

# STONEHAM SENTINEL

**MAY 2023**



*Sponsored in part by the Senior Center Friends*



***"I was strolling through the park one day, in the merry merry month of May.."***

Do you remember those lyrics? I don't know how merry it is, but it's a month full of remembrances.

In addition to Memorial Day on May 29, which is set aside to remember loved ones who have died in service to our country, we remember our mother's on May 14. There is also Cinco de Mayo which celebrates Mexican independence, and May 6 is National Nurse's Day.

The entire month of May is designated to numerous causes, including Arthritis Awareness, Better Sleep, Mental Health Awareness, National Walking, and Women's Health Care. May is also Asian American and Pacific Islander Heritage Month, and Military Appreciation Month.

Whether you celebrate one of these or enjoy your own traditions, be sure to make a point of enjoying something meaningful to YOU! We pack this newsletter with many programs we offer so there is something for everyone. Check out the Beeyonder travel presentation or ArtMatters, or try a new exercise class. That reminds me! We're welcoming the return of outdoor Bocce on Wednesday May 3 from 10-12. It's a lot of fun, no experience needed!

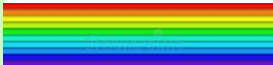
*Kristen Spence, Director*  
Stoneham Senior Center, Council on Aging  
781-438-11457

**YOU'VE WAITED ALL YEAR AND NOW IT'S HERE!**

**THURSDAY, MAY THE FOURTH - Not just Star Wars Day! More importantly, its the 2023 opening of Senior Center Bargain Barn!**

Come on down from 10 AM to 2 PM to find some of the best bargains in town! All proceeds from Barn sales go right back into the Senior Center to fund activities and services to enhance the dignity of seniors, support their independence, and encourage their involvement at the Senior Center. We may have an assortment of antiques, books, collectibles, costume jewelry, craft supplies, DVD movies, small furniture, handbags, kitchen towels & gadgets, linens, lamps, music CD's, pans, plates, small tools, puzzles, and yarn to name a few.

**Also starting May 4,** Mystic Valley Elder Services will be offering a **cold lunch** so you can refuel while you shop! Just call the center by Wednesday May 3 to reserve your lunch. Shop, eat, or just come for fellowship! You may find an unexpected treasure!



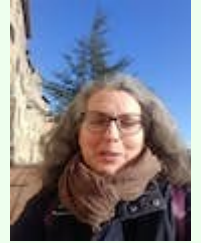
The Stoneham Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability.

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

# CHECK IT OUT!

## Beeyonder Tour of Tuscany

From your tour guide, Patrizia "Buongiorno! I am Patrizia, a licensed guide in Italy. After my studies of Archaeology and History of Arts, I started working as an archaeologist and loved showing visitors around and try to make the stones talk. So that is when I stumbled upon the profession of guide. Since 2001, guests discover the Region of Umbria in Central Italy with me. This walking tour will show the highlights of the city. From the Piazza del Campo to the Duomo and beyond. We will talk History, Palio, Curiosities, Celebrities, Gastronomy and much more!



Join us on Tuesday May 16, from 1-2  
to enjoy this unique experience,  
courtesy of the Senior Center Friends!



*Beeyonder is a customer centric virtual tour company whose mission is to create opportunities to explore the world. Discover hidden gems, learn new things, and meet inspiring people. Traveling with us is equal and accessible. Every tour is unique and virtual, always with people at heart.*

## John Clark Presents the Music of World War II - Part II

The COA presents Part II of this memorable program with the knowledgeable historian, John Clark.

You'll hear and see performances of sentimental songs of love and separation and songs tied to particular events and situations belonging to the WWII era.



Save the Date!

The North Reading Senior Echoes will be coming to sing May 18 at 1-1:45 in the Ballroom.

Please sign up at the Center!



The Senior Center welcomes our newest driver, Marshall Stokes. Always ready with a warm smile and cordial greeting, Marshall is enjoying his new position as driver. He says his passengers are wonderful and it's evident that he sets a high bar for service.

Thanks, Marshall, for a great job taking care of our seniors!





# CONTINUING CARE

## CAREGIVER'S CORNER

Being a care partner to a loved one keeps you very busy between managing the needs of your loved one, household duties, staying on top of medical appointments, insurance, taxes...the list is extensive and can feel overwhelming.



Memory Café is about fostering connections and ending isolation for people and their care partners living with memory impairment.

**For this month's *Memory Café*, join us for lunch at Bunratty's Tavern, 620 Main Street, Reading, on Tuesday May 9, 2023 from 12-2. RSVP required by 5/4 Kerry 781-942-6659, Alyse 781-942-6694 or Kristen 781-438-1157**

## ASK A NURSE

**My doctor told me I have Prediabetes. What is that? Should I be concerned?**

Prediabetes means you have a much greater risk of developing Type 2 diabetes. Type 2 diabetes is the most common form of diabetes. Although people can develop type 2 diabetes at any age it most often develops in middle aged and older people. Glucose, often called blood sugar comes from the food you eat and is also made in your liver and muscles. Your blood carries the glucose to all of the cells in your body. The pancreas releases insulin into the blood. Insulin helps the glucose from food get into your cells. If your body does not make enough insulin or if the insulin does not work the way it should, glucose can not get into your cells. It stays in your blood instead. Your blood glucose level then gets too high, causing prediabetes or diabetes. Prediabetes happens when your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. In Massachusetts, 35% of adults have prediabetes, but most of them don't know they have it. The good news is that if you have prediabetes, you can reduce your risk of getting type 2 diabetes. With modest weight loss and moderate physical activity, you can delay or prevent type 2 diabetes. Many people with diabetes experience one or more symptoms, including extreme thirst or hunger, a frequent need to urinate and/or fatigue. Some lose weight without trying. Additional signs include sores that heal slowly, dry, itchy skin, loss of feeling or tingling in the feet and blurry eyesight. Other folks with diabetes, however, have no symptoms at all. The best way to protect yourself from the serious complications of diabetes is to manage your blood glucose, blood pressure and cholesterol, improve your diet and increase physical activity. You can reverse prediabetes and reduce your risk of diabetes in the future. Making healthy food choices and getting regular physical activity can lower weight, blood pressure and cholesterol and help you keep a normal blood sugar level.

Now dear Reader, go have that glass of unsweetened tea and enjoy this beautiful day.



## MelroseWakefield Hospital's Aging in Balance Online Classes May 2023

*A Happy Healthy Pelvic Floor online Wednesday May 17 at 10 am* The pelvic floor is a set of muscles that spreads across the bottom of the pelvic cavity like a hammock. A well-functioning pelvic floor is strong and able to support your organs to prevent issues like urinary and bowel leakage. It is also able to relax when needed, so you can actually go to the bathroom easily and pain-free.

*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##

*Boosting Your Brain Health Online Tuesday, May 23, 10am*

We all know our lifestyle choices "what we eat and the things we do" play a critical role in our health. What about the brain? Are you wondering what are some things you can do to keep your brain healthy as you age? A healthy brain is essential for living a long and full life. Join Joya Pezzuto, Community Outreach Nurse to learn about healthy eating, physical activity and much more. (This program will not be discussing cognitive decline seen in diseases such as Alzheimer's). To register, email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) or call 781-338-7559. Join us monthly for in-person and online meetings. Call 781-338-7559 to find out more.

# ~ 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



**5/4 Inside Man** A tough detective (Denzel Washington) matches wits with a cunning bank robber (Clive Owen), as a tense hostage crisis is unfolding. Into the volatile situation comes a woman named Madaline (Jodie Foster), a mysterious power broker who has a hidden agenda and threatens to push a tense situation past the breaking point.

**5/11 Woman in Gold** Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klim's ;Portrait of Adele Bloch-Bauer with the help of young lawyer Randy Schoenberg (Ryan Reynolds), Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.

**5/18 La La Land** Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

**5/25 Road to Perdition** Mike Sullivan (Tom Hanks) is an enforcer for powerful Depression-era Midwestern mobster John Rooney (Paul Newman).



**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!**



**Coverall winner also receives a surprise gift card!**

## CARD GAMES

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



**ASSORTED GAMES!** Are you interested in Rummikub, Dominoes, Monopoly or Scrabble? Call the center and let us know so we can start a group!



**TIMELESS TRIVIA** Tues 5/9, 5/23, 1 pm  
Come for coffee, snacks, prizes, and games!

Hey! Volunteers are needed and welcome to help with Timeless Trivia the 2nd and 4th Tuesday at 1 pm! always looking for new questions and if you want to read them to the group or just submit them and join the fun, please do!



## MAHJONG

**Tuesdays 12:30-3:30**

Mahjong will challenge you to use your brain and strategize and make decisions! Great for brain health!



**SENIOR BOWLING FUN!** We are not a league but we have a lot of fun! All are welcome! We meet at Bowlarama in Woburn every Monday at 10:15am. We bowl 2 strings. No sign up-just show up!



**KNIT/CROCHET WITH LOUISE**  
**Wednesdays at 10**



## ART WITH HOWIE

**Thursdays 9-11**

For a new art experience, bring your own project and material and learn some new techniques.



# HEALTH & WELLNESS

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

**Zumba and Toning 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 Weds at 2 pm** at the center, fun, healthy and rewarding activity for all

**Yoga with Lisa: Thursdays 8:45**

**Relax and Meditate Circle with Angela Shea Thursdays 12:30 pm.** In-person .

**Chair yoga with Rosa Thursdays 2 pm**

**Tai Chi** (Intermediate with Jon) **Fridays at 10**



## ***New yoga class beginning Thursday May 4, 8:45-9:45!***

This class welcomes all levels, including beginners. The practice consists of a unique blend of Eastern healing exercises and some gentle vinyasa poses that promote balance, and strength. Each class offers participants a relaxing resting pose to connect the mind and body. Mats and blocks will be provided. Please bring water and any additional props (blankets or straps) that will make your practice comfortable and safe.

***Meet Your Instructor:*** Lisa Dunphy began practicing yoga in 2004. As a HS teacher, she learned how much yoga would benefit her students and colleagues. She began sharing techniques in breathing, stretching, tapping and meditation in the classroom, at teacher workshops and with athletic teams. Since her retirement from Medford High School in 2021, she made it official and earned her 200 Hour Yoga Certification and has been teaching to a variety of clients in various venues. Her goal is to continue her education in the field so that she can heal herself and others. If you see Lisa, be sure to ask her for a “yoga snack”, as she is passionate about giving people tools to feel good in body, mind and spirit!



***Angela invites you to her Relax and Meditate class:*** Reiki is usually referred to as the ‘Universal Life Force or Energy’. One definition of it describes it this way: “It is a Japanese technique for relaxation that also promotes healing. It’s done through touch. A warm and soothing energy flows from the hands of the practitioner into the client, promoting relaxation and releasing tension.” A treatment can feel like a wonderful glowing radiance flowing through and around you, helping to create beneficial effects including feelings of peace and wellbeing. In no small way, it can help to relax the body enough for it to tap into its own ability to heal itself! Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It creates a beneficial effect and works in conjunction with other medical or therapeutic techniques, helping to relieve side effects and promote recovery. In essence, Reiki seems to be self-guided and goes wherever it is needed in the body. The practitioner is simply the conduit for this energy! Thursdays at 12:30 in person at the Center

***A Helping Hand with Carol Seplowitz*** 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 Mondays from 2-4 PM. \$5 per session.



Instead of the John I call my bathroom the Jim.

That way it sounds better when I say I go to the Jim first thing every morning!

## **Free Blood Pressure Clinic**

Monday May 1 @10 am



## **Haircuts with Sis**

*Third Monday of the month, May 15 from 8:30-noon, \$12.00 no appointment needed.*





*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!*

Hot or cold option is available for lunch on Mondays, Wednesdays, and cold lunch on Thursdays. Please call ahead by noon on the Friday, Tuesday or Wednesday before if you would like to have a lunch reserved for you!

# MAY

<b>1</b> 9:45 Drumming 10 BP Clinic 10-12 Cribbage 11:30 Zumba and Toning w Aimee 12-1 Senator Lewis 1-2 Zentangle 2-4 Helping Hands	12 MVES lunch H: Frittata C: Chickn salad	<b>2</b> 9-11Chair caning 12:30-3:30 Mahjong	<b>3</b> 8:45 Walking Club 10 12 Knit and Cro 10-12 Bocce 1-3 Bingo 1-4 Bridge 2-Line dancing/Ch
<b>8</b> 9:45 Drumming 10-12 Cribbage 11:30 Zumba and Toning with Aimee 1 Zentangle 1 Artmatters 2-4 Helping Hands 2-4 Elder Attorney	12 MVES lunch H: Bean stew C: Turkey/Swiss	<b>9</b> 9-11Chair caning 12-2 Memory Café Bunrattys in Reading, RSVP 12:30-3:30 Mah Jong 1-2 Trivia	<b>10</b> 8:45 Walking Club 10 Knit/Crochet w 10-12 Bocce 10 Veteran's Coffe 11:30 Zumba and 12:30 Walmart 1-3 Bingo 1-4 Bridge 2 Line dancing/Chr
<b>15</b> 9:45 Drumming 10-12 Cribbage 11:30 Zumba and Toning with Aimee 1 Zentangle 2-4 Helping Hands	12 MVES lunch H: Chop Suey C: Chickn salad	<b>16</b> 9-11Chair caning 12:30-3:30 Mahjong 1-2 Beeyond tour Siena TUSCANY	<b>17</b> 8 Men's breakfast 8:45 Walking Club 10 Knit/Crochet w 10-12 Bocce 11:30-12:30 Zumb 1-3 Bingo 1-4 Bridge 2-3 Line dancing/C
<b>22</b> 9:45 Drumming 10-12 Cribbage, 11:30 Zumba and Toning with Aimee 1 Zentangle 2-4 Helping Hands	12 MVES lunch H: Frittata C:Chickn salad	<b>23</b> 9-11Chair caning 12:30-3:30 Mahjong 1-2 Trivia	<b>24</b> 8:45 Walking Club 10 Knit/Crochet w 10-12 Bocce 11:30 Zumba and 1-3 Bingo 1-4 Bridge 2-3 Line dancing/C
<b>29 CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>		<b>30</b> 9-11Chair caning 12:30-3:30 Mahjong	<b>31</b> 8:45 Walking Club 10 Knit/Crochet w 10-12 Bocce 1:30 Zumba and T 1-3 Bingo 1-4 Bridge 2-3 Line dancing/C

Hot or cold option is available for lunch on Mondays, Wednesdays, and cold lunch on Thursdays. Please call ahead by noon on the Friday, Tues, or Wednesday before if you would like to have a lunch reserved for you!

<p>12 MVES lunch H: Turkey C: Egg salad</p> <p>chets w Louise</p> <p>Chris</p>	<p><b>4</b> 8:45-9:45 Yoga with Lisa 9 Art with Howie 10 Tai Chi (beginner) 10-2 Bargain Barn 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga with Rosa</p> <p>12 MVES lunch Turkey/Swiss</p> <p> <b>BARN OPENS!</b></p>	<p><b>5</b> 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta 1-3 Watercolor painting</p>
<p>12 MVES lunch H: Fish Chickn salad</p> <p>Louise</p> <p>e Toning with Aimee</p> <p>Chris</p> <p> <b>Walmart</b></p>	<p><b>11</b> 8:45-9:45 Yoga with Lisa 9 Art with Howie 10 Tai Chi (beginner) 10-11:30 Caregivers Support 10-2 Bargain Barn 12:30 Pizza/Movie 12:30-1:30 Relax and meditate Circle 2-3 Chair yoga with Rosa</p> <p>12 MVES lunch Tuna Salad</p>	<p><b>12</b> 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta 1-3 Watercolor painting</p>
<p>12 MVES lunch H: Salmon C: Chef salad</p> <p>Louise</p> <p>a and Toning with Aimee</p> <p>Chris</p>	<p><b>18</b> 8:45-9:45 Yoga with Lisa 9 Art with Howie 10 Tai Chi (beginner) 10-2 Bargain Barn 11-12 John Clark History Presentation 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga with Rosa</p> <p>12 MVES lunch Egg salad</p>	<p><b>19</b> 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta</p>
<p>12 MVES lunch H:Aloha chickn C:Tuna salad</p> <p>Louise</p> <p>Toning with Aimee</p> <p>Chris</p>	<p><b>25</b> 8:45-9:45 Yoga with Lisa 9 Art with Howie 10 Tai Chi (beginner) 10 Caregivers Support 10-2 Bargain Barn 12:30-1:30 Relax and meditate Circle 12:30 Pizza/Movie 2 Chair yoga with Rosa</p> <p>12 MVES lunch Turkey/Swiss</p>	<p><b>26</b> 10 Tai Chi with Jon 10-12 Cribbage 10-12 Hand/Foot Canasta</p>
<p>12 MVES lunch H: Ch Stir Fry C:Turkey/Swiss</p> <p>Louise</p> <p>Toning with Aimee</p> <p>Chris</p>		



# SPOTLIGHT

## HAVE YOU SEEN THE CHAIR CANING FOLKS AT THE SENIOR CENTER?

It's a lesser known skill but you can see these crafters working on their caning every Tuesday morning.



Using various techniques, they restore and repair beloved furniture items, and always encourage one another!

If you want to learn more about caning, or if you have an item for repair you want to show them, come to the Senior Center on Tuesdays 8:30-10.



L-R Penny Muschett, Dana Johnson, Norma Grande, Andy DiDonato, Phyllis Lannister and Eleanor Ixchel. Caners not pictured are Sue Rice, Sandy Meldrum, Mary Uhlenkott, and Micky Marciello.



# RESOURCES

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

## **STONEHAM COUNCIL ON AGING**

Board of Directors meet on the third Tuesday 3 pm 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**

In person at the center on Monday May 1 from 12-1 Please call the Center for further information.

## **ATTORNEY FOR SENIORS**

Free legal assistance is available for seniors once per month. Elder attorney will visit the Senior Center on Monday 5/8 from 2-4 and you can schedule 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, May 8 @1: pm

**ITALIAN RENAISSANCE** After almost 1000 years of "dark ages", the genius of Leonardo Da Vinci, and Michelangelo led the way for a "Rebirth" of learning, art and humanity. They helped to cast a bright new light on culture, and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and a discussion of the Italian Renaissance.

**ALSO AVAILABLE 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 artmatters website with an email address and personal password.



## **ZENTANGLE** Monday May 1, 8, 15 and 22 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!



Stoneham  
Cultural  
Council



Mass  
Cultural  
Council

# 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 \$2.00 per ride is requested. Please call the center at 781-438-1157 for more details on the transportation services. Limit 2 bags.

**MEDICAL RIDES** If you need a ride to a local **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. \$2 per ride.

**WALMART:** Wednesday, May 10, Van leaves the center at 12:30 to pick up passengers and leaves Walmart approximately 2:30 to return to Center. 9 residents max. \$2 per trip.



*Many thanks to the Senior Center Friends for subsidizing cost of transportation, now \$2 per ride!*

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

Dolores Paiva  
Mary Ippolito  
Susan Moskaluk  
Carol Eovine  
Eugene Passaro  
Jeanne B



\*Mary Vallarelli in memory of Nick

## ***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

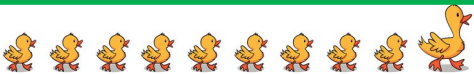
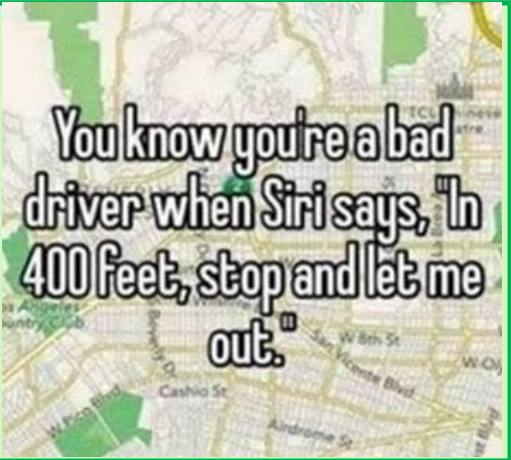
\_\_\_\_ In memory / honor of \_\_\_\_\_

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

\_\_\_\_\_

**The Senior Center Friends** is a non-profit organization that raises funds for activities and services to enhance the dignity of seniors, support their independence, and encourage their involvement at the Senior Center.

In this publication, look for the handshake logo showing how your support is used!



**Senior Center/Council on Aging**  
Board of Directors  
 Kathleen Hudson, Chair  
 Marge Neylon, Corresponding Secretary  
 Maureen Buckley, Kathy Carey  
 Bill Kelly, Denise Kneeland,  
 Samantha Lino, Joan Lupis,  
 Traci Mello, Connie Rosa,  
 Walt Wolonsavich

**Staff:**  
 Kristen Spence,, Director  
 Sandy Kirby, Carol Johnston, Admin Asst  
 Gary Cooper, Marshall Stokes Van Drivers  
 Peter Barnaby, Rob Pettengill, Custodian  
 Kathy Payne, Theresa Duggan, Reception  
 Anne Lawrence, LICSW, Outreach  
 Dennis O'Hara, Communications  
 Danielle Berardis, Website Mgr  
 Fran Cioffi, Newsletter Editor

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](http://www.facebook.com/StonehamSeniorCenter)