



# Stoneham Sentinel

## February 2024



Sponsored in part by the Senior Center  
Friends



Happy Leap Year! We have an extra day in February—call an old friend, take a walk or start a new hobby. It is never too late. The center is a great way to stay warm during this cold month. We have lunch Mondays, Wednesdays and Thursdays and you only need to call the day before to let us know you are coming. Meet a new friend and share a meal. isn't that what life is all about?

This month we have another great lunch and learn sponsored by The Boys and Girls Club of Stoneham and Wakefield and Mystic Valley Elder services on Friday February 9 at 11am. The topic is Cell phone basics. Call to register.

A regular reader of this newsletter has generously donated \$3,700. This anonymous gift will cover the shortfall from November's Giving Tuesday project to automate the doors from the rear deck and the first floor ladies room.

Thank you "mystery person" for your thoughtfulness that will help us keep our seniors safe.

All my best,

Kristen Spence  
Director

**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 Center Closure

Monday, Feb 19th in  
observance of  
President's 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 \*

**New Addition!! Valentine Card making** with local artist Hilary Tolan- Join us on Friday, Feb 2nd from 10:30– 12:15pm for fun and relaxed art class where you will have a chance to create a Valentine card to send to a friend or loved one. Experiment with Zentangles, a fun and easy drawing method. No experience necessary! Hilary will be joining us and facilitating Art Classes every other month. Sign up and \$3.00 per class is required to participate in each class to off set the cost of the supplies needed.

## **Biography about Hilary!**

Hilary Tolan is a Boston area artist and teacher. She was born in New York. She completed her Master's in Art Education in the Artist/Teacher program at Massachusetts College of Art and she received her BFA from Purchase College, New York. Tolan's work has been reviewed by the Boston Globe, the Boston Phoenix, Art New England and Artscope magazine. She has been a resident at the Brydcliff Artist colony at the Woodstock Guild in New York and was an artist in residence at the Hambidge Center, GA. Hilary creates her work using a range of materials including drawing and photography. Since 2021, she has been the curator for Gallery 93, a community gallery at the Brookline Senior Center. She has gallery affiliations with the Kingston Gallery in Boston and DRIVE -BY/bk projects gallery in Watertown.



**Post Valentine's Day Senior Connection! Entertainment provided by Jim Barrineau on Friday, February 16th @ 1pm. Join us with conversation and Jim's music! Coffee and treats will be provided! Please call to sign up for this event (781) 438-1157**



## **Art Matters presents: AMERICAN WATERCOLORS Monday February 12th @ 2pm**

Most people think that watercolor is an elegant but simple painting medium. However, the only thing easy about painting with watercolors is cleaning them up. It is truly one of the most difficult means of realistic expression. Some of the few to succeed in this subtle and beautiful medium happened to be Americans. Join us for a presentation that focuses on the medium of watercolor. We will look at the work of some great American watercolorists including John James Audubon, Winslow Homer, and John Singer Sargent.



## **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. every Tuesday in February.

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](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 by calling 781-438-



## **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! No class on February 19th.





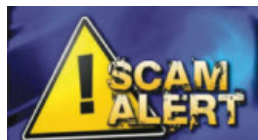
# News, Info and Events

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

Here are some steps for you to take to help keep your assets, financial information, and personal identity safe and secure by Det. David Ryan from the Stoneham Police Department! Make this year's New Year's resolution to get better at spotting and avoiding scams to keep your money, assets and personal identity that you worked hard for!

1. Set up security alerts. Security alerts can help you avoid or detect fraud by providing you with real-time notifications about activity in your account, such as changes to your password or your contact information.
2. Keep contact information up to date. Keeping your information current means we can reach you quickly when addressing unusual account activity.
3. Add a trusted contact. Establishing a trusted contact provides an additional person we can contact if an issue arises with your account(s)
4. Discover how to identify, avoid, and report scams. With scams on the rise, it's more important than ever to learn about the common tactics fraudsters use so you can mitigate the risk of becoming a victim. Hopefully some of the tips I put in this newsletter already helped you identify and avoid scams
5. Protect yourself online. Following preventive steps to stay safe online can help keep your accounts and personal information more secure..
6. Stay informed. Awareness is key to helping you recognize new cybercrime tactics and protect your identity and accounts.

Keep a watch!  
Detective David Ryan, CCCI  
(ph) 781-438-1212 X3154



## Trivia question

Do you know what blood pressure is and why maintaining it is important?

Do you need a fun way to refresh your mind on blood pressure?

Come to Blood Pressure BINGO with *Stephanie Ramy, OTR/L* from the Aging in Balance-Melrose/Wakefield Hospital on Wednesday, Feb 7th @ 10:30am- Prizes will be given! Please sign up to reserve your spot!

**Free Financial Advice Monday 2/12 2-4pm**  
Dana Rodrigues, the owner and financial planner at Affiliated Financial Group in Wakefield, MA, has been in financial services for over 30 years. He prides himself on providing financial guidance to anyone, no matter the financial situation. Take advantage of this offer to get complimentary financial guidance. Dana looks forward to meeting with you!

**Outreach Coffee Hour** with *Amanda, Outreach/Assistant Director and Cassie from Mystic Valley Elder Services*. This is a great opportunity to ask questions about needing help in the home with cleaning, dressing or getting meals on wheels delivered to your home. Wednesday, Feb. 28th at 9am, no sign ups required! Come with questions to see if Mystic Valley can support you in your home.

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



Dates: Wednesday 2/7 & 2/21  
from 10:30-11:30a

To register please call  
781-438-1157

Don't forget to bring your device  
and passwords!

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

**Feb. 1 *Maestro*** An 2023 American biographical romantic drama film that centers on the relationship between American composer Leonard Bernstein (Bradley Cooper) and his wife Felicia Montealegre (Carey Mulligan). (2hrs 9 min)

**Feb. 8 *Queen Bees*** (2021) After reluctantly agreeing to move in to a senior home, a woman encounters a clique of mean-spirited women and an amorous widower. (1 hr 40 min)

**Feb. 15 *The Monuments Men*** (2014) During World War II, the Nazis steal countless pieces of art and hide them away. Some over-the-hill art scholars, historians, architects and other experts form a unit to retrieve as many of the stolen masterpieces as possible. The mission becomes even more urgent when the team learns about Hitler's "Nero Decree," which orders destruction of the artworks if the Third Reich falls. Caught in a race against time, the men risk their lives to protect some of mankind's greatest achievements. Drama/History/ War (1hr 58min)

**Feb. 22 *Barbie*** (2023) Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. Comedy/ Fantasy (1 hr 54 min).

**Feb. 23 *Elvis*** (2022) From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla. Musical/ Drama (2hr 39min)



## Game Time!!



- **BINGO**— Grab a card or two for just a dollar (1\$) per card on Wednesdays 1-3pm!
- **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 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.*
- **Rummikub**— A tile-based game for 2 to 4 players, combining elements of the card game rummy and mah-jong. Friday 2/9 & 2/26

## TIMELESS TRIVIA

**Tues 1 pm ; 2/13 2/27**

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; 2/9, 2/16, 2/23

## **Haircuts 3rd Tuesday of the month**

12:30-3:30 pm. 2/20

\$12.00 no appointment needed.



**New!! Parkinson's Disease Support Group** with the *Visiting Nurses and Community Care* at the Lynnfield Senior Center. Next meeting is on Thursday, February 1st at 10:00am. The address to the Lynnfield Senior Center is 525 Salem St, Lynnfield MA 01940. Questions please call 781-960-7027 and to RSVP please call 781-598-1078. Caregivers and Spouses are welcome!

## **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, February 1st, 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.**

# February 2024

Monday	Tuesday	Wednesday
<b>5 Mixed bean and Veg soup/Turkey swiss</b> 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands	<b>6</b> 10:30a Room to write 9-11a Chair Caning 12:30p-3:30p Mahjong Walmart Trip	<b>7 Breaded Fish/C</b> 8:45a Walk 10a-12p Knit 10:30 Blood 10:30-11:30 11:30a Zumba 12p Lunch 12:30p Card 1-3pm BINGO 1-4 Bridge 2:30pm Lin
<b>12 Lasagna Chick meatball/Chicken salad</b> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands 2-4p Financial Advice 2-4	<b>13</b> 9-11a Chair Caning 10:30 Room to Write Walmart Trip 12:30-3:30 Mahjong 1-2 Trivia	<b>14 Fish with Mediterr</b> 8:45a Walk 10a-12p Knit 10am Vete 11:30a Zumba 12p Lunch 12:30p Card 1-3p BINGO 1-4p Bridge 2:30 pm L
<b>19 Closed President's Day</b>	<b>20</b> 9-11a Chair caning 10:30 Room To Write 12:30-3:30p Mahjong 12:30p Haircuts 3pm COA Board meeting	<b>21 Chicken &amp; Rice B</b> 8am Men's brea 8:45a Walking C 10a-12p Knit/Cro 10:30-11:30 Teen 11:30a Zumba Fit 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan
<b>26 Beef Chili/California Chicken Salad</b> 9:45am Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands	<b>27</b> 9-11a Chair caning 10:30 Room to Write 12-8 Attorney 12:30p-3:30p Mahjong 1-2 Trivia	<b>28</b> 8:45a Walking C 9a Coffee 10a-12p Knit 1:30a Zumba 12p Lunch 12:30p Card 1-3p Bingo 1-4p Bridge 2:30 Line c

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06-5174

	Thursday	Friday
	<b>1 Hot dog/Turkey and swiss</b> 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	<b>2</b>  10a-12p Cribbage 10:30-12:15pm Art Class 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta
<b>Chicken Salad</b> Singing Club Knitting/Crocheting with Louise Pressure Bingo Teen Tech Help Tai Chi Fitness w/ Aimee  Radio w/toning exercises w/Aimee GO  Line Dancing	<b>8 Beef Burgundy/Tuna Salad</b> 9a Art w/Howie 10a Beginners Tai Chi w/Sherry 10:30 Caregivers support group 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	<b>9</b>  10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 11a Lunch and Learn
<b>Vegetarian sauce/Egg Salad</b> Singing Club Knitting/Crochet w/Louise Cran's coffee Tai Chi Fitness w/Aimee  Radio with toning exercises w/Aimee GO Line dancing	<b>15 Shepard's pie/Turkey and swiss</b> 9a Art w/Howie 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	<b>16</b>  10am Tai Chi/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Music with Jim Barineau
<b>Pasta/Turkey and swiss</b> Breakfast Club Knitting/Crochet w/Louise Teen Tech Help Tai Chi Fitness  Radio with toning exercises w/Aimee	<b>22 Meatball Stroganoff/Egg Salad</b> 9a Art with Howie 10a Beginners Tai Chi w/Sherry 10:30 Caregivers support group 10a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	<b>23</b> Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta
<b>Mac and Cheese/Tuna salad</b> Singing Club Knitting/Crochet w/Louise Tai Chi Fitness  Radio with toning exercises w/Aimee Line Dancing	<b>29 Pasta and meatballs/Turkey &amp; Swiss</b> 9a Art with Howie 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	

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# Outreach Corner

"It's such a happiness when good people get together." —Jane Austen

Dear Neighbors,

Happy Valentine's Day! Did you know that Valentine's Day has evolved from a religious observance to a cultural and commercial holiday? The traditions of Valentine's Day center around red and pink hearts, chocolates, roses and the celebration of romance and love, however this holiday (among others) can intensify the feeling of loneliness for you or those around you that wished they were a part of the fun.

The U.S. Census estimates that in 2020, as many as 27% of adults age 65+ live alone and that number will rise due to the New Year and the population cohort gets older and larger. A person doesn't have to live alone to feel lonely. Loneliness can affect anyone who doesn't feel meaningful connections with people.

Loneliness has a lot of real implications on physical, emotional and mental health. According to Fritz (2023) "recent research has shown that feeling lonely or isolated affects morality in the similar way to that of a smoking habit of 15 cigarettes per day, and has more of an impact on mortality than other risk factors, like obesity and a sedentary lifestyle." Also a lack in social connection is associated with an increased risk of disease (any kind, anxiety, depression and dementia).

Here are a few tips to help fight loneliness:

1. Smile, even if it is hard! Say a positive affirmation about yourself. Take a stance like Superman did in the TV or movies.
2. Make communicating with others a priority to others at a store, the mail box, church or synagogue. Saying a simple hello is a connection.
3. Try a new hobby or pick an old hobby. There are a lot of different clubs out in the area with people who have the similar interests. If you are tech savvy, there is an app called "Meet up" for people to come together with the same interests and meet at a location such as a restaurant or coffee shop. For safety reasons, let someone know you are going to a new place to meet new people at the specified location.
4. Come to the senior center! We have a lot of great programs coming up, even if you are not interested, you may learn something new or meet a new friend.
5. Volunteer your time by supporting your community by getting involved with the Senior Center Friends call (781) 438-1157 or join the Friends of the Library call (781) 438-1324 for more information.

For any reason you are feeling isolated, depressed and think you need extra help, we are here to support you with other mental health resources such as the referral helpline with the INTERFACE Referral Program, call 1-888-244-6843, Monday through Friday, from 9 a.m. to 5 p.m. Another resource if you are in crisis is Eliot Community Services, call 1-800-988-1111.

Stay Warm,  
Amanda C

Fritze, Danielle. "You Mental Health This Holiday and Beyond: 4 Steps to Combat Loneliness in Seniors. National Council on Aging., December 19,2023.

## ASK A NURSE By Retired Nurse, Peg Dummey

I am 70 years old and a widow. I would like to start going out and seeing people and I do not mean other women. My family feels that they are enough for me for companionship and socializing, am I crazy to want more?

Dear Reader, first, you are not crazy. "I need somebody to love" sang the Beatles, and they got it right. Love and health are intertwined in surprising ways. Humans are wired for connection and when we cultivate good relationships the rewards are immense.

Advances in medicine are allowing many adults to live longer lives than previous generations. The elderly population is becoming one of the largest growing sectors of the present population. Researchers are showing studies that the impact of social relationships play an important part in one's health and psychosocial well being. Seniors who find meaningful ways to stay active in society either by working, volunteering or interacting socially expressed a greater sense of happiness. A realistic approach to one's present circumstances greatly contribute to a better quality of life. As one ages support systems tend to decrease and it is important for one to remain socially active. So Dear Reader, your family may be protective of you and do not want to see you hurt, but it sounds like you want to make the leap and be your own person so, cherish each day, possess a positive self attitude and maintain a social support system. And as the Beatles sing "I want to hold your hand", you have that cup of tea with someone special.



# 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 March 4th @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 2/27 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; 2/8 and 2/16.

## **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.

# Trip Information

## **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.

## **Trip Talk with Cheryl from All New England!**

This is an informational session to see what kind of trips All New England has to offer. This is a collaborative effort with Wakefield Senior Center. Come and learn see what trips we are offering! Sign ups are required!

When: Monday, March 4th @ 2pm  
Where: 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. 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: Feb. 6 & 13** 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: Rod and Joe Hopkins  
David Behrle  
Stephen DiTullio  
Frank Liu



## ***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 \_\_\_\_\_

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\_\_\_\_ I **DO NOT** wish my (\$10 or above) donation to be listed in the Sentinel.

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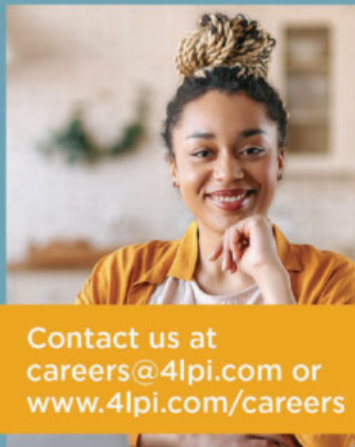
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