



Stoneham Sentinel

September 2023



Sponsored in part by the Senior Center Friends



Welcome September. The days start to get a little cooler and the kids are back to school. I enjoy the fall and all the changes it has to offer-colorful leaves, new programs and the smell of apple pies baking!

We will have the Dental Hygienist come to the center to help you take care of your oral health. She accepts most insurances and MassHealth. She will charge a sliding scale price for folks who don't have any dental insurance. What an important opportunity to stay healthy. Lucia will be at the center on 9/19. If you need a ride and want to schedule an appointment call us. I really love coming to the center every day and look forward to seeing you here very soon.

Hope to see you at Town Day as well!

Warmest Regards,
Kristen Spence

"Let's be grateful for our lives. Begin by writing what you are grateful and thankful for and look up on the sunrise and appreciate the beauty of nature. What are you grateful for?" By Lillian

Council on Aging Team:

Kristen Spence, Director

Amanda Costain, Outreach/ Assistant Dir.

Sandy Kirby, Carol Johnston, Admin Asst

Gary Cooper, Marshall Stokes, Van Drivers

Peter Barnaby, Bob Pettengill, Custodian

Kathy Payne, Theresa Duggan, Reception

Dennis O'Hara, Communications

Danielle Berardis, Website Mgr

Fran Cioffi, Newsletter Editor

Council on Aging Board of Directors

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Marge Neylon,
Corresponding Secretary

Maureen Buckley, Kathy Carey

Bill Kelly, Denise Kneeland,

Samantha Lino, Joan Lupis,

Maureen McGinness, Traci Mello

Connie Rosa, Walt Wolonsavich

Upcoming Closure Labor Day

is Monday, Sept. 4, 2023
The COA will be closed in
observation of this holiday.

Council on Aging
Hours of Operation:
Monday 8:30-4pm
Tuesday 8:30-4pm
Wednesday 8:30-4pm
Thursday 8:30-4pm
Friday 8:30-4pm



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

News, Info and Events



Welcome Ryan!



Hi, my name is Ryan Callinan and I am the new Veterans Service Officer here in the Town of Stoneham.

I look forward to serving the Veterans of the community along with being a comfortable resource that can be looked to for connecting and assisting with benefits for those who served and continue serving this great Nation!

As a Veteran myself, I served in the United State Air Force National Guard as a "Security Forces" specialist. I was assigned to the 102d Security Forces Squadron, 102d Intelligence Wing, Otis Air National Guard base, Cape Cod MA. Deploying to Baghdad, Iraq in 2010 in support of Operation Iraqi Freedom & Operation New Dawn. I am proud to have earned such medals as the National Defense Service Medal and Global War on Terrorism medal. I was honorably discharged in October of 2013. It was a privilege and an honor to have served alongside some of Americas finest in a time of war.

Post military service I worked in law enforcement as a police officer for 11 ½ years. Duty and service to others has always been a passion of mine and I have been privileged to have worked alongside some incredible people. I recently earned my Bachelor's degree in Psychology with a minor in Criminal Justice from the University of Massachusetts Lowell, and I am currently working on my graduate degree at Southern New Hampshire University. I look forward to being a friendly face in the community and getting to know those who work and live in such a great town!

Libraries are good for circulation.

Check out these events sponsored by the Stoneham Library and Perkins School for the Blind— To sign up, please call the senior center for a reservation!



Tuesday, September 19th at 11am – Books on tape, music to my ears with Mr. Erin Fragola, Library Outreach Coordinator in the (?)2nd floor of the

Stoneham Senior Center— *Do you struggle with reading due to vision impairments like macular degeneration or glaucoma? This presentation may be for you, come learning about books on tape and how they support your reading interests on your own.*

Wednesday, September 20th at 11am at the Stoneham Public Library- What does one library book say to the other? "Can I take you out?" - *Are you new to the area? Do you need a library refresher? Come learn about the different offerings the library has to offer such as opening a library card and lots of programs. Also learn about Libby so you borrow ebooks and audiobooks on your phone, tablet or Kindle and, Kanopy so you can watch your favorite movies or stream your favorite shows. If you are Stoneham resident and in need of transportation to the Library, please call to make bus reservation 781-438-1157.*

Do your hands serve you well? Or do they sometimes ache or cause you pain? Are some common tasks difficult for you to do, like opening jars, turning keys, or cutting with a knife? Carol Sepowitz is a retired Occupational Therapist and Certified Hand Therapist who may be able to help. She is volunteering her knowledge and services a few hours per week. She 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. Carol will be available on Monday afternoons, 2-4p. She will see people individually for 40 minutes each for \$5.00 per session. Sign up with the center to make an appointment.

News, Info and Events

* As a reminder please call the Stoneham Senior Center to register for programs *

A Matter of Balance

Presented by Mystic Valley Elder Services

Dates: (September) 9/19 to (November) 11/7

Day/Time: Wednesdays 10:30am-12pm

A free award winning program designed to manage falls and increase activity levels. The program is designed for anyone where you are concerned about falls, have a history of falling, or are interested in improving balance, flexibility, and strength. Join us and please call the center to register!

Slips...Trips...Falls

What can you do to prevent falls?

Wednesday, September 27 at 9:30 a.m.

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 and Manager of Aging in Balance at Melrose Wakefield Healthcare, for an interactive and informative class at the Stoneham Council on Aging that will highlight ways you can prevent falls at home and in the community.

A Connection Prescription: Increasing Your Dose of Social Support

Social connections are essential for health and wellbeing for all ages but especially for older adults as they age. Social connections are the key to healthy aging. Studies show older adults with social connections have more physical, functional and cognitive skills, live longer, cope better with health conditions and have less depression. The risk factors for social isolation are living alone, losing a family member or friend, suffering from a chronic illness, or hearing loss.

If you are feeling too few meaningful social connections with others, lack of belonging to others, have infrequent contact with others or few close confidants in your life, wondering about the meaning and purpose of your life, you may need a dose of social support.

Please join Terry Siris, MSW, MTH, LICSW and Barbara Jordan, M.DIV., M.ED. for an 8 week program. This group is sign up only and it is limited to 10 participants. The first meeting is Sept 5th and the group will meet the 1st and 3rd Tuesday 10:30am-11:30am of the month for 8 weeks.

Optimizing Cognitive Health with Hebrew SeniorLife — Join us at the Stoneham Senior Center on Thursday, Sep. 14 @ 11:00 AM

Join by <https://hebrewseniorlife.zoom.us/j/81207484753> (Hold the 'Ctrl' button on your keyboard and click mouse at same time on the zoom link)

Join in a conversation with Trish Eichinger, the social worker at Deanna and Sidney Wolk Center for Memory Health. Gain a better understanding of how lifestyle options and medical interventions can help you and your loved ones understand and manage cognitive change.

Learn the importance of brain health, best practices for early prevention and detection, strategies for brain function optimization, and resources available to families and caregivers will be discussed.

ArtMatters — Monday, September 11th @ 2pm

Featuring works from CLAUDE MONET

He was the engine behind the Impressionists. He was the artist whose direct observation of nature, atmosphere and light is most associated with the ideals of Impressionism. Join us for a retrospective look at his life, his work, his influence, and his contribution to the most revolutionary new style of painting.





Games; Entertainment; Crafts



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

9/7 *It's Complicated* Jane (Meryl Streep), a successful restaurateur, has been divorced from Jake (Alec Baldwin) for many years, although they remain friends. When an innocent meal together turns into an affair, Jane finds that she is the other woman in the now-remarried Jake's life. Meanwhile, Adam (Steve Martin), an architect hired to remodel her kitchen, is still stinging from his own divorce. He finds himself falling in love with Jane but soon realizes that he has become part of a triangle. (2009; 2.00hrs.)

9/14 *Poms* Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. (2019; 1.31hrs.)

9/21 *Eat Pray Love* Liz Gilbert (Julia Roberts) thought she had everything she wanted in life: a home, a husband and a successful career. Now newly divorced and facing a turning point, she finds that she is confused about what is important to her. Daring to step out of her comfort zone, Liz embarks on a quest of self-discovery that takes her to Italy, India and Bali. (2010; 2.13hrs)

9/28 *Yours , Mine and Ours* When Coast Guard Adm. Frank Beardsley (Henry Fonda) decides to move his family of eight children back to his old hometown, he encounters handbag designer Helen North (Lucille Ball), an old flame from high school. Immediately, sparks fly between the two, and marriage is proposed. But Frank isn't the only one with kids to worry about -- Helen has a total of 10. Right away, the children have no intention of playing nicely, and together they decide to sabotage their parents' relationship. (1968; 1.30 hrs.)



Game Time!



- **BINGO**— Grab a card or two Wednesday 1-3pm *What a great way to get out and have some fun for just a dollar a card! Overall winner also receives a surprise gift card!*
- **Card Games**— Cribbage Mondays and Fridays 10am– 12pm; Hand and Food Canasta Fridays 11am– 1:30pm; and Bridge Wednesdays 1-4p
- **Assorted Games!** Are you interested in RummiKub, Dominoes, Monopoly or Scrabble? Come by Mondays and Fridays from 10a-12pm and play!
- **Mahjong**— *Mahjong will challenge you to use your brain and strategize and make decisions! Great for Brain Health! Tuesdays 12:30-3:30pm.*

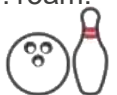
TIMELESS TRIVIA

Tues 1 pm ; 9/12 and 9/26

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/answers or to host the trivia, please call us!



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



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 and Wellness

\$3 PER CLASS payable to the instructor

Zumba fitness with Aimee Mondays and Wednesdays at 11:30 am

Weight training with Aimee Mondays at 12:30pm

Interval Training with Aimee (Combining cardio with toning exercises)

Wednesdays at 12:30pm

Drums Alive Mondays 9:45-10:30am Walk in! No pre-registration required!

Line Dancing Weds at 2pm at the center, fun, healthy and rewarding activity for all

Yoga with Lisa: Thursdays 8:45aa Come stretch and relax. You will feel like a new person!

Relax, Meditate and Reiki with Angela Shea Thursdays 12:30 pm. In-person .

Chair yoga with Rosa Thursdays 2 pm



Free Blood Pressure Clinic

Monday 9/11 @10 am



Haircuts with Sis 9/18

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



Free Tai Chi Classes

Beginning 9/7 Tai Chi with Sherry on

Thursdays @ 10am

Friday, 9/8 Intermediate with Jon

on Fridays @ 10am



Reading & Stoneham's Memory Café

What is a Memory Café?

It's a social gathering for individuals living with dementia and their care partners. Care partners can include spouses, children, friends, and professional caregivers.

What are the benefits of going to a Memory Café?

The benefits include helping guests form new friendships and reduce social isolation that can occur with people living with dementia and their care partners. It also provides an opportunity to have fun together in a different environment that involves a creative art activity!

This month is featuring the sounds of Handpan music by Gabe Cabral along with refreshments



Where: Reading Public Library

64 Middlesex Ave, Reading, MA

When: Tuesday, September 12th, 2023

Time: 10:30am-12pm

For more information or to register please call Stoneham Senior Center 781-438-1157 or Reading Senior Center 781-942-6659 or 781-942-6693

September 2023

From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays and 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!

Monday	Tuesday	Wednesday
From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays and 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!	Please call the center for the lunch menu!	
4 10-12p Cribbage 10-12pm Assorted Games 11:30a Zumba Fitness w/ Aimee 12:00p Lunch 12:30p Weight interval training w/ Aimee 2-4p Helping Hands	5 9-11a Chair Caning 12:30p-3:30p Mahjong	6 8:45a 10a 10a- 10a- 11:3 12p 12:3
11 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 2-3p Art Matters 2p-3p Meet w/the attorney 2-4p Helping Hands	12 9-11a Chair Caning 10:30a Memory Café 12:30p Walmart Trip 12:30-3:30 Mahjong 1-2pm Trivia	13 8a M 8:45 10a 10a- 11:3 12p 12:3 1-3 1-4 2-3
18 9:45am Drumming 11:30a Zumba Fitness w,/Aimee 12p Lunch 12:30p Weight interval training w/Aimee 10-12p Cribbage; Associated Games 2-4p Helping Hands	19 9a-3p Dental Hygienist 9-11a Chair caning 10:30a Matter of Balance 11a Books on tape, music to my ears with Perkins School for the Blind 12p Walmart Trip 12:30-3:30p Mahjong	20 8:45a V 10a-12 10a-12 11a W 11:30a 12p Lu 12:30p 1-3p B 1-4p B 2-3 Lin
25 9:45am Drumming 10a-12p Cribbage 10a-12pm Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 2-4p Helping Hands	26 9-11a Chair caning 10:30a Matter of Balance 12:30p-3:30p Mahjong 1-2p Trivia	27 8:45a 10a- 10a- 11:3 12p 12:3 1-3p 1-4p 2-3 l


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	Thursday	Friday
		1 10-12p Cribbage 10-12p Cribbage 11a-1:30p Hand/Foot Canasta
a Walking Club Veterans Coffee 12p Knitting/Crocheting with Louise 12p Bocce 30a Zumba Fitness w/ Aimee Lunch 0p Cardio w/toning exercises w/Aimee	7 9a Art with Howie 10-2p Bargain Barn 10a-2p Christmas Boutique 11-2p SNAP Help 12 Lunch 12:30p Pizza & Movie 12:30 Relax and Meditate Circle 2-3p Chair Yoga with Rosa	8 10a Tai Chi w/Jon 10a-12p Cribbage 11a-1:30p Hand/Foot Canasta
Men's Breakfast a Walking Club 12p Knit/Crochet w/Louise 12p Bocce 30a Zumba Fitness w/Aimee Lunch 30p Cardio with toning exercises w/Aimee p Bingo p Bridge Line dancing w/Chris	 14 9a Art w/Howie 10a Caregiver Support Group 10a Tai Chi w/Sherry 10-2p Bargain Barn 11a-2p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	15 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta
Walking Club o Knit/Crochet w/Louise p Bocce hat's happening in the Library these days? Zumba Fitness nch Cardio with toning exercises w/Aimee ingo ridge e dancing w/Chris	21 9a Art w Howie 10am Tai Chi with Sherry 10a-2p Bargain Barn 11-2p SNAP Help 12p Lunch 12:30p Relax and meditate circle 12:30p Pizza & Movie 2p Chair Yoga with Rosa	22 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11a-1:30p Hand/Foot Canasta
a Walking Club 12p Knit/Crochet w/Louise 12pBocce 0a Zumba Fitness w/Aimee n Lunch 0p Cardio with toning exercises w/Aimee Bingo Bridge Line dancing w/Chris	28 9a Art w Howie 10a Tai Chi with Sherry 10-11:30 Caregivers Support 10-2p Bargain Barn (Last day) 11-2p SNAP Help 12p lunch 12:30p Relax and meditate circle 12:30p Movie and Pizza 2p Chair Yoga w/Rosa	29 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12p Assorted Games 11a-1:30p Hand/Foot Ca- nastas

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Outreach Resources

Dear Stoneham Neighbors,

Happy fall! As Scott Fitzgerald said 'Life starts all over again when it gets crisp in the fall.' This quote speaks to the idea that the season of fall represents a time for change and renewal. This outreach letter is not to be confused by the National Falls Prevention Awareness Week that is observed September 18-22nd, 2023. Here are some interesting statistics about falls:

- According to the National Council on Aging (2023), falls are the leading cause of injury for older adults.
- The U.S. Centers for Disease Control and Prevention (CDC) (2023) and other studies state more than one out of four American's age 65+ fall each year and the cost of treating injuries caused by falls is projected to increase to over 101 billion by 2030.
- According to Atherly A, et al. (2018) each year about \$754 million is spent on medical cost related to fatal falls.
- According to the Hospital for Special Surgery (HSS) (2023), The majority (60%) of falls happen in the home, 30% in a public setting, and 10% in a health care center.

There are many ways you or a loved one can decrease the risk for falls. An example is to participate in programs that the Stoneham Senior Center offers. We have two really exciting programs that can help you prevent falls such as an ongoing program called *Matter of Balance* sponsored by Mystic Valley and Elder services another one time program facilitated an Occupational Therapist called *Slips... Trips... & Falls* sponsored by Melrose/Wakefield Hospital.

Here are some other facts from the National Council on Aging to decrease the risk of falls.

- Do exercises regularly, an example is to come to the center to participate in the weekly walking group, Aimee's fitness classes, Tai Chi Classes or Yoga classes.
- Talk to your doctor about a possible Physical or Occupational Therapy referral that your insurance should cover to improve your balance and strength, medication use, vision and hearing to reduce your risk of falls. Be honest in your concerns about falls, no one knows you best about your medical history than your doctor.
- Keep your home safe from tripping hazards like throw rugs, cords or clutter on the floor. Move furniture to create a safe path for movement. Have bright and proper lighting in your house.
- Secure your home with adaptive equipment that support your strength and balance such as the proper grab bars, shower benches, adjustable shower head.

This is a lot of information and statistics but don't let that deter you! We are here to support your quality of life so you can live a healthy life (with the right tools) and focus on what matters the most in your life.

Best,
Amanda C.

1. Older Adult Falls Reorted by State. Centers for Disease Control and Prevention. Found on the internet at <https://www.cdc.gov/falls/data/falls-by-state.html>
2. Florence C, Burgen G, Atherly A, et. al. Medical Costs of Fatal and Nonfatal Falls in Older Adults. J Am Geriatric Soc. 2018. Found on the internet at <https://agsjournals.onlinelibrary.wiley.com/doi/10.1111/jgs.15304>
3. Hospital for Special Surgery (HSS). Addressing Falls Prevention Among Older Adults, Part I. Found on the internet at https://www.hss.edu/conditions_addressing-falls-prevention-older-adults-understanding.asp

Police pointers! Good to know!



Don't fall victim to any Amazon scams that the Stoneham Police are seeing an uptick for. The two scams are Prime membership and account suspension/deletion.

Scammer(s) send unexpected calls/texts/emails that refer to a costly membership fee or an issue with your Amazon membership and ask you to confirm or cancel the charge. These scammers try to convince you to provide payment or bank account information in order to reinstate a membership. Scammer (s) will also send texts, emails and phone calls stating that your account will be suspended or deleted and prompt you to click on a fraudulent link or verbally provide information to "verify your account." Customers who land on these pages or receive these phone calls are then lured to provide account information such as payment information or account login credentials.

Amazon will **never ask** you to provide payment information for products or services over the phone. Please do not click on any links or provide your information to anyone over the phone without authenticating the email or phone call. Visit the Message Center on Amazon.com or on their app to review authentic emails from Amazon. To verify your Prime Membership status or make payments, log into your Amazon account, and go to Your Account.

If you are ever unsure if you are being scammed or have questions about dating scams, please feel free to contact Detective David Ryan at dryan@stoneham-ma.gov

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. Available for appointments Tuesdays and Wednesdays.

SENATOR JASON LEWIS

In person at the center every other month. Next date is 9/11 at 12pm. 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 9/11 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.

Barn Information

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!



BARGAIN BARN
SCHEDULE
Giant Yard Sale at 136 Elm St Stoneham

~Barn open Thursdays 10am - 2pm
thru Sept 28, 2023

~
~Last day for donations
Thurs Sept 21 at noon

HALF PRICE SALE ~ Last Day
Thursday September 28

~Donations for 2024 begin mid April
Bargain Barn reopens
no later than May 9, 2024. Maybe earlier depending on donations and weather.

*Thanks for supporting the
Stoneham Senior Center*

TRANSPORTATION



Masks now optional while using the van:

Transportation for shopping is available to **Market Basket** 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: 9/12 & 9/19, 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:

Antoinette Caruso
Stanley Kiddy

Robert Reilly and Elizabeth Higgins in
memory of Helen Reilly



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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Stoneham Senior Center Office, Stoneham

06-5174

Christmas Boutique

You're invited to a Christmas Boutique— Find new and fascinating treasures to add to your holiday decorations! It will be held on the outdoor deck and walkway behind the Stoneham Senior Center. The date will be Thursday, September 7th from 10am-2pm and the rain date is Thursday, September 14th from 10am to 2pm.



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