



Stoneham Sentinel

January 2026



Sponsored in part by the Senior Center Friends

Welcome 2026! We wish everyone a Happy and Healthy New Year. If you would like to learn about resources check out page 8 and come to the Lunch and Learn on January 27th @ 11:30 to learn about the new property tax program administered by Community Services Network. We have some volunteer opportunities—BINGO Wednesdays @ 1pm and Pizza and Movie Thursdays @ 12:30pm. Just call us and we will give you more information. What a fun way to meet people and have fun!

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



We will be closed on Thursday, January 1st and Monday, January 19th. Happy and Healthy New Year!



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

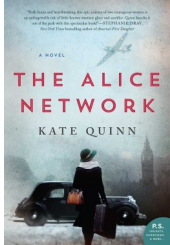


News, Info and Events

* 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– 1/15. Come have a nice warm breakfast with great conversation! Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



January Book Group

Title: *The Alice Network* by Kate Quinn

Book Discussion: January 26th @ 10:45am due to MLK Day
If interested in a book, call Amanda (781) 850-0619



ZENTANGLE

Mondays 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!



Flower of the Month with Amanda C

Join us for Valentine's Day card making and learning how to draw Lamprocapnos, also known as Bleeding Heart.

When: Friday, January 16th @ 1pm

No experience necessary!

Please sign up

ART Matters Monday January 12th @ 2pm

ANIMALS IN ART - OUR PETS (postponed from December)

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 *



The Stoneham Senior Center Tax Aide program sponsored by AARP 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.

John Clark and his **Great American Music Experience** presents :

The Music of the Civil Rights Movement (1940-1970)

When: Wednesday January 7th @ 10am.



This program begins with a controversial Marian Anderson concert and a sobering Billie Holiday song. Then leading up to the Civil Rights songs are **You've Got to Be Carefully Taught** from *South Pacific* and *Nat King Cole's We Are Americans Too*, The rest of the program is devoted to the history of 1950s and 1960s Civil Rights anthems like **We Shall Overcome**, **Eyes on the Prize**, **Blowin' in the Wind** and other Bob Dylan songs that brought racial issues to a new level of national attention.

Lunch and Learn about the new STAF Program

STAF stands for Stoneham Tax Assistance Fund

When: Tuesday January 27th @ 10:30am

Local homeowners now have access to a new property tax relief program designed to reach a broader set of homeowners than other existing tax exemption and abatement programs allow. Community

Service Network, Inc. (CSN) is the local agency providing the STAF program.

Call to register!



Stoneham Tax Assistance Fund
by Community Service Network, Inc.

Windsor Place of Wilmington invites you for a tour and lunch! Thursday January 15th. Transportation is provided from the Stoneham Senior Center. The van will pick you up at 11:30am. Sign up on the sheet located in the outer lobby of the Senior Center.



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



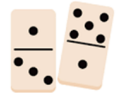
Please note* movies are on Thursdays starting at 12:30pm unless noted the time change!

January 8th- Murder Club Based on Richard Osman's international bestselling novel of the same name, The Thursday Murder Club follows four irrepressible retirees -- Elizabeth (Helen Mirren), Ron (Pierce Brosnan), Ibrahim (Ben Kingsley) and Joyce (Celia Imrie) -- who spend their time solving cold case murders for fun. When an unexplained death occurs on their own doorstep, their casual sleuthing takes a thrilling turn as they find themselves with a real whodunit on their hands.

January 15th- Wake Up Dead Man A baffling death inside a quiet church draws Benoit Blanc into a tense investigation where faith secrets and suspicion blur as a close community turns against itself.

January 22nd - Jay Kelly Famous movie star Jay Kelly and his devoted manager, Ron, embark on an unexpectedly profound journey through Europe. Along the way, both men confront the choices they've made, relationships with loved ones, and the legacies they'll leave behind.

January 29th- Lilly is a 2024 American drama film produced and directed by Rachel Feldman and written by Feldman and Adam Prince. It stars Patricia Clarkson as Lilly Ledbetter as she battles the court case Ledbetter v. Goodyear Tire & Rubber Co. John Benjamin Hickey and Thomas Sadoski also 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 1-3:30pm
- **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 ; 1/13 1/27



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)

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 Sherry Thursdays @ 10am New session will start in January.

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 (**January 6th**). 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**



Blood pressure screening is Wednesday 1/14 10am-11am

and Monday 1/26 10am-11am

Free Financial Advice Monday 2-4pm on 1/12

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 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.

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 February 1st 10am-11am at the Stoneham Senior Center. If interested, please call Amanda C (781) 850-0619.

January 2026

Monday	Tuesday	Wednesday
<p style="text-align: center;">From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays, Wednesdays and 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>5 H Chicken Cacciatore C Turkey and Swiss</p> <p>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</p> <p>Market Basket</p>	<p>6</p> <p>9-11a Chair caning 12:30-3:30p Mahjong</p>	<p>7 H Beef Burgundy C So</p> <p>8:45a Walking Club 10a-12p Knitting/Crochet 10a John Clark Music Exp 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3pm BINGO 1-3:30p Bridge 2:30p Line Dancing</p>
<p>12 H Hot Dog and baked beans C Mediterranean Tortellini Salad</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle</p> <p>Market Basket</p>	<p>13</p> <p>9-11a Chair caning 12:30-3:30p Mahjong 1p Trivia</p>	<p>14 H Stuffed Shells C</p> <p>8:45a Walking Club 10-11a Blood Pressure S 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</p>
<p>19</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">MLK Day</p>	<p>20</p> <p>9-11a Chair caning 12:30-3:30p Mahjong 12-2p Elder Law Attorney</p>	<p>21 H Chicken Divan</p> <p>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</p>
<p>26 H Baked Ziti C Asian Chick salad</p> <p>9:45a Drumming 10-11a Blood Pressure Check 10a-12p Cribbage 10:45am Book Group 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle</p> <p>Market Basket</p>	<p>27</p> <p>9-11a Chair caning 10:30a Lunch and Learn 12:30-3:30p Mahjong 1p Trivia</p>	<p>28 H Greek Chicken C</p> <p>8:45a Walking Club 11:30a Zumba Fitness Lunch 12:30p Cardio with toning 1-3p BINGO 1-4p Bridge 2:30p Line dancing</p>

	Thursday	Friday
	<p>1</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Happy New Year!</p>	<p>2</p> <p>10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance</p> <p>Market Basket</p>
<p>Southwest Chicken Salad</p> <p>Meeting with Louise Experience w/ Aimee</p> <p>Exercises w/Aimee</p>	<p>8 H Honey Balsamic Chicken C Roast Beef and Provolone</p> <p>10a Caregiver's support group 10a Beginners Tai Chi with Sherry Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>9</p> <p>10a Rummikub 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance</p> <p>Market Basket</p>
<p>Roast Beef and Provolone</p> <p>Screening Louise w/Aimee</p> <p>Exercises w/Aimee</p>	<p>15 H Meatloaf w/ Gravy C Chicken Salad</p> <p>8:30a Men's Breakfast 10a Beginners Tai Chi with Sherry Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>16</p> <p>10a Intermediate Tai Chi 10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance 1p Flower of the Month</p> <p>Market Basket</p>
<p>C Turkey sandwich</p> <p>Louise w/Aimee</p> <p>Exercises w/Aimee</p>	<p>23 Winter Special Meal H Butternut Squash Soup Broccoli & Cheese chicken C Tuna Salad</p> <p>10a Caregiver's support group 10a Beginners Tai Chi with Sherry Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>23</p> <p>10a Intermediate Tai Chi 10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance</p> <p>Market Basket</p>
<p>Mediterranean Turkey Pasta Salad</p> <p>Exercises w/Aimee</p>	<p>29 H Black Bean and Barley Chili C Roast Beef and Provolone</p> <p>10a Beginners Tai Chi with Sherry Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>30</p> <p>10a Intermediate Tai Chi 10a-12p Cribbage 10a Rummikub 11:15a Strength and Balance</p> <p>Market Basket</p>

Community Information

Resource Connect

-where needs find answers

<i>Name</i>	<i>Purpose</i>	<i>Contact</i>
Property Tax	Exemptions for eligible: Veterans Widows Elderly Blind	Town Hall Assessor's Office 781-279-2640
Stoneham Tax Assistance Fund (STAF)	Monetary assistance for low-to-moderate-income Stoneham home owners, to assist in paying property tax payments	781-438-9254 for an appointment
St Vincent de Paul Society St Patrick Conference	Provides material assistance with food, clothing, fuel oil, essential utility bills for Stoneham residents	St Patrick Parish Office 781-438-0960 (ok to leave a message if office is closed)
Supplemental Nutrition Assistance Program (SNAP)	Provides food benefits to low-income families to supplement their grocery budget	877-382-2363
Stoneham Community Electricity Aggregation (CEA)	Offered by Stoneham to provide alternative electricity supply options to residents, businesses, renters or owners. Thru December of 2029 the carrier is Dynergy. Eversource will continue to deliver electricity, repair outages and manage all billing	866-220-5696 9 am to 5 pm or email to DESCustCare@Dynergy
Low-Income Discount for Electricity	Eversource provides a 42% discount if you are an Eversource customer who receives at least one public benefit, such as SNAP, Chapter 115 Veterans' Service Benefits, Fuel Assistance, etc. You must meet income eligibility requirements and the bill must be in your name. The discount also applies to your Stoneham CEA supply amount.	800-592-2000 M-F 8 am to 6 pm
ABCD Home Energy Assistance Program (Fuel Assistance)	Free resource to help eligible households pay a portion of winter heating bills.	781-322-6284 Application deadline April 30, 2026
Medicare Savings Program	Programs that help lower your Medicare premiums and other healthcare costs, including prescriptions.	Make an appointment with SHINE Counselor 781-438-1157
Pharmacy Outreach Program (MCPHS - Mass College of Pharmacy and Health Sciences)	A free service offering help with prescription costs (Medicare & uninsured)	866-633-1617 M-F

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

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 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, COMMODES, 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 1/14 and last Monday from 10-11am 1/26

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 trip is Tuesday 1/13 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:

- Arthur Bennett
- Ben and Becky Jacques
- Susan Rice
- Judith Patterson
- The Caners
- Frank Liu



Thank You To Our Generous Donors

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

My donation in the amount of \$ _____ is enclosed. Please makes 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:

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

Circuit Transportation provides 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.

