



STONEHAM SENTINEL

DECEMBER 2021

A PUBLICATION OF THE STONEHAM SENIOR CENTER



Dear friends,

As we bring another year to a close, I want to wish each of you a healthy and happy holiday season! We may celebrate differently every year, but the important thing is to appreciate the moments. There may be travel restrictions but we can phone a friend or send a card!

I will be joining you in trying to stay connected during these challenging times, and of course, our doors are open for you to take in the beautiful decorations, enjoy a movie or play a card game, or join a line dancing class. Check out our Zentangle class or ArtMatters to stir your creative side!

May you experience peace and joy in the days ahead, and we hope you'll let us know if we can be of any assistance to you!

Kristen Spence, Director
Stoneham Senior Center and Council on Aging



TECH CORNER

Beginning in December, we are starting a program called **Easy Connections with Technology for Seniors**. There will be classes on how to use a Kindle Fire Tablet for fun and how to connect with family and friends.

Instruction will be held on
Wednesdays at 11:00 am

We have laptops that can be loaned out for up to one month. Call the center for more information.



With appreciation to our generous donors:



Kathleen Geary
Ann Caruso
Anonymous in honor of Jan Cingarelli
Judith Patterson in memory of Ellen Solomit
*Please use the form on page 10
if you wish to make a recurrent donation.*

*Special thanks
for Byers Choice Carolers
donated in memory of Mary Turilli
by her sister Josephine Doherty.
These figurines will be
displayed in the Senior Center
during the month of December.*



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?



The season is over and while the bocce court is closed for the winter, this team enjoyed some great exercise and camaraderie! Maybe you'll consider trying it out in the Spring!



Don't slow down! A great way to get the body moving and warm up those muscles is by following Jim Banks as he leads line dancing north, south, east, and west!

CONTINUING CARE



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Bereavement Calendar November – December 2021

Based on grief research and our clinical practice, we find that our support groups benefit those individuals who participate in these groups at least three months after the loss of a loved one. Registration in our Newly Bereaved workshop is recommended for those who have experienced loss within the past three months. For the full description of a group, please visit our website calendar at [CareDimensions.org/Calendars](https://www.CareDimensions.org/Calendars).

Please be advised that all participants at in-person grief support meetings will be required to wear a mask at all times while inside a Care Dimensions facility, including throughout the grief support group.
(Per MA Department of Public Health Order issued 5/28/21)

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months

For anyone with a death in the last three months whose loved one was not connected to Care Dimensions hospice. RSVP required by Thursday before group.

Virtual via Zoom

Monday, December 6, 3–5 p.m.

VIRTUAL: NEWLY BEREAVED

A one-time workshop for loss within the last three months

This workshop is open to friends and family of Care Dimensions patients only. For people whose loved one did NOT die on CD hospice services please see our workshop offered the first Monday of each month from 3–5pm. RSVP by Monday before group.

Virtual via Zoom

Thursday, December 2, 3–5 p.m.

MONTHLY CAREGIVER SUPPORT GROUP

RSVP by Friday prior to group to April Evans at AEvans@CareDimensions.org.

Virtual via Zoom

Monday, December 13, 10:30–11:30 a.m.

¿HA PERDIDO UN SER AMADO? SPANISH GRIEF GROUP

¿Necesita ayuda para continuar su vida después de una pérdida difícil? Care Dimensions ofrecerá un grupo de apoyo en español para navegar el difícil proceso del luto. Si le interesa email a Erin Bourgault, coordinadora de servicios de apoyo de la clínica de East Boston, bourgaue@ebnhc.org o llamar 857-248-5728. Email Erin Bourgault at bourgaue@ebnhc.org or call 857-248-5728 for more information.

Virtual via Zoom

**Sabados, 13 de noviembre y 11 de diciembre, 10:30–11:30 a.m.
Saturdays, November 13 and December 11, 10:30–11:30 a.m.**

COPING WITH THE HOLIDAYS (2 options)

The holiday season can be a stressful time for people who have experienced a significant loss. This workshop will offer helpful ways to cope with the holiday season. To register contact Mary Beth Grimm at MGrimm@CareDimensions.org or 781-373-6645.

Virtual via Zoom

Wednesday, November 17, 3–4:30 p.m.

or

Wednesday, December 8, 6:30–8 p.m.

**COMING SOON
LOSS OF PARTNER/SPOUSE
YOUNG WIDOWED
LOSS OF PARENT**

CHILDREN'S BEREAVEMENT SUPPORT GROUPS

Call us to learn more about our grief support services for children.

RAISING GRIEVING CHILDREN: A FREE PARENT/CAREGIVER WORKSHOP

Helping Your Children Cope with the Holidays, focused on supporting grieving children/teens. To RSVP contact Kristin Kowalski at KKowalski@CareDimensions.org or 781-373-6633.

Virtual via Zoom

November 17, 7 – 8:30 p.m.

For more information or to register:
visit - [CareDimensions.org/Calendars](https://www.CareDimensions.org/Calendars)
call - 855-774-5100 or
email - grief@CareDimensions.org

Advance registration is required for all groups and workshops.
Dates and times are subject to change. Although there is no charge
for most support groups, donations are appreciated.

www.stonehamseniorcenter.org

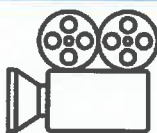
[CareDimensions.org](https://www.CareDimensions.org)



ENTERTAINMENT AND ENRICHMENT



PIZZA AND MOVIE!
Thursdays at 12:30
\$2.00



12/2 Seven Pounds: Ben Thomas is a man on a mission; giving vital parts of his body to those desperately in need of a donor.

12/9 God Bless the Broken Road: Amber's ideal life is shattered when she loses her husband to war in Afghanistan

12/16 Wild Oates: After she mistakenly receives a huge insurance check, a recently widowed retiree brings her best friend along on an adventure to the Canary Islands

12/30 Five Flights Up: A husband (Morgan Freeman) and wife (Diane Keaton) spend a hectic weekend pondering the sale of an apartment they've shared for more than 40 years.



AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice.

Every item available for purchase on www.amazon.com is also available on AmazonSmile (smile.amazon.com) at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

To choose your charitable organization:

1. Sign in to smile.amazon.com on your desktop or mobile phone browser.
2. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity.
3. Select a new charitable organization to support. Type "Senior Center Friends of Stoneham" in the search bar to quickly choose the group to receive your support. For more information about the AmazonSmile program, go to <http://smile.amazon.com/about>.

Click here to go to smile.amazon.com Click "Get Started" Search for "Friends of Stoneham Senior Center, Inc." Start Shopping!

Thank you for supporting the Senior Center Friends!

ArtMatters American Art Part 2 (1900 - 1950)

Monday, December 13 at 1:00 pm

The center of the art world has always been Europe, and American artists have, by necessity, mostly followed those evolutions. The American independent spirit pushed the boundaries of acceptable traditions, and in the early part of the 20th century Americans begin to develop their own unique voice; the Ash Can School, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the history of those times. Join us for a look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect.



GAMES & CRAFTS



CARD GAMES

Cribbage Mondays and Fridays 10-12
Hand and Foot Canasta Fridays 10-12
Bridge Wednesdays 1-4

Mahjong

Tuesdays 12:30-3:30



TIMELESS TRIVIA

Every other Tues 12/14 and 12/28 at 1-2pm

Come for coffee, snacks, prizes, and themed trivia games.

Knit and Crochet with Louise

Wednesdays at 10



KNITTING/CRAFTING

Mondays 10-12 Join Jean to make new friends and support the Senior Center. We will gladly teach you knitting, crocheting, fabric painting, or other crafts. We can learn a new craft from you or learn a new craft together from a tutorial.





CAREGIVERS CORNER

Happy Holidays to all! Everywhere we look, this time of year is brimming with greetings of happiness. Sometimes we might have to dig a little deeper within us to feel that unbridled sense of love and joy, but please do so because it is worth it. Feeling happy and loved improves our mood, and makes it possible to spread that to other people. When you pass it on, you may have just made someone's day much better! Simply smiling, sharing a happy or funny story, joke, memory, or a kind word, "hope you have a good day", that's truly all that is needed to make a difference. Feel that smile open up your face. It really is the best gift to give and receive.

A visit, call, card or email (whatever is good for you to manage) also brings happiness. Letting the person know that they matter to you is what's important. We don't need material things to show we care.

Taking moments during the day to feel appreciative and thankful for what is in our life instead of what is missing can bring our mind to a positive, peaceful place. Practicing this can be helpful during a difficult time. So close your eyes, and take some relaxing breaths, smile and think about something or someone in your life who makes you happy. Is it something that you did for someone else or for yourself (because you need to be good to you too!)? Did someone do something for you? Maybe it was just a short encounter, but it brought you happiness. Sit with this feeling of happiness for a short while, you can think of it again later, let it brighten your day.

If you feel overwhelmed, please reach out for some help. We all need to help each other. There are grief counselors and groups that you can speak with about your feelings of loss of a loved one. There are counselors you can speak with about your feelings if you're feeling down and not sure why. There are organizations that can help with care of a loved one so that you can have some needed time for yourself. Please don't go it alone- you don't have to.

Call or email me with any questions or if you need help with finding more support.

Anne Lawrence, LICSW
781-850-0619
alawrence@stoneham-ma.gov



HEALTH & WELLNESS

\$2 PER CLASS to the instructor*

Line Dancing with Jim Banks

Thursdays 10:00 am

Fun, healthy and rewarding activity and exercise for all levels!

Relaxation Circle with Angela Shea

Thursdays 12:30 pm

In-person classes are now being held indoors at the center on Thursday at 12:30 pm. To join the Zoom class version, please email angelite9@gmail.com.

Yoga with Leila

Fridays 9:00 am

It's perfect for tired or sore muscles, ideal for seniors seeking a slow, mindful practice to balance the bustle

Zumba with Aimee

Wednesdays 11:00 am

Come see if you agree that every class is a party!

Zumba with Aimee

Mondays at noon

Weights and training with Aimee

Mondays at 12:45-1 30pm

A Helping Hand with Carol Sepowitz

Do your hands serve you well? Or do they sometimes ache or cause you pain. Are some common tasks difficult for you to do, like opening jars, turning keys, or cutting with a knife?



Carol can teach you how to massage your hands, teach you simple exercises to improve flexibility, or explore adaptive equipment and methods to make tasks easier. Call the center to schedule time on Monday afternoons, from 2 to 4 PM. \$5.00 per 40-minute session.

Parkinson Support Group

First Tuesday of the month, December 7, 1 PM

Haircuts with Sis




Third Monday of the month, 12/20 from 8:30-12.00, no appointment needed.






+
KEEP
CALM
AND
GET YOUR
FLU SHOT

Hi Dose and Reg Flu vaccine available from the Board of Health. Call for appointment at 781-438-0501

DECEMBER 2021

	1 10 Knit&Crochet with Louise 11 Zumba 1-3 Bingo 1-4 Bridge	2 9 Art with Howie 10 Line Dancing 12:30-2 Movie/Pizza 12:30-1:30 Relaxation Circle 2 Chair yoga	3 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
6 10 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands	7 9-11 Chair caning 12:30-3:30 Mah Jong 1 Parkinson Support	8 10 Knit&Crochet with Louise 11 Zumba 1-3 Bingo 1-4 Bridge	10 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta 
13 10 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 1-2 Zentangle 1-2 ArtMatters 2-4 Helping Hands	14 9-11 Chair caning 12:30-3:30 Mah Jong 1-2 Trivia 	15 10 Knit&Crochet with Louise 11 Zumba 1-3 pm Bingo 1-4 Bridge	16 9 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Movie/Pizza 2 Chair yoga
17 9 Yoga w Leila 10-12 Cribbage 10-12 Hand and Foot Canasta	17		

2-4 Susan Mooney			
20 10-12 Cribbage 10 Knit&Crafts 12 Zumba w Aimee 12:45 Toning with Aimee 2-4 Helping Hands	21 9-11 Chair caning 12:30-3:30 Mahjong	22 10 Knit&Crochet with Louise 11 Zumba 1 Bingo 1-4 Bridge	23-24 CENTER CLOSED 
27 10-12 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 2-4 Helping Hands	28 9-11 Chair caning 12:30-3:30 Mahjong 1-2 Trivia	29 10 Knit&Crochet with Louise 11 Zumba 1 Bingo 1-4 Bridge	30 9 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Movie/Pizza 2 Chair yoga 31 CENTER CLOSED 



Thanks to all who participated in our "Giving Tuesday" drive. We had a warm response and will continue to receive donations through December! Remember, your gift of any amount will be **matched dollar for dollar!**

We still welcome your help to reach our goal, and your donations are, as always, tax deductible.



Program Spotlight

John Clark and his **Great American Music Experience** presents

The Music of the Civil Rights Movement (1940-1970)

Thursday, Jan 6th at 10:30 am
In the Dining Room



ODETTA



BOB DYLAN



NINA SIMONE



SAM COOKE

This program begins with a controversial Marian Anderson concert and a shockingly sad Billie Holiday song. Then leading up to the Civil Rights songs are **You've Got to Be Carefully Taught** from *South Pacific* and Nat King Cole's **We Are Americans Too**, his response to a 1956 racial incident. The rest of the program is devoted to the history of 1950s and 1960s anthems like **We Shall Overcome**, **Eyes on the Prize**, **Blowin' in the Wind** and other Bob Dylan songs that brought racial issues to even greater national attention. Sam Cooke's **A Change Is Gonna Come**, James Brown's **Say It Loud, I'm Black and I'm Proud** and Sly & the Family Stone's **Everyday People** and even Elvis Presley's **In the Ghetto** were all influential in the late sixties. Also included are important songs by Mahalia Jackson, Odetta, Nina Simone, Curtis Mayfield and Janis Ian, as well as fiery proto-rap protest poetry by spoken word artists Gil Scott-Heron and the Last Poets.

NEVER TOO LATE FOR INSPIRATION!

Grandmother and granddaughter finish college together

The University of Tennessee at Chattanooga got two new alumni this November — 22-year-old Melody Ormond and her 74-year-old grandmother, Pat. "I always brag since she started going to school with me. I've told people, like every class, all my friends, 'Oh, Nana, she goes to school, my Nana, my Nana, did you hear that?'" Melody tells [the school's blog](#). "And everybody's always like, 'Oh wow, that's so cool.' She knocked it out of the park."

Pat's degree is anthropology and Melody's is in psychology — with Melody now thinking of grad school and Pat starting another degree in history, [according to CNN](#). "Learning never stops," Pat says in an interview with the site. "That's something that my father instilled in me when I was younger. No matter what you do, learning never stops. Even if it's auditing a few classes, there's always that option."



MELROSE-WAKEFIELD AGING IN BALANCE DECEMBER 2021

Steps to De-Stress

Wednesday, December 8, 10am by phone or Zoom
Learn how to successfully relax through a stressful day.

At some point, we have all dealt with stress, but having a constant feeling of being "stressed-out" can affect our health and wellness. Stephanie Ramy, Occupational Therapist, will share tools and techniques to help you reduce stress. During this 1.5-hour free online class you will learn some things about *Stress physiology, Explore how stress affects your body Techniques for relaxation, Easy tips to managing "everyday stress.* Hope you can join us!

Holiday Cheers and Holiday Fears

Wednesday, December 15, 10am by phone or Zoom
The holidays can be a joyous time and they can also be a difficult time. Join Joya Pezzuto, RN, as she leads a discussion about caring for ourselves during the holidays, including ideas and exercises for coping and relaxing.

Let's Zoom! Tuesday appointments available 1 or 2 p.m.
Have you wanted to take a class online or meet with friends over Zoom? If you have a computer and an email address you are in luck! Stephanie Ramy of Aging in Balance at MelroseWakefield Healthcare can help you. She offers remote appointments Tuesday afternoons to help you get set up. Email or call her to schedule your appointment so you can start Zooming!

Coffee & Conversation Ongoing weekly teleconference calls every Thursday 1-2 p.m.
Join other community members for these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register!

PHONE: 1-646-558-8656 and when asked, enter meeting ID 131-672-167##

Aging in Balance Programs are being offered by Zoom or phone. To register contact Stephanie Ramy at 781-338-7559 or email AgingInBalance@melrosewakefield.org

Stephanie Ramy (Chissler), OTR/L
Manager, Aging in Balance|Community Services
MelroseWakefield Healthcare
781-338-7559T
781-338-7575 F
schissler@melrosewakefield.org



COMING PROGRAMS:

Watch for Art with Howie, Thursdays at 9 AM
Parkinson's Support Group, monthly, first Tuesday

RESOURCES



STONEHAM COUNCIL ON AGING

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

SHINE COUNSELING

Confidential counseling available at the Center on Wednesdays by phone at 10:30AM or 12:00PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call (781) 438-1157. Currently, no appts are available until after 12/7. For further assistance, please call 1-800-633-4227

SENATOR JASON LEWIS

Will hold office hours at the Senior Center every other month 1/3/22 from noon to 1.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on December 13, between 2-4. Call (781) 438-1157 for a **15-minute appointment**. You will have time for one question and if you wish further advice, you may make a private follow up appointment.

WALKERS, COMMODOES, CANES, OH MY!

The Senior Center has a large selection of FREE gently used walkers, commodes, canes and other assistive devices. Call 781-438-1157 for inquiries.

CAREGIVERS SUPPORT

With Kathy Learned from MVES on the second and fourth Thursday at 10 am.

ZENTANGLE Mondays 1-2 pm

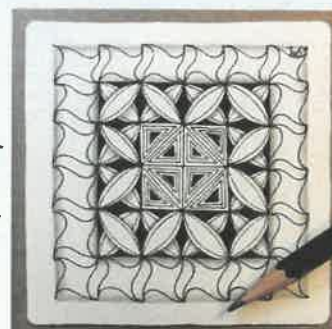
Dec 6 **Watercolor and Zentangle**

Dec 13 **Bring a canvas bag and a fabric marker**

\$5/week payable to the instructor.

Take a little time for yourself to tap into your creative side. No experience is needed. Join in for a relaxing, meditative, comfortable art experience. Zentangle can help with hand-eye coordination, concentration, and is just plain fun. Guided "one stroke at a time."

No previous drawing experience needed. Susan is a Certified Zentangle Teacher. Materials are provided, or you may bring your own. Attend as many or as few classes as you wish.



TRANSPORTATION

NOTE: MASKS ARE REQUIRED AT ALL TIMES WHILE USING THE VAN, IN KEEPING WITH STATE GUIDELINES! PLEASE HELP US KEEP ALL PATRONS SAFE.

GROCERY SHOPPING Transportation for shopping is available to **Market Basket** and **Stop & Shop** on Mondays and Fridays with the use of the Senior Center van. Safety measures, including limited capacity, will be taken to ensure the wellbeing of everyone utilizing the van. A fee of \$3.00 per ride is requested. Please call the center at 781-438-1157 for more details on the transportation services.

EXPANDED MEDICAL RIDES If you need a ride to a **medical appointment**, please call the Senior Center for further details at 781-438-1157.

QUICK STOPS FOR YOU Thursdays at 9:00 AM stopping at convenient locations on Main St. \$3 per ride.

WALMART: Wednesday, December 8. Van leaves the center at 1 to pick up passengers and leaves Walmart approximately 2:30 to return to Stoneham. 9 residents max. \$3.00 per trip.



- Doctor, there's a patient on the line who says he's invisible. *'Well, tell him I can't see him now.'*
- It was an emotional wedding. Even the cake was in tiers.
- Adam & Eve were the first ones to ignore the Apple terms and conditions.
- The man who invented Velcro has died. *'RIP'*.
- I can tell when people are being judgmental just by looking at them.



Thank You To Our Generous Donors

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.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

____ I **DO NOT** wish my (\$10 or above) donation to be listed in the Sentinel.

Donation (select one) ____ for Senior Center

____ In memory / honor of _____

For acknowledgment of your gift, if desired, please add recipient name/address below:

For recurring donations, please send a monthly check, or use Paypal to make your donation to:
 Senior Center Friends
 136 Elm Street
 Stoneham, MA 02180
<https://stonehamseniorcenter.org> >Select: support us, Select: Senior Center Friends,
 Scroll down to the "donate" button.



Socks FOR Seniors HOLIDAY SOCK DRIVE

The Stoneham Council on Aging, along with the Stoneham Senior Center, is sponsoring the annual "Socks for Seniors" drive, collecting socks until December 10. This drive's goal is to provide all seniors in need, shut-ins, nursing home and senior housing residents with a warm pair of socks for the holidays. We will be working with Stoneham volunteers and local programming to sort and deliver to those in need in our community. There are drop off boxes in Stoneham at: Town's Clerk's Office/Town Hall, Police Station, and Fire Department, The Book Oasis, UPS Store #4715, Stop and Shop, and the Senior Center. The funnier, funkier holiday styles you can find, the better! Yes, we still can use traditional socks as well!

Senior Center/Council on Aging

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136 Elm Street
Stoneham, MA 02180
781-438-1157, 781-438-1161
Stonehamseniorcenter.org
Open Mon-Fri 8:30-4:00 pm



Like us on Facebook
www.facebook.com/StonehamSeniorCenter

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 to fund education, social services and activities at the Senior Center. Programs supported by the Friends are indicated with the handshake logo.

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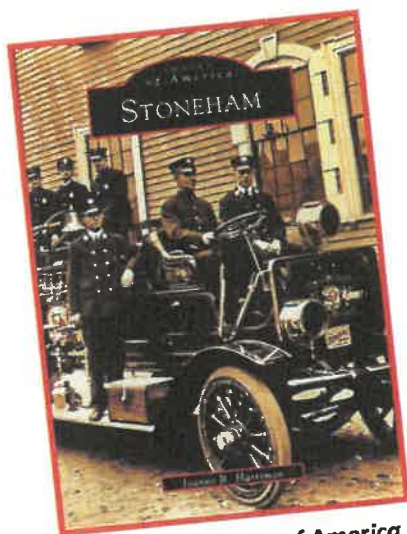
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For the holidays A Gift with a Story



**Centennial Keepsake 8 1/4-inch
silver and color with liner
and box. \$20**



**Stoneham: Images of America
By Joanne Harriman, \$25**

**Weiss Farm
collectable
milk bottles,
\$15 ea,
2 for \$25.**



Shop LOCAL this holiday season for a gift with a story. Choose from these great stocking stuffers that feature our shared history. You can purchase these unique gifts in three ways:

1. Mail us a check or money order, including \$2 for delivery, or \$5 for shipping if outside Stoneham. Send to SHSM, 36 William St., Stoneham, MA 02180.

2. Purchase with a credit card on our Website Store at www.stonehamhistoricalsociety.org.

3. Drop by our Gift Shoppe at the Museum on 36 William St. to purchase with cash, check or credit card on the following dates:

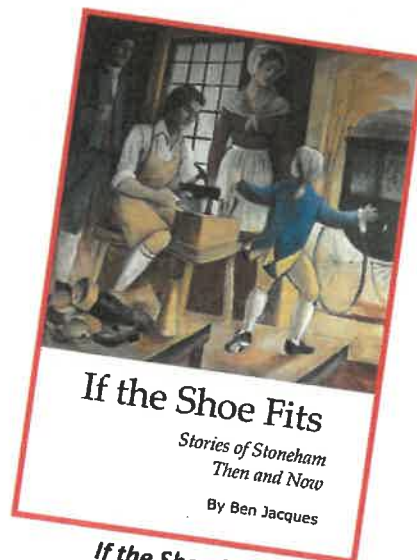
Sunday, 11/21 from 2-4 pm
Saturday 11/27 from 12-4 pm
Tuesday 11/30 from 10-1 pm
Friday 12/3 from 5:30-8 pm
Thursday 12/9 from 7-9 pm
Tuesday 12/14 from 10-1 pm
Sunday, 12/19 from 2-4 pm

At the Gift Shoppe, browse a range of other gifts, including handmade quilts, books, medals and cards.

If you are not already a SHSM member, check out our invitation on the back and become part of the story.



**Stoneham's cuddly goat
mascot—9-inch, white with
blue logo T-shirt.
\$15**



**If the Shoe Fits
by Ben Jacques, \$15**



**Ceramic Coffee Mug,
\$10**

Stoneham Historical Society & Museum
36 William St., Stoneham, MA 02180



Membership Application

Stoneham Historical Society & Museum

We are a historical society and museum in Stoneham, founded in Colonial times by farmers and shoemakers.

Our mission is to keep history alive by researching, collecting, archiving and sharing with our community through engaging programs and educational experiences. Using in-person, print and electronic media, we seek to reach all demographic sectors of our population relative to age, gender, ability, race and ethnicity.

Staffed solely by volunteers, we maintain a Museum, open for monthly programs, tours and research, and the Ten Footer, an actual shoe shop, with re-enactments for children and adults. In programming, we seek to partner with local organizations—library, schools, senior center, service and youth clubs.

Everyone is welcome to join SHSM and enjoy the benefits of being a member.

Member Meetings are held on the 2nd Thursday of March, April, May, June, September, October and November. Doors open at 6:45 with a brief business meeting at 7:15 and a special program to follow.

We also host Open Sundays on the 3rd Sunday of each month, a great time to visit the Museum.

Members receive The Cordwainer, our newsletter, and invitations to special events with discounts on field trips.

Our Museum collection and artifacts are available for research upon request. Annual memberships include one hour of free research with our research team.

Volunteers are always welcome to help on committees and with special projects and events.

Yes, I want to become a member.

Annual Memberships

\$250 Individual Life Membership

\$30 Family Membership

\$20 Individual Membership

___ Additional Donation

(All donations are tax deductible as permitted by law.)

Annual Corporate Sponsorships

Starting at \$100—For details call us at 781-572-3126 or at our website at www.stonehamhistoricalsociety.org

If you'd like to join our Volunteer Team, please indicate below.

Thank you!

Name _____

Street _____

State/Zip _____

Phone _____

Email: _____

By joining the SHSM you will be helping to preserve Stoneham history. Your participation makes a difference.

Please submit this form by mail or drop it off at
Stoneham Historical Society & Museum
36 William Street, Stoneham, MA 02180

Follow us on Facebook or visit us at our website
at www.stonehamhistoricalsociety.org.

___ Yes, I'd like to volunteer.

Stoneham Historical Society & Museum
36 William St., Stoneham, MA 02180
Phone: 781-572-3126



'Tis the Season for Giving to Seniors in Need!



One of the greatest aspects about this time of year is being in the spirit of giving.
What better way to make use of this season than to do
something fulfilling like giving to someone in need!

Please help us bring some Christmas Joy to the
Senior Citizens of Stoneham.

Please drop off your donations by December 22nd at one of 4 these locations below:

Liberty Bell
219 Main Street
Stoneham, MA 02180

Elite Realty Experts
5 Central Square-Suite 304
Stoneham, MA 02180
(Above J&B Butcher)

Rapid Liquors
171 Main Street
Stoneham, MA 02180

Stoneham Senior Center
136 Elm Street
Stoneham, MA 02180

Personal Items-New Items Only

- Men's & Women's Socks
- Body Washes, Shampoo, Soap, Toothpaste
- Neutral color shirts for Men & Women, all sizes S-XL
- Mittens, Scarves, Warm Hats
- Bath Towels
- Robes for Men or Women, sizes from M-XL
- Blankets
- Cleaning Supplies
- Scented Body lotion (Women's)
- Un-Opened Markers
- Construction Paper
- Prepackaged Craft Kits
- Puzzles (100 Pieces or less)
- Board Games
- Regular wipes, Sanitizing wipes

Gift Card Donations*

- Stop & Shop
- CVS
- Target
- Walmart
- Dollar Tree
- Market Basket
- Calareso's Farm Stand
- Simon Mall
- Kohl's
- Dunkin' Donuts

*Please do not put gift cards in donation boxes,
contact Justin Ray at 617-293-1787 about arrangement.
Thank you!

We would like to thank you in advance for your generosity! Please contact us with any questions or special donations!!!

