



Stoneham Sentinel

January 2024



Sponsored in part by the Senior Center
Friends



Hello 2024! We have a lot of great things going on at the center. We look forward to seeing everyone!

- Singing Grandpops pg 2
- Tai Chi Lunch and Learn pg 2
- Winter Festival pg 2
- Memory café pg 5

Your lucky Director Kristen

A note from the Senior Center Friends Board of Directors:

Senior Center Friends' "Door Deal" drive in November raised \$1,150 to automate the ladies room and rear deck doors. A generous anonymous donor matched that amount for a total of \$2,300. Each door upgrade costs \$3,000; so we will continue to look for additional ways to raise the balance of \$3,700. We appreciate everyone's generosity and thank you for believing in this project.

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

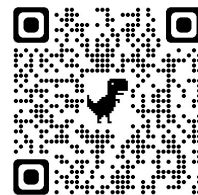
Bill Kelly, Denise Kneeland,

Samantha Lino, Joan Lupis,

Maureen McGinness, Traci

Mello, Connie Rosa,

Walt Wolonsavich



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 *



The Singing Grand pops!

Register required.

Sign up for this fun musical group from the Retired Men's Club of Arlington, the Singing Grand pops, will perform on Friday, January 26th at 1pm.

Tai Chi Lunch and Learn

What is Tai Chi?

It's an ancient Chinese movement that offers a number of health benefits! There are many benefit to Tai Chi especially for older adults, it can have significant benefits on muscle control, stability, balance and flexibility.

Where: Stoneham Senior Center

When: Thursday, January 19th, 2023

Time: 11-12 pm (program) 12-1pm (lunch)

For more information or to register please call Stoneham Senior Center 781-438-1157

Winter Festival

Watching a Hallmark Winter festival is nice on the TV, how about joining the senior center for a Winter Festival of fun! Join us for a hot chocolate bar, cookie decorating and winter crafts! 1/12 @ 1pm Register required!

ArtMatters Monday January 8th at 2pm– Topic is PROTRAITS IN ART



A portrait is much more than a picture of what someone looks like. A portrait can document the history of a whole family, or a single individual's journey. It can be about an era of time, a culture, an event, or the experience of youth or age. It can tell stories, be self revealing or serve as a commentary of social values or political institutions. Join us for a look at the many possibilities of the Portrait in art. Share your own point of view.

Writing Workshops with The Room to Write

The Room to Write will be hosting Gather & Write sessions for Seniors and Veterans from 10:30 - 11:30 am. on the following Tuesdays in January: the 9th, 16th, 23rd, and 30th.

These sessions will be led by an instructor from The Room to Write (TRtW). You may come with your own ideas of what to write or be inspired by prompts provided by the instructors. You'll have time to write, as well as an opportunity to share your writing.

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. For more information about The Room to Write, visit: www.theroomtowrite.org/programs/seniors-veterans Registration required!



ZENTANGLE



Monday from 12:45-1:45pm at the center. The instructor Susan Macfarlane will be on Zoom teaching on the screen. Thanks to the Senior Center Friends for sponsoring this class 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!

News, Info and Events

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

Beware of Utility Scams! If you receive a phone call without prior notification demanding immediate payment to avoid shut off, it's likely a scam. Customers who are scheduled for disconnection due to nonpayment receive written notice from their electric company via the U.S. mail, which will include the actions you can take to maintain service.

Scammers may also call claiming that you overpaid your utility bill and request your personal bank account or credit card information to give you a refund. Don't fall for this.

You may also receive a text message requesting personal information from scammers pretending to be from a reputable company. The scammer is 'Phishing' for information from you.

Another scam is when someone claims you need to pay for a new meter to be installed because yours is about to expire and they request a deposit to exchange your utility meter. Utility meters do not expire. Don't send any payments

Tips to protect yourself from these types of scams:

- Verify the caller is legitimate by asking for basic information. You control the narrative. Most companies will always be able to provide the name on the account, the account address and the exact past due balance.
- Never immediately pay, regardless of what the caller knows about your account or offers as an incentive. If the caller is requesting an immediate payment using a third party service, at another location or via a prepaid debit card, hang up immediately and contact the police.
- Never wire money to someone you do not know. Once you wire money you cannot get it back.
- Do not accept offers from anyone to pay your bill or provide any other service for a fee. Even if the person you are speaking with claims to be an employee of one of your utility companies.
- Do not click on links or call numbers that appear in unexpected emails or texts. If you click on a link your computer (or cell phone) could become infected with malware, including viruses that can steal your information and compromise your computer or cell phone.

Keep a watch!

Detective David Ryan, CCCI
Cyber/Electronic Crimes Unit
Stoneham Police Department
(ph) 781-438-1212 X3154



Don't Fear the Earbuds: An Introduction to Podcasts

Podcasts, a revolution in the sphere of digital storytelling and entertainment, can sometimes seem intimidating due to the novelty of technology. But they are much simpler and more accessible than you might think. Learn step-by-step what podcasts are, how they work, and how you can easily access them at your convenience. And who knows? Maybe you will do your own podcast and release it to the world! January 17th at 10:30am. Call the center to register.

Outreach Coffee Hour with Amanda, Outreach/Assistant Director, Police Chief Jamie O'Connor and Fire Chief Matt Grafton

Wednesday, January 24th at 9am @ Stoneham Senior Center

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

1/4 While You Were Sleeping; Lonely transit worker Lucy Eleanor Moderate pulls her longtime crush, Peter, from the path of an oncoming train. At the hospital, doctors report that he's in a coma, and a misplaced comment from Lucy causes Peter's family to assume that she is his fiancée. When Lucy doesn't correct them, they take her into their home and confidence. Things get even more complicated when she finds herself falling for Peter's sheepish brother, Jack. (1995, Comedy/Romance 1.43 min)

1/11 Who Shot Liberty Valance: A senator returns to a western town for the funeral of an old friend and tells the story of his origins. (1962, Western/Drama 1.58 min)

1/18 Last Vegas; Aging pals Billy, Paddy, Archie and Sam have been best friends since childhood. When Billy finally proposes to his much-younger girlfriend, all four friends go to Las Vegas to celebrate the end of Billy's long-time bachelorhood and relive their glory days. However, the four quickly realize that the intervening decades have changed Sin City and tested their friendship in ways they had not imagined. (2013, Comedy 1.45 min)

1/25 The Age of Adaline; Adaline Bowman has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.



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 @ 10am in the Dining Room!

TIMELESS TRIVIA

Tues 1 pm ; 1/9 & 1/23

Come for coffee, snacks, prizes, and games! Volunteers are needed and welcome! 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 2:30pm at the center, fun, healthy and rewarding activity for all

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

Chair yoga with Rosa Thursdays 2 pm



Free Tai Chi Classes

Beginning Tai Chi with Sherry on Thursdays @ 10am

Fridays @ 10am with Jon; Must have completed intermediate Tai Chi (No class 1/26!)

Haircuts with Donna 1/22

*Monday of the month, 9am-1pm,
\$12.00 no appointment needed.*



T.E.C.H. Sessions with the Boys & Girls Club of Stoneham & Wakefield

Dates: Wednesday 1/10 and 1/24 from 10:30-11:30am

To register please call – 781-438-1157

Don't forget to bring your device and password!



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 or entertainment!

Where: Stoneham Senior Center

When: Thursday, January 4th, 2023

Time: 10:30am-12pm

For more information or to register please call Stoneham Senior Center 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.

January 2024

Monday	Tuesday	Wednesday
<p>1 Closed for New Years Day</p>	<p>2 10:30a Room to write 9-11a Chair Caning 12:30p-3:30p Mahjong</p>	<p>3 H Black</p> <p>8:4 10a- 11:3 12p 12:3 1-3p 1-4 2:30</p>
<p>8H American Chop Suey/Egg Salad</p> <p>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 2pm Art Matters 2-4p Helping Hands</p>	<p>9</p> <p>10:30a Room to write 9-11a Chair Caning 12 Walmart Trip 12:30p-3:30p Mahjong 1-2 Trivia</p>	<p>10 Chick</p> <p>8:4 10a 10a- 10:3 11:3 12p 12:3 1-3p 1-4 2:30</p>
<p>15 Closed Martin Luther King Day</p>	<p>16</p> <p>9-11a Chair Caning 10:30 Room to Write Walmart Trip 12:30-3:30 Mahjong 3pm COA Board meeting</p>	<p>17 Chicken S</p> <p>8a M 8:4 10a 11: 10: 12p 12: 1-3 1-4 2:3</p>
<p>22 Mediterranean Chicken/Egg Salad</p> <p>9:45am Drumming 9 –1 Haircuts with Donna 10-12p Cribbage; Assorted Games 11:30a Zumba Fitness w./Aimee 12p Lunch 12:30p Weight interval training w/Aimee 12:45p Zentangle 2-4p Helping Hands</p>	<p>23</p> <p>9-11a Chair caning 10:30 Room To Write 12:30-3:30p Mahjong 1:00pm Trivia</p>	<p>24 Breaded Fi</p> <p>8:45a W 10a-12p 10:30-11: 11:30a Zu 12p Lun 12:30p 1-3p Bi 1-4p Br 2:30p L</p>
<p>29 Breaded Fish/Chicken Salad</p> <p>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 2-4p Helping Hands</p>	<p>30</p> <p>9-11a Chair caning 10:30 Room to Write 12:30p-3:30p Mahjong</p>	<p>31 8:45a V</p> <p>9a 10a 1:3 12p 12:3 1-3p 1-4p 2:3</p>

Wednesday	Thursday	Friday
<p><i>Beef Chili / C Roast Beef and Provolone</i></p> <p>9:55a Walking Club 12p Knitting/Crocheting with Louise 10a Zumba Fitness w/ Aimee Lunch 10p Cardio w/toning exercises w/Aimee 1pm BINGO 2p Bridge 3pm Line Dancing</p>	<p>4</p> <p><i>Turkey and Swiss</i></p> <p>9a Art with Howie 10a-12p SNAP Help 10:30 Memory Café 12 Lunch 12:30p Pizza & Movie 12:30 Relax and Meditate Circle 2-3p Chair Yoga with Rosa</p>	<p>5</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p><i>Chicken Cacciatore/RB and Provolone</i></p> <p>9:55a Walking Club Veterans Coffee 12p Knitting/Crocheting with Louise 10-11:30 Teen Tech Help 10a Zumba Fitness w/ Aimee Lunch 10p Cardio w/toning exercises w/Aimee 1pm BINGO 2p Bridge 3pm Line Dancing</p>	<p>11</p> <p><i>Tuna Salad</i></p> <p>9a Art with Howie 10a Beginners Tai Chi 10a-12p SNAP Help 10:30 Memory Café 12 Lunch 12:30p Pizza & Movie 12:30 Relax and Meditate Circle 2-3p Chair Yoga with Rosa</p>	<p>12</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p><i>Callopini/Tuna Salad</i></p> <p>Men's Breakfast 9:55a Walking Club 10-12p Knit/Crochet w/Louise 10:30a Zumba Fitness w/Aimee 1:30pm Podcast presentation 2p Lunch 3p Cardio with toning exercises w/Aimee 3p Bingo 4p Bridge 5:30 pm Line dancing</p>	<p>18</p> <p><i>RB and Provolone</i></p> <p>9a Art w/Howie 10a Beginners Tai Chi w/Sherry 10a Caregivers support group 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>19</p> <p>10am Tai Chi/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p><i>Fish/Turkey and Swiss</i></p> <p>9:55a Walking Club 10-12p Knit/Crochet w/Louise 10:30 Teen Tech Help 10a Zumba Fitness Lunch 10p Cardio with toning exercises w/Aimee 1pm BINGO 2p Bridge 3pm Line dancing</p>	<p>25</p> <p><i>California Chicken Salad</i></p> <p>10a Beginners Tai Chi w/Sherry 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>26</p> <p>Tai Chi w/Jon (Cancelled) 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Singing Grandpops</p>
<p>9:55a Walking Club <i>Lasagna/Egg Salad</i> Coffee with Amanda 10-12p Knit/Crochet w/Louise 10a Zumba Fitness Lunch 10p Cardio with toning exercises w/Aimee 1pm BINGO 2p Bridge 3pm Line dancing</p>		

Outreach Corner

Dear Neighbors,

Happy New Years to you, family and friends! Did you know the practice of making New Year's resolutions, said to have begun with the Babylonians as early as 2600 B.C., is another way to reflect on the past and plan ahead. Making New Year's resolutions can sometimes be hard, especially with the pressures of life in general, however reflecting is really important to think about what worked and what didn't work in the previous year. I like to think about New Year's resolutions in 'what I am hopeful for' in the new year ahead. I am hopeful that my family and friends will be healthy, I get a chance to weave a project on my loom and I am hopeful that you will utilize the senior center services and participate in the programming this year. We have a lot of great social and educational programs that interest you! In the 2024, we will start to have art and educational programs, entertainment and, trips! Keep an eye out for future information in the Sentinel.

Best,
Amanda C

Senior Tax Work- Off Program

Local seniors can participate in the Property Tax Work- Off Program! Stoneham offers property tax relief for senior citizens by participating in the state's Property Tax Work- Off program for seniors. This program allows seniors to do volunteer work for their local government in exchange for a reduction in property taxes.

Eligibility is:

- Must be 60 years of age or older
- Must be a homeowner (or spouse of the homeowner) and occupy the home
- Income must not exceed \$51,000 for a senior household of one person or \$58,000 for two persons
- Only one volunteer abatement per household per year

All interested Applicants: Schedule and interview with the Council on Aging (COA) Director *

The rate of service will be the State's current minimum wage * Required Federal and Medicare taxes will be taken from pay

- Applicant must notify director and work site supervisor of schedule changes and absences
- Applicant must notify director of any changes which affect eligibility i.e. sale of property
- Applicant must turn in completed hours, signed by supervisor, and to the COA Director at completion of hours worked.

Placement: Determined by matching applicant's skills, interests and availability with job requests. If there are more applicants than available openings, a lottery will be held to determine which applicants will be selected.

Applications can be picked starting January 2nd at the senior center. For additional information, please call the senior center (781) 438- 1157.

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AARP Tax Aide Program

The Stoneham Senior Center has been proud to sponsor the AARP Foundation Tax Aide Program each year for the benefit of our community. There are enough things to worry about in our lives without the stress of preparing taxes each year. The AARP Foundation's mission aims to promote economic opportunity and social connectedness especially among older adults. Its Tax Aide program is one of the many such programs, providing valuable assistance through a volunteer workforce of dedicated and trained tax preparation counselors. The services are free and open to taxpayers on a non-discriminatory basis. AARP membership is not required! For more information please call the senior center (781) 438-1157.

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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 1/8 @12-1pm. 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 Tuesday 1/16 from 12-2 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; 1/11 and 1/25 .

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.

Mystic Valley Elder Services' TRIP Program

If you live in Stoneham and no longer drive and public transportation isn't an option, you can still dine out, get to medical appointments, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program gives you mileage money to reimburse friends, neighbors, and certain family members for taking you where you need to go.

Holiday Celebrations at the Select Board Senior Party



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: Jan. 9&16 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:

Donations:

The Caners

Susan Rice

Patricia DiPietro

Anne Caruso

Trish Curtin for the beautiful lobby Christmas tree



Memorial:

Judith Patterson for Margaret Rora

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:

More Holiday Fun



Carol, Peter and Amanda decorating the tree in the main lobby @ the senior center!



Select board member Tim, Amanda and Select board member Raymie picking out the raffle tickets @ the Select board Senior Party!