Fridays:** 9:30-11:30AM; "Fix It" Class



## STONEHAM COMMUNITY CHORALE

"Connecting with the community one song at a time". Under the musical direction of Tudor M Bota, the Stoneham Community Chorale has started their fall season. They are an inter-generational choral group providing adult amateur singers rich singing experiences dedicated to sharing music to varied audiences, deepening music appreciation, and demonstrating in song, how harmony can bring joy into busy adult lives. The group meets at the Stoneham Senior Center on Thursdays from 7-9PM. To register, please call (781) 438-1157. The fee is \$35 for the season. Sponsored by MELD.



## HALLOWEEN DANCE

*Friday, October 27th, 2-4PM*

Join us at the Center for some spooky fun! Come dressed in a costume or just as you are. Sign up at the Center! Sponsored by Stoneham Senior Center Friends group.



## 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!

## CLUBS

### The Red Hat Society

The club meets the 3rd Wednesday of each month at 1PM to plan member activities. The meeting this month is Wednesday 10/18 at 1PM. Call Natalie Baldini at (781) 279-1810 for information.

## 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.

**Jewelry** - With Pam Hodges. Thursdays at 1:30PM. \$5 per class. Call Pam at (781) 521-6214 to join the class. Six week sessions with max of ten participants. **No drop ins.**

## PENPAL PROGRAM

With today's fast paced digital communications, it's easy to forget the excitement of receiving a hand written letter in the mail. Stoneham middle & high school Girl Scouts would like to rekindle this tradition of note writing by becoming pen pals with local seniors. If you are interested in sharing old memories and creating new friendships, please contact Maureen Buckley at (781) 572-2068 or stonehamgs@gmail.com for more information on the program

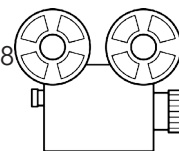
## MOVIE AND PIZZA

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!



**10/5, Hidden Figures** (Drama) Taraji P. Henson, Octavia Spencer, Janelle Monae. Three black women hold key positions in the 60's space race

**10/12, Emperor** (Drama) Matthew Fox, Tommy Lee Jones. Gen. MacArthur oversees Japan's surrender to end WWII

**10/19, The Founder** (Biography) Michael Keaton, Nick Offerman. Ray Kroc, founder of McDonald's.

**10/26, La La Land** (Musical) Ryan Gosling, Emma Stone. Boy-meets-girl romance

## 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.

**Is Your Birthday in October?** If so, join us for your FREE birthday lunch and cake at noon on 10/27. Don't forget to call and reserve your meal by noon on the 26th!

**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 10/4 & 10/18, 8AM.



### **VETERANS COFFEE**

*Thursday, October 26th, 10AM*

There will be 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, October 2nd, 16th, & 30th, 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!*

### **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.

### **FREE BLOOD PRESSURE CLINIC**

Mon 10/2	No Clinic	Stoneham Board of Health
Mon 10/9	<b>NO CLINIC</b>	
Th 10/19	11:30AM-1PM	Gtr Medford VNA/Ask a Nurse
Th 10/26	10-11AM	Gtr Medford VNA/Ask a Nurse

## Health & Wellness

### **DON'T IGNORE YOUR MEDICARE MAIL**

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO,PPO), you will receive information from your plan by the end of September. During Medicare Open Enrollment (October 15-December 7), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes as well as other options you may have. There will be group presentations, but you are also able to schedule a phone or in-person appointment. SHINE counseling is a free and confidential service provided by trained counselors. Don't delay, call 1-800-243-4636 and select 3 or call the Senior Center at (781) 438-1157 to schedule a SHINE appointment!

### **FREE HEARING CLINIC WITH APEX HEARING CARE**

*Wednesday, October 18th, 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.

### **DIABETIC SHOE CLINIC**

*Wednesday, October 4th, 1:30PM*

Is Medicare your primary insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at no cost to you! Please call Maureen (781-438-1157) to make your 10-minute fitting appointment. For your appointment, please bring your Medicare information, supplemental insurance information (if you have any), your doctor's name and phone number, and a completed doctors form. See Mary to pick up your doctor's form.

### **PARKINSON'S SUPPORT GROUP**

The next meeting of the peer-led Parkinson's Disease Support Group will be on Tuesday, 10/3 at 1PM. Meets on the first Tuesday of each month.

### **T-MOBILE SERVICE**

There is a T-Mobile plan for older mobile phone users without children in their homes. The plan is for two lines with unlimited data for \$60 a month, including taxes and fees. This plan started in August, so visit a T-Mobile store if you would like to sign up.

### **NEIGHBORHOOD PACE PRESENTATION**

*Wednesday, October 11th, 12:30PM*

Neighborhood PACE is a comprehensive and all-inclusive health care program for adults ages 55+, designed to keep aging adults healthy and living independently in their communities. Learn more about what this program may be able to offer you!





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](http://www.mves.org).

**MVES's Referral & Information Service has monthly office hours at the Center. In October, staff will be here from 10am to 12pm on Thursday, 10/19.**

### **REMEMBERING WHEN: FIRE & FALL PREVENTION PRESENTATIONS**

**Tuesday, October 10th & 24th, 10AM at the Stoneham Police Department**

Did you know that Older Adults are at a high risk of fire and falls? The Stoneham Council on Aging has partnered with the Stoneham Fire Department and the Board of Health to establish a Fire and Fall Prevention program for residents. This program includes a free informational presentation offered on two days in October, as well as an opportunity to sign up for a friendly home visit. This program was developed by the National Fire Protection Association (NFPA) and teaches older adults how to protect themselves from fires and falls through a fun and interactive presentation. You will learn important information regarding risk factors, be provided with valuable resources in the community, as well as helpful tips to stay safe in your home. All residents 60 years of age and older are welcome to attend. Additionally, you will have the opportunity to sign up for a friendly home visit. Representatives from the Board of Health, Fire Department and the Council on Aging will arrange to come to your home and will be checking smoke detectors, carbon monoxide detectors, and other possible hazards in the home. Call (781) 438-1157 to reserve your spot!

### **TRAVELING TOOTH FAIRY**

**Friday, October 13th, 9AM-2PM**

Many people do not have access to dental care for a variety of reasons. It may be that they don't have dental insurance, there is a lack of transportation, financial reasons or simply that there is not a dentist nearby. The Traveling Toothfairy, Marcy E. Foreman, RDH, BS, provides "On-Site Oral Healthcare" using portable dental equipment, as allowed by the Board of Registration in Dentistry. Marcy will be visiting the Center to offer Dental and Oral Cancer Screenings, Dental Cleanings (including partials and dentures) and Fluoride Treatments. Marcy can also make referrals for additional dental care and assist you in finding a dental office. Dental Cleanings are \$65 and can be reduced based on income and household size. MassHealth and other state dental insurances cover these services. Please call the Senior Center at (781) 438-1157 to schedule an appointment.

## **ASK THE NURSE**

***Why do I wake up every morning feeling stiff with aches and pains and during the day I can do anything, even exercise and have no discomfort? What's going on?***

When you are young and something starts hurting your first thought is "Gee, when's that going to get better?" When you are older and something hurts, you think, "Oh great, when is that going to get worse?" The saying, no pain no gain, is one which as you age seems unacceptable. As you age it all becomes pain and no gain. Let's see if we can sort this out.

Waking up with back pain rarely indicates a serious problem. Many people get their first episode of back pain during the night but are unaware until morning when they wake up. Many folks who are more or less pain free during the day may still experience irritation and stiffness first thing in the morning.

As we get older, the discs in our spine tend to dry out and deteriorate. All our nerves run through the spine, so when you get up in the morning or stand up after sitting for a long time, the sudden change in position will put pressure on one of those damaged discs. Nerves running nearby can get pinched by the damaged disc. The pain you feel is actually in your spine but since that nerve can run to distant areas, you may feel pain in your toe, your elbow or somewhere else.

Vitamin D deficiency is probably more common than once suspected in causing subtle widespread pain that may be misdiagnosed as fibromyalgia and/or chronic fatigue syndrome. It can cause bone aching particularly in the back.

All these little annoyances are just part of the wisdom filled journey into "elderhood" aren't they? Let's do something about it. Everyday focus on guarding against inactivity. I call it the K-M method, which stand for 'Keep Moving'. Look for opportunities to walk, use stairs, jog in place for 60 seconds, anything that will help prevent extended periods of being immobile. When we were younger we were always moving but as we age the exercise component of daily life starts to taper off and this is not an uncommon pattern for a lot of folks. Many back, joint and neck pains can be alleviated with moderate exercise and movement can help. Aches and pains come and go so why not try practicing Tai Chi, gentle yoga, and just walking. Doing stretches all help.

Remember Dear Reader the best thing you can do is to stay physically active and not worry too much. Now go have that cup of tea with a spot of Vitamin D.

***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](mailto:StonehamSeniorCenter@gmail.com).***

### **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

### **TAX EXEMPTIONS PRESENTATION**

**Thursday, October 12th, 11AM**

Cheryl Kozlowski from the Assessors office will be coming in to speak about different tax exemption options for you.

# October 2017 Calendar and Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Roast turkey w. gravy, Roast beef &amp; American cheese sandwich</b> 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	<b>3</b> <b>Kale pasta soup, Lasagna w. marinara sauce, Cottage cheese &amp; fruit plate (V)</b> 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>4</b> <b>Chicken orzo soup, Honey mustard chicken, Vegetable chef salad (V)</b> 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Zumba 12:30, BB Bridge 1, Bingo	<b>5</b> <b>Mushroom barley soup, Salmon boat w. lemon dill sauce, Chicken pesto Caesar salad</b> 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	<b>6</b> <b>**Hot dog w. baked beans, Seafood salad sandwich</b> 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
<b>9</b> <b>Split pea soup, Stuffed shells w. chicken meatball, Turkey &amp; Swiss cheese sandwich</b> 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	<b>10</b> <b>Corn chowder, Sweet potato fish fillet w. cream sauce, Chicken salad sandwich</b> 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>11</b> <b>Chicken cacciatore w. ziti, Turkey chef salad</b> 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Zumba 12:30, BB Bridge 1, Bingo	<b>12</b> <b>Chicken &amp; vegetable soup, Macaroni &amp; cheese (V), Seafood salad sandwich</b> 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	<b>13</b> <b>Split pea soup, Meatloaf w. beef gravy, Mediterranean plate</b> 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
<b>16</b> <b>Vegetable chicken soup, Orange almond chicken, Egg salad sandwich (V)</b> 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	<b>17</b> <b>AUTUMN SPECIAL</b> <b>Broccoli cheese soup, Pot roast w. jardiniere gravy &amp; garlic mashed potatoes.</b> <b>Senior Whole Health will be bringing pumpkin pie &amp; Ice Cream for dessert!</b> 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>18</b> <b>American chop suey, Vegetarian chef salad (V)</b> 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Zumba 12:30, BB Bridge 1, Bingo	<b>19</b> <b>White bean &amp; kale stew (V) w. herbed brown rice, Roast beef &amp; Cheddar cheese sandwich</b> 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	<b>20</b> <b>Tomato basil soup, Vegetable cheese quiche (V), Chicken pesto Caesar salad</b> 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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>23</b> Beef stew w. Italian green beans, California chicken 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	<b>24</b> Spinach & red pepper quiche (V), Ham & Swiss cheese sandwich 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>25</b> Lentil spinach soup, Chicken w. honey mustard, Tuna salad sandwich 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Zumba 12:30, BB Bridge 1, Bingo	<b>26</b> Mushroom barley soup, Fish w. broccoli cheese sauce, Turkey & Provolone cheese sandwich 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	<b>27</b> Beef & Bean soup, Roast pork w. pineapple fig glaze, Mediterranean tortellini (V) salad 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
<b>30</b> Stuffed shells w. meatball, Roast beef & Swiss cheese 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	<b>31</b> Cream of butternut squash soup, Chicken paprika w. egg noodles, Egg salad sandwich (V) 8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	See Meal Site Manager, Henry Fountain, for sodium & calorie details. Each day you may select from a hot or cold lunch.  <b>** Indicates a high sodium meal.</b> <b>(V) Indicates a vegetarian item.</b>		

"... 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."

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.



**Board of Directors**

Kathleen Hudson, Chair

Angie Adams

Maureen Buckley

Rebecca Buttiglieri

Jane DiGangi

Bill Kelly

**Staff**

Maureen Canova, Director

Sandy Kirby, Administrative Assistant

Carol Johnston, Administrative Assistant

Nancy McInerney, Activities Coordinator

Dennis O'Hara, Communications Coordinator

Mary Zatta, Outreach Worker

Bill Huey, Van Driver

Bill Meuse, Van Driver

Doug Grace, Custodian

Peter Bamaby, Custodian

Ann Frost, Receptionist

Eleanor Noble, Receptionist

Virginia Powers, Receptionist

Kathy Payne, Receptionist

**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**



*We got a lot of use out of our bocce courts this summer!*

# Thank You to Our Generous Donors

## DONATIONS TO THE CENTER

Ann Skladany in honor of Bill Skladany's Birthday  
From Gaetano and Leva Paladino  
In memory of Mary White from Peg Stanavich

## **BARGAIN BARN THANKS YOU**

Thank you to all of the volunteers, donors, and patrons that made this season so successful! We could not have done it without all of your hard work and donations. We will see you guys next summer!

**Sponsored by Senior Center Friends, Inc., a 501(c)(3) non-profit**



## **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

**TOWN SELECTWOMAN CAROLINE COLARUSSO** Holds office hours at the Center on the last Friday of the month from 9-10:30AM

**STATE SENATOR JASON LEWIS** Holds office hours at the Center on the 2<sup>nd</sup> Friday of each month at 1:30PM.

**STONEHAM COUNCIL ON AGING** Board of Directors meet on the third Tuesday, 10/17, 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 1<sup>st</sup> Thursday of the month. Thursday, 10/5 at noon.

**STATE REP. MIKE DAY** State representative Michael Day will be hosting office hours at the Center, Monday, 10/16, 9-11AM.

## Resources

**ATTORNEY FOR SENIORS** Free legal assistance is available for seniors once per month. Attorney Karol Bisbee will visit the Senior Center on Tues 10/3 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.**

**STONEHAM THEATRE** - "Let's Hang On" - America's Premiere Musical Tribute to Frankie Valli and The Four Seasons  
**Sunday, October 1; Price: \$45 ; Showtime: 2PM; Deadline: Thur., Sept. 21st**

"Let's Hang On!" is a full blown stage production complete with that Four Seasons sound, crisp choreography, and a live band. Four great looking guys sing and dance their way through some of the best songs of all time. Song favorites include: "Big Girls Don't Cry," "Walk Like A Man," "Sherry," "Can't Take My Eyes Off of You," "Working My Way Back To You," and many more! Pick up your ticket from Nancy in the theatre lobby between 1:40 – 1:55 PM.

**STONEHAM THEATRE** - "Alligator Road"  
**Wednesday, October 18th; Price: \$32 ; Showtime: 2PM. Deadline: Thur., Oct. 12th**

Kathy's recent widowhood has resulted in some peculiar behavior, like yarn-bombing the family hardware store. But her decision to literally give away the store to a complete stranger causes a tense confrontation with her college-age daughter. This brand-new play by Maine playwright Callie Kimball examines the pushes and pulls of family, community, and race in a funny and heartfelt way. Pick up your tickets from Nancy in the theater lobby before the show between 1:40 - 1:55 PM

**CASTLE IN THE CLOUDS**  
**Friday, October 20, 2017; Price: \$81; Depart: 10:00 AM/Return: 7:00 PM. Deadline: Thur., Oct. 12th.**

We will start the day with lunch at a regional landmark, Hart's Turkey Farm. Meal choices are either Roasted Turkey or Roast Sirloin of Beef. Please make a selection when making your reservation. Following lunch, we will tour Castle in the Clouds, located in the heart of the Ossipee Mountains! This former country estate took many years, thousands of workmen, and millions of dollars to build. The Castle is built on one of the most beautiful settings in the world. Situated on the highest hill in the vicinity, the castle itself commands a panoramic view. One can see for a radius of 75 miles!

**WHITE MOUNTAIN HOTEL BRUNCH**  
**Sunday, November 12, 2017; Depart: 9:00 AM/Return Approximately: 8:00 PM; Price: \$69. Deadline Fri., Oct. 26th**

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.

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.

**ENERGY ASSISTANCE** The Massachusetts Good Neighbor Energy Fund is available to help any MA household who doesn't qualify for state or federal help that is struggling to meet a month's bill. Visit [www.magoodneighbor.org](http://www.magoodneighbor.org) to see if you qualify

# Fitness

## TAI CHI CLASS

Help your body work for you! Find pain relief, reduced stiffness, and a better quality of life through Tai Chi. Taught by certified instructor Susan Becker, our Tai Chi is based on the methods of Dr. Paul Lam. It is often described as "meditation in motion," harmonizing body and mind by practicing slow continuous movement accompanied by deep breathing. There's growing evidence that this mind-body practice has value in treating or preventing many health problems. Our practice is gentle, requiring a small range of motion, and can be done standing or seated. All are welcome to this program sponsored by Mystic Valley Elder Services.

### **Advanced Class: Ongoing**

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.

**To reserve your spot, call (781) 438-1157.**

**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
- » Zumba, 11AM
- » Bocci, 10AM

### **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 10/20, 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?

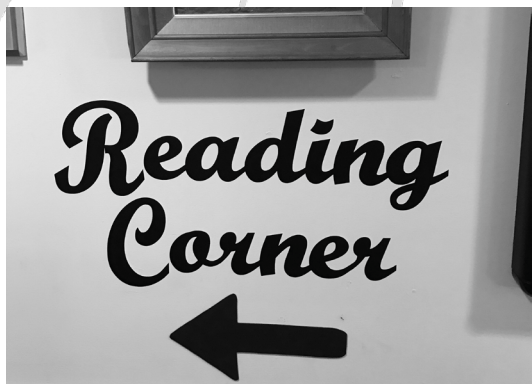
Let's look back at some of the events that happened at the Senior Center this past month.



Enjoying a clambake hosted by the Life Care Center of Stoneham



We've changed a few things about our fitness programs. See page 10!



Feel free to use our Reading Corner for some quiet reading time!



We got a lot of use out of our bocce courts this summer.



Pickleball is back on Fridays at the Stoneham Boys and Girls Club.



Thank you to our wonderful volunteers for their work with the Bargain Barn!