



Stoneham Sentinel

Stoneham Council on Aging

JUNE 2026

Welcome!

COA Mission

The Stoneham Council on Aging is dedicated to enhancing the quality of life for older adults in Stoneham by providing inclusive programs, supportive services, and meaningful opportunities for connection that promote independence, dignity, and overall wellbeing.



Rose

JUNE

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DISCLAIMER

We make every effort to ensure the accuracy of the information in this newsletter; however, changes may occur after publication. Times and dates are subject to change, and programs may be added or canceled. Please call our office or visit our website to verify information. **Sign ups are the first Monday of the Month!**

Get in Touch!

136 Elm St.
Stoneham, MA 02180
(781) 438-1157
Stonehamseniorcenter.org
Mon-Fri | 9:00am-4:00pm

 Find us on Facebook



Scan Me

02 GET TO KNOW US

Closures

Friday, June 19th in observance of Juneteenth



Our COA Team

Director

Kristen Spence
781-438-1157

Outreach/Assistant Dir.

Amanda Costain
781-850-0619

Admin. Assistants

Sandy Kirby &
Carol Johnston
781-438-1157

Receptionists

Kathy Payne &
Terry Duggan
781-438-1157

Van Drivers

Gary Cooper &
Marshall Stokes
781-438-1157

Custodians

Peter Barnaby &
Bob Pettengill
781-438-1157

From the Director, Kristen Spence

JUNE IS A WONDERFUL TIME TO ENJOY THE OUTDOORS, CELEBRATE FAMILY AND FRIENDS, AND REFLECT ON THE IMPORTANCE OF STAYING CONNECTED. A GREAT WAY TO FEEL CONNECTED IS TO TAKE ADVANTAGE OF ALL THE CENTER HAS TO OFFER. I REALLY APPRECIATE THE DEDICATED STAFF AND VOLUNTEERS WHO KEEP THE CENTER GOING. WE HOPE YOU FEEL THE SPIRIT OF TEAMWORK WHEN YOU VISIT. HAVE A WONDERFUL JUNE.

From the Outreach/Assistant Director, Amanda Costain

Happy June! This month will be my last month for the flower of the month. I appreciate all the creativity that went into the group. We have a new exciting art program that will start in July. Intro to Watercolor with Shelia. Keep an eye out for the future programs related to fitness and crafting!

COA ADVISORY BOARD AND PHILANTHROPIC SUPPORT GROUP

Council on Aging Board

Members:

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

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!



Registration is required for all upcoming events!

03

UPCOMING EVENTS AND COMMUNITY INFORMATION

**SINGING GRANDPOPS
FRIDAY, 06/05/26 | 1:30PM**



Join us for a wonderful performance by the Arlington Senior Men's club! This is a great active vocal group that will have your feet moving and gooving.

**THE HEALTHY (AND NOT SO HEALTHY) EYE
WITH DR. SANDBERG**

TUESDAY, 06/16/26 | 11:00AM - 12:00PM

Join us for an educational program about the eye! We will learn how the eye works and the common retinal and optic nerve diseases.

**NAVIGATING YOUR NEXT CHAPTER:
HOUSING TRANSITIONS MADE SIMPLE
THURSDAY, 06/18/26 | 10:30AM - 11:30PM**

Join real estate expert Kimberly Nardone for a supportive guide on navigating the transition from your long-time home. Learn about housing options, downsizing tips, and professional moving strategies to make your next chapter stress-free. Whether you're just starting to think about a move or ready to plan, this session offers the roadmap you need.

**GREAT AMERICAN MUSIC EXPERIENCE
WITH MUSIC HISTORIAN JOHN CLARK**

Join us for an educational presentation on State Songs to celebrate the United States 250th Birthday!

**FLOWER OF THE MONTH- FINAL SESSION
FRIDAY, 06/26/26 | 1:00 PM**

Join us for the last flower of the month! We will be drawing roses. Please sign up!

Community Information

Spring is here! Whether you're a seasoned pro or a beginner, the Stoneham Garden Club welcomes you.

Join us at Whip Hill Manor on the third Thursday of every month at 11:30 AM for lunch, a business meeting, and a guest speaker.

Weekly Activities:

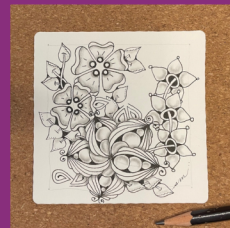
- Tuesdays (9:30 AM): Tending Whip Hill's perennial/herb gardens.
- Wednesdays (9:00 AM): Caring for the Senior Center vegetable garden.
- Fridays (9:30 AM): Flower arranging at the Senior Center.

We also proudly sponsor the Clara A. Deckelman Scholarship for students pursuing agricultural or environmental studies. Interested? Contact Membership Chair Nan Dolan at tmd123091@aol.com.

Zentangle®



Add some creativity to your day with Zentangle®, a method of meditative art making. Each creation is personal and allows you to relax, increase hand-eye coordination, and connect with others in a creative, positive atmosphere. No previous art experience or skill is required. Each student's drawing is unique to them, and when viewed with others is altogether something amazing. See an introductory video by Susan here: <https://youtu.be/BS-QWJ718cU> With Zentangle, "there are no mistakes," and "anything is possible, one stroke at a time."



Town of Stoneham PRIDE Day

SATURDAY, 06/13/26 | 10:00AM- 2:00PM

Come enjoy the Town's annual PRIDE event at the Common! This event is designed to celebrate and foster LGBTQIA+ persons visibility, community, and acceptance.

VETERANS COFFEE
TUES. 6/2/26 | 10:00AM

Join us for our Monthly Veteran’s Coffee Hour with Stoneham’s Veteran Service’s Officer.

MEN’S BREAKFAST
TUESDAY 06/16/26 | 9:30AM

Join us for our monthly Men’s Breakfast. No reservations required. This monthly breakfast is sponsored by the Senior Center Friends.



Birthday Celebration sponsored by Stoneham Municipal Employees Federal Credit Union

THURSDAY, 06/24/26 | 12:30PM

Join us for a monthly Birthday Celebration! Enjoy cake during the BINGO break to celebrate. Always the last Wednesday of the month.



Bingo!
WEDNESDAYS| 1PM - 3PM
 BINGO Cards are a dollar each! No limit to how many you can play!



Timeless Trivia!
2ND AND 4TH
TUESDAY | 1:00PM
6/9 AND 6/23

ART MATTERS- ART KEEPS US HUMAN

Art matters. It transcends language, connects cultures, and keeps us human. Join us for a mini-history of Western civilization through art—from cave paintings to the space shuttle—to see how creativity and society shape each other. Bring your sense of humor and your sense of "Human"!

Card games

Cribbage
MONDAYS & FRIDAYS | 10:00AM - 12:00PM

Bridge
WEDNESDAYS| 1:00PM - 3:30PM

Mahjong
TUESDAYS| 12:30PM - 3:30PM
 Join us for American Mahjong, this will change your brain and strategie to make decisions.

Mahjong Lessons with Lois
MONDAYS | 10:00AM - 12:00PM
 Join Lois as she teaches you how to play American Majhong! Please call the center for more details.

Rummikub
EVERY OTHER FRIDAY | 10:00AM
 The next dates are May 8th and 22nd



Other Activities

- Walking Club- Wednesday @ 9am
- Bocce - Wednesday @ 10am
- Zentangle- Mondays @ 12:45pm
- Knit/Crochet with Louise- Wednesday @ 10am
- Senior Bowling Fun- Meet @ Bowlarama in Wakefield evry Monday @ 10am.

Pizza & Movies Thursday 12pm- \$3.00

REMARKABLE BRIGHT CREATURES (2026) COMEDY/DRAMA
THURSDAY 06/04/26 | 12:00PM

A lonely, elderly widow working at a local aquarium forms an unlikely bond with a curmudgeonly, highly intelligent giant Pacific octopus who helps her uncover the truth about her son’s decades-old disappearance. Staring Sally Field and Lewis Pullman. 1.51 min.

MRS. HARRIS GOES TO PARIS (2022) COMEDY/DRAMA
THURSDAY 06/11/26 | 12:00PM

In 1950s London, a heartwarming and determined widowed cleaning lady named Ada Harris scrimps and saves to travel to Paris to purchase a Dior gown, charming everyone she meets along the way and transforming lives in the process. Staring Lesley Manville. 1.55 min.

TOOTSIE (1982) COMEDY/ROMANCE **THURSDAY 06/18/26 | 12:00PM**

Michael Dorsey, an unsuccessful actor, disguises himself as a woman in order to get a role on a trashy hospital soap. Staring Dustin Hoffman. 1.56 min.

THE BOYS IN THE BOAT (2023) ROMANCE/COMEDY
THURSDAY 06/25/26 | 12:00PM

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games.

MONDAY, 06/08/26 | 2PM

05 HEALTH AND WELLNESS PROGRAMS- \$4 PER CLASS TO INSTRUCTOR

Fitness Classes with Aimee

Weight Training

Mondays | 12:30pm

Weight Training essential for maintaining muscle mass, improving bone density, and increasing balance to reduce fall risks. Weights and bands will be used during class.

Interval Training

Wednesday | 12:30pm

This class combines cardio and toning exercises. This class alternates short bursts of high-intensity activity with longer, low-intensity recovery periods, offering significant cardiovascular and strength benefits!

Line Dancing with Corinne

Wednesdays | 2:30pm

Line Dancing is a low-impact, social exercise that boosts heart health, balance, and cognitive function through repetitive, choreographed steps to music.

Chair Yoga with Rosa

Mondays & Thursdays | 2:00pm

Chair yoga is safe, gentle, and accessible way to improve flexibility, balance, and strength without needing to get on the floor. It reduces pain, boosts mood, and helps maintain independence, with sessions typically involving stretching, deep breathing, and seated poses.



Cardio Drumming with Terri

Mondays | 9:45am-10:30am

Cardio Drumming (formerly known as Drums Alive) is a high-energy fitness class that joins the dynamic movements of aerobic dance and blast-from-the-past 60's music with the pulsating rhythms of the drum. Using physio balls and drumsticks, you will experience the pounding rhythms, dynamic movements and powerful percussions of cardio drumming. Find out how much fun exercise can be!

Relax, Meditate and, Reiki with Angela Shea

Thursdays | 12:30 pm

Reiki offers a gentle, non-invasive, and non-manipulative energy therapy suitable for older adults, providing benefits such as pain management, improved sleep, reduced anxiety, and deep relaxation.

Strength and Balance with Terri

Fridays | 11:15am

These exercises improve stability, build leg strength, and reduce fall risk, with key movements including weight shifting and standing marches.



Free Tai Chi Classes

Beginners Tai Chi Thursdays @ 10am

Intermediate Tai Chi with Jon Fridays @ 10am

Tai chi offers significant benefits by combining slow, meditative movement with deep breathing, resulting in improved balance, increased flexibility, reduced arthritis pain, and decreased fall risk. It promotes mental health, boosts cognitive function, reduces stress, and strengthens cardiovascular health, making it a safe, low-impact exercise for all fitness levels.

MONDAY	TUESDAY	WEDNESDAY
1	2	3
9:45 Cardio Drumming 10-12 Cribbage 11:30 MVES Lunch 12:30 Weight Training 12:45 Zentangle 2:00 Chair Yoga	9-12 Podiatry 9-11 Chair caning 10:00 Veteran's Coffee 12:30-3:00 Mahjong	8:45 Walking Group 10-12 Knitting & Crochet Gr. 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
8	9	10
9:45 Cardio Drumming 10 MVES Caseworker appt. 10-12 Cribbage 11:30 MVES Lunch 12:45 Zentangle 12:30 Weight Training 2:00 Chair Yoga 2:00 Art Matters 2-4 Financial guidance appt	9-11 Chair Caning 12:30-3 Mahjong 1:00 Trivia Walmart trip	8:45 Walking Group 10-12 Knitting & Crochet Gr. 10-11 Blood Pressure 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
15	16	19
9:45am Cardio Drumming 10-12pm Cribbage 11:30am MVES Lunch 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9:30 Men's Breakfast 9-11 Chair Caning 11:00 Educational Seminar (UE) 12:30-3:30 Mahjong 12-2 Elder Law Attorney appt.	8:45 Walking Group 10-12 Knitting & Crochet Gr. 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
22	23	24
9:45am Cardio Drumming 10-12pm Cribbage 10:45am Book Group 11:30am MVES Lunch 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9-11 Chair Caning 12:30-3:30 Mahjong 1:00 Trivia	8:45 Walking Group 10-12 Knitting & Crochet Gr. 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
29	30	
9:45am Cardio Drumming 10-12pm Cribbage 11:30am MVES Lunch 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9-11 Chair caning 10:30 Educational Seminar (UE) 12:30-3:00 Mahjong	

ACTIVITIES CALENDAR

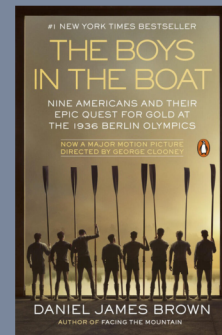


Upcoming Events (UE)

NOTES

If you see (UE) next to a program, please refer to page 3 for upcoming event information. For upcoming events, you **need** to register for the event. The number is (781) 438-1157.

Center Book Club



The Boys in the Boat
by Daniel James Brown

Monday, June 22nd | 10:45am

The Boys in the Boat by Daniel James Brown is a non-fiction book about the University of Washington's underdog rowing team, composed of working-class young men, who won the gold medal at the 1936 Berlin Olympics, defeating the favored German team rowing for Adolf Hitler. The book chronicles their journey, focusing on the personal story of rower Joe Rantz, and is based on the team's journals and memories, highlighting themes of grit, determination, and the American spirit during the Great Depression.

THURSDAY	FRIDAY
4	5
10:00 Beginner Tai Chi 11:30 MVES Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	10:00 Rummikub 10-12 Cribbage 10:00 Int. Tai Chi 11:15 Strength & Balance 1:00 Singing Grandpops (UE)
11	12
10:00 Beginner Tai Chi 11:30 MVES Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	10-12 Cribbage 10:00 Int. Tai Chi 11:15 Strength & Balance
18	19
10:00 Beginner Tai Chi 10:00 Caregiver Support Group 10:30 Educational Seminar (UE) 11:30 MVES Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair yoga	Senior Center closed in observance of Juneteenth
25	26
10:00am Beginner Tai Chi 11:30am MVES Lunch 12:30pm Pizza & Movie 12:30pm Relax, Meditate & Reiki 2:00pm Chair Yoga	10-12 Cribbage 10:00 Int. Tai Chi 11:15 Strength & Balance

Health Services & Resources

Mystic Valley Elder Services (MVES)- state agency that offers information, services, and support to older adults and their caregivers. Services include: at-home care, care giver support, nutrition and meals, health and wellness services, information and referral. Call for more information **(781) 324-7705**

Podiatry Services- Geriatric Footcare specialist with Marie Anderson, RN! She is here the first Tuesday of every month 6/2. Marie examines and answers all your questions about foot care! Marie is a registered nurse and has over 30 years of experience! Call us for an appointment (781) 438-1157! \$30 per visit and it is partly subsidized by the Senior Center Friends.

Blood pressure- Blood pressure screening is Wednesday 6/10 10am-11am provided by the Department of Health Nurse. No registration required.

SHINE COUNSELING - SHINE is the acronym Serving the Health Needs of Everyone for a free, confidential counseling providing unbiased Medicare and health insurance counseling to seniors and people with disabilities. Call us (781) 438-1175 to make an appointment, Tuesdays and Wednesdays only.

Caregiver Support Group with Mystic Valley Elder Services- Caring for a loved one can be deeply meaningful- but it can also be overwhelming and isolating at times. Our caregiver support group offers a safe, welcoming space where you can share your feelings, and experiences and connect with others who understand and offer support and encouragement along the way. You don't have to navigate this journey alone. Please join us on the 2nd and 4th Thursday at 10am. 6/11 & 6/25

Medical equipment- The center has a large selection of free gently used walkers, commodes, canes and other assistive devices. Call with inquiries.

Massachusetts College of Pharmacy and Health Services (MCPHS) pharmacy outreach program- This program provides free information and referral service to help folks take their medications appropriately by obtaining and affording medications and understanding medications. Call 1-866-633-1617, M-F 8:30am-5pm

Mental Health Services and Resources

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.

NAMI Mental Health Hotline- 1-800-950-6264

Samaritans Hotline-

1-877-870-4673 or TEXT 'HELLO' to 741741

Veterans Suicide Lifeline- 1-800-273-8255

Massachusetts Behavioral Health Helpline-

1-833-773-2445

Age 60+ Friendship Line- 1-800-971-0016

Eliot Community Services- Is a Massachusetts-based non-profit providing comprehensive behavioral health, youth, adult and family services, and rehabilitative care. Please call (781) 861-0890.

Financial Services & Resource

Dana Rodrigues, the owner and financial planner at Affiliated Financial Group in Wakefield, MA, has been in financial services for over 30 years. Take advantage of this offer to get complimentary financial guidance. Please call (781) 438-1157 to sign up for a 15 min. appointment. 2nd Monday of the month. 6/8.

Report Scam and Fraud- Contact and report it immediately to your local police department and bank. Also, file a complaint to the **Massachusetts Attorney General's Office Hotline**
1-617-727-8400.

Legal Services & Resources

Free legal assistance is available for seniors once per month. Elder law attorney will visit the Senior Center on the second Tuesday 6/16 from 12-2. Call to schedule a 15 minute appointment (781)438-1157. You will have time for one question and if you wish further advice, you may make a private pay follow-up appointment.

Disability Law Center- Provides legal advocacy and assistance to disabled Massachusetts residents with disability related problems. **Call (800) 872-9992.**

Senior Legal Helpline- **(800) 342-5297**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Hot: Bean & Veg Stew Cold: Chicken Salad	No Lunch	Hot: Mac and Cheese Cold: Roast Beef& Prov	Hot: American Chop Suey Cold: Turkey Pasta Salad	No Lunch
8	9	10	11	12
Hot: Sweet and Sour Chicken meatballs Cold: Egg Salad	No Lunch	Hot: Chicken Diane Cold: Turkey and Swiss	Hot: Roasted turkey w/ gravy Cold: Calif. Chicken Salad	No Lunch
15	16	17	18	19
Hot: Cheese Omelet Cold: Tuna Salad	No Lunch	Hot: Pork w/Apples Cold: Chicken Romaine	Hot: Sausage Pepper Cold: Turkey and Swiss	Juneteenth- Center Closed
22	23	24	25	26
Hot: Chicken Cacciatore Cold: Turkey and swiss	No Lunch	Hot: Beef Burgundy Cold: Italian Tuna salad	Hot: Soup Swedish Meatballs Cold: RB Sand.	No Lunch
29	30			
Hot: Hot dog Cold: Tortellini Salad				

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!



Donations gratefully accepted
Bargain Barn now open
Thursdays
10:30am-1:30pm

