



# Stoneham Sentinel

## December 2025



Sponsored in part by the Senior  
Center Friends

Happy December to all. As we come to the end of 2025 let's plan on making the most of 2026 with all of our wonderful programs and health and wellness information. We look forward to celebrating the season with you.

Please remember that if the Stoneham Schools are cancelled due to inclement weather the Senior Center is closed as well. If the schools are delayed the center's morning programs will be cancelled. We want everyone to stay safe during this winter season.

There will be engagement opportunities to talk about the 12/9 override vote. Tuesday 12/2 @ 7pm at Town Hall and Saturday 12/6 @ 10am at the middle school. All are welcome.

Come for lunch on Mon., Wed. or Thurs. and stay for a program! Just call 24 hours in advance to order lunch.

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  
closing at noon on  
Wed. 12/24 and closed  
on 12/25 and 12/26**



The Stoneham Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability.

136 Elm Street, Stoneham, MA 02180 [www.stonehamseniorcenter.org](http://www.stonehamseniorcenter.org) <https://www.facebook.com/StonehamSeniorCenter>  
781-438-1157 - 781-438-1161

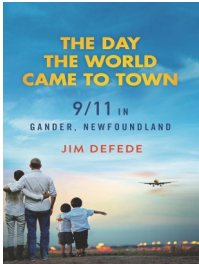


# News, Info and Events

\* 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– 12/18. Come have a nice warm breakfast with great conversation! Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



## December Book Group

**Title:** *The Day the World Came to Town* by Jim Defede

**Book Discussion:** Monday, December 15th @ 10:45am

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

## The Kings of Swing Dynamic Duo

Join us for a performance of swing music and standards including *April In Paris*, *You Make Me Feel So Young* and many more! Music provided by Steve Heck, a 34 year old professor of music at Berklee College of Music and Bob DeFelice, a Burlington resident, Drummer and band leader!

**When:** Friday, December 5th @1pm

Reservations are required and cost is \$5.00 for performance



## ZENTANGLE

Monday from 12:45-1:45pm at the center. The instructor Susan Macfarlane will be on Zoom teaching on the screen. Thanks to the Senior Center Friends for sponsoring this class No fee to participants. Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. No artistic talent required!



## ART Matters Monday December 8th @ 2pm

### ANIMALS IN ART - OUR PETS

Although we use art to communicate with one another as Human Beings, it is with other animals that we are sometimes more connected to. We have a special relationship with our most intimate friends, the ones with which we share our daily lives. We are very emotionally connected to our pets.

Join us for a journey around the world and throughout history, with art, to see and appreciate how connected we are, and how well we understand our relationships with our many pets.



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!



## News, Info and Events

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

### Holiday PARTY

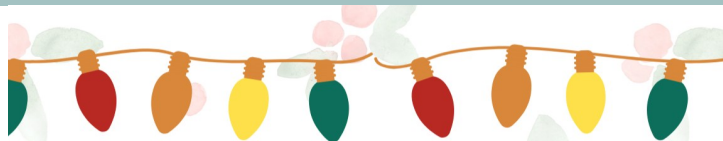
DECEMBER

19

1:00 PM

CELEBRATE WITH TOMMY  
BAHAMA!  
LIGHT REFRESHMENTS WILL BE  
SERVED

RESERVATIONS  
REQUIRED!



Free  
Entry



### COOKIES & COCOA

DO YOU KNOW THE DIFFERENCE BETWEEN HOME CARE VS. HOME  
HEALTH CARE? JOIN AMANDA, OUTREACH AND LORI, COMFORT  
KEEPERS TO UNDERSTAND THE DIFFERENCE BETWEEN THE TWO?  
PLEASE SIGN UP!



Monday  
December 15<sup>th</sup> @ 2pm



STONEHAM SENIOR CENTER

### Morning light breakfast

Provided by Bear Hill Rehab Nursing Facility



Please sign up!

TUESDAY, DECEMBER 9<sup>TH</sup>  
@ 10:30AM

JOIN US FOR AN INFORMATIONAL SESSION ON PALLIATIVE AND  
HOSPICE CARE FROM BEAR HILL REHAB NURSING FACILITY AND  
AMANDA, OUTREACH WORKER. REGISTRATION REQUIRED!





# 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



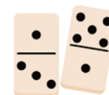
Please note\* movies are on Thursdays starting at 12:30pm unless noted the time change!

## December 4th– No Movie

**December 11th– *Oh.What.Fun.*** Starring Michele Pfeiffer, Felicity Jones, Chloe Grace Moretz and Denis Leary. Claire Clauster is the glue that holds her chaotic, lovable family together at the holidays. But this year, after planning a special outing for them, they make a crucial mistake and leave her home alone. Fed up and feeling under appreciated, she sets off on an impromptu adventure of her own. As her family scrambles to find her, Claire discovers the unexpected magic of a Christmas gone off-script. (2025)

**December 18th– *It's a Christmas Carol* (1984)** is a 1984 Christmas fantasy television film adapted from Charles Dickens' novella *A Christmas Carol* (1843). The film was directed by Clive Donner, who was an editor of the 1951 film *Scrooge*, and stars George C. Scott as Ebenezer Scrooge .

**December 25th– Center closed due to Christmas Day**



## 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 1 pm ; 12/9 and 12/23



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 am

No knitting on 12/24 or 12/31



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)

**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 New session will start in January for new students  
Intermediate Tai Chi with Jon Fridays @ 10am No class on 12/5

**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 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 and it is partly subsidized by the Senior Center Friends.**



**Blood pressure screening** is Wednesday December 10th 10am-11am and Monday December 29nd 10am-11am

## **Free Financial Advice Monday 2-4pm on 12/8**

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




**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 an appointment and because of the holiday Amy will be here on Monday 12/8.**

**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 December 4th 10am-11am at the Wakefield Senior Center, 30 Converse St. Wakefield, MA 01880 If interested, please call Amanda C (781) 850-0619.**

Monday	Tuesday	Wednesday
<b>1 H Unstuffed Pepper Casserole C Turkey Salad</b>  9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle  Market Basket	<b>2 H Chicken Breast w/lemon peas sauce C Middle Eastern Vegetable pita salad</b>  9a Geriatric Foot Care 9-11a Chair caning MVES Lunch 12:30-3:30p Mahjong  Override Infor session Town Hall 7pm	<b>3 H Lentil Stew c Chef S</b>  8:45a Walking Club 10a-12p Knitting/Crochet 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3pm BINGO 1-4 Bridge 2:30p Line Dancing
<b>8H Chicken Marsala C Ham &amp; Swiss</b>  10a Caseworker appointments 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	<b>9 H Potato Pollock C Chicken Salad</b>  9-11a Chair caning 10-11a Blood Pressure check 10:30a Breakfast with Bear Hill Rehab MVES Lunch 12:30-3:30p Mahjong 1p Trivia	<b>10 H Chicken Meatballs</b>  8:45a Walking Club 10a –11a Blood Pressure 10a-12p Knitting/Crochet 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3pm BINGO 1-4 Bridge 2:30p Line Dancing
<b>15 H Mixed Bean and Veggie stew C Chicken Curry Salad</b>  9:45a Drumming 10:45a Book Group 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle 2p Coco and cookies with Comfort Keepers  Market Basket	<b>16 H Chicken Scallopini C Egg salad</b>  9-11a Chair caning 12p Elder Law Attorney 12:30-3:30p Mahjong	<b>17 H Mac and Cheese</b>  8:45a Walking Club 10a-12p Knit/Crochet w/ 11:30a Zumba Fitness w/ Lunch 12:30p Cardio with toning 1-3p BINGO 1-4p Bridge 2:30 pm Line dancing
<b>22 H Sweet and Sour Chicken Meatballs C Egg Salad</b>  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	<b>23 H Beef Chii C Chef Salad</b>  9-11a Chair caning Lunch 12:30-3:30p Mahjong 1p Trivia	<b>24 H Chicken Divan</b>  8:45a Walking Club Lunch
<b>29 H Cheese Omelet C Tuna Salad</b>  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	<b>30 H Lasagna Roll C Roast Beef with Provolone</b>  9-11a Chair caning Lunch 12:30-3:30p Mahjong	<b>31 H Pork w/Apples C C</b>  8:45a Walking Club 11:30a Zumba Fitness Lunch 12:30p Cardio with toning 1-3p BINGO 1-4p Bridge 2:30p Line dancing

	Thursday	Friday
<p>Salad with Ham</p> <p>ing with Louise Aimee</p> <p>exercises w/Aimee</p>	<p>4 H Stuffed Shells C Chicken Curry Salad</p> <p>10a Memory Café in Wakefield 10a Beginners Tai Chi with Susan Lunch 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p> <p>NO MOVIE TODAY</p>	<p>5</p> <p>10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance 1p Kings of Swings</p> <p>Market Basket</p> <p>OVERRIDE INFO SESSION TOMORROW AT 10A at the Middle School</p>
<p>C Tuna Salad</p> <p>e check ing with Louise Aimee</p> <p>exercises w/Aimee</p>	<p>11 H Orzo w/ Chicken Soup C Roast Beef and Prov.</p> <p>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</p>	<p>12</p> <p>10a Rummikub 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance</p> <p>Market Basket</p>
<p>C Roast beef and Prov.</p> <p>Louise Aimee</p> <p>g exercises w/Aimee</p>	<p>18 Holiday Meal</p> <p>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</p>	<p>19</p> <p>10a Intermediate Tai Chi 10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance 1p Holiday Party</p> <p>Market Basket</p>
<p>C Turkey sandwich</p>	<p>25</p> <p>Center closed</p> 	<p>26</p> <p>Center Closed</p>
<p>Chicken Romaine Salad</p> <p>g exercises w/Aimee</p>	<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>	

## 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 the Senior Center @ (781) 438-1157.

### INCOME TAX PREPARATION

Stoneham Senior Center is proud to cosponsor the AARP Foundation Tax Aide Program each year for the benefit of our community. The AARP Foundation is the charitable arm of AARP, with a mission to foster economic and social opportunities especially among older adults. Its Tax Aide program provides valuable assistance to taxpayers through a volunteer workforce of dedicated and trained tax preparation counselors. These services are free and open to taxpayers on a non-discriminatory basis. AARP membership is not required.

The Stoneham Senior Center Tax Aide program will operate on Tuesdays during the tax season, from February 3rd through April 7th, 2026. We will be scheduling appointments for the 2025 tax year after the New Year's holiday. Taxpayers will be sent an Intake form to be completed, as well as instructions for documents to bring to their appointment. Call the Senior Center at 781-438-1157 the week of January 5, 2026. Happy holidays! "



# Resources

Call for information about any resource at 781-438-1157

## **STONEHAM COUNCIL ON AGING**

Board of Directors meet every other month on the third Tuesday 3 pm at the Center. Meetings are open to the public. Next meeting is 1/20/26

## **SHINE COUNSELING**

Currently all the appointments for open enrollment are full but you can call the Medicare hotline for help 1-800-633-4227. The SHINE volunteers will start taking appointments for January on Tuesdays and Wednesdays.

## **SENATOR JASON LEWIS**

In person at the center every other month. Next date is Monday 1/5 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 2nd and 4th Thursday at 10 am.

## **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 12/10 and last Monday from 10-11am 12/29

# 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 12/9 and 12/23 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:

Jane Francis in Memory of John DiMatteo

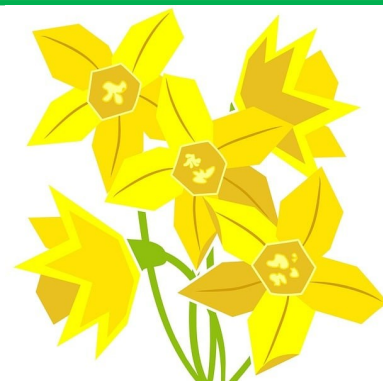
Louise Vallee in Memory of John DiMatteo

Roger Wile in Memory of John DiMatteo

Gene Ferullo in Memory of John DiMatteo

Ann Tecce in Memory of John DiMatteo

Sally DeCaro, Susan Bishop, Nancy Tansino and Rosemarie Henick



*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:

\_\_\_\_\_

The Council on Aging Board of Directors has voted to endorse the override in order to fund the Senior Center and keep the programs and services going. The COA Board also endorses the work of the community groups who are providing information on how the override vote will affect the town. If you require more information please attend the sessions on Tuesday 12/2 at Town Hall and Saturday 12/6 at the Middle School.

