



Stoneham Sentinel

July 2025



Sponsored in part by the Senior
Center Friends

Know the signs and ways to treat heat-related illness.

Heat Cramps • Signs: Muscle pains or spasms in the stomach, arms, or legs. • Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion • Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting. • Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke • Signs: Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness. • Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

Summer is here and we hope everyone stays safe in extreme weather. Call us if you need us!

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*

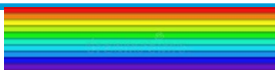
Council on Aging Board of Directors

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



SCAN ME

The Center will be closed
on Friday, July 4th in
observance for
Independence Day!



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 July 17th. Sponsored by the Senior Center Friends. No reservations required.



Veteran Information! The veterans' coffee hour will be held on Tuesday, July 8th 10am . No reservations required.



TRIP REMINDER!

All Around New England is having a Beatle Tribute trip to the Log cabin on Wednesday, July 16th Holyoke from 9-5:30pm. For more information please call (781) 846-5965.



Lunch and Learn sponsored by the Boys and Girls Club of Metro North
Topic: Relax and Restore: Gentle Movement & Mindfulness
When: Friday, July 18th @ 11am
Please RSVP at (781) 438-1157

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you're already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan.

Tuesday July 29th 12-1pm Call to RSVP

The Flower of the Month Art Class with Amanda C

Join Amanda C in Art 101 drawing the July flower, Water Lily

When: Friday, July 25th @ 1pm

Please note Amanda is a amateur artist.



Thursday Movie and Pizza (\$2.00 for pizza)

Movie: *Wicked*

When: Thursday, July 31st @ 12pm

***Please note the time change due to the length of movie**

ART Matters Monday July 14th 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

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



BBQ and a Comedy Show

Sponsored by Mystic Valley Elder Services

When: Tuesday, July 15th

Lunch will be from 11am—1pm

Comedy Show with David @ 1:30pm

RSVP by Monday, July 7th

Hamburgers, Hot Dogs, Potato Salad and Lemonade and a ice-cream for dessert.
\$3 per person

Breakfast with the Delaney at the Vale

Enjoy a nice breakfast provided by the Delaney and learn about this senior living in Woburn!

When: Tuesday July 22nd

If interested in attending, please sign up (781) 438-1157

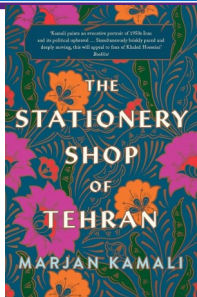


Mystic Valley
Elder Services

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 July 14th 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 July 3rd at the Wakefield Senior Center, 30 Converse St, Wakefield MA at 10AM. If interested, please call Amanda C (781) 850-0619

Tech help with McKayla from MVES on Tuesday July 8th and July 29th from 3-5pm. Come with your devices and questions and she will be happy to help!



July Book Group!

Book Title: *The Stationery Shop of Tehran* by Marjan Kamali

Book Group Discussion: Monday, July 21st @ 10:30am

If interested in a book, please call Amanda (781) 850-0619

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 \$2.00 is requested



Conclave (2024) Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church. (2hr)

The Storied Life of AJ Fikry (2022) A.J. Fikry's wife has died, his bookstore is in trouble, and now his prized rare edition of Poe poems has been stolen. However, when a mysterious package appears, its arrival gives him the chance to start his life over and see things anew. (1.45min)

Knives Out (2019) When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. (2.10 min)

Some Like It Hot (1959) After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in. (2hrs)

Wicked - Fantasy/Musical (2024) Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. (2.40 min) ***Please note start time 12pm**



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 7/11 and 7/25
- **Mexican Train** every Friday from 11 until 1:30pm Don't miss out on the fun!

TIMELESS TRIVIA

Tues 1 pm ; 7/1; 7/29

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 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 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 (7/1). 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, 7/9 10am-11am **Where:** Conference Room

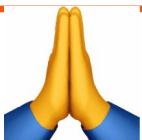


Free Hearing Clinic with Mara from At Home Hearing Clinical

When: Monday 7/21 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 7/14 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.

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>1 H: Chick Scaloppini C: Egg Salad</p> <p>9-11a Chair Caning 10a Footcare with Marie 11-12 Lunch 12:30p-3:30p Mahjong</p>	<p>2 H: Mac and Cheese 8:45a Walking 10a Bocce 10a-12p Knit/Crochet 11:30a Zumba Fitness 12p Lunch 12:30p Card Games 1-3pm BINGO 1-4 Bridge 2:30pm Line dancing</p>
<p>7 H: Sweet and Sour Chix meatballs C: Egg Salad</p> <p>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>8 H: Beef Chili C: Chef Salad with Tuna</p> <p>9-11a Chair Caning 11-12 Lunch 12:30p-3:30p Mahjong 12p Walmart 1p Trivia 3p-5p Tech help with McKayla</p>	<p>9 H: Chicken Diaper 8:45a Walking 10a Bocce 10a-12p Knit/Crochet 10a-11a Bridge 11:30a Zumba Fitness 12p Lunch 12:30p Card Games 1-3pm BINGO 1-4 Bridge 2:30pm Line dancing</p>
<p>14 H: Cheese Omelet C: Tuna Salad</p> <p>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>15 H: Lasagna Roll w/ sauce C: Roast Beef and Povolone</p> <p>9-11a Chair Caning 10a Veteran's Coffee 11-1p MVES BBQ and Comedy Show 12:30-3:30 Mahjong 12-2p Elder Law Attorney</p>	<p>16 H: Pork with Apples 8:45a Walking 10a Bocce 10a-12p Knit/Crochet 11:30a Zumba Fitness 12p Lunch 12:30p Card Games 1-3pm BINGO 1-4 Bridge 2:30 pm Line dancing</p>
<p>21 H: Chicken Cacciatore C: Turkey and swiss</p> <p>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>22 H: Potato Pollock C: Southwest Chicken Salad</p> <p>9-11a Chair caning 12p Lunch 12:30-3:30p Mahjong</p>	<p>23 H: Beef Burrito 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 dancing</p>
<p>28 H: Hot dog Baked Beans C: Mediterranean Tortellini Salad</p> <p>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>29 H: ChickenSoulvaki C: Tuna Salad</p> <p>9-11a Chair caning 11a-12p Lunch 12-1p Medicare Info Session 12:30-3:30p Mahjong 3p-5p Tech help with McKayla</p>	<p>30 H: Stuffed Shell 8:45a Walking 10a-12p Knit/Crochet 11:30a Zumba Fitness 12p Lunch 12:30p Cardio v 1-3p BINGO 1-4p Bridge 2:30p Line dancing</p>

	Thursday	Friday
Cheese C: Roast Beef and Prov. Cheese ing Club itting/Crocheting with Louise nba Fitness w/ Aimee rdio w/toning exercises w/Aimee GO ne Dancing	3 H: BBQ Chicken C: Mediterranean Turkey Salad 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	4 Closed for the Holiday
ne C: Turkey and Swiss ing Club itting/Crocheting with Louise lood Pressure check nba Fitness w/ Aimee rdio w/toning exercises w/Aimee GO ne Dancing	10 H: Roasted Turkey with Gravy C: California Chicken Salad 10a 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	11 10a Tai Chi w/Jon 10a-12p Cribbage 11-1:30p Mexican Train 11:12p Strength and Balance
pples C: Chicken Romaine Salad ing Club nit/Crochet w/ Louise nba Fitness w/Aimee rdio with toning exercises w/Aimee GO ge Line dancing	17 H: Chicken w/ Sauté Veg C: Turkey Swiss 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	18 10a Tai Chi w/Jon 10a Rummikub 10a-12p Cribbage 11:15am Strength and Balance 11-1:30p Mexican Train 11am Lunch and Learn
gundy C:Italian Tuna salad Club rochet w/Louise Fitness with toning exercises w/Aimee ncing	24 H: Swedish Chix meatballs C: Roast Beef and Provolone Cheese 10a Beginners Tai Chi with Sherry 10:00a Caregivers Support Group 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	25 10a Tai Chi w/Jon 10a-12p Cribbage 11:15a Strength and Balance 11-1:30p Mexican Train
Is C: Roast Beef with Provolone Club rochet w/Louise Fitness with toning exercises w/Aimee ncing	31 H: Beef Shepherd's Pie C: Chicken Salad 10a Beginners Tai Chi w/Sherry 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	

Community Information

LGBTQ+ COMMUNITY RESOURCES

Find Support Online & Local Community Groups

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

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

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

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

BOYS & GIRLS CLUBS OF STONEHAM & SURROUNDING

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.  

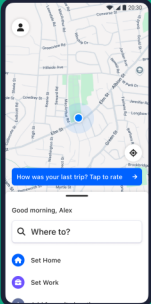
Call or text **833-773-2445**
It's free, confidential, and no health insurance is needed.

BE6932-English

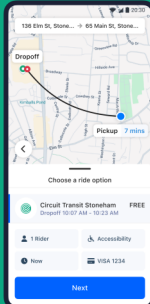
Circuit Transportation is providing free door to door rides for Stoneham Residents within town limits. It does not go to Boston or surrounding towns. Errands to run? Friends to visit? Appointments to keep? Just download the app to schedule your ride. Need help to download the Circuit app or to use the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

How to use Circuit Transit Stoneham

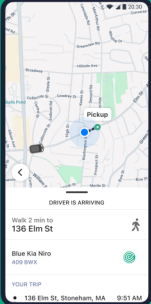




Schedule a ride with the tap of a button



Get picked up where you want



Share your ride with others heading the same way



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

Protect Yourself and loved ones from Medicare fraud. **Senior Medicare Patrols (SMPs)** empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse. For more information please call 800-892-0890 .

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 7/15 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; 7/10 and 7/24

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.

HEARING CLINIC

Call to make an appointment . Every 3rd Monday @ 10am 7/21

BLOOD PRESSURE CHECK

Every second Wednesday from 10-11am 7/9

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 July 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 your thoughtful Donations:

Diane Golini in memory of Delores Arena

Rod Ames in memory of Betty Jane Borges

Frank Rallo in memory of Domenica Saccoccio

Nancy DeMarco and Marie Angelosanto in memory of Domenica Saccoccio

Lois Fava

Frank Lui and Wakefield Son's of Italy Bocce group



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
Stop by the Bargain Barn Thursdays
from 10a-2pm
Donations gratefully accepted at the Center
during business hours.



We will uncover
treasures for you!