



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

FEBRUARY 2018

## **TAX SEASON IS UPON US!**

Don't wait too long to learn about the tax preparation services offered at the Center. Page 2.

## **MEMORY CAFE**

Join the Stoneham Council on Aging for a monthly event for caregivers and their loved ones with dementia. Page 4.

## **MATTER OF BALANCE**

Learn how to better manage falls & increase your activity level through this free award-winning program. Page 5.

## **ARTMATTERS: POST IMPRESSIONISM**

Learn about the artists that branched off from the Impressionist movement. Page 3.

## **PEN PAL PROGRAM**

Bring back the art of letter writing while communicating with youth from our community. Page 3.

## **ACTRESS SHERYL FAYE PRESENTS: ABIGAIL ADAMS**

Sheryl Faye is back at the Center this year and learn more about the great Abigail Adams. Page 3.

## **VETERAN'S COFFEE**

Veterans, please join us on the last Thursday of each month for coffee and camaraderie. Page 4.

## **VALENTINE'S DAY CRAFT**

Join us at the Center for a Valentine's Day themed craft. Page 3.

## **ST. PATRICK'S DAY DANCE**

Come celebrate St. Patrick's Day with us at the Center. Page 3.

## **ZUMBA GOLD WITH AMY**

Try a fun way of getting exercise with our new Zumba Gold class. Page 10.

## **CANDLEPIN BOWLING**

Get out of the house and join us for some bowling fun on Mondays. Page 3.

## **DAY TRIPS WITH NANCY**

Explore new places this year with one of our day trips. Page 9.

## **SENIOR CENTER ANNOUNCEMENTS**

The Hallmark Health Blood Pressure Clinic will be held on Tuesday 2/13 instead of 2/12. This will also happen in March with the clinic being on Tuesday 3/13 instead of 3/12.

The Senior Center will be closed February 19th, 2018 in observance of President's Day.

## **Contents:**

Program Spotlight.....	2
Arts &	
Entertainment .....	3
Dining.....	4
Health & Wellness .....	4/5
Calendar & Menu .....	6/7
Donations .....	8
Government .....	9
Resources .....	9
Trips .....	9
Fitness.....	10
Transportation .....	10
Center Happenings.....	12

**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](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

## Tax Season is Upon Us!

**Tax season is upon us once again! If you received your tax documents for 2017, sign up at the Stoneham Senior Center for a special program for those 60 years and older. This program runs on Tuesdays from February 13th until tax season is over in April. See below for details!**

### **AARP TAX PREPARATION HELP**

Tax preparation is back once again! Starting Tuesday, February 13th there will be AARP Tax Prep help at the Stoneham Senior Center helping those 60 years and older. This program will be running every Tuesday from February 13th until tax day.

### **ITEMS TO BRING TO YOUR APPOINTMENT**

- Photo ID
- Copy of last year's return
- Last year's tax income documents
- Any brokerage statements
- Mortgage interest record of federal and state taxes paid
- Educational expenses
- Bank check for direct deposit/debit of refund/balance due.

### **HOW TO MAKE AN APPOINTMENT**

Call the Stoneham Senior Center  
(781) 438-1157

Visit the Stoneham Senior Center  
136 Elm Street  
Stoneham, MA 02180

Appointments are at 9am, 10am, 11am, and 12pm. There are only four spots per time slot, so please sign up sooner rather than later!

# 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
Wii Bowling	Wed 9:45AM
Bingo	Wed 1PM
Beyond Beginners Bridge	Wed 12:30PM
Canasta Hand & Foot	Fri 10AM
Board & Card Games	Fri 1PM

## ARTMATTERS: POST IMPRESSIONISM

*Tuesday, February 6th, 1pm*

Like a stone dropped into a calm pond, the ripples from the revolutionary Impressionist style of painting spread out, influencing a whole new generation of artists. Artists like Van Gogh, Gauguin, Rousseau, and Cezanne, among others, took a small step away from Impressionism and influenced whole new movements of art. Join us for a look at how other artists interpreted. Sponsored by MELD.



## ST. PATRICK'S DANCE

*Friday, March 16th, 2-4pm, \$5*

Bring your green and celebrate St. Patrick's Day with us at the Center! Sign up at the front desk!

## VALENTINE'S DAY CRAFT

*Fri., February 2nd, 1pm; Price: \$3*

Join us in celebrating Valentine's Day with a themed craft. Sign up for this event on or before Friday, January 26th to ensure you are able to partake; this is the closing date to participate.

## 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

## SHERYL FAYE PRESENTS: ABIGAIL ADAMS

*Friday, February 16th, 2pm*

Actress Sheryl Faye brings acclaimed one-woman shows to the Senior Center. Live historical performances are entertaining and educational. They also help audiences truly understand the profound positive impact women have had on history. Join us for her performance about Abigail Adams.

## PEN PAL PROGRAM

With today's fast paced digital communications, it is easy to forget the excitement of receiving a handwritten 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

## 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.

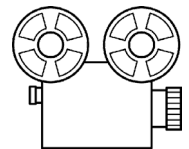
## MOVIE AND PIZZA

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!



**2/1, The Harvey Girls** (Musical) Judy Garland, Cyd Charisse. 1946 classic: Go West Young Ladies

**2/8, Just Like Heaven** (Romantic Comedy) Reese Witherspoon, Mark Ruffalo. Is she a ghost or not?

**2/5, Patch Adams** (Comedy) Robin Williams, Daniel London. Dr. Adams introduces patients to humor.

**2/22, The Electric Horseman** (Romantic Comedy) Robert Redford, Jane Fonda. Drunken rodeo star saves horse.

**3/1, The Train Robbers** (Western) John Wayne, Ann-Margaret. Widow and gunslinger search for gold.

## 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 February?** If so, join us for your FREE birthday lunch and cake at noon on 2/23. Don't forget to call and reserve your meal by noon on the 22nd!

**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 2/14 & 2/28, 8AM.



### **VETERANS COFFEE**

*Thursday, February 22nd, 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!



### **FREE BLOOD PRESSURE CLINIC**

Mon 2/6	10-11AM	Stoneham Board of Health
Tues 2/13	9:30-10:30AM	Hallmark Health
Th 2/15	11:30AM-1PM	Gtr Medford VNA/Ask a Nurse
Th 2/22	10-11AM	Gtr Medford VNA/Ask a Nurse

## Health & Wellness

### **MEMORY CAFE**

*Tuesday, February 5th, 5:30-7:30pm*

Join the Stoneham Council on Aging at Fusill's Cucina (107 Main Street) in Reading for our 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.

### **EMERGENCY CLOSET DONATIONS**

The Emergency Closet is a place where case managers, protective service workers, nurses, social workers, and others who assist our low-income elders and adults living with disabilities can access basic household items for clients who need them immediately. Items requested are: new sheet sets (twin, full, queen), new towels (wash cloths, hand towels, bath towels), shampoo, conditioner, toothpaste, tooth brushes, and gift cards to supermarkets and drug stores. If you are able to donate, please bring these items to the Center. Please consider donating to this urgent cause.

### **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.

### **FUEL ASSISTANCE**

If you need help paying for heating fuel this winter contact Bryna Davis at Community Service Network, located on the second floor of the Senior Center, by appointments only, at 781-438-9254

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

*Wednesday, February 21st, 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.

### **BRAIN GAMES**

*Monday, February 5th & 19th, 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!*



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 February, staff will be here from 10am to 12pm on Thursday, 2/15.**

### **MATTER OF BALANCE**

**Tuesday, April 3rd - May 22nd, 10am-12pm**

This is a free, award winning program designed to manage falls and increase activity levels. You'll learn how to see falls as something that you can control; set goals for increasing physical activities; make modifications to your home to reduce falls; and practice exercises that will increase your strength and balance. This workshop is designed for anyone – whether you are concerned about falls, have a history of falling, or are interested in improving balance, flexibility, and strength. Reserve your spot by calling the Center at (781) 438-1157.

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

The next meeting of the peer-led Parkinson's Disease Support Group will be on Tuesday, 2/6 at 1pm. This group meets on the first Tuesday of each month.

### **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.

### **ASK THE NURSE**

***I used to love Winter, the snow, the cold crisp air, and just the beauty all around me. Now that I am a senior, I am fearful of the season I once loved. Is it just me?***

We are lucky to live in New England and enjoy the beauty of all four seasons. Unfortunately, as seniors, we need to prepare for our most challenging season...Winter. During the winter months, ice, snow, and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses, especially for seniors.

As we get older, our bodies become a little less efficient at regulating heat. If the body temperature dips below 94 degrees, hypothermia sets in. Your heart, lungs, nervous system and other body organs cannot function properly when your body temperature drops. Exactly what is hypothermia? Hypothermia is caused by cold exposure. When the body loses heat faster than it can produce heat, causing a dangerously low body temperature. The risk of developing hypothermia increases among senior citizens that have under active thyroids, suffer from diabetes or heart disease.

We can prevent hypothermia from happening by keeping your home warm enough and not setting the thermostat at a low temperature in an effort to reduce your heating bill. The thermostat should be set at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can cause mild hypothermia, especially in the elderly.

Other tips for hypothermia prevention include closing rooms that are not frequently used, wearing layered clothing inside your house as well as outside, extra blankets at night, and eating frequent meals. Drinking warm liquids on really cold days is another way to help keep the body warm. Staying active and mobile is important, and is even more necessary in the winter months. Exercising helps increase blood flow which in turn keeps the body warm. Avoid drinking too much alcohol and caffeinated beverages. Excess alcohol is a known cause of dehydration.

Besides showing us the beauty of winter, Old Man Winter can be cruel at times. So, watch those icy sidewalks, falling temperatures, and isolation. Reach out to family and friends for help if needed.


And now Dear Reader, snuggle down with that extra afghan, a nice cup of hot tea and perhaps a cookie or two and watch something cozy on the Hallmark Channel.

***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).***



# February 2018 Calendar and Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>See Meal Site Manager, Henry Fountain, for sodium &amp; calorie details. Each day you may select from a hot or cold lunch.</b></p> <p><b>** Indicates a high sodium meal. (V) Indicates a vegetarian item.</b></p>	<p><i>" ... The SSC gets me up and out. The Center has many activities that interest me. I meet many people, men and women, who welcome me. I don't live in Stoneham but I find it is best suited for me."</i></p>			
<p><b>5</b></p> <p><b>Kale pasta soup, Roast turkey w. gravy, Tuna salad sandwich</b></p> <p>8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee &amp; Conversation 9:45, Zumba Gold 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance &amp; Coordination 1-4, SHINE</p>	<p><b>6</b></p> <p><b>Mushroom barley soup, Salmon boat in lemon dill sauce, Turkey &amp; Swiss cheese sandwich</b></p> <p>8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards</p>	<p><b>7</b></p> <p><b>Chicken orzo soup, Honey mustard chicken, **Roast beef &amp; American cheese sandwich</b></p> <p>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 9:45, Wii Bowling 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi</p>	<p><b>8</b></p> <p><b>Vegetable soup, Stuffed shells in tomato sauce, California chicken salad sandwich</b></p> <p>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 12, Flexibility &amp; Strength 12:30, Movie &amp; Pizza 12:45, Men's Cards 1:15, Chair Yoga 1:30, Jewelry</p>	<p><b>9</b></p> <p><b>**Hot dog w. baked beans, Seafood salad sandwich</b></p> <p>8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board &amp; Card Games 2, Billiards</p>
<p><b>12</b></p> <p><b>Meatloaf w. beef gravy, Chicken salad sandwich w. tricolor pasta salad</b></p> <p>8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee &amp; Conversation 9:45, Zumba Gold 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance &amp; Coordination 1-4, SHINE</p>	<p><b>13</b></p> <p><b>Orzo vegetable soup, Chicken creole w. rice &amp; beans, Mediterranean plate (V)</b></p> <p>8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards</p>	<p><b>14</b></p> <p><b>VALENTINE'S DAY SPECIAL</b> Vegetable lasagna in tomato sauce</p> <p>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 9:45, Wii Bowling 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi</p>	<p><b>15</b></p> <p><b>White bean &amp; kale stew (V), Roast beef &amp; American cheese sandwich</b></p> <p>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 10, Quilting 12, Flexibility &amp; Strength 12:30, Movie &amp; Pizza 12:45, Men's Cards 1:15, Chair Yoga 1:30, Jewelry</p>	<p><b>16</b></p> <p><b>Lentil spinach soup, Fish Florentine, Vegetarian chef salad (V)</b></p> <p>8:30, Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board &amp; Card Games 1, Walmart Shopping 2, Billiards</p>
			<p><b>1</b></p> <p><b>Chicken vegetable soup, Pork roast w. apple glaze, Egg salad sandwich (V)</b></p> <p>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 10, Quilting 12, Flexibility &amp; Strength 12:30, Movie &amp; Pizza 12:45, Men's Cards 1:30, Jewelry</p>	<p><b>2</b></p> <p><b>Seafood chowder, Potato fish filet w. cream sauce, Chef salad w. ham</b></p> <p>8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board &amp; Card Games 2, Billiards</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<div>19</div> <div>CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</div>	<div>20</div> <div>Oriental vegetable soup, Chicken lo mein, **Ham &amp; Swiss cheese sandwich</div> <div>8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30,Mah-Jongg 12:45, Men's Cards</div>	<div>21</div> <div>Beef w. vegetable soup, Vegetable cheese quiche (V), Roast beef &amp; Swiss cheese sandwich</div> <div>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 9:45, Wii Bowling 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi</div>	<div>22</div> <div>Split pea soup, American chop suey, California chicken salad sandwich</div> <div>8:30, Sorenson Aerobics 9:30, Painting 10, Line Dancing 12, Flexibility &amp; Strength 12:30, Movie &amp; Pizza 12:45, Men's Cards 1:15, Chair Yoga 1:30, Jewelry</div>	<div>23</div> <div>Vegetable barley soup, Creole fish w. rice pilaf, Egg salad sandwich (V)</div> <div>8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board &amp; Card Games 2, Billiards</div>
<div>26</div> <div>Crumb topped macaroni &amp; cheese (V), Curry chicken salad sandwich</div> <div>8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:45, Zumba Gold 9:30, Coffee &amp; Conversation 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance &amp; Coordination 1-4, SHINE</div>	<div>27</div> <div>Chicken vegetable soup, Baked fish w. broccoli cheese sauce, Roast beef &amp; Swiss cheese sandwich</div> <div>8:30, Sorenson Aerobics 8:45, Bridge 9, Chair Caning 12:30,Mah-Jongg 12:45, Men's Cards</div>	<div>28</div> <div>Lentil spinach soup, Oven baked chicken w. green beans, Turkey &amp; Swiss cheese sandwich</div> <div>8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 9:45, Wii Bowling 10, Knit/Crochet 11-2, SHINE 11, Latin Dance - Basics 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi</div>	<div>" ...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. Meeting Howie is such a boost because with his MS, he has accomplished so much, and he is an inspiration to all with his accomplishments. I have met a lot of wonderful people and feel so much better for their sociability."</div>	
<div>Senior Center/Council on Aging Partner: <b>The Senior Center Friends of Stoneham</b></div> <div>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.</div> <div></div>				
<div><b>Board of Directors</b></div> <div>Kathleen Hudson, Chair Angie Adams Maureen Buckley Jane DiGangi Bill Kelly Celia Schuloff</div>		<div><b>Staff</b></div> <div>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 Doug Grace, Custodian Peter Barnaby, Custodian Ann Frost, Receptionist Eleanor Noble, Receptionist Virginia Powers, Receptionist Kathy Payne, Receptionist</div>		
		<div><b>136 Elm Street</b> <b>Stoneham, MA, 02180</b> <b>(781) 438-1157</b> <b>(781) 438-1161</b> <b>Fax (781) 279-4904</b> <b>StonehamSeniorCenter.org</b> <b>Hours:</b> <b>Mon - Fri 8:30AM - 4PM</b> <b>Lunch at Noon</b></div>		



*Warm knitted goods that were donated to those in need.*

# Thank You to Our Generous Donors

## DONATIONS TO THE CENTER

Stephen & Nancy Ditullio

Monday Craft Group

The Arnold House

Walking Group

## 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 2<sup>nd</sup> Friday, 2/9, at 1:30PM.

### **STONEHAM COUNCIL ON AGING**

Board of Directors meet on the third Tuesday, 2/20, 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, 2/1 at noon.

## Resources

### **ATTORNEY FOR SENIORS**

Free legal assistance is available for seniors once per month. Attorney Karol Bisbee will visit the Senior Center on Tues 2/6 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.

### **GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP**

With the North Suburban Child and Family Resource Network - Offered through June. Call (781) 246-5187 for information.

## 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.**

### **GREATER BOSTON STAGE COMPANY - UNVEILED**

*Wed., Feb. 7th; 2:00 PM; Price: \$15*

*Deadline: Thursday, February. 1st*

Racism. Hate crimes. Love. Islam. Culture. Language. Life. Five Muslim women in a post-9/11 world serve tea and uncover what lies beneath the veil in this critically acclaimed one-woman show. There will be a Talkback following each performance.

### **JFK LIBRARY TRIP**

*Friday, February 23rd; Depart: 10:30 AM/Return: 4:30 PM; Price: \$79*

We are off to the John F. Kennedy Library; overlooking scenic Dorchester Bay, where we'll relive the powerful story of those most memorable Kennedy years. First, we will have lunch at the Venezia Restaurant, one of Boston's finest where your choices are from Baked Haddock, Chicken Parmesan or Steak Tips. On our way home we'll detour through the Boston Common and the State House areas including the Rose Kennedy Greenway.

### **WRIGHT'S CHICKEN FARM RESTAURANT & MUSEUM OF WORK AND CULTURE**

*Friday, March 23; Depart: 10:00 AM/Return: 5:45 PM; Cost: \$62; Deadline: Thursday, March 8th*

We will begin our day at Wright's Farm Restaurant where their fabulous dinners are served family-style. Dinner begins with rolls made daily in their own bakery served along with crisp, fresh salad topped with Wright's Farm Classic Italian dressing. These are followed by family-size portions of shell macaroni, truly unique French fries and their famous chicken. The macaroni is served with Italian sauce made from their recipe. Following lunch is a visit to the Rhode Island Museum of Work and Culture. This museum located in Woonsocket, RI features exhibits focusing on the city's textile manufacturing heritage. To insure a seat on this trip sign up before Thursday, March 8th.

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.

# Fitness

## CLASS DESCRIPTIONS

### BEGINNER TAI CHI CLASS

**Wednesday January 10th-February 28th, 1-2pm, Free**

An introduction to sun style Tai Chi. Perfect for beginning practitioners. Find pain relief, reduced stiffness, & a better quality of life through tai chi. Certified instructor Susan Becker will lead you through "meditation in motion" as you harmonize body and mind through practicing slow continuous movement accompanied by deep breathing. Free thanks to the sponsorship of the Life Care Center of Stoneham! Space is limited so call the Center to sign up.

### 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

## THANK YOU TO OUR FITNESS CLASS SPONSORS!



## WEEKLY CLASSES

Get moving, get fit, & get healthy with the variety of exercise programs we have at the Center. All classes are \$2 per class, with the exception of Advanced Tai Chi, 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
- » Zumba Gold; 9:45-10:45AM
- » 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
- » Latin Dance - Learning the Basics, 11AM
- » Advanced Tai Chi - 2:15PM, \$5

### 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** - Wednesdays 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. *This will be moving to Wednesdays effective January 1st.*

#### **Shopping Trip to Walmart** - Fri 2/16, 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 group for the Holiday Craft! Sign up for the Valentine's Day craft!



In 2017, our knitting group was able to donate warm knitted goods.



Our awesome volunteers, Tom & Carol, who prepare breakfast.



Our Men's Breakfast crew.



Our Holiday Party was a blast! Join us for our St. Patrick's Day celebration.



Thank you to all of our amazing volunteers.