



Stoneham Sentinel

MAY 2025



Sponsored in part by the Senior Center Friends

Happy Spring! We have a lot of educational and fun events this month. Below is a notice from Social Security. If you would like to create an online Social Security account or are having difficulties accessing your current account, make an appointment with one of our SHINE Councilors by calling the Senior Center.

If you created a Social Security username before September 18, 2021, you need to transition to a new Login.gov account or use an existing Login.gov or ID.me account to access our online services. The changes simplify your sign-in experience, provide you with safe and secure access to our online services, and align with federal authentication standards. If you created your personal *my Social Security* account on or after September 18, 2021, no action is necessary.

We are honored to remain a place for socialization, support and education.
Best,
Kristen Spence

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, Larry Poirier
Bill Kelly, Denise Kneeland,
Samantha Lino, Joan Lupis,
Maureen McGinness,
Walt Wolonsavich

 Find us on
Facebook



The Center will be closed on
Monday
May 26th
for Memorial Day
Remembering our Veterans



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 May 15th.



Veteran Information! The veterans' coffee hour will be held on Tuesday, May 13th 10am . No reservations required.

High Tea Event



Join us for a British culinary tradition of sitting down for a mid-day treat of tea, sandwiches, scones and cake before Mother's Day. Dress up in your finest, dust off those pearls, wear your nice hat or tie! Harp music provided by Margot Chamberlain!

When: Friday, May 9th @ 1pm

Please call to reserve your spot ***2 person limit*** when signing up!
(781) 438- 1157



Topic: Lunch and Learn with Boys and Girls Club and Stoneham Bank: This Tech session will focus on Cyber Security. Come learn strategies on how to protect yourself!

When: Tuesday May 20th from 10am-12pm
Reservations required!



Tuesday May 20th @ 10:00am -- Author J.A. Hennrikus returns for her popular mystery writing workshop, sponsored by Room To Write! This is the third of three sessions with Julie, and this workshop will focus on paths to publication. For more information about Julie, please check out her website: <https://jhaauthors.com/>

Registration is required; please sign up 781-438-1157.



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!



The Do's and Don't of downsizing your home with Elder Law Attorney, Susan Mooney. Joining Susan will be another attorney, Cristina Petrucci and Realtor Mark Cranfill. Come learn about the process of downsizing you home even if you are not considering it, you may not be aware of the pitfalls. If you are interested in downsizing your home but feeling overwhelmed, this may conquer those feelings.

When: Thursday , May 22nd at 10am Reservations required!

ART Matters Monday May 12th at 2pm AMERICAN ART Part 2 - (1900 -1950)

The center of the art world has always been Europe, and American artists have, by necessity, mostly followed those evolutions. The American independent spirit pushed the boundaries of acceptable traditions, and in the early part of the 20th century Americans begin to develop their own unique voice; the Ash Can School, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the history of those times.





News, Info and Events

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**SENIOR PROM
2025**

June 3 | 4pm-7pm

**Memorial Hall
590 Main Street, Melrose**

\$20

**Sign-up
begins
May 1st**

This multi-town event is sure to impress. Join us for a night out under the stars! Dress up in your finest and treat yourself to an evening of dancing, dinner, photo opportunities, and a chance to be voted Prom King or Queen! Medford, Melrose, Stoneham, and Wakefield are all participating in this event! Please sign up with the town closest to you!

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 6th, 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.

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

End of Life Planning with *Barille Funeral Home*– They will be discussing the benefits of prearranging and pre-planning funeral arrangements, the necessary steps to complete them and the benefits they have, in conjunction with estate planning and Medicaid planning. **When:** Friday, May 23rd at 1pm. Sign ups required!

Luncheon with the Arbors, Assisted Living Facility
Come enjoy a nice luncheon provided by the Arbors, Assisted Living Facility!
When: Friday, May 30th @ 12pm
Reservations required!

From **Mystic Valley Elder Services**: Hot or cold option is available for lunch on Mondays, Tues. 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



5/1 **Rooster Cogburn** (1975) Sequel to the Oscar-winning "True Grit" finds the trigger-happy Rooster trying to win back his law badge by hunting a gang of bandits and a stolen shipment of explosives. His job is not made any easier by the daughter of one of the gang's victims, who insists on coming along for the ride. John Wayne Katherine Hepburn. 1.48 min

5/8 **Life or Something Like It** (2002) Comedy/Romance: Lanie Kerrigan (Angelina Jolie), a feature reporter at a Seattle television station, leads the ultimate superficial life, even though she thinks she has it all, like a superstar boyfriend, a gorgeous apartment, and a shot at a big network assignment. Her perfect world starts unraveling 1.43 min

5/15 **The Room Next Door** (2024) Drama: Ingrid and Martha became close friends while working together at the same magazine. After years of being out of touch, they meet again in an extreme but strangely sweet situation. 1.47 min

5/22 **Rudy** (1993) Struggling to prove his potential, aspiring Notre Dame football player Rudy fights against the odds to get on to the field. Based on a true story. 1.56 min

5/29 **Field of Dreams** (1989) Baseball/Fantasy: Iowa farmer Ray Kinsella is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true. 1.47 min



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 5/2 , 5/16 and 5/30
- **Mexican Train** every Friday from 11 until 1:30pm Don't miss out on the fun!

TIMELESS TRIVIA

Tues 1 pm ; 5/13 5/27

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!



Bocce Time!

Join this fun group every Wednesday from 10-12 out in the front of the Senior Center. You will have a great time..

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. May 13th

\$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 (5/6). 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, 5/14 10am-11am **Where:** Conference Room



Free Hearing Clinic with Mara from At Home Hearing Clinical

When: Monday 5/19 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 5/12 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.

Monday	Tuesday	Wednesday
<p>From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays thru 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>		BARN OPEN
<p>5 H: Hot dog, baked beans, cabbage & carrots C: Tortellini Salad, Roman Blend Salad 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12p Jason Lewis 12:30p Weight training 12:45 Zentangle 2-4p Helping Hands</p>	<p>6 H: Cream of Mushroom Soup, chix Souvlaki C: Tuna Salad, Tri-Color Pasta 9-11a Chair Caning 10a Footcare with Marie 11-12 Lunch 12:30p-3:30p Mahjong 3-5p IPAD class</p>	<p>7 H: Stuffed Shell 8:45a Walk 10a Bocce 10a-12p Knit/Cr 10am Matt 11:30a Zumb 12p Lunch 12:30p Car 1-3pm BIN 1-4 Bridge 2:30pm Li</p>
<p>12 H: Lentil Soup, Cauliflower C: Egg Salad, Ziti Broccoli Salad 9:45a Drumming 10a-12p Cribbage 10a Caseworker appointments 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>13 H:Chix Stir Fry, Fried Rice C: Turkey Salad, Potato Salad 9-11a Chair Caning 10a Veteran's Coffee 12p Lunch 12 :30p Haircuts 12:30-3:30 Mahjong 1p Trivia 3-5 IPAD class</p>	<p>14 H: Spinach & R Salad, Root Vegetab 8:45a Walk 10a Bocce 10am Bloc 10a-12p K 10a Matte 11:30a Zu 12p Lunch 12:30p Ca 1-3p BIN 1-4p Brid 2:30 pm</p>
<p>19 H: Baked Ziti, Green Beans C: Asian Chix Salad, Lo Mein Pasta 9:45a Drumming 10a Hearing clinic 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight training 12:45 Zentangle 2-4p Helping Hands</p>	<p>20 H: Potato Leek Soup, BBQ Pulled Pork C: Egg Salad, Greek Pasta Salad 9-11a Chair caning 10am Mystery writing class 12:30-3:30p Mahjong 10a Lunch and Learn 12-2p Elder Law Attorney 3p COA Board meeting 3-5 IPAD Class</p>	<p>21 8:45a Walking 10a-12p Knit/Cr 10a Bocce 11:30a Zumba F 12p Lunch 12:30p Cardio v 1-3p BINGO 1-4p Bridge 2:30p Line dar H: Greek Chix, Seas C: Turkey Pasta Sal</p>
<p>26 Closed for Memorial Day </p>	<p>27 9-11a Chair caning 11a-12p Lunch 12:30-3:30p Mahjong 1p Trivia 3-5p IPAD class H: Broccoli & Mushroom Frittata C: Chix Salad, Greek Pasta Salad</p>	<p>28 8:45a Walking 10a-12p Knit/Cr 11:30a Zumba F 12p Lunch 12:30p Cardio v 1-3p BINGO 1-4p Bridge 2:30p Line dar H: Potato Pollock</p>

	Thursday	Friday
ENS ON MAY 1st!!!!!!	<p>1 H: Tuscan Soup, Swedish Chix meatballs, egg noodles and Brussels sprouts C: Roast Beef & Prov. Chees w/pasta salad</p> <p>10:30a Memory Café 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>2</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 10a-12 Rummikub 11-1:30p Mexican Train 11:15a Strength and Balance 1-2p Medicare Patrol Program</p>
<p>C: Roast Beef & Prov. Cheese king Club itting/Crocheting with Louise er of Balance mba Fitness w/ Aimee rdio w/toning exercises w/Aimee GO ne Dancing</p>	<p>8 H: Tuscan turkey Orzo Casserole/Beets C: Chix Salad, Orzo Veg. Salad</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>9</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 11-1:30p Mexican Train 11:12p Strength and Balance 1-3p High Tea</p>
<p>Red Pepper Frittata C: Chix Caesar le king Club od Pressure Check nit/Crochet w/ Louise r of Balance mba Fitness w/Aimee h rdio with toning exercises w/Aimee GO lge Line dancing</p>	<p>15 H: Mixed Bean w/Chix Soup C: Tuna Salad, Italian Pasta Salad</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>16</p> <p>10a Tai Chi w/Jon 10a Rummikub 10a-12p Cribbage 11:15am Strength and Balance 11-1:30p Mexican Train</p>
<p>Club rochet w/Louise Fitness with toning exercises w/Aimee ncing oned Orzo ad, Roman Blend Salad</p>	<p>22</p> <p>10a Downsizing 10a Beginners Tai Chi with 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>H: Black Bean & Barley Chili C: Roast Beef & Provolone Cheese Sand.</p>	<p>23</p> <p>10a Tai Chi w/Jon 10a-12p Cribbage 11:15a Strength and Balance 11-1:30p Mexican Train 1p End of Life Planning</p>
<p>Club rochet w/Louise Fitness with toning exercises w/Aimee ncing C: Egg Salad, Barley Raisin Salad</p>	<p>29 H: Pot Roast C: Chief Salad w/ Tuna</p> <p>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>30</p> <p>10a Tai Chi w/Jon 10a Rummikub 10a-12p Cribbage 11:15a Strength and Balance 11-1:30p Mexican Train</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 May 1st at the Stoneham Senior Center, 136 Elm St Stoneham at 10AM. If interested, please call 781-438-1157 to sign up!

Community Information

LGBTQ+ COMMUNITY RESOURCES

Find Support Online & Local Community Groups

LOCAL RESOURCES

EPIC (ENGAGING PARENTS IN CONVERSATION)
LGBTQ+ family support group in Melrose (serving the surrounding area)
Contact for info & meeting times: epicmelrose@gmail.com / Phone: 781-590-5375

THE NETWORK/ LA RED-BOSTON
Survivor-led, social justice organization that works to end partner abuse in LGBTQ+ communities.
tnlr.org

NORTH SHORE ALLIANCE FOR GAY LESBIAN AND TRANSGENDER YOUTH
Mission to honor, respect, educate, & empower LGBTQ+ youth.
nagly.org

NATIONAL RESOURCES

GLSEN
Gay, Lesbian & Straight Education Network
glsen.org

PFLAG
Organization for LGBTQ+ people, their parents, families & allies
pflag.org

THE TREVOR PROJECT
Organization providing crisis intervention and suicide prevention services to LGBTQ+ & questioning youth.
thetrevorproject.org

Resource List Provided by the Boys & Girls Clubs
bgcstoneham.org

love support pride

Going through a tough time?

Help is here.

Are you or someone you care about struggling with mental health and/or substance use?

The Massachusetts Behavioral Health Help Line is here for you. 24/7 365

Call or text 833-773-2445
 It's free, confidential, and no health insurance is needed.

BE6932-English

Circuit Transportation is providing free door to door rides for Stoneham Residents within town limits. It does not go to Boston or surrounding towns. Errands to run? Friends to visit? Appointments to keep? Just download the app to schedule your ride. Need help to download the Circuit app or to use the app
 Call (781) 438-1157

How to use Circuit Transit Stoneham

Schedule a ride with the tap of a button

Get picked up where you want

Share your ride with others heading the same way

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 Monday 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 5/20 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; 5/8 and 5/22

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. 5/19

BLOOD PRESSURE CHECK

Every second Wednesday from 10-11am 5/14

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 May 13th 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 your thoughtful Donations:

Estate of Shirley Lord

Wedad Kawa

Josephine Catalfamo

Memorial: Art & Gail Kelley in memory of Alfred and Adeline Kelley

Basuder Mukherjee



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

Barn opening day is on **Thurs May 1st**
Thursdays from 10a-2pm



Donations gratefully accepted at the Center during
business
hours.



Pictured above are our wonderful
Barn Volunteers, getting ready for
opening day! HUGE THANK YOU!