



Stoneham Sentinel

November 2025



Sponsored in part by the Senior
Center Friends

Happy November

This month we will be celebrating togetherness. Join us for arts and crafts, health and music programs. As we count our blessings this November, we want to say THANK YOU to our volunteers, members and staff who make our Senior Center such a special place. Your kindness and compassion for one another remind us everyday of the power of community. Let's work together to make this November a special one for everyone.

Take a look at the table on Page 8 to see what you might be eligible for programs through the Assessor's office. Nick Coscia from the Assessors office will be at the center on Tuesday 11/18 10:30am to answer any questions and help fill out any paperwork.

Stay for lunch provided by the Senior Center Friends. Register with the center.

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 closed
on Tuesday 11/11 in
honor of Veteran's Day
11/27 and 11/28 for
Thanksgiving**



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– 11/20. 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, 11/4 @ 10am. No reservations required.

Veteran's Breakfast on Monday 11/10 @ 9:30am and we ask that you please call the center to RSVP for the breakfast.

Classical piano concert with **Archie Richards!**

Join us for wonderful classical concert!

The opening work is the 1st movement of Beethoven's Waldstein Sonata. For some twenty years, this remained Beethoven's favorite sonata, even though he wrote many others in the meantime. The concert includes music of Robert Schumann and Johannes Brahms, with information about the Schumann family and their relationship with Brahms.

When: Friday, November 14th @ 1pm

Please sign up to reserve your spot!

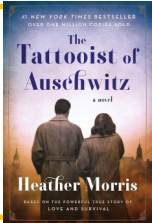


Music of World War One with **John Clark**

This program highlights some of the most popular singers, songs and songwriters of World War I (1914-1918). Prior to American involvement, British war songs were popular in this country, such as It's a Long, Long Way from Tipperary and Keep the Home Fires Burning.

When: Friday, Nov 7th @ 1pm

No sign up required!



November Book Group

Title: *The Tattooist of Auschwitz* by Heather Morris
Book Discussion: Monday, November 17th @ 10:45am
If interested in a book, call Amanda (781) 850-0619

Free Financial Advice Monday 2-4pm 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

ART Matters Monday November 10th @ 2pm POST IMPRESSIONISM

Like a stone dropped into a calm pond, the ripples from the revolutionary Impressionist style of painting spread out, influencing a whole new generation of artists. Artists like Van Gogh, Gauguin, Rousseau and Cezanne, among others, took a small step away from Impressionism and influenced whole new movements of art. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced the course of art in the 20th century.





News, Info and Events

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HOLIDAY Pops
DECEMBER 11TH | 3PM SHOW | \$80

This is a joint trip run by the Medford, Melrose, Stoneham, & Wakefield COA's. Please sign up with the town closest to you. Bus pick-up locations include the Stoneham COA at 136 Elm St at 1:15pm or the Melrose COA at 201 W Foster St. at 1:45pm. Please tell staff where you will be picked up upon sign-up.

Important Notice - Walking & Stairs Required
 Please be advised that this trip will involve walking a moderate distance and climbing stairs. For safety reasons, this event is not suitable for individuals using a wheelchair, walker, or rollator.



DISCO TEA DANCE
NOVEMBER 6TH \$3
4:30-6PM

STONEHAM COA
136 ELM ST

JOIN US FOR A NIGHT OUT - SHAKING YOUR BOOTY AND MINGLING WITH FRIENDS! ENJOY MOCKTAILS AND APPETIZERS WHILE GETTING DOWN TO DISCO CLASSICS.

SIGN-UP AT THE MEDFORD, MELROSE, STONEHAM, OR WAKEFIELD COA AND ASK ABOUT TRANSPORTATION!

ALL ARE WELCOME TO JOIN THIS WELCOMING & FRIENDLY EVENT

This event is part of our LGBTQIA+ initiative and is jointly sponsored by the Medford, Melrose, Stoneham and Wakefield COAs.



Volunteers Needed

to decorate for the Holidays with *Amanda C!*

If you are interested in decorating the center for the holiday season on Friday 11/28, please sign up with us!
 (781) 438-1157!



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 Monday 11/10.

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 November 6th 10am-11am at the Stoneham Senior Center, 136 Elm St. If interested, please call Amanda C (781) 850-0619.

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!

11/6 Annie (1982) 2 hours 7 min. An orphan in a facility run by the mean Miss Hannigan (Carol Burnett), Annie (Aileen Quinn) believes that her parents left her there by mistake. When a rich man named Oliver Daddy Warbucks (Albert Finney) decides to let an orphan live at his home to promote his image, Annie is selected. While Annie gets accustomed to living in Warbucks' mansion, she still longs to meet her parents. So Warbucks announces a search for them and a reward, which brings out many frauds.

11/13 The Way Back (2020) 1 hr. 48 min. Jack Cunningham (Ben Affleck) was a high school basketball superstar who suddenly walked away from the game for unknown reasons. Years later, he's now stuck in a meaningless job and struggling with alcoholism - the very thing that ruined his marriage and his hope for a better life. But Jack soon gets a shot at redemption when he becomes the basketball coach for his alma mater, a programme that has fallen on hard times since his teenage glory days.

11/20 Father of the Bride (1991) 1.45min Comedy/Family With his oldest daughter's wedding approaching, a father (Steve Martin) finds himself reluctant to let go.



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

TIMELESS TRIVIA

Tues 1pm; 11/25



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 am



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. She can examine and answer all your questions about foot-care! Marie is a registered nurse and has over 30 years of experience! Call the center for an appointment (781) 438-1157! **\$30 per visit and it is partly subsidized by the Senior Center Friends.**



We now have two blood pressure clinics per month!

Blood pressure screening is Wednesday November 12th 10am-11am and Tuesday November 25th 10am-11am



MassGeneral Brigham Spaulding Rehab Series:

The first program is: Alcohol consumption and diet

Join Lauren Nickerson, RD. a registered dietitian from

MassGeneral Brigham- Spaulding Rehab will be presenting a series of programs

When: Tuesday November 4 at 1-2:30PM

Please call the center to sign up

November 2025

Monday	Tuesday	Wednesday
3 H Baked Ziti/ C Asian Chicken Salad 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12p Jason Lewis 12:30p Weight Training 12:45 Zentangle Market Basket	4 BBQ Pulled Pork/C Egg salad 9a Geriatric Foot Care 9-11a Chair caning 10a Veteran's Coffee MVES Lunch 12:30-3:30p Mahjong 1p Mass General Brigham Spaulding Re-hab lecture	5 H Greek Chicken/C 8:45a Walking 10a-12p Knitting 11:30a Zumba Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Line D
10 H Chick Meatball sub/C Tuna Salad 10a Caseworker appointments 9:30a Veteran's Breakfast 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle 2pm Art Matters 2-4p Financial Advice Market Basket	11 Veterans Day 	12 H Potato Pollock/C 8:45a Walking 10a -11a Blood 10a-12p Knitting 11:30a Zumba Lunch 12:30p Cardio 1-3pm BINGO 1-4 Bridge 2:30pm Line D
17 H Mac and Cheese/C Tuna Salad 9:45a Drumming 10:45a Book Group 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle Market Basket	18 Cream of Tomato/C RB Prov. 9-11a Chair caning 10:30a Assessor's office Lunch and learn Lunch 12:30-3:30p Mahjong 3p COA BOD Meeting	19 H Beef Slopp 8:45a Walking 10a-12p Knit/ 11:30a Zumba Lunch 12:30p Cardio 1-3p BINGO 1-4p Bridge 2:30 pm Line
24 H Honey Mustard Chick/C Egg Salad 9:45a Drumming 10-11a Blood Pressure Check 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle Market Basket	25 No lunch on this day 9-11a Chair can 12:30-3:30p Mahjong 1p Trivia	26 H Beef Stroganoff/R 8:45a Walking Club 10a-12p Knit/Croch 11:30a Zumba Fitne Lunch 12:30p Cardio with 1-3p BINGO 1-4p Bridge 2:30p Line dancing
		From Mystic Valle option is a Mondays thru Thu noon on the day Pick up a menu wh

	Thursday	Friday
Mediterranean Turkey Pasta Club g/Crocheting with Louise Fitness w/ Aimee w/toning exercises w/Aimee dancing	6 H Black Bean Chili/C Roast Beef and Prov. C California Chicken Salad 10a Memory Café 10a Beginners Tai Chi with Susan Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa 4p-6p LGBTQ+ Tea	7 10a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 11:15a Strength and Balance 1p John Clark Music of WWI Market Basket
Chicken Salad g Club d Pressure check g/Crocheting with Louise Fitness w/ Aimee w/toning exercises w/Aimee dancing	13 H Minestrone Soup/C Egg Salad 10a Caregiver's support group 10a Beginners Tai Chi with Susan Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	14 10a Rummikub 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance Market Basket
Copy Joe/ C Hummus Plate g Club Crochet w/ Louise a Fitness w/Aimee p with toning exercises w/Aimee dancing	20 H Thanksgiving Special 8:30a Men's Breakfast 10a Beginners Tai Chi with Susan Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	21 10a Intermediate Tai Chi 10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance 1p-3p Arts and Crafts Market Basket
B Prov and summer squash salad et w/Louise ss oning exercises w/Aimee		
Free Elder Services: Hot or cold available for lunch on Tuesdays. Please call ahead by 11:30a before to order your lunch. Come to the center or call to see what's cooking!		

Community Information

Call 781-850-2492 for a ride or install the Circuit App on your phone!

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

Fiscal Year 26 Stoneham Tax Exemptions

17D SENIOR- \$349 -Age- 70+, owned and occupied for 5+ years -Assets cannot exceed- \$79,778	-Asset verification documents needed with application
41C SENIOR- \$1000 -Age- 65+, owned and occupied for 5+ years -Income cannot exceed: Single- \$36,923 Married- \$55,406 -Assets cannot exceed: Single- \$73,845 Married- \$101,577	-2024 Tax Return, income and asset verification docs needed along with application
41A SENIOR TAX DEFERRAL -Income cannot exceed \$60,000 married or single -Written permission from all entities with financial interest	-Defers any <u>or</u> all taxes until property is sold or owner(s) pass - Interest accrues at a rate of 4%
22, 22A-F DISABLED VETERANS- RANGE FROM \$400-FULLY EXEMPT - Veterans with 10% OR more service connected disability - Purple Heart, Gold Star Parents and Surviving Spouse of: - Veterans who have passed from service connected disability - Active duty personnel - Soldiers MIA or presumed dead	-Documents needed are (1) DD214 and (2) award letter from VA Additional qualifications may apply

***ADDITIONAL QUALIFICATIONS MAY APPLY- CONTACT THE ASSESSORS OFFICE AT**

(781) 279-2640 FOR MORE INFORMATION and/or

Come to the event on 11/18 as well. Please call to RSVP.

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 the third 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; Only 11/13 due to Thanksgiving

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 11/12

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 Tuesdays 11/4 and 11/18 this month.

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:

Josephine Catalfamo

Mary Vallarelli—birthday remembrance for Nicholas Vallarelli

Angelo Benazzo in memory of David Benazzo

Janice Lynch—in memory of Irene Gilchrist

Paul DiMartino— in memory of Lil DiMartino

Mary Anastas-in memory of John Anastas Jr.



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 Board of Directors of the Senior Center Friends
Wish to Thank



All donors who generously contributed goods and gear to our summer
Bargain Barn

All dedicated volunteers who shared their time, talents and smiles
All customers who supported us financially, sometimes buying back their
own donations

And finally, the weather gnomes who gave us mostly nice conditions,
some precipitation and one pretend nor'easter!

See you in the Spring
Winter Well