



Stoneham Sentinel

April 2024



Sponsored in part by the Senior
Center Friends

Did you know that there are Tax Emptions for Stoneham Seniors? If you have owned and occupied your home for over 5 years you are eligible to apply for any of the programs through the Assessor's Office. Deadline to file is 4/1/24.

Senior Tax Work Off program has begun. The tax work-off program offers qualifying residents 60 and over a \$750 reduction in their real estate taxes in exchange for 50 hours of work for the town. There are deductions taken out of the amount because you are considered a town employee but it a great way help with property taxes and work with some of our great town departments. Just give me a call at the Center for more information.

Best, Kristen Spence

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 Hours :

Monday 8:30-4pm; Tuesday 8:30-4pm;
Wednesday 8:30-4pm; Thursday 8:30-4pm
Friday 8:30-4pm



Find us on
Facebook

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



SCAN ME

**We are closed on
Monday, April 15th for
Patriot's Day**



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 *
781-438-1157

HOW TO WATERCOLOR BUTTERFLY TUTORIAL



Join us for a relaxing art class as we usher in spring & explore the beauty of butterflies. We will learn tips for drawing, using pen and watercolor to create our artwork. We will have a chance to experiment with both realistic images and fanciful butterfly artwork. These workshops are appropriate for **all levels**, from total beginners to experienced artists. Led by artist Hilary Tolan! Sign up is required to participate in each class. **Friday, April 5th 1:30-3:30pm.**



Are you thinking of Home Care or Assisted Living Facility?

Join Amanda, Outreach/ Assistant Director for coffee hour and morning treats!

The Arbors at Stoneham Assisted Living and Memory Care will be here on Wednesday, April 3rd from 9am to 10am to answer your questions about assisted living at The Arbors.

Comfort Keepers, Home care agency will be here on Thursday, April 25th from 9am to 10am to answer your questions about home care and their agency!

Are you interested in knowing the 10 Warning Signs of Alzheimer's?

Join the Alzheimer's Association and Amanda for this educational program to know what the warning signs of Alzheimer's Disease. We learn about the difference between normal aging and Alzheimer's; common warning signs; the importance of early detection and benefits of diagnosis; and resources.

When: Thursday, April 11th from 10:30am

Where: Dining Room, Stoneham Senior Center
Please call to sign up!

Prioritizing your wellbeing: A seminar on focusing on your health

This should be easy right? Sometimes it's hard! Come to this panel discussion on health resources and how to make conscious choices and taking actions that promote your physical health, mental and emotional health. We will further discuss this great topic in how to actively care for yourself to maintain a balance and fulfilling life. Lunch will be served after!

When: Tuesday, April 9th from 10:30a-12pm

Where: Dining Room, Stoneham Senior Center
Please call to sign up!

Sing-A-Long with Joel Light

Join us for an afternoon of singing to your favorite tunes with Joel on Friday, April 26th from 2-3pm!



ART Matters Monday April 8th @ 2pm

HENRI MATISSE

Enter the world of Matisse. A world of color, enjoyment, and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music, and art. Matisse's world has a "calming influence on the mind, like a good armchair." Indulge yourself and join us for a vacation from stress, into the sanctuary of Matisse's World.



News, Info and Events

* As a reminder please call the Stoneham Senior Center to register for programs *
781-438-1157



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

Wednesday April 10th 10:30-11:30am OR

Wednesday April 24th 10:30-11:30am

Call the center to sign up.

Lunch and Learn Session **Emailing and Texting 101**

Join us for a FREE workshop and learn how to better navigate your personal devices!
Sponsored by Mystic Valley Elder Services, the executive Office of Elder Affairs and the Federal Administration for Community Living

When: Friday April 12th 11-1pm

Where: Dining Room, Stoneham Senior Center

Call 781-438-1157 to register and reserve your spot!

Health and Wellness Fair

Sponsored by the Stoneham Chamber of Commerce
Come support your local senior center!

When: Saturday, April 6th from 11am-2pm

Where: Stoneham Town Hall Auditorium



New!! Parkinson's Disease Support Group
with the Visiting Nurses and Community Care
at the **Lynnfield Senior Center**. Next meeting is on Thursday, April 4th 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!

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!



Free Financial Advice Monday

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. Sign up for 15 minute appointments at the 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



April 4th– Shirley (2024) Regina King stars as Shirley Chisholm in SHIRLEY--the story of the first Black congresswoman and her trailblazing run for president of the United States. 1.57 min.

April 11th– Silverado (1985) Rambling man Emmett (Scott Glenn) assembles a group of misfit cowboys (Kevin Costner), (Kevin Kline, Danny Glover). After helping a group of settlers track down a pack of thieves, Emmett and his men descend on the troubled town of Silverado to seek their fortunes.

April 18th– Oppenheimer (2023) epic biographical thriller film[a] written, directed, and co-produced by Christopher Nolan.[8] It follows the life of J. Robert Oppenheimer, the American theoretical physicist who helped develop the first nuclear weapons during World War II. 3hrs. ***Note– No pizza being served this day!**

April 25th– Nyad (2023) Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.



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 1-3:30p
- **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 mahjong. Friday @ 10am

TIMELESS TRIVIA

Tues 1 pm ; 4/9 and 4/23

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 10am. We bowl 2 strings. No sign up-just show up!
NOTE NEW LOCATION IN WAKEFIELD!
92 Water Street



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! No class on 3/25

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; **Sun73**

Haircuts 3rd Tuesday of the month

12:30-3:30 pm. 4/16
\$12.00 no appointment needed.



Geriatric Footcare specialist with Marie Anderson, RN! Marie will be here at the senior center on the first Tuesday of every month She will examine you and answer all your questions about footcare! Marie is a registered nurse and has over 30 years of experience! Call the center for an appointment (781) 438-1157!

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?

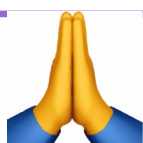
The benefits include helping guests form new friendships and reduce social isolation that can occur with people living with dementia and their care partners. It also provides an opportunity to have fun together in a different environment that involves a creative art activity or entertainment!

Where: Stoneham Senior Center

When: **Thursday, April 4, 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.

April 2024

Monday	Tuesday	Wednesday
1 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	2 9-11a Chair Caning 12:30p-3:30p Mahjong Walmart Trip Footcare 12-3	3 9am Coffee 10a-12p Knit 10-11:30 Ma 11:30a Zum 12p Lunch 12:30p Card 1-3pm BIN 1-4 Bridge 2:30pm Lin
8 9:45 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 2pm Art Matters	9 10am Blood Pressure Clinic 9-11a Chair Caning 12:30p-3:30p Mahjong 1pm Trivia	10 8:45a Walk 10a-12p Knit 10-11:30 Ma 10:30-11:30 11:30a Zumb 12p Lunch 12:30p Card 1-3pm BIN 1-4 Bridge 2:30pm Lin
15 <i>Patriot's Day Center closed</i>	16 9-11a Chair Caning Walmart Trip 12:30-3:30 Mahjong 12-2 Attorney 12:30-3 Haircuts	17 8am Men's Brea 8:45a Walking Club 10a-12p Kn 10am-11:30am John 10-11:30 M 11:30a Zumb 12p Lunch 12:30p Card 1-3p Bing 1-4p Bridge 2:30 pm L
22 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	23 9-11a Chair caning 12:30-3:30p Mahjong 1pm Trivia	24 8:45a Walking C 10a-12p Knit/Cro 10-11:30 Matter 11:30a Zumba Fi 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan
29 9:45 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 2pm Nutrition Myths	30 9-11a Chair caning 12:30p-3:30p Mahjong	

	Thursday	Friday
<p>with The Arbors sitting/Crocheting with Louise Matter of Balance Yoga Fitness w/ Aimee</p> <p>Radio w/toning exercises w/Aimee GO</p> <p>Line Dancing</p>	<p>4</p> <p>9am Art with Howie 10a Beginners Tai Chi w/Sherry 10:30 Memory Café 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 2p Chair Yoga with Rosa</p>	<p>5</p> <p>10am Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1:30pm Art w/ Hilary</p>
<p>Knitting Club sitting/Crocheting with Louise Matter of Balance Tech Help with Boys and Girls Club Yoga Fitness w/ Aimee</p> <p>Radio w/toning exercises w/Aimee GO</p> <p>Line Dancing</p>	<p>11</p> <p>9a Art w/Howie 10a Beginners Tai Chi w/Sherry 10a-12p SNAP Help 10:30 Caregivers support group 12p Lunch 12:30p Pizza/ Movie 2p 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 11a Lunch and Learn</p>
<p>Breakfast</p> <p>Knit/Crochet w/Louise Clark Music Program Matter of Balance Yoga Fitness w/Aimee</p> <p>Radio with toning exercises w/Aimee GO Line dancing</p>	<p>18</p> <p>9a Art w/Howie 10a Beginners Tai Chi w/Sherry 10:30 Caregiver's support group 11a-12p SNAP Help 12p Lunch 12:30p Movie NO Pizza 1pm St. Pat's Party 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>Knitting Club Crochet w/Louise Matter of Balance / Tech Help 10:30-11:30 Fitness</p> <p>Radio with toning exercises w/Aimee</p> <p>Line Dancing</p>	<p>25</p> <p>9a Art with Howie 9am Coffee Hour with Comfort Keepers 10a Beginners Tai Chi w/Sherry 10:30 Caregivers support group 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 2p Chair Yoga with Rosa</p>	<p>26</p> <p>Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta Sing along with Joel 2pm</p>

Community Education

MelroseWakefield Hospital's Aging in Balance Online Classes for April 2024

Slips, Trips and Falls

Online, Wednesday, April 17 at 10:30 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 MelroseWakefield Healthcare, for an interactive class that highlights how you can prevent falls.

To register email AginginBalance@tuftsmedicine.org or call 781-338-7559

Let's Talk about Heart Failure

Online, Wednesday, April 24 at 10:30 a.m.

Many people can learn to manage their symptoms and enjoy full lives while living with a chronic condition like heart failure. In this evidence-informed program, we will discuss:

- Causes and symptoms of heart failure

- Risk factors

- Different types of heart failure

- How it is diagnosed

We will also learn about treatments and how to manage symptoms, including lifestyle changes, medications, and other interventions.

You may have a diagnosis of heart failure, or you may want to know more about prevention. There will be time for questions and sharing and all are welcome. Joya Pezzuto, Community Outreach Nurse, will facilitate this informative class.

To register email AginginBalance@tuftsmedicine.org or call 781-338-7559

Grandparents Raising Grandchildren

Online and in person meetings

Are you a grandparent raising your grandchild or
a kinship caregiver of a child?

You are not alone! Join us for supportive and educational meetings held monthly online and in person. They offer a wonderful way to network with other grandparents while sharing resources, education, and conversation. Custodial, guardian and caregiver grandparents and kinship caregivers welcome.

Join us monthly for online meetings. Call 781-338-7559 or email AginginBalance@tuftsmedicine.org to register and find out more.

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.

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 May 6th 2-1pm. 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 4/16 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

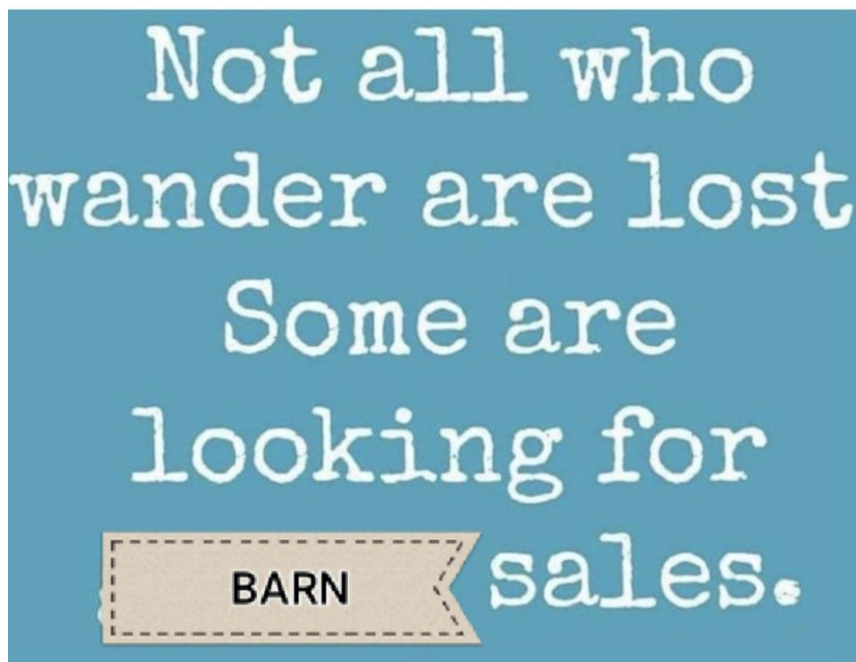
With Kathy Learned from MVES on the second and fourth Thursday at 10:30am; 4/11 and 4/25

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.

SNAP HELP Boys and Girls Club provides help every Thursday from 11-12pm

Bargain Barn Information



Donations are
gratefully
accepted
starting Monday
April 1st
Bargain Barn
opens
Thursday May
2nd at 10 am.

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: Tuesday April 16th 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:

Natalie & Edward Lemberg
Carol Eovine
Marie & Angelo Bengazzo
Susan Curley



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:

Sentinel Pictures

Pictures are from Sybil's book talk and St. Patrick's Day party with Tommy and lunch provided by State Rep Michael Day.

