



# Stoneham Sentinel

## September 2025



Sponsored in part by the Senior  
Center Friends

We invite you to enjoy all that September has to offer at the Stoneham Senior Center. Whether you join us for a lively game of bingo, a fitness class, lunch and a conversation with friends, there's always a place for you here. Check out the calendar to plan your month. We also offer help finding support in your home so just give us a call.

We will be celebrating Stoneham's 300th along with Mystic Valley Elder Services' 50th Anniversary on September 12th. More details are inside the Sentinel.

We are happy to announce that Guy S. has won the tickets to the Red Sox game. Thanks to everyone who bought a raffle ticket. All the proceeds will go towards some fun programming at the Center.

Have a wonderful month and remember we are only a phone call away!

**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 center will be closed  
Monday, September 1st  
in observance of  
Labor 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 Sept. 18th. Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



**Veteran Information!** The veterans' coffee hour will be held on Tuesday September 9th @ 10am . No reservations required.

## Trip Reminder

All Around New England is having a fall harvest trip planned to St. Joseph's Abbey and lunch at the Publick House Inn in Sturbridge on Saturday, September 27th from 8-4:30pm. For more information please call (781) 846-5965.



## Garden Party Friday September 12th @ 12pm

Join us celebrating Mystic Valley Elder Services' 50th Birthday and Stoneham's 300th Birthday!

Music will be provided by the Boston Saxophone Quartet and food provided by Nobility Hill Tavern.

Sign up ONLY for you and one guest!

Stoneham residents sign up starts September 2nd and out of town residents sign ups start Sept 3rd!

## Outreach Coffee with Amanda C and CAREPatrol Topic: Senior Living 101

Join us for a presentation sponsored by CAREPatrol, September 30th from 10:30AM to 11:30AM.

We will cover various types of senior living options, their costs, and how to choose the best fit for your needs. Learn about the different types of senior living available, who they're best suited for, typical price ranges for each option in our area, and what factors drive costs up.

Our speakers, Tricia Gordon, CSA, CDP, a former Ombudsman with extensive knowledge of senior care policies and advocacy;

Deirdre Wirtanen, Senior Living Advisor, CDP, with experience helping families navigate senior housing, will provide valuable insights to help you and your loved ones make informed decisions. Don't miss this opportunity to enhance your understanding of senior living! Sign ups required!

"First electricity, now telephones. Sometimes I feel as if I'm living in an H.G. Wells novel." - Violet Grantham

## Downton Abbey Series (Episode 1 & 2)

Join us for a re-watch or you are watching for the first time the Downton Abbey Series

**When:** Tuesdays September 16th and Sept 30th at 1pm

Bring your lunch or favorite snack to enjoy!

## ART Matters Monday Sept. 8th @ 2pm

ANCIENT GREECE & ROME

Nothing less than the flowering of civilization.

Join us to examine, through their art, the contributions of Ancient Greeks; philosophy, religion, mathematics, science, poetry & literature, even democracy. The Romans spread that culture to dominate the whole of Europe and beyond.





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### Mystic Valley Elder Services

A free program for diabetes self-management presented by Mystic Valley Elder Services for adults with pre-diabetes or diabetes. Family members, caregivers or friends also are welcome. Come learn how eating for your health, promoting physical activities, managing your stress, fatigue, pain, depression or anger can interfere with diabetes. Learn how to avoid medical complications, learn to better manage your diabetes, including: Increasing your energy level. Make informed treatment choices while working effectively with healthcare providers. Learn how to set and meeting personal goals. Tuesdays, Sept. 16 to Oct. 21, 10 a.m. - 12 p.m. To register, contact Donna Covelle 781 388-4867 or [dcovelle@mves.org](mailto:dcovelle@mves.org)



#### General Grief Support with Tufts Medicine Care at Home

Thursdays from 11:30-1pm starting September 11th to November 13th  
@ the Community Resource Center Suite 6350;  
400 West Cummings Park Woburn, MA  
For more information please call (978) 552-4510



Join us for an afternoon to listen to music of the Jazz Age! Will and Joe will entertain us with songs from the Gershwin Brothers.  
**When:** Friday, September 26th @ 2pm.  
Reservations required.

#### September Book Group

**Title:** *Lady Clementine* by Marie Benedict  
**Book Group Discussion:** Monday, September 15th @ 10:45am If interested in a book, call Amanda @ (781) 850-0619

#### Flower of the month Art Group with Amanda C!

This month is Aster or Morning Glory! Please note Amanda is an amateur artist!  
**When:** Friday, September 19th @ 1pm  
Sign up please!

#### Healthy Bones & Core

**Discover how to keep your bones strong and healthy! Learn 4 essential tips to prevent and manage osteopenia and osteoporosis.**

Join Trisha Jenkyns, Physical Therapist on Tuesday, September 23, at 10:00 -11:15 AM on information & exercises for bone health. After the presentation on bone health, you will have an opportunity to join a fun and practical 4-week exercise class with Trisha to put what you've learned into action on Wednesday, October 8, 15, 22, and 29 from 9:30-10:30 AM. \$4 per class plus the additional cost for equipment you keep! Don't miss this chance to strengthen your bones and boost your confidence! Registration is required.

#### Free Financial Advice Monday Sept. 8th 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

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 \$3.00 is requested

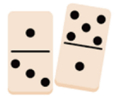
**Please note\* movies start at 12:30pm unless noted the time change!**

**Good Will Hunting (1997)** Coming of Age/ Psychological Drama- A therapist counsels Will Hunting, a janitor with a genius IQ. Stars Matt Damon, Robin Williams and, Ben Affleck. (2.06hrs)

**My Oxford Year (2025)** Drama/Romance- When Anna, an ambitious young American woman, sets out for Oxford University to fulfill a childhood dream, she has her life completely on track until she meets a charming and clever local who profoundly alters both of their lives. (1.25hr)

**The Family Stone (2005)** Comedy/Romance- An uptight, liberal businesswoman accompanies her boyfriend to his eccentric and outgoing family's annual Christmas celebration and finds that she's a fish out of water in their free-spirited way of life. (1.43hr)

**The Last Rifleman (2023)** War/Thriller - A WWII veteran escapes his care home in Northern Ireland and embarks on an arduous but inspirational journey to France to attend the 75th anniversary of the D-Day landings, finding the courage to face the ghosts of his past. Stars Pierce Brosnan and John Amos. (1.35hr)



## 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 9/5 and 9/19
- **Mexican Train** every Friday from 11 until 1:30pm Don't miss out on the fun!

### TIMELESS TRIVIA

Tues 1pm ; 9/9 and 9/23



Volunteers are needed and welcome!  
Always looking for new questions/answers or to host the trivia!

**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 10-12 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**

Beginners Tai Chi with Susan Thursdays @ 10am

Intermediate Tai Chi returns with Jon Fridays @ 10am beginning on 9/19

Thanks to Mystic Valley Elder Services for providing these classes

**Geriatric Footcare** specialist with Marie Anderson, RN! Marie will be here at the senior center on the first Tuesday of every month (9/2). 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! **\$30 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, 9/10 10am-11am **Where:** Conference Room

## **ZENTANGLE**

Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being.

Join us on Mondays from 12:45-1:45pm with instructor Susan MacFarlane on Zoom teaching Zentangle. Thanks to the Senior Center Friends for sponsoring this class No fee to participants. No artistic talent or sign up required!



**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 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 a September 8th 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 September 4th 10am-11am for a fall craft program. If interested, please call Amanda C (781) 850-0619.



# September 2025

Monday	Tuesday	Wednesday
<b>1</b> 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight Training 12:45 Zentangle 2-4p Financial Advice	<b>2</b> 9-11a Chair Caning 11-12 MVES Lunch 12:30p -3:30p Mahjong	<b>3</b> 8:45a Walking Club 10a Bocce 10a-12p K 11:30a ZU 12p Lunch 12:30p Ca 1-3pm BI 1-4 Bridg 2:30pm L
<b>8</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 Financial Advice 2p Art Matters	<b>9</b> <b>10a Veteran's Coffee</b> 9-11a Chair Caning 11-12 MVES Lunch 12:30p -3:30p Mahjong 12p Walmart 1p Trivia	<b>10</b> 8:45a Walking 10a Bocce 10a -11a 10a-12p 11:30a ZU 12p Lunch 12:30p Ca 1-3pm BI 1-4 Bridg 2:30pm L
<b>15</b> 9:45a Drumming 10a-12p Cribbage 10:45a Book Club 11:30a Zumba Fitness 12p Lunch 12:30p Weight Training 12:45 Zentangle	<b>16</b> 9-11a Chair Caning 11-12 MVES Lunch 12-2 Elder Law attorney 12:30-3:30 Mahjong 1p Downton Abbey 3p COA Board Meeting	<b>17</b> 8:45a W 10a Bocce 10a-12p 11:30a Z 12p Lunch 12:30p C 1-3p BI 1-4p Bri 2:30 pm
<b>22</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	<b>23</b> 10a-11:15a Healthy Bones 9-11a Chair caning 11-12 MVES Lunch 12:30-3:30p Mahjong 1p Trivia	<b>24</b> 8:45a Walking 10a-12p Knit/C 10a Bocce 11:30a Zumba 12p Lunch 12:30p Cardio 1-3p BINGO 1-4p Bridge 2:30p Line da
<b>29</b> 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight Training 12:45 Zentangle 2-4p Helping Hands	<b>30</b> 9-11a Chair caning 10:30a Outreach Coffee 11a-12p Lunch 12:30-3:30p Mahjong 1p Downton Abbey	<b>From Mystic</b> <b>cold option is</b> <b>Mondays thr</b> <b>ahead by no</b> <b>der your lunc</b> <b>center or cal</b>

	Thursday	Friday
<p>ce Knitting/Crocheting with Louise mumba Fitness w/ Aimee n ardio w/toning exercises w/Aimee NGO e ine Dancing</p>	<p>4</p> <p>10a Beginners Tai Chi with Susan 10a Caregiver's support group 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>5</p> <p>10a-12p Cribbage</p>
<p>Club ce Blood Pressure check Knitting/Crocheting with Louise mumba Fitness w/ Aimee n ardio w/toning exercises w/Aimee NGO e ine Dancing</p>	<p>11</p> <p>10a Beginners Tai Chi with Susan 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>12</p> <p>10a Rummikub 10a-12p Cribbage 11:12p Strength and Balance 12p Garden Party</p>
<p>walking Club ce Knit/Crochet w/ Louise mumba Fitness w/Aimee ch ardio with toning exercises w/Aimee NGO dge Line dancing</p>	<p>18</p> <p>8:30a Men's Breakfast 10a Beginners Tai Chi with Susan 10a Caregiver's support group 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>19</p> <p>10a-12p Cribbage 11:15am Strength and Balance 1pm Art Group: Flower of the month with Amanda C</p>
<p>Club crochet w/Louise Fitness with toning exercises w/Aimee ncing</p>	<p>25</p> <p>10a Beginners Tai Chi with Susan 12p Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>26</p> <p>10a Rummikub 10a-12p Cribbage 11:15a Strength and Balance 2pm Songs of the Gershwin Brothers performed by Will and Joe!</p>
<p>Valley Elder Services: Hot or s available for lunch on u Thursdays. Please call on on the day before to or- ch. Pick up a menu at the l to see what's cooking!</p>		

# 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 & 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. 24/7 365

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

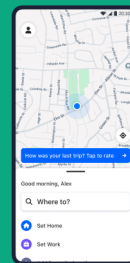
It's free, confidential, and no health insurance is needed.

BE6932-English

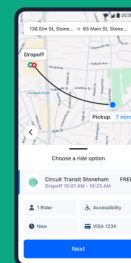
**Circuit Transportation** is providing free door to door rides for Stoneham Residents within town limits. It does not go to Boston or surrounding towns. Errands to run? Friends to visit? Appointments to keep? Just download the app to schedule your ride. Need help to download the Circuit app or to use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

### How to use Circuit Transit Stoneham

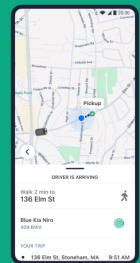
CIRCUIT



Schedule a ride with the tap of a button



Get picked up where you want



Share your ride with others heading the same way

## RMV information

Customers who are at least 65 years of age or have a disability can call the RMV's dedicated phone line at **(857)368-8005** to schedule a license or ID appointment.

### Wilmington RMV

355 Middlesex Ave., Wilmington, MA 01887  
Monday-Friday 8am to 6pm



**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. Open enrollment for existing Medicare recipients Oct. 15– Dec. 7th. Sign ups begin on 9/2.

## **SENATOR JASON LEWIS**

In person at the center every other month. Next date is Monday 9/8 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 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; 9/9 9/23

## **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 9/10

# 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 September 9th** Van leaves the center at 12:30 to pick up passengers and you are able to shop for an hour. 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:

Ed and Pauline DiMuzio

Linda Manzelli in memory of Betty Jane Borges and Kathy Carey

Angelo Benazzo in memory of David Benazzo



## 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:

\_\_\_\_\_



The Bargain Barn will be closing for the season on Thursday Sept 25.

Last day for donations Thursday Sept 18 at 1 PM.

Half price day will be on Thursday Sept 25 from 10 am to 2 pm. Two cashiers and two baggers will be on hand to help with your treasurers.

We know this is a sad day for our loyal customers, so tissues will be available on request!

Planning for 2026 opening on April 30 or May 7. Stay tuned.