



October 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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## Get in Touch!

136 Elm St.  
Stoneham, MA 02180  
(781) 438-1157  
[Stonehamseniorcenter.org](http://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, October 12<sup>th</sup>  
in observance of  
Columbus Day/  
Indigenous Peoples'  
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

Happy October to all. We have some great events this month so check out our newsletter and call to sign up for any programs that require it. Jason Lewis will be here to explain the ballot questions on 10/6 for the upcoming election.

Zentangle classes have some date changes this month. If you have not taken this meditative drawing class give it a try you won't regret it!

Have a glass of cider and enjoy this wonderful time of year.

Best,

Kristen Spence Director

#### From the Outreach/Assistant Director, Amanda Costain

The ABCD Fuel Assistance program is now accepting applications for the winter, and our senior center is here to help you apply. As your Outreach Worker, I want to ensure you stay warm and financially secure during the colder months.



#### What You Need to Know

- The Program: ABCD helps income-eligible households pay winter heating bills (oil, gas, electric, or propane).
- Eligibility: Many seniors on fixed incomes qualify. Both renters and homeowners are eligible.
- Extra Benefits: Qualification can also trigger discounts on your monthly utility bills.



How I Can Help- Applying can feel overwhelming, but you don't have to do it alone. Please call me to set up an appointment (617) 850-0619.

### 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!



### BALLOT QUESTIONS EXPLAINED! TUESDAY, 10/06/26 - 1:00PM

Join Senator Jason Lewis and his team as they explain the upcoming ballot questions in the November election. Please sign up to reserve your spot!

### BLUE CROSS BLUE SHEILD EDUCATIONAL SEMINAR

WEDNESDAY, 10/07/26 - 11:00AM

Are you a member of BCBS? Get your questions answered before open enrollment in October! Please reserve your spot!

### A & W UKULELE HALLOWEEN PERFORMANCE

FRIDAY, 10/16/26 - 1:00PM

Join us for an active and fun Halloween themed ukulele performance with A & W Ukulele players! Please reserve your spot with us!

### JOANIE C MUSIC PERFORMANCE

TUESDAY, 10/20/26 - 2:00PM

Join us for a wonderful musical performance with Joanie C.

Don't miss this! Call to sign up.

### American Mahjong- Newbie Practice

 17 Tuesdays

 12:30pm

 Stoneham Senior Center

Have you had lessons and are not ready to play with experienced players? There will be a special table with an experienced player to help you practice your skills and learn the rules. The group requires 3 players. We will not have the training session for less or more than 3 players. To sign up, email [LoisMahj152@gmail.com](mailto:LoisMahj152@gmail.com).



Haircuts with Linda

When: Monday, Oct 5<sup>th</sup> and  
Oct 26<sup>th</sup> starting at 1pm

Please call the center for an appointment.

### Annual Halloween Party with Tommy Bahama!

Join us on Monday, October 26<sup>th</sup> @ 1pm for our annual Halloween party with Tommy Bahama! Dress up in your favorite costume and enjoy dancing to the monster mash!

Please call (781) 438-1157 to sign up.



### Stoneham Senior Center program changes

- Zentangle is cancelled Monday, 10/5, 10/12 & 10/26. **Added** class Friday, 10/30 @ 1pm (no sign up!)
- Art Matters is scheduled for Monday, 10/5/2026 @ 2pm due to the holiday.
- Please note\* The movie on Thursday, 10/15 will be starting at 11am and no movie on Thursday, 10/22/2026

Get ready to kick off the holiday cheer early! We are planning a festive **Christmas Decor Bargain Day** and a cozy **Holiday Cookie Swap**—with exact dates and details coming very soon.

Want to be part of the baking fun? **Let us know if you want to sign up to bake cookies** for the swap! By signing up, you will be entered into a drawing where one lucky baker will win a **Dunkin' Donuts gift card** and have their recipe featured in our December newsletter.

## VETERANS COFFEE TUES. 10/06/26 10:00AM

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

## MEN'S BREAKFAST TUESDAY 10/20/26 | 9:30AM

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



## Art Matters- Topic Monet & Renoir MONDAY 10/05/26 | 2:00PM

Claude Monet and Auguste Renoir were fast friends at the heart of Impressionism—the most radical art revolution since the Renaissance. Join our tour of their lives and legendary works. Please not the date change!



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



## WEDNESDAY 10/28/26 - 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!**

## 9 TO 5 (1980) COMEDY 1 HOUR 49M

Office satire about three female secretaries who decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves. Dolly Parton, Jane Fonda and Lily Tomlin star.

**THUR 10/1/26 - 12:30PM**

## THE FABULOUS 4 2024 1 HOUR 38 MIN

Lifelong friends travel to Key West, Fla., to be bridesmaids in a college girlfriend's surprise wedding. Bette Midler, Susan Sarandon star.

**THURS. 10/8/26 - 12:30PM**

## LAWRENCE OF ARABIA (1962) 3 HOUR 47

Due to his knowledge of the native Bedouin tribes, British Lieutenant T.E. Lawrence (Peter O'Toole) is sent to Arabia to find Prince Faisal (Alec Guinness) and serve as a liaison between the Arabs and the British in their fight against the Turks.

**THURS. 10/15/26 - 11AM  
EARLY DUE TO LENGTH!!!**

## VOICEMAILS FOR ISABELLE (2026) 1 HOUR 58 MIN

Jill leaves voice messages to her deceased sister telling her about her chaotic life in San Francisco. Unwittingly, a mysterious Austin real estate agent begins to receive their confessions.

**THURS. 10/29/26 | 12:30PM**

**\*PLEASE NOTE\*NO MOVIE  
ON 10/22**

## 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 challenge you to strategize and 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  
10/13 AND 10/27**

## 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.

### 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.



### Cardio Drumming *with Terry*

**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.

Invest in your health by joining the exciting wellness programs right here at your senior center! Participating in our fitness and health activities is one of the best ways to stay energized, active, and independent.

Our programs are designed specifically for you, offering a safe and welcoming space to improve your strength, balance, and flexibility. Beyond the physical benefits, these classes are a wonderful way to boost your mood, sharpen your mind, and catch up with friends. Staying active is about more than just exercise—it is about feeling your best and thriving together as a community!

## 06 ACTIVITIES CALENDAR

| MONDAY                                                                                                                                                                               | TUESDAY                                                                                                                    | WEDNESDAY                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                      |                                                                                                                            |                                                                                                                                                                                              |
|                                                                                                                                                                                      |                                                                                                                            |                                                                                                                                                                                              |
| <b>5</b>                                                                                                                                                                             | <b>6</b>                                                                                                                   | <b>7</b>                                                                                                                                                                                     |
| 9:45 Cardio Drumming<br>10-12 Cribbage<br>11:15 Zumba<br>11:30 Lunch<br>12:15 Weight Training<br>12:45 Zentangle<br>1pm Haircuts<br>2:00 ArtMatters<br>2:00 Chair Yoga               | 9-11 Chair Caning<br>12:30-3:30 Mahjong<br>1:00 Jason Lewis                                                                | 9:00 Walking Group<br>10:00 Bocce<br>10-12 Knitting & Crochet Group<br>10-11 Blood Pressure<br>11:30 Lunch<br>11:00 Zumba & 12:00 Weights<br>1-3 BINGO<br>1-3:30 Bridge<br>2:30 Line Dancing |
| <b>12</b>                                                                                                                                                                            | <b>13</b>                                                                                                                  | <b>14</b>                                                                                                                                                                                    |
| Center Closed for<br>Columbus Day/<br>Indigenous Peoples' Day                                                                                                                        | 9-11 Chair Caning<br>12:30-3:30 Mahjong<br>1:00 Trivia<br><br>9-11 Walmart UE                                              | 9:00 Walking Group<br>10:00 Bocce<br>10-12 Knitting & Crochet Group<br>11:00 Zumba & 12:00 Weights<br>11:30 Lunch<br>1-3 BINGO<br>1-3:30 Bridge<br>2:30 Line Dancing                         |
| <b>19</b>                                                                                                                                                                            | <b>20</b>                                                                                                                  | <b>21</b>                                                                                                                                                                                    |
| 9:45 Cardio Drumming<br>10-12 Cribbage<br>11:15 Zumba<br>11:30 Lunch<br>12:15 Weight Training<br>12:45 Zentangle<br>2:00 Chair Yoga                                                  | 9-11 Chair Caning<br>9:30 Men's Breakfast<br>12:30-3:30 Mahjong<br>2-3 Music with Joanie C. UE<br>12:00 Elder Law Attorney | 9:00 Walking Group<br>10:00 Bocce<br>10-12 Knitting & Crochet Group<br>11:00 Zumba & 12:00 Weights<br>11:30 Lunch<br>1-3:30 Bridge<br>2:30 Line Dancing                                      |
| <b>26</b>                                                                                                                                                                            | <b>27</b>                                                                                                                  | <b>28</b>                                                                                                                                                                                    |
| 9:45am Cardio Drumming<br>10-12pm Cribbage<br>11:15 Zumba<br>11:30am Lunch<br>12:15pm Weight Training<br>12:45 Zentangle<br>1pm Halloween Party UE<br>1pm Haircuts<br>2pm Chair Yoga | 9-11 Chair Caning<br>12:30-3:30 Mahjong<br>1:00 Trivia                                                                     | 9:00 Walking Group 10:00 Bocce<br>10-12 Knitting & Crochet Group<br>11:30 Lunch<br>11:00 Zumba & 12:00 Weights<br>1-3 BINGO and Birthday cake<br>1-3:30 Bridge<br>2:30 Line Dancing          |

## 07 ACTIVITIES CALENDAR

| THURSDAY                                                                                                                                           | FRIDAY                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>1</b>                                                                                                                                           | <b>2</b>                                                     |
| 10:00 Beginner Tai Chi<br>10:00 Memory Cafe<br>11:30 Lunch<br>12:30 Pizza & Movie<br>12:30 Relax, Meditate & Reiki<br>2:00 Chair Yoga              | 10-12 Cribbage<br>11:15 Strength & Balance                   |
| <b>8</b>                                                                                                                                           | <b>9</b>                                                     |
| 10:00 Beginner Tai Chi<br>10:00 Caregivers Support Group<br>11:30 Lunch<br>12:30 Pizza & Movie<br>12:30 Relax, Meditate & Reiki<br>2:00 Chair Yoga | 10-12 Cribbage<br>10-12 Rummikub<br>11:15 Strength & Balance |
| <b>15</b>                                                                                                                                          | <b>16</b>                                                    |
| 10:00 Beginner Tai Chi<br>11:30 Lunch<br>11:00 Pizza & Movie Early time<br>12:30 Relax, Meditate & Reiki<br>2:00 Chair yoga                        | 10-12 Cribbage<br>11:15 Strength & Balance                   |
| <b>22</b>                                                                                                                                          | <b>23</b>                                                    |
| 10:00 Beginners Tai Chi<br>10:00 Caregivers Support<br>11:30am Lunch<br>12:30pm Relax, Meditate & Reiki<br>2:00pm Chair Yoga                       | 10-12 Cribbage<br>10-12 Rummikub<br>11:15 Strength & Balance |
| <b>29</b>                                                                                                                                          | <b>30</b>                                                    |
| 10:00 Beginners Tai Chi<br>11:30am Lunch<br>12:30pm Pizza & Movie<br>12:30pm Relax, Meditate & Reiki                                               | 10-12 Cribbage<br>10-12 Rummikub<br>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 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 10/5. 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 10/14 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 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 10am. 10/8 and 10/22

**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 1-866-633-1000 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. 2<sup>nd</sup> Monday of the month. Next date is 11/9.

**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 10/20 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                                        |        |
|                                                   |         |                                                    | H Braised Beef w/ Veggie<br>C:Tuna salad |        |
| 5                                                 | 6       | 7                                                  | 8                                        | 9      |
| H Chicken pot pie<br>C Turkey and Provolone       |         | H Roast turkey w/gravy<br>C Chicken Salad          | H Chicken Sage Cream<br>C Chef Salad     |        |
| 12                                                | 13      | 14                                                 | 15                                       | 16     |
| No Meals Holiday                                  |         | H Meatloaf w/gravy<br>C Beef taco salad            | H Herb crusted fish<br>C Buffalo chicken |        |
| 19                                                | 20      | 21                                                 | 22                                       | 23     |
| H French onion chicken<br>C Turkey and Cheese san |         | H Maple Bacon Glazed<br>chicken C Tortellini salad | H Cheese Omelette<br>C Tuna Salad        |        |
| 26                                                | 27      | 28                                                 | 29                                       | 30     |
| H Sausage Egg noodles<br>C Roast beef sandwich    |         | H Shrimp Alfredo<br>C Waldorf chick salad          | H Southwest Chili<br>C Greek Pasta Salad |        |

## 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 (9/13), \$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 781-850-2492



## 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!

In memory of Al Marchand, Alicia Titus, Amy Jarret, Mike Tarrou, Amy King, Kathie Laborie, Mike Fangman, Vic Saracini and Mike Horrocks  
Donations for the Senior Center from Frederick Plumer, Marjorie Gooding and Maria Sentence



## 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



THANK YOU FROM THE  
SENIOR CENTER FRIENDS  
BOARD OF DIRECTORS.YOUR SUPPORT  
OF OUR SUMMER BARN SALE IS  
REALLY APPRECIATED.  
WE WILL BE ABLE TO CONTINUE OUR  
MISSION OF FUNDING ACTIVITIES  
AND SERVICES THAT ENHANCE THE  
DIGNITY OF SENIORS, SUPPORT  
THEIR INDEPENDENCE AND  
ENCOURAGE THEIR INVOLVEMENT AT  
THE STONEHAM SENIOR CENTER.