



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.

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August 2026



Our Services

Transportation SHINE Counseling
Outreach Services Fitness Classes
Life enrichment opportunities

Get in Touch!

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



Scan Me



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!**

02 GET TO KNOW US

Center Closing at
12pm on Friday,
August 28th to
prepare for our Open
House on Saturday.



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

August is a wonderful month to enjoy the last bit of summer and time with friends and family. Stoneham Older Adults are invited to enjoy some cool summer activities courtesy of the Boys and Girls Club of Metro North and the Stoneham Public Schools. Check into the Hall Memorial Pool on N. Border Rd. Wed. - Sun. 9-6 for a free swim and enjoy cool indoor walking at the High School indoor track Monday- Thursday 6am-9am until August 28.

From the Outreach/Assistant Director, Amanda Costain

Happy August! ☀️

This month marks **National Wellness Month**, our annual reminder to hit pause, manage stress, and build healthy routines before the busy autumn rush.

We have something for everyone at the center this month:

- **Mindfulness & Wellbeing:** Center your mind with Zentangle; Chair Yoga with Rosa; or Relax, Meditate, and Reiki with Angela Shea.
- **Fun & Enrichment:** Stay active and social with Movie Thursdays, fitness classes, and card games.

Your feedback keeps our center vibrant! If you have ideas for new wellness programs or creative classes, please pass them along to Kristen or me.

Be well!

COA ADVISORY BOARD AND PHILANTHROPIC SUPPORT GROUP

Council on Aging Board

Members:

Kathleen Hudson, Chair
Maureen Buckley,
Todd Goldstein
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!



Rock the Block Open House & Barn Sale!

Join us for the ultimate community celebration on **Saturday, August 29th from 11am-4pm!** The Senior Center is opening its doors and taking over the neighborhood for a spectacular **FREE** event. Bring your friends and family!

We can't wait to rock the block!



- **Stoneham Porchfest:** Enjoy incredible live music on the back porch @ 1pm.
- **Opening Barn Sale:** Hunt for unique treasures and great bargains @ 11am
- **Open House:** Tour our vibrant center and learn all about us!

NUTRITION PRESENTATION

TUESDAY, 08/11/26 - 10:00AM

Join us with Mystic Valley Aging Services Dietician Tori to talk about Nutrition's role in Bone Health. Handouts and snacks provided. Please sign up!

BBQ WITH MYSTIC VALLEY AGING SERVICES

TUESDAY, 08/18/26 - 11:30AM

Join us for our annual BBQ with MVES. Please sign up with us to we know how much food to order!

ICE CREAM SOCIAL WITH SENATOR LEWIS

MONDAY, 08/24/26 - 2:00PM

Final ice cream social with Senator Lewis. Come join us to hear what his office has been working on and to wish him luck with his new endeavor! Please sign up to let us know how much ice cream to buy!

THE HISTORY OF REVERE BEACH

MONDAY, 08/24/26 - 10:30AM

Remember what Revere Beach was like in the past? Join us for a wonderful slide presentation on its history through the years. Sign ups are required!

**Christmas in September**

Do you have Christmas decor to donate? The Garden club will resell your Christmas Decor on the back deck, proceeds from the sale go to funding the senior center.

When: Thursday, September 10th
from 10-2pm

**Lunch and Learn on End of Life (Planning ahead)**

July 17 Tuesday, August 25, 2026

12:00 Noon

Stoneham Senior Center

Topics Include:

- Where to Start & Tools to Assist You
- Medicaid & Asset Protection
- Inflation-Proof Planning
- Payment Options

Lunch will be served!

Seats are limited! Reserve your spot today by calling 781-438-1157.

Don't wait until a crisis forces the conversation. Take the first step toward peace of mind—RSVP today

ART MATTERS- MASTER OF ILLUSION MONDAY, 08/10/2026- 2PM

The hand is quicker than the eye! Join us for a fascinating look at how artists fool the mind. We will explore the secrets of artistic illusion, including:

- Da Vinci & Anamorphic art
- Op Art & Magic Eye puzzles
- M.C. Escher's mind-bending paradoxes, tessellations, and impossible structures

See how master artists manipulate the laws of nature to create unforgettable visual tricks.



MEN'S BREAKFAST POSTPONED UNTIL SEPTEMBER 15TH @ 9:30AM NO NEED TO REGISTER JUST COME

VETERANS COFFEE

TUES. 08/11/26 10:00AM

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

*Birthday Celebration sponsored by
Stoneham Municipal Employees
Federal Credit Union*



WEDNESDAY 08/26/26 - DURING BINGO

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

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

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

THE SHEEP DETECTIVES (2026) COMEDY/SUSPENSE

THURSDAY 08/06/26 - 12:30PM

When their beloved farmer is found dead under mysterious circumstances, a flock of the sheep conclude they will have to solve the murder themselves, even if it means leaving their meadow for the first time and facing the fact that the human world isn't as simple as it appears in books. 1.45 min. Rated PG. Starring Hugh Jackman.

WHERE THE WIND BLOWS (2025) WESTERN/ROMANCE

THURSDAY 08/13/26 - 12:30PM

When cowboy Chase Logan delivers tragic news to fiery widow Jessie, she demands a temporary husband to secure an adoption. Chase gives her three days—but the open range never prepared him for the spark between them. 1.30 min. Rated PG-13

PROJECT HAIL MARY (2026) ACTION/DRAMA

THURSDAY 08/20/26 - 11:30AM

Science teacher Ryland Grace wakes up on a spaceship with no recollection of who he is or how he got there. As his memory returns, he begins to uncover his mission: solve the riddle of the mysterious substance causing the sun to die out. He must call on his scientific knowledge to save everything on Earth from extinction... but an unexpected friendship means he may not have to do it alone. 2.36 min. Featuring Ryan Gosling. Rated PG-13.

Movie time starting at 11:30am!!

THE CHORAL (2025) PERIOD DRAMA/MUSIC

THURSDAY 08/27/26 | 12:30PM

A choral society's male members enlist in World War I, leaving the demanding Dr. Guthrie to recruit teenagers. Together, they experience the joy of singing while the young boys grapple with their impending conscription into the army. 1.57 min. Rated R. Featuring Ralph Fiennes.

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 strategies to make decisions.

Rummikub

2ND AND 4TH 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.



Bingo! WEDNESDAYS | 1PM - 3PM

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



TRIVIA

**2ND AND 4TH
TUESDAY | 1:00PM
8/11 AND 8/25**

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.

Tai Chi with Sherry Thurs. 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.

Thanks to Mystic Valley Aging Services



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.

Dr. Sandberg will perform free screening for retinal and optic nerve disease on Tuesday 8/11 from 11-2. Call to reserve your appointment.

His professional experience is 45 years of NEI-supported research focused on the electrophysiological assessment of retinal degenerations, identifying high-risk characteristics of age-related macular degeneration, and helping to conduct clinical trials evaluating treatments for retinitis pigmentosa.

06 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY
3	4	5
9:45 Cardio Drumming 10-12 Cribbage 11:30 Lunch 12:30 Weight Training 12:45 Zentagle 2:00 Chair Yoga	9-11 Chair Caning 10:00-1:00 Podiatrist 12:30-3:30 Mahjong	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 11:30 Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
10	11	12
9:45 Cardio Drumming 10:00 CCW Office Hours 10-12 Cribbage 11:30 Lunch 12:30 Weight Training 12:45 Zentagle 2:00 Chair Yoga 2:00 Financial guidance appt 2:00 Art Matters	9-11 Chair Caning 10:00 Veterans Coffee 10:00 Nutrition Presentation (UE) 11-2 Eye Exams (UE) 12:30-3:30 Mahjong 12:00 Elder Law Attorney 1:00 Trivia	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 10-11 Blood Pressure 11:30 Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
17	18	19
9:45 Cardio Drumming 10-12 Cribbage 11:30 Lunch 12:30 Weight Training 12:45 Zentangle 2:00 Chair Yoga	9-11 Chair Caning 11:30 MVAS BBQ (UE) 12:30-3:30 Mahjong Walmart	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 11:30 Lunch 12:30 Cardio w/ toning 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
24	25	26
9:45 Cardio Drumming 10-12 Cribbage 10:30 Revere Beach (UE) 11:30 Lunch 12:30 Weight Training 12:45 Zentangle 2:00 Chair Yoga 2:00 Ice Cream Social (UE)	9-11 Chair Canining 12:30-3:30 Mahjong 1:00 Trivia	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 11:3 Lunch 12:30 Cardio w/ toning 1-3 BINGO and Birthday cake 1-3:30 Bridge 2:30 Line Dancing
31		
9:45am Cardio Drumming 10-12pm Cribbage 11:30am Lunch 12:30pm Weight Training 12:45 Zentangle 2pm Chair Yoga		

07 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 on the first Monday of the month. The number is (781) 438-1157.

Center Book Club



Remember Love is a Regency romance novel by Mary Balogh, the first in her Ravenswood series, about Devlin Ware, who returns home after six years of exile to face his fractured family and the woman he loves, Gwyneth Rhys, as he inherits the earldom. The story explores themes of loyalty, redemption, and second chances, following Devlin as he navigates grief and hope with Gwyneth's help after his father's death.

Book pick up: Monday, August 31st during open hrs.
Book discussion: Monday September 21st @ 10:45am

THURSDAY	FRIDAY
6	7
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
13	14
10:00 Beginner Tai Chi 10:00 Caregivers Support Group 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	10-12 Cribbage 10-12 Rummikub 11:15 Strength & Balance
20	21
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
27	28
10:00 Beginners Tai Chi 10:00 Caregivers Support 11:30am Lunch 12:30pm Pizza & Movie 12:30pm Relax, Meditate & Reiki 2:00pm Chair Yoga	10-12 Cribbage 10-12 Rummikub 11:15 Strength & Balance 11-4 Open House

08 Services and other resources

Health Services & Resources

Mystic Valley Aging Services (formally Mystic Valley Elder Services)- 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 8/4. 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 8/12 10am-11am provided by Heidi our 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) 438-1157** 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 2nd and 4th Thursday at 10am. 8/13 & 8/27

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 MVAS 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. 8/10

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 8/11 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
3	4	5	6	7
H: Herb Roasted Chicken C: Greek Pasta salad		H: Swedish Turkey C: Ham and American	H: Braised Beef and Veg C: Tuna Salad	
10	11	12	13	14
H: Unstuffed Pepper C: Caprese chix pasta		H: Cheeseburger C: Turkeycheese Croiss	H: Chick Anna Maria C: Chef Salad	
17	18	19	20	21
H; Meatloaf w/Gravy C; Italian Pasta Salad		H: Pork with wine sauce C: Waldorf Chick Sand	H: Chick. & Veg Stir Fry C: Egg Salad Sand.	
24	25	26	27	28
H: Onion Chicken C: Turkey and Cheese		H: Herb crusted fish C: Honey mustard chick	H: TurkeyHamCheeseEgg C: Tortillini Salad	
31				
H: Beef Teriyaki Bowl C: Ham Salad Sandwich				

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 Tuesday (8/11), \$2.00 per trip. We offer free transportation for medical rides.

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 an outpatient or inpatient surgery. Please call (781) 438-1157.

Free On Demand Shuttle Program-Circuit Transit Stoneham anywhere in Stoneham, Massachusetts. Book a ride: 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



Mystic Valley
Aging Services

Mystic Valley Aging Services (MVAS) presents *Medicare Workshop, Using the Plan Finder on Medicare.gov*. The plan finder on Medicare.gov is an important website used to review your Medicare plan.

Join the MVAS, SHINE program to:

- Learn how to navigate the Medicare website, review plan details, and how to enroll in a new plan
- A discussion of how to set up a Medicare.gov account and what the benefits of creating an account
- At the end of the presentation, receive a document to help you navigate the website from home

When: Thursday, August 6, from 10 a.m. to noon
Bonsignore Hall at Medford Public Library, 111 High Street. Please sign up at www.medfordlibrary.org/events
Questions may be directed to shine@mvas.org or 781-388-4845.

Thank you for your donations to support our center!

**MARIA SENTANCE
DAVE ARMATO
MARIA AND ANGELO BENAZZO**



**Thank You To Our Generous Donors
YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.**

My donation in the amount of \$ _____ is enclosed. Please make 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:

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.

**Special barn opening on
Saturday August 29th 11am-2pm**