



Stoneham Sentinel



JUNE 2025

Sponsored in part by the Senior
Center Friends

We are facing challenges during this budget crisis. I want to thank everyone for your support and continued commitment to the Council on Aging. We feel it every day from the phone calls to visits and it really keeps us going. Our top priorities remain preserving programs and services and sustaining our mission. We will weather this storm and emerge stronger. We always welcome your input, ideas and feedback as we move forward.

On May 13th we had a very positive talk with School and Town Officials at the Senior Center about the override and will continue to have open dialogue throughout the summer.

Take a look inside for programs and events in June and as always if you need anything, we are only a phone call away.

Best,
Kristen Spence
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, *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



SCAN ME

The Center will be closed on
Thursday
June 19th for Juneteenth, a
federal holiday to
commemorate the ending of
slavery in the US



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 *



Father's Day Men's Breakfast will be held on the 2nd Thursday of this month at 8:30am. Come have a nice warm breakfast with great conversation! The next one will be June 12th. Sponsored by the Senior Center Friends. No reservations required. Note the Date change because we are closed on 6/19.



Veteran Information! The veterans' coffee hour will be held on Tuesday June 17th 10am . No reservations required.

Join Community Service Network (CSN) for a lunch and learn series
Money Management 1-2-3. Learn about financial responsibilities, financial choices, and financial opportunities that enable individuals to make wise choices financially that build wealth and achieve financial security.

Session 1 – Tuesday, June 10, 2025 :“Getting a Strong Start”

Session 2 - Tuesday, June 17, 2025 :“Achieving Financial Goals”

Session 3 - Tuesday, June 24, 2025 :“Planning a Secure Future”

Sessions from 11:30am to 1:30pm. Sign up to attend all 3 sessions, you must be present for all 3 sessions. Please let us know if you have a food allergy that will impact lunch. We will have a participant prize raffle. CSN is looking forward to meeting with you.



Did you know that Life Care of Stoneham also offers assisted living? Join Amanda C. Outreach and Stacey from Life Care to learn about this senior living community in the town of Stoneham. Stacey will also talk about what an assisted living senior community is.
When: Tuesday, June 10th at 10am
No sign up required!



Have you ever thought about what protein can do for your body especially as you age? It's so important as you age to maintain muscle mass, bone health and overall physical function. Join Tori, Registered Dietician from Mystic Valley Services for a presentation on the why we should be eating protein as apart of your diet. When: Tuesday, June 3rd at 10:30am. Please sign up! (781) 438-1157



Lunch and Learn: Relax and Restore: Gentle Movement & Mindfulness

sponsored by the Boys & Girls Club Metro North

Join Frank Olivieri, Mindfulness instructor for an hour of gentle movement and stillness. We'll explore simple stretches (standing or seated), a brief mindfulness talk, reflection questions, and a guided mindfulness practice to promote well-being and ease.

When: Friday, June 13th at 10am. Reservation are required!

ART Matters Monday June 9th at 2pm WOMEN ARTISTS 1- Until the 20th century

Women artists, capable of the art of creation as well as the creation of art, have historically proved threatening to the dominant male establishment. There are many examples of how she has flourished and failed, been celebrated or crushed, but in almost every instance, needing to be better than their male competitors to be taken seriously.

Join us for a look and a discussion about the women who have defied convention to make art from the Renaissance through the 19th century.





News, Info and Events

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SENIOR PROM 2025
\$20 June 3 | 4pm-7pm | Memorial Hall
590 Main St, Melrose
 Join us for a night out under the stars!
 Menu: mixed greens salad, rolls, chicken picatta, desserts, punch, coffee/tea
 Live DJ | Free photo portraits | Vote for prom King/Queen
 Transportation available
 This program is funded in part by a grant from the Melrose Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Volunteers needed!

Support your Senior Center at community events on the town common.

Join Amanda C. Outreach/Assistant Director for the farmers market and Stoneham Pride.

Things you can volunteer with are helping set up table before the event starts, be a spokesperson and talk about what the center offers, share your own personal experience on why you come to the center or be a friendly face at the table!

Dates: Thursday, June 5th 4-6pm for the Farmers Market table OR

Saturday, June 7th at 11am to 2pm Pride Day

If interested please call Amanda C (781) 850-0619

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, June 27th at 1pm, reservations required!



Summer Party with Tommy Bahama! Friday, June 20th @ 1pm

Ring in Summer 2025 with your friends and Tommy!

Live music, drinks and food!

Please sign up!



Lizzie Borden took an axe...

or did she

YOU DECIDE!

Delvena Theatre Company presents

Lizzie Borden and the 40 Whacks

FRIDAY, JUNE 6, at 1:30 PM

This performance is supported in part by a grant from the Stoneham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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



6/5 The Nonnas 2025 After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs. [Vince Vaughn](#); [Lorraine Bracco](#); [Talia Shire](#); [Brenda Vaccaro](#); [Joe Manganiello](#); [Linda Cardellini](#); [Susan Sarandon](#) 1 hour 51 minutes

6/12 The Guns of Navarone is a 1961 action adventure war film directed by [J. Lee Thompson](#) from a screenplay by [Carl Foreman](#), based on [Alistair MacLean's 1957 novel](#). Foreman also produced the film. The film stars [Gregory Peck](#), [David Niven](#) and [Anthony Quinn](#), along with [Stanley Baker](#), [Anthony Quayle](#), [Irene Papas](#), [Gia Scala](#), [Richard Harris](#) and [James Darren](#). The book and the film share a plot: the efforts of an [Allied commando](#) unit to destroy a seemingly impregnable German [fortress](#) that threatens Allied naval ships in the [Aegean Sea](#). 2 hours 38 minutes

6/26 Rent 2005 In this musical, set at the dawn of the 1990s, a group of New Yorkers struggle with their careers, love lives and the effects of the AIDS epidemic on their community. Mark (Anthony Rapp), an aspiring filmmaker, and Roger (Adam Pascal), an HIV-positive musician, scramble for money to pay rent to their landlord and former roommate, Benny (Taye Diggs). Meanwhile, their friend Tom (Jesse L. Martin), a professor, has fallen for Angel (Wilson Jermaine Heredia), who is slowly dying of AIDS. 2 hours 15 minutes



Game Time!!



- **BINGO**– Grab a card or two every 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 6/13 and 6/27
- **Mexican Train** every Friday from 11 until 1:30pm Don't miss out on the fun!

TIMELESS TRIVIA

Tues 1 pm ; 6/10 and 6/24

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



KNIT/CROCHET WITH LOUISE Wednesdays at 10



Bocce Time!

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

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

12:30pm. 6/10

\$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 6/2 She can examine your feet 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, 6/11 10am-11am **Where:** Conference Room



Free Hearing Clinic with Mara from At Home Hearing Clinical

When: Monday 6/16 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 6/9 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.

JUNE 2025

Monday	Tuesday	Wednesday
<p>2 H: Mac & Cheese with Broccoli C: Tuna Salad and Quinoa</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12:30p Weight training 12:45 Zentangle 2-4p Helping Hands</p>	<p>3 H: Cream of Tomato Soup, Chix & rice Bake C: Roast Beef & Prov Sand.</p> <p>9-11a Chair Caning 10a Footcare w/ Marie 10:30a Nutrition talk 12p Lunch 12 :30p Haircuts 12:30-3:30 Mahjong</p>	<p>4 H: Beef Sloppy C: Hummus, Q</p> <p>8:45a Wal 10a Bocce 10a-12p K 11:30a Zu 12p Lunch 12:30p Ca 1-3p BIN 1-4p Brid 2:30 pm l</p>
<p>9 H: Honey mustard Chix w/sweet whipped potatoes C: Egg Salad, Israeli Couscous Salad</p> <p>9:45a Drumming 10a-12p Cribbage 10a MVES Caseworker appointments 11:30a Zumba Fitness 12:30p Weight training 12:45 Zentangle 2p Art Matters 2-4p Helping Hands 2-4 Financial Advice</p>	<p>10 H: Pollock w/Scamp Sauce C: CA Chix Salad w/ Orzo Veg</p> <p>9-11a Chair Caning 10a Outreach Coffee Hr. 11-12 Lunch 11:30a Lunch and Learn 12:30p-3:30p Mahjong 12:30p Haircut 1p Trivia</p>	<p>11 H: Beef Strogan</p> <p>8:45a Wal 10a Bocce 10a-12p Kn 10am Bloo 11:30a Zun 12p Lunch 12:30p Car 1-3pm BIN 1-4 Bridge 2:30pm Li</p>
<p>16 H: Unstuffed Pepper Casserole C: Turkey Salad w/ German Potato Salad</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 2-4 Hearing clinic 2-4p Financial Advice</p>	<p>17 H: Cream of Broccoli Soup, chix w/ lemon peas sauce C: Middle Eastern Veg Pita salad</p> <p>9-11a Chair Caning 10a Veteran's Coffee 11:30a Lunch and Learn 12p Lunch 12 :30p Haircuts 12:30-3:30 Mahjong 12-2p Elder Law Attorney *3p COA Board meeting</p>	<p>18 H: Lentil Stew v C: Chef Salad w</p> <p>8:45a Walki 10a Bocce 10am Bloo 10a-12p Kn 11:30a Zun 12p Lunch 12:30p Car 1-3p BINGO 1-4p Bridg 2:30 pm Li</p>
<p>23 H: Chix Marsala w/ Red Bliss Potatoes C: Ham & Cheese, Quinoa Tabbouleh</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight training 12:45 Zentangle 2-4p Helping Hands</p>	<p>24 H: Potato Pollock w/ Quinoa Pilaf C: Chix Salad, Carrot Raisin Salad</p> <p>9-11a Chair caning 11:30a Lunch and Learn 12:30-3:30p Mahjong 1p Trivia</p>	<p>25</p> <p>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 dan</p> <p>H: Chix Meatball w/T C: Tuna salad, Potat Salad</p>
<p>30 H: Mixed Bean & Veg Stew C: Chix Curry Salad</p> <p>9:45a Drummin 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight training 12:45 Zentangle 2-4p Helping Hands</p>		

	Thursday	Friday
Joese and Sweet Potato Tots Quinoa Tabbouleh Salad Walking Club Knitting/Crochet w/ Louise Zumba Fitness w/Aimee Aerobic Cardio with toning exercises w/Aimee GO Line dancing	5 H: Chix Fajitas, Rice & Beans C: Turkey & Swiss Cheese Sand. 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	6 10a Intermediate Tai Chi w/Jon 10a-12p Cribbage 10a-12p Rummikub 11-1:30p Mexican Train 11:15a Strength and Balance 1:30p Delvena Theater Company
Roast Beef C: Roast Beef & Prov. Cheese Walking Club Knitting/Crocheting with Louise Blood Pressure Check Zumba Fitness w/ Aimee Aerobic Cardio w/toning exercises w/Aimee GO Line Dancing	12 H: Sausage, pepper & Onions C: Tuna Salad, Pasta Salad w/ cheese *8:30am Men's Breakfast 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	13 10a Intermediate Tai Chi w/Jon 10a Mindfulness Lunch and Learn 10a-12p Cribbage 11-1:30p Mexican Train 11:12p Strength and Balance
W/ root vegetables W/ ham, Sweet Potato Walking Club Blood Pressure Check Knitting/Crochet w/ Louise Zumba Fitness w/Aimee Aerobic Cardio with toning exercises w/Aimee GO Line dancing	19 Senior Center closed due to Federal Holiday Juneteenth	20 10a Intermediate Tai Chi w/Jon 10a Rummikub 10a-12p Cribbage 11:15am Strength and Balance 11-1:30p Mexican Train 1p Summer Party
Walking Club Crochet w/Louise Zumba Fitness Aerobic Cardio with toning exercises w/Aimee Line dancing Tomato Basil Wine Sauce Quinoa Salad, Spinach w/ mandarin oranges	26 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 H: Orzo w/ chix soup, broccoli egg bake C: Roast Beef & Provolone Cheese	27 10a Intermediate Tai Chi w/Jon 10a-12p Cribbage 11:15a Strength and Balance 11-1:30p Mexican Train 1p World of Dolls
		

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 Caseworker, 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 June 5th at the Wakefield Senior Center, 30 Converse St. Wakefield, MA 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

BOYS & GIRLS CLUBS OF STONEHAM & WAKEFIELD
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**

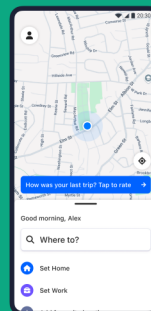
Call or text **833-773-2445**

It's free, confidential, and no health insurance is needed.

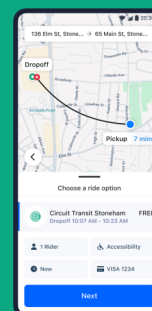
BE6932-English

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

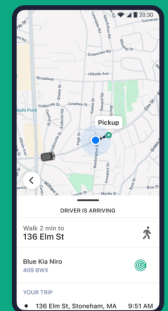
How to use Circuit Transit Stoneham



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 July 7th 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 6/17 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; 6/12 and 6/26

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.

HEARING CLINIC

Call to make an appointment . Every 3rd Monday from 10-12pm. 6/16

BLOOD PRESSURE CHECK

Every second Wednesday from 10-11am 6/11

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 June 10th 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:

Carolyn O'Neil

Antoinette Caruso

Rosemarie Henick

Maria Sentance

Angelo Benazzo

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

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!