



July 2026

Stoneham Council on Aging

# Stoneham Sentinel

*A warm, vibrant and, compassionate Senior Center.*



**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.**

**Our Services**  
Transportation    SHINE Counseling  
Outreach Services    Fitness Classes  
Life enrichment opportunities

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**Program Spotlight: Watercolor classes with Sheila Foley start on Fridays from 1pm to 2:30pm. The first class is Friday, July 10<sup>th</sup>. More information inside.**

**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, July 3<sup>rd</sup> 2026 in observance of 4<sup>th</sup> of July



**Happy Birthday United States of America. 250 years is a lot celebrate!**

**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

**We have some fun events this month. Just call the center to sign up. We look forward to seeing you throughout the month. Please remember to stay safe during these hot summer days. The center is a cool place to be Monday through Friday 9-4 if you need a break from the heat. Please call if you need a ride to doctor's appointment, shopping or want to visit us here at the Senior Center. Our transportation program is always available so just give us a call to schedule.**

**Tips to stay safe and healthy this summer!**

- **Drink plenty of water and stay cool.**
- **Wear sunscreen, a hat, and light clothing.**
- **Avoid the hottest part of the day when possible**
- **Keep moving with walks, activities or gentle exercise.**
- **Stay connected with friends, family, and your community.**

**Wishing everyone a safe and enjoyable summer.**

**Warmest regards,  
Kristen Spence Director**

**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

**WATERCOLOR CLASS**  
**FRIDAY, 07/10/26 | 1:00PM**

Join us for our first watercolor class taught by Shelia Foley. This class will be offered monthly and sign ups are required! Thanks to the Friends for supporting this program!

**CELEBRATING 250<sup>TH</sup> BIRTHDAY OF AMERICA!**

**TUESDAY, 07/21/26 | 12:00AM - 2:30PM**

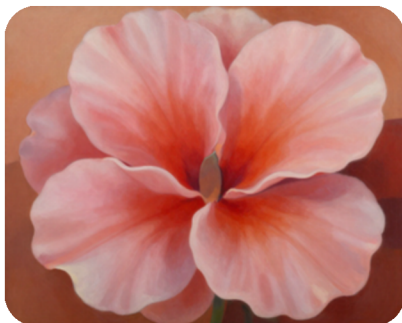
Join us for a fun afternoon with DJ Dana and America's favorite Lobster Roll sandwich or a choice of Tuna Salad.

Sign ups are required! Cost is \$5 Payments due when you sign up.

**ART MATTERS**  
**MONDAY, 7/13/26 2:00PM**

GEORGIA O'KEEFFE  
"AT LAST, A WOMAN ON PAPER." -ALFRED STIEGLITZ

ON THE FRONT LINES IN THE CONFLICT BETWEEN REALISM AND ABSTRACTION WAS A WOMAN. GEORGIA O'KEEFFE WAS A WOMAN WHO WAS ABLE TO INFLUENCE EVEN THE MALE DOMINATED AVANT GARDE CULTURE OF NEW YORK CITY IN THE BEGINNINGS OF THE "MODERN CENTURY". JOIN US FOR A LOOK AT HER ART, HER OWN CONFLICTS, AND HER SOLUTIONS IN A FERTILE ERA OF GREAT CULTURAL CHANGE.



MEMORY CAFE THIS MONTH AT WAKEFIELD SENIOR CENTER 7/2 @ 10AM. CAREGIVERS AND LOVED ONES ARE WELCOME.

Community Information

**LUNCH AND LEARN FRIDAY JULY 24<sup>TH</sup>**  
**11:30AM-12:30PM**

**THE STONEHAM POLICE DEPARTMENT WILL BE PROVIDING TIPS AND INFORMATION ON HOW TO STAY SAFE ON THE ROAD AND IN SHOPPING AREAS WHEN YOU SHARE SPACE WITH BIKES AND EBIKES. THEY WILL DISCUSS WAYS THEY ARE HELPING TO KEEP THE STONEHAM OLDER ADULTS SAFE AND WHAT TO DO IF YOU FIND YOURSELF FEELING UNSAFE. LUNCH PROVIDED BY THE STONEHAM COALITION FOR A SAFE AND HEALTHY COMMUNITY. JUST CALL TO REGISTER**

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." Mondays 12:45



**VETERANS COFFEE**  
**TUES. 07/7/26 | 10:00AM**

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

**MEN’S BREAKFAST**  
**TUESDAY 07/21/26 | 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**



**WEDNESDAY 07/29/26 | 12:30PM**

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

**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 strategize to make decisions.



**Rummikub**  
**EVERY OTHER FRIDAY | 10:00AM**

**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 every Monday @ 10am.

**Pizza & Movie Thursday 12:30pm- \$3.00**

No cost if you want to watch the movie without pizza! Special thanks so Andrea’s for the pizza donation!

**WILD MOUNTAIN THYME (2020) COMEDY/ROMANCE**      **THURSDAY 07/02/26 | 12:30PM**

In this Irish countryside, 2 star-crossed lovers on neighboring farms align as fickle fate & family appear to block their path.. Staring Emily Blunt and Jamie Dorian. 1.42 min. Rated PG-13.

**YOU ALWAYS (2025) COMEDY/DRAMA**      **THURSDAY 07/09/26 | 12:30PM**

Synopsis Jen and Ethan have been best friends since high school. But when new romance enters their lives, their feelings for one another face the ultimate test. 1.33 min. Rated PG

**TOM CLANCY’S JACK RYAN; GHOST WAR (2026) ACTION/SUSPENSE**  
**THURSDAY 07/16/26 | 12:30PM**

Jack Ryan is reluctantly pulled back into espionage when an international covert mission unravels a deadly conspiracy. Racing against time, he joins CIA allies Mike November and James Greer and sharp MI6 officer Emma Marlow to battle a rogue black-ops unit in a high-stakes, deeply personal fight. 1.46 min. Rated R.

**ROOFMAN (2025) DRAMA**      **THURSDAY 07/23/26 | 12:30PM**

Based on the true story of Jeffrey Manchester (Channing Tatum), a charming fugitive who escapes prison after robbing several McDonald's and hides out in a Toys "R" Us. But when he falls for Leigh (Kirsten Dunst), his double life begins to unravel. 2.05 min. Rated R.

**THE RON CLARK STORY (2006) DRAMA**      **THURSDAY 07/30/26 | 12:30PM**

A small-town teacher relocates to one of the toughest classrooms in the country. 130 min. Rated PG



**Bingo! WEDNESDAYS | 1PM - 3PM**

BINGO Cards are a dollar each!  
No limit to how many cards you can play!



**TRIVIA**

**2<sup>ND</sup> AND 4<sup>TH</sup>**  
**TUESDAY | 1:00PM**  
**7/14 AND 7/28**

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

### Fitness Classes *with Aimee*

#### Weight Training

Mondays | 12:30pm no class 7/6

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 No class 7/1 and 7/8

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 provided by Mystic Valley Aging Services

Beginners with Sherry will begin on 7/9

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.

# 06 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY
		<b>1</b>
		9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Gr. 11:30 Lunch 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
<b>6</b>	<b>7</b>	<b>8</b>
9:45 Cardio Drumming 10-12 Cribbage 11:30 Lunch 12:45 Zentagle 1:00 Haircuts (Call first) 2:00 Chair Yoga	9-11 Chair Caning 10:00-1:00 Podiatrist 12:30-3 Mahjong	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Gr. 10-11 Blood Pressure 11:30 Lunch 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
<b>13</b>	<b>14</b>	<b>15</b>
9:45am Cardio Drumming 10:00am Counciler 10-12pm Cribbage 11:30am Lunch 12:30pm Weight Training 12:45 Zentangle 1:00 Haircuts 2pm Chair Yoga 2-4 Financial guidance appt 2:00 Art Matters	9-11 Chair Caning 12:30-3:30 Mahjong 12-2 Elder Law Attorney appt. 1:00 Trivia Walmart trip	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Gr. 11:30 Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
<b>20</b>	<b>21</b>	<b>22</b>
9:45am Cardio Drumming 10-12pm Cribbage 10:45am Book Group 11:30am Lunch 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9-11 Chair Caning 9:30 Men's Breakfast 12:00 250 <sup>th</sup> Celebration Party 12:30-3:30 Mahjong	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Gr. 11:3 Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
<b>27</b>	<b>28</b>	<b>29</b>
9:45am Cardio Drumming 10-12pm Cribbage 11:30am MVAS Lunch 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9-11 Chair caning 11:00 Trivia and Tunes 12:30-3:00 Mahjong 1:00 Trivia	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Gr. 11:30 Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing

# 07 ACTIVITIES CALENDAR

THURSDAY	FRIDAY
<b>2</b>	<b>3</b>
11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	Closed for July 4 <sup>th</sup> Holiday
<b>9</b>	<b>10</b>
10:00 Beginner Tai Chi 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	10-12 Cribbage 11:15 Strength & Balance 1pm Watercolor Class
<b>16</b>	<b>17</b>
10:00 Beginner Tai Chi 10:00 Caregiver Support Group 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair yoga	10-12 Cribbage 11:15 Strength & Balance 10-12 Rummikub
<b>23</b>	<b>24</b>
10:00 Beginners Tai Chi 11:30am Lunch 12:30pm Pizza & Movie 12:30pm Relax, Meditate & Reiki 2:00pm Chair Yoga	10-12 Cribbage 11:30 Bike safety lunch and learn 11:15 Strength & Balance
<b>30</b>	<b>31</b>
10:00 Beginners Tai Chi 11:30am Lunch 12:30pm Pizza & Movie 12:30pm Relax, Meditate & Reiki 2:00pm Chair Yoga	10-12 Cribbage 11:15 Strength & Balance 10-12 Rummikub



## 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

*Please call the center to find out what book is to be read and discussed this month.*

*Haircuts are back! Call the center to make an appointment. The dates in July are 7/6 and 7/13. The cost is \$15. We will let you know about the August dates.*

## 08 Services and other resources

### Health Services & Resources

**Mystic Valley Aging Services (MVAS)**- 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 7/7. 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 7/8 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 Aging 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 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 10am. 7/9 & 7/23

**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. 2<sup>nd</sup> Monday of the month. 7/13

**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 7/14 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**



# 09 MYSTIC VALLEY ELDER SERVICES MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Hot: Baked Beans hotdog Cold: Chicken salad	Hot: Grilled chicken thigh Cold: Roast Beef & swiss	No Lunch
6	7	8	9	10
Hot:BBQ Pulled pork Cold: Greek Pasta salad	No Lunch	Hot:Chicken Chili Cold: Ham & cheese	Hot: Torta di polenta Cold: Egg Salad	No Lunch
13	14	15	16	17
Hot: Chick. Mashed potat Cold: Turkey and swiss	No Lunch	Hot: Chick and tomatoes Cold: Turkey,ham cheese	Hot:Honeyglazed Salmon Cold: Crispy chix salad	No Lunch
20	21	22	23	24
Hot: Cheesy chix & rice Cold: Italian pasta salad	No Lunch	Hot:Hot ham and cheese Cold: Waldort chick salad	Hot: Cheese ravioli/beef Cold: Buffalo chix	No Lunch
27	28	29	30	31
Hot: Shrimp and grits Cold: Turkey and cheese	No Lunch	Hot: White fish piccata Cold: Honey mustard chicken salad	Hot: Pot Roast w/ gravy Cold: Tortellini pasta salad	No Lunch



## 12 BARGAIN BARN INFORMATION



Stop by the Bargain Barn Thursdays  
from 10 am -2pm

Donations gratefully accepted at the  
Center during business hours and  
at the Barn from 10:30 am to 1:30 pm  
on Thursdays

The Senior Centers Friends  
is a non-profit organization that  
manages the Barn to raise funds for  
activities and services to enhance the  
dignity of seniors, support their  
independence, and encourage their  
involvement at the senior center.