

STONEHAM SENTINEL

OCTOBER 2022



A PUBLICATION OF THE STONEHAM SENIOR CENTER



With the fall underway and holidays around the corner, I hope you take a moment to take in the beautiful foliage New England has to offer. Our own driveway has some of the prettiest trees around, in my humble opinion!

As always, we have a full agenda this month so before old man winter blows in, come on out to the Center and try a new activity, learn a new skill, or hang out with friends. The Walking Club is a great way to get some exercise while enjoying the charm of the neighborhoods. Feel free to come by and say hello!

*Kristen Spence
Director, Council on Aging*



FIRST PLACE!

So proud are we all of our own our own **Sandy Kirby** for winning **First Place** at the **Peabody International Festival** last month! Her painting is called **"Paint Factory"**, an acrylic painting of this building which is located in Gloucester Harbor off Rocky Neck.

Asked about her inspiration for this painting, Sandy said *"I visit North Shore, Gloucester, Rockport area whenever I get the chance, art demos and shows there. I saw this building many times and finally took a ride to it, down a very rocky, bumpy road, and took a few photos. During covid, I decided to paint it and that's the story. It's off Rocky Neck area in Gloucester, also visible from the harbor!"*

Happy to see that staying indoors didn't limit Sandy from creating this work of art! We can't wait to see more from her!



The Stoneham Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability.

136 Elm Street, Stoneham, MA 02180 www.stonehamseniorcenter.org <https://www.facebook.com/StonehamSeniorCenter>
781-438-1157 - 781-438-1161



AT THE CENTER



Come out, come out, wherever you are!

Men's breakfast is back at the Senior Center and you are welcome to join us for a hot fresh-cooked morning feed!

There's always room at the table for one more. Food, fun, and fellowship! What else could you want first thing in the morning? Next one October 19 at 8:30.

The Walking Club has been active for many years and has resumed in the last few months. We meet at the Senior Center, walk around the neighborhood for about a mile, and return to the Center for some light refreshment and conversation. No pressure, just encouragement. If you need a few more reasons to try, Better Health magazine says walking can:

Strengthen your muscles.

Help keep your weight steady.

Lower your risk of heart disease, stroke, colon cancer and diabetes.

Strengthen your bones, and prevent osteoporosis and osteoarthritis.



Don't be afraid to take advantage of the weather and come join us Wednesdays at 8:45!



~Attention, Adults with Diabetes!~

You are eligible to receive a pair of diabetic shoes and inserts **FREE** to you if you are diabetic! Many insurances cover this!

November 2 at Stoneham COA Starting at 1:30pm

www.drcomfort.com

www.Anodyneshoes.com

Please bring all your insurance cards, doctor's order by your primary care MD and other required info (pick up order from as soon as possible) Make your 10-minute fitting appointment by calling 781-438-1157.

Any additional questions call Amy from Pro Medical East: 603-944-1311.

Straight Mass Health/Medicaid does not cover this.



CONTINUING CARE

CAREGIVER'S CORNER

The October Stoneham and Reading Memory Café will be held at the Stoneham Senior Center on Tuesday October 11 th from 10:30- 12:00. If you and a loved one are living with memory impairment please come spend this time with us. We'll have a fun seasonal craft and some tasty treats! Enjoy some creativity, support and laughter while meeting old and new friends. No cost and no registration needed. If you have any questions or if you would like to talk, please contact Anne Lawrence, LICSW, alawrence@stoneham-ma.gov, 781-850-0619



ASK THE NURSE *I'm wondering why I wake up so many times at night, often to go to the bathroom. Someone suggested taking Melatonin since I heard we lose that (along with everything else!) as we age. Thanks.....*

This problem can be bothersome and tiresome. For those 65 and older, getting up once a night to urinate is average. The bother starts when it is two or three times a night. Nocturia means waking up at night because you have to urinate may have an underlying cause. Evidence shows that getting up two or three times a night to urinate is associated with many health issues, falls and fractures from having to go the bathroom at night to diseases such as diabetes, anxiety, or enlarged prostate. Some medications such as drugs for high blood pressure can act as diuretics causing nighttime bathroom use. Indigestion can wake you up in the middle of the night if you ate too big a meal before bedtime. Stress can also be the culprit.

To help you sleep through the night, try checking your bedroom for intermittent light shining into your room at night. This could wake you up without you even realizing it. Same with the shine from an alarm clock. Turn your alarm clock away from your face as you sleep. Try to avoid taking naps during the day so that you will be more tired when night comes around. Alcohol is also a known sleep disruptor.

If you cannot drift back to sleep after 20 minutes or so, don't stay in bed. Try doing a quiet relaxing activity like reading or crossword puzzles. Do not turn on any electronics, because the blue-spectrum light emitted from these devices is known to impede sleep. If you find yourself having chronic problems staying asleep at night, talk to your doctor about having a possible sleep study.

Peg Drummey, RN

A FEW NOTES!

CONGRATULATIONS to Peg D for winning the theater prize
and to Jeannette M for winning the crocheted blanket at Town Day!

THANKS TO THE GARDEN CLUB for a successful Christmas sale on the back deck and for all of the shoppers who stopped by to support the Senior Center!



Are you a crafter, former crafter or wannabe crafter? Jean invites you! Come join our group to make friends and support the Senior Center. If you need help learning or relearning a craft, help is available. Your time and talent are needed to make crafts to sell at the Senior Center. Mondays at 10:00 am!



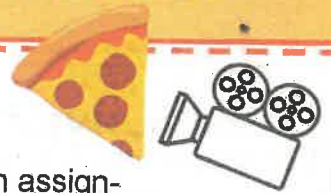
Words of wisdom:

The real art of conversation is not only to say the right thing at the right time at the right place, but to leave unsaid the wrong thing at the tempting moment!

Lillian

~ GAMES ~ ENTERTAINMENT ~ CRAFTS ~

PIZZA and MOVIE! Thursdays at 12:30 pm with thanks to *Andrea's Pizza* of Stoneham for their delicious pizza! A donation of \$2.00 is requested



10/6 Bridges of Madison County A moving love story about a photographer on assignment to shoot the historic bridges of Madison County. He meets a housewife, whose husband and children are away on a trip, and the film traces a brief affair that is never sordid but instead one of two soul mates who have met too late.

10/13 The Italian Job A master thief (Mark Wahlberg) and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member (Edward Norton).

10/20 Don't look Up Two Low level astronomers try to warn to the work of an asteroid

10/27 The Giver A teen discovers the dark truth about his community's secret past from an old man (Jeff Bridges) who is the sole keeper of their world's memories.



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



CARD GAMES

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

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.



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

MAHJONG
Tuesdays 12:30-3:30



TIMELESS TRIVIA Tues 10-11 and 10-25 at 1 pm
Come for coffee, snacks, prizes, and games!

KNIT & CROCHET WITH LOUISE
Wednesdays at 10



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

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

Drums alive Mondays 9:45-10:30

Line Dancing with Jim Banks Thursdays 10:00 am at the center, fun, healthy and rewarding activity and exercise for all levels!

Relaxation Circle with Angela Shea Thursdays 12:30 pm

In-person on Thursday at 12:30 pm. To join the Zoom class version, please email angelite9@gmail.com.

Chair yoga with Rosa Thursdays 2 pm



Two new Tai Chi classes starting October 14!

Limited to 15, call to register.

- Dr. Lam's Sun Style Tai chi for Arthritis 9:30-10:15 am This is for those new to Tai Chi or the Sun Form.
- Dr. Lam's Tai Chi or Arthritis advanced class. 10:30-11:15am The class requires that you complete the first class.

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, 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 2-4 PM. \$5. per session.

BRAIN FOG

August 2022, by Betty Zanca

When you reach a certain age and life tells you to turn the page, suddenly your mind becomes unclear. It's filled with a silent fear.

You ask your friends and they reply, alas, they're also asking why! We go through life not counting days. With photos, life has shown us ways.

Our treasures in our minds are like a cloudy day. We know that they are there, but oh so far away. Soon we find ourselves not near, but far apart. Our hope is that our love is still within our heart.



Haircuts with Sis

Third Monday of the month, October 17 from 8:30-noon, \$12.00 no appointment needed.



Laughter is good medicine!

**The nurse walked into the busy doctor's office and said, "Doctor, the invisible man is here." The doctor replied "Sorry, I can't see him."*



**Why did Humpty Dumpty have a great fall?... To make up for his miserable summer.*

**How do you fix a broken pumpkin?... With a pumpkin patch.*

Melrose-Wakefield Hospital's Aging in Balance program offers numerous classes for seniors.. There are some on-line as well as in-person options so check them out at www.melrosewakefield.org and click the "In the Community" tab for more information!

From social resources, health and wellness classes, games and crafts, to entertainment and enrichment, you'll find something interesting at the Senior Center! Check us out!

OCTOBER 2022



3 9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 ZumbawAimee® 12:15 ToningwAimee 1-2 Zentangle 2-4 Helping Hands	4 9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mahjong	5 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 1 Bingo 1-4 Bridge	6 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair Yoga	7 10-12 Cribbage 10-12 Hand/Foot Canasta 1 Watercolor
10 Senior Center is closed for holiday! 	11 9-11 Chair caning 10 Matter of Balance 10:30 Memory Café 12:30-3:30 Mahjong 1 Trivia	12 8:45 Walking Club 10 Knit&Crochet Louse 10 Veteran's coffee 10 Bocce 11:30 Zumba 12:15 Toning/Aimee 12 Walmart 1 Bingo 1-4 Bridge	13 9:00 Art with Howie 10 Caregivers Support 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	14 10-12 Cribbage 10-12 Hand/Foot Canasta 1 Watercolor 
17 9:45 Drumming 10-12 Cribbage	18 9-11 Chair caning 10 Matter of Balance	19 8:30 Men's breakfast 8:45 Walking Club	20 9:30 Art with Howie 10 Line Dancing	21 10-12 Cribbage

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11:30 Zumba w/Aimee 12:15 Toning w/Aimee 1-2 Zentangle 2 Susan Mooney 2-4 Helping Hands 2 Advanced Tai chi		10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1 Bingo 1-4 Bridge	12:30 Pizza/Movie 2 Chair yoga	1 Watercolor 3:30 Shadow Puppet
24 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 1 Zentangle 2-4 Helping Hands 2 Advanced Tai Chi	25 9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mah Jongh 1 Trivia	26 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba 12:15 Toning with Aimee 1-3 Bingo 1-4 Bridge	27 9:30 Art with Howie 10 Caregivers Support 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga	28 10-12 Cribbage 10-12 Hand/Foot Canasta 
Six Festive Fall Activities for Seniors 1. Enjoy fall-themed coloring pages. Coloring is an activity that everyone can enjoy, from the very young to the very old, as a solo activity or with others. 2. Make decorations Making and putting up fun decorations is a nice way to mark the change of seasons and get in the mood for fall holidays. 3. Work on a fall-themed jigsaw puzzle. Sitting at the table with a warm beverage and a festive puzzle is a great way to celebrate the season. 4. Prepare festive (and easy!) homemade treats. Baking, mixing, and assembly are fun activities that many older adults will enjoy. 5. Prepare for Halloween trick-or-treaters. If you're planning to hand out treats to children in the family or neighborhood kids, your older adult might enjoy helping with the preparations. 6. Enjoy the natural scenery and fresh air. Fall is a wonderful time to enjoy nature with your older adult. Bundle up and breathe the fresh air, admire the beautiful colors on display, and hear the crunch of fallen leaves as you walk.				
31 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba with Aimee 12:15 Toning with Aimee 1 Zentangle 2-4 Helping Hands				

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SPOTLIGHT



Wakefield and Stoneham COAs Merrily present Yuletide Newport!
Merry Christmas to all!!

<<>> **December 13, 2022 (Tuesday)** <<>>

9:30 AM Depart from the Stoneham Senior Center, 136 Elm Street, Stoneham, onboard your luxury Silver Fox Coach and join your friends on a delightful holiday tour combining the *beautifully decorated mansions of Newport, Rhode Island, and the magnificent lighting display at LaSalette Shrine*. You'll initially enjoy a *delicious luncheon at the excellent Quonset Point O'Club, overlooking the waterfront and featuring Entrée choices of Fresh Baked Scrod or Baked Chicken along with Mashed Potatoes, Green Beans, Chocolate Cake Dessert and choice of Coffee or Tea*. You will then visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. Imagine the Gilded Age and what an extravagant life the elite actually lived. *Early this evening a spectacle awaits you at LaSalette Shrine, where New England's largest and most colorful Christmas light display is held*. You'll return home at 7:00 PM with enlivened holiday spirits after visiting Newport and LaSalette.

RESERVE YOUR SEAT ON TUESDAY OCTOBER 25, 2022!

Tour Includes: Admission to Newport's Marble House Mansion
Delicious Luncheon (Choose Entrée: Scrod Chicken)
Visit and sightseeing at LaSalette Shrine
Luxury Silver Fox Coach

Tour Cost: \$99.00 Per Person

Tour Date: December 13, 2022 (Tuesday)

Please Call: The Wakefield COA @ 781.245.3312 or Stoneham COA @ 781.438.1157



Magpie Puppets

Presents

Shadow Songs and Stories

Friday, October 28 at 2:00 pm



Six well-known songs and two short stories are brought to life with humor and handcut shadow puppets. Puppeteer Maggie Whalen begins the program with a brief history of shadow puppetry. Call the Center to reserve your spot!

RESOURCES



Call the Center for information about any resource at 781-438-1157

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. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call for available dates and times.

SENATOR JASON LEWIS

Will hold office hours at the Senior Center every other month from 12- 1, next in November.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Monday, October 17 between 2-4. Call 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.

CAREGIVERS SUPPORT

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

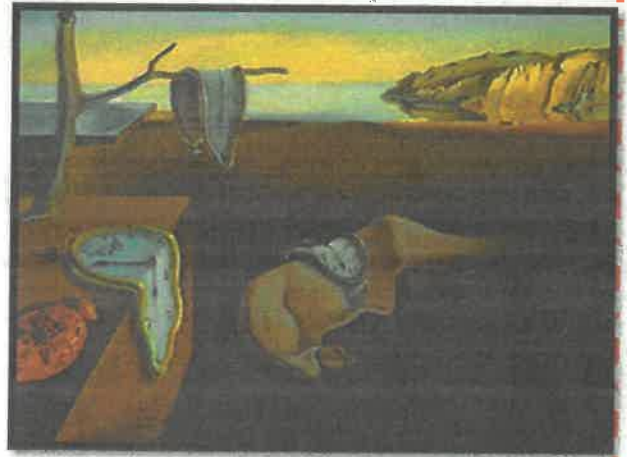
WALKERS, COMMODOES, CANES, OH MY!

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

ARTMATTERS Monday October 17 @1: pm **SURREALISM**

What is real? What is a dream, a nightmare, a fantasy? Many artists make visual what many can only imagine. The Surrealists view of the world was sometimes dark, curious, and even frightening, exploring the subconscious and the irrational. But also they reveal curiosity, much humor, and the poetic hint of possibility. Touch your inner eye and brave the world of the Surrealists, if you dare.

ALSO AVAILABLE ONLINE! You can now watch Art-Matters presentations from home, whenever and as often you like by logging on. Two new subjects are available every month. Just sign-up at artmatters.website with an email address and personal password.



ZENTANGLE Monday 10/3, 10/17, 10/24, and 10/31 at 1:00 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!



TRANSPORTATION

Masks now optional while using the van:

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. Limit 2 bags.

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 9:00-11 AM stopping at convenient locations on Main St. \$3 per ride.

WALMART: Wednesday, October 12 and Tuesday October 18 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 per trip.



With appreciation for your donation

Rodney & Jo Hopkins
Lorraine Campbell
Garden Club Donation

*In memory of Joan Havican
Susan Salvucci*



Town Day always gives us an opportunity to show up and show out! Our Senior Center is a wealth of resources and smiles with Paula, Sandy, Kristen, Rae, Kevin, Dave and Denise (l-r)!

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 _____

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