

# STONEHAM SENTINEL

MAY 2022

A PUBLICATION OF THE STONEHAM SENIOR CENTER



## The Merry Merry Month of May!



AGE MY WAY: MAY 2022

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

We're happy to be introducing some new activities in the coming months so watch for updates!

Kristen Spence, Director  
Stoneham Senior Center and Council on Aging  
781-438-1157

## Celebrating Older Americans Month!

A few interesting facts about seniors!

- More than 10,000 "baby boomers" turn 65-years-old every day.
- Senior citizens are the fastest growing demographic group on Facebook. Recent studies show that more than half of all U.S. seniors are active online, and more than one-third are on Facebook and other social media websites.
- Older adults aged 85 and up are the fastest growing age group in the country.
- There are more than 55,000 seniors over age 100, and by 2050 the number of "centenarians" is expected to top 600,000. This is roughly the population of Vermont.
- More than 15 million older adults are formally recognized volunteers, but nearly half of all seniors volunteer in some capacity.
- About 65 percent of all "baby boomers" say they plan to work past age 65.
- Studies show that physical activity can slow the elder aging process.
- There are more than 11,400 senior centers across the country that together serve more than 1 million older adults every day. The average age of a senior center participant is 75!

**Our age is merely the number of years  
the world has been enjoying us!**

*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.*

## SUPPORT

### MelroseWakefield Healthcare's Aging in Balance Classes May 2022

#### STEPS TO DESTRESS

**Tuesday, May 17, 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 about:

- Stress physiology
- Explore how stress affects your body
- Techniques for relaxation
- Easy tips to managing everyday stress

Hope you can join us!

#### SLIPS, TRIPS, AND FALLS

**What can you do to prevent falls?**

**Tuesday, May 24, 10am by phone or Zoom**

Falls are not a "normal" part of aging. There are steps you can take to reduce your risk for falls. According to the Centers for Disease Control and Prevention "Each year in the US, nearly one-third of older adults experience a fall". Falls can be devastating, costly and most importantly falls are largely PREVENTABLE.

Join Stephanie Ramy, Occupational Therapist, for an interactive and informative online workshop that will highlight ways you can prevent falls at home and in the community.

#### COFFEE & CONVERSATION

**Ongoing weekly teleconference calls every Thursday 1-2 p.m.**

Join in 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 just call in!

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

**To register for Aging in Balance classes contact Stephanie Ramy at 781-338-7559 or email**

**[AginginBalance@melrosewakefield.org](mailto:AginginBalance@melrosewakefield.org)**



**CareDimensions**

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#### CARE DIMENSIONS

##### **VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP**

RSVP to [AEvans@CareDimensions.org](mailto:AEvans@CareDimensions.org) by Friday prior to group.

Virtual via Zoom

Monday, May 9, June 13 and July 11, 10:30 – 11:30 am

##### **VIRTUAL: COVID-19 PANDEMIC SUPPORT GROUP**

*(A Support Group for those who lost a loved one and were prevented from being present during the height of the COVID-19 Pandemic. To register contact*

*[Grief@CareDimensions.org](mailto:Grief@CareDimensions.org)*

*Thursday, June 9, 4 – 5:30 pm*

For more information or to register: visit [-CareDimensions.org/FindSupport](https://www.CareDimensions.org/FindSupport)

call - 855-774-5100 or

email - [grief@CareDimensions.org](mailto:grief@CareDimensions.org)

Advance registration is required for all groups and workshops.



## CONTINUING CARE

### CAREGIVER'S CORNER

May is Older Americans Month! This is the month when we bring awareness to honoring the intelligent, beautiful, wise older people who live among us. We hope that they continue to interact with others in ways that enrich their lives as well as the lives of others. Engaging in activities that we enjoy and educate us can make us happier and empower us. Check out the activities at the Senior Centers, libraries and local town sources. You're never too old to learn, laugh, enjoy and of course impart your wisdom to others!

Time passes very quickly, and many days we might put something off until tomorrow. Let's try to enjoy each day. Spend time sharing your story with others and enjoying time together - Happy Older Americans Month!

<https://health.mo.gov/seniors/older-americans.php>

Anne Lawrence, LICSW  
781-850-0619

**Did you know?** Mystic Valley Elder Services can help find professional counselors 781-324-7705

You can call the **INTERFACE helpline** 1-888-244-6843 9-5pm M-F to learn about Mental Health Resources. They can also make referrals for services.



### What is a *Memory Café*?

A *Memory Café* is a comfortable, social gathering that allows people experiencing memory loss and a loved one to connect socialize, and build new support networks. Many Cafés are currently meeting via Zoom, and others are now beginning to meet again in person. They are free and welcome to all. Please stay tuned for upcoming information on our Memory Café at the Stoneham Senior Center, or call us if you're interested in knowing more about it.

### ASK A NURSE *My stomach hurts. How do I know if it's serious or just indigestion?*

Abdominal pain is the single leading reason for emergency room visits in the U.S. according to the U.S. Department of Health and Human Services, accounting for more than 12 million of the nearly 139 million annual ER visits. Most people call it stomach pain, but it's not always a stomach problem. Your abdomen holds many other organs, too, including your intestines (colon and bowels), pancreas, liver, gallbladder, kidneys, spleen and appendix. So it's not surprising that, just as with chest pain or a headache, it can be difficult to tell what's really going on in there when your tummy's not feeling well. Add in other vague symptoms such as nausea and vomiting and you could have the stomach flu, food poisoning, gallstones, kidney stones or any number of other conditions.

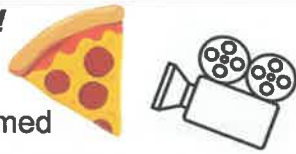


Here are three things you can look for that might help provide some clues about the source of abdominal pain, including: type of pain, location of pain, and additional symptoms. You should seek immediate medical attention or go to the ER if you have: Constant or severe abdominal pain, pain associated with a high fever, changes in pain intensity or location, such as going from a dull ache to a sharp stab or starting in one area and radiating to another, pain accompanied by other serious or unusual symptoms, such as difficulty breathing or change in behavior, or pain localized to one particular area.

Reprinted from *Gut feeling: how to know if stomach pain is serious*

# ENTERTAINMENT AND ENRICHMENT

## WELCOME BACK PIZZA!



Movie and Pizza has resumed on Thursdays at 12:30 pm. A donation of \$2.00 is requested

5/5 My Fair Lady  
5/12 Against the Ice  
5/19 Awakenings  
5/26 Les Miserables



**Grab a card or two!** What a great way to get out and have some fun for just a dollar a card! From 1-3 every Wednesday join us at the Center. You can be safe and social at the same time and no special talent is needed to shout **Bingo!**

## 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** Welcome back trivia beginning Tuesday May 10 and 24, from 1-2 every other week. Come for coffee, snacks, prizes, and games!

### Knit and Crochet with Louise

Wednesdays at 10

### KNITTING/CRAFTING

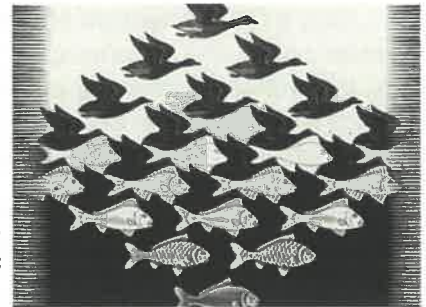
Mondays 10-12 Join Jean to make new friends and support the Senior Center. We will gladly teach you knitting, crocheting, fabric painting, or other crafts. We can learn a new craft from you or learn a new craft together from a tutorial.



## ArtMatters Monday, May 9, 1:00 pm

### History of Illusion & MC Escher

The hand is quicker than the eye. Artists love to fool you with Illusion in many ways. Join us for a look at the tricks of the art world from Da Vinci and Anamorphic art to Op art and the Magic Eye. We



will take a special look at the work of M.C. Escher, a Dutch graphic artist who was a master of the paradox, the tessellation, the dodecahedron, and grand manipulator of the basic laws of nature in illusion.

**LOOK! ARTMATTERS IS AVAILABLE ONLINE!** We are delighted to announce a new program; ArtMatters Online. You can now watch ArtMatters presentations from home, whenever and as often you like by logging on. Two new subjects are available every month. Just sign-up at art-matters.website with an email address and personal password.

### ZENTANGLE

In-person at the center on Mondays May 2, 9, 16 and 23 from 1-2:pm.

Thanks to the Stoneham Cultural Council and the Mass Cultural Council for funding these classes. No fee to participants. Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. No artistic talent required!



**ART WITH HOWIE** Join us every Thursday from 9:30-11 for a new art experience. Bring your own project and material and learn some new techniques.

### Bocce

Open to all on Wednesdays at 10:00 on the bocce court in front of the Center!



You are never too old  
to set another goal  
or to dream  
a new dream.





## SKIN FACTS

As most know, the skin is the largest organ of our body, but did you also know...

- an average adult's skin spans 21 ft.<sup>2</sup> weighs 9 pounds (15% body weight) and contains more than 11 miles of blood vessels; the skin releases as much as 3 gallons of sweat a day in hot weather;
- The average person has about 300 million skin cells; a single square inch of skin has about 19 million cells and up to 300 sweat glands
- Your skin is the thickest on your feet (1.4 mm) and thinnest on your eyelids (0.2 mm)
- Sweat is odorless it's the bacteria that makes it smell.
- On average about 14 species of fungi live between your toes.
- Fingerprints don't develop until three months gestation; some people never develop fingerprints at all due to rare genetic defects known as Nageli syndrome and dermatopathia pigmentosa reticularis can leave carriers without any identifying ridges on their skin.
- globally dead skin accounts for about 1,000,000,000 tons of dust in the atmosphere; your skin sheds 50,000 cells every minute
- The most common skin conditions are calluses, acne, dandruff, dry skin, skin cancer and cellulite
- Your skin hosts a micro biome that can contain 1000 types of bacteria along with other microbes, viruses and pathogens; these tiny echo systems are mostly friendly bacteria that work in concert with our bodies for many beneficial purposes including wound healing, reducing skin inflammation and assisting the immune system to help fight infection.

*Courtesy of Dr. Phil Ellerin, MD, Dermatologist (ret)*  
*More skin info to come! In the meantime,*  
***don't forget the sunscreen!***

**STONEHAM PUBLIC LIBRARY** May 5 Part 1 of the [Kaldan and Schäfer Mystery](#) series  
 Danish journalist Heloise Kaldan is in the middle of a nightmare. One of her sources has been caught lying, and she could lose her job over it. Then she receives the first in a series of cryptic and unsettling letters from a woman named Anna Kiel. Wanted in connection with the fatal stabbing of a young lawyer three years earlier, Anna hasn't been seen by anyone since she left the crime scene covered in blood. The police think she's fled the country until homicide detective Erik Schäfer comes up with a lead after the reporter who originally wrote about the case is found murdered in his apartment. Has Anna Kiel struck again, or is there more than one killer at large? And, why does every clue point directly to Heloise Kaldan? Call for more info.

## HEALTH & WELLNESS

**\$3 PER CLASS to the instructor\***

### Zumba with Aimee

*Mondays and Wednesdays at 11:30 am*

### Weight training with Aimee

*Mondays and Wednesdays at 12:15 pm*

### 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](mailto:angelite9@gmail.com).

### Chair yoga with Rosa

*Thursdays 2 pm*

### 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

### **A Helping Hand with Carol Seplowitz**

Do your hands serve you well? Or do they sometimes ache or cause you pain? Are some common tasks, like opening jars, difficult for you? **Carol** is a retired certified hand therapist who 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 one/hr session..



### **Parkinson Support Group**

Meetings are held on the first Tuesday of the month from 1-2pm to discuss new discoveries and caregiver initiatives related to Parkinson Disease


### **Haircuts with Sis**


*Third Monday of the month, May 16 from 8:30-12.00, no appointment needed.*



BP clinic May 2, 10-11 am  
 Walk in

# MAY 2022

<b>2</b>	10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12-1 Jason Lewis 12:15 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands	<b>3</b>	9-11 Chair caning 12:30-3:30 Mah Jong 1 Parkinson Support	<b>4</b>	10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 pm Bingo 1-4 Bridge	<b>5</b>	9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga 	<b>6</b>	9 Yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
<b>9</b>	10-12 Cribbage 10 Knit&Crafts 11:30 Zumba w Aimee 12:15 Toning with Aimee 1 Artmatters 1-2 Zentangle 2-4 Helping Hands 2-4: Susan Mooney	<b>10</b>	9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mahjong 1-2 Trivia	<b>11</b>	10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1 Bingo 1-4 Bridge	<b>12</b>	9:30 Art with Howie 10 Line Dancing 10 Caregivers 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	<b>13</b>	10-12 Cribbage 10-12 Hand and Foot Canasta
<b>16</b>	10-12 Cribbage 10 Knit&Crafts 11:30 Zumba w Aimee 12:15 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands	<b>17</b>	9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mahjong	<b>18</b>	10 Knit&Crochet with Louise 10 Bocce 10:30 Music of WW II 11:30 Zumba 12:15 Toning with Aimee 1 Bingo 1-4 Bridge	<b>19</b>	9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	<b>20</b>	9 Yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	

10-12 Cribbage 10 Knit&Crafts 12 Zumba with Aimee 12:45 Toning with Aimee 1-2 Zentangle 2-4 Helping Hands	9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mah Jhng 1-2 Trivia	10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 Bingo 1-4 Bridge	9:30 Art with Howie 10 Line Dancing 10 Caregivers 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	y yoga with Leila 10-12 Cribbage 10-12 Hand and Foot Canasta
<b>30</b> <b>MEMORIAL DAY</b> <b>CLOSED</b> 	<p>Anna Jarvis Turns Mother's Day into a National Holiday - The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia. Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. Arguing that American holidays were biased toward male achievements, she started a massive letter writing campaign to newspapers and prominent politicians urging the adoption of a special day honoring motherhood. By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.</p>			

# MAY HOLIDAYS

- 1-May Day
- 2-Brother & Sisters Day
- 4- Kentucky Derby Day (first Saturday)
- 4-Star Wars Day
- 5-Cinco De Mayo
- 5- Ramadan (varies)
- 6-National Nurses Day
- 8- No Socks Day
- 10- Clean Up Your Room Day
- 11- Eat What You Want Day
- 12- Mother's Day (2nd Sunday)
- 15- National Chocolate Chip Day
- 17- National Bike to Work Day (3rd Friday)
- 18- Armed Forces Day (3rd Saturday)
- 18-No Dirty Dishes Day
- 19- World Plant a Veggie Garden Day
- 21- Victoria Day (Canada)
- 22-National Buy A Musical instrument Day
- 23- Lucky Penny Day
- 25- National Brown Bag It Day
- 26-Sally Ride Day
- 27-Memorial Day (last Monday)
- 28-National Hamburger Day
- 30-Water a Flower Day

SOFEESTIVE.COM



# Spotlight

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

## The Music of World War II Wednesday, May 18<sup>th</sup> at 10:30 am



**The Political and Romantic Songs of World War Two** highlights some of the most popular music of the war years (1939-1945). You'll see and hear songs tied to specific events and situations presented by this war, like **My Sister and I** and **The Last Time I Saw Paris** and songs of great heroism like **Comin' in on a Wing and a Prayer**, **Praise the Lord and Pass the Ammunition**. There are also songs that expressed the feelings of soldiers and their spouses and families whose relationships were disrupted by this global conflict: **Lili Marlene**, **As Time Goes By**, **Don't Sit Under the Apple Tree** and sentimental love songs like **I'll Be Seeing You** and **I'll Be Home for Christmas** as well as songs of longing for the war to end: **(There'll Be Bluebirds Over) The White Cliffs of Dover** and **When the Lights Go On Again All Over the World**. And yes, even humorous songs like **G.I. Jive** and **Der Fuehrer's Face**. Featured artists include the Andrews Sisters, Glenn Miller, Johnny Mercer, Frank Sinatra, Bing Crosby, Judy Garland, Vera Lynn, Kate Smith, Vaughn Monroe and Spike Jones.

### COMING SOON!



#### **Drums Alive:**

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. Experience the pounding rhythms, dynamic movements and powerful percussions (using physio balls and drumsticks) of this high-energy cardio exercise. No experience or musical ability needed! Beginning June 6 on Mondays 9:45-10:30am. Sign-up is required as class is limited to 12!

**KINDLE FIRE INSTRUCTION:** We had a very successful 4 class session on how to use a Kindle Fire. The instructors were from SDM Foundation and were very knowledgeable and helpful. SDM Foundation provides one-one help, small group lessons, and community discussions on a wide range of digital literacy topics. We will be starting a new class this summer so please keep an eye out for the dates and times!





## Keep dreaming!

Just because you're getting older doesn't mean you have to stop dreaming. Here are just a few inspiring seniors to keep you motivated!

**Judi Dench** was acting her whole life, but she didn't make it big until her 60s. After years of small-screen roles in the U.K., her role as "M" in *Goldeneye* launched her career and made her a global household name.

**Laura Ingalls Wilder** was in her 60s when she started writing an autobiographical book she titled *Pioneer Girl*. She faced a series of rejections from publishers and some suggestions that motivated her to tweak and expand the series for children. The result was one of the most beloved children's book series, *The Little House on the Prairie* (*Pioneer Girl* was published later with stories that were too adult to make it into the kid's books).

**Duncan Hines** published his first food and hotel guide at 55, *Adventures in Good Eating and Lodging for a Night*. Hines was also a natural entrepreneur and created the well-known Duncan Hines cake mix brand when he was 73.

**Anna Mary Robertson Moses** was nicknamed Grandma Moses and started her American folk painting career at the age of 78. While Grandma Moses had a childhood dream of art, her farm lifestyle kept her too busy to pursue it. Her art is now displayed in museums across the nation, some sporting million-dollar-plus price tags.

**Harry Bernstein** started his writing career at the age of 93. Suffering from loneliness, he sought solace in pages, discussing hard-hitting topics. His first published book, *The Invisible Wall: A Love Story That Broke Barriers*, hit shelves and hearts in 2007, when Bernstein was 96.

From revitalizing old passions to discovering therapeutic pastimes, these inspiring seniors prove that it's never too late to succeed.

## 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 in person or by phone 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

### **SENATOR JASON LEWIS**

Will hold office hours at the Senior Center every other month from noon to 1, 5/2/22.

### **ATTORNEY FOR SENIORS**

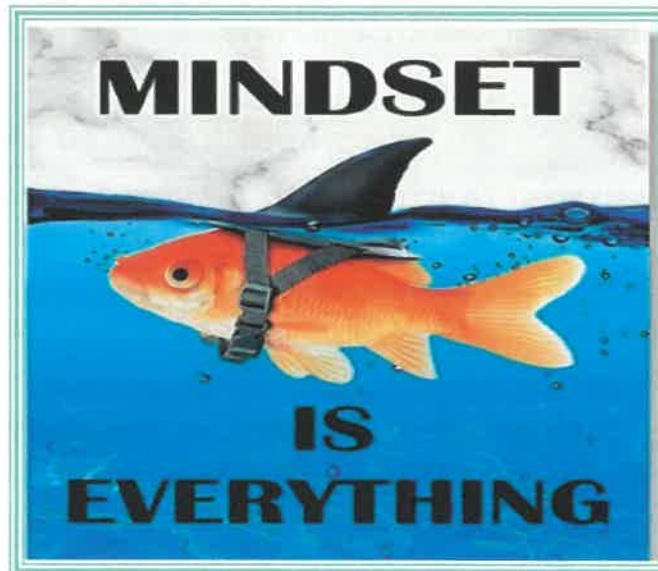
Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Monday, May 9, between 2-4. Call (781) 438-1157 for a **15-minute appointment**. You will have time for one question and if you wish further advice, you may make a private follow up appointment.

### **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.



**Q. If April showers bring May flowers, what do May flowers bring?**

**Pilgrims!**



# 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, May 11. Van leaves the center at 12:30 to pick up passengers and leaves Walmart approximately 2:30 to return to Stoneham. 9 residents max. \$3.00 per trip.



## ***With appreciation for your donation***

David Amato  
Rose Donovan  
Marjorie Cronin

In Memory of Rose Bryce, Monday Craft Group, Jan Turner Beth Alexander

## ***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.

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\_\_\_\_ In memory / honor of \_\_\_\_\_

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

**More thanks to our recurring donors!** To send a monthly check, or use Paypal to make your donation to:

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<https://stonehamseniorcenter.org> >Select: support us, Select: Senior Center Friends,  
Scroll down to the "donate" button.





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