



Stoneham Sentinel

APRIL 2025



Sponsored in part by the Senior Center Friends

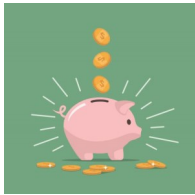
Topic: Financial Resource Fair

Why? This free event was designed to provide information on programs that will help you manage your finances.

When: Tuesday, April 15th 1-3pm

No sign up necessary!

Information booths from the Food Pantry, Stoneham Bank, SNAP Benefits, ABCD Fuel, Reverse Mortgages, Circuit Breaker tax credit, Tax Work Off, St. Vincent of de Paul, Stockwell Fund & representatives from the Assessors Office, Office of Planning & Community Development and the Treasurers Office!



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 ,
Van Drivers
Peter Barnaby, Bob Pettengill, *Custodians*
Kathy Payne, Theresa Duggan, *Reception*
Danielle Berardis, *Website Mgr*

Council on Aging Board of Directors

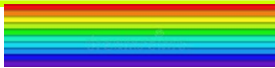
Kathleen Hudson, *Chair*
Maureen Buckley, Kathy Carey
Bill Kelly, Denise Kneeland,
Samantha Lino, Joan Lupis,
Maureen McGinness, Traci
Mello, Connie Rosa,
Walt Wolonsavich

 Find us on
Facebook



SCAN ME

The Center will be closed on
Monday
April 21st
for Patriot's Day.
Happy 250th anniversary



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 *



Men's Breakfast will be held on the 3rd Thursday of the month at 8:30am. Come have a nice warm breakfast with great conversation! The next one will be April 17th.



Veteran Information! The veterans' coffee hour will be held on Tuesday, April 8th at 10am in the Ballroom. No reservations required.

Tuesday, April 22nd, @ 10:00am -- Author J.A. Henrikus returns for her popular mystery workshop! This is the second of three sessions with Julie, and this workshop will focus on editing your work. For more information about Julie, please check out her website: <https://jhaauthors.com/>

Registration is required; please sign up by calling the Stoneham Senior Center at 781-438-1157.



Join us with Author Stephen Puleo to hear him talk about his book, "The Great Abolitionist: Charles Sumner and the Fight For a More Perfect Union" on Tuesday, April 29th at **6pm**. Please sign up, **NO transportation provided**.

Review by Eric Jay Dolin, author of "Left for Dead and Black Flags", "Blue Waters", Charles Sumner was a principled man of unshakable conviction, who fought the good, noble, and heroic fight against slavery, and he deserves to be remembered as a great statesman and one of the foremost champions of civil rights. He also deserves a compelling and wonderfully-written biography, which is what Stephen Puleo has provided.



Considering next steps in the aging process, are you ready to downsize from your home? Have you thought of downsizing but feeling overwhelmed about the process? Join us with Attorney Cristina Petrucci and Realtor Mark Cranfill on what do when thinking about downsizing and the questions you should be thinking. **When:** Wednesday, April 2nd at 10am in the Ballroom. Reservations required!

Women Singers of the British Invasion Friday April 4th @ 1pm

In this one hour entertaining and educational program, the Retro Polatin Duo (Jill Goldman and David Polatin) will discuss these women and sing and play guitar on songs from these artists. The female singers including, Petula Clark, Dusty Springfield, Lulu, and many others.



ART Matters Monday April 14th at 2pm AMERICAN ART Part I - (1776 -1900)

The United States was not founded by schooled artists, but by people seeking freedom and adventure. American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation.





News, Info and Events

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

Please join us for **the World of Dolls**, a fun filled walk down memory lane with a presentation of dolls from the mid 1800's through the 1960's. Janice McIntyre of Jenny Baby's Doll Hospital will give a presentation on the history of dolls over six decades and discuss the way dolls were made and how that process changes over time. **When:** Friday, April 25th at 1pm, reservations required!

Join us for a wonderful musical performance by Will McMillan on the vocals and Joe Reid on the piano!
When: Friday, April 11th at 2pm
Please sign up!

Join us for *Spring Flowers* art program with Hillary Tolan! Art supplies will be supplied.
When: Friday, April 11th @ 1:30pm . Please sign up!



Do you know what a retirement home? Is a retirement home an assisted living facility? Join Amanda and Judy O'Brian from Fuller House to discuss the difference and what a retirement home offers with coffee and morning treats!
When: Tuesday, April 22nd @ 10am No reservations needed!



Topic: *Summer Safety BINGO* with Amanda, Outreach and North Shore Community College Occupational Therapy Assistant students
Why? Aging bodies may be more susceptible to heat related illnesses, dehydration, and other summer-specific challenges. Come learn how to navigate those summer months of heat, you may learn something new! It is also an opportunity for students to learn how to present their information to you!
When: Monday April 14th at 10:30am **No sign up!**



Sign up for May early programs! (781) 438-1157

Topic: *Ipad basics course*

Why? Older adults looking to improve their technology education. Are you interested in communicating with your family or friends through email, video chat or other social media platforms? Do you want to learn how to telehealth or access virtual platforms?

Dates: Tuesdays May 5th, 13th, 20th, 27th & June 3rd for graduation!

Please note you have to sign up and be present for all classes!

IMPORTANT NOTES FOR IPAD COURSE SIGN-UP:

If applicable, please bring your current iPhone and APPLE ID username and password. If you already have an Apple device, you will need it to sign into your new iPad.

You are welcome to attend the class if you already have an iPad. Grant-funded iPads will only be available for those who do not already have a working iPad.

Topic: *Senior Medicare Patrol*

Why? Did you know that over 60 billion of our taxpayer dollars are lost to Medicare fraud annually? Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud.

Date: Friday, May 2nd at 1pm

Please sign up!

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



4/3 Apollo 13 1995 1 hour 38 minutes This Hollywood drama is based on the events of the Apollo 13 lunar mission, astronauts Jim Lovell (Tom Hanks), Fred Haise (Bill Paxton) and Jack Swigert (Kevin Bacon) find everything going according to plan after leaving Earth's orbit. However, when an oxygen tank explodes, the scheduled moon landing is called off.

4/10 The Hill 2023 2 hours 6 min. The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues.

4/17 The Founder 2016 1 hr. 55 min.

The true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac (John Carroll Lynch) and Dick McDonald (Nick Offerman), who were running a burger operation in 1950s Southern California.

4/24 You Gotta Believe 2024 1 hr. 44 min. After dedicating the season to a teammate's ailing father, a group of underdog youth baseball players makes it all the way to the 2002 Little League World Series, culminating in a record-breaking showdown.



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 and Bridge Wednesdays 1-4pm
- **Mahjong**– *Mahjong will challenge you to use your brain and strategize and make decisions! Great for Brain Health! Tuesdays 12:30-3:30pm.*
- **Rummikub** group every other Friday @ 10am 4/4 and 4/18
- Starting this month instead of **Hand and Foot Canasta** there will be **Mexican Train** every Friday from 11 until 1:30pm Don't miss out on the fun!

TIMELESS TRIVIA

Tues 1 pm ; 4/8 and 4/22

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!



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 10:15am. We bowl 2 strings. No sign up-just show up!



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

Weight training with Aimee Mondays 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!

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

Strength and Balance Fridays 11:15am



Free Tai Chi Classes

Beginning Tai Chi with Sherry on Thursdays @ 10am

Intermediate Tai Chi Fridays @ 10am with Jon

Haircuts 2nd Tuesday of the month

12:30-3:30 pm.

\$12.00 no appointment needed.



Geriatric Footcare specialist with Marie Anderson, RN! Marie will be here at the senior center on the first Tuesday of every month starting Tuesday, 3/4. She can examine and answer all your questions about footcare! Marie is a registered nurse and has over 30 years of experience! Call the center for an appointment (781) 438-1157! \$20 per visit



Blood Pressure Clinic with Heidi, Public Health Nurse- Be in charge of your heart health! Come get your blood pressure checked!

When: Wednesday, 4/9 10am-11am **Where:** Conference Room

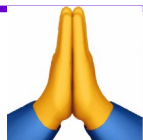


Free Hearing Clinic with Mara from At Home Hearing Clinical

When: Monday 4/28 from 10am to 12pm. Mara will offer free hearing screenings, clean and check your wearing devices for free! Call for an appointment.

Free Financial Advice Monday April 14 2-4pm

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.



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 sharing 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 \$10.00 per session. Sign up with the center to make an appointment.

April 2025

Monday	Tuesday	Wednesday
	<p>1</p> <p>9-11a Chair Caning 11a-12p Lunch 12:30p-3:30p Mahjong 9am Foot care with Marie</p> <p>C Chicken Salad H Potato Pollack</p>	<p>2</p> <p>8:45a Walking 10a-12p Knit/Cri 10am Matt 10am Down 11:30a Zumba 11a-12p Lu 12:30p Car 1-3pm BIN 1-4 Bridge 2:30pm Li</p> <p>C Tuna Salad H Chic</p>
<p>7</p> <p>9:45a Drumming 10a-12p Cribbage 10am Office hours with Amy 11:30a Zumba Fitness 12p Lunch 12:30p Weight training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands</p> <p>C Chicken Curry salad H Hot dog and baked beans</p>	<p>8</p> <p>9-11a Chair Caning 10a Veteran's Coffee 11-12 Lunch 12 Haircuts 12:30p-3:30p Mahjong 1pm Trivia Walmart Trip</p> <p>C Egg salad H ItalianVeg soup and Chicken scaloppini</p>	<p>9</p> <p>8:45a Walking 10a-12p Knit/Cri 10am Matt 10am Bloo 11:30a Zumba 12p Lunch 12:30p Car 1-3pm BIN 1-4 Bridge 2:30pm Li</p> <p>C Roast beef and Prov</p>
<p>14</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight training 12:45 Zentangle 2pm Art Matters 2-4p Helping Hands 2-4p Financial Advice</p> <p>C Egg Salad H Sweet and sour meatball</p>	<p>15</p> <p>9-11a Chair Caning 12p Lunch 12:30-3:30 Mahjong 12-2 Elder Law Attorney 1-3p Financial Resource Fair 3pm COA Board meeting</p> <p>C Chef Salad with Tuna H Beef Chili over brown rice</p>	<p>16</p> <p>8:45a Walking 10a-12p K 11:30a Zu 12p Lunch 12:30p Ca 1-3p Bing 1-4p Brid 2:30 pm</p> <p>C Turkey and Swiss</p>
<p>21</p> <p>Patriot's Day Center Closed Happy 250th Anniversary</p>	<p>22</p> <p>9-11a Chair caning 10am Outreach Coffee 10am Mystery writing class 12:30-3:30p Mahjong 11a-12p lunch 1pm Trivia</p> <p>C Roast Beef and Provolone H Lentil Spinach soup Lasagna roll</p>	<p>23</p> <p>8:45a Walking 10a-12p Knit/Cr 10-11:30 Matter 11:30a Zumba F 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dar</p> <p>C Chicken Romaine chicken</p>
<p>28</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight training 12:45p Zentangle 2-4p Helping Hands</p> <p>C Turkey and Swiss H Chick cacciatore</p>	<p>29</p> <p>9-11a Chair caning 11a-12p Lunch 12:30-3:30p Mahjong 6pm Stephen Puleo Book Talk</p> <p>C Southwest Chicken salad H Potato Pollock</p>	<p>30</p> <p>8:45a Walking 10a-12p Knit/Cr 10-11:30 Matter 11:30a Zumba F 12p Lunch 12:30p Cardio v 1-3p Bingo 1-4p Bridge 2:30p Line dar</p> <p>C Italian Tuna Salad</p>

	Thursday	Friday
<p>Knitting Club Knitting/Crocheting with Louise Center of Balance Sizing Yinba Fitness w/ Aimee Lunch Radio w/toning exercises w/Aimee GO Line Dancing H Chicken Meatballs with Tomato sauce</p>	<p>3</p> <p>10a Memory Café in Wakefield 10a Beginners Tai Chi w/Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p> <p>C Roast beef & provolone cheese H Orzo with Chicken Soup Broccoli Egg bake</p>	<p>4</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Rummikub 11-1:30p Mexican Train 11:15a Strength and Balance 1pm Women Singers of the British Invasion</p>
<p>Knitting Club Knitting/Crocheting with Louise Center of Balance Blood Pressure Check Yinba Fitness w/ Aimee Radio w/toning exercises w/Aimee GO Line Dancing H Chicken Rice Bake</p>	<p>10</p> <p>10:30a Caregiver's support group 10a Beginners Tai Chi w/Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p> <p>C Mediterranean Turkey Pasta salad H American Chop Suey</p>	<p>11</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 11-1:30p Mexican Train 11:12p Strength and Balance 1:30 Spring Flower craft 2-3p Will and Joe Concert</p>
<p>Knitting Club Knitting/Crochet w/ Louise Yinba Fitness w/Aimee Lunch Radio with toning exercises w/Aimee GO Line dancing H Chicken Diane</p>	<p>17</p> <p>8:30a Men's Breakfast 10a Beginners Tai Chi w/Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p> <p>C California Chicken H Butternut soup Roasted Turkey with Gravy</p>	<p>18</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 11am Lunch and Learn 11:15am Strength and Balance 11-1:30p Mexican Train</p>
<p>Knitting Club Knitting/Crochet w/Louise Center of Balance Yinba Fitness Radio with toning exercises w/Aimee Line dancing H Salad H Broccoli and cheese stuffed</p>	<p>24</p> <p>10a Beginners Tai Chi w/Sherry 10:30a Caregivers support group 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p> <p>C Turkey and Swiss H Chicken with Sauté veg.</p>	<p>25</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 11:15a Strength and Balance 11-1:30p Mexican Train 1-2p World of Dolls</p>
<p>Knitting Club Knitting/Crochet w/Louise Center of Balance Yinba Fitness Radio with toning exercises w/Aimee Line dancing H Beef Burgundy</p>	<p>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 day before to order your lunch. Pick up a menu at the center or call to see what's cooking!</p>	

Outreach



Stoneham Senior Center in conjunction with Mystic Valley Elder Services is offering different resources for the community such as open office hours with a Clinical Caseworker and a Memory Café.

A Clinical Caseworker helps folks navigate challenging feelings, stress and can connect you with a Behavioral Health Specialist. Clinical Casework, Amy Foreman has open office hours at the center on the 2nd Monday of each month from 10-11am, call to sign up for an appointment.

A Memory Café is a social gathering that allow folks experiencing memory loss and their loved one to connect, socialize and build new support networks. The next Memory café is on Thursday April 3rd at the Wakefield Senior Center, 30 Converse St, Wakefield, MA 01880 at 10AM.

Community Information

Help Wanted! Garden Club and for Men's Breakfast

If you are an experienced gardener or have never been one but have interest, we invite you to join us as we begin working in the Senior Center Raised Bed gardens this spring. We meet on Wednesday mornings to work in the garden. The garden requires care and watering throughout the growing season into the fall as the crops grow, ripen, and are harvested. There are jobs for everyone! We especially need people to water during the week. If you are interested in, please call the center (781) 438-1157 and leave your name and number so we can get in touch with you! Sincerely, the Garden Club!

Do you enjoy cooking for folks? Do you like making breakfast? Join the Senior Center Breakfast Club! Every month on the third Thursday at 8:30am, the Senior Center dedicates a Men's Breakfast. We would like volunteers to help with cooking breakfast! We usually make scrambled eggs, bacon or sausage and, pancakes. Please call (781) 438-1157 and ask for Kristen or Amanda!

Words of Wisdom by Lillian

W—Why do we second guess ourselves?

I—Inspire someone .

S—Say your are sorry when you are wrong.

D—Donate to a worthy cause.

O—Open the door for someone.

M—Make the world a better place by your presence.



Line Dancing with Corinne!

Wednesdays @ 2:30

Corinne has been involved in the line dancing community for over 20 years both as a dancer and instructor. Her encouragement and patience as an instructor provides a fun learning experience for both beginner and experienced dancers. Come join Corinne in class, so she can share her love of dance with you. Put a little Boot Scoot in your Boogie!

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 free 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 5th 12-1pm. Please call the Center for further information.

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Elder law attorney will visit the Senior Center on Tuesday April 15th 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 am; 4/10 and 4/24

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.

Hearing Clinic

Call to make an appointment . Every 3rd Monday from 2-4. Next one is 4/28 because of Patriot's Day.

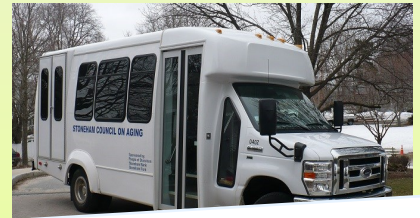
TRANSPORTATION



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.

WALMART: Tuesday April 8th 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!

Thank you for the Donations

Maria Sentence

Maureen Rasetta

Bridge Club



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:

BARGAIN BARN



We are planning to open the Barn on **Thurs May 1st**.

We would appreciate your new or gently used donations beginning **Tues April 1st** from 9am to 3pm.

A list of accepted donations can be found on our website or on the flyer inside this newsletter or the center.