



September 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

Contents

- 02 | Get to know us!
- 03-04 | Upcoming Events
- 05 | Health and Wellness
- 06-07 | Activities Calendar
- 08 | Our Services
- 09 | MVES Meal Menu
- 10 | Transportation & Donors
- 11 | Advertisements
- 12 | Bargain Barn Info.

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 closure
Monday,
September 7th in
observance of
Labor Day



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

September is National Senior Center Month, an annual celebration sponsored by the National Council on Aging (NCOA). It highlights how local senior hubs help older adults stay healthy, active, and connected through community programs, wellness classes, and support services. I am proud to be the Director of Stoneham's Senior Center and look forward to celebrating together.

Best, Kristen Spence

From the Outreach/Assistant Director, Amanda Costain

🍁 September is Falls Prevention Month! 🍁

Don't let a fear of falling keep you from living your best life. Mystic Valley Elder Services is hosting A Matter of Balance, a free, award-winning workshop series designed to help you manage falls and increase your activity levels.

In this supportive group environment, you will learn how to:

- Control risks by shifting your mindset about falling.
- Set goals for safely increasing your daily physical activities.
- Modify your home to eliminate common tripping hazards.
- Build strength and flexibility with simple, targeted exercises.

Who is this for? Everyone! Whether you have fallen in the past, worry about future falls, or simply want to improve your balance and stamina, this class is for you.

 Schedule: Tuesdays, September 22nd – November 10th

 Time: 10:00 AM – 11:00 AM

 Requirement: Participants must commit to attending all classes in the series.

 Sign Up: Call (781) 438-1157 to reserve your spot today! Space is limited.

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!



**CYBER SECURITY TALK WITH
STONEHAM BANK****FRIDAY, 09/18/26 - 1:00PM**

Join us with Stoneham Bank in a presentation about cyber security and how to protect your information! Handouts and snacks provided. Please sign up!

JOHN CLARK PRESENTS**WEDNESDAY, 09/23/26 - 10:30AM**

Join John Clark, music historian on a wonderful presentation. His knowledge No sign ups required!

**CLASSICAL CONCERT WITH ARCHIE
RICHARDS****FRIDAY, 09/25/26 - 2:00PM**

Join us for a fantastic classical concert by pianist Archie Richards.

ART MATTERS**MONDAY, 09/14/26 - 2:00PM****Lunch and Learn with
Home Instead****July 17 Tuesday, September 8, 2026****11:00am****Stoneham Senior Center****Topics Include:**

- What is home care?
- How is home care paid for?
- How they use AI (artificial intelligence) to keep seniors safer and healthier at home.

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 (781) 438-1157

Western Mahjong with Laurel

Are you interested in learning how to play Western Mahjong? The class will start Monday, September 14th from 9:15-11:15am. The class is every Monday from 9:15am to 11:15am until December and the cost is \$4.00 per class. The class has 8 limited spots and a waitlist! Please call (781) 438-1157 to sign up.

Free Reiki Clinic

If you're looking for a different way to RELAX, RESET, and RECHARGE, then come to our Free Reiki Clinic on Monday, September 14th, at the Senior Center for a 20 minute supportive session. This will be offered from 4-6 pm, with each session having 2/3 openings for clients to attend. The hope is that will be an ongoing mission.

Reiki is a non-invasive, gentle way to help you along your path or journey of well-being. The Reiki Practitioner is merely there to help facilitate this process in a quiet, peaceful setting where the client can enjoy the benefits Reiki has to offer.

CALL THE SENIOR CENTER AT (781) 438-1157 TO SIGN-UP FOR AN APPOINTMENT TIME

Free Library Delivery to Your Door!

Do you love reading books and watching movies but find it difficult to leave the house? The Stoneham Public Library and the Stoneham Council on Aging are happy to bring the library directly to you through our Homebound Delivery Program!

Stoneham residents who are homebound can request any books, audiobooks, or movies from the library's collection. Friendly representatives from the Senior Center or Library will personally deliver your items to your door on the second and fourth Tuesday of every month.

To sign up for yourself or a loved one, please call the library at **781-438-1324** to leave a message for Debbie Cunningham.

VETERANS COFFEE TUES. 09/1/26 10:00AM

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

MEN'S BREAKFAST TUESDAY 09/15/26 | 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 09/30/26 - 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!

ARTHUR THE KING (2024) ADVENTURE/SPORT 1 HOUR 48M THURSDAY 9/3/26 - 12:30PM

Based on a true story, an adventure racer adopts a stray dog named Arthur to join him in an epic endurance race. Starring Mark Wahlberg.

HAMNET 2025 DRAMA 2 HOUR 6 MIN THURSDAY 9/10/26 - 12:30PM

HAMNET tells the powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet. Oscar awarding winning movie in March 2026.

SONG SONG BLUE (2025) MUSICAL ROMANCE 2 HOUR 13 THURSDAY 9/17/26 - 12:30PM

Based on a true story, a struggling musician and a part-time performer form a Neil Diamond tribute act as success, marriage and tragedy test their bond. Starring Kate Hudson and Hugh Jackman.

A LEAGUE OF THEIR OWN (1992) 2 HR. RATED PG THURSDAY 9/24/26 | 12:30PM

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

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
9/8 AND 9/22

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

Fitness Classes *with Aimee*

Weight Training

Mondays - 12:15pm to 1pm AND
Wednesdays - 12pm to 12:45am

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.

ZUMBA FITNESS

Mondays - 11:15am to 12pm AND
Wednesdays - 12pm to 12:45pm

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



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

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

Thursdays | 10:00am



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.

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.

Mystic Valley Aging Services presents A Matter of Balance workshop series. A Matter of Balance is a free, awarding- winning program designed to manage falls and increase activity levels. You'll learn how to see falls as something you can control; set goals for increasing your physical activities; make modifications to your home to reduce fall risks; and practice exercises that will increase your strength and balance. This workshop series is designed for anyone- whether you are concerned about falls, have a history of falling, or are interested in improving balance, flexibility, and strength. The workshop is every Tuesday starting September 22nd to November 10th from 10am to 11am. Please reserve your spot, call (781) 438-1157. When signing up, participants need to be present during all the classes.

06 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	1	2
	9-11 Chair Caning 10:00-1:00 Podiatrist 10:00 Veterans Coffee 12:30-3:30 Mahjong	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 11:30 Lunch 11:00 Zumba 12:00 Weights 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
7	8	9
Closed for Labor Day	9-11 Chair Caning 11:00 Lunch and Learn (UE) 12:30-3:30 Mahjong 12:00 Elder Law Attorney 1:00 Trivia Walmart	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 10-11 Blood Pressure 11:30 Lunch 11:00 Zumba & 12:00 Weights 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
14	15	16
9:45 Cardio Drumming 10-12 Cribbage 11:15 Zumba 11:30 Lunch 12:15 Weight Training 12:45 Zentangle 2:00 ArtMatters 2:00 Chair Yoga	9-11 Chair Caning 9:30 Men's Breakfast 12:30-3:30 Mahjong 1:0	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 11:00 Zumba & 12:00 Weights 11:30 Lunch 1-3 BINGO 1-3:30 Bridge 2:30 Line Dancing
21	22	23
9:45 Cardio Drumming 10-12 Cribbage 11:15 Zumba 11:30 Lunch 12:15 Weight Training 12:45 Zentangle 2:00 Chair Yoga	9-11 Chair Caning 10:00-11:30 Matter of Balance 12:30-3:30 Mahjong 1:00 Trivia	9:00 Walking Group 10:00 Bocce 10-12 Knitting & Crochet Group 11:00 Zumba & 12:00 Weights 11:30 Lunch 1-3:30 Bridge 2:30 Line Dancing
28	29	30
9:45am Cardio Drumming 10-12pm Cribbage 11:15 Zumba 11:30am Lunch 12:15pm Weight Training 12:45 Zentangle 2pm Chair Yoga	9-11 Chair Caning 10:00-11:30 Matter of Balance 12:30-3:30 Mahjong	9:00 Walking Group 10:00 Bocce 10:30 John Clark Music Historian 10-12 Knitting & Crochet Group 11:30 Lunch 11:00 Zumba & 12:00 Weights 1-3 BINGO and Birthday cake 1-3:30 Bridge 2:30 Line Dancing

07 ACTIVITIES CALENDAR

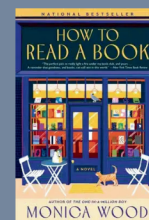
THURSDAY	FRIDAY
3	4
10:00 Beginner Tai Chi 10:00 Memory Cafe 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	10-12 Cribbage 11:15 Strength & Balance
10	11
10:00 Beginner Tai Chi 10:00 Caregivers Support Group 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair Yoga	10-12 Cribbage 10-12 Rummikub 11:15 Strength & Balance 1:00 Watercolor Class
17	18
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 1:00 Stoneham bank Cyber security talk (UE)
24	25
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 2:00 Classical Concert



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



Join us for our next meeting as we dive into Monica Wood's heartwarming 2024 novel, *How to Read a Book*. Set in nearby Portland, Maine, this uplifting story follows three beautifully drawn characters: Violet, a young woman starting over after prison; Harriet, a retired schoolteacher who runs a prison book club; and Frank, a retired machinist and grieving widower. When their lives unexpectedly intersect in a local bookstore, they form an unlikely bond rooted in forgiveness, second chances, and a shared love of reading. It is a deeply moving, hopeful story that reminds us it is never too late to make new connections or turn a new page.

Book pick up: Monday, September 28th during open hrs.

Book discussion: Monday October 26th @ 10:45am

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 9/8. 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 9/9 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. 9/10 and 9/24

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 9/14 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. 9/14

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 third Tuesday 9/15 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 BARGAIN BARN INFORMATION & MVAS LUNCH MENU

50% OFF



Sept 24th @ 10am



BARGAIN BARN SCHEDULE GIANT YARD SALE 136 ELM ST STONEHAM

**-OPEN THURSDAYS 10 AM TO 2 PM
THRU SEPT 24, 2026**

**-LAST DAY FOR DONATIONS
MONDAY SEPT 21, 2026**

**-HALF PRICE SALE - LAST DAY
THURSDAY SEPT 24, 2026**

**-DONATIONS ACCEPTED
TUESDAY APRIL 6, 2027**

**-BARGAIN BARN REOPENS
THURSDAY MAY 6, 2027**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		H Hot Dog C Curried Chicken salad	H Roast turkey w/ gravy C:Tuna salad	
7	8	9	10	11
Holiday no meals		H Pork&Beef polenta C Chicken salad	H Cheesy chick casserole C Chef salad	
14	15	16	17	18
H Rosemary Chicken C Turkey and american		H Salmon with salsa C: Beef taco salad	H Shepards pie C: Buffalo Chicken	
21	22	23	24	25
H Beef stew and biscuit C Turkey and cheese		H Chicken Cacciatore C: Honey Mustard chick	H Shrimp and grits C Tortellini Pasta salad	
28	29	30		
H Chicken thigh and ham Chicken Saltimboca C Roast Beef and cheese		H White fish picatta C Turkey and Cheese 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 (9/8), \$2.00 per trip. We offer free transportation for medical rides.

Medical Rides FRIENDS LOGO

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



Annual Medicare Open Enrollment and the Medicare Plan Finder

Medicare beneficiaries who are interested in comparing health insurance and Part D coverage can meet with SHINE beginning 10/15 to receive cost and coverage comparisons. SHINE can assist you with dropping from one plan and enrolling in a new plan. All plans available are approved by Medicare and open enrollment ends on 12/7.

If you are thinking about changing coverage, please check with doctors to see what plans they accept; obtain a current medication list with dosage or view your My Medicare account to update medications. To create a My Medicare account for the first time visit:

<https://www.medicare.gov/account/create-account> and jot down your username and password. To view all Medicare Advantage and Part D plans available in Massachusetts visit the Medicare Plan Finder: <https://www.medicare.gov/> Before making decisions be sure to review plan websites for summary materials and specific coverage.

Don't drive? Public transportation isn't an option? You can still get to the doctor, visit friends, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program gives you mileage money to reimburse friends, neighbors, and certain family members for taking you where you want to go.

Thank you for your donations to support our center!



**ANGELA SHEA IN MEMORY OF BRIAN SHEA
VERA MODUGNO**

**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:
