



# Stoneham Sentinel

## February 2026



Sponsored in part by the Senior Center Friends



Winter is here! We have plenty of fun at the center to keep you warm, such as the Valentine Party on 2/12 and the Lunar New Year Celebration on 2/13 and much more.

We do need some more volunteers to help with the Men's breakfast and food pantry pick up. Just give us a call at the center to talk about all the volunteer opportunities. Think about the coming to our COA Board meetings as well every other month on the third Tuesday of the month. The agenda is on the town website. Have a wonderful February!

**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**



SCAN ME

**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

**The Center is closed on Monday February 16th in honor of President's 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– 2/19. Come have a nice warm breakfast with great conversation! Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



**Happy Valentine's Day!** Celebrate with us on **Thursday, February 12th** for a Valentine's Day luncheon from Harrows Pies and music from DJ Tommy! Luncheon starts at 11:30am and music starts at 1pm. Cost is \$5.00 and registration is a must! Two person sign up only (you and a guest only)!



EDUCATION • PREVENTION • RECOVERY

### Outreach Lunch and Learn with the Stoneham Police Department's Crisis Intervention Team

Lunch Sponsored by the Stoneham Coalition

Join Sergeant Zachary Newell, Behavioral Health Supervisor and Tracy Rizzo, Social Services Coordinator for an in-depth conversation about this program and

how they respond to a behavioral health crisis!

**When: Friday, February 27th @ 11:30am program and 12:30pm lunch**  
Registration is required!



### 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 in how to draw a Violet or Clover with watercolor paints or watercolor pencils

**When: Friday, February 20th @ 1pm**

No experience necessary!

Please sign up

**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 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 \*

## Happy Lunar Year!

Celebrate the Lunar New Year with us on Friday, February 13th at 11:30am with a wonderful team performance from **HAPPY GARDEN!**

Join us for a Chinese luncheon, music, and dance performances. The **HAPPY GARDEN** team will perform multicultural performances from American, Spanish and Chinese music for everyone to enjoy. Cost is \$5.00. Reservations required.



## Book Group

**Title:** *The Giver of Stars* by JoJo Moyers

**Book Discussion:** Monday, February 23, 2026 @ 10:45am  
If interested in a book, call Amanda (781) 850-0619



## From the Nurse's Corner: How To Boost Your Energy During The Winter Months

The winter months leading up to spring can seem daunting. The short days and the long nights can cause the winter blues for some people. This happens because the lack of sunlight affects your body's internal clock and causes it to naturally slow down. Your body also increases the hormone melatonin which holds the job of regulating your sleep and wakefulness. This hormone increases during the winter months and may have you feeling fatigued and sluggish. Here are some tips to increase your energy and get through the winter months:

1. Get yourself on a good sleep schedule. Sleep is important and essential for physical and mental health. When you don't get enough sleep it can affect your focus, mood, and immune system that contributes to fatigue.
2. Get yourself outside. It may be cold outside but getting some fresh air and sunlight even for a few minutes can improve mood through natural light. It may also reduce stress, and enhance cognitive function.
3. Increase your physical activity. Whether it be a small dance in your living room to engaging in small walks in the neighborhood. Exercise increases your blood flow, help oxygen move around your body and puts you in a good mood!
4. Eating the right stuff! Focusing on foods such as complex carbs (oats, sweet potatoes, whole grains), lean proteins (eggs, yogurt, legumes, fish), healthy fats (avocado, nuts, seeds), and nutrient-rich fruits (bananas, berries, oranges) are key in giving you the right protein, vitamins, and minerals to get you through the days.
5. Socialize! Staying isolated can cause a person to feel depressed and make the winters months difficult. Participate in a class at the Senior Center or get a winter buddy and grab a coffee! Socializing increases happiness, makes you feel productive, improves mental health and your overall wellbeing.



# 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!**

**2/5 Thursday Murder Club Postponed from last month.** Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. **2025 2 hours Helen Mirren and Pierce Brosman star**

**2/12 No movie this week. Lunar New Year Celebration instead. Call to reserve your spot!**

**2/19 Cheaper by the Dozen 2003 1 hr. 38 min.** Tom and Kate Baker compromise their careers to raise 12 children. Tom coaches a high-school football team, while Kate has retired from journalism to raise the family. Things change when Tom is offered a college coaching job in a new city at the same time a publisher buys Kate's parenting memoir .

**2/26 Grace and Frankie 2022 Episode 1(35 Min.) and 2 (28 Min.) Jane Fonda and Lily Tomlin** For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and want to get married.



## 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 other Friday @ 10am 2/6 and 2/20

**TIMELESS TRIVIA**  
Tues 1 pm ; 2/10 2/24

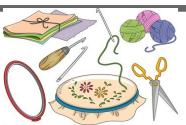


Volunteers are needed and welcome!  
Always looking for new questions/answers or to host the trivia!

**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



**Relax in the lobby and help us work on the puzzle!**

# 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 .

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 (2/3). 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 2/11 10am-11am and Monday 2/23 10am-11am

Walking club every Wednesday @ 8:45am. Come join the group to walk outside or inside depending on weather!

## **Free Financial Advice Monday 2-4pm on 2/9**

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 5th 10am-11am at the Stoneham Senior Center. If interested, please call Amanda C (781) 850-0619.

# February 2026

Monday	Tuesday	Wednesday
<b>2</b> H Chicken Meatball sub <b>C</b> Turkey and swiss sandwich 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle  Market Basket	<b>3</b> 9-11a Chair caning 12:30-3:30p Mahjong	<b>4</b> H Potato Pollock <b>C</b> Chicken salad 8:45a Walking Club 10a-12p Knitting/Crochet 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3pm BINGO 1-3:30p Bridge 2:30p Line Dancing
<b>9</b> H Mac and Cheese <b>C</b> Tuna Salad 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>10</b> 9-11a Chair caning 10a Veteran's Coffee 12:30-3:30p Mahjong 1p Trivia	<b>11</b> H Beef Sloppy Jo 8:45a Walking Club 10a-12p Knitting/Crochet 10-11a Blood Pressure 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3pm BINGO 1-3:30p Bridge 2:30p Line Dancing
<b>16</b> Closed for President's Day	<b>17</b> 9-11a Chair caning 12:30-3:30p Mahjong 12-2p Elder Law Attorney  Walmart at new time in the morning!	<b>18</b> H Beef Stroganoff 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>23</b> H Unstuffed Pepper Casserole <b>C</b> Turkey Salad 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  Market Basket	<b>24</b> 9-11a Chair caning 12:30-3:30p Mahjong 1p Trivia	<b>25</b> H Lentil Soup C 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

	Thursday	Friday
ing with Louise 'Aimee exercises w/Aimee	<p><b>5 H Pot Roast w/gravy C Egg Salad</b></p> <p>10a Beginners Tai Chi with Sherry Lunch 10a Memory Café 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p><b>6</b></p> <p>10a Rummikub 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance</p> <p>Market Basket</p>
e C Hummus Quinoa salad ing with Louise ' Aimee exercises w/Aimee	<p><b>12H Cheese Ravoli C Turkday and Swiss</b></p> <p>10a Caregiver's support group 10a Beginners Tai Chi with Sherry Lunch 11:30a Valentine's Day Party 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p><b>13</b></p> <p>10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance 11:30a Chinese New Year lunch and performance</p> <p>Market Basket</p>
off C Roast Beef and Provolone Louise 'Aimee exercises w/Aimee	<p><b>19 H Turkey Pot Pie C Turkey and Swiss</b></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><b>20</b></p> <p>10a Intermediate Tai Chi 10a Rummikub 10a-12p Cribbage 11:15a Strength and Balance 1p Flower of the Month</p> <p>Market Basket</p>
Chef Salad with Ham Louise 'Aimee exercises w/Aimee	<p><b>26</b></p> <p><b>H Pork with Rosemary C Chicken Curry Salad</b></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><b>27</b></p> <p>10a Intermediate Tai Chi 10a-12p Cribbage 11:15a Strength and Balance 11:30 Lunch and Learn</p> <p>Market Basket</p>

# Resource Connect

## -Where needs find answers

	<b>For Stoneham Residents Only</b>	
<b>NAME</b>	<b>PURPOSE</b>	<b>CONTACT</b>
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)
Property Tax Aid	Exemptions for eligible: Veterans Widows Elderly Blind	Town Hall Assessor's Office 781-279-2640 M-F
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 <a href="mailto:DESCustCare@Dynergy">DESCustCare@Dynergy</a>
	<b>For all Massachusetts Residents</b>	
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
Low-Income Discount for Electricity	Eversource provides a 42% discount. Must be Eversource customer who receive at least one public benefit, such as SNAP, Chapter 115 Veterans' Service Benefits, Fuel Assistance, etc.	800-592-2000 M-F 8 am to 6 pm
Supplemental Nutrition Assistance Program (SNAP) for SENIORS (age 60 +) <u><a href="#">New Phone Number</a></u>	Provides food benefits to low-income seniors to supplement their grocery budget	833-712-8027 M-F 8:15 am to 4:45 pm
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 3/17/26

## **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 3/2 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 2/17 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 2/11 and last Monday from 10-11am 2/23

# 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. 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 with pickup starting at 9am.**

**The next trip is on 2/17.**

**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:

Alice and John Campbell

Anna Porter

Beverly Cleathero

Ben and Becky Jacques

Trish Curtin in memory of Patricia Burke

Maureen Buckley in memory of Virginia Ryan

Steven Gilchrist in memory of Irene Gilchrist and Juanita Johnson



## **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:

**VOLUNTEERS NEEDED  
FOR BARGAIN BARN**

Help with setup at 9:15 am  
and/or takedown at 1:30 pm  
Thursdays from April 30 to Sept 24

Put out/take in tables, chairs,  
merchandise, signboard, umbrella  
Various schedules available

Leave name & number at 781-438-1157  
for a call-back from "Barn Babe #1"