



A PUBLICATION OF THE STONEHAM SENIOR CENTER

Stoneham Sentinel

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

APRIL 2019

Program Highlights:

ARTMATTERS: ITALIAN RENAISSANCE: Learn more about the works of Davinci and Michaelangelo and how they inspired a revival of the classical art Page 3

SPRING DANCE: Join Gary Leanus for a great way to celebrate the arrival of this welcome season Page 3

REIKI PRESENTATION: Have you wondered what Reiki is? Come hear an explanation and learn how it may help relieve stress Page 4

PIANO CONCERT: Enjoy a one-hour classical piano concert of 19th century Masterworks with music of Chopin and Liszt Page 3

NUTRITION CLINIC: Limited seating Registered Dietician supervised nutrition clinic offered by MVES Page 5

PROGRAM SPOTLIGHT: Medication takeback day with opportunity for pharmacy list review Page 8

E-DEVICE CLINIC: Students from St. Pat's are ready to assist with tips and helps for your smart device use Page 3

FORENSIC SCIENCE ROADSHOW: Interactive demonstration introducing you to the world of forensic science Page 3

SPRING WATERCOLORS: Learn to paint beautiful still life from photo Page 5

COMING SOON: High Tea, Barn opening, Traveling chef of MVES Page 5

SENIOR CENTER ANNOUNCEMENTS:

YOU WON! Congratulations to Marilyn Willett, winner of Exercise Bingo for the month of February! Bingo cards are still available at the Center so come grab one and join our fitness classes.

DINING FOR DOLLARS FUNDRAISER!

Wednesday April 24 Dining for Dollars is a wonderful way to help us raise "dough" for the Senior Center. Here's how it works: enjoy your meal at BERTUCCI'S on 45 Walker's Brook Drive in Reading on 4/24 from 11:30 am to 10:00 pm, and 25% is donated back to the Senior Center.

BARGAIN BARN

It's almost time! The Barn Babes & Bouys will begin accepting new or clean, slightly used donations on Tuesday April 16 and daily thereafter from 9am to 3 pm at the Senior Center. Please do not leave them at the Barn door as it is still too cold to open the building. No early birds as the Senior Center is closed on Monday April 15 for Patriots Day. As a reminder they do not accept empty picture frames, with or without glass. Please see the insert in this issue for a list of acceptable items!~

PATRIOT'S DAY APRIL 15, SENIOR CENTER CLOSED

THANK YOU TO OUR GENEROUS DONORS!

- * In Memory of Bob McKinn
Cyrus Linscott
- * In Memory of Freeman Dicks
Mrs. Florence Shiner
Bridge Group
- * Wedad Kawa
- * Anonymous
- * Virginia McNamara
- * Kathleen Malone - Thank you for all you do!
- * In Memory of Pat Gover
Ursula LeFave



DID YOU KNOW? Your donations go directly to supporting the Senior Center and its outreaches. We want to express our appreciation to all of you who have made contributions for the use of assistive equipment and for the AARP tax prep service which have benefitted many in our community.



Like us on Facebook
www.facebook.com/StonehamSeniorCenter

Contents:

Donations	1
Center Happenings....	2
Arts/Entertainment.....	3
Dining	4
Health & Wellness ..	4/5
Calendar & Menu ...	6/7
Program Spotlight.....	8
Government	9
Resources	9
Trips.....	9
Fitness	10
Transportation	10

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



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



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

WHAT'S GOING ON AT THE CENTER?

Let's look back at some of the events that happened at the



ARTMATTERS is a monthly program made possible by the MELD foundation, who support many of our educational and cultural programs.

Here many of our seniors enjoyed this presentation of the works of artist Georgia O'Keeffe, often referred to as the Mother of American Modernism..

One of the most well-loved features of the Senior Center is our **Bargain Barn!**

The tireless team is meeting here and plans are underway to begin receiving usable donations in readiness for the Grand Opening!



ARTS & ENTERTAINMENT

ARTMATTERS: RENAISSANCE

Tuesday, April 2, 1 PM, Free

After almost 1000 years of "dark ages", the genius of Leonardo Da Vinci, and Michelangelo led the way for a "Rebirth" of learning, art and humanity. They helped to cast a bright new light on culture, and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and a discussion of the Italian Renaissance.

MELD
SUPPORTS THE ARTS

SPRING DANCE

Friday, May 3, 2-4 PM \$5.00 With music by Gary Leanus, we say farewell to winter and hello to spring! Light refreshments will be served.

FORENSIC SCIENCE ROADSHOW

Friday April 26 1:00 pm
Venture into the world of CSI and the fascinating subject of forensic science with retired Massachusetts forensic scientist Paul Zambella. Paul worked for the MA State Police Crime Laboratory for 36 years and participated in more than 500 crime scene investigations. Topics may include some or all of the following: the Mass State Police Crime Laboratory; the functions of a forensic scientist; blood; DNA; fingerprints; gunshot residue; footwear impressions; metal detector; and crime light. If time allows, some demonstrations may be interactive.



SPRING PIANO CONCERT

Friday, April 12, at 1:00 p.m., Archie Richards will perform a one-hour classical piano concert of 19th Century Piano Masterworks, including music of Chopin, Rachmaninov, Schumann, and Liszt. The concert will include the original work from which the popular song "I'm Always Chasing Rainbows" was derived.



SPRING WATERCOLOR PAINTING

Susan McFarlane is coming April 8, 15, 22, 29 May 6 and 13 1-3 to instruct on painting still life from photo. \$20 per person.

STONEHAM SINGERS:

Stoneham Singers will begin again in April to practice and then to sing at local nursing homes in May and June. Men and Women who like to sing are welcome to join us on Mondays at 2:00 pm, 2nd floor near the piano. Director, Pianist, Regina Matthews will return to teach the group.

CRAFTS, MOVIES & GAMES

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

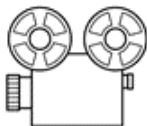
Chair Caning - Every Tuesday from 9-11:30am.

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 the weekly donation of "EXTRA ORDINARY" pizza!



4/4 Miracles From Heaven (Drama) Jennifer Garner, Kylie Rogers; String of miracles leads to complete medical recovery.

4/11 I Feel Pretty (Comedy) Amy Schumer, Rory Scovel. American body image satire.

4/18 Adrift (Action/adventure) Shailene Woodley, Sam Claflin. Two sailors experience tragedy crossing the ocean.

4/25 The Thin Man (Classic comedy) William Powell, Myrna Loy. Nick and Nora Charles are stylish sleuthing spouses.

CARDS AND GAMES

By the way, if you're interested in playing Bridge on Tuesday mornings, we're interested in you! Looking for new players!

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 9:00 AM
Bingo	Wed 1 PM
BB Bridge	Wed 12:30 PM
Canasta Hand & Foot	Fri 10 AM
Board & Card Games	Fri 10 AM

www.stonehamseniorcenter.org

HOW DO I USE MY E-DEVICE:

ST. PATRICK SCHOOL E-DEVICE PROGRAM Friday, April 26, 2-2:45 pm. The St. Patrick School Student Council will be hosting an e-device help session co-sponsored by the Stoneham Senior Center. The middle school students look forward to assisting seniors with how to use or explore what's possible with a smart phone, laptop, or tablet Please join us in Our Lady of Providence Hall on the upper level of the St. Patrick Church addition. This is elevator accessible from the street level church lobby. Sign up at the Center. Transportation will be available

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 April? If so, join us for your FREE birthday lunch and cake at noon on April 26. Don't forget to call and reserve your meal by noon on the 25th!

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. April 3 and April 17, 8 AM.



FREE BLOOD PRESSURE CLINIC

4/1 10-11 AM Stoneham Board of Health

4/18 11:30-12:30 Additional Care

4/25 10:30-11:30 AM Hallmark Health

GARDENING IS GROWING!

Monday April 22, 2:00 pm Are you interested in gardening? If you've never before planted or you have a green thumb, you are welcome! Discussion will be held on purchasing plants, sharing raised beds, weeding and watering for the Senior Garden, which not only provides nourishment for our community but beauty and enjoyment to our seniors.



HEALTH & WELLNESS

MEMORY CAFÉ—STONEHAM COA

*Monday, April 1, 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 dinner, salad, and soda while connecting with others in the community, this month with the lively tunes of Old-Time Music Hall-of-Famer Ragtime Jack Radcliff. RSVP by calling the Senior Center at 781-438-1157. We are grateful to the Orton Group Remax Platinum for sponsoring this event.

MEMORY CAFE – READING COA

Monday, April 8 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 living with memory loss. This month will feature "Drumming with Time Kane" RSVP at 781-942-6659.

CAREGIVER SUPPORT GROUP

Thursday, April 4 and 18, 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 MASSAGES

Thursday, April 11, 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, April 2, 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, April 10, 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.

REIKI DEMONSTRATION:

Wednesday April 17 10:00 am Reiki is a simple, noninvasive technique to promote relaxation in order to foster healing. This presentation will help to describe just what Reiki is and how it may help relieve stress along with the possibility of some pain reduction. So, come join us to learn about an alternate way to relax.

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.

Mystic Valley Elder Services

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.

FYI from our Outreach Coordinator:

A memory café is a place where individuals living with dementia and their care partners can socialize in a friendly, welcoming environment. Care partners may be spouses, children, or friends.

Isolation is a problem for people living with dementia and their care partners. This can be a result of increased difficulty in taking part in everyday activities. Many people may feel uncomfortable or embarrassed in public situations as a result.

The first café was started in Holland in 1997. Since then the model has spread across many countries.

The Stoneham Council on Aging had its first Memory Café in November 2017 at Fusilli's Restaurant in Reading. Our hope was to create a place where our guests can form new friendships and find support. Guests look forward to seeing each other at every café meeting. This provides care partners the opportunity to have fun with their loved ones and not focus only on the challenges they may be experiencing. Some of our cafés have included artists who provide music, art projects and travel presentations. On one occasion two of our guest couples danced to the music provided by a visiting pianist.

Cafés also provide an opportunity for participation from the community. Businesses can sponsor a café. Local artists or musicians can facilitate activities. For example local Girl Scouts helped with a craft and lead our group in an upbeat rendition of our favorite songs.

If you are interested in joining us on the first Monday of every month, please call me at 781-438-1157 or if you would like to sponsor a café please give the center a call.

Look forward to hearing from you!

Mary Zatta

Outreach Coordinator

WAIT FOR IT....!

BOCCE May 1! With the melting snow, Bocce will return!

High Tea May 10, Annual high tea with tasties!

Traveling Chef for Mystic Valley May 22, Nutritious and delicious

ASK THE NURSE

Cyndi Lauper sings "Girls Just Want to Have Fun." I ask myself, "what do seniors want besides fun"? Can you answer that please?

Dear Reader, we all want to have fun but the reality is that seniors just want what we all want. This is, of course, more complicated than just saying we all want love. How about we all want independence. After a lifetime of being independent, a senior cannot be stripped of it all at once. Example, giving up ones license. This can cause a lot of stress and anxiety. Having to depend on someone else for transportation can be very difficult. Wanting to remain in your own home with familiar surroundings is another tough challenge. There will come a time when these choices have to be made. In the meantime, accept those offers of help transporting you to doctor appointments and basic errands. Understandably, you do not want to put anyone out but for the most part family and friends want to help you and keep you safe.

Oftentimes, seniors want to be able to continue contributing to society in some way. Finding a place to volunteer can fill that desire and also help stay socially active in the community. Working the polls on voting day is a good example. Joining your Senior Centers' many activities offers a myriad of opportunities for socializing and learning new skills.

Just like new generations have different characteristics, seniors of the new generation are different as well. They do not want to be seen as fragile and they certainly do not want to age quietly in a corner. Today's seniors much like todays folks are most happy when they have a purpose.

Now Dear Reader, its tea time.

Let's go and have some fun.



NUTRITION CLINIC

Wednesday April 17, 9-2 MVES free; Candace Quigley registered dietician, has five slots for this personalized program. Call front desk to register, space is very limited

FREE HEARING CLINIC WITH APEX HEARING CARE

Wednesday, April 17, 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.

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!

BRAIN GAMES

Monday, April 8 and 22, 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!

TIMELESS TRIVIA

Tues. April 9 and 23rd at 1:30pm

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

APRIL

Monday			Tuesday		Wednesday	Thursday	Friday
<p>Senior hunger and nutrition are significant issues in the U.S., with more than 10 million older Americans at risk of hunger and about 10% of adults experiencing malnutrition.</p> <p>The good news is that there are resources available to help individuals access the food they need and community-based programs to support older adults in developing healthy eating habits.</p> <p>See Meal Site Manager, Henry Fountain, for sodium & calorie details.</p>							
1	<p>Cream of mushroom soup</p> <p>HOT: Roast turkey and gravy</p> <p>COLD: Tuna salad sandwich</p> <p>8:30 Sorenson Aerobics</p> <p>9 Haircuts</p> <p>9:30 Coffee & Conversation</p> <p>9:45 Zumba Gold</p> <p>10 Cribbage; Craft Group</p> <p>11 Men's Exercise</p> <p>12 Balance & Coordination</p> <p>12:45 Brain Games</p>	2	<p>Box lunch available: Turkey and swiss cheese sandwich</p> <p>8:45 Bridge</p> <p>9 Chair Caning</p> <p>9 Sorenson Aerobics BGC Stoneham</p> <p>12:30 Mah-Jongg</p> <p>12:45 Men's Cards</p>		3	4	5
8	<p>Mushroom barley soup</p> <p>HOT: Creole chicken with rice</p> <p>COLD: Turkey and American cheese</p> <p>8:30 Sorenson Aerobics</p> <p>9 Haircuts</p> <p>9:30 Coffee & Conversation</p> <p>9:45 Zumba Gold</p> <p>10 Cribbage; Craft Group</p> <p>11 Men's Exercise</p> <p>12 Balance & Coordination</p>	9	<p>Box lunch available: Vegetarian (V) chef salad</p> <p>8:45 Bridge</p> <p>9 Chair Caning</p> <p>9 Sorenson Aerobics BGC Stoneham</p> <p>12:30 Mah-Jongg</p> <p>12:45 Men's Cards</p>		10	11	12
					<p>HOT: Greek chicken w mashed potatoes</p> <p>COLD: Roast beef, American cheese</p> <p>8:30 Sorenson Aerobics</p> <p>8:30 Walking Club</p> <p>10 Knit/Crochet</p> <p>11 Zumba</p> <p>11:45 Seated Zumba</p> <p>11-2 SHINE</p> <p>12:30 BB Bridge</p> <p>1 Bingo</p> <p>2:15 Advanced Tai Chi</p>	<p>Box lunch available: Curry chicken salad sandwich</p> <p>8:30 Sorenson Aerobics</p> <p>9:30 Painting</p> <p>10 Line Dancing</p> <p>12 Flexibility & Strength</p> <p>12:30 Movie & Pizza</p> <p>12:45 Men's Cards</p> <p>1:15 Chair Yoga</p>	<p>HOT: Lentil stew (V) with brown rice</p> <p>COLD: Seafood salad sandwich</p> <p>8:30 Sorenson Aerobics</p> <p>9:30 Coffee & Conversation</p> <p>9:45 Gentle Yoga</p> <p>10 Cribbage</p> <p>10 Canasta</p> <p>1 Board & Card Games</p>
					<p>HOT: Meatloaf with mashed potatoes</p> <p>COLD: Chicken salad sandwich</p> <p>8:30 Sorenson Aerobics</p> <p>8:30 Walking Club</p> <p>10 Knit/Crochet</p> <p>11 Zumba</p> <p>12 Seated Zumba</p> <p>11-2 SHINE</p> <p>12:30 BB Bridge</p> <p>1 Bingo</p> <p>2:15 Advanced Tai Chi</p>	<p>Box lunch available: Roast beef and Swiss cheese with Greek pasta salad</p> <p>8:30 Sorenson Aerobics</p> <p>9:30 Painting</p> <p>10 Line Dancing</p> <p>12 Flexibility & Strength</p> <p>12:30 Movie & Pizza</p> <p>12:45 Men's Cards</p> <p>1:15 Chair Yoga</p>	<p>HOT: Macaroni and cheese (V)</p> <p>COLD: Egg salad (V) with three bean salad</p> <p>8:30 Sorenson Aerobics</p> <p>9:30 Coffee & Conversation</p> <p>9:45 Gentle Yoga</p> <p>10 Cribbage</p> <p>10 Canasta</p> <p>1 Board & Card Games</p> <p>1 Walmart Shopping</p>

Monday		Tuesday		Wednesday		Thursday		Friday	
15		16		17		18		19	
<div>PATRIOTS DAY CLOSED</div>		Box lunch available: Tuna sandwich with macaroni salad 8:45 Bridge 9 Chair Caning 9 Sorenson Aerobics BGC Stoneham 12:30 Mah-Jongg 12:45 Men's Cards		HOT: Beef stew with salad COLD: California chicken salad 8:30 Sorenson Aerobics 8:30 Walking Club 10 Knit/Crochet 11 Zumba 11:45 Seated zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi		Box lunch available: Spring Special Chef salad with garden shell pasta 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		Lentil spinach soup HOT: Teriyaki salmon strips with rice COLD: Egg salad sandwich with potato salad 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 1 Board & Card Games	
22		23		24		25		26	
Seafood chowder HOT: Baked fish in lemon dill sauce COLD: Curry chicken 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		Box lunch available: Roast beef and Swiss cheese sandwich with pasta salad 8:45 Bridge 9 Chair Caning 9 Sorenson Aerobics BGC Stoneham 12:30 Mah-Jongg 12:45 Men's Cards		HOT: Roast turkey with mashed potatoes COLD: Egg salad sandwich, beet salad 8:30 Sorenson Aerobics 8:30 Walking Club 10 Knit/Crochet 11 Zumba 11:45 Seated Zumba 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi		Box lunch available: Turkey and Swiss 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		HOT: Beef stuffed peppers wit polenta' COLD: Cold chicken breast over salad 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 1 Board & Card Games	
Senior Center/Council on Aging <u>Board of Directors</u> Kathleen Hudson, Chair Maureen Buckley Jane DiGangi Tom Flynn Bill Kelly Traci Mello Connie Rosa Walt Wolonsavich Mary Zatta Marge Neylon, Corresponding Secretary		<u>Staff:</u> Maureen Canova, Director Sandy Kirby, Administrative Asst Carol Johnston, Administrative Asst Mary Zatta, Outreach Coordinatorr Gary Cooper, Van Driver John Madracchia, Van Driver Doug Grace, Custodian Peter Barnaby, Custodian Ann Frost, Receptionist Kathy Payne, Receptionist Virginia Powers Receptionist		136 Elm Street Stoneham, MA 02180 781-438-1157 781-438-1161 Stonehamseniorcenter.org Open Mon-Fri 8:40-4:00 pm Lunch daily at noon				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, drawings, and the penny jar, along with special events. Programs supported by the Friends are indicated with the handshake logo.	

Program Spotlight



Medication “Take Back Day”
April 18, 10-2 pm
Stoneham Senior Center

If you have any medications in your home that you no longer use or have expired, please bring them to the center to have them disposed of in a safe and secure manner.

Please play your part in keeping our community safe!

Sponsored by TRIAD of Stoneham

BROWN BAG MEDICATION REVIEW
April 18 at 10:00 am

In conjunction with Take Back Day, students from Mass College of Pharmacy will be here to review your medications and talk about possible interactions and answer any questions you may have.

GOVERNMENT

STATE SENATOR JASON LEWIS

Holds office hours at the Center every month on the 2nd Monday. Please visit April 8 at 12PM.

STATE REPRESENTATIVE MICHAEL DAY

Will hold office hours at Center April 16 at 9-11

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, 4/16, 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 4/8. 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 Tuesdays and 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



COMPUTER CLASSES WITH TJ AT THE BOYS AND GIRLS CLUB OF STONEHAM

Beginning April 10 through June 5 (no class April 17). 9:30-11:30

This class is designed for all levels and is free. No signup necessary. Located at 15 Dale Court Stoneham, Ma

TRIPS & TIPS

DURGAN TRAVEL: Memphis & Nashville 6 days/5 nights 9/27-10/2 2019 This trip highlights the Grand Old Opry, Loretta Lynn Museum, Beale Street, Sun Studio, Graceland and more!

SAFETY ALERT

FEDERAL TRADE COMMISSION SCAM WARNING:

The Federal Trade Commission is getting reports about people pretending to be from the Social Security Administration (SSA) who are trying to get your Social Security number and even your money.

In one version of the scam, the caller says your Social Security number has been linked to a crime (often, he says it happened in Texas) involving drugs or sending money out of the country illegally. He then says your Social Security number is blocked – but he might ask you for a fee to reactivate it, or to get a new number. He will ask you to confirm your Social Security number.

In other variations, he says that somebody used your Social Security number to apply for credit cards, and you could lose your benefits. He also might warn you that your bank account is about to be seized, that you need to withdraw your money, and that he'll tell you how to keep it safe.

All of these are scams. Here's what you need to know:

- **The SSA will never call and ask for your Social Security number.** It will not ask you to pay anything. It won't call to threaten your benefits.
- Your caller ID might show the SSA's real phone number (1-800-772-1213), ***but that's not the real SSA calling. Computers make it easy to show any number on caller ID. You cannot trust what you see there.***
- **Never** give your Social Security number to anyone who contacts you in this way. **Do not confirm the last 4 digits.** Do not give a bank account or credit card number – ever – to anybody who contacts you by phone asking for it.
- Remember that anyone who tells you to wire money, pay with a gift card, or send cash is always a scammer no matter who they say they are.

If you're worried about a call from someone who claims to be from the Social Security Administration, get off the phone. Then call the real SSA at 1-800-772-1213.



FITNESS

CLASS DESCRIPTIONS:

BEGINNERS TAI CHI

New class starts Wednesdays April 17–June 5 1-2 pm
\$2 per person

ADVANCED TAI CHI CLASS

Wednesdays at 2:15pm, Drop-in fee: \$5/class
Ongoing classes 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
- * Seated Zumba 11:45 \$2.00
- * 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 Stop & Shop in Stoneham and Market Basket in Reading

◆ **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. D

Shopping Trip to Walmart - Fri 4/19, 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.

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 1-888-844-0355

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.

Thank You to Our Generous Donors

DONATION FORM

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

Please make checks payable to: Stoneham Senior Center, 136 Elm Street, Stoneham MA 02180.

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

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 add recipients name/address below:
