



Stoneham Sentinel

Stoneham Council on Aging

MAY 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.



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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

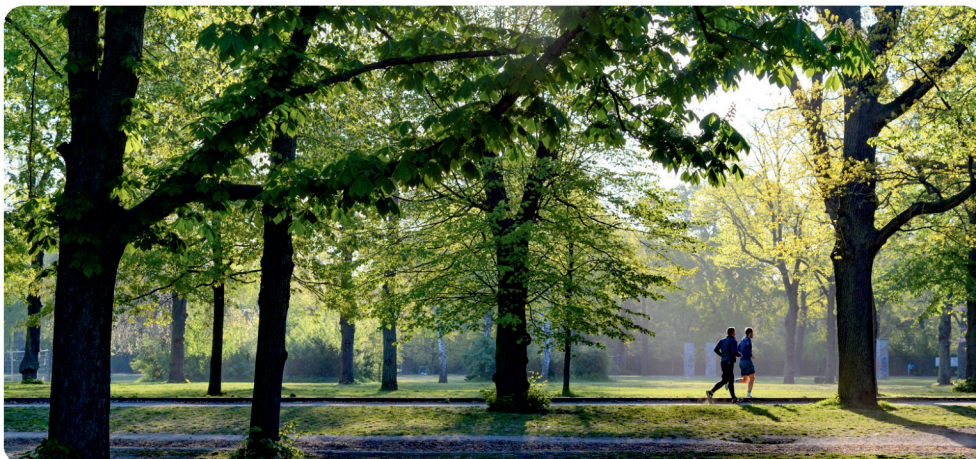


Scan Me

02 GET TO KNOW US

Closures

Monday, May 25th in observance of Memorial Day. Thanks to all of our Veterans.



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

As we welcome May, I'm excited to introduce a refreshed format for the Stoneham Senior newsletter. Our goal is to make it easier to read, more engaging, and a better reflection of all the wonderful programs and activities we offer; from fitness classes to social events. You'll find clearer sections, highlights of upcoming programs, and more ways to stay connected with our community. As always, we appreciate your feedback and look forward to continuing to grow together at the Stoneham Senior Center. Also, if you have Blue Cross Blue Shield, they will have a table on Wednesday, May 27th from 11:30-12:30pm for any questions or information.

From the Outreach/Assistant Director, Amanda Costain

May is Mental Health Awareness Month! This May, we want to remind our older neighbors that your emotional well-being is just as important as your physical health. While nearly 1 in 3 seniors experiences anxiety or depression, it is heartwarming to know that support can make a world of difference in staying active and connected. No one should have to navigate these changes alone, yet many currently go without the care they deserve. We invite you to visit our Resources Page or call us at 781-438-1157 to find friendly guidance and local support tailored just for you.

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

AFTERNOON TEA
FRIDAY, 05/15/26 | 1:00PM - 3:00PM

Join us for a British culinary tradition of sitting down for a mid-day treat of tea, sandwiches, scones and cake for Women's Health Month. Dress up in your finest, dust off those pearls, wear your nice hat or tie! 2 person limit when signing up. First 2 days, open to Stoneham residents sign ups ONLY.



MEDICAL ALERT SERVICES WITH WINCHESTER HOSPITAL- OUTREACH COFFEE HOUR
TUESDAY, 05/12/26 | 10:30AM - 11:30AM

Join Susan DeRosa from Winchester Hospital to talk about their Medical Alert services. This would be a great opportunity to learn about the different devices to help you stay safe in your home!

DOWNSIZING: SILVER EDGE TRANSITIONS
FRIDAY, 05/29/26 | 10:30AM - 11:30PM

"Thinking about downsizing or moving and don't know where to start? Join Ida and Sally from Silver Edge Transition Services who can answer all your questions about decluttering, sorting, donating items you do not need, estate sales, preparing your home for sale and moving peacefully into your new place."

EDUCATIONAL SEMINAR ON PRE-ARRANGEMENTS WITH BARILE FUNERAL HOME & POINT PERSON EVENT SERVICES

FRIDAY, 05/22/26 | 1:00PM

Join us for an educational session on pre-arrangements in how to prepare for end of life.

JUMPIN JUBA MUSIC
FRIDAY, 05/08/26 | 1:00PM - 2:00PM

Jumpin' Juba plays blues-based roots-rock, folk and classic rock for your listening and dancing pleasure. The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with David Lockeretz on upright bass. This program is supported by a grant from the Stoneham Cultural Council.



BINGO WITH ELEMENT CARE, MICHELLE HAGERTY
TUESDAY, 05/19/26 | 10:30AM - 12:00PM

Join us while we play BINGO to learn about Element PACE and a chance to win prizes! Element Care PACE is a personalized healthcare program that provides coordinated healthcare services to adults 55+ who want to continue living at home and in the community.

"A WALK IN THEIR SHOES"
TUESDAY, 05/26/26 | 10:30AM - 12:00PM

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. 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.

BREAKFAST & LEARN WITH BEARHILL NURSING AND REHAB FACILITY
THURSDAY, 05/14/26 | 10:30AM - 11:30PM

Join us for a light breakfast to learning about stress management and how physical fitness can support a healthy strategy to stress management.



LGBTQ Tea Dance at the Wakefield Senior Center

THURSDAY, 05/28/26 | 4:00PM - 6:00PM

An LGBTQ tea dance is a social party for LGBTQIA+ persons to get together to socialize and dance. Whether you identify or support LGBTQIA+ persons, come and enjoy a fun night! Join us at the Wakefield Council on Aging, 30 Converse St., Wakefield MA 01880. Registration required! Just call the Center at 781-438-1157.

BIRD WATCHING WITH DARLA

Join us for birdwatching- All areas will have different terrain and distances may vary - walking shoes and binoculars are a must! Wednesdays @ 9am in May (6,13, 20 & 27)

**VETERANS COFFEE
TUES. 5/5/26 | 10:00AM**

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

**MEN'S BREAKFAST
TUESDAY 05/19/26 | 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 F
Credit Union**

THURSDAY, 05/27/26 | 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
5/12 AND 5/26**

ART MATTERS- MONDAY, 05/11/26 | 2PM

Join us for a look at the fascinating, fraught relationship between Mary Cassatt a pioneering American expatriate, the other a famously cantankerous Frenchman, Edgar Degas—yet together, they fueled a radical revolution in art. Discover how their "mirrored careers" affected the art world almost as much as they affected each other.

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 teaching 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

Zentangle with Susan M. - Monday @ 12:45pm

Knit/Crochet with Louise- Wednesday @ 10am

Senior Bowling Fun- Not a league. Meet @ Bowlarama in Wakefield every Monday @10am. We bowl 2 strings, all welcome!

Thursday Movies- \$3.00

ELEANOR THE GREAT (2025) 1.38MIN

THURSDAY, 05/07/26 | 12:30PM

Follows a 94 year old widow who relocates to NY and accidently becomes part of a Holocaust survivor group by retelling her late best friend's stories as her own.

THE PROFESSIONALS (1966) 1.57 MIN

THURSDAY, 05/14/26 | 12:30PM

This feel-good film stars Steve Coogan as a disillusioned teacher in 1970s Argentina who finds new purpose after rescuing and befriending a stranded penguin

THE UNLIKELY PILGRIMAGE OF HAROLD FRY

THURSDAY, 05/21/26 | 12:30PM (2023)

A classic Western where a wealthy rancher hires four mercenary experts to rescue his kidnapped wife from a Mexican revolutionary.

THE PENGUIN LESSONS (2024) 1.50 MIN THURSDAY, 05/28/26 | 12:30PM

A retired man impulsively embarks on a 450-mile walk across England after learning a former colleague is dying in a hospice

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

Fitness Classes with Aimee

ZUMBA FITNESS

Monday & Wednesday | 11:30am

Zumba is a high-energy, dance-based fitness program that combines aerobic exercise with Latin-inspired dance moves like salsa, merengue, and reggaeton.

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!



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!

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

No class 5/4/26

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.

Relax, Mediate 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 with Sherry 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.

ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY
4	5	6
9:45 Cardio Drumming 10-12 Cribbage 11:30 MVES Lunch 11:30 Zumba Fitness 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 Zumba Fitness 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
11	12	13
9:45 Cardio Drumming 10 MVES Caseworker appt. 10-12 Cribbage 11:30 MVES Lunch 11:30 Zumba Fitness 12:45 Zentagle 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 10:30 Medical Alert Services (UE) 1:00 Trivia	8:45 Walking Group 10-12 Knitting & Crochet Gr. 11:30 Zumba Fitness 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
18	19	20
9:45am Cardio Drumming 10-12pm Cribbage 10:45am Book Group 11:30am MVES Lunch 11:30am Zumba Fitness 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9:30 Men's Breakfast 9-11 Chair Caning 10:30 Element Care-BINGO (UE) 12:30-3:30 Mahjong 12-2 Elder Law Attorney appt.	8:45 Event Walking Group 10-12 Knitting & Crochet Gr. 11:30 MVES Lunch 11:30 Zumba Fitness 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
25	26	27
Senior Center closed due to Memorial Day	9-11 Chair Caning 10:30 A Walk In There Shoes (UE) 12:30-3:30 Mahjong 1:00 Trivia	8:45 Event Walking Group 10-12 Knitting & Crochet Gr. 11:30 Zumba Fitness 11:30 MVES Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing

THURSDAY	FRIDAY
	1
	10:00 Rummikub 10-12 Cribbage 10:00 Int. Tai Chi 11:15 Strength & Balance
7	8
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 1:00 Jumpin Music
14	15
10:00 Beginner Tai Chi 10 Caregiver Support Group 10:30 Breakfast & Learn 11:30 MVES Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair yoga	10:00 Rummikub 10:00 Int. Tai Chi 10-12 Cribbage 11:15 Strenth & Balance 1:00 Afternoon Tea (UE)
21	22
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 1:00 Education Seminar (UE)
28	29
10:00 Beginner Tai Chi 10:00 Caregiver Support Group 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 10:30 Downsizing (UE) 11:15 Strength & Balance



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 Orphan Collector by Ellen Marie Wiseman

Monday, May 18th | 9:45am

A historical novel about 13-year-old German immigrant Pia Lange in 1918 Philadelphia, who must navigate the deadly Spanish Flu pandemic after her mother dies, leading her to search for her two baby brothers and confront a sinister "orphan collector" who separates families. The story follows Pia's struggle for survival amidst anti-immigrant sentiment, the chaos of the pandemic, and a dark plot to keep her and her brothers apart, highlighting themes of resilience, loss, and the best and worst of humanity.

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 5/5. 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 5/13 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. 5/7 & 5/28

Medical equipment- The center has a large selection of free gently used walkers, commodes, canes and otehr 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. 5/11.

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 5/12 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
4	5	6	7	8
Hot: Mac and Cheese Cold: Tuna Salad	No Lunch	Hot: Beef Sloppy Joe Cold: Hummus Med.Salad	Hot: Tuscan turkey Orzo Cold: Turkey and Swiss	No Lunch
11	12	13	14	15
Hot: Honey Mustard Chic Cold: Egg Salad	No Lunch	Hot: Beef Stroganoff Cold: Roast Beef & Prov.	Hot: Turkey Pot Pie Cold: Tuna Salad	No Lunch
18	19	20	21	22
Hot: Unstuffed Peppers Cold: Turkey Salad	No Lunch	Hot: Lentil Stew Cold: Chef Salad	Hot: Stuffed Shells Cold: Chicken Salad	No Lunch
25	26	27	28	29
Memorial Day	No Lunch	Hot: Chicken Meatballs Cold: Tuna Salad	Hot: Orzo w/Chick Soup Cold: Roast Beef & Prov.	No Lunch

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Transportation Services & Resources

The Stoneham Senior Center offers transportation for shopping and medical rides. We offer shopping every Monday and Friday at Market Basket in Reading and Walmart once per month, \$2.00 per trip. We offer free transportation for medical rides.

We require at least 48 hours' notice and we drive within a certain service area. We drive to Wakefield, Reading, North Reading, Winchester, Woburn and of course Stoneham. We don't drive into Boston or Medford as they are heavily populated with traffic and we can't accommodate the number of rides we service. Also, we don't make medical rides before or after a outpatient or inpatient surgery. Please call (781) 438-1157.

Free On Demand Shuttle Program-Circuit Transit Stoneham anywhere in Stoneham, Massachusetts. Book a ride: **(781) 850-2492** OR download their app Circuit Transit Stoneham. Service Hours: Monday 7am- 7pm ; Tuesday 7am- 7pm ; Wednesday 7am – 7pm ; Thursday 7am – 7pm ; Friday 7am – 7pm ; Saturday 9am – 3pm ; Sunday CLOSED

May SHINE Newsletter Article

Renewing Medicare Savings Program

If you are enrolled in the Medicare Savings Program (MSP) be on the lookout for your annual MSP renewal application. The application is sent by MassHealth based on your enrollment date. If you remain income eligible just complete and return the form to prevent a lapse in coverage for Medicare premiums, copays, deductibles, and Extra Help.

Each year income is verified using data matching; if income has changed due to lump sum or monthly retirement distributions you may no longer be eligible. Should this be the case, you can use a special enrollment period to choose a supplement or Medicare Advantage plan with help from your SHINE counselor.

If you are not enrolled in MSP, and your income is under \$2,993 for an individual, or \$4,058 for a couple, you may be eligible to save on your Medicare costs. To apply schedule an appointment with a SHINE counselor (781) 438-1157. SHINE is a program of Mystic Valley Elder Services, funded in part by the Executive Office of Aging & Independence.

Thank you for your donations to support our center!

Carol Fleming
 Patricia Thomas
 Angela Shea for Anthony Montenegro
 Josephine Catalfamo
 Judith Patterson, Ruth Tansey and Judy Donovan in memory of Peg Daniels
 Angelo & Maris Benazzo in memory of Davide Benazzo
 Penny Beal in memory of Ann Skleandy



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:

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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
10am-2pm



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