



Stoneham Sentinel

June 2024



Sponsored in part by the Senior
Center Friends



Summer is here! It was a cool spring. I know we are all ready for a nice warm summer. We have a lot of fun programs coming up this month. We are so grateful and fortunate to have great learning opportunities like the lunch and learn programs. These programs have been funded by a grant from Mystic Valley Elder Services, Massachusetts Executive Office of Elder Affairs and, the Federal Administration of Community Living. The final lunch and learn program will be on June 7th at 11am, we will learn about online security for older adults.

Looking ahead, we have many music and education programs during the month of June. We will have music trivia, flag day celebration with Tommy Roll, John Clark, the music historian, tie dye shirt Pride Event, and programs on hearing loss and scam safety. Keep an eye out for more information and we can't wait to see you at the center!

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
Wednesday, June 19th
for Junteenth**



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

***Please note* Men's Breakfast will be on Wednesday, June 26th @ 8am in the Dining Room**



Tie Dye Shirt Pride Event

Please join us for a fun tie dye event! Come tie dye your own shirt to help celebrate Pride Month. Learn more about what Pride flag colors mean and create your own aspiring piece! When: Friday, June 7th @ 12:30pm
Call the Center to sign up!

Social Security Program Tuesday June 11th 10:30-12 Lunch following program
Understanding Social Security: Gain greater confidence in your retirement planning
Sponsored by the Stoneham Coalition, Stoneham Council on Aging and Stoneham Bank
Call the Senior Center to sign up.

Strategies for Hearing Loss with Hearing Life

Please join us for a meet and great with Hearing Life. Come with your questions about hearing loss, how to clean hearing aides and strategies on how to change batteries.
When: Friday, June 7th @ 2pm
Please sign up— 781-438-1157

Trivia and Tunes

Tuesday June 4th @ 1pm

Grab some friends and join us for the upcoming Trivia and Tunes game. Trivia and Tunes

combines questions designed across a broad variety of categories

with musical clues from Sinatra, The Beatles, Rosemary Clooney and Elvis.



Flag Day Celebration with Tommy Rull Music

Please join us in your red, white and blue for an afternoon of fun!

When: Friday June 14th @ 1pm

Please sign up—781-438-1157



Scam Safety with Middlesex Sheriff's County and Stoneham Police Department

Join us for a great program and learn strategies on how to help protect yourself and your loved ones from scams.

When: Friday, June 21st @ 1pm in the Dining Room

Please register—781-438-1157

ARTMatters Monday June 10th @ 2pm

THE GREAT AMERICAN WEST



American artists have been like America itself, pioneering, bold, and independent. Especially in the western frontiers where artists were confronted with a totally new and unbelievably beautiful landscape, an alien culture and a dramatically different life style. It fascinated everyone, especially the jaded and complacent Europeans who were enthralled and seduced by the Western American experience. But, it was all over in just 90 years. It took only one life span to end this chapter of our history; from the virgin exploration through pristine lands to the massacre of millions of bison; the pioneers, trappers, cowboys, settlers, miners, and the total redistribution of native Americans in the Indian Wars.

Please join Art Matters for a look at a very brief but special time in our nation's history through the eyes of artists who tried to capture the flavor of a lost era and preserve it for us.

News, Info and Events

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781-438-1157

POWER over Parkinson's Class - Wednesdays 10:30-11:30—June 26th through Sept. 4th

POWER over Parkinson's is a weekly exercise class designed for people with Parkinson's Disease, and other movement disorders. Taught by Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist and owner of Healthy Aging Physical Therapy, and other members of her therapy team.

This class combines large-amplitude movements (PWR! Moves) with Functional Strength, Core Stability, Balance and breathwork, for a well-rounded hour of exercise and education each week. Exercises are performed sitting, standing and walking.

Though modifications will always be provided, participants should be able to safely participate in these activities without direct supervision, but are welcome to attend if they do need assistance, if they can bring a care partner along with them. New class members are encouraged to drop-in and try a class for free the first week to see if it's a good fit. More information available here: <https://healthyagingpt.com/pop>



Blood Pressure Clinic with Heidi, Public Health Nurse

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

When: Wednesday, June 6/12
from 10am-11pm

Where: Stoneham Conference Room

Outreach Coffee and Morning Treats with Amanda C, Outreach/Assistant Director.

This month's topic is: Discussions on how to plan a Celebration of Life Reception led by Jen H from Point Person Event Services LLC .

When: Wednesday, June 12th at 9:30am in the dining room.

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



6/6 It Could Happen to You 1994 Charlie Lang (Nicolas Cage) is a simple, kindhearted New York City cop. When he realizes he has no money to tip waitress Yvonne Bias (Bridget Fonda), Lang offers her half the winnings of his lottery ticket. Amazingly, the ticket happens to be a winner, in the sum of \$4 million. True to his word, Lang proceeds to share the prize money with Bias, which infuriates his greedy wife, Muriel (Rosie Perez). Not content with the arrangement, Muriel begins scheming to take all the money. 1 hour 40 min.

6/13 Guns of Navarone 1961 In 1943, a small commando team is sent to destroy huge German guns on the Greek Island of Navarone in order to rescue Allied troops trapped on Kheros. Led by British Major Franklin (Anthony Quayle), the team includes American Mallory (Gregory Peck), Greek resistance fighter Stavros (Anthony Quinn) 2 hours 30 min.

6/20 Aeronots (2019) In 1862 headstrong scientist James Glaisher and wealthy young widow Amelia Wren mount a balloon expedition to fly higher than anyone in history. As their perilous ascent reduces their chances of survival, the unlikely duo soon discover things about themselves -- and each other -- that help both of them find their place in the world. 1 hour 40 min.

6/27 The Rope 1948 Just before hosting a dinner party, Philip Morgan (Farley Granger) and Brandon Shaw (John Dall) strangle a mutual friend to death with a piece of rope, purely as a Nietzsche-inspired philosophical exercise. Hiding the body in a chest upon which they then arrange a buffet dinner, the pair welcome their guests, including the victim's oblivious fiancée (Joan Chandler) and the college professor (James Stewart) whose lectures inadvertently inspired the killing.



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 Bowlardrone in Wakefield every Monday at 10am. We bowl 2 strings. No sign up-just show up! 92 Water Street



TIMELESS TRIVIA

Tues 1 pm ; 6/11 and 25

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 6/24**

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. 6/18
\$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!

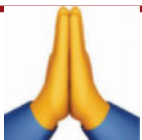


Where: Stoneham Senior Center

When: **Thursday June 6 2024**

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.

JUNE 2024

Monday	Tuesday	Wednesday
3 H Broccoli Mushroom Frittata/Chick 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	4 9-11 Chair Caning 10:30am Foot care 9-11a Chair Caning 12:30p-3:30p Mahjong 1-2 Music Trivia	5 h/c Ravioli chick 10a-12p Kn 11:30a Zum 12p Lunch 12:30p Carc 1-3pm BING 1-4 Bridge 2:30pm Lin
10 H Chick Souvlaki/Egg Salad 9:45 Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands 2pm Free Financial Check up	11 9-11a Chair Caning Walmart Trip 10:30-12 Senior Seminar 12:30-3:30 Mahjong 1pm Trivia	12 H Mac and Chee 8:45a Walk 10a-12p Kn 9:30am Ou 10am Bloo 11:30a Zur 12p Lunch 12:30p Car 1-3pm BIN 1-4 Bridge 2:30pm Lin
17h Chick and Rice Bake/Tuna 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	18 9-11a Chair Caning 12-2 Attorney 12:30-3:30 Mahjong 10:30-2 Donna the Hair dresser 3pm COA Board Meeting	19 Center closed
24 H Lasagna Chick. Meatball/Tuna Salad 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	25 9-11a Chair caning 12:30-3:30p Mahjong 1-2 Trivia	26 H Chick w/ BBQ 8am Men's Bre 8:45a Walking 10a-12p Knit/Cro 10:30am Power 11:30a Zumba 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dan
Hot and cold meals served every Monday Wednesday and Thursday. Just call the center 2 days ahead to reserve you meal and a \$2.00 donation is requested.		Sign ups for business day center

SUPPORT OUR ADVERTISERS!



Thursday		Friday
<p>k meatballs/Egg Salad itting/Crocheting with Louise ba Fitness w/ Aimee</p> <p>lio w/toning exercises w/Aimee GO</p> <p>e Dancing</p>	<p>6 H/C Haddock Dijon wine sauce/Turkey Swiss 10a BeginnersTai Chi w/Sherry 10:30 Memory Café 11a-12p SNAP Help 12p Lunch 12:30p Pizza/ Movie 2p Chair Yoga with Rosa</p>	<p>7</p> <p>10am Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 11-1 Lunch and Learn 2pm Hearing Loss program</p>
<p>ese/C Turkey Swiss ing Club itting/Crocheting with Louise utreach Coffee d Pressure check mha Fitness w/ Aimee</p> <p>rdio w/toning exercises w/Aimee IGO</p> <p>e Dancing</p>	<p>13 H Pot Roast Stroganoff/C Veg Chef Salad</p> <p>10a BeginnersTai 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>14</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Tommr Rull Music</p>
<p>for Juneteenth</p>	<p>20H Roast Turkey with Gravy/Chicken Salad 10a Beginners Tai Chi w/Sherry 10:30 Caregiver's support group 10:30am John Clark Music program 11a-12p SNAP Help 12p Lunch 12:30p Movie 2p Chair Yoga with Rosa</p>	<p>21</p> <p>10am Tai Chi/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Middlesex Sheriff's office Talk on Scams</p>
<p>Sauce/Roast Beef Prov. cheese akfast Club ochet w/Louise over Parkinson's Fitness</p> <p>with toning exercises w/Aimee</p> <p>ancing</p>	<p>27 H Pot Roast w/ Gravy/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>28</p> <p>Tai Chi w/Jon 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>events are taken on the 1st y of the month. Just call the to reserve your spot.</p>		

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Senior Center Information

Ask Peg

I do not think I am a hoarder but I have a lot of clutter. Any suggestions?

Well Dear Reader, someone once said the first 50 years of your life, you collect things and the next 50 years you get rid of it. I think we all would like to “clean house” of clutter for the New Year. When you have a home filled with a lifetime worth of stuff, there often comes a time when you have to part with some of it.

The location of the clutter is also an important factor. It is common for most folks to have cluttered storage areas such as closets, cabinets, basements or attics. Hoarding is different from clutter. Items that do not have a specific theme and are not acquired in a planned fashion or items that may be free such as giveaways do mount up and could be considered hoarding items. Disorganized clutter that take over living spaces and prevent rooms such as bedrooms, kitchen, living room or bath rooms from being used as intended is also considered hoarding.

Decluttering a lifetime’s worth of possessions can be overwhelming to start but if you take one hour a day or even 10 minutes at a time and just tackle one task promising yourself that you can quit or keep going when your time is up you will see results. Decluttering, sorting, organizing and discarding some of your belongings allows you to evaluate your property for the next set of moments and memories you will make. You may enjoy collecting items as a hobby. That is not clutter. Collectors typically keep their possessions well organized and each item differs from other items to form interesting and often valuable groupings. An important purpose of collecting is to display the items to others who appreciate them.

One important thing to remember Dear Reader is by reducing clutter it can create more space and reduce the probability of falls or tripping incidents that can lead to a loss of mobility and that is a whole new set of problems.

Start slow and decide three things. What you can discard, what you would like to keep and what you can donate (maybe to the Barn). Soon you will be clutter free and enjoying that cup of tea on your new found couch.

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 June 3 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 6/18 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; 6/13 and 6/27

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.

Supplemental Nutrition Assistance Program (SNAP) HELP Boys and Girls Club provides help every Thursday from 11-12pm

Sentinel Photos



Pictures below are from the High Tea event on Friday, May 10th. Thank you to all the volunteers that made this happen including Bear Hill Golf Country Club for the linens and the flowers from Evergreen florist.



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 June 11th 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:

Rose Mallard in memory of Frank Grandinetti
Donna Weiss memorial Weiss Farm Family
Diane Hickman in honor of Bette Jane Borges
Kim Nardone in honor of Bette Jane Borges
Mary Redmond in memory of Bette Jane Borges
David Armato



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

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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!



OPENING DAY AT THE BARN

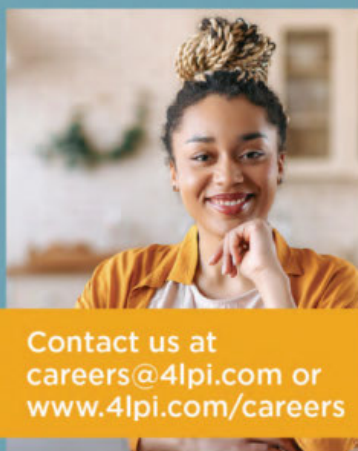
Thank you Laura Cappello for the donation of tea and cookies in honor of her grandmother Helen who would have been 100 years old this year.

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