



Stoneham Sentinel

October 2024



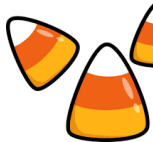
Sponsored in part by the Senior
Center Friends



I do love October. We can dress up in costume as an adult and not feel silly and eat as much candy as we want within reason and not feel judged!

We have some great programs and events this month.

- Lunch and learn about Medicare on 10/22
- Halloween Party on 10/29
- John Clark's educational music program on 10/15
- Trips through Cheryl's company All Around New England
- Foxwoods trip on 12/3 All my best, Kristen COA 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 Hours : Monday—Friday
8:30-4pm**

Council on Aging Team:

Kristen Spence, *Director*

Amanda Costain, *Outreach/ Assistant Dir.*

Sandy Kirby, Carol Johnston, *Admin Asst*

Gary Cooper, Marshall Stokes, and Mike

Preziosi, *Van Drivers*

Peter Barnaby, Bob Pettengill, *Custodians*

Kathy Payne, Terri Duggan, *Reception*

Danielle Berardis, *Website Mgr*



SCAN ME

**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

Closed Monday,
October 14, 2024 in
observance of Columbus
Day and Indigenous
Peoples' 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

Men's Breakfast will be held on the 3rd Thursday of the month; Come have a nice warm breakfast at the center at 8:30am on October 17th. Sponsored by the friends.



Veteran Information! The veterans' coffee hour will be held in October at 10am in the Dining Room. No reservation required. Call to get more information and the confirmed date



Halloween Party with DJ Tommy Bahama

When: Tuesday, October, 29, 2024

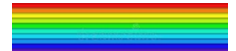
Time: 1pm-2pm

*Please call to sign up for your spot!



Come dressed up in your best costume! Enjoy dancing, laughter and conversation!

Council on Aging Tea Dance



Thursday, October 17th

6pm-7:30pm

FREE at the Melrose Senior Center

Enjoy early evening high tea but substitute the tea for mocktails and add a D.J. mixing some of the best disco on the face of the earth! Join us in the lounge socializing and "shaking your booty". Mingle with friends from the Medford, Stoneham, and Wakefield Senior Centers as well! All our welcome to join in on this friendly, welcoming event.

Call the Milano Center at 781-662-6886 to reserve your seat!

This event is part of our LGBTQIA+ Initiative and is jointly sponsored by the Medford, Melrose, Stoneham, and Wakefield Councils on Aging.

Lunch and Learn Seminar on Medicare Basics

Come learn about Medicare and all that is involved on Tuesday October 22nd at 10:30am. Lunch will be served immediately afterwards. Call the Center to reserve your spot!

Calligrapher Nancy Reily Returns!

The Room to Write (TRtW) will host local calligrapher Nancy Reily in a workshop on Tuesday, October 22nd at 11:00 a.m. This event is part of TRtW's on-going programming for area Seniors and Veterans. Participants will get to try their hand at calligraphy as they create a "gratitude" themed piece. Folks who attended the session in May should bring their marker pen to this session; there will also be extra pens available that day.

Registration is required and limited to 12 people; please sign up by calling the Stoneham Senior Center at 781-438-1157.

ARTMatters— Monday, 10/7 @ 2pm SPANISH MASTERS

Master painters El Greco, Diego Velazquez and Francisco Goya recorded far more than the flavor of Spanish life and history. The wealthiest and most powerful country in Europe was also the most repressed. Join us for a look into almost 300 years of Spanish art and culture.





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Casino Bus Trip

Stoneham, Melrose and Wakefield Senior Centers have planned a festive day trip together to Foxwoods Resort Casino on Tuesday, December 3rd! We'll depart from Moulton Playground (14 Harrington Ct, Wakefield, MA 01880) at 7:30 AM and return to Wakefield around 4:00 PM. Enjoy a day filled with gambling and dining, all set against a beautifully decorated holiday backdrop.

Cost: \$50 per person for the bus ride. Gambling and dining at your own expense. Checks can be made out to Wakefield Council on Aging.

Registration: Open to Stoneham, Melrose, and Wakefield residents 10/7-10/18, open to everyone 10/21-11/22. To register, please call the Wakefield Senior Center at 781-245-3312.



Tommy Bahama helped us say good bye to summer and he will be back to celebrate Halloween!



Blood Pressure Clinic with Heidi, Public Health Nurse

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

When: Wednesday, 10/9
from 10am-11pm

Where: Conference 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!



John Clark and his *Great American Music Experience* presents Fifties Rhythm & Blues, Pt 1 Oct. 15th at 10:30 am

This story began in the late 1940s when black music was first identified as "Rhythm & Blues". Then the early and mid-1950s saw many R&B songs (like **Shake, Rattle & Roll**) released more successfully by white artists



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. 10/21

From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays, Tuesdays, 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! Please call the center for the menu!





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



October 3rd- *Sense and Sensibility* (1995) Period Drama/Romance- What was supposed to be a peaceful protest turned into a violent clash with the police. What followed was one of the most notorious trials in history. (2.16 hrs)

October 10th- *The Boys In the Boat* (2024) Drama/Sports- This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games. (2.03 hrs)

October 17th- *Lover Come Back* (1962) Comedy/Drama- All is fair in love and advertising in this delightful romantic comedy of errors starring Rock Hudson and Doris Day as two rival ad executives after the same client. (1.42 hrs)

October 24th- *The Trial of the Chicago Seven* (2020) Drama—What was supposed to be a peaceful protest turned into a violent clash with the police. What followed was one of the most notorious trials in history. (2.10 hrs)

October 31st- *Ghostbuster—Frozen Empire* 2024 The Spengler family returns to the iconic New York City firehouse where the original Ghostbusters have taken ghost-busting to the next level. When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must unite to protect their home and save the world from a second ice age. (1hr.55min)



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
- **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 6 players, combining elements of the card game rummy and

BOCCE!

Every Wednesday 10-12 at the center. Everyone is welcome. If you have a bocce bag or balls please bring them along. We can store them at the center. Weather permitting.

TIMELESS TRIVIA

Tues 1 pm ; 10/8 and 10/22

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. 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 at 12:30pm Weight training experience recommended.

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

Beginners Thursdays from 10 to 11am
Intermediate with Jon 10-11am Fridays

***Haircuts on the second Tuesday
10/8
at 1pm-2:30- No apt necessary***



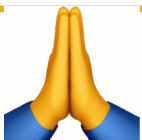
Geriatric Foot care specialist with *Marie Anderson, RN*! Marie will be here at the senior center on the first Tuesday of every month from 10am-2pm. She will examine you and answer all your questions about foot care! Marie is a registered nurse and has over 30 years of experience! Call the center for **an appointment**, **\$20.00 per visit** (781) 438-1157

Walking Group every Wednesday at 8:45am! This is a great way to enjoy the lovely fall and connect with others while getting your step count in for the day!



Stoneham Senior Center in conjunction with Mystic Valley Elder Services will offer open office hours with Clinical Caseworker Amy Foreman at the COA on the 2nd Monday of each month from 10-11 am. Are you looking to navigate challenging feelings? Have you been experiencing more stress? Would you like to connect with a Behavioral Health Specialist to talk about the issues that weigh heavy on you? Please come visit Amy during her office hours to explore your options and connect! No need to make an appointment. We look forward to seeing you there!

Monday October 21st at 10am. Walk ins welcome!



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.

October 2024

Monday	Tuesday	Wednesday
<p>Lunch is served Monday—Thursday Call to reserve your lunch and to see what's cooking @ 781-438-1157</p>	<p>1 9-1pm Foot care with Marie 9-11a Chair Caning 10:30am Lunch and learn 12 MVES Lunch 12:30-3:30 Mahjong</p>	<p>2 8:45a Wa 10a-12p h 10-12 Boc 11:30a Z 12p Lunc 12:30p C 1-3pm BL 1-4 Bridg 2:30pm</p>
<p>7 9:45 Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands 2-4 Financial Advice</p>	<p>8 9-11a Chair Caning 12 MVES Lunch 12:30-3:30 Mahjong 1pm Hairdresser 1pm Trivia</p>	<p>9 8:45a Wa 10a-12p h 10-12 Boc 11:30a Z 12p Lunc 12:30p C 1-3pm BL 1-4 Bridg 2:30pm</p>
<p>14 Center Closed due to Columbus and Indigenous Peoples' Day</p>	<p>15 9-11a Chair Caning 12-2 Attorney 12 MVES Lunch 12:30-3:30 Mahjong Walmart 1:00 Trivia</p>	<p>16 8:45a Wal 10am Blo 10-12 Boc 10a-12p 11:30a Z 12p Lunc 12:30p C 1-3pm BL 1-4 Bridg 2:30pm</p>
<p>21 10-11am Behavioral health 9:45 Drumming 10a-12p Cribbage 10a-12p Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands 2-4 Financial Advice</p>	<p>22 Medicare Lunch and Learn 9-11a Chair caning 12 MVES lunch 12:30-3:30p Mahjong 1pm Trivia</p>	<p>23 8:45a Walkin 10a-12p Knit/ 10-12 Bocce 11:30a Zumba 12p Lunch 12:30p Cardio 1pm BINGO 1-4p Bridge 2:30p Line d</p>
<p>28 9:45 Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weights interval 12:45 Zentangle 2-4p Helping Hands</p>	<p>29 9-11a Chair caning 12 MVES Lunch 12:30-3:30p Mahjong 1:00 Halloween Party</p>	<p>30 8:45a Walking 10a-12p Knit/ 10-12 Bocce 11:30a Zumba 12p Lunch 12:30p Cardio 1-3p Bingo 1-4p Bridge 2:30p Line d</p>

	Thursday	Friday
Walking Club Knitting/Crocheting with Louise Blood Pressure check Zumba Fitness w/ Aimee Tai Chi Cardio w/toning exercises w/Aimee INGO Line Dancing	3 10:00- 11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	4 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi
Walking Club Knitting/Crocheting with Louise Blood Pressure check 10am Zumba Fitness w/ Aimee Tai Chi Cardio w/toning exercises w/Aimee INGO Line Dancing	10 1030am Caregiver's support group 10:00- 11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	11 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi
Walking Club Blood Pressure check Knitting/Crocheting with Louise Zumba Fitness w/ Aimee Tai Chi Cardio w/toning exercises w/Aimee INGO Line Dancing	17 8:30am Men's Breakfast 10-11 Tai Chi 10:00-11:00 Tai Chi 12p Lunch 12:30p Movie and pizza 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	18 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi
Walking Club Crochet w/Louise Zumba Fitness Cardio w/toning exercises w/Aimee Line Dancing	24 10:30am Caregivers support group 10:-11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	25 10a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta
Walking Club Crochet w/Louise Zumba Fitness Cardio w/toning exercises w/Aimee Line Dancing	31 10-11Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	

Outreach Information

Dear Neighbors,

I hope you are doing well. It is turning out to be a wonderful fall. Fall is my favorite season with the cool and crisp weather in addition to the leaves changing.

We had a great group of folks that came to the Outreach Coffee Hour with Susan De Rosa, Lifeline Marketing Supervisor from Beth Israel Lahey Hospital, Winchester Hospital and special guest, Lt. Mike Labriola from the Stoneham Fire Department to talk about fall prevention and personal medical alert systems known as Medical Guardian. A lot of great questions were asked and the conversation kept flowing. For those who have missed the opportunity due to other circumstances, please see the list of questions that were asked if you were interested in attending.

What is National Falls Prevention week? It is a public health observance that takes place annually to raise awareness of the impact of falls and how to prevent them. This year it's September 23-27th.

What is a medical alert system? A medical alert system is a device that connects the user to emergency services or a contact in the event of an emergency. They are known as personal emergency response systems (PERS).

What are the personal emergency response systems that Winchester Hospitals called? Medical Guardian

How many different devices that Medical Guardian has? They have a few options- wrist and neck pendant that can detect falls and ones that don't and a mobile neck pendant option that has a GPS capability.

How much does Medical Guardian cost and does insurance pay? Insurance companies do not pay for medical alert devices. There are a couple of different packages ranging from \$35.00 to 65.00 per month depending on your needs and if you have a landline vs cellular service. If you want more information on packages, please call (781) 438-1157.

This may be a great options for you or a loved one to have in case of an emergency. Medical alert systems help you remain independent and keep you safe in your home and in the community.

Let me know if you have any questions, (781) 438- 1157.

Warm Regards,
Amanda C

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 11/4. 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 10/15 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

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.

Accessors information

17D SENIOR- \$339 -Age- 70+, owned and occupied for 5+ years -Assets cannot exceed- \$77,529	-Asset verification documents needed with application
41C SENIOR- \$1000 -Age- 65+, owned and occupied for 5+ years -Income cannot exceed: Single- \$35,88 Married- \$53,844 -Assets cannot exceed: Single- \$71,764 Married- \$98,714	-2023 Tax Return, income and asset verification docs needed along with application
41A SENIOR TAX DEFERRAL -Income cannot exceed \$60,000 married or single -Written permission from all entities with financial interest	-Defers any <u>or</u> all taxes until property is sold or owner(s) pass - Interest accrues at a rate of 4%
22, 22A-F VETERANS- RANGE FROM \$400-FULLY EXEMPT - Veterans with 10% OR more service connected disability - Purple Heart, Gold Star Parents and Surviving Spouse of: -Veterans who have passed from service connected disability -Active duty personnel -Soldiers MIA or presumed dead	-Documents needed are (1) DD214 and (2) award letter from VA Additional qualifications may apply

*AD-

DITIONAL QUALIFICATIONS MAY APPLY- CONTACT THE ASSESSORS OFFICE AT (781) 279-2640 FOR MORE INFORMATION

TRANSPORTATION



Transportation for shopping is available to **Market Basket** on Mondays and Fridays with the use of the Senior Center van. The Senior Center van will leave the center at 9am. A fee of \$2.00 per ride is requested. Please try to have exact change. 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.

WALMART: Tuesday 10/8 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:

Donna Jacobsen in honor of Betty Jean Borges
Paul DiMartino in memory of Lil DiMartino
Ava Morales



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:

Barn Information

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!

Another successful Bargain Barn season is over. The Senior Center Friends raised needed funds to support educational and entertainment adventures for our Senior citizens to enjoy.

We are so grateful to our generous donors, dedicated volunteers, and loyal customers all of whom make this possible.

We will be accepting donations for the next Bargain Barn in mid April 2025 and expect to open in early May.