



# Stoneham Sentinel

## August 2025



Sponsored in part by the Senior  
Center Friends

As summer stretches into its final chapter, August arrives with a mix of warmth, reflection, and fresh energy. Fall is right around the corner. Wouldn't you love to spend a night at Fenway Park watching our beloved Red Sox? We have a raffle to raise funds for the Senior Center and the winner will receive 4 tickets right behind the dugout for the game Tuesday Sept. 2nd at 6:45pm. \$20 buys you a raffle ticket to win these 4 amazing seats. Just come by the center to buy tickets and spread the word! The drawing will take place on August 19th.

Another fun September event is the Garden Club's Christmas/Holiday sale on the back deck. All items are \$5 and under. The event is Thursday September 4th from 10-2pm. Don't miss it! It is also a Bargain Barn day!

**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

**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**

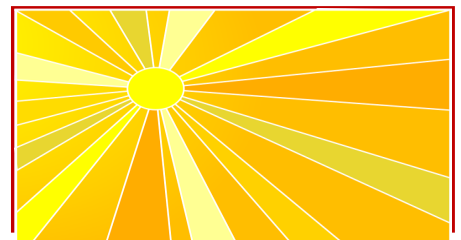
Kathleen Hudson, *Chair*  
Maureen Buckley, Larry Poirier  
Bill Kelly, Denise Kneeland,  
Samantha Lino,  
Maureen McGinness,  
Walt Wolonsavich



Find us on  
**Facebook**



**SCAN ME**



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 Aug 21st. Sponsored by the Senior Center Friends. No reservations required.



**Veteran Information!** The veterans' coffee hour will be held on Tuesday August 12th @ 10am . No reservations required.



## TRIP REMINDER!

All Around New England is having a trip to Ogunquit Playhouse featuring *High Society* on Thursday, August 7th from 9:15-6pm. For more information please call (781) 846-5965.



## Outreach Coffee Hour with Amanda and Michele from MA Registry of Motor Vehicles

**Topic: Real ID and Handicapped Placard**

**When: Friday, August 8th @ 10:30am**

Please RSVP at (781) 438-1157



## Ice Cream Social With Senator Lewis

**When: Tuesday, August 12th @ 2:30pm**

**Come in and enjoy ice cream in this heat. Provided by Senator Lewis!**

## Amelia Earhart - Beyond the Skies

Margie Arnold, a dedicated Earhart enthusiast, will be giving a talk about Amelia Earhart's life and legacy, including lesser-known stories, particularly her time in Marblehead. The talk, titled "Amelia Earhart: Beyond the Skies," will be held on Tuesday, Aug 19th at 1 PM.

Please sign up! (781) 438-1157



## August Book Group!

Next book group is Monday, August 18th @ 10:30am  
If interested in a book, please call Amanda (781) 850-0619

## ART Matters Monday August 11th at 2pm WOMEN ARTISTS 2—Of 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. In more modern times, our ability to create art was less openly inhibited, but new, modern obstacles arose. Join us for a new look and a discussion about the women and their struggle to make art in the 20th Century .





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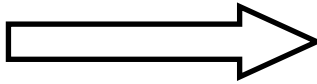
**Mystic Valley**  
*Elder Services*

Thanks to MVES for providing the center with a Clinical Caseworker who 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 a August 11th appointment.

A Memory Café is a social gathering that allows folks experiencing memory loss and their loved one to connect, socialize and build new support networks. The next Memory café is on Thursday August 7th at Mystic Valley Elder Services, 300 Commercial St. #19 Malden, Ma at 1PM featuring a Frank Sinatra Impersonator! If interested, please call Amanda C (781) 850-0619

Tech help with McKayla from MVES on Wednesday August 20th from 9-11am.

Pictured to the right are all of our graduates from the IPAD Basics course!!!!



### RAFFLE WINNER IS Karen

Thank you to those who participated in this raffle!  
We made \$650.00 that will go towards programming!

Did you hear about the next raffle?  
We are raffling off Red Sox tickets for \$20.00,  
tickets are behind home plate!



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!

 **Mystic Valley**  
*Elder Services*



# 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 \$3.00 is requested

**8/7 Mission Impossible Rogue Nation 2015 2 hr. 11min** Faced with what may be the most impossible mission yet, Ethan gathers his team and joins forces with Ilsa Faust (Rebecca Ferguson), a disavowed British agent who may or may not be a member of this deadly rogue nation.

**8/14 The Miracle Club 2023 1:30** There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime.

**8/21 Dunkirk 1:45 2017** In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found.

**8/28 Back in Action 2025 1:54** Former CIA spies Emily and Matt are pulled back into espionage after their secret identities are exposed



## 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 8/8 and 8/22
- **Mexican Train** every Friday from 11 until 1:30pm Don't miss out on the fun!

### TIMELESS TRIVIA

**Tues 1 pm ; 8/12 and 8/26**

Come for coffee, snacks 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!



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**

Sherry's beginners class Thursdays @ 10a

***Haircuts are cancelled till***

***September***



**Geriatric Footcare** specialist with *Marie Anderson, RN!* Marie will be here at the senior center on the first Tuesday of every month (8/5). 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!

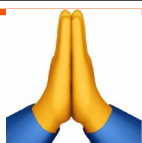
**When:** Wednesday, 8/13 10am-11am **Where:** Conference Room



**Free Hearing Clinic** is cancelled till further notice!  
**Sorry for the inconvenience!**

## **Free Financial Advice Monday 8/11 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.**

# August 2025

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>		
<p><b>4 H: Mac and Cheese</b>  <b>C: Egg Salad</b>            9:45a Drumming            10a-12p Cribbage            11:30a Zumba Fitness            12p Lunch            10a Caseworker appointments            12:30p Weight training            12:45 Zentangle            2-4p Helping Hands</p>	<p><b>5 H: Chicken Stir fry</b>  <b>C: Turkey salad</b>            9-11a Chair Caning            11-12 Lunch            12:30p -3:30p Mahjong</p>	<p><b>6 H: Spinach &amp; rice</b>            8:45a Walking            10a Bocce            10a-12p Knit/Crochet            11:30a Zumba Fitness            12p Lunch            12:30p Card            1-3pm BINGO            1-4 Bridge            2:30pm Line dance</p>
<p><b>11 H: Baked Ziti</b>  <b>C: Asian Chicken Salad</b>            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><b>12 H:BBQ Pulled Pork</b>  <b>C: Egg salad</b>            9-11a Chair Caning            10a Veteran's Coffee            MVES Lunch            12:30-3:30 Mahjong            1p Trivia            2:30p Icecream Social            Walmart</p>	<p><b>13 H: Summer spaghetti</b>            8:45a Walking            10a Bocce            10a -11a Elder Law            10a-12p Knit/Crochet            11:30a Zumba Fitness            12p Lunch            12:30p Card            1-3pm BINGO            1-4p Bridge            2:30 pm Line dance</p>
<p><b>18 H: Chicken Meatball sub</b>  <b>C: Turkey and swiss</b>            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><b>19 H: Broccoli and Mushroom Frittata</b>  <b>C: Chef Salad</b>            9-11a Chair caning            12p Lunch            12:30-3:30p Mahjong            1p Amerlia Earhart talk            12-2p Elder Law Attorney            3p COA Board meeting</p>	<p><b>20 H:Potato Potage</b>            8:45a Walking            10a-12p Knit/Crochet            10a Bocce            11:30a Zumba Fitness            12p Lunch            12:30p Cardio v            1-3p BINGO            1-4p Bridge            2:30p Line dance</p>
<p><b>25 H: Mac and Cheese</b>  <b>C: Tuna salad</b>            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><b>26 H: Chicken and rice</b>  <b>C: Roast beef</b>            9-11a Chair caning            11a-12p Lunch            12-1p Medicare Info Session            12:30-3:30p Mahjong            1p Trivia</p>	<p><b>27 H:Beef sloppy Joe</b>            8:45a Walking            10a-12p Knit/Crochet            10a Bocce            11:30a Zumba Fitness            12p Lunch            12:30p Cardio v            1-3p BINGO            1-4p Bridge            2:30p Line dance</p>

	Thursday	Friday
		1  10a-12p Cribbage 11-1:30p Mexican Train
ed pepper frittata C: Chicken Caesar king Club itting/Crocheting with Louise mba Fitness w/ Aimee dio w/toning exercises w/Aimee GO ne Dancing	7 H: Pollock with Dijon wine sauce C: Tuna Salad  10a Beginners Tai Chi w/Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	8 10a Rummikub 10a-12p Cribbage 11-1:30p Mexican Train 11:12p Strength and Balance
pecial meal king Club Blood Pressure check nit/Crochet w/ Louise mba Fitness w/Aimee h rdio with toning exercises w/Aimee GO ge line dancing	14 H: Black bean and Barley chile C: Roast beef with Provolone  10a Beginners Tai Chi with Sherry 10a Caregiver's support group 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	15  10a-12p Cribbage 11:15am Strength and Balance 11-1:30p Mexican Train
Pollock C: Chicken Salad  Club ochet w/Louise Fitness with toning exercises w/Aimee cing	21 H: Pot Roast C: Egg salad  8:30a Men's Breakfast 10a Beginners Tai Chi with Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	22 10a Rummikub 10a-12p Cribbage 11:15a Strength and Balance 11-1:30p Mexican Train
pe C: Hummus, quinoa salad Club ochet w/Louise Fitness with toning exercises w/Aimee cing	28 H: Chicken fajita C: Turkey and swiss 10:00a Caregivers 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	29  10a-12p Cribbage 11:15am Strength and Balance 11-1:30p Mexican Train

# Community Information

## Stay Informed, Stoneham!

Get the Latest News, Alerts, and Information Directly to You!

Are you a Stoneham resident looking to stay connected and informed about what's happening in our town?

The Town of Stoneham encourages all residents to sign up for official alerts, notifications, and general information to ensure you have the most up-to-date details on:

Emergency Alerts: public safety notices, road closures, and more.

Town Budget: Stay informed about the Town's budget and possible override vote information.

Town Meetings & Elections: Warrants, Town Meeting Booklets, ballots, agendas, schedules, and highlights from the Select Board, School Committee, and other important board and committee meetings.

Community News: Updates on local projects, initiatives, and town services.

Service Disruptions: Water main breaks, trash collection changes, and other important service notices.

### How to Get Connected:

We offer several easy ways to receive information, ensuring you get the updates that matter most to you, how you want them:

#### Town Website:

Visit the official Town of Stoneham website regularly: [www.stoneham-ma.gov](http://www.stoneham-ma.gov)

Find department-specific information, meeting minutes, and official announcements.

#### Notify Me Subscriber Alerts:

Sign up for our Notify Me on the Town's web site to receive communications via email.

Enroll at: <https://www.stoneham-ma.gov/list.aspx>

#### CodeRED Emergency Notifications:

Sign up for our emergency alert system to receive communications via phone call, text, or email.

Enroll at: [www.stoneham-ma.gov/codered](http://www.stoneham-ma.gov/codered)

#### 4. Town Officials:

Meet with or contact the Town Administrator, Department Heads and Town Officials directly with any comments, questions or concerns. Contact information is available on the web site or by visiting Town Hall.

### Why it Matters:

Being informed means being prepared and engaged. Your participation helps build a stronger, more connected Stoneham!

Don't miss out on important information affecting your home and community.  
Sign up today and stay in the loop!

This message is brought to you by the Town of Stoneham.



# 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 9/1 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 8/19 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; 8/12 8/26

## **WALKERS, COMMODOES, CANES, OH MY!**

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

## **BLOOD PRESSURE CHECK**

Every second Wednesday from 10-11am 8/13

# 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 August 12th** 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:

Josephine Catalfamo

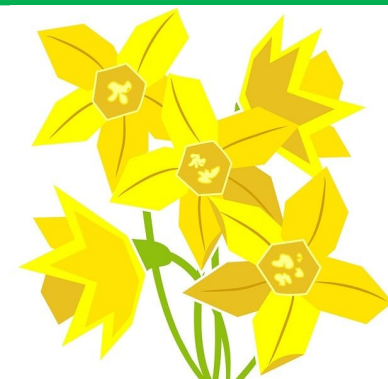
Basudeb Mukherjee

Memorial for Domenica Saccoccio from Lisa and Peter Minghella and John and Carol Koulouris

Ben and Becky Jacques

John and Ellen Pratt

Maria Sentance



*Thank You*

## ***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:

\_\_\_\_\_



FREE ITEMS  
Bargains  
Nice Things  
REALLY Nice Things



Barn update! We are having a great season so far even if the weather has been a challenge. If the temperature is over 90 degrees we may close at noon for the worker's safety.

If you have any jewelry to donate we would appreciate it.