



Stoneham Sentinel

October 2025



Sponsored in part by the Senior
Center Friends

Happy October to all. Congratulations to Tricia on winning the school supply gift basket from town day! Thank you to those who entered for the gift basket.



This month, we'll be embracing all things Autumn. Join us for our Halloween Party with Tommy Bahama, October Flower art class with Amanda and much more!

We are also hosting a Flu Shot Clinic at the COA on Oct. 21st beginning at 10-12. Please bring your insurance card and wear short sleeves. Thanks to the Board of Health for providing the clinic. If you need transportation to the Center give us a call. We also are having a class on how to use Uber, Lyft and Circuit. During the class we will answer any transportation questions. The class is 10/23 @ 10am. Bring your phone so we can help set up the apps. Please note the date change for Art Matters to 10/27 @ 2pm because of the Holiday. Mahjong and Trivia are cancelled on 10/28. Have a wonderful October.

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*

**Council on Aging Board of
Directors**

Kathleen Hudson, *Chair*
Maureen Buckley,
Bill Kelly, Denise Kneeland,
Maureen McGinness,
Walt Wolonsavich

 Find us on
Facebook



SCAN ME

**The Center will be close
on October 13th in
honor of Indigenous
People 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– Oct 16th
Come have a nice warm breakfast with great conversation! Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



Veteran Information! The veterans' coffee hour will be held on Tuesday, October 7th @ 10am . No reservations required.

Trip Reminder From All Around New England with Cheryl Tobey
Saturday 11/8 Xmas Festival at MoheganSun
Saturday 12/6 Holiday Trip to Bristol RI
Call to find out more details at 617-846-5965



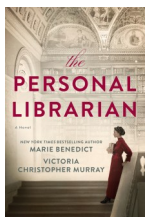
MassGeneral Brigham Spaulding Rehab Series: Alcohol consumption and diet
Join Lauren Nickerson, RD. a registered dietitian from
MassGeneral Brigham- Spaulding Rehab will be presenting a series of programs
When: November 4 at 1-2:30PM
Please call the center to sign up

Flower of the Month Art Group

October: Marigold and Cosmos
Join Amanda, an amateur artist to draw or paint these beautiful flowers.
When: Oct 24th 1pm
Please sign up!

LGBTQIA++ Aging Support Group

With OutstandingLife: A Virtual Community of LGBTQ+ Older Adults
Online Only Every other week 12:30-1:30pm and
First Wednesday for the month 1:30-2:30pm
To register: email- programs@outstandinglife.org



October Book Group
Title: *Personal Librarian* by Marie Benedict and Victoria Christopher Murray
Book Discussion: Monday, October 20th @ 10:45am
If interested in a book, call Amanda (781) 850-0619



A & W Ukulele with Root Beer Floats

Join us for an afternoon with root beer floats and a ukulele program
by A & W Ukulele
Date: Friday, October 10th at 1pm
Registration required, please call **(781) 438-1157**



ART Matters Monday October 27th @ 2pm

IMPRESSIONISM

The Impressionists were painters of light, of nature, and human nature. Having little in common, except a common enemy, the Academy, artists like Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. Like a stone dropped into a still pond, the ripples from this revolutionary style of painting spread out, influencing a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era.





News, Info and Events

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



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 an appointment and because of the holiday Amy will be here on 10/6.

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 October 2nd 10am-11am at the Wakefield Senior Center, 30 Converse St. Wakefield, Ma. If interested, please call Amanda C (781) 850-0619.



Halloween Party with DJ Tommy Bahama

When: Tuesday, October, 28th, 2025 **Time:** 1pm-2pm

Come dressed up in your best costume!

Enjoy dancing, laughter and conversation!

*Please call to sign up for your spot!

We will be providing sweets and coffee and tea.



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 for 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. Please call (781) 438- 1157.

Downtown Abbey

Do you enjoy watching a British historical shows? Join us to watch or re-watch the Downton Abbey Series leading up to the movies!

When: Tuesday, October 7th episode 3&4 starting at 12:30pm

When: Tuesday, October 21st episode 5 & 6 starting at 12:30pm

Uber, Lyft and Circuit Class with Amanda

Join Amanda to learn about the different transportation apps!

When: October 23rd @ 10am

Free Financial Advice Monday 2-4pm (Except for 10/13) He will return on 11/10

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, Tuesdays 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

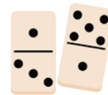
Please note* movies are on Thursdays starting at 12:30pm unless noted the time change!

10/09 Captain Fantastic 2016 2hr Ben Cash (Viggo Mortensen), his wife Leslie and their six children live deep in the wilderness of Washington state. Isolated from society, Ben and Leslie devote their existence to raising their kids -- educating them to think critically, training them to be physically fit and athletic, guiding them in the wild without technology and demonstrating the beauty of co-existing with nature. When Leslie dies suddenly, Ben must take his sheltered offspring into the outside world for the first time.

10/16 Broken Arrow 1950 1hr 36min For a decade, the white settlers and the Apaches have been engaged in a bloody war with no peaceful end in sight. When a white scout, Tom Jeffords (James Stewart), has a dangerously close but enlightening encounter with the natives, he begins to see the humanity in these enemies. Entering the Apache territory seeking peace, Jeffords forms a friendship with the Apache leader Cochise (Jeff Chandler), although there are people on both sides who resist extending the olive branch.

10/23 Fall Into Winter 2023 1 hr. 33 Life quickly changes for Kerry as she has to work alongside her high school nemesis, Brooks, an old friend of her brother's who unexpectedly buys into Kerry's family-owned candy shop.

10/30 Moving On 2023 1 hr. 25 min. Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other. Jane Fonda and Lillie Tomlin star.



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 Friday @ 10am beginning this month!**

TIMELESS TRIVIA

Tues 1pm; 10/14 and 10/28



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**



Another great Bocce season! We will miss you and will see you in the Spring!

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

Cardio Drumming Mondays 9:45-10:30am Walk in! No pre-registration required! (formally known as Drums Alive) is a high-energy fitness class that joins the dynamic movements of aerobic dance and blast-from the past 60's music with the pulsating rhythms of the drum while using a physio ball and drumsticks. Find out how much fun exercise can be! 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 with Jon Fridays @ 10am

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 ap-



The Nurse's Corner- Blood pressure numbers: Which one is the most important?

I have the privilege of conducting monthly blood pressure screenings at the Stoneham Senior Center for over a year. A question I get asked each month is: Which number of the blood pressure is the most important, the top or the bottom number?

Briefly, the top number is known as the systolic pressure. The systolic pressure number reflects how well your heart is pumping blood out to the body. The bottom number is known as the diastolic pressure. The diastolic pressure number is the pressure in your blood vessels when the heart is at rest. Both numbers are important; however, health care professionals tend to look at the systolic pressure (the top number). Research has shown the risk for heart disease and stroke are linked to high systolic blood pressure. Currently, the American Heart Association defines stage one high blood pressure as the systolic pressure between 130-139 or diastolic between 80-89.

Keep in mind, everyone has their own baseline blood pressure. The baseline blood pressure is unique and differs from other people. Some people need to have a higher blood pressure, while others need to keep their blood pressure low for specific health reasons. Consult with your primary care provider to see if your blood pressure is right for you.

Next Blood pressure screening is Wednesday October 8th 10am-11am in the Conference Room

October 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>1 H Chicken Diane</p> <p>8:45a Walking 10a Bocce 10a-12p Knitting 11:30a Zumba 12p Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Line D</p>
<p>6 H Cheese Omelet C Tuna Salad</p> <p>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</p> <p>Market Basket</p>	<p>7 H Lasagna C Roast beef and prov 10a Veteran's Coffee</p> <p>9-11a Chair Caning 11-12 MVES Lunch 12:30p -3:30p Mahjong 1p Downton Abbey</p>	<p>8 H Pork with Apples</p> <p>8:45a Walking 9:30a Core C 10a Bocce 10a -11a Bloo 10a-12p Knitting 11:30a Zumba 12p Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Line D</p>
<p>13</p> <p>Center Closed</p>	<p>14 H Potato Pollock C SouthWest Chicken Salad</p> <p>9-11a Chair Caning 11-12 MVES Lunch 12-2 Elder Law attorney 12:30-3:30 Mahjong 1p Trivia 12p Walmart</p>	<p>15 H Beef Burg</p> <p>8:45a Walking 9:30a Core C 10a Bocce 10a-12p Knit/ 11:30a Zumba 12p Lunch 12:30p Cardio 1-3p BINGO 1-4p Bridge 2:30 pm Line</p>
<p>20 H Hot dog C Mediiterrean 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</p> <p>Market Basket</p>	<p>21 H Chicken Souvlaki C Tuna Salad</p> <p>10a Flu Shot Clinic 9-11a Chair caning 11-12 MVES Lunch 12:30-3:30p Mahjong 1p Downton Abbey 3p COA BOD Meeting</p>	<p>22 H Stuffed Shells w/</p> <p>8:45a Walking Club 9:30a Core Class 10a-12p Knit/Croch 10a Bocce 11:30a Zumba Fitne 12p Lunch 12:30p Cardio with 1-3p BINGO 1-4p Bridge 2:30p Line dancing</p>
<p>27 H Lentil Stew C Egg salad</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight Training 12:45 Zentangle</p> <p>Market Basket</p>	<p>28 H Chicken Stir fry C Turkey Salad</p> <p>9-11a Chair caning 10:30a Outreach Coffee 11a-12p Lunch 1p Halloween Party</p> <p>**No Trivia or Mahjong today**</p>	<p>29 H Spinach Fritta</p> <p>8:45a Walking Club 9:30a Core Class 10a-12p Knit/Croch 10a Bocce 11:30a Zumba Fitne 12p Lunch 12:30p Cardio with 1-3p BINGO 1-4p Bridge 2:30p Line dancing</p>

	Thursday	Friday
<p>C Turkey and Swiss</p> <p>Club</p> <p>g/Crocheting with Louise</p> <p>Fitness w/ Aimee</p> <p>w/toning exercises w/Aimee</p> <p>dancing</p>	<p>2 H Roasted Turkey w/fixings C California Chicken Salad</p> <p>10a Beginners Tai Chi with Susan</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	<p>3</p> <p>10a-12p Cribbage</p> <p>10a Rummikub</p> <p>10a Intermediate Tai Chi</p> <p>11:15a Strength and Balance</p> <p>Market Basket</p>
<p>C Chicken Romaine Salad</p> <p>g Club</p> <p>ass</p> <p>d Pressure check</p> <p>g/Crocheting with Louise</p> <p>Fitness w/ Aimee</p> <p>w/toning exercises w/Aimee</p> <p>dancing</p>	<p>9 H Chicken w/Veg. C Turkey and swiss</p> <p>10a Caregiver's support group</p> <p>10a Beginners Tai Chi with Susan</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	<p>10</p> <p>10a Rummikub</p> <p>10a-12p Cribbage</p> <p>10a Intermediate Tai Chi</p> <p>11:15a Strength and Balance</p> <p>1p Rootbeer Floats and Ukele</p> <p>Market Basket</p>
<p>andy C Italian Tuna Salad</p> <p>g Club</p> <p>lass</p> <p>Crochet w/ Louise</p> <p>a Fitness w/Aimee</p> <p>o with toning exercises w/Aimee</p> <p>dancing</p>	<p>16 H Honey Balsamic Chicken C Roast Beef and Provolone Cheese</p> <p>8:30a Men's Breakfast</p> <p>10a Beginners Tai Chi with Susan</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	<p>17</p> <p>10a Intermediate Tai Chi</p> <p>10a-12p Cribbage</p> <p>10a Rummikub</p> <p>11:15a Strength and Balance</p> <p>Market Basket</p>
<p>tomato sauce C Roast Beef Sandwich</p> <p>et w/Louise</p> <p>ss</p> <p>oning exercises w/Aimee</p>	<p>23 H Meatloaf w/ gravy C Chicken Salad</p> <p>10a Caregiver's support group</p> <p>10a Beginners Tai Chi with Susan</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	<p>24</p> <p>10a Intermediate Tai Chi</p> <p>10a Rummikub</p> <p>10a-12p Cribbage</p> <p>11:15a Strength and Balance</p> <p>1p Flowers with Amanda</p> <p>Market Basket</p>
<p>a C Chicken Caesar Salad</p> <p>et w/Louise</p> <p>ss</p> <p>oning exercises w/Aimee</p>	<p>30 H Pollock with Dijon Sauce C Tuna Salad</p> <p>10a Beginners Tai Chi with Susan</p> <p>12p Lunch</p> <p>12:30p Pizza/ Movie</p> <p>12:30p Relax and Meditate Circle</p> <p>2p Chair Yoga with Rosa</p>	<p>10a Intermediate Tai Chi</p> <p>10a Rummikub</p> <p>10a-12p Cribbage</p> <p>11:15a Strength and Balance</p> <p>Market Basket</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**

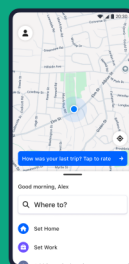
It's free, confidential, and no health insurance is needed.

BE6932-English

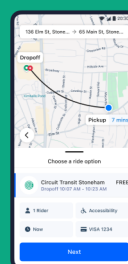
Circuit Transportation is providing free door to door rides for Stoneham Residents within town limits. It does not go to Boston or surrounding towns. Errands to run? Friends to visit? Appointments to keep? Just download the app to schedule your ride. Need help to download the Circuit app or to use the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

How to use Circuit Transit Stoneham

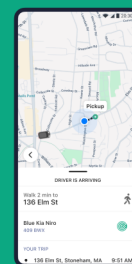
CIRCUIT



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.

SENATOR JASON LEWIS

In person at the center every other month. Next date is Monday 11/3 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; 10/9 and 10/23

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 10/8

TRANSPORTATION



Important Reminder

We cannot provide On-demand rides through the COA. We request at least 48 hours notice to be able to schedule your ride. Currently we only have one van so rides are very busy. If you need a ride within Stoneham you can call Circuit at 781-850-2492 or use the Circuit App on your smart phone.

Walmart trips are the second Tuesday of the month and Market Basket is every Monday and Friday. These shopping trips cost \$2 per ride.

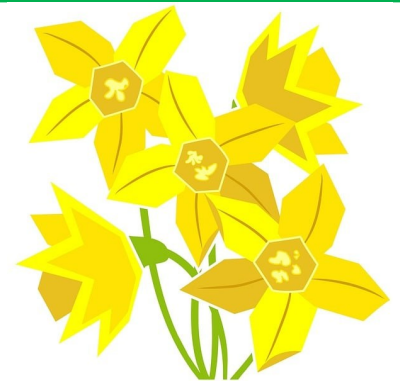


Many thanks to the Senior Center Friends for subsidizing cost of transportation, now \$2 per ride!

Thank you for your thoughtful Donations:

Sandy Maccini

Basudeb Mukherjee



And a special thanks to the Barn Crew for all of your hard work this Season to help fund the center! Thank you to all who donated as well

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:

**THANKS FOR SUPPORTING
THE SENIOR CENTER**



**WINTER WELL
SEE YOU IN THE SPRING**