November 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, diginity, and overall wellbeing.

Our Services

Transporation
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
Mon-Fri | 9:00am-4:00pm

Find us on Facebook

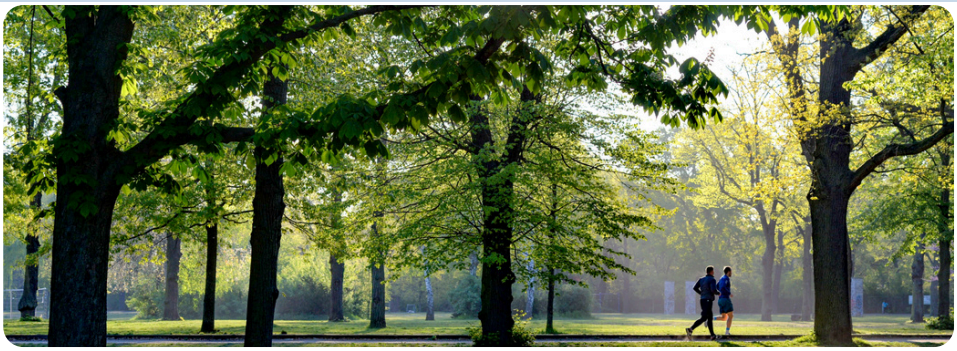
Scan Me

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 closures Wednesday, November 11th and Thursday, November 26th and Friday November 27th



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

Community Tax Help Infomation

Are you a Stoneham homeowner finding it difficult to keep up with your property taxes? The Stoneham Tax Assistance Fund (STAF) may be able to help. To see if you qualify or to learn more, contact the Community Service Network (CSN)

- 📞 Phone: 781-438-9254
- 📧 Email: brynadavis@csninc.org
- 🌐 Website: communityservicenetwork.godaddysites.com

Stoneham Tax Aid Fund

Under Massachusetts General Law (CH. 60 Section 3D), this local fund accepts donations to provide vital property tax relief to low-income seniors and disabled taxpayers. In 2026, the fund successfully assisted 40 residents in our community!

Assistance amounts vary each year based on individual circumstances and the availability of funds. The application window is open from November 1 to January 30. Pick up an application at the Assessor's Office.

COA ADVISORY BOARD AND PHILANTHROPIC SUPPORT GROUP

Council on Aging Board Members:
Kathleen Hudson, Chair
Maureen Buckley,
Connie Filosi
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!

MVES MEMORY CAFE
THURSDAY, 11/05/26 - 10:30AM

Program designed specifically for individuals living with dementia and their caregivers to connect and socialize. This gathering offers a safe, supportive environment to enjoy engaging activities, share experiences, and build meaningful relationships with others on a similar journey. Call Amanda to sign up 781-850-0619.

JOHN CLARK MUSIC HISTORIAN
WEDNESDAY, 11/18/26 - 10:30AM

Join us for a music filled lecture with Historican, John Clark. No sign up necessary.

OUTREACH COFFEE HOUR WHAT TO EXPECT AFTER A HOSPITAL DISCHAREGE
TUESDAY, 11/24/26 - 10:30AM

Join Amanda and Jo-Ann from Life Care of America, Stoneham on a lecture on 'what to expect after a discharge'. Please sign up!

American Mahjong- Newbie Practice

📅 Tuesdays
🕛 12:30pm
📍 Stoneham Senior Center

Have you had lessions 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.

Outreach Coffee with Stoneham Librarians & Amanda C
When: Monday November 2nd & 16th starting at 10am, we will be offering 15 min 1:1 appt to help you how to access ebooks on your Ipad or phone.

Deck the Halls with Amanda! Join us on Black Friday, November 27th from 9-1pm, to help decorate the Center for the Holiday Season. Stop by the front desk or call to sign up and spread some festive cheer!

Join Us for a Pre-Holiday Fun Day! 🎄✨

Mark your calendars for **Friday, November 13th** from 10:00 AM to 1:00 PM! We are turning the day into a festive celebration filled with shopping, crafting, and delicious treats:

Christmas Decor Bargain Day: Beat the holiday rush and find beautiful seasonal decorations at budget-friendly prices.

Free Holiday Craft: Paint a small, charming wooden holiday house! They make the perfect festive centerpiece for your table. (Houses were generously donated!)

The Great Holiday Bake-Off: Enjoy homemade cookies donated by our community bakers! The best cookie wins a Dunkin' Donuts gift card and a newsletter spotlight feature.

🍪 **Calling All Bakers**! (Not a Cookie Swap)

Please note this is a donation drive, not a swap. To ensure a great variety, please sign up in advance and let us know your specific cookie type. Drop off your treats on Thursday Nov. 12th (9 AM – 4 PM) or Friday, Nov. 13th (Before 10 AM).

Sign up at the front desk or call the center today to reserve your craft spot or enter the Bake-Off!

Annual Boston Pops Holiday Show

Join us for afternoon at the Boston Pops on December 17th . Pick up at the Stoneham Senior Center at 1:15pm and return around 5:30pm. Price is $100 which includes the ticket and bus ride. Stoneham Residents only

04

ACTIVITES & PROGRAMMING

VETERANS BREAKFAST
TUES. 11/10/26 9:00AM

Join us for our annual Veteran's Breakfast with Stoneham's Veteran Service's Officer Jason Thompson and other Veteran's. Call 781-363-9970 to sign up!

MEN'S BREAKFAST
TUESDAY 11/17/26 | 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- Norman Rockwell
MONDAY 11/16/26 | 2:00PM

Norman Rockwell, one of America's most beloved artists, illustrated 322 covers for the Saturday Evening Post over 47 years. Join us to explore and discuss his iconic images that defined the American dream. Come remember why this legendary painter remains a true American icon.

Birthday Celebration *sponsored by Stoneham Municipal Employees Federal Credit Union*
WEDNESDAY 11/25/26 - DURING BINGO

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

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 Weather permitting.

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 unless noted- $3.00
No cost if you want to watch the movie without pizza! Special thanks to Andrea's for the pizza donation!

***Animals* (2026) A mayoral candidate and his wife take desperate steps to raise their son's ransom. However, their extreme choices expose dark secrets that threaten to ruin them. Staring Ben Afflect and Kerry Washington. 1.46 min.** — **THUR 11/5/26 - 12:30PM**

***The Breadwinner* (2026) When a supermom lands a Shark Tank deal, she switches roles with her breadwinner husband, who struggles to adapt as a stay-at-home dad to their three daughters. Staring Nate Bargatze & Mandy Moore. 1.39 min.** — **THURS. 11/12/26 - 12:30PM**

***The Old Henry* (2021) A farmer takes in an injured man with a satchel of cash. When a posse comes for the money, he must decide who to trust. Defending a siege, he reveals a gunslinging talent calling his true identity into question. Starring Tim Blake Nelson & Scott Haze. 1.39 min.** — **THURS. 11/19/26 - 12:30PM**



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
11/10 AND 11/24

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 - 11am to 11:45am

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 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!

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*

Thursdays | 2:00pm No class on 11/5 or 26.

Chair yoga is safe, gentle, and accessible way to improve flexibility, balance, and strength without needing to get on the floor. It reduces pain, boosts mood, and helps maintain independence, with sessions typically involving stretching, deep breathing, and seated poses.

Tai Chi *with* Sherry Thurs 10am

Thursdays | 10:00am Mystic Valley Elder Services

Tai chi offers significant benefits by combining slow, meditative movement with deep breathing, resulting in improved balance. This is an 8 week class.
Call to sign up.

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
2	**3**	4
9:45 Cardio Drumming 10-12 Cribbage 11:15 Zumba 11:30 Lunch 12:15 Weight Training 12:45 Zentangle 1pm Haircuts	9-11 Chair Caning 11 Footcare with Marie 12:30-3:30 Mahjong	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
9	**10**	**11**
9:45 Cardio Drumming 10-12 Cribbage 11:15 Zumba 11:30 Lunch 12:15 Weight Training 12:45 Zentangle 1pm Haircuts 2:00 ArtMatters 2:00 Financial Services	9-11 Chair Caning 9-11 Walmart UE 10 VETERANS BREAKFAST 12:30-3:30 Mahjong 1:00 Trivia	CENTER CLOSED IN HONOR OF VETERANS DAY
16	**17**	**18**
9:45 Cardio Drumming 10-12 Cribbage 11:15 Zumba 11:30 Lunch 12:15 Weight Training 12:45 Zentangle 1pm Haircuts	9-11 Chair Caning 12:30-3:30 Mahjong 12:00 Elder Law Attorney	9:00 Walking Group 10:30 John Clark music 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
23	**24**	**25**
9:45 Cardio Drumming 10-12 Cribbage 11:15 Zumba 11:30 Lunch 12:15 Weight Training 12:45 Zentangle 1pm Haircuts	9-11 Chair Caning 9:30 Men's Breakfast 12:30-3:30 Mahjong	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
30		
9:45am Cardio Drumming 10-12pm Cribbage 11:15 Zumba 11:30am Lunch 12:15pm Weight Training 12:45 Zentangle 1pm Haircuts		

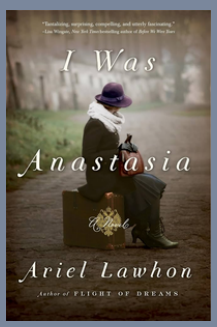
07 ACTIVITIES CALENDAR

THURSDAY	FRIDAY
5	**6**
10:00 Beginner Tai Chi 10:00 Memory Cafe 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki	10-12 Cribbage 11:15 Strength & Balance
8	**9**
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
12	**13**
10:00 Beginner Tai Chi 11:30 Lunch 12:30 Pizza & Movie 12:30 Relax, Meditate & Reiki 2:00 Chair yoga	10-12 Cribbage 10-1 Holiday Sale AND Bake Off 11:15 Strength & Balance 1 Watercolor class
19	**20**
10:00 Beginners Tai Chi 10:00 Caregivers Support 11:30am Lunch 12:30pm Relax, Meditate & Reiki 2:00pm Chair Yoga	10-12 Cribbage 10-12 Rummikub 11:15 Strength & Balance
26	**27**
HAPPY THANKSGIVING!	CLOSED FOR THE HOLIDAY

Upcoming Events (UE) NOTES

If you see (UE) next to a program, please refer to page 3 for upcoming event infomation. 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



Ariel Lawhon's historical novel *I Was Anastasia* is a dual-narrative mystery exploring whether Anna Anderson was the real Grand Duchess Anastasia Romanov or a fraud.

Book pick up: Monday, November 2nd during open hrs.
Book discussion: Monday November 30th @ 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 11/3. 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 11/18 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 after Dec. 7.

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. 11/12 only this month becuase of Thanksgiving.

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 11/9 from 10-11am.

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. 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 11/17 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
2	**3**	**4**	5	**6**
H Spaghetti meatballs C Turkey and Provolone		H White fish picatta C Caesar Pasta salad	H Pork Roast w/gravy C Chef Salad	
9	**10**	**11**	**12**	**13**
H Shepard's pie C Caprese Chicken salad		Holiday	H Shrimp tomato sauce C Buffalo chicken cheese	
16	**17**	**18**	**19 Thanksgiving special**	**20**
H Maple Glazed Pork C Chicken Salad		H Beef Chili C Tortellinini Pasta salad	H Roast Turkey and gravy C Tuna salad	
23	**24**	**25**	**26**	**27**
H Cheesy Chicken/rice C Roast beef and cheese		H Creamy Garlic salmon C Egg Salad Sandwich	Holiday	
29	**30**			

Transporation 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 (11/10), $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

Mystic Valley Aging Services

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 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 DONATIONS

In Memory of Marilyn Regan
Mary Strunk, Sylvia Gallezzo, Gene Ferullo, Sally DeCaro, Barbara Resnek,Marie Angelosanto, Joe & Debby Catania,Anna Porter, Sherry Browning ,Constance Munro, Goldstein Family, Mary Beth Ryan & Reeme Noone, Donna Weiss, Linda Doucette, Joseph Cullen, Ronnie Goldsmith

Harold & Rebecca Jacques

Angelo Benazzo

Paul DiMartino in memory of Liz DiMartino

Thanks to RIchard Pignone for his generous donation of $953 from the proceeds of his Patriot's raffle!

