



Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180 - www.StonehamSeniorCenter.org
781-438-1157 - 781-438-1161

FEBRUARY 2019

Program Highlights:

ARTMATTERS: AUGUSTE RENOIR

Learn more about this romantic Impressionist Page 3

LUNCH AND LEARN: Don't miss this time-sensitive topic, "**Tax Exemptions**" Page 3

MAKE YOUR OWN SIGN: You don't have to be creative to design your own artistic sign; See Program Spotlight page 8

BRUCE HAMBRO PRESENTS KING OF COOL:
DEAN MARTIN Multi-media presentation of the life of this iconic entertainer Page 3

SENIOR CENTER ANNOUNCEMENTS:

Congratulations to Lucy Lee, winner of Exercise Bingo for the month of December! Bingo cards are still available at the Center so come grab one and join our fitness classes.



PLEASE NOTE: The Senior Center will be closed all day **Monday, February 18**, in honor of President's Day,

*On February 14,
we wish a
Happy Valentine's Day to all!*
**CELEBRATE at the Center
with lunch and cupcake decorating!**

THANK YOU TO OUR GENEROUS DONORS!

- * Frank Liu, donation
- * Ed and Connie Rosa, donation In Memory of Joanne Palermo
- * Jacki Sorensen's Aerobics Class, donation
- * Men's Card Group, donation
- * Anonymous, donation
- * Stanley J Kiddy, donation
- * Diane Golini, donation In Memory of Nick and Clara Golini
- * Monday Craft Group, donation
- * The Caners, donation
- * David Geragosian, donation
- * Caning Group donation



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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.



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.



SENIOR RESOURCE FAIR
*hosted by the Office of Congresswoman
Katherine Clark*

Vendors from numerous senior resources provided descriptions and literature to the visitors at the Center!



KEEPING FIT IN THE NEW YEAR!
The Walking Club members enjoys some refreshment after their morning walk!
All are welcome!



E-DEVICE PROGRAM Students from St. Patrick School show their skills demonstrating the use of a smart phone!



PRE- AND PRO BIOTICS Candace Quigly, RD, from MVES takes the mystery out of pre- and probiotics for healthy living.

ART MATTERS: RENOIR

Tuesday, February 5, 2019, 1:00 pm Free

One of the most popular of the Impressionist painters, Renoir was the romantic of the group. His paintings celebrate life and love. "I wish to lend joyousness to a wall!" His life did not mirror his reliably happy images, filled with music, dancing, & dappled sunlight. He was socially nervous, and later severely handicapped with arthritis. Join us in celebration of Renoir.

DEAN MARTIN: "KING OF COOL" PRESENTED BY BRUCE HAM-BRO

Monday, February 11th, 2pm, \$3/person

Dean Martin-King of Cool follows the career of an American show-business icon. Martin was the epitome of cool in the mid-20th century American world of entertainment. Whether as the romantic singing straight man to Jerry Lewis in the 1950s, or Frank Sinatra's best buddy in the famed Rat Pack, or the host of America's top-rated TV variety show in the 1960s, Dean Martin was America's favorite cool and slightly tipsy comedy and singing star. He conquered every entertainment venue: nightclubs, radio, recordings, television and motion pictures. Over the course of his storied career, Dean sold millions of records. Many of his hits will be heard during this exciting one-hour program. To enhance the experience of the lecture and musical presentation, many power-point slides and video clips that illustrate Dean Martin's life and career will be projected on the screen for the audience to enjoy. Sign up at the Center!



TIMELESS TRIVIA

Tues. February 19 at 1:30pm

Join us for coffee, snacks, prizes, and themed trivia games. Sign up at the front desk.

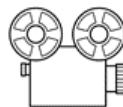
CRAFTING

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

Chair Caning - Every Tuesday from 9-11:30am.

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; \$2/person.

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!

2/7 Burlesque (Musical)

Cher, Christina Aguilera Small town girl wants to hit it big in L.A.

2/14 A Wrinkle in Time (Fantasy)

Oprah, Reese Witherspoon We all need to believe in something

2/21 Family Plot (Suspense)

Karen Black, Bruce Dern Hitchcock's final film is easy going suspense mystery

2/28 Failure to Launch (Comedy)

Matthew McConaughey, Sarah Jessica Parker Mom and Dad plot to push 30 something son out of the house.

CARDS AND GAMES CORNER

Cribbage Group	Mon & Fri 10 AM
Bridge Group	Tues 8:45 AM
Men's Cards	Tu & Th 12:45 PM
Mahjong	Tues 12:30 PM
Wii Bowling	Wed 9:30 AM
Bingo	Wed 1 PM
Beyond Beginners Bridge	Wed 12:30 PM
Canasta Hand & Foot	Fri 10 AM
Board & Card Games	Fri 10 AM

LUNCH AND LEARN:

SENIOR TAX EXEMPTIONS

On Thursday, February 7 at noon, Cheryl Kozlowsky from the Stoneham Assessor's Office will be explaining available tax exemptions and observable deadlines. Please sign up at the Center.

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. 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.



SNAP (FOOD STAMPS) APPLICATION FOR SENIORS WITH DANIELLE

Thursday's 2:30-4pm The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to eligible low-income individuals and families. The program is especially important in helping low-income older adults afford nutritious food, so they can stay as healthy as possible. In 2016, SNAP provided an estimated \$6.6 billion to SNAP households with seniors, two-thirds of which went to households in which seniors lived alone. If you're experiencing food insecurity don't be afraid to talk about it. Please call the senior center to make an appointment with Danielle to further inquire about SNAP benefits and eligibility. Please bring proof of identity, proof of residence, utility bills, and household and/or medical expenses.

DINING

DAILY LUNCH AT CHEZ HENRI

Henry Fountain, Meal Site Manager. Join us Monday, Wednesday, and Friday at noon for a nutritious hot lunch provided by Mystic Valley Elder Services. Boxed lunch is available Tuesday and Thursday. 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 February 22. Don't forget to call and reserve your meal by noon on the 21st!

Coffee & Conversation Every Monday & Friday 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. February 6 and February 20, 8AM.



HEALTHY EATING STUDY SESSION

Tuesday, February 5, 10am-12pm. Healthy Eating Study is a research study to help advance the Healthy Eating for Successful Living in Older Adults Program to be a qualified evidence-based program through an external evaluation. This study will be conducted over six months with attendance required the Week 1 baseline, Week 8 end line, and six-month follow-up sessions. Each session you will be asked to fill out questionnaires and evaluation surveys. By participating, you will receive three \$10 gift cards as well as refreshments per session. To register please contact the Senior Center at (781) 438-1157.

NEW OPEN ENROLLMENT FOR MEDICARE ADVANTAGE PLANS

Beginning in 2019, a new Medicare Advantage Plan Open Enrollment Period will run for January 1 – March 31 every year. If you are enrolled in a Medicare Advantage Plan, you'll have a one-time opportunity to: Switch to a different Medicare Advantage plan, drop your Medicare Advantage plan and return to Original Medicare, Part A and Part B, sign-up for a stand-alone Medicare Part D prescription plan to complete Original Medicare. SHINE Counselors can help you understand your choices during the Medicare Advantage Plan Open Enrollment Period. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call your local Senior Center to schedule a phone consultation or in-person appointment. For other SHINE related matters, call your Regional SHINE Headquarters at Mystic Valley Elder Services: 781-388-4845.

HEALTH & WELLNESS

MEMORY CAFE- STONEHAM COA

Monday, February 4, 4-6 pm at Fusilli's Cafe, 107 Main Street, Reading (please note **new time and location!**)

Join the Stoneham Council on Aging for this 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 Senior Center at 781-438-1157.

MEMORY CAFE – READING COA

Monday, February 11, 10am-12pm

Join the Reading Council on Aging at Reading Public Library (64 Middlesex Ave) 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 at 781-942-6659.

CAREGIVER SUPPORT GROUP

Thursday, February 7 and 21, 10am

Are you a Family member caring for a loved one with Alzheimer's or related dementia? Join us at the Center for Education and Support with Kathy Learned of Mystic Valley Elder Services. This program will run on the first & third Thursday of every month at the Senior Center. Please sign up at the Center.

CHAIR MESSAGES

Thursday, February 14, 11am-1pm, \$5

There are chair massages on the second Thursday of the month from 11am-1pm! Each massage will be 15 minutes with the goal to help alleviate stress and pain. Sign up for a time slot at the Center or drop by and check for any openings.

PARKINSON'S SUPPORT GROUP -STONEHAM

Tuesday, February 5, 1:00 pm

This peer-led Parkinson's Disease Support Group meets on the first Tuesday of each month.

PARKINSON'S SUPPORT GROUP- READING

Wednesday, February 13, 1:30-2:30pm, Reading Senior Center, 49 Pleasant St, Reading, MA

This group meets on the second Wednesday of each month, 1:30-2:30 pm. Contact Kathy Hill at (781) 608-0557 for more information.

MEN'S & WOMEN'S HAIRCUTS WITH SIS

The Barber Shop is open on Monday mornings, 9AM-12:30PM. Haircuts are \$10 at the Senior Center. Walk-ins welcome.

FREE BLOOD PRESSURE CLINIC

2/4 10-11 AM Stoneham Board of Health

2/21 11:30-12:30 Additional Care

2/28 10:30-11:30 AM Hallmark Health

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.

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.

FREE HEARING CLINIC WITH APEX HEARING CARE

Wednesday, February 20, 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 4 and 25, 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!

BOY SCOUT SHOVELING PROGRAM

Boy Scout Troop 0513 will be assisting again with shoveling walkways in the coming months when snow arrives for those who are physically unable to. ***Please remember they will only be clearing walkways and not shoveling driveways or clearing off cars.*** Call the Senior Center to sign up!



ASK THE NURSE

How do I know if I have the flu or a cold. As soon as anyone gets the sniffles, they assume they have the flu. How can I tell?




Influenza, also known as the flu is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness. The flu is different from a cold. The flu usually comes on suddenly where cold symptoms give you a little bit of warning. When you wake up sneezing, coughing and have that achy feeling, it is important to know the difference between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for a few days to weeks. Just like cold viruses, flu viruses enter your body through the mucous membranes of the nose, eyes or mouth. Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep hands germ free with frequent washing to prevent both flu and cold symptoms.

	<u>FLU</u>	<u>COLD</u>
Symptoms		
onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Common	Uncommon
Fatigue	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Cough	Common	Mild-Moderate
Headache	Common	Rare

And now Dear Reader, the best advice I can give you is to get your flu shot and practice frequent hand washing.

Now go have that nice cup of hot tea.

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.

Monday		Tuesday		Wednesday		Thursday		Friday	
									
4 Mushroom barley soup HOT: Creole fish with rice and beans COLD: Egg salad (V) sandwich 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:45, Zumba Gold 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 12:45, Brain Games		5 Box lunch available: Seafood salad sandwich with tricolor pasta salad 8:45, Bridge 9, Chair Caning 9, Sorenson Aerobics, BGC Stoneham 12:30, Mah-Jongg 12:45, Men's Cards		6 Beef vegetable soup HOT: American chop suey COLD: Salad with grilled chicken 8:30, Sorenson Aerobics 8:30, Walking Club 10, Knit/Crochet 11, Zumba 11-2, SHINE 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi		7 Box lunch available: Roast beef and 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		8 HOT: Lentil stew with brown rice COLD: Turkey & Swiss cheese sandwich 8:30 Sorenson Aerobics 9:30, Coffee & Conversation 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games	
11 Beef barley soup HOT: Swedish chicken meatballs COLD: Tuna salad sandwich 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:45, Zumba Gold 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination		12 Box lunch available: Egg salad (V) sandwich 8:45, Bridge 9, Chair Caning 9, Sorenson Aerobics, BGC Stoneham 12:30, Mah-Jongg 12:45, Men's Cards		13 Cream of butternut squash soup HOT: Salmon boat in lemon dill sauce COLD: Chicken salad sandwich 8:30, Sorenson Aerobics 8:30, Walking Club 10, Knit/Crochet 11, Zumba 11-2, SHINE 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi		14 Box lunch available: Turkey chef salad 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		15 HOT: Crumb top macaroni and cheese (V) COLD: Roast beef & Swiss cheese sandwich 8:30, Sorenson Aerobics 9:30, Coffee & Conversation 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Walmart Shopping	

Monday		Tuesday		Wednesday		Thursday		Friday	
18 Center closed for President's Day		19 Box lunch available: Egg salad (V) sandwich 8:45, Bridge 9, Chair Caning 9, Sorenson Aerobics, BGC Stoneham 12:30,Mah-Jongg 12:45, Men's Cards		20 Split pea soup HOT: Fish sticks in Newburg sauce COLD: Turkey chef salad 8:30, Sorenson Aerobics 8:30, Walking Club 10, Knit/Crochet 11, Zumba 11-2, SHINE 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi		21 Box lunch available: Curry chicken salad 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		22 Lentil spinach soup HOT: Stuffed pepper in tomato sauce COLD: Seafood salad sandwich 8:30 Sorenson Aerobics 9:30, Coffee & Conversation 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games	
25 Italian garden vegetable soup HOT: Stuffed shells in tomato sauce COLD: Turkey & Provolone cheese sandwich 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:45, Zumba Gold 10, Cribbage: Craft Group 11, Men's Exercise 12, Balance & Coordination		26 Box lunch available: Chicken salad sandwich 8:45, Bridge 9, Chair Caning 9, Sorenson Aerobics, BGC Stoneham 12:30,Mah-Jongg 12:45, Men's Cards		27 Escarole and bean soup HOT: Roast turkey and gravy COLD: Roast beef & Swiss cheese sandwich 8:30, Sorenson Aerobics 8:30, Walking Club 10, Knit/Crochet 11, Zumba 11-2, SHINE 12:30, BB Bridge 1, Bingo 2:15, Advanced Tai Chi		28 HOT: Hot dog with baked beans COLD: Egg salad (V) 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			

Program Spotlight

Design-a-sign



Please Join Us
at the Stoneham Senior Center on

Monday, February 25th
from 1-3pm

for a
“make your own sign”
social event sponsored by



**Barile Family Funeral Homes and
Century 21 Celli/Home Grown Realty Team.**

**This free event is open to any member
of the Stoneham Senior Center.**

Seating is limited to the first 30 replies.

GOVERNMENT

STATE SENATOR JASON LEWIS

Holds office hours at the Center every month on the 2nd Monday. Please visit 2/11 at 12PM.

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, 2/19, at 3PM at the Center. Meetings are open to the public.

RESOURCES

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Mon 2/11. 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.

WISH LIST FOR VETERANS

Help out veterans by donating some of the below items. Items can be dropped off at the Senior Center. No glass bottles or anything under pressure, such as shaving cream, etc. Also, please no containers more than 8oz. Requested items include: Coffee (1lb bags), Progresso soups, Chef Boyardi, Beef jerky, Tylenol, Motrin, Aspirin, Roloids, Tums, Pepto Bismol, Neosporin, Small first aid kits, tea, cider mix, individual Crystal Light, hot chocolate, pre-sweetened Kool Aid, Little Debbie products, Gum, Lifesaver, pretzel packets, pumpkin seeds, Instant Noodle packs, crackers & peanut butter, sardine, tuna, salmon, dry fruit, small cans of fruit & nuts, room fresheners, hand sanitizer, wet-naps, Band Aids, odor eaters, mouthwash (small), hand & foot warmers, mini Kleenex packs, playing cards, dice, dominoes, poker games, chess set, etc.

SHINE COUNSELING

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

WALKERS, COMMODOES, CANES, OH MY!

Are you or a loved one in need of a little extra mobility assistance? We've got what you need! Stop by the Stoneham Senior Center to check out our large inventory of FREE gently used walkers, commodes, canes and other assistive devices. Call 781-438-1157 for further inquiries.

TRIP AND TIPS

Durgin Travel: The Stoneham Council on Aging has partnered with Durgin Travel for several trips. At this date, there is still time to sign up for a trip to Cinque Terre. You can pick up more information about this trip at the Center!

TAX PREPARATION IS BACK ONCE AGAIN!

Starting Tuesday Feb 12, there will be AARP tax help at the senior center. This program will be running every Tuesday from Feb 12 – April 9, bring 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, and a bank check for direct deposit/debit of refund/balance due. They cannot do returns for people who own rental property or have their own business and depreciate items. Call the center to sign up for this service.

KEEPING HAPPY AND NOT S.A.D. DURING WINTER

Winter is one of the hardest times of the year for many, and feelings of sadness, loss, or isolation are very common especially among older adults. The days are cold and short, less light for Vitamin D, there are fewer nutrient-rich foods around and it's harder to get exercise than in the nice months. It's all a recipe for high anxiety and suffering from a type of depression called Seasonal Affect Disorder, or SAD. Depression is the most common ailment in those aged 60 and over. People suffering from SAD can set themselves into a depression and cannot get into the holiday spirit. Here are some positive steps that may help you feel healthier this winter.

1. Acknowledge your feelings and let yourself off the hook. It is okay not to feel cheerful all the time.
2. Reach out. Being alone and lonely are not the same thing but if you are feeling particularly isolated, please seek out your community. Book clubs, activity groups in your building, senior centers, volunteering, and civic or religious organizations are good places to start. Broaden your friendships.
3. Do not abandon healthy habits. Be kind to your body and mind by maintaining your self-care practices. Eat well and get plenty of sleep.
4. Take a breather. Make some time for yourself. Even if you spend plenty of time on your own, dedicating time to spend on yourself will help you return to yourself.
5. Seek professional help if you need it. You may find it empowering to face the winter with your own health and wellbeing in mind. However, despite your best efforts, you may feel persistently sad or anxious, unable to sleep, and dismayed by even routine tasks. If these feelings last for a while, ask for help. If you need professional help, Mystic Valley Elder Services operates a Mobile Mental Health program for older adults who need professional mental health services but are unable to leave their homes for treatment or counseling. Through its Mobile Mental Health program, clinical case-workers provide outreach to elders experiencing mental health conditions that impact their functioning and ability to get their needs met. To find out more about this program, call us at 781-324-7705.

CLASS DESCRIPTIONS

BEGINNERS TAI CHI begins Wednesdays, February 13-April 3, 2019 from 1-2 pm This is 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. Space is limited so call the Center to sign up.

This is a free class, with special thanks to MVES!

ADVANCED TAI CHI CLASS

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

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, 9-10AM, Boys & Girls Club, Stoneham

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 ME Federal Credit Union.
- * Zumba, 11AM
- * Advanced Tai Chi - 2:15PM, drop in \$5

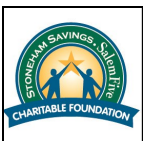
Thursday

- * 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, 9:45-10:45A

THANK YOU TO OUR FITNESS CLASS SPONSORS



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. Please remember your reusable bags!**

- ♦ **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), \$3, Mondays and Fridays
- ♦ **Main Street Quick Stops** - Wednesdays 9-11AM; \$3
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 2/15, 1-3PM; \$3

ADDITIONAL TRANSPORTATION SERVICES

Medical Appointments

Transportation is available to medical appointments upon availability of a volunteer driver or the new medical van.

5 office day advance notice is required.

Call (781) 438-1157 to schedule. \$3/person.

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.

DONATION FORM

Yes! I want to help support the Senior Center.

My donation in the amount of \$_____ is enclosed.

Please make 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.

_____.