



Stoneham Sentinel

December 2024



Sponsored in part by the Senior Center
Friends

When it comes to holidays and observances, December just might be the busiest month of the year. Between the first day of the month and the very last, you've got the Winter Solstice, Christmas Eve, Christmas Day, Hanukkah, Kwanzaa, New Year's Eve and New Year's Day. We wish everyone an enjoyable December and may all your holiday celebrations be wonderful. We have some fun events planned for the month so please check them out and call to sign up. The holiday season brings back a lot of memories and we are so glad to have you come to the Stoneham Senior Center to make new ones!

All my best, Kristen

Special December Events

- Jay Higgins from Katherine Clarks office 12/4 pg. 2
- A Christmas Carol 12/6 pg. 2
- Tori MVES Dietician 12/11 pg. 2
- Winter Solstice with Diane Edgecomb 12/12 pg. 2
- Judy Garland Holiday Show 12/13 pg. 2
- Trivia and Tunes 12/17 pg. 2
- Holiday Party with Tommy Bahama 12/20 Lunch will be served at noon and the fun starts at 1pm

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*

Council on Aging Board of Directors

Kathleen Hudson, *Chair*
Maureen Buckley, Kathy Carey
Bill Kelly, Denise Kneeland,
Samantha Lino, Joan Lupis,
Maureen McGinness,
Walt Wolonsavich

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 Center

* As a reminder please call the Stoneham Senior Center to register for programs *



Join us for Winter Solstice fun events!

(As a reminder please register for these events, 781-438-1157)



On **Friday, December 6th @ 1pm** Join us for the story of Ebenezer Scrooge in *A Christmas Carol* featuring Poornima Kirby and Stephen Collins. Don't miss it!

Join us on **Thursday, December 12th from 10:30-12pm** and celebrate the Winter Solstice with haunting legends of light, evergreen traditions, and entertaining tales surrounded by traditional and original music and song. Master storyteller Diane Edgecomb, accompanied by Celtic harper Margot Chamberlain offers a fascinating look at the enchanting stories behind winter holiday traditions. Featured stories include the beautiful Scandinavian "Legend of the Mistletoe," humorous English Wassail traditions, and the poignant Swiss legend of the Christmas Rose. Lovely instrumental melodies evoke the warmth of the season, rounding out the event.

On **Friday, December 13th from 2pm to 3pm** "Have Yourself A Merry Little Christmas", Judy Garland Holiday Show featuring performer Will McMillan and Pianist Joe Reid.

Join us for our annual senior center holiday luncheon and party holiday with Tommy Bahama on **Friday, December 20th!** Lunch will be served at 12pm and the party starts at 1pm. (You can still join us if you can't make it to lunch.)

Q&A Session with Congresswoman Clark's staff

Come meet Jay Higgins, Congresswoman Clark's Outreach Manager. He will be hosting a Q&A session for local seniors. The session starts with an information section where he will provide information on how her office can assist constituents with their benefits and is then opened up to any questions constituents may have.

Wednesday December 4th @ 10am.

Meet the Dietitian

Join us on December 11th @ 10:30am to meet Registered Dietitian Tori Murphy and learn about some Healthy Holiday Eating Tips with some tasty snack samples!



ARTMatters Monday, 12/9 @ 2pm

AUGUSTE RENOIR

One of the most popular of the Impressionist painters, Renoir was the romantic of the group. His paintings celebrate life and love. "I wish to lend joyousness to a wall!" His life did not mirror his reliably happy images, filled with music, dancing, & dappled sunlight. He was socially nervous, and later severely handicapped with arthritis. Join us in the celebration of life that is in the paintings of Renoir.



News, Info and Events

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"AARP TAX-AIDE PROGRAM: 2024 Tax Year Return Preparation

Once again, Stoneham Senior Center is happy to offer Tax preparation services for our community, in partnership with volunteers from the AARP Foundation and IRS Tax Assistance programs. We will start providing tax preparation services in February 2025 for the 2024 tax year. Signups for appointments will begin in January. Call 781-438-1157.

Tax volunteers are trained and IRS-certified yearly. The program is open to taxpayers throughout the community, with a target focus on serving our senior citizens. We will send Intake information forms to those who sign up, to complete and bring to their appointments. You must bring all documents for 2024 as listed in the form. Time restraints limit some eligibility for the program, e.g., if you own income property, if you are a business owner, if you have complex investment transactions, etc." Note too that AARP tax volunteers may not provide financial or tax advice. "



Bowling Monday Mornings!

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



Blood Pressure Clinic with Heidi, Public Health Nurse

Be in charge of your heart health!

Come get your blood pressure checked!

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

Join us for Trivia and Tunes with Vin

When: Tuesday, December 17th @ 1pm



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

12/5 **The Whale** In a town in Idaho, Charlie, a reclusive and unhealthy English teacher, hides out in his flat and eats his way to death. He is desperate to reconnect with his teenage daughter for a last chance at redemption. 2022 1 Hr. 50 minutes

12/12 **Good Sam** A reporter finds love as she searches for a mysterious person who is leaving cash on the doorsteps of random strangers in New York City. 2019 1 Hr. 57 minutes

12/19 **Haul Out the Holly 2022** 1 hour 22 minutes Emily comes home to visit her parents, only to discover they're leaving for a trip of their own. While staying at their house for the holidays, Emily meets members of the community who want her to join in the neighborhood's Christmas festivities.

12/26 **The Lost City 2022** 2 hours 36 min. Reclusive author Loretta Sage writes about exotic places in her popular adventure novels that feature a handsome cover model named Alan. While on tour promoting her new book with Alan, Loretta gets kidnapped by an eccentric billionaire who hopes she can lead him to an ancient city's lost treasure from her latest story. Determined to prove he can be a hero in real life.



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.*
- **New Addition!** Rummikub group every other Friday in the Dining Room! **Dec 1st, 15th and 29th!**

TIMELESS TRIVIA

Tues 1 pm ; 12/10

Come for coffee, snacks, prizes, and games! Hey! Volunteers are needed and welcome to help with Timeless Trivia the 2nd and 4th Tuesday at 1 pm! Always looking for new questions/answers or to host the trivia, please call us!



KNIT/CROCHET WITH LOUISE **Wednesdays at 10**



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



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

Beginning Tai Chi with Sherry on Thursdays @ 10-10:50. Then Extension moves from 11-11:30am

Friday @ 10am Intermediate with Jon

Haircuts on the second Tuesday 11/12

at 1pm-2:30 No appointment 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



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 is December 5th ft. Violinist/Jazz vocalist, Lynne Canavan
- Amy's office hours— Monday, December 9th

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.

December 2024

Monday	Tuesday	Wednesday
<p>2</p> <p>9:45am Drumming 10am Rummikub 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 12:45 Zentangle 2-4p Helping Hands</p> <p>Hot meal: Breaded Pollock Cold meal: California Chicken Salad</p>	<p>3</p> <p>9-11a Chair caning 12:30p-3:30p Mahjong 10am Marie Foot care</p> <p>Hot: Greek Chicken over Orzo Cold: Egg Salad</p>	<p>4</p> <p>8:45a W 10am Ja</p> <p>Hot: Be Cold: T</p>
<p>9</p> <p>9:45am Drumming 10a-12p Cribbage 10am CCW Office Hours with MVES 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 12:45 Zentangle 2-4p Helping Hands</p> <p>H: Chicken Noodle Casserole C: Turkey and Swiss</p>	<p>10</p> <p>9-11a Chair Caning 10am Veteran's Coffee 10:30am-12:30pm Scam Lunch and learn Walmart 12:30p-3:30p Mahjong 1pm Trivia</p> <p>H; Shepard's Pie C: Chicken Curry Salad</p>	<p>11</p> <p>H; Lasa C: Tuna</p>
<p>16</p> <p>9:45am Drumming 10am Rummikub 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training w/Aimee 12:45 Zentangle 2p Artmatters 2-4p Helping Hands 2-4 Attorney</p> <p>H; Beef Chili C; Tuna Salad</p>	<p>17</p> <p>9-11a Chair Caning Walmart Trip 12:30-3:30 Mahjong 1-2pm Trivia and Tunes 3pm COA Board meeting</p> <p>H; Chicken Marsala C; Veg. Chef Salad</p>	<p>18</p> <p>H; Broc</p>
<p>23</p> <p>9:45am Drumming 10-12p Cribbage 11:30a Zumba Fitness w,/Aimee 12p Lunch 12:30p Weight interval training w/Aimee 12:45p Zentangle 2-4p Helping Hands</p> <p>H; Macaroni & Cheese C; Chicken curry salad</p>	<p>24</p> <p>9-11a Chair caning 12:30-3:30p Mahjong 1pm Trivia</p> <p>H; Pot Roast Stroganoff Buttered noodle C; Turkey and Swiss</p>	<p>25</p> <p>CL</p>
<p>30</p> <p>9:45am Drumming 10-12p Cribbage; Associated Games 11:30a Zumba Fitness w,/Aimee 12p Lunch 12:30p Weight interval training w/Aimee 12:45p Zentangle 2-4p Helping Hands</p> <p>H; Chicken Cacciatore C; Egg Salad</p>	<p>31</p> <p>9-11a Chair caning 12:30-3:30p Mahjong</p> <p>H; Cheese Omelet C; California Chicken Salad</p>	<p>From 1 option</p> <p>Wedne by noc Pick</p>

Wednesday	Thursday	Friday
<p>Walking Club 10a-12p Knitting/Crocheting with Louise y Higgins from Katherine Clark's office 11:30a Zumba Fitness w/ Aimee 12p Lunch 12:30p Cardio w/toning exercises w/Aimee 1-3pm BINGO 1-4 Bridge 2:30pm Line Dancing ef Stew urkey and Swiss Cheese</p>	<p>5 10a Beginners Tai Chi 10a Caregivers support group 12 Lunch 12:30p Pizza & Movie 12:30 Relax and Meditate Circle 2-3p Chair Yoga with Rosa Hot: Chicken Alfredo Pasta Cold: Roast Beef and Provolone</p>	<p>6 10 Tai Chi w/Jon 10-12p Cribbage 11a-1:30p Hand/Foot Canasta 1pm A Christmas Carol</p>
<p>8:45a Walking Club 10a-12p Knitting/Crocheting with Louise 11:30a Zumba Fitness w/ Aimee 12p Lunch 12:30p Cardio w/toning exercises w/Aimee 1-3pm BINGO 1-4 Bridge 2:30pm Line Dancing gna Roll w/Tomato Sause Salad</p>	<p>12 10a Beginners Tai Chi 10a Caregivers support group 12 Lunch 12:30p Pizza & Movie 12:30 Relax and Meditate Circle 2-3p Chair Yoga with Rosa H; Beef Pot Roast C; Ham and Swiss</p>	<p>13 10a Tai Chi w/Jon 10a-12p Cribbage 10am Rummikub 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta 1pm Judy Garland Show</p>
<p>8:45a Walking Club 10a-12p Knit/Crochet w/Louise 11:30a Zumba Fitness w/Aimee 12p Lunch 12:30p Cardio with toning exercises w/Aimee 1-3p Bingo 1-4p Bridge 2:30 pm Line dancing coli Egg Bake C; Roast Beef and Provolone</p>	<p>19 10a BeginnersTai Chi w/Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa H: Roast Turkey w' Gravy C; Chick Salad</p>	<p>20 10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta Holiday Party 1pm</p>
<p>Closed for Christmas Holiday</p>	<p>26 10a BeginnersTai Chi w/Sherry 10am Caregivers support 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa H; Chicken Al*Orange C; Tuna Salad</p>	<p>27 10a Tai Chi w/Jon 10am Rummikub 10a-12p Cribbage 10a-12 Assorted Games 11-1:30p Hand/Foot Canasta</p>
<p>Mystic Valley Elder Services: Hot or cold is available for lunch on Mondays , Tues- days , Wednesdays and Thursdays. Please call ahead on on the day before to order your lunch. Pick up a menu at the center or call to see what's cooking!</p>		

All-Electric Rides in Stoneham

Circuit offers eco-friendly rides for free. We'll take you to run errands, medical appointments, and more. Just download the app and select your pick-up location to ride!

DOWNLOAD
IT NOW!



Hours of operation

Monday - Friday, 7 AM - 7 PM

Saturday, 9 AM - 4 PM

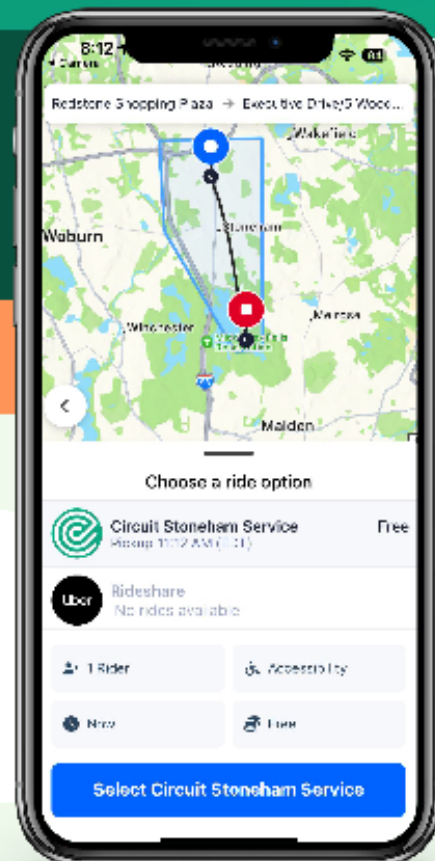
Sunday, CLOSED



FREE TO RIDE

How it Works

- 1 Download Circuit Transit Stoneham App
- 2 Driver confirms they are on the way
- 3 Enjoy your ride!



#ridecircuit

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

Appointments are available Tuesdays and Wednesdays beginning again on December 10. Thank you for your patience during Medicare Open Enrollment.

SENATOR JASON LEWIS

In person at the center every other month. Next date is at 12/4@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 12/11 from 2-4 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; 12/14 and 12/28 .

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.

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.

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: Dec. 10th and 17th 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!

Susan Bishop Thank you to Shine
Maria Benazzo
Robert Smith
Maryalyce Pastorello
Mark Hoffman
Pamela Bryan
Margery Bernis
Caroyln Elliott – memorial for Riccardo Gentile
Mary Vallarelli – birthday remembrance for Nicholas Vallarelli



Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

My donation in the amount of \$_____ is enclosed. Please make checks payable to Stoneham Senior Center.

Name: _____

Address: _____ City _____ State: _____ Zip _____

Phone: _____ Email: _____

____ I **DO NOT** wish my (\$10 or above) donation to be listed in the Sentinel.

Donation (select one) ____ for Senior Center

____ In memory / honor of _____

For acknowledgment of your gift, if desired, please add recipient name/address below:

Sentinel photos



Both photos on the right are pictures from our Veteran's Day events! Thank you to those who have served our country!

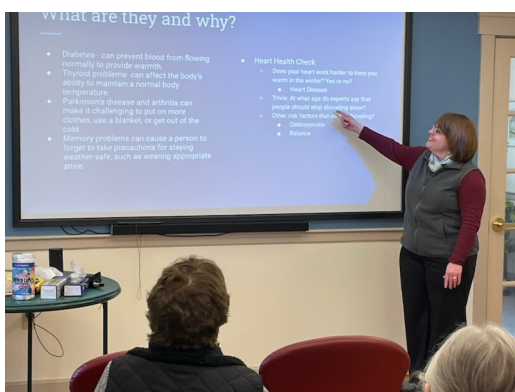


Photo to the right is a picture of our Outreach/Assistant Director facilitating a program on Winter Safety!