



# Stoneham Sentinel

## November 2023



Sponsored in part by the Senior Center  
Friends



### November Happenings at the Center



- **Lunch and Learn—Yoga and Meditation 11/17 Pg. 5**
- Music Programs -John Clark (11/1) and John Waterman (11/3) Pg. 3 and pg. 2
- Music by classical pianist Archie Richards on Friday, Nov. 17 at 1:00 pm, Pg. 3
- Teen Tech support 11/8 and 11/29. Come to the center between 10:30-11:30am and bring your phone, computer, iPad or tablet and get support from a teen from the Boys and Girls Club.
- **Health Plan Options for Seniors Presentation (11/3):** This presentation is similar to Planning for Medicare presentation, but geared more towards existing Medicare enrollees. It will have less emphasis on understanding the basics of Medicare and focus more on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. It also explains how Medicare Part D plans work.
- Every Thursday from 11-1 come to the center to get help with SNAP.
- Line dancing will now be on Thursdays at 12:30pm. Come meet Corinne our wonderful instructor. Corinne has been involved in the line dancing community for over 20 years both as a dancer and instructor. Come join her in class, so she can share her love of dance with you!

Call the center to register or if you have any questions at 781-438-1157

**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!

#### 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, *Custodians*

Kathy Payne, Theresa Duggan, *Reception*

Danielle Berardis, *Website Mgr*

#### Council on Aging Board of Directors

Kathleen Hudson, *Chair*

Maureen Buckley, Kathy Carey

Bill Kelly, Denise Kneeland,

Samantha Lino, Joan Lupis,

Maureen McGinness, Traci

Mello, Connie Rosa,

Walt Wolonsavich

#### Upcoming Closure

Friday, November 10th in  
observation of Veterans' Day and  
Thursday, November 23rd in  
observation of Thanksgiving Day

#### 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

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



## HAPPY VETERANS' DAY

### Veterans' Breakfast sponsored by Stoneham Veterans' Services

This event is FREE of charge. Due to limited space, this even is open to 40 Veterans. Sign up is on a first come first serve basis.

**When:** Friday, November 10th @ 9:00am

**Where:** Stoneham Senior Center

To reserve your spot, please email VSO Officer. Ryan @ [RCallinan@stoneham-ma.gov](mailto:RCallinan@stoneham-ma.gov)

\* Please note– this breakfast is for Veterans' **ONLY**.



## Happy Veterans' Day

### Thank you to those who have served and continue to serve our country!

Come to the center in celebration for Veterans' Day, for a special music program called 'Popular Music and Veterans' by Jon Waterman. On 11/3 @ 2pm. Jon Waterman supplements his well-received "Roots of American Popular Music" program with an exploration through songs of some of the experiences and sacrifices of veterans throughout American history. The program consists of songs, history, and an accompanying slideshow pertaining to some of the experiences of veterans of World War I, World War II, Vietnam and other conflicts along with songs about the origins of the blues, rock and country music. Please call to make a reservation.



## Age Friendly Programs

### **Decluttering and Downsizing: You Can't Take It with You**

Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!

**When:** Tuesday, November 7, 2023

**Time:** 2:00pm– 3:00pm

**Where:** Dining Room

### **Get Your Ducks in a Row**

Come learn tips and tricks with Anne Lucas, a Senior Move Manager from Ducks In A Row Organizers, LLC in how to downsize your home by decluttering and organizing!

**When:** Tuesday, November 28th, 2023

**Time:** 2:00pm– 3:00PM

**Where:** Dining Room

Please call to reserve your spots to these programs!

# News, Info and Events

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

## **ArtMatters Monday November 13th at 2pm featuring works from Mary Cassatt**



Mary Cassatt is an American woman who was at the very heart of a radical revolution in art. Impressionism changed the art world forever. Overcoming social stigma, and cultural as well as national boundaries, Mary Cassatt defied the times to become an independent, innovative, and professional artist. She is famous for her unromanticized images of women and children, not saccharin or sentimental, but honest, realistic and yet still adorable. Join us for a look at her beautiful images, her interesting life and her celebrated accomplishments.

## **Writing Workshops with The Room to Write**

"Gather & Write" sessions will be held at the Stoneham Senior Center from 10:30 – 11:30 a.m. on Tuesdays, November 7<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>. Come with your own ideas of what to write or be inspired by prompts provided by facilitators from The Room to Write. You'll have time to write, as well as an opportunity to share your writing. On Tuesday, November 14<sup>th</sup>, guest speaker David Watts, Jr. will present *Fountain Pens & Writing Culture* from 10:30 – 11:30 a.m. David takes a look into the history of fountain pens, users, and the importance of promoting cursive writing to the younger generations. If you have questions, please contact Linda Malcolm, Coordinator of Senior and Veteran Programming for The Room to Write, at 781-439-1080 or [linda@theroomtowrite.org](mailto:linda@theroomtowrite.org). For more information about The Room to Write, visit: [www.theroomtowrite.org/programs/seniors-veterans](http://www.theroomtowrite.org/programs/seniors-veterans). Registration required; please sign up for each session by calling the Stoneham Senior Center at 781-438-1157.

## **Music of the Great Depression By John Clark**

Wednesday, Nov. 1<sup>st</sup> at 10:30 am



The Stock Market Crash of 1929 plunged this country into an economic depression that lasted until the Second World War. During that time popular songs responded in many different ways.

**Happy Days Are Here Again** was the first of many attempts to cheer up a devastated citizenry, followed by **Life is Just a Bowl of Cherries**, **Let's Have Another Cup of Coffee** and a string of overly optimistic hits by Ted Lewis.



## **The Power of Music with Archie Richards**

Friday, November 17th at 1pm

Classical pianist Archie Richards will perform a one-hour concert with works by musical geniuses like Chopin. We all benefit from music to improve mood, bring back happy memories, encourage socialization, and promote overall mental and physical health. Call the Stoneham Senior Center at 781-438-1157 if you have questions.



## **Libraries are good for circulation.**

Tuesday, November 14th at 12pm 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. To reserve your spot and/ or if you need transportation to the library, please call to make bus reservation 781-438-1157.

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! Check out the menu on the next page in the calendar!





# Games; Entertainment; Crafts



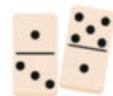
PIZZA and MOVIE! Thursdays at 12:30pm with thanks to Andrea's Pizza of Stoneham for their delicious pizza! A donation of \$2.00 is requested

**11/2 You've Got Mail** Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity

**11/9 Field of Dreams** When Iowa farmer Ray (Kevin Costner) hears a mysterious voice one night in his cornfield saying "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, supported by his wife, Annie (Amy Madigan). Afterward, the ghosts of great players start emerging from the crops to play ball, led by "Shoeless" Joe Jackson.

**11/16 Runaway Bride** Having already left three grooms at the altar, Maggie Carpenter (Julia Roberts) is branded "the runaway bride" by jaded city journalist Ike Graham (Richard Gere). But, after his facts are called into question, Ike races to Maggie's hometown to save his reputation and report on her upcoming fourth trip down the aisle -- during which he's convinced she'll run again. Though he's there on a muckraking mission, Ike can't help but fall for this breathtaking heartbreaker.

**11/30 Beautiful Mind** A human drama inspired by events in the life of John Forbes Nash Jr., and in part based on the biography "A Beautiful Mind" by Sylvia Nasar. From the heights of notoriety to the depths of depravity, John Forbes Nash Jr. experienced it all



## 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!*
- **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.*
- **New Addition!** Rummikub group every other Friday in the Dining Room! **Nov 3rd and Nov 17th!**

## TIMELESS TRIVIA

**Tues 1 pm ; 11/14 & 11/28**

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

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

**Chair yoga with Rosa** Thursdays 2 pm



## **Free Tai Chi Classes**

Beginning Tai Chi with Sherry on  
Thursdays @ 10am  
Friday Intermediate with Jon  
on Fridays @ 10am



## **Haircuts with Sis 11/20**

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



## **Yoga for Healthy Bones and Lunch w/ Judy Bousquin Friday, November 17, 2023 @ 11am**

This Yoga for Healthy Bones class is inspired by a two-year study by Loren Fishman, M.D., and Ellen Saltonstall, yoga educator, testing the effect of holding certain yoga postures to increase bone mineral density. Yoga for Healthy Bones is a gentle practice appropriate for beginners and experienced yogis with a focus on holding specific yogic postures to support bone health and bone density. This practice uses the 12 original poses included in the study as well as others that follow the guidelines for healthy and supportive spine movement. The postures used in this class are appropriate for those with osteopenia and osteoporosis and for anyone interested in strengthening their bones. A breathing meditation will be offered before yoga practice and there will be time for Q & A after this workshop followed by lunch.

Please bring your beautiful self, a mat if you have one (chairs will be provided for those who do not have mats) and your water bottle to enjoy this engaging workshop).

This event is made possible by a grant from Mystic Valley Elder Services and presented by the Boys and Girls Club of Stoneham and Wakefield.

**Please call to reserve your spot**, Namaste.



**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.**

# November 2023

Monday	Tuesday	Wednesday
		1 <i>H Black B</i> 8:45 10a- 10:3 11:3 12p 12:3 1-3p 1-4p 2p-3
6 <i>American Chop Suey/Ham and Swiss</i> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12p Jason Lewis 12:30p Weight interval training w/Aimee 12:45 Zentangle 2p-3p Meet w/the attorney 2-4p Helping Hands	7 10:30a Matter of Balance 10:30a Room to write 9-11a Chair Caning 12:30p-3:30p Mahjong 2pm Decluttering with AARP	8 <i>Hot D</i> 8:4 10a 10a- 10:3 11:3 12p 12:3 1-3p 1-4 2pm
13 <i>Mac and Cheese/ Turkey and Swiss</i> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 12:45 Zentangle 2p Artmatters 2-4p Helping Hands	14 9-11a Chair Caning 10:30a Memory Café 10:30 Room to Write Walmart Trip 12:30-3:30 Mahjong 1-2pm Trivia	15 <i>Chicken S</i> 8a M 8:4 10a 11: 12: 12: 1-3 1-4 2-3
20 <i>Mediterranean Chicken/Egg Salad</i> 9:45am Drumming 10-12p Cribbage; Associated Games 11:30a Zumba Fitness w./Aimee 12p Lunch 12:30p Weight interval training w/Aimee 12:45p Entangle 2-4p Helping Hands 2-4 Attorney	21 9-11a Chair caning 10:30 Room To Write 1Walmart Trip 12:30-3:30p Mahjong 3pm COA Board meeting	22 8:45a W 9a Coff 10a-12p 11:30a 2 12p Lun 12:30p 1-3p Bi 1-4p Br 2-3p Li
27 <i>Breaded Fish/Chicken Salad</i> 9:45am Drumming 10a-12p Cribbage 10a-12pm Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45p Zentangle 2-4p Helping Hands	28 9-11a Chair caning 10:30 Room to Write 12:30p-3:30p Mahjong 1-2pm Trivia	29 8:45 9a 10a 10:3 11:3 12p 12:3 1-3p 1-4p 2-3

*A trusted name, providing funeral services since the 1870's*

## ANDERSON-BRYANT FUNERAL HOME

*Traditional & Green Burials • Memorial & Graveside Services  
Cremations & Pre-Planning*

4 Common Street, Stoneham • 781-438-0135 • [www.AndersonBryantFuneralHome.com](http://www.AndersonBryantFuneralHome.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

Stoneham Senior Center Office, Stoneham

06-5174

Monday	Thursday	Friday
<p><i>Bean and Barley Chili/C Turkey &amp; Swiss</i></p> <p>9a Walking Club</p> <p>12p Knitting/Crocheting with Louise</p> <p>10 John Clark</p> <p>10a Zumba Fitness w/ Aimee</p> <p>Lunch</p> <p>10p Cardio w/toning exercises w/Aimee</p> <p>10m BINGO</p> <p>10 Bridge</p> <p>1p Line Dancing</p>	<p><i>2 H Sweat &amp; Sour chicken/C Roast beef &amp; provolone</i></p> <p>9a Art with Howie</p> <p>10a Beginners Tai Chi</p> <p>10a-12p SNAP Help</p> <p>12 Lunch</p> <p>12:30p Pizza &amp; Movie</p> <p>12:30 Relax and Meditate Circle</p> <p>2-3p Chair Yoga with Rosa</p>	<p>3</p> <p>10 Tai Chi w/Jon</p> <p>10-12p Cribbage &amp; games</p> <p>11a-1:30p Hand/Foot Canasta</p> <p>1pm Medicare Presentation</p> <p>2pm Music with Jon Waterman</p>
<p><i>Log/Egg Salad</i></p> <p>9a Walking Club</p> <p>Veterans Coffee</p> <p>12p Knitting/Crocheting with Louise</p> <p>10-11:30 Teen Tech Help</p> <p>10a Zumba Fitness w/ Aimee</p> <p>Lunch</p> <p>10p Cardio w/toning exercises w/Aimee</p> <p>10m BINGO</p> <p>10 Bridge</p> <p>1p Line Dancing</p>	<p>9 <i>Chicken Cattatorie/Tuna</i></p> <p>9a Art with Howie</p> <p>10a Caregiver Support Group</p> <p>10a Beginners Tai Chi</p> <p>10a-12p SNAP Help</p> <p>12 Lunch</p> <p>12:30p Pizza &amp; Movie</p> <p>12:30 Relax and Meditate Circle</p> <p>2-3p Chair Yoga with Rosa</p>	<p>10</p> <p>Senior Center Closed due to Veterans' Day Holiday</p> <p>9:00am Special Veterans' Breakfast</p>
<p><i>Scaloppini/ Tuna</i></p> <p>Men's Breakfast</p> <p>9a Walking Club</p> <p>12p Knit/Crochet w/Louise</p> <p>10a Zumba Fitness w/Aimee</p> <p>10 Lunch</p> <p>10p Cardio with toning exercises w/Aimee</p> <p>10p Bingo</p> <p>10p Bridge</p> <p>1p Line dancing</p>	<p>16 <i>Turkey with Gravy/ Chicken Salad</i></p> <p>9a Art w/Howie</p> <p>10a Beginners Tai Chi w/Sherry</p> <p>10a-12p SNAP Help</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	<p>17</p> <p>10a Tai Chi w/Jon</p> <p>10a-12p Cribbage</p> <p>10a-12 Assorted Games</p> <p>11-1:30p Hand/Foot Canasta</p> <p>11-1 Lunch and learn Meditation</p> <p>1-Music with Archie</p>
<p>Walking Club <i>Breaded Fish/Roast beef sandwich</i></p> <p>10e with Amanda</p> <p>10 Knit/Crochet w/Louise</p> <p>10a Zumba Fitness</p> <p>10 Lunch</p> <p>10p Cardio with toning exercises w/Aimee</p> <p>10p BINGO</p> <p>10 Bridge</p> <p>1p Line dancing</p>	<p>23</p> <p>Senior Center Closed for Thanksgiving!</p>	<p>24</p> <p>10a-12p Cribbage &amp; Games</p> <p>10a-12 Assorted Games</p> <p>11a-1:30p Hand/Foot Canasta</p>
<p>9a Walking Club <i>Lasagna/Egg Salad</i></p> <p>Coffee with Amanda</p> <p>12p Knit/Crochet w/Louise</p> <p>10-11:30 Teen Tech Help</p> <p>10a Zumba Fitness</p> <p>Lunch</p> <p>10p Cardio with toning exercises w/Aimee</p> <p>10p Bingo</p> <p>10p Bridge</p> <p>1p Line dancing</p>	<p>30 <i>Pot Roast with Gravy/Roast Beef and Prov.</i></p> <p>9a Art w/Howie</p> <p>10a T Beginners Tai Chi w/Sherry</p> <p>10a-12p SNAP Help</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	



**McDonald-Finnegan**  
FUNERAL HOMES



*A Tradition of Trust, Caring & Professional Service to the Community Since 1912*

Service to All Faiths  
Spacious Modern Facilities • Handicapped Accessible  
Medicaid Approved Trust & Insurance Plans  
**YOUR PRE-PLANNING EXPERTS**

781-438-0405 • 322 Main Street, Stoneham • [www.McDonaldFS.com](http://www.McDonaldFS.com)

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider | SafeStreets

**833-287-3502**



# Outreach Corner

Hello Neighbors,

As Jim Bishop quotes “Autumn carries more gold in its pocket than all the other seasons.” We also know what else autumn carries with it, the cooler and sometimes colder temperatures. The colder temperatures also increases the likelihood of heating related fires. According to the Electrical Safety Foundation (2023) these type of fires are the second leading cause of fire deaths among older adults. To keep your home safe a warm all year long with these safety tips from the Electrical Safety Foundation (2023).

## Heating Safety

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, space heater, fireplace or wood stove.
- Use products only for their intended purposes. Cooking stoves should not be used for heating the home, and space heaters are not for drying wet clothes.
- Have your heating system inspected by a qualified service professional at least once a year.
- Make sure all fuel-burning heating equipment is vented to the outside.
- Keep intake and output vents clean and clear of debris and dust.
- Install and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.

## Space Heaters

- Purchase space heaters that have the certification label of a nationally recognized testing laboratory.
- Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.
- Place space heaters on level, flat surfaces, but never place on cabinets, tables or other furniture.
- Keep space heaters out of high traffic areas and doorways where they may pose a tripping hazard.
- Plug portable space heaters directly into an outlet; do not use an extension cord.
- Do not use a space heater in wet or damp areas unless it is specifically designed for use in wet locations such as bathrooms.
- Never leave a space heater unattended. Turn it off when you leave the room or go to sleep.

## Fireplaces and Wood Stoves

- Have your chimney or wood stove inspected annually by a certified chimney specialist.
- Always use a sturdy fireplace screen to stop sparks from flying into the room.
- Never leave an open flame unattended, including a fire in the fireplace.

If you are low income based the criteria below, you may qualify for ABCD Home and Energy Assistance Program sponsored by Action Boston Community Development, Inc. The program starts November 1, 2023 and ends April 30, 2023. You may be eligible this winter for assistance in paying heating bills, receiving discounts, weatherization, heating system repair or replacement, and other energy conservation services. Check the 2023-2024 Home Energy Assistance Program Eligibility Guidelines chart to find out if your yearly income falls at

Household Size	Gross Yearly Income
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,261
6	\$115,228
7	\$117,846
8	\$120,465
Over 8	Please call 781-322-6284 for the amount

If you qualify for this program, call ABCD directly (781) 322-6284.

If you have any questions, comments or concerns, don't hesitate to call me (781) 850-0619.

Pumpkin kisses and harvest wishes!

Amanda C



# 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 at 11/6 @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 11/20 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; 11/9 no meeting on 11/23

## 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.

## Stoneham Town Day 2023 and Raffle Winner



Congratulations Emily Norman for winning the Town Day Senior Center Raffle!!!

# 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: October 10th & 17th** 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:**

***In memory of Sylvia D'Agostino:***

***John & Celeste DeMarco***

***Stephen & Janis Quattrocchi***

***Wayne & Josie Betts***

***Ralph & Jane Spano***

***Judith Hubbard***

***John & Ellen Pratt***

***Armando & Aida Gonzalez***

***In Memory of Alice Teixeira***

***Phil & Peg Mottola***

**In Memory of Jimmy Atchinson—Kevin O'Brien**

***Donations: Sally DeCaro, Josie & Rodney Hopkins***

***Anna & Howie Porter***



## ***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:

\_\_\_\_\_





H.P. Smith Co., Inc.

## CEMETERY MEMORIALS

Since 1876

"Providing all your cemetery needs with  
Caring Service for Over a Century"

781-438-2232

238 Main Street • Stoneham  
www.hpsmithco.com



## Retirement Home

NON PROFIT 501 C

13 Private Bedroom Facility • Central Location • 24/7 Watchful Supervision • Medication Management  
Three Daily Homecooked Meals • PACE Benefits • VA Benefits • Short and Long Term Quality Care  
Daily Tours 9:00 - 5:00

32 FRANKLIN STREET

781-438-0580 • www.fullerhouseofstoneham.com

## Gone But Not Forgotten, LLC

Headstone Cleaning &  
Site Grooming

978-968-7476

cleaningatgonebutnotforgotten@gmail.com

https://sites.google.com/view/gonebutnotforgottenllc/home



Now Scheduling  
Fall Clean-Ups!

Elegant Independent and Assisted Living,  
with Exceptional Alzheimer's Care.



## WINDSOR PLACE OF WILMINGTON

Assisted Living, Independent Living,  
and Memory Care

92 West Street, Wilmington, MA  
Just off I-93 at Exit 38



Call 978-988-2300 • WindsorPlaceOfWilmington.com

## STYLIN' LINE AUTO BODY

COLLISION  
REPAIR  
INSURANCE  
CLAIMS

We'll finance your deductible  
We fix all Makes and Models  
Maximize Collision Repair and  
Insurance Claims  
30 years experience

103A Foundry Street

Call for Appointment 781-245-2244

## ROESSLER & SONS

Granite & Bronze Memorials  
Monuments, Markers, Cleanings,  
Inscriptions, Custom Etchings

117 Salem St., Woburn, MA

781-933-1184

Fax: 781-933-7692

ESTABLISHED 1895

www.roesslermemorials.com

# NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our  
newsletter  
emailed  
to you.



Visit

www.mycommunityonline.com

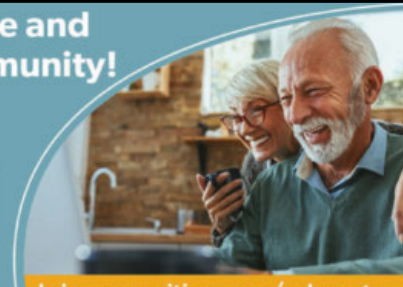
## Place Your Ad Here and Support our Community!

Instantly create and  
purchase an ad with

AD  
CREATOR  
STUDIO



lpicommunities.com/adcreator



## ADVERTISE HERE

to reach your community



Call 800-477-4574



LEARN HOW HOW TO PROTECT  
YOUR FAMILY, KEEP YOUR  
ASSETS IN YOUR OWN POCKET,  
AND AVOID COSTLY MISTAKES  
IN THIS FREE BOOK!

Download your FREE copy at www.ThePlanningAheadBook.com

## MONTEFORTE LAW, P.C.

ESTATE PLANNING & ELDER LAW

- WILLS & TRUSTS
- PROBATE
- MEDICAID APPLICATIONS
- WEALTH PRESERVATION
- LONG-TERM CARE PLANNING

978-637-8225

WWW.MONTEFORTELAW.COM



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Stoneham Senior Center Office, Stoneham

06-5174



# Gardening Group Spotlight!



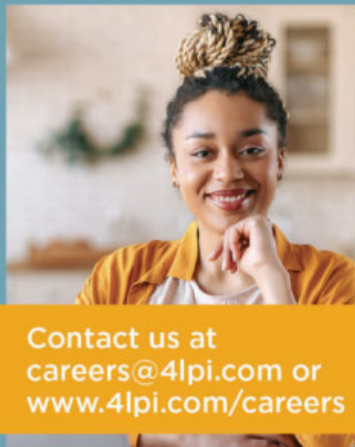
**Congratulations to this group on a wonderful growing season!! The food grown for their garden beds were donated to the food pantry.**

## WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at  
[careers@4lpi.com](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



**FREE**  
AD DESIGN  
with purchase  
of this space

**CALL 800-477-4574**



AUDIOLOGY & HEARING  
SOLUTIONS, INC.  
Your Trusted Hearing Healthcare Professionals



Call today to schedule your **FREE**  
Hearing Aid Consultation



Offices in Both Winchester and Woburn  
781-218-2225 • [www.audiologyhearing.net](http://www.audiologyhearing.net)

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Lisa Templeton**

[ltempleton@4LPi.com](mailto:ltempleton@4LPi.com)  
**(800) 477-4574 x6377**

