



Stoneham Sentinel

May 2024



Sponsored in part by the Senior
Center Friends



Stoneham Memorial Day Parade

The Town of Stoneham and the Stoneham Veterans Committee is currently planning the town's annual Memorial Day Parade and ceremonies, to be held at 10:00 am on Monday, May 27th, 2024.

The Veterans Committee invites the entire community to join us in the parade and ceremonies in honoring our fallen and deceased Veterans this Memorial Day. Any club, organization, group, or individual is invited and welcome to participate in the parade and ceremonies.

Memorial Day Parade & Ceremonies Schedule Monday, May 27, 2024

For more information stonehamveterans@gmail.com or call 781-572-2068; or email lgall3565@gmail.com or call 781-632-2050.

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—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, May 27th for
Memorial Day**



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

136 Elm Street, Stoneham, MA 02180 www.stonehamseniorcenter.org <https://www.facebook.com/StonehamSeniorCenter>
781-438-1157 - 781-438-1161

News, Info and Events

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

Do you know what the File of Life is?

Join Amanda Costain, Outreach/Assistant Director, Stoneham Police, Fire Department and, Board of Health for coffee, morning treats and a discussion about what the File of Life is.

Want more information about what the a file of life is, check out

The Outreach section on page 8.

When: Wednesday, May 22nd at 9:30-10:30am



High Tea Event

Join us for a British culinary tradition of sitting down for a mid-day treat of tea, sandwiches, scones and cake before Mother's Day. Dress up in your finest, dust off those pearls, wear your nice hat or tie!

When: Friday, May 10th @ 2pm

Please call to reserve your spot — (781) 438- 1157.

Huge thank you Stoneham Bank for volunteering your time, Bear Hill Country

Spring festival

Watching a Hallmark Spring festival is nice on the TV but how about joining the senior center for a Spring Festival of fun! Join us for a refreshing spring mocktail, sweets and, a spring themed craft!
Friday, May 17th @ 1pm Registration required!



Hand pan performance with Gabe

Have you ever heard of a hand pan?

Join us for a nice afternoon with afternoon treats listening to a hand pan and learning about this instrument.

When: Tuesday, May 21st @ 1-2pm



Stoneham Lunch and Learn Library Event

Tuesday, May 14th at 10am at the Stoneham Senior Center- **What does one library book say to the other? "Can I take you out?"** - 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. Please call to sign up for this event—781-438-1157

The Art of Calligraphy with Nancy Riley

Sponsored by Room to Write, Nancy Reily, owner of Lady with a Pen, will talk about the art of calligraphy and design. Participants will receive a free pen and have a chance to try their hand at calligraphy.

When: Tuesday, May 14th from 11:30am-12:30pm.

Please call to sign up—(781) 438-1157

ART Matters Monday May 13th @ 2pm

MOTHER & CHILD

The bond between parents and their children is very special, very personal, and yet universal. This relationship transcends language, different cultures, great distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers & their children throughout our human history. Fathers welcome! Join us for a special sharing, and invite your children.



News, Info and Events

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781-438-1157



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

Wednesday 5/15 10:30-11:30am OR

Wednesday 5/29 10:30-11:30am

Call the center to sign up.

Mindfulness Lunch and Learn Session

Join us for a FREE workshop and learn how to become mindful and how it will impact your everyday. Sponsored by Mystic Valley Elder Services, the executive Office of Elder Affairs and the Federal Administration for Community Living.

When: Friday May 10th 11-1pm

Where: Ballroom Stoneham Senior Center

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

Wednesday, May 8th from 10-11am— Join **John Clark**, music historian on a Great Ladies Part I. Discussion will include powerpoint and music. Call to sign up for this event: (781) 438-1157.



Blood Pressure Clinic with Heidi, Public Health Nurse

Be in charge of your heart health!
Come get your blood pressure checked!

When: Wednesday, May 8th from 10am-11pm

Where: Stoneham Conference Room

New!! Parkinson's Disease Support Group with the Visiting Nurses and Community Care at the **Lynnfield Senior Center**. Next meeting is on Thursday, May 2nd 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



May 2nd– Oklahoma (1955) a 1955 American musical film based on the 1943 musical of the same name by Richard Rodgers and Oscar Hammerstein II, which in turn was based on the 1931 play *Green Grow The Lilacs* written by Lynn Riggs. (2.25m)

May 9th– Begin Again (2013) A chance encounter between a down-and-out music business executive, and a young singer songwriter new to Manhattan, turns into a promising collaboration between the two talents. Comedy/Drama/Music (1.44m)

May 16th– The Miracle Club (2023) There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.

May 23rd– Imitation Game (2014) American period biographical thriller film directed by Morten Tyldum and written by Graham Moore, based on the 1983 biography *Alan Turing: The Enigma* by Andrew Hodges. (1.54m)

May 30th– Dressmaker (2015) A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong. (1.59m)



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. 1st and 3rd Monday and 2nd and 4th Friday @ 10am

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



TIMELESS TRIVIA

Tues 1 pm ; 5/14 and 5/28

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!



Monthly Birthday Celebrations!
Last Wednesday during BINGO, come enjoy cake and a fun game of BINGO. Cake provided by Stoneham Municipal Employees Federal Credit Union!



KNIT/CROCHET WITH LOUISE
Wednesdays at 10



Health and Wellness

\$4 PER CLASS payable to the instructor

Zumba fitness with Aimee Mondays and Wednesdays at 11:30 am \$4 per class or \$6 for both

Weight training with Aimee Mondays and Wednesdays 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. **(Postponed)**

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

10:30-3:30 pm. 5/21
\$12.00 no appointment needed.



Geriatric Foot care 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 foot care! 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!

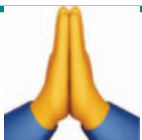


Where: Stoneham Senior Center

When: **Thursday, May 2, 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.

MAY 2024

Monday	Tuesday	Wednesday
<p>H = Hot lunch C= Cold Lunch</p>		<p>1 H Salisbury Steak 10a-12p Knit/Crochet 11:30a Zumba 12p Lunch 12:30p Card Games 1-3pm BINGO 1-4 Bridge 2:30pm Lin</p>
<p>6 H Sloppy Joe/ C Egg salad 9:45 Drumming 10a-12p Cribbage 10a-12p Assorted Games 10am Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands</p>	<p>7 11:30am Foot care 10am Blood Pressure Clinic 9-11a Chair Caning 12:30p-3:30p Mahjong</p>	<p>8 H Beef Burgundy 8:45a Walking Club 10a-12p Knit/Crochet 10a John C. White 10:30-11:30a Zumba 11:30a Zumba 12p Lunch 12:30p Card Games 1-3pm BINGO 1-4 Bridge 2:30pm Lin</p>
<p>13H American Chop Suey/C Egg Salad 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 Financial Advice 2pm Art Matters</p>	<p>14 9-11a Chair Caning Walmart Trip 11:30am Room To Write Talk 12:30-3:30 Mahjong 1pm Trivia</p>	<p>15 H Chicken Marsala 8am Men's 8:45a Walking Club 10a-12p Knit/Crochet 10:30-11:30a Zumba 11:30a Zumba 12p Lunch 12:30p Card Games 1-3p Bingo 1-4p Bridge 2:30 pm L</p>
<p>20 H Chicken Scallopini/ C Turkey and Swiss 9:45am Drumming 10a-12p Cribbage 10a Rummikub 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands</p>	<p>21 9-11a Chair caning 12:30-3:30p Mahjong 1pm-2pm Handpan performance 12-2 Attorney 10:30-3 Haircuts</p>	<p>22 H Roast Turkey 8:45a Walking Club 10a-12p Knit/Crochet 11:30a Zumba 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan</p>
<p>27 Closed Memorial Day</p>	<p>28 9-11a Chair caning 12:30p-3:30p Mahjong 1pm Trivia</p>	<p>29 H Chicken w/ Saut 8:45a Walking Club 10a-12p Knit/Crochet 10:30-11:30 Tec 11:30a Zumba F 12p Lunch and 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan</p>

SUPPORT OUR ADVERTISERS!



Thursday		Friday
<p>Break/C Tuna Salad Knitting/Crocheting with Louise Gymnastics Fitness w/ Aimee Radio w/toning exercises w/Aimee GO Line Dancing</p>	<p>2 H Chicken Meatballs/C Turkey and swiss 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>3 10am Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>Break/C Turkey and Swiss Knitting Club Knitting/Crocheting with Louise Folk music program Tech Help with Boys and Girls Club Gymnastics Fitness w/ Aimee Radio w/toning exercises w/Aimee GO Line Dancing</p>	<p>9 H Chicken gravy and stuffing/ C Tuna Salad 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>10 10a Tai Chi w/Jon 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 11a Lunch and Learn 2pm Tea Party</p>
<p>Break/ Roast Beef provolone cheese Breakfast Knitting Club Knitting/Crochet w/Louise Tech Help Gymnastics Fitness w/Aimee Radio with toning exercises w/Aimee GO Line dancing</p>	<p>16H Pot Roast and Gravy/ C Turkey and Swiss 10a Beginners Tai Chi w/Sherry 10:30 Caregiver's support group 11a-12p SNAP Help 12p Lunch 12:30p Movie 2p Chair Yoga with Rosa</p>	<p>17 10am Tai Chi/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>Break with Gravy/ C Vegetarian Chef salad Knitting Club Knitting/Crochet w/Louise Gymnastics Fitness Radio with toning exercises w/Aimee GO Line dancing</p>	<p>23 H Mac and Cheese/ C Roast Beef and Prov. 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>24 Tai Chi w/Jon 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>Break/ Veggie/ C Roast Beef Sand. Knitting Club Knitting/Crochet w/Louise Tech Help Gymnastics Fitness Monthly birthday celebration Radio with toning exercises w/Aimee GO Line dancing</p>	<p>30 H Salmon with Dill Sauce/ C Calif. Chicken salad 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>31 Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>

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Outreach

Dear Neighbors,

Happy spring! The flowers are starting to bloom with all the different colors and start to smell amazing. With the flowers and trees starting to bloom, then comes the allergies with the pollen.

This month's outreach topic is about the File of Life. The File of Life is a card with pertinent information such as your name, emergency contact information, insurance policy, medications/allergies, medical history, doctor's name and health care proxy. The card is kept in a red plastic pocket labeled File of Life with a magnet on the back so you can put it on your refrigerator. The File of Life care enables medics to obtain a quick medical history when you are unable to respond to an emergency. The information on the File of Life eliminates the confusion of an incapacitated state which could lead you to forget to mention something important.

There are many benefits of having a File of Life such as:

1. The emergency response team instantly knows your medical history: They can begin corrective and/or life-saving treatment at once.
2. No valuable time is wasted attempting to gather vital information from confusion or an incapacitated state.
3. You will have peace of mind knowing the emergency responders will give you prompt and quality care.
4. It provides easy access to potentially life-saving information.
5. The File of Life also gives assurance to the proper person to be notified quickly?

The File of Life is a great way to be prepared in case of an emergency. For example you may have a medical emergency during the night. The first responders who come to your home will have your vital medical information so they can respond to your medical needs quickly and efficiency.

If you are interested in knowing more about the File of Life or how to fill one out or put medical information in your phone, please come to my Outreach coffee hour with Stoneham Police and Fire Departments on Wednesday, May 22nd at 9:30am. In addition to the police and fire department who will be joining us, Stoneham Public health nurses will also be here to answer questions about the File of Life's importance during a medical emergency.

Emergencies happen all the time, no matter what age/race/ethnicity/gender, you want to be as prepared as you can be without any confusion; after all this is your quality of life that is at stake.

Enjoy the nice weather, get those dusty sneakers out of the closet to get those steps in!

Best,
Amanda C

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 5/21 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; 5/9 and 5/23

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.

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

Sentinel Photos



Watching the total solar eclipse on April 8th!



Sporting Western wear during the Silverado movie and pizza day on April 11th

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 May 14th 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:

Arthur and Gail Kelley memorial for Adeline Kelley



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:



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Stoneham Senior Center Office, Stoneham

06-5174

Barn Information

Donations gratefully accepted
Bargain Barn opens
Thursday, May 2nd from
10am-2pm



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!



Huge thank you to the Boy Scouts of America (right picture shown) for

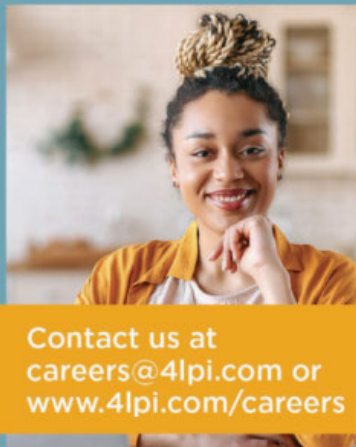
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