



Stoneham Sentinel

November 2024



Sponsored in part by the Senior Center Friends



What a beautiful fall we have experienced. The color of the leaves and the unseasonably warm weather have been a gift. We love seeing all the new faces coming into the center –everyone is always welcome and we hope that you feel that way as you visit. November is a month to be thankful and we are thankful for you.

We have a special guest coming on 11/8 @ 1pm in honor of Veteran’s Day: Ruth Harcovitz will be singing Songs of World War II. “With a clear, scintillating voice, soprano Ruth Harcovitz gives joy with her beautiful voice and warm personality everywhere she goes.” Thanks to a grant from the Stoneham Cultural Council and the Senior Center Friends for sponsoring this program.

Highlights for the month:

Veterans week events on Page 2

Mystery writing workshop on page 2



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 Closure

Monday, November 11th in observation of Veterans’ Day and Thursday, November 28th in observation of Thanksgiving 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 *



HAPPY VETERANS' DAY



VETERANS WEEK EVENTS

Field of Honor Opens

Friday, November 8th at 3pm

Opening Ceremony & Concert

Saturday, November 9th at 2pm

Marine Corp Birthday Cake Cutting

Saturday, November 9th at 3:30pm

Veterans Day Ceremony

Monday, November 11th at 10:30am @ Stoneham Town Hall

Veterans Day 5K Road Race

Monday, November 11th at 11:30am @ Town Hall/Central St

William F Buckley Ceremony - Stoneham Sq

Monday, November 11th 11:45am

Scavenger Hunt at Field

Wednesday, November 13th 3:30pm

Flag Retirement Ceremony

Thursday, November 14th 4:00pm

In honor of Veterans Day and the 79th anniversary of the END of the Second World War, Ms. Massachusetts's USA Ruth Harcovity presents song of the World War II.

When? Friday, November 8, 2024 @ 1pm
Please call to sign up (781) 438-1157

Soprano Ruth Harcovitz gives joy with her beautiful voice and warm personality everywhere she goes. Known for her hundreds of stellar performances throughout the Commonwealth.

This program is supported in part by a grant from the Stoneham Cultural Council, the Massachusetts Cultural Council, a state agency, and the Stoneham Council on Aging.

Topic: Medicare 101– The Basics

Why? For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. While we won't delve into Blue Cross plan details, you will leave with a clear understanding of which type of plan best fits your needs.

What We'll Cover: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need Prescription Drug Coverage? Real-life case studies, Resources to help you in the decision process.

When? Friday, November 15th @ 1pm-2pm, please call the sign up, (781) 438-1157

Topic: Mystery Writing Workshop

Why? Have you ever wanted to write a mystery? Author Julie Hennrikus (aka J.A. Hennrikus and Julia Henry) will introduce you to mystery writing by talking about structure, world building, and planting clues. Bring paper, index cards, and pens to the session. Also, Julie will be bringing a selection of books to give away!

When? Tuesday, November 12th at 10:30am, please sign up (781) 438-1157

This event is part of The Room to Write's on-going programming for area Seniors and Veterans and is made possible by Stoneham Bank.

ARTMatters Featuring Ancient Civilizations – Monday, 11/ 18 @ 2pm



Please join us to examine art from the four great ancient civilizations; Mesopotamia (present day Iraq), Egypt, Greece and the Roman Empire. Each culture in turn contributed to the foundation of our own civilization. From these great cultures we get; writing, government, law, institutionalized religion, standardized information, and the spread of advanced culture. Each contributed new and greater achievements, adding to the quality of life of all mankind, and forms the basis of our present day civilization.

News, Info and Events

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Topic: Winter Safety Lunch and Learn Program with Stoneham Fire Department and Amanda Costain, Outreach

Why? Come learn about adaptive ways to navigate the cold as well as some safety tips for inside the home, you may learn something new! Lunch will be served after!

When: Friday, November 22nd at 10:30am– 12:30pm

Interested? Call to sign up (781) 438-1157



Bowling Monday Nights!

Join a group of folks who want to bowl on Mondays 10am with the Wakefield Allies. Everyone is welcome! This is for fun, not to join a bowling league.

No sign up, just show up!

Address: Wakefield Bowladrome, 92 Water St. Wakefield MA 01880



Topic: Looking for volunteers to decorate the senior center for the Holidays.

Volunteer posting: Looking for strong individuals to help with 1-3 Christmas trees; other individuals to decorate the Christmas trees including stringing lights and ornaments on the trees and to set up other holiday decorations.

When: Friday, November 29th from 10-12pm
and Monday, December 2nd 10-2pm

Interested? Call to sign up!



Blood Pressure Clinic with Heidi, Public Health Nurse

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

When: Wednesday, 11/13
from 10am-11pm

Where: Conference Room

Join us! With John Clark, Music historian while we take a time down the rock and roll-road. Learn about the history of Rock and Roll

When: Tuesday, November 19th @ 10:30am



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. 11/18

From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays thru 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 on the next page 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

Thursday, November 7th- *Marnie* (1964) Thriller/Mystery- Mark marries Marnie although she is a habitual thief and has serious psychological problems, and tries to help her confront and resolve them. Staring Sean Connery and directed by Alfred Hitchcock. (2hrs)

Thursday, November 14th- *1917* (2019) War/Action- During World War I, two British soldiers attempt to cross enemy lines to deliver a message that could save hundreds, including one's own brother. (1.59hr)

Thursday, November 21st- *All of Me* (1984) Comedy/Fantasy- Dying millionaire Edwina Cutwater has her soul transferred into the body of younger, willing Terry Hoskins. However, something goes wrong. Starring Steve Martin. (1.33hr)

Thursday, November 28th- No Movie- Center Closed



Game Time!

- **BINGO**– Grab a card or two Wednesday 1-3pm *What a great way to get out and have some fun for just a dollar a card!*
- **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 RummiKub, 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 6 players, combining elements of the card game rummy and mahjong. 1st and 3rd Monday and 2nd and 4th Friday @ 10am

BOCCE!

What a great season of Bocce! See you next year!



TIMELESS TRIVIA

Tues 11/12 1 pm ; 11/26 @ 1pm

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—no class on 11/1.

Haircuts on the second Tuesday

11/12
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 different programs for the community such as open office hours with a Clinical Caseworker and a Memory Café. A Clinical Caseworker help folks navigate challenging feelings, stress and can connect with you with a Behavioral Health Specialist if needed to talk about those feeling that are weighing heavy on you. A Memory Café is a social gathering that allow folks experiencing memory loss and a loved one to connect, socialize and build new support networks. Clinical Casework, Amy Foreman has open office hours at the center on the 2nd Monday of each month from 10-11am, no appointment necessary.

- Memory Cafés are held on Thursday's at the Stoneham Senior Center as well as some Thursdays at the Wakefield Senior Center.
- Amy's office hours— Monday, November 18th



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 Seplowitz 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.

November 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>4</p> <p>9:45 Drumming 10a-12p Cribbage & Rummikub 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands</p>	<p>5</p> <p>9-1pm Foot care with Marie 9-11a Chair Caning 10am Veteran's coffee 12 MVES Lunch 12:30-3:30 Mahjong</p>	<p>6</p> <p>8:45a Walking 10a-12p Knitting 11:30a Zumba 12p Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Line</p>
<p>11</p> <p>Center Closed due to Veteran's Day Thank you for those who have served to protect us!</p>	<p>12</p> <p>9-11a Chair Caning 10:30-12 Mystery writing 12 MVES Lunch 12:30-3:30 Mahjong 1pm Hairdresser 1pm Trivia 12:30 Walmart</p>	<p>13</p> <p>8:45a Walking 10am Blood P 10a-12p Knitting 11:30a Zumba 12p Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Line</p>
<p>18</p> <p>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/ 2pm Art Matters 2-4p Helping Hands 2-4 Financial Advice</p>	<p>19</p> <p>9-11a Chair caning 12 MVES lunch 12:30-3:30p Mahjong</p>	<p>20</p> <p>8:45a Walking Cl 10a-12p Knit/Croch 11:30a Zumba Fitr 12p Lunch 12:30p Cardio with 1pm BINGO 1-4p Bridge 2:30p Line dancin</p>
<p>25</p> <p>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>26</p> <p>9-11a Chair caning 12 MVES Lunch 12:30-3:30p Mahjong 1pm Trivia 12:30 Walmart</p>	<p>27</p> <p>8:45a Walking Cl 10a-12p Knit/Croch 11:30a Zumba Fitr 12p Lunch 12:30p Cardio with 1-3p Bingo 1-4p Bridge 2:30p Line dancin</p>

	Thursday	Friday
		1 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta
g Club ng/Crocheting with Louise a Fitness w/ Aimee o w/toning exercises w/Aimee) Dancing	7 10:00- 11:00 Tai Chi 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa	8 10a-12p Cribbage 10a Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi 1pm WWII Music with Ruth
Club ressure check with Heidi ing/Crocheting with Louise a Fitness w/ Aimee o w/toning exercises w/Aimee) Dancing	14 10am Caregiver's support 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	15 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 10a Intermediate Tai Chi 1pm Medicare Lunch and Learn
Club net w/Louise ession a toning exercises w/Aimee) ng	21 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	22 10a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta
Club net w/Louise ession a toning exercises w/Aimee) ng	28 <p style="text-align: center;">Center is closed for Thanksgiving</p>	29 <p style="text-align: center;">Center open till 12pm</p>

Outreach Corner

Hello Neighbors,

As Jim Bishop quotes “Autumn carries more gold in its pocket than all the other seasons.” We also know what else autumn carries with it, the cooler and sometimes colder temperatures. The colder temperatures also increases the likelihood of heating related fires. According to the Electrical Safety Foundation (2023) these type of fires are the second leading cause of fire deaths among older adults. To keep your home safe a warm all year long with these safety tips from the Electrical Safety Foundation (2023).

Heating Safety

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, space heater, fireplace or wood stove.
- Use products only for their intended purposes. Cooking stoves should not be used for heating the home, and space heaters are not for drying wet clothes.
- Have your heating system inspected by a qualified service professional at least once a year.
- Make sure all fuel-burning heating equipment is vented to the outside.
- Keep intake and output vents clean and clear of debris and dust.
- Install and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.

Space Heaters

- Purchase space heaters that have the certification label of a nationally recognized testing laboratory.
- Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.
- Place space heaters on level, flat surfaces, but never place on cabinets, tables or other furniture.
- Keep space heaters out of high traffic areas and doorways where they may pose a tripping hazard.
- Plug portable space heaters directly into an outlet; do not use an extension cord.
- Do not use a space heater in wet or damp areas unless it is specifically designed for use in wet locations such as bathrooms.
- Never leave a space heater unattended. Turn it off when you leave the room or go to sleep.

Fireplaces and Wood Stoves

- Have your chimney or wood stove inspected annually by a certified chimney specialist.
- Always use a sturdy fireplace screen to stop sparks from flying into the room.
- Never leave an open flame unattended, including a fire in the fireplace.

If you are low income based the criteria below, you may qualify for ABCD Home and Energy Assistance Program sponsored by Action Boston Community Development, Inc. The program starts November 1, 2024 and ends April 30, 2025. You may be eligible this winter for assistance in paying heating bills, receiving discounts, weatherization, heating system repair or replacement, and other energy conservation services. Check the 2024-2025 Home Energy Assistance Program Eligibility Guidelines chart to find out if your yearly income falls at

Household Size	Gross Yearly Income
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608
5	\$109,745
6	\$124,882
7	\$127,720
8	\$130,559
Over 8	Please call 781-322-6284 for the amount

If you qualify for this program, call ABCD directly (781) 322-6284.

If you have any questions, comments or concerns, don't hesitate to call me (781) 850-0619.

Harvest wishes!

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. Appointments are limited through open enrollment.

SENATOR JASON LEWIS

In person at the center every other month. Next date is at 11/4 @12pm. 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 Monday 11/19 from 12-1:30 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; 11/9 no meeting on 11/23

WALKERS, COMMODES, CANES, OH MY!

The Senior Center has a large selection of FREE gently used walkers, commodes, canes and other assistive devices. Call for inquiries.

TRANSPORTATION



Transportation for shopping is available to **Market Basket** on Mondays and Fridays with the use of the Senior Center van. Safety measures, including limited capacity, will be taken to ensure the wellbeing of everyone utilizing the 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.

WALMART: Van leaves the center at 12:30 to pick up passengers and leaves Walmart after an hour of shopping. Dates 11/12 & 11/26 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:

Christine Petersen in memory of William Petersen

John Keeley

*Correction from last month. Our apologies.
Donna Jacobsen in memory of Betty Jane Borges



Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

My donation in the amount of \$_____ is enclosed. Please makes 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:



December 3, 2024

In 2024, Giving Tuesday falls on December 3. This is the time of year when we invite you to support the **Senior Center Friends** in your annual giving.

Because of your generosity last year we were able to raise enough money to cover the costs of two electric door openers, one for the first floor ladies room and the other at the rear door from the handicap ramp.

We are most grateful for your past support and anticipate that your current donation will help the Friends continue to support activities and events at the Senior Center.

Make your check payable to **SENIOR CENTER FRIENDS**.

Mail to 136 Elm, Stoneham or
Drop off the next time you visit the Center

For your records, the Senior Center Friends (tax ID# 27-2356616) is recognized by the IRS as a 501 (c)(3) non-profit organization. All donations made to us are tax deductible as a charitable contribution to the extent allowed by law.

Thank you, Senior Center Friends Board Members