



A PUBLICATION OF THE STONEHAM SENIOR CENTER

# Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180 - [www.stonehamseniorcenter.org](http://www.stonehamseniorcenter.org)  
Open Mon-Friday 8:30 am-4:00 pm  
(phone) 781-438-1157 781-438-1161 (fax) 781-279-4904



OCTOBER 2019

## Program Highlights:

**ARTMATTERS: DEGAS:** Regarded as one of the founders of Impressionism, he rejected the term, preferring to be called a realist. Most well know for his paintings of dancers! **Pg 3**

**CERAMICA PAINT STUDIOS:** Join us for a change to paint a seasonal decoration to fire and enjoy at home! **Pg 3**

**PAINT DAY WITH RAQUEL:** Join Raquel for fall inspiration painting: **Pg 3**

**ARCHIE RICHARDS:** Concert pianist performs! **Pg 3**

**ZENTANGLE:** Come try this soothing drawing technique! **Pg 3**

**AGVA DANCE GROUP:** Don't miss this variety show from vaudeville days **Pg 3**

**LIVING WELL:** Best ways to the most of your days **Pg 5**

**SENIOR SPOTLIGHT** Don't be a victim. Come hear about the latest ways to avoid being scammed! **Pg 8**

**MAKE YOUR OWN RELISH!:** Fun and simple! **Pg 9**

## The Stoneham Community Chorale



The Stoneham Community Chorale, under the direction of Tudor Bota, meet weekly on Wednesday evenings at 7:pm, in the grand room to practice. They also perform locally several times a year, including a special holiday concert at the Senior Center! Tudor invites "We are welcoming new voices through the month of October to join us for a 12-week session." Performance date scheduled for December 8!

## SENIOR CENTER ANNOUNCEMENTS:

- ♦ **YOU WON!** Congratulations to **Lynne Damico**, winner of Exercise Bingo for August Come grab a Bingo card and join a class!
- ♦ **SENIOR CENTER IS CLOSED MONDAY OCTOBER 14 FOR COLUMBUS DAY**

## HAVE YOU HEARD OUR PODCASTS?

A podcast is a recorded audio or video episode that can be heard live or downloaded for a later time. At StonehamTV or on our Senior Center website, you can listen to our **Senior Matters** podcasts! They're full of great information on topics like "What is the Friend's Group?", "What is the Memory Café?" and others. Look for us and take a listen!



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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 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.



## DO YOU QUALIFY FOR A TAX EXEMPTION?

Are you a surviving spouse, or do you have a financial hardship? Our insert contains a list of tax exemptions for which you might qualify (also available on our website.) Don't pay more than you have to. Please check to see whether you might be eligible for one or more of these tax benefits.



## THANK YOU TO OUR GENEROUS DONORS!\*

- \* Barbara Luci
- \* Maria Musto



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.*



# GOINGS ON AT THE CENTER

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

**BBQ hosted by Representative Mike Day and the Senior Center was a wonderful event as the smiles will attest!**





## ARTS & ENTERTAINMENT

**ARTMATTERS: DEGAS** *Tues, Oct 1, 1PM, free*. Known as the "Great Bear" of Paris, Edgar Degas was witty, urbane, chauvinistic, and misogynistic. He was an aristocrat who detested aristocrats, especially female aristocrats. He became known for painting ballerinas, "those little rats". But also known for the use of dramatic diagonals, dynamic, off-centered compositions, and for elevating the pastel into the realm of fine art. His many contributions to the revolution that would be called Impressionism would help to change the art world forever.

**MELD**  
SUPPORTS THE ARTS

### PAINT DAY WITH RAQUEL

*Tues October 8 at 1pm*

Join Raquel for a painting inspired by the colors of fall! Sign up at the front desk. Limit 15- \$5/person

### CERAMICA PAINT STUDIO: Thurs

*October 17 1:00 pm*; Paint a Halloween decoration to enjoy at home. Pick up, later in week at Senior Ctr. after it has been fired. Limit 15 - \$5/ person Please sign up at the front desk!

### ARCHIE RICHARDS: Tues Oct 1, 1 pm

Concert pianist will perform the familiar tunes of Frank Sinatra, Tony Bennet, and Cole Porter! *This is a free event!*

### MAKE YOUR OWN RELISH: Tues

*10/1 at 10: am.* Carol Nichols teaches us how to make our own relish! *Limited to 8, free*

### ZENTANGLE: Mondays Nov 4, 18, 25

Zentangle\* is a simple drawing style using structured patters. No drawing skills required. Come to one or all classes. It's fun, inspirational, creative and enhances relaxation and focus. Class presented by certified Zentangle teacher, Susan McFarlane. checkout [zentangle.com](http://zentangle.com) to see examples and learn more. \$10/class or three/\$25, all materials supplied. Please sign up!

### AGVA DANCE GROUP:

*Tues October 22 at 1:30 pm \$2.00*  
American Guild of Variety Artists: This is a union of professional performers who have played on cruise ships, resort hotels, and toured with various shows. The performance will run just over an hour with a variety of singing, dancing, and comedy. Sign up at the front desk!

## 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 with Howard.** Thursdays at 9:30am. Bring your own project and supplies.

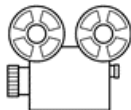
### MOVIE AND PIZZA

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!



### 10/3 MARY POPPINS RETURNS

(Fantasy/adventure) Emily Blunt

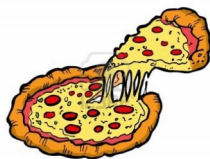
### 10/10 CHRISTOPHER ROBIN

(Drama/Adventure). Ewan McGregor

### 10/17 MAMA MIA (Musical) Meryl Streep

**10/24 JERSEY BOYS (Musical)** John Lloyd Young

### 10/31 PINK PANTHER (Comedy/ mystery) Peter Sellers



### 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!

## CARDS AND GAMES



Cribbage Group	Mon & Fri 10 AM
Men's Cards	Tu & Th 12:30-3:30PM
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

## GOOD TO KNOW!



Computer classes continue on Wednesdays from 9:30-11:30 at the Boys and Girls Club on 15 Dale Court. No registration required, just drop in!



### FREE BLOOD PRESSURE CLINIC

10/8 10-11 Stoneham Board of Health

10/17 11:30-12:30

Additional Care

10/31 1:30-2:30 Hallmark VNA and Hospice



### STONEHAM/MELROSE HOUSHOLD HAZARDOUS WASTE REMOVAL!

On Sat Oct 26 from 8-11:45 you can bring your hazardous waste for disposal at Melrose DPW 72 Tremont St Melrose (\$15 up to 3 gallons). Please see the Town of Stoneham website under hazardous waste or call the Stoneham DPW at 781-438-0760 for more info on acceptable items (antifreeze YES!/ motor oil NO!).

Take advantage of the last opportunity this year safely dispose of various household chemicals!



sign up now

### DON'T MISS OUT!

Our programs fill up quickly, so be sure not to miss out!

Sign up at the front desk or call the Center at 781-438-1157 to reserve your spot!



**MEMORY CAFÉ—STONEHAM COA**

Monday October 7 at the Stoneham Senior Center, 4 pm

sponsored by Edward Jones Financial

Edward Jones  
MAKING SENSE OF INVESTING

Please note this is not a support group, drop-off, or respite program.

A caregiver must accompany participants who require personal assistance. There is no cost for this gathering but an RSVP is appreciated at 781-438-1157.

**CAREGIVER SUPPORT GROUP**

Thursday, October 3 and 17 at 10am Are you 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.

**SURVIVING LOSS AFTER 60**

Meets the first and third Tuesday every month 10-11:30

Hallmark Health VNA and Hospice 178 Savin St, 3rd floor, Malden. No fee but registration is required. Please call Judy Seifert at 781-338-7861.

**PARKINSON'S SUPPORT GROUP -STONEHAM**

Tuesday, Oct 1 @1 pm This peer-led Parkinson's Disease Support Group meets on the first Tuesday of each month

**CHAIR MASSAGES**

Thursday, October 10 from 11 am-1 pm, \$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.

**RELAXATION CIRCLE WITH ANGELA SHEA:**

Every Tuesday,, 11AM \$2 Join us as we focus and practice various simple techniques that can be used daily to aid in relaxing and help begin the 'mind-body-spirit' connection. These include breathing and loosening exercises as well as meditations

**CHRONIC PAIN SELF-MANAGEMENT PROGRAM**

Is living with chronic pain affecting your life? Chronic pain may cause sleep loss, increased stress and loss of motivation around everyday activities. Learn to manage pain and continue living a fulfilling life through this **FREE** six-session evidence-based self-management program. Wednesdays, September 25th - October 30th from 10:00am to 12:30pm at the Mountain View Terrace Apartments, 200 Mountain View Drive; Stoneham. Sponsored by Melrose Wakefield Healthcare, Inc. **Registration is required SPACE IS LIMITED** please call 781-338-7823.

**DAILY LUNCH WITH SENIOR FRIENDS!**

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. Please call 781-388-2303 to reserve your meal by noon the previous business day. Look for the daily menu within the calendar on page 6-7 A \$2 donation is recommended.

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

**Men's Breakfast** Enjoy a hot delicious breakfast and great conversation. Oct 9 and 23, 8 AM.



## 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:

\_\_\_\_\_



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.

#### **DIABETIC SHOE CLINIC** *Tues Oct 29 beginning at 1:30*

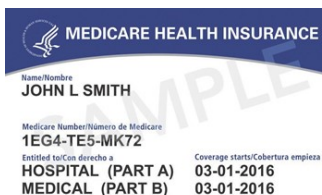
If you are an adult with foot problems and diabetes, and Medicare is your primary Insurance, you are eligible to receive a pair of diabetic shoes and inserts FREE to you if you are Diabetic. Other insurances may cover this as well! Please bring your Medicare card and any other supplemental insurance cards as well as the completed doctor's order (pick up from the Center.) Call the Senior Center at 781-438-1157) to make your 10-minute fitting appointment. For additional questions, call Amy Baxter, Pro Medical East 603-944-1311. Straight Mass Health/Medicaid does not cover this. Please sign up at the front desk and pick up the required order for your doctor to complete.

#### **LIVING WELL, MAKING EVERY MOMENT COUNT:**

*Thurs, October 17, 11:30-12:30. Lunch included.*  
From the people at Care Dimensions, this presentation includes discussion on what it means to live well, the barriers we face, and how we can start doing so! Please sign up at the front desk!

#### **DID YOU GET A NEW MEDICARE CARD?**

Last summer, new Medicare cards were mailed to all Medicare beneficiaries. has a Medi- is unique to your Social to help pro- tity theft. The like the one



Your new card care Number that you, instead of Security Number, tect against iden- new cards look shown here.

Beginning January 1, 2020 you must use your new Medicare card: the old cards with your Social Security Number will not be accepted by doctors, hospitals, pharmacies, etc. If you did not receive a new card, or cannot find your new card, you should:

1. Call 1-800-MEDICARE (1-800-633-4227).
2. Request a new card: there might be a problem that needs to be corrected, like updating your mailing address.
3. Sign in to your MyMedicare.gov account. If you don't have an account yet, visit MyMedicare.gov to create one. You can sign in to see your Medicare Number or print an official copy of your card

Guard your Medicare card like it's a credit card. Let your doctor, hospital, or other health care provider see your new card as soon as you receive it. Old Medicare cards with Social Security Numbers should be shredded.

## **ASK THE NURSE**

I find myself getting crabby and my husband is getting grumpy. I do not want us to become "that mean old lady and that grumpy old man". What is happening to us and why?

Oh my.... hormones, hormones and hormones, we have all encountered folks that seem mean and grumpy. Maybe that lady in line behind you at the market pointing out that you and your full cart should've let her go first, or that grumpy old man who yells at the neighborhood children to stay off his lawn. Not everyone is affected by "Grumpy Old Man or Mean Lady syndrome."

Let's start with the ladies first. We all seem to be aware of Menopause and the relatively sudden drop in levels of estrogen causing a variety of noticeable symptoms. Hot flashes increased irritability, depression, anxiety and nervousness to name a few.

On the other hand, men experience a slow and continuous decrease in testosterone production. Their whole system is robbed of a hormone that it based its life on for the first 50 years which can lead to increased irritability, nervousness, more joint complaints increased sweating or suffer sleep disturbances and depression. When women are depressed they display it by crying and talking. Men tend to use anger more. Simply put, women fret, men yell. Men's fluctuating hormones cause a number of issues relating to getting older, including their appearance and anxieties about the future.

Some older folks, the ones who get grumpy and bitter, may never be able to accept that their looks have faded or their children have grown and left home. For others who can let go of these attachments may find a happiness they have never known.

How can we avoid turning into grumpy old men and mean ladies? A good first step toward happiness in old age is to stop looking toward external things for happiness and focus on the contentment of simply being. Don't cling to your younger self and try to accept your new older self. It all comes down to an old fashion concept – aging gracefully.

Is there anything you can do to help your grumpy hubby? Yes, be patient. Understand what is happening. Ensure you and your partner exercise, eat well, occupy both of you with hobbies and interests and most important of all, make sure you both laugh.

If you are a widow or widower stay socially active. This can help you stay physically and emotionally healthy and happy. Volunteer in your Community, participate in some new activities at your Senior Center, take a class, join a gym or find a walking buddy in your neighborhood. The physical activity along with the social interacting will improve your mood and your health.

Now Dear Reader, don't be yelling at the kids to get off your lawn instead put in that DVD, watch Grumpy Old Men, starring Walter Matthau and Jack Lemon. Have a lot of laughs and a nice cup of tea.



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







*Wednesday, October 16, 12 pm.* Sign up for a Free Hearing Screening or a check of existing hearing aids. Call (781) 438-1157 appointment. Call (781) 872-1222 if you have questions.

#### **TIMELESS TRIVIA**




*Tues. Oct 15 and 29 at 1:30pm*

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



Monday	Tuesday	Wednesday
 <p><i>National Apple Month</i> October 1st - November 1st</p>	<p>Box lunch available: California chicken salad</p> <p>9:00 Sorenson Aerobics Boys &amp; Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg 12:30 Men's Cards</p> 	<p>1</p> <p>HOT: Honey mustard chicken COLD: Turkey and Swiss 8:30 Sorenson Aerobics 10 Knit/Crochet 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>7</p> <p>HOT: Chicken Swedish meatballs COLD: Tuna salad sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee &amp; Conversation 9:45 Zumba 10 Cribbage; Craft Group</p>	<p>8</p> <p>Box lunch available: Curry chicken salad sandwich</p> <p>9:00 Sorenson Aerobics Boys &amp; Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg 12:30 Men's Cards</p>	<p>HOT: Fish filet COLD: Roast beef and potatoes 8:00 Men's Breakfast 8:30 Sorenson Aerobics 10 Knit/Crochet 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>14</p> <p><b>COLUMBUS DAY CENTER CLOSED</b></p> 	<p>15</p> <p>Box lunch available: Egg salad sandwich</p> <p>9:00 Sorenson Aerobics Boys &amp; Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg 12:30 Men's Cards</p> 	<p>HOT: Mac and cheese COLD: Chicken salad sandwich 8:30 Sorenson Aerobics 10 Knit/Crochet 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>21</p> <p>HOT: Teriyaki chicken COLD: Egg salad sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee &amp; Conversation 9:45 Zumba 10 Cribbage; Craft Group</p> 	<p>22</p> <p>Box lunch available: Chicken Caesar salad</p> <p>9:00 Sorenson Aerobics Boys &amp; Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg 12:30 Men's Cards</p>	<p>HOT: White bean and kale COLD: Tuna salad sandwich 8:00 Men's Breakfast 8:30 Sorenson Aerobics 10 Knit/Crochet &amp; 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>
<p>28</p> <p>HOT: Baked fish COLD: Ham and Swiss cheese sandwich</p> <p>8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee &amp; Conversation 9:45 Zumba 10 Cribbage; Craft Group</p>	<p>29</p> <p>Box lunch available: Egg salad (V) sandwich</p> <p>9:00 Sorenson Aerobics Boys &amp; Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg 12:30 Men's Cards</p> 	<p>HOT: Beef stroganoff COLD: Chicken breast over rice 8:30 Sorenson Aerobics 10 Knit/Crochet 11:30 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi</p>

# OBER

Wednesday	Thursday	Friday
<p>2</p> <p>Chicken sandwich &amp; 8:30 Walking Club</p> <p>one</p>	<p>3</p> <p>Box lunch: Tuna salad sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie &amp; Pizza 12:30 Men's Cards</p>	<p>4</p> <p>HOT: Stuffed shelles (V) COLD: Egg salad sandwich (V)</p> <p>8:30 Sorenson Aerobics 9:30 Coffee &amp; Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board &amp; Card Games</p>
<p>9</p> <p>Provolone sandwich &amp; 8:30 Walking Club</p> <p>one</p>	<p>10</p> <p>Box lunch available: Turkey and Swiss sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie &amp; Pizza 12:30 Men's Cards</p> 	<p>11</p> <p>HOT: American chop suey COLD: Vegetarian chef salad</p> <p>8:30 Sorenson Aerobics 9:30 Coffee &amp; Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board &amp; Card Games</p>
<p>16</p> <p>Sandwich &amp; 8:30 Walking Club</p> <p>one</p>	<p>17</p> <p>Box lunch available: Roast beef and Swiss</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie &amp; Pizza 12:30 Men's Cards</p> <p><i>October gets its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.</i></p>	<p>18</p> <p><b>AUTUM SPECIAL:</b> Beef burgundy with baked potato, pumpkin pudding</p> <p>8:30 Sorenson Aerobics 9:30 Coffee &amp; Conversation 9:45 Gentle Yoga 10 Cribbage 11 Canasta 12:45 Take a seat chair yoga 1 Board &amp; Card Games 1 Walmart Shopping</p>
<p>23</p> <p>Beef stew (V) &amp; 8:30 Walking Club</p> <p>one</p>	<p>24</p> <p>Box lunch available: Roast beef &amp; Provolone sandwich</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie &amp; Pizza 12:30 Men's Cards</p>	<p>25</p> <p>HOT: Beef stuffed peppe COLD: Turkey chef salad</p> <p>8:30 Sorenson Aerobics 9:30 Coffee &amp; Conversation 9:45 Gentle Yoga 10 Cribbage 10 Canasta 12:45 Take a seat chair yoga 1 Board &amp; Card Games</p> <div data-bbox="829 1564 1274 1612" style="border: 1px solid black; padding: 2px;"> <p><b>Hazardous Waste Removal Tomorrow</b></p> </div>
<p>30</p> <p>Apple salad &amp; 8:30 Walking Club</p>	<p>31</p> <p>Box lunch available: Turkey and Provolone26</p> <p>8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie &amp; Pizza 12:30 Men's Cards</p> 	<p><i>Commercial global apple production is around 70 MILLION metric tons with China producing around half.</i></p> 



# PROGRAM SPOTLIGHT



## HAVE YOU BEEN A VICTIM?



*... "This is the IRS. We are calling about the back taxes you owe. We are prepared to take you to court..."*

*... "I'm from Bixcam Law Office calling to let you know that you have been named in the will of your friend. Please confirm your social security number with your bank number and we will send your check..."*



## THEY SOUND LEGITIMATE, BUT DON'T BE FOOLED !

**David Ryan, Detective from the Stoneham Police Department**  
**will provide information**  
**about the current scams and how to best deal with**  
**the many phone calls residents are receiving from scammers.**

**Mike McGrath, security officer for Stoneham Bank, will also be here to**  
**discuss how the bank is dealing with this issue.**

**Monday, October 7 at noon at the Senior Center.**

Lunch will be provided. Please sign up at the front desk.

**This event is being sponsored by StonehamBank**



## GOVERNMENT

### STATE SENATOR JASON LEWIS

Holds office hours at the Center every month. Please call the center for schedule.

### STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, October 15 at 3 PM 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 October 28. 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 9-11 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.

### COMMUNITY DINNER

The First Congregational Church in Stoneham serves dinner every Tuesday evening at 5:45 pm. You can help cook, serve, or clean up! For more information, please call 781-438-0097.

## TRIPS & TIPS

### ANNOUNCING DAY TRIPS WITH MARY!

Activities Coordinator, Mary Marhafer, arranges monthly Day Trips and activities to various locations throughout New England. Checks or cash, no bills over \$50 please. — **FOLIAGE TURKEY TRAIN TOUR:** Monday October 21, \$93. Depart Sr. Ctr 10 am returning 7 pm. Foliage day trip to Meredith NH for the "Turkey Train" at the Hobo Railroad, 2 hour scenic ride with turkey dinner and fixins by Harts Turkey Farm. Sign up at the Center and kindly make checks payable to Stoneham Sr. Center.

### — VAILLANCOURT FOLK ART GALLERY/MUSEUM

Wed, November 20, 2019 \$93 Depart Sr. Ctr. 8:45 A.M. returning 5:45 P.M. Visit the Gallery and enjoy a demonstration of chalk-ware and hand blown Polish glass Christmas ornaments (which may be purchased.). Lunch at the Publick House in Sturbridge. Sign up at the Center and kindly make checks payable to Stoneham Sr. Center.

## COMMUNITY

### FOOD PANTRY AT THE FIRST CONGREGATIONAL

**The First Congregational Church in Stoneham/God's Helping Hand Food Pantry** is a non-profit, volunteer organization with a mission to provide supplemental food supplies to Stoneham residents who need a helping hand.

If you are a Stoneham resident and are in need of food, you can receive assistance from the FCCS/God's Helping Hand Food Pantry, regardless of your religious affiliation, if any. The Food Pantry stocks non-perishable foods, some household supplies and toiletries, and a limited supply of frozen and refrigerated items such as cheese, eggs, and frozen meats.

You may visit the pantry once a month, by appointment, to select groceries you know will be used by your household. (Don't forget to bring your reusable shopping bags!) The pantry is open each Tuesday, and you can schedule your monthly appointment by calling the church office at 781-438-0097 between 8:30—2:30 Monday through Friday.

### **WINTER IS COMING- DON'T BE LEFT OUT IN THE COLD!**

The Low Income Home Energy Assistance Program (**LIHEAP**) helps keep families safe and healthy through initiatives that assist families with energy costs. We provide federally funded assistance in managing costs associated with home energy bills. Please call Bryna Davis at the Community Services Network at 781-438-9254 for more information.



### **THE BARGAIN BARN IS CLOSED FOR THE SEASON!**

After another successful year, we want to thank all the supporters, volunteers, and shoppers who attended this year's treasure trecks to the barn. With proceeds going to support so many activities at the Center, it is such a valuable resource! See you next year!



**CALLING ALL SINGERS!**  
Stoneham singers will meet beginning Monday October 21 at 2:00 pm. They practice and sing at nursing homes in December.

Led by Director, Regina Mathews, men and women who love to sing are welcome!



## Welcome

We are happy to welcome Mary Marhafer as our new Activities Coordinator! Mary will be arranging monthly trips and social events at the Center, like the Foliage Turkey Train Tour and the Soap Making class.

We look forward to many future travel adventures with Mary!

## FITNESS

### WEEKLY CLASSES

**PLEASE TAKE NOTE: WEEKLY CLASSES ARE LISTED BELOW AS THEY OCCUR ON A REGULAR BASIS. !**

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 and ALL classes are open for men and women.

#### Monday

- \* Jacki Sorenson Aerobics; 8:30AM-9:30AM
- \* Zumba 9:45-10:45AM
- \* 11-12:00 PM

#### Tuesday

- \* Jacki Sorenson Aerobics, 9 AM, Boys and Girls Club

#### Wednesday

- \* Jacki Sorenson Aerobics, 8:30AM-9:30AM
- \* Walking Club, 8:30AM, approximately 1 mile. Breakfast to follow sponsored by Stoneham ME Federal Credit Union.
- \* Zumba, 10:45AM
- \* Dance and Tone: 11:30-12:15
- \* Advanced Tai Chi - 2:15PM, drop in \$5

#### Thursday

- \* Jacki Sorenson Aerobics, 8:30AM-9:30AM
- \* Line Dancing, 10AM-11AM
- \* Chair Yoga, 12:15

#### Friday

- \* Jacki Sorensen Aerobics, 8:30-9:30AM
- \* Gentle Yoga with Leila, 9:45-10:45A
- \* Take a seat chair yoga 12:45PM

## NEW CLASS!

**DANCE AND TONE:** Oct Weds 11:30-12:15 pm Using dance moves followed by some toning exercises, we will work on all our muscle groups for a stronger and leaner body. Using various fitness equipment, we will move to great some great music. We conclude with stretches to improve our flexibility. Exercises can be performed standing or seated and modifications will be taught if needed, so all are welcome! Drop in \$2/class.

### 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 plus 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 Reading 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.

**Shopping Trip to Walmart** -Fri 10/18 (third Friday), 1-3PM; \$3



### ADDITIONAL TRANSPORTATION SERVICES

#### Medical Appointments

Transportation is available to medical appointments between 9:00 am-3 pm upon availability of a volunteer driver or the new medical van. Services can be provided only between these hours. While we always try to accommodate medical rides with our volunteers, if one is not available, please be prepared to make other arrangements: **Please note: five working 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 where you want to go. Call (781) 388-4819 to learn more.







Thanks to all our volunteers who serve in so many ways, from manning our station at Town Day to tending the Senior Garden to stuffing envelopes! You represent so well!

#### **Senior Center/Council on Aging**

##### **Board of Directors**

Kathleen Hudson, Chair  
Maureen Buckley  
Jane DiGangi  
Tom Flynn  
Bill Kelly  
Traci Mello  
Connie Rosa  
Walt Wolonsavich  
Mary Zatta  
Marge Neylon, Corr Secretary

##### **Staff:**

Maureen Canova, Director  
Sandy Kirby, Admin Asst  
Carol Johnston, Admin Asst  
Mary Zatta, Outreach Coordinatord  
Gary Cooper, Van Driver  
John Mandracchia, Van Driver  
Doug Grace, Custodian  
Peter Barnaby, Custodian  
Kathy Payne, Receptionist  
Virginia Powers Receptionist  
Mary Marhafer, Activities Coord

**136 Elm Street  
Stoneham, MA 02180**

**781-438-1157**

**781-438-1161**

**[Stonehamseniorcenter.org](http://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, tweekly Bargain Barn, annual appeals, drawings, and the penny jar, along with special events. Programs supported by the Friends are indicated with the handshake logo.