

STONEHAM SENTINEL



NOVEMBER 2022
A PUBLICATION OF THE STONEHAM SENIOR CENTER

We are
Thankful for
YOU!



REAL ID compliance begins May 3, 2023, which means that a REAL ID compliant driver's license or identification card, or a valid and unexpired Passport, will be required to fly domestically and to enter secure federal buildings, such as federal court houses and certain Social Security offices. The RMV is pleased to offer a REAL ID workshop to Councils on Aging and community organizations. The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions like, "Does everyone need to have a REAL ID?" (A: No, not everyone will need or want a REAL ID) **November 15 11am**. Please call to reserve your spot!



TAPPING (also known as Emotional Freedom Techniques, or EFT) is a very simple but extremely powerful energy healing method. It is easy to learn and easy to use. Discover how to utilize this amazing technique to reduce stress, manage pain, and eliminate food cravings. **Wednesday November 16 @ 10am.**

THANKSGIVING DINNER AT THE CENTER



Sponsored by Bear Hill

November 15 @12:30
Call to reserve your spot by
November 8!

**Bellyful
OF LAUGHS**

MVES hosts this annual benefit for older adults and people with disabilities.

**Saturday January 28, 2023
at Anthony's Restaurant in Malden.**

Tickets are \$50 each. It's a great time and a great way to support Mystic Valley Elder Services.

Turkey wasn't on the menu at the first Thanksgiving. Venison, duck, goose, oysters, lobster, eel, and fish were likely served, alongside pumpkins and cranberries (but not pumpkin pie or cranberry sauce!).



Nun of This and Nun of That! at the Stoneham Senior Center

The Delvena Theatre Company will be presenting Nun of This and Nun of That! at the Stoneham Senior Center, 136 Elm Street, Stoneham on Fri November 18, at 1:00 PM. Nun of This and Nun of That! is an interactive, live comedy featuring two actresses. Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy!

Nun of This and Nun of That! is supported in part by a grant from the Stoneham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information, call the Council on Aging at (781) 438-1157.



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

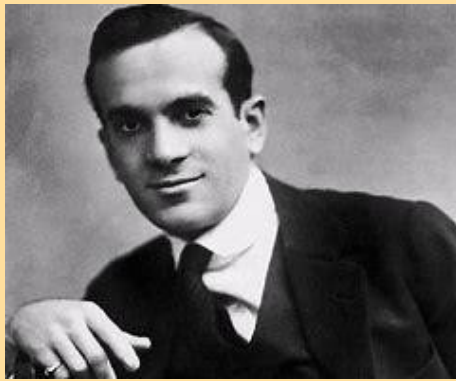
John Clark and his **Great American Music Experience** presents

Music of World War One

Wed, Nov 23 at 10:30 am



George M. Cohan



Al Jolson



Nora Bayes



Irving Berlin

This program highlights some of the most popular singers, songs and songwriters of World War I (1914-1918). Prior to American involvement, British war songs were popular in this country like **It's a Long, Long Way from Tipperary** and **Keep the Home Fires Burning**. Then, as events began to draw us into this "war to end all wars", opposing viewpoints were expressed in popular songs, like the pacifistic **I Didn't Raise My Boy to Be a Soldier** and the militaristic **Wake Up, America!** Don't forget the biggest wartime favorite of all, George M. Cohan's **Over There**. Of course there were romantic and sentimental songs that spoke for soldiers, spouses and families separated by the war, like **'Til We Meet Again**. And even humorous songs like the tongue-twisting **Sister Susie's Sewing Shirts for Soldiers** and Irving Berlin's **Oh, How I Hate to Get Up in the Morning**. Then after the Armistice was signed, we heard songs about how American life had changed after the war: **How You Gonna Keep 'Em Down on the Farm** and **I've Got My Captain Working for Me Now**. Featured artists include Al Jolson, Eddie Cantor, John McCormack, Nora Bayes, Billy Murray, Henry Burr and several popular quartets of the era.

New ART CLASS with Susan McFarlane

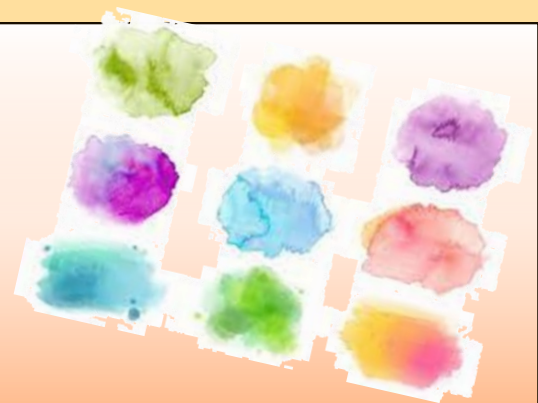
PLAYING WITH WATERCOLOR

November 4, 18, and December 2 from 1-3

In the three weeks of this session, we will try out a few methods of adding texture in watercolor. We'll also touch on traditional glazes and washes, negative painting, loose effects, and how to make corrections. Come explore painting with this fun and fluid medium.

All materials supplied. No previous experience required!

Cost: \$15 per session (\$5 per class) Class size limited to 14



CONTINUING CARE

CAREGIVER'S CORNER

Happy Fall! We've moved from summer to fall, before we know it winter will be upon us then back to spring and summer! Change is all around us and really it's the only constant thing in life. There are changes in life that are welcome and others, not so much. Having the support of someone we trust to talk with is immensely helpful. Isolation is not healthy for mind or body. Reach out and call a family member, friend, a mental health professional or your local senior center! The Stoneham and Reading COA's have resumed The Memory Café monthly meetings, if you or a loved one are living with memory impairment please join us on the 2nd Tuesday of every month for free enjoyment, laughter, friendship, support and food!



On Tuesday November 8th from 12:00- 2:00 the Reading and Stoneham Memory Café will be held at Bunratty's Tavern 620 Main Street in Reading, courtesy of Reading COA. RSVP is required by November 4th. Please call: Anne 781-850-0619 or Alyse 781-942-6693 or Kerry 781-942-6659 to sign up.

If you would like more information about memory cafés or if you have other questions, concerns or would like to talk, please give me a call. We all have to enjoy the moments!

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

MEDICARE CAN BE CONFUSING. We're Here to Help! November 10th at 10am you are invited to a free session!

Heather Hurd from BCBS will present: Medicare Supplement vs. Medicare Advantage Plans What you need to know! We know how important it is to find coverage that fits your needs. This free session will help you understand the differences between the two different plan types. This is an educational session on how Medicare plans differ. Covered topics include:

- What's Original Medicare?
- Differences between Medicare Supplement and Medicare• Advantage Plans
- Do I need Prescription Drug Coverage?
- Real life case studies
- Resources to help you in the decision process

This event is open to all. Please call the Center to register to ensure seating!



STONEHAM COMMUNITY GRAB-AND-GO DINNERS will be served on the first and third Tuesdays of the month starting @ 5:30-6:15 pm at the First Congregational Church on 1 Church St in Stoneham. Please pick up meals at the kitchen door on Common Street. We recommend to pre-order how many meals needed. You may contact us via email, phone, or message us on Facebook no later than Monday night. Phone 781-438-0097 or stonehamcommunitydinner@gmail.com

Mystic Valley Elder Services

is resuming lunch at the Senior Center on Wednesdays. Please call ahead by noon the day before if you would like to have a lunch reserved for you!



“Your good deeds might seem invisible but they leave a trail that is imprinted on the hearts of others.”

~ 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



11/3 City Slickers Every year, three friends take a vacation away from their wives. This year, henpecked Phil (Daniel Stern), newly married Ed (Bruno Kirby), and Mitch (Billy Crystal) -- terrified of his midlife crisis -- decide to reignite their masculinity by taking a supervised cattle drive across the Southwest. Under the supervision of gruff cowboy Curly (Jack Palance), the men set out on a journey that turns unexpectedly dangerous. The three men bond along the way to conquering their fear of aging.

11/10 Our Souls at Night Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom.

11/17 Mr. and Mrs. Smith John (Brad Pitt) and Jane Smith (Angelina Jolie), a couple in a stagnating marriage, live a deceptively mundane existence. However, each has been hiding a secret from the other: they are assassins working for adversarial agencies. When they are both assigned to kill the same target, Benjamin Danz (Adam Brody), the truth comes to the surface. Finally free from their cover stories, they discover that they have been assigned to kill each other, sparking a series of explosive attacks.



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 (weather permitting) on the bocce court in front of the Center!
Open to all seniors!

MAHJONG

Tuesdays 12:30-3:30



TIMELESS TRIVIA Tues 11/8 and 22 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 Walk in! No pre-registration required!

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



CareDimensions
HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

CARE DIMENSIONS BEREAVEMENT SUPPORT

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 November 7 or December 5, 3 – 5 pm

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 died on CD hospice services within the last three months. RSVP by Friday before group. Virtual via Zoom Wednesday November 9 or December 14, 3 – 5 pm

VIRTUAL: MONTHLY CAREGIVER SUPPORT GROUP

RSVP to Grief@CareDimensions.org by Friday prior to group. Virtual via Zoom, Mondays November 14 and December 12, 10:30 – 11:30 am

COPING WITH THE HOLIDAYS A workshop to discuss helpful ways to cope with the holiday season. Participants will have time to ask questions and find mutual support. There will be two workshops offered. Please choose one date to attend. RSVP required. Please contact Grief@CareDimensions.org. Virtual via Zoom Wednesday, November 2, 3 – 5 pm, Please RSVP by Friday, October 28.

Please visit the Grief page of the Care Dimensions web-site for resources related to the special challenges of grief during COVID-19.

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

Haircuts with Sis

Third Monday of the month, Nov21 from 8:30 -noon, \$12.00 no appointment needed.



ASK A NURSE

Who should get the shingles vaccine and why?

Shingles is a reemergence of the virus that causes chickenpox. The virus lies dormant in nerves after infection and can reactivate later in life, causing a temporary but painful rash on the skin. In some cases, shingles can leave long-term nerve pain at the site of the outbreak. A shingles vaccine is now available, and is recommended for anyone over the age of 60, providing they do not have severely depressed immunity because of a medical condition or medications. Although it targets the same virus as the chickenpox vaccine, rather than preventing infection it helps the immune system control the virus that is already present. In a clinical trial of adults over 60, the vaccine reduced the risk of shingles by half and long-term nerve pain by two-thirds. A recent study in the Journal of Internal Medicine affirmed that the vaccine is generally safe and well tolerated. It is absolutely worth asking your PCP about this vaccine if he does not bring it up himself.




Call your Public Health Nurse for further information at 781-438-0501.

Free Blood Pressure Clinic 11/7 10 am



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!

NOVEMBER 2022

<p>DON'T FORGET~ DAYLIGHT SAVINGS SUNDAY NOV 6!</p> 	<p>1 9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mahjong</p>	<p>2 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 11:30 Zumba and Toning with Aimee 12 MVES lunch 1 Bingo 1-4 Bridge 1:30 Diabetic Shoe</p>	<p>3 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair Yoga</p>	<p>4 9:30 Tai Chi I 10-12 Cribbage 10-12 Hand/Foot 10:30 Tai Chi 2</p>
<p>7 9:45 Drumming 10-12 Cribbage 10 Blood pressure Clinic 10 Knit&Crafts 11:30 Zumba Toning w Aimee 12-1 Jason Lewis 1-2 Zentangle 2-4 Helping Hands</p>	<p>8 9-11 Chair caning 10:30 Memory Café 12:30-3:30 Mahjong 1 Trivia</p>	<p>9 8:45 Walking Club 10 Knit&Crochet Louse 10 Veteran's coffee 10 Bocce 11:30 Zumba and Toning with Aimee 12 MVES Lunch 12 Walmart 1 Bingo 1-4 Bridge</p>	<p>10 9:00 Art with Howie 10 Caregivers Support 10 Medicare presentation 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>11 CENTER CLOSED</p> 
<p>14 9:45 Drumming 10-12 Cribbage 10 Knit&Crafts 11:30 Zumba toning w Aimee 1-2 Zentangle 1 ArtMatters 2-4 Helping Hands 2-4 Susan Mooney</p>	<p>15 9-11 Chair caning 11 Real ID workshop 12:30-3:30 Mahjong 12:30 Thanksgiving Dinner</p> 	<p>16 8:30 Men's breakfast 8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 10 Tapping 11:30 Zumba Toning with Aimee 12 MVES lunch 1 Bingo 1-4 Bridge</p>	<p>17 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>18 9:30 Tai Chi I 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi 2 1:Nun of this</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24-25</p>	<p>24-25</p>

<p>CENTER CLOSED FOR THANKSGIVING</p> 		
<p>8:45 Walking Club 10 Knit&Crochet with Louise 10 Bocce 10:30 WW II music show 11:30 Zumba 12 MVES Lunch 12:15 Toning with Aimee 1-3 Bingo 1-4 Bridge</p>	<p>9-11 Chair caning 10 Matter of Balance 12:30-3:30 Mah Johng 1 Trivia</p>	<p>9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba and Toning with Aimee 1 Zentangle 2-4 Helping Hands</p>
<p>28 9:45 Drumming 10 Cribbage 10 Knit&Crafts 11:30 Zumba and Toning with Aimee 1 Zentangle 2-4 Helping Hands</p>	<p>29 9-11 Chair caning 12:30-3:30 Mah Johng 3:30 Tour of Coffee Farm</p>	<p>30 8:45 Walking Club 10 Knit&Crochet Louse 10 Veteran's coffee 10 Bocce 11:30 Zumba and Toning with Aimee 12 MVES Lunch 1 Bingo 1-4 Bridge</p>
<p>December 1 9:30 Art with Howie 10 Line Dancing 12:30-1:30 Relaxation Circle 12:30 Pizza/Movie 2 Chair yoga</p>	<p>2 9:30 Tai Chi I 10-12 Cribbage 10-12 Hand/Foot Canasta 10:30 Tai Chi 2</p>	



Y D C T E L E C T I O N D A Y
Y A D A V A L K A B M O Y N A
A P D I N Y A D N D E V A K D
D P O G S D A S H E K L D I N
S L Y R N Y Y D A R L A S N O
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U C D O D G V D A A T M A N T
O I E S A Y A I N Y R A R E P
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A D P D Y A D R I A A N V A Y
D A A S M A I Z E D A Y A Y S
A Y A D S E K W A F Y U G H K
Y A D O S S E R P S E T E R T

THANKSGIVING DAY
KINDNESS DAY
XRAY DAY
ELECTION DAY
ADOPTION DAY
APPLE CIDER DAY

MAIZE DAY
VETERANS DAY
GUY FAWKES DAY
PEACE DAY
BAKLAVA DAY
VEGAN DAY

ALL SAINTS DAY
ALL SOULS DAY
CANDY DAY
AIR DAY
ESPRESSO DAY
ORIGAMI DAY

SPOTLIGHT

In addition to November celebrations of Thanksgiving and Veteran's Day, these issues have also been recognized to deserve national attention!

NATIONAL ALZHEIMER'S DISEASE MONTH National Alzheimer's Disease Awareness Month in November shines a spotlight on the most common form of dementia. There is no cure for this disease that affects nearly 5.4 million Americans, and the number is growing. While the entire month is dedicated to raising awareness about the disease, it also focuses on increasing support for caregivers and sharing available resources. If you think it only affects seniors, you'd be wrong. Early-onset Alzheimer's targets those under the age of 65. Over time, the disease becomes debilitating because of its progressive nature. Available treatments can only slow the progression. Caregivers provide 24-hour care in most circumstances. As the disease progresses, the stress becomes overwhelming. Often, they receive respite from visitors, but many become isolated as time passes. A broad spectrum of resources from support groups to memory care and educational tools provides caregivers assistance. Talk to your healthcare team to learn about early screening and providing support for caregivers.



NATIONAL FAMILY CAREGIVERS SUPPORT Celebrated every November, we recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. These are most often family members who face unique challenges, issues, and gaps in community support. During November, learn more about how to enrich the lives of the elderly by supporting their caregivers, or call your Senior Center for information.



NATIONAL DIABETES MONTH This year's focus is on managing diabetes by building your health care team. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care.



Come take an Inside Look of a Costa Rican Coffee Farm

by Alejandro Cano Ospina



Visit a coffee farm and learn all about coffee, the plant, the history, the production, even the chemistry of caffeine, and of course the preparation of a delicious cup of coffee the old fashion way. Alejandro will take you through the Costa Rican landscape on the theater screen. You will feel as if you are there! Presented by Beeyonder. Tuesday November 29th @ 3:30pm.

Beeyonder is a customer centric virtual travel company whose mission is to create opportunities to explore the world. Discover hidden

gems, learn new things, and meet inspiring people. Travelling with us is equal and accessible. Every tour is unique and virtual, always with people at heart.

RESOURCES



Call 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, November 7

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center on Monday, Nov 14 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 November 14 @1: pm PAUL CEZANNE

"Compared to me, all my compatriots were idiots!". So claimed Post Impressionist Paul Cezanne. Indeed, it was from his work that much of the 20th century truly sprang. Matisse called Cezanne "The Mother of us all." Picasso called Cezanne "The Father of us all", and defended his name with a pistol. Join us to see just what all the fuss was about.

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 11/7, 11/14, 11/21, 11/28 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, November 9 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

- * Geraldine Sobkowicz
- * John McEachern
- * Stanley Kiddy



- ◆ *Just once, I want the user name and password prompt to say, "Close enough."*
- ◆ *Did you hear about the restaurant on the moon? Great food, but no atmosphere.*
- ◆ *I envy people who grow old gracefully. They age like a fine wine. I'm aging like milk. Getting sour and chunky.*
- ◆ *Happiness is not having to set the alarm clock!*



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:



BOCCE RULES!

With the beautiful and mild fall weather, bocce has been a popular activity at the Senior Center!

Low impact and fun, no special talent is required to enjoy this sport on Wednesday mornings at 10:00!

Senior Center/Council on Aging Board of Directors

Kathleen Hudson, Chair
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Maureen Buckley, Kathy Carey
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Danielle Berardis, Website Mgr
Fran Cioffi, Newsletter Editor

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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.