



Stoneham Sentinel

March 2026



Sponsored in part by the Senior Center Friends



Spring forward and enjoy longer days and better weather. This winter has not been easy but preparing for inclement weather is so important. We have a lot of spring themed activities this month and will always be a warm and welcoming place to visit and are only a phone call away.

Check out all of the health and wellness classes we offer and the Lunch and Learn on how to Avoid Scams sponsored by the Stoneham Municipal Employees Federal Credit Union. Amanda has a great Outreach Coffee planned as well.

“For the whole world is Irish on the Seventeenth o’March!”

Thomas Augustine Daly

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



SCAN ME

The Food Pantry is in need of non-perishable food. Please drop it off here at the center.



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–3/19. Come have a nice warm breakfast with great conversation! Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



Disclaimer: Beginning in April the breakfast will take place on the 3rd Tuesday of each month at 9:30am—same great food and same great company only a different date (4/21) and time!

H A P P Y

Saint Patrick's Day

St. Patrick's Day luncheon with Representative Mike Day

When: Thursday, March 12th @ 11:30am
Reservation required!
Luncheon only!

LUNCH AND LEARN: STAYING VIGILANT: YOUR GUIDE TO AVOIDING SCAMS

JOIN US FOR A LUNCH AND LEARN ABOUT
HOW TO AVOID SCAMS AND FRAUD!

WHEN: FRIDAY, MARCH 27, 2026 @ 10:30AM
FOR PRESENTATION 11:30AM LUNCH
RESRVATIONS REQUIRED!



SPONSORED BY STONEHAM
MUNICIPAL EMPLOYEES
FEDERAL CREDIT UNION

Outreach Coffee Hour with Amanda and Reflections Memory Care Director Nichole Palmo from The Residence at Pearl Street.

Join us for *A Walk in Their Shoes*, a powerful virtual reality experience that simulates what it's like to suffer from Alzheimer's disease and other forms of dementia. The simulation was developed by LCB Senior Living, LLC (www.lcbseiorliving.com), in collaboration with Harvard Medical School, McLean Hospital and Brigham & Woman's Hospital, and gives participants visual, aural, olfactory and tactile stimuli that mimic the effects of dementia. It is used to help caregivers, families, and others a better understanding of what dementia sufferers are experiencing, and therefore better ability to work with them and relate to them. **When:** Friday, March 20th @ 10:30am Light Refreshments will be serviced. Please sign up!



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Fairy legends of Ireland



A Charming Story & Harp Performance for Adults

There's plenty of laughter and delight in this animated retelling of Ireland's best-loved tales of the fairies. Favorites like Gilly Blackfoot where a young lad's aversion to washing his feet causes him to fall in with a fairy band are complemented by tunes and songs on the Irish harp as well as tales of the mysteries to be found in the raised raths and deep dells of the Irish landscape including the story of the mysterious White Trout of Connacht that never changes and never grows old. Known for her vivid comedic style, Diane brings delight to her masterful retelling of these classic Irish favorites. The performance is accompanied by Margot Chamberlain on Celtic harp. A perfect performance to celebrate St. Patrick's Day and the wearing of the green.

When: Friday, March 13th @ 1pm
Tea, Coffee and Irish Bread Served!
Please sign up!



STONEHAM CHAMBER OF COMMERCE

community health + wellness fair



Move a little more | Eat a little better | Stress a little less

APRIL 4, 11AM-2PM
STONEHAM TOWN HALL

Come and join us at the 16th Annual Community Health + Wellness Fair and learn how you can move a little more, eat a little better and stress a little less. This event is free and open to the public, featuring local health and wellness experts, screenings, samples, raffles, prizes, giveaways, and more. Enjoy games and creative activities all day.

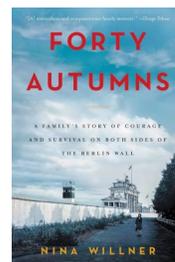
Learn more using the QR Code or at stonehamchamber.org/health-wellness-fair



ZENTANGLE with Susan Macfarlane!

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!

Mondays from 12:45-1:45pm at the center. Susan will be on Zoom teaching on the screen. Thanks to the Senior Center Friends for sponsoring this class!



Book Group
Title: *Forty Autumns*
by Nina Willner
Book Discussion: Monday,
March 23, 2026
@ 10:45am
If interested in a book, call
Amanda (781) 850-0619

 **Mystic Valley**
Elder Services

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!



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!

3/6 Grace and Frankie Season 1 Episode 3, 4 and 5. 80 minutes total. 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. As everything around the ladies is coming apart, the only thing they can really rely on is each other. This Netflix original re-teams Jane Fonda and Lily Tomlin ("9 to 5") as Grace and Frankie, respectively, bringing their chemistry to the small screen

3/13 No Movie today.

3/20 My Mother's Wedding 2023 1hr. 36 min. In this heartfelt and funny story, three sisters return to their childhood home for a momentous occasion: the third wedding of their twice-widowed mother. Over the weekend, the family gathers to celebrate the new marriage, but mother and daughters alike are forced to revisit the past and confront the future, all with help from a colorful group of unexpected wedding guests.

3/27 As Luck Would Have it. 2021 1 hr. 30 min. A woman working with an American real estate company travels to an Irish village. Soon, she participates in a match-making festival and tries to win over a handsome man



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 3/6 and 3/20

TIMELESS TRIVIA

Tues 1 pm ; 3/10 and 3/24

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



Join us for a monthly Birthday Celebration sponsored by Stoneham Municipal Employees Federal Credit Union! Join us for cake during the BINGO break to celebrate! Last Wednesday of the Month! 3/25



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) **No Class 3/23**

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 **No Class 3/27**

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 (**3/3**). 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 3/11 10am-11am and Monday 3/23 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 3/9

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

February 2026

Monday	Tuesday	Wednesday
<p>2 H Chicken Marsala C Ham and Swiss Cheese 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12p Senator Lerwis Office hours 12:30p Weight Training 12:45 Zentangle</p> <p>Market Basket</p>	<p>3 9-12 Footcare 9-11a Chair caning 12:30-3:30p Mahjong</p>	<p>4 H Chicken meatballs C Tuna 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</p>
<p>9H Mixed bean & Veggie stew C Chicken Curry Salad</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>10 9-12 Footcare 9-11a Chair caning 10a Veteran's Coffee 12:30-3:30p Mahjong 1p Trivia</p>	<p>11 H Chicken and Ric 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</p>
<p>16 H Sweet & Sour Chicken Meatballs C Egg Salad</p> <p>9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle 2-4p Financial Advice</p> <p>Market Basket</p>	<p>17 9-12 Footcare 9-11a Chair caning 12:30-3:30p Mahjong 12-2p Elder Law Attorney</p> <p>Walmart at new time in the morning!</p>	<p>18 H Chicken Dian 8:45a Walking Club 10a-12p Knit/Crochet w/ 11:30a Zumba Fitness w/ Lunch 12:30p Cardio with toning 1-3p BINGO 1-3:30p Bridge 2:30 pm Line dancing</p>
<p>23H Cheese Omelet C Tuna Salad</p> <p>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>24 9-12 Footcare 9-11a Chair caning 12:30-3:30p Mahjong 1p Trivia</p>	<p>25 H Pork with Appl C Chicken Romaine S</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 1-3:30p Bridge 2:30 pm Line dancing</p>
<p>30 H Chicken Cacciatore C Turkey and Swiss 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>31 9-12 Footcare 9-11a Chair caning 12:30-3:30p Mahjong</p>	

	Thursday	Friday
<p>s</p> <p>ing with Louise / Aimee</p> <p>ercises w/Aimee</p>	<p>5 H Pot Roast w/ gravy C Roast Beef and Provolone</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>6</p> <p>10a Rummikub 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance</p> <p>Market Basket</p>
<p>e Bake C Roast Beef & Provolone</p> <p>ing with Louise</p> <p>/ Aimee</p> <p>ercises w/Aimee</p>	<p>12 H Corned Beef Stew C Mediterranean Turkey Pasta Salad</p> <p>10a Caregiver's support group 10a Beginners Tai Chi with Sherry Lunch 11:30a St. Patrick's Day Party 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa</p>	<p>13</p> <p>10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance 1pm Spring Performance</p> <p>Market Basket</p>
<p>e C Turkey and Swiss</p> <p>Louise / Aimee</p> <p>g exercises w/Aimee</p>	<p>19 H Roast Turkey with Gravy C California 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>20</p> <p>10a Intermediate Tai Chi 10a Rummikub 10a-12p Cribbage 10:30a Outreach coffee 11:15a Strength and Balance 1p Flower of the Month</p> <p>Market Basket</p>
<p>es alad</p> <p>Louise / Aimee</p> <p>g exercises w/Aimee</p>	<p>26</p> <p>H Chicken with Saute Vegetables C Turkey and Swiss</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>27</p> <p>10a Intermediate Tai Chi 10a-12p Cribbage 10:30 Lunch and Learn Scams presented by SMFCU</p> <p>Market Basket</p>

Resource Connect

-Where needs find answers

	For Stoneham Residents Only	
NAME	PURPOSE	CONTACT
Stoneham Tax Assistance Fund (STAF)	Monetary assistance for low-to-moderate-income Stoneham home owners, to assist is 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 DESCustCare@Dynergy
	For all Massachusetts Residents	
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 +) <i><u>New Phone Number</u></i>	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 3/11 and last Monday from 10-11am 3/30

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 in on 3/17.

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:

Ann Caruso

Sandy Kirby in Memory of Ann Frost

Gene Ferullo in Memory of Ann Frost

Guy Sasso

Paul DiMartino in Memory of Lil DiMartino

Marianne Zammuto in Memory of Mary and Frank Zammuto, Sr.



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 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:

**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"

