



# Stoneham Sentinel



## April 2026



Sponsored in part by the Senior Center Friends

April Showers bring May Flowers! Well at least it isn't snow. I am excited that Spring is here and warm weather is on its way.

We have a few changes this month on the calendar—Men's breakfast is on the 3rd Tuesday (4/21) beginning at 9:30am and the Veteran's coffee hour on the first Tuesday (4/7) at 10am. Chair Yoga with Rosa is now on Mon. and Thurs. @ 2pm.

On Thursday, April 9th, OSCAR nominee— Frankenstein (2025) will be shown at 12pm, please note this is Horror/Scifi Rated R film.

Once again we welcome anyone who would like to volunteer for activities such as BINGO, Men's Breakfast and the weekly Barn Sale. Just stop by the center and we are open for business at 9am and close at 4pm.

**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 your support is used!

### Council on Aging Hours : Monday—Friday 9am-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

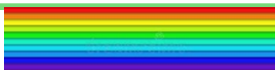
Kathleen Hudson *Chair*  
Maureen Buckley  
Bill Kelly  
Denise Kneeland  
Maureen McGinness  
Walt Wolonsavich

 Find us on  
**Facebook**



SCAN ME

**The Senior Center  
will be closed on  
Monday 4/20 for  
Patriot'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 \*



Join us on **April 21st at 9:30am** for Men's Breakfast. It will be held on the 3rd Tuesday of the month at 9:30am. Come have a nice warm breakfast with great conversation! Sponsored by the Senior Center Friends. No reservations required. Donations appreciated.



## ArtMatters with Jane Blair Monday April 13th 2-3pm featuring work by MARC CHAGALL

Known as the "Poet", he was one of the most versatile artists of the 20th Century. He merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism, and Fauvism. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions and soul refreshing humor. He never finished a canvas until something in it "surprised" himself. Join us for a retrospective look at his work, his life, and his unique perspective of the world. If you would like to join via your telephone you can have a visual packet emailed to you.



## David Polatin Music

Memphis has a rich and influential musical history. Its musical legacy is exciting, diverse, and extremely significant in the history of American culture. It's often called the "Home of the Blues" and "Birthplace of Rock 'n' Roll." In this one hour entertaining and educational program, the Retro Polatin Duo (Jill Goldman and David Polatin) will discuss, sing and play guitar and bass on songs from Memphis artists. The singers including, Elvis, Johnny Cash, Carla Thomas, B.B. King, Wilson Pickett, and many others. Handouts with pictures of the artists and background information will be provided during the performance. **Join us Friday, April 24th at 1pm. Please sign up!**

## Rick Ruggiero's Dynamic Duo

Dance your winter blues away with the joyous sound of Rick Ruggiero's sounds of music, you never know what he is going to perform!

**Join us, Friday April 17th @ 1pm**  
Reservations are a must!



## 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!



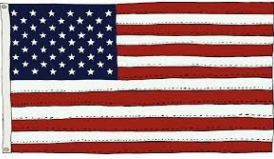
## Free Financial Advice Monday 2-4pm on 4/6

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



# News, Info and Events

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



**Veterans Coffee Tuesday**  
April 7th @ 10am. Come meet our new Veteran's agent Jason Thompson and connect with other veterans.

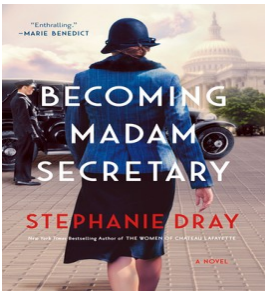
The coffee will be held on the first Tuesday of each month at 10am from now on.



**John Clark 4/16 @ 10:30am**  
Join us! *With John Clark, Music historian* and learn about the Big Bands of the past.

Music and information about this wonderful era of music will be shared and discussed.

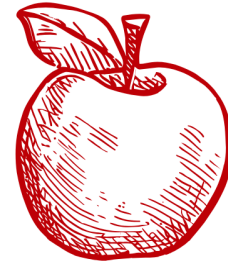
Don't miss it! No sign up necessary!



**Book Group**  
**Title:** *Becoming Madam Secretary*  
by Stephanie Dray  
**Book Discussion:** Monday, April 20, 2026 @ 10:45am  
If interested in a book, call Amanda (781) 850-0619

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](http://stonehamchamber.org/health-wellness-fair)



### Over the Rainbow– The songs of Harold Arlen performed by Will McMillan and Joe Reid

Harold Arlen earned his place in the history of American music by co-writing "Somewhere Over the Rainbow" for the 1939 movie classic, *The Wizard of Oz*, a song which is considered by many to be the number one pop song of the 20th century.

Pianist Joe Reid and vocalist Will McMillan breathe new life into Arlen's beloved standards including "It's Only a Paper Moon," "That Old Black Magic," "Accentuate the Positive," "Blues In The Night," "Come Rain or Come Shine," "If I Only Had A Brain," "Get Happy," "Let's Fall In Love," and, of course, "Somewhere Over the Rainbow."

**When: Friday, April 10th @ 1pm. Please reserve your spot!**

**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!**

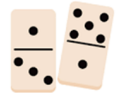
**4/2 Grace and Frankie Episodes 2015** For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and want to get married.

**4/9 OSCAR nominee— Frankenstein (2025)** Oscar winner Guillermo del Toro reimagines Mary Shelley's classic tale of a brilliant scientist and the creature his monstrous ambition brings to life. Please note this is Horror/Scifi, Rated R. **This movie will start at 12pm due to the length of the film.**

**4/16 Diamonds are Forever 1971** Diamonds Are Forever is a 1971 *spy film* and the seventh film in the James Bond series

**4/23 Bucket list 2007 Jack Nicholson** Billionaire Edward Cole and car mechanic Carter Chambers are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives

**4/30 Hondo (1953)** A soldier, helps a homesteader and her son defend their ranch from Apache attacks and uncover a secret about her husband. 1.20min (Western Film)



## 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 4/3 4/17

### TIMELESS TRIVIA

Tues 1 pm ; 4/14 4/28

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! 4/29



# 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 12:30 pm

**Interval Training with Aimee** (Combining cardio with toning exercises) Wednesdays at 12:30pm

**Cardio Drumming** Mondays 9:45-10:30 am 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** Mondays and Thursdays @ 2pm

**Strength and Balance** Fridays 11:15 am

## **Free Tai Chi Classes**

Beginners Tai Chi with Sherry Thursdays @ 10am .  
Intermediate Tai Chi with Jon Fridays @ 10am

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



**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.**

**From the Nurse's Corner—Humor Helps!** I would like bring to your attention the power of laughter. There are people who are feeling down because of the effects from our long winter. There are people who are having personal health issues or other struggles. Regardless, a way to help journey forward and to elevate your spirits is to add in humor.. "Laughter is the best medicine," and there is research to support it! The act of laughing is found to decrease stress by lowering stress hormones. These stress hormones have a negative impact on your mental health. However, laughing increases our happy hormones known as endorphins. What television shows make you laugh? Is there a group of friends at the Senior Center that make you chuckle?

Don't forget the Blood Pressure Clinics Wednesday 4/8 10am-11am and Monday 4/27 10-11am



**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.

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 4/1 **10am-11am at the Wakefield Senior Center. If interested, please call Amanda C (781) 850-0619.**

# April 2026

Monday	Tuesday	Wednesday
		<b>1 H Beef Burgundy</b> <b>C Italian Tuna Salad</b> 8:45a Walking Club 10a-12p Knitting/Crochet 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3pm BINGO 1-3:30p Bridge 2:30p Line Dancing
<b>6H Hot Dog</b> <b>C Mediterranean Tortellini Salad</b>  10a Caseworker appointments 9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle 2p Chair Yoga 2-4p Financial Advice  Market Basket	<b>7</b> 9-12 Footcare 9-11a Chair caning 10a Veteran's Coffee 12:30-3:30p Mahjong	<b>8 H Stuffed Shells C</b>  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>13 H Lentil Stew</b> <b>C Egg Salad</b>  9:45a Drumming 10a-12p Cribbage 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle 2p Chair Yoga 2p Art Matters  Market Basket	<b>14</b>  9-11a Chair caning 12:30-3:30p Mahjong 12-2p Elder Law Attorney 1p Trivia  Walmart at new time in the morning! 9a	<b>15 H Spinach Frittata</b>  8:45a Walking Club 10a-12p Knit/Crochet w/ 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3p BINGO 1-3:30p Bridge 2:30 pm Line dancing
<b>20</b>  <b>Closed for Patriot's Day</b>	<b>21</b> 9-12 Footcare 9:30a Men's Breakfast 9-11a Chair caning 12:30-3:30p Mahjong 12-2p Attorney	<b>22 H Broccoli and C</b> <b>C Mediterranean Turke</b>  8:45a Walking Club 10a-12p Knit/Crochet w/ 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3p BINGO 1-3:30p Bridge 2:30 pm Line dancing
<b>27 H Hot Chicken Meatball sub</b> <b>C Turkey and swiss</b> 9:45a Drumming 10-11a Blood Pressure Check 10a-12p Cribbage 10:45a Book Group 11:30a Zumba Fitness Lunch 12:30p Weight Training 12:45 Zentangle 2p Chair Yoga  Market Basket	<b>28</b>  9-11a Chair caning 12:30-3:30p Mahjong 1p Trivia	<b>29 H Potato Pollock</b> <b>C Chicken Salad</b> 8:45a Walking Club 10a-12p Knit/Crochet w/ 11:30a Zumba Fitness w/ Lunch 12:30p Cardio w/toning e 1-3p BINGO 1-3:30p Bridge 2:30 pm Line dancing

	Thursday	Friday
ing with Louise / Aimee exercises w/Aimee	<b>2 H Swedish Chicken Meatballs</b> <b>C Roast Beef and Provolone</b> 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 .	<b>3</b> 10a Rummikub 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance  Market Basket
<b>Roast Beef and Provolone</b> ing with Louise / Aimee exercises w/Aimee	<b>9H Meatloaf with Gravy</b> <b>C Chicken Salad</b> 10a Caregiver's support group 10a Beginners Tai Chi with Sherry Lunch 12:30p Relax and Meditate Circle 12:30p Pizza/movie 2p Chair Yoga with Rosa	<b>10</b> 10a-12p Cribbage 10a Intermediate Tai Chi 11:15a Strength and Balance 2p Will and Joe music  Market Basket
<b>C Chicken Caesar Salad</b> Louise / Aimee exercises w/Aimee	<b>16 H Pollock with Dijon Wine sauce</b> <b>C Tuna Salad</b> 8:30a Men's Breakfast 10a Beginners Tai Chi with Sherry Lunch 10:30a John Clark Big Band Program 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa	<b>17</b> 10a Intermediate Tai Chi 10a Rummikub 10a-12p Cribbage 11:15a Strength and Balance 1p Music with Rick  Market Basket
<b>Cheese Stuffed Chicken</b> <b>ey Pasta Salad</b> Louise / Aimee exercises w/Aimee	<b>23</b> <b>H Black Bean and Barley Chili</b> <b>C Roast Beef and Provolone</b> 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	<b>24</b> 10a Intermediate Tai Chi 10a-12p Cribbage 11:15a Strength and Balance 1p Music  Market Basket
Louise / Aimee exercises w/Aimee	<b>30 H Pot Roast with Gravy</b> <b>C Egg Salad</b> 10a Beginners Tai Chi with Sherry Lunch 12:30p Pizza/ Movie 12:30p Relax and Meditate Circle 2p Chair Yoga with Rosa .	

# Resource Connect

	<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 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
	<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 +) <b><u>New Phone Number</u></b>	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 5/20

## **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 5/4 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 4/21 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 4/8 and last Monday from 10-11am 4/27

# 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 4/14.

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:

Diane Golini in Memory of Clara, Nick and Ron Golini

Elaine Shindle in Memory of Jean Knowlton

Roderick Ames in Memory of Bette J. Borges and Gerald Ames



## **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:

\_\_\_\_\_

**BARGAIN BARN**  
Stop by the Bargain Barn Thursdays  
from 10a-2pm  
Donations gratefully accepted at the Center  
during business hours.



We will uncover  
treasures for you  
on April 30th!